60day Challenge

Recipe Book

LIFETIME

60day Challenge

# Shakes and Smoothies

LIFE TIME







### CHOCOLATE RASPBERRY

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 295 | Protein: 26 | Fat: 13 | Carb: 22 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving chocolate Life Time Protein Powder
- ¾ cup frozen raspberries
- · 1 tbs. almond butter, unsweetened
- · 12 oz. unsweetened nut milk
- · Optional: cacao nibs (not in nutrition facts)

### DIRECTIONS

1. Blend to desired consistency and enjoy!

### CINNAMON ROLL

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 315 | Protein: 30 | Fat: 18 | Carb: 12 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- 1 serving vanilla Life Time Protein Powder
- · 1 cup unsweetened nut milk
- 1 tbs. almond butter (or nut butter of choice)
- 1 tsp. cinnamon
- · 1 cup ice

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### TRIPLE CHOCOLATE

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 255 | Protein: 24 | Fat: 13 | Carb: 10 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving chocolate Life Time Protein Powder
- · 8 oz. unsweetened nut milk
- · 1 tbs. coco powder
- · 1 tbs. cacao nibs
- · 1/4 tsp peppermint extract

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### COOKIES AND CREAM

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 450 | Protein: 33 | Fat: 23 | Carb: 28 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 tbs. cacao nibs
- · 1 tbs. chia seeds
- · 1 cup unsweetened nut milk
- · 1 serving vanilla Life Time Protein Powder
- · 1 tbs. maca powder
- · 1 tbs. nut butter

### **DIRECTIONS**





### ALMOND JOYFUL

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 350 | Protein: 30 | Fat: 20 | Carb: 13 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving chocolate Life Time Protein Powder
- · 12 oz. unsweetened nut milk
- · 2 tbs. whole almonds raw
- · 2 tbs. coconut flakes, unsweetened
- · 4 to 5 ice cubes
- · Optional: dash almond extract

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### CHOCOLATE GINGERBREAD

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 310 | Protein: 27 | Fat: 13 | Carb: 27 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### INGREDIENTS

- · 1 serving vanilla Life Time Protein Powder
- 1 cup unsweetened nut milk
- ½ small frozen banana
- · 1/2 cup frozen, riced cauliflower
- · 1 tbs. nut butter
- · 1 tsp. vanilla extract
- · 1 tsp. cinnamon
- · 1 tsp. fresh ground ginger

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### PINEAPPLE DREAM

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 255 | Protein: 22 | Fat: 13 | Carb: 13 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- · 1 cup unsweetened nut milk
- 1 tbs. unsweetened coconut flakes
- · 1/4 cup pineapple
- · 1/4 cup frozen cherries

### DIRECTIONS

1. Blend to desired consistency and enjoy!

### **OATMEAL CREAM PIE**

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 390 | Protein: 31 | Fat: 16 | Carb: 35 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- · 1 cup unsweetened nut milk
- 1/3 banana
- 1/2 tsp. each vanilla extract and almond extract
- · 1 tbs. almond butter
- ¼ cup instant rolled oats
- · 1/4 tsp. each cinnamon, ginger, nutmeg
- 1 tbs. brown sugar replacement (erythritol or stevia)
- · 3 to 5 ice cubes

### **DIRECTIONS**





### PINEAPPLE MINT BLAST

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 195 | Protein: 24 | Fat: 3 | Carb: 22 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- · 1 cup cold water
- · 1 large handful baby spinach
- · 2 tsp. mint leaves
- ½ cup pineapple chunks
- · 1/2 lime, juiced
- 6 ice cubes

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### COLLAGEN COFFEE LATTE

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 130 | Protein: 20 | Fat: 5 | Carb: 2 Gluten-Free

### **INGREDIENTS**

- 1 serving Life Time Collagen Vanilla Protein Powder
- 1 cup brewed coffee
- · 1 tbs. heavy cream, organic

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### **STRAWBERRY**

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 310 | Protein: 27 | Fat: 12 | Carb: 30 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- 8 oz. unsweetened nut milk
- · 4 oz. cold water
- · 1 tbs. ground flaxseed or chia seeds
- · 2 cups spinach
- · 1 cup frozen strawberries

### DIRECTIONS

1. Blend to desired consistency and enjoy!

### CHOCO-CHEERY

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 380 | Protein: 31 | Fat: 16 | Carb: 28 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving chocolate Life Time Protein Powder
- 8 oz. unsweetened nut milk
- · 1 cup spinach
- · 1/2 cup frozen cherries
- 1 tbs. nut butter

### **DIRECTIONS**





### **PUMPKIN PIE**

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 315 | Protein: 29 | Fat: 8 | Carb: 36 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- · 1 cup unsweetened nut milk
- 1/2 cup pumpkin purée
- · 1/2 banana
- · 1/2 tsp. pumpkin pie spice
- · 1 tsp. cinnamon
- 1 cup ice

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### CHOCOLATE MALT

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 450 | Protein: 33 | Fat: 23 | Carb: 28 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving chocolate Life Time Protein Powder
- · 1 cup unsweetened nut milk
- · 1 tbs. cacao nibs
- · 1 tbs. chia seeds
- · 1 tbs. maca powder
- · 1 tbs. nut butter

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### SUGAR COOKIE

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 365 | Protein: 28 | Fat: 15 | Carb: 25 Gluten-Free

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- · 3/4 cup unsweetened almond milk
- · 1/2 frozen banana
- ½ tsp. pure vanilla extract
- 1/2 tsp. pure almond extract
- 1 tbs. almond butter
- · Optional: Sprinkles

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### PINA COLADA

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 315 | Protein: 24 | Fat: 10 | Carb: 22 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- 1 serving Life Time vanilla protein powder
- · 1 cup unsweetened coconut milk
- · 3/4 cup frozen pineapple chunks
- 1 tbs. unsweetened coconut flakes

### DIRECTIONS





### PB AND J

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 300 | Protein: 26 | Fat: 16 | Carb: 14 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- · 8 to 12 oz. unsweetened nut milk
- · 1 tbs. almond or nut butter
- · 1/2 cup strawberries
- · 3 to 6 ice cubes

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### **CHIA TEA**

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 325 | Protein: 27 | Fat: 15 | Carb: 24 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- · 1 cup brewed chai tea
- · 1 tbs. nut butter
- · 1/2 tsp. cinnamon
- · 1/4 tsp. ginger
- 1/4 tsp. nutmeg
- 1/4 tsp. cardamom
- 6 ice cubes

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!



### **BLUEBERRY MINT**

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 250 | Protein: 27 | Fat: 8 | Carb: 20 Gluten-Free

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- 1 cup unsweetened nut
- · 1/2 cup blueberries
- 4 mint leaves (or 10 drops mint extract)
- 1 handful spinach
- ½ tbs. chia seeds
- · 6 ice cubes

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### CHOCOLATE CRUNCH

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 355 | Protein: 27 | Fat: 16 | Carb: 28 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving chocolate Life Time Protein Powder
- · 1 cup unsweetened nut milk
- 1/2 small banana
- ½ cup unsweetened, full-fat Greek yogurt
- 1 tbs. crunchy almond butter
- 1 cup spinach
- · 4 to 5 ice cubes, as preferred

### **DIRECTIONS**



### **MAPLE NUT**

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 340 | Protein: 26 | Fat: 13 | Carb: 26 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- · 1/2 frozen banana
- · 1/2 tbs. maple syrup
- · 1 tbs. nut butter
- · 1 tsp. vanilla extract
- · 1 cup unsweetened nut milk
- · 4 to 5 ice cubes, as preferred

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### SNICKERDOODLE

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 335 | Protein: 27 | Fat: 9 | Carb: 39 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- 1 cup unsweetened nut
- · 1 tbs. rolled oats
- · 1 date
- · 1/4 tsp. cinnamon
- · 1/4 tsp. nutmeg
- · Pinch of sea salt
- · 4 to 5 ice cubes

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!



### **BLUEBERRY PIE**

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 330 | Protein: 27 | Fat: 17 | Carb: 21 Gluten-Free

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- · 1 cup unsweetened nut milk
- ½ blueberries
- · Juice of 1 lemon
- · 1 tbs. almond butter
- · 1 tsp. vanilla extract
- · 4 to 5 ice cubes, as preferred

### **DIRECTIONS**

1. Blend to desired consistency and enjoy!

### APPLE PIE

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 340 | Protein: 24 | Fat: 14 | Carb: 29 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- · 1 serving vanilla Life Time Protein Powder
- · 6 oz. unsweetened almond milk
- ½ small honey crisp apple, sliced
- · 2 tbs. nut butter
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1 tsp. maple syrup
- · 4 to 5 ice cubes

### **DIRECTIONS**



### PEACH COBBLER

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 280 | Protein: 23 | Fat: 7 | Carb: 25 Gluten-Free, Dairy-Free, Vegetarian, Vegan

### **INGREDIENTS**

- 1 cup unsweetened almond milk
- · 1 serving vanilla Life Time protein powder
- · 1 cup frozen peaches
- · 2 tbs. oats, gluten-free
- 1 tsp. cinnamon
- · 1 tsp. vanilla extract

### **DIRECTIONS**



60day Challenge

# Breakfast

LIFE TIME

### BREAKFAST SAUSAGE EGG BAKE

Prep: 10 minutes | Cook: 45 minutes | 8 Servings 1 Serving | Calories: 310 | Protein: 22 | Fat: 17 | Carb: 18

Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 2 tbs. olive oil
- 1 lb. sweet potatoes, peeled and cut into 1/2" cubes
- · ½ onion, diced
- · 4 cloves garlic, minced
- · 1 red bell pepper, diced
- · 8 oz. sun dried tomatoes
- · 1 lb. ground turkey breakfast sausage
- · 3 cups spinach, chopped
- 12 large eggs
- · 1/2 cup unsweetened nut milk
- · Salt and pepper to taste

- 1. Preheat oven to 400° F.
- 2. Grease a 9-x-13-inch baking dish and set aside.
- 3. Line a large baking sheet with parchment paper and toss sweet potatoes with 1 tablespoon of olive oil, salt and pepper. Bake in a single layer for 18 to 20 minutes until soft.
- 4. While sweet potatoes are baking, heat 1 tablespoon of olive oil in a skillet over medium heat. Add onions and garlic, stirring for about 4 minutes until translucent. Add bell pepper and sundried tomatoes and stir for another 1 to 2 minutes. Transfer to baking dish.
- Next, in the same skillet, cook the turkey breakfast sausage crumbling until cooked through. Transfer to baking dish.
- Add roasted sweet potatoes, spinach, salt and pepper to baking dish and mix to combine all ingredients.
- 7. In a medium bowl, combine eggs with nut milk and evenly pour over your veggie and turkey sausage mixture in baking dish.
- 8. Bake for 25 to 30 minutes, uncovered until eggs are set and enjoy!



### MAKE-AHEAD BREAKFAST BOWLS

Prep: 10 minutes | Cook: 25 minutes | 4 Servings 1 Serving | Calories: 365 | Protein: 31 | Fat: 22 | Carb: 12



### **INGREDIENTS**

- · 1 tbs. olive oil
- 1 large sweet potato

Gluten-Free, Dairy-Free

- · 2 tbs. everything bagel seasoning
- · 1 tbs. coconut oil
- · 1 tbs. minced garlic
- 1 lb. ground turkey
- 8 cups spinach
- · 1 cup halved cherry or grape tomatoes
- 4 eggs (fried, scrambled, soft-boiled, whatever your preference)
- Sea salt and freshly ground black pepper, to taste
- · Hot sauce or salsa, optional
- · Avocado, optional

- Preheat oven to 425° F and line baking sheet with parchment paper.
- Toss cubed sweet potatoes with olive oil and evenly distribute on baking sheet and sprinkle everything bagel seasoning.
- Bake 15 to 25 minutes, stirring halfway through until golden brown.
- 4. While sweet potatoes are baking, heat skillet over medium heat.
- Add coconut oil and garlic, stir, and cook for 1 minute.
- 6. Add ground turkey and sauté 5 to 7 minutes until almost cooked through.
- Add spinach and cherry tomatoes and sauté until turkey is fully cooked. Salt and pepper to taste and set aside.
- 8. Prep your eggs hard-boiled, scrambled, fried, etc.
- 9. Evenly distribute all ingredients between 4 bowls, top with additional everything bagel seasoning and enjoy!



### BANANA PROTEIN MUFFINS

Prep: 5 minutes | Cook: 15 minutes | 12 Servings 1 Muffin | Calories: 125 | Protein: 6 | Fat: 5 | Carb: 15 Gluten-Free, Vegetarian



### **INGREDIENTS**

- · 3 medium-large bananas
- · 1 zucchini, chopped
- 2 servings vanilla Life Time Whey Protein Powder
- · 2 tbs. chia seeds
- 1 cup unsweetened vanilla nut milk
- 1 tbs. vanilla extract
- · 1 tbs. cinnamon
- · 1 cup gluten-free oats
- ½ cup chopped pecans
- · 1 tsp. baking powder
- Toppings optional raisins, strawberries, blueberries, chocolate chips, etc.

### **DIRECTIONS**

- 1. Preheat oven to 375° F.
- 2. In a blender, combine bananas, zucchini, whey protein powder, chia seeds, nut milk, vanilla and cinnamon. Once blended, the mixture should be the consistency of cake batter.
- 3. Hand-mix the oats and pecans into the batter (do not blend).
- 4. Line muffin tin with muffin liners. Muffins come out very moist, so this step is important!
- 5. Pour batter into muffin tins until about 80 percent full. Sprinkle optional toppings over the top.
- 6. Bake for 12 to 15 minutes, until golden brown and enjoy!

### NOTE

Store in a Ziploc bag in the refrigerator for 3 to 4 days.



### **AVOCADO BOATS**

Prep: 10 minutes | Cook: 20 minutes | 2 Servings 1 Serving | Calories: 170 | Protein: 9 | Fat: 19 | Carb: 8 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 2 avocados
- · 4 medium eggs
- 2 strips of nitrate-free bacon, cooked and diced

- 1. Preheat oven to 425° F.
- Cut avocados in half lengthwise, de-pit, and scoop about a spoonful of avocado flesh from the center making room for the egg.
- 3. Place avocado halves in a small baking dish, and crack an egg into each— ideally adding yolk first and then egg white until the avocado half is filled.
- 4. Bake for 15 to 20 minutes or until egg whites have set.
- 5. Garnish with cooked bacon pieces.



### SWEET POTATO, EGG AND SAUSAGE HASH

Prep: 10 minutes | Cook: 30 minutes | 2 Servings 1 Serving | Calories: 290 | Protein: 23 | Fat: 14 | Carb: 17 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1 tbs. coconut oil
- · 1 bell pepper, diced
- · 1/4 cup red onion, diced
- · 4 breakfast sausage links
- · 1 medium sweet potato, julienned
- 4 eggs
- · Salt and pepper to taste

- 1. Set oven to broil. Place cast-iron pan on medium heat and melt coconut oil in a cast-iron pan.
- 2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5 to 8 minutes until browned.
- 3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8 to 10 minutes, until softened.
- 4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
- 5. Move the pan to the oven and let broil for 2 to 3 minutes, until eggs are cooked to your desired consistency.
- 6. Remove from oven, top with salt and pepper, and enjoy!



### **PROTEIN PANCAKES**

Prep: 5 minutes | Cook: 10 minutes | 2 Servings 1 Serving | Calories: 170 | Protein: 14 | Fat: 8 | Carb: 10 Gluten-Free, Dairy-Free, Vegetarian



### **INGREDIENTS**

- · 1 large egg
- 1 serving vanilla Life Time Protein Powder
- · 2 tbs. organic coconut flour
- 1/4 cup unsweetened vanilla almond milk
- · 1/4 teaspoon baking powder
- · 1/4 teaspoon baking soda

- Using a mixer, beat all ingredients together on low until protein powder is dissolved.
- 2. Heat skillet over medium-high and spray with nonstick coconut oil spray.
- 3. Pour mix onto skillet to desired pancake size and fry on until thoroughly cooked.
- 4. You should end up with about 2 big pancakes or 4 small pancakes. The amount varies slightly by the desired size of pancake.



### OATMEAL SUPERFOOD BREAKFAST BARS

Prep: 10 minutes | Cook: 25 minutes | 12 Servings 1 Serving | Calories: 200 | Protein: 9 | Fat: 9 | Carb: 24 Gluten-Free, Vegetarian



### **INGREDIENTS**

### Base

- · 1 tbs. coconut oil
- 2 cups gluten-free oats
- · 2 tbs. honey or maple syrup
- · 1 tsp. kosher salt
- · 1 tbs. cinnamon
- 1/2 banana
- · 1/2 zucchini, de-skinned
- · 1 tbs. vanilla
- · 1 tbs. chia seeds
- · 2 tbs. almond butter
- · 1 serving Life Time Vanilla Whey Protein

### Mix-Ins & Toppings

- · 2 tbs. gluten-free oats
- · 2 tbs. slivered almonds
- · 2 tbs. sunflower seeds
- · 2 tbs. pumpkin seeds
- · 1 cup berries
- · 1 tbs. chia seeds

- 1. Preheat oven to 350° F and line 9-x-13-inch casserole dish with parchment paper. Lightly grease paper with coconut spray oil.
- 2. In a small bowl, combine all mix-in & topping ingredients and set aside.
- Place all base ingredients in a food processor and pulse until completely combined or about 5 minutes.
- 4. Transfer the mixture into a bowl, and add half of the mix-ins. Gently combine the mixture and the mix-ins until the mix-ins are evenly distributed.
- 5. Place the mixture in the casserole dish and carefully spread to form an even layer in the base of the dish. Take the remaining mix-in components and top evenly.
- 6. Place in oven and bake for 20 to 25 minutes, until toppings are toasted and base is fully cooked. Enjoy!



### MEDITERRANEAN EGG CUPS

Prep: 20 minutes | Cook: 25 minutes | 6 Servings 1 Serving | Calories: 305 | Protein: 26 | Fat: 19 | Carb: 7



### **INGREDIENTS**

Gluten-Free

- · Coconut oil cooking spray
- · 1 tbs. coconut oil
- ¼ medium yellow onion, chopped
- · 1/2 red bell pepper
- · 2 tbs. garlic
- · 1/2 cup mushrooms, diced
- ½ pound ground turkey
- · 1 tbs. Italian seasoning
- · 3 oz. sun-dried tomatoes, chopped
- · 2 cups chopped spinach
- · 1/2 cup feta cheese, crumbled
- 8 eggs

### **DIRECTIONS**

- 1. Preheat oven to 350° F.
- 2. Spray 12-muffin tin with nonstick cooking oil spray.
- 3. Heat coconut oil over medium heat. Add onions and red pepper, stir to cook for 3 to 4 minutes. Add garlic and mushrooms, cook for 4 minutes.
- Add ground turkey and Italian seasoning, sauté until fully cooked.
- 5. Add sun-dried tomatoes and spinach, cooking until spinach is fully incorporated and wilted into mixture. Stir in feta and remove from heat.
- 6. Evenly divide turkey mixture into muffin tin.
- 7.In liquid measuring cup, beat eggs until fully combined. Evenly pour eggs over turkey mixture.
- 8. Bake 25 minutes. Serve and enjoy!

### NOTE

Store in a Ziploc bag in the refrigerator for 3 to 4 days.



### BREAKFAST RICE CAKE

Prep: 10 minutes | Cook: 15 minutes | 2 Servings 1 Serving | Calories: 280 | Protein: 25 | Fat: 8 | Carb: 25

Gluten-Free, Dairy-Free, Vegetarian



### **INGREDIENTS**

- · 1 tsp. coconut oil
- 4 eggs
- · 1 cup spinach
- · 1 avocado
- · 4 rice cakes, plain
- · 1/2 tbs. mayonnaise, avocado-oil based
- · 1/4 tsp. hot sauce
- · 1 tbs. everything bagel seasoning

- 1.In a small pan, heat 1 teaspoon of coconut oil over medium heat.
- 2. In a small bowl, scramble 4 eggs and add to heated pan.
- 3. After about 2 minutes, add spinach and stir until eggs are fully cooked.
- 4. While eggs are cooking, cut your avocado, mash in a small bowl and spread evenly between 4 rice cakes.
- Add scrambled eggs and spinach on top of avocado mash.
- Combine mayo and hot sauce. Drizzle on top of eggs.
- 7. Sprinkle everything bagel seasoning to top everything off and enjoy!



### PROTEIN PANCAKE BITES

Prep: 10 minutes | Cook: 15 minutes | 2 Servings 1 Serving | Calories: 225 | Protein: 18 | Fat: 13 | Carb: 7 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- 2 eggs
- · 1/2 tsp. vanilla
- · 1/4 cup full-fat coconut milk
- · 1/2 tsp. apple cider vinegar
- 1/2 tbs. maple syrup
- 1 serving unflavored Life Time Collagen Peptides
- · 1/2 tsp. baking soda
- · 1/2 cup almond flour
- · Pinch of salt

- Place a non-stick skillet over medium-low heat and spay with coconut oil.
- Combine eggs, vanilla, full-fat coconut milk, apple cider vinegar, and maple syrup in a small bowl and set aside.
- 3. In a blender, add collagen peptides, baking soda, almond flour and salt. Pour in wet mixture and blend until fully combined. The batter will be thin.
- 4. Do one test pancake in the pan, once cooked, add 2" pancake drops to the skillet. Flip when bubbles begin to form on the top.
- 5. Enjoy!



60day Challenge

# Entrées and Batch Cooking

LIFETIME

### SOUTHWEST BBQ CHICKEN SALAD

Prep: 15 minutes | Cook: 0 minutes | 4 Servings 1 Serving | Calories: 335 | Protein: 29 | Fat: 13 | Carb: 32

Gluten-Free



### **INGREDIENTS**

- · 1 lb. shredded chicken, cooked
- 1/2 cup barbeque sauce, no sugar added
- 1 bag (5 oz.) spring mix
- · 1 cup black beans, drained and rinsed
- 1 cup corn kernels
- · 1 cup cherry tomatoes, halved
- · 1 small avocado, diced
- · Fresh cilantro to taste
- · 1/4 cup ranch dressing

- Toss shredded chicken with barbeque sauce and set aside.
- 2. Divide all ingredients between four bowls and toss to combine.
- 3. Drizzle desired ranch dressing (about 1 to 2 tablespoons) when ready to eat and enjoy!



### CHICKEN CHIPOTLE BURRITO BOWLS

Prep: 1hour | Cook: 20 minutes | 4 Servings

1 Serving | Calories: 410 | Protein: 37 | Fat: 12 | Carb: 37

Gluten-Free, Dairy-Free



### **INGREDIENTS**

### Marinade:

- · 1/4 cup olive oil
- · 1 chipotle pepper (canned)
- 1 tbs. adobo sauce (juice from can)
- · 4 garlic cloves
- ½ onion
- · 11/2 tbs. cumin
- · 2 tsp. chili powder
- · 1 tsp. dried oregano
- · 2 tsp. salt
- · Juice of one lime
- · 1 lb. chicken thighs, boneless, skinless

### Rice:

- · 1 cup rice
- · 2 cups water or unsalted chicken bone broth
- 2 tbs. lime juice
- · 1 tsp. olive oil
- · 1 tbs. cilantro, chopped
- · Pinch of salt

### Bowls:

- · 1 cup black beans
- · 1 cup corn kernels
- · 1 cup salsa, no sugar added
- · 2 cup spinach or spring mix
- · Optional: avocado, hot sauce, fresh cilantro

### **DIRECTIONS**

### Marinade/Chicken:

- 1. Place marinade ingredients into blender and blend until smooth. Place the chicken and marinade in a ziplock bag and massage well until evenly coated. Marinate in refrigerator for 20 minutes to 24 hours.
- 2. Remove chicken breasts from ziplock bag and discard the remaining marinade.
- 3. Heat skillet (or grill) over medium to medium-high heat and cook each side of chicken 5 to 6 minutes on each side until internal temperature reaches 165° F.
- 4. Let chicken rest 5 to 10 minutes before dicing into 1" pieces on cutting board.

### Rice

- 1. Bring 2 cups of water or chicken broth and rice to boil. Reduce heat to low and allow water to simmer, cover, and cook rice until the water is absorbed about 15 to 20 minutes.
- 2. Add remaining rice ingredients and stir until well combined. Set Aside.

Assemble by dividing chicken, rice, and bowl ingredients evenly between 4 bowls.



### **MEATLOAF**

Prep: 15 minutes | Cook: 75 minutes | 8 Servings 1 Serving | Calories: 325 | Protein: 24 | Fat: 21 | Carb: 6

Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1 lb. ground beef, 90% lean
- · 1 lb. ground Italian sausage
- · 1/2 cup almond flour
- · 1/2 cup yellow onion, minced
- · 3 garlic cloves, minced
- 2 eggs
- · 2 tbs. ketchup
- · 2 tbs. coconut aminos
- · 2 tsp. Dijon mustard
- · 1 tsp. dried basil
- · 1 tsp. paprika
- · 1 tsp. salt
- · Pinch of pepper

### Topping:

- 1/3 cup ketchup
- 1 tbs. coconut aminos
- · 1 tsp. Dijon mustard

- Preheat your oven to 350° F. Lightly grease a 9-x-5-inch loaf baking pan.
- Combine all ingredients (excluding topping ingredients) in a large bowl and mix well. If helpful, use your hands.
- 3. Transfer the mixture to the loaf pan and push it down to even it out and ensure there are no air bubbles.
- 4. Bake for 30 minutes.
- 5. While loaf is baking, mix topping ingredients together and set aside.
- 6. When the loaf comes out of the oven, add topping, and bake for an additional 30 to 35 minutes.
- 7.Let meatloaf cool at least 15 minutes before serving or slicing.
- 8. Enjoy!



### LOADED POTATO SOUP

Prep: 20 minutes | Cook: 40 minutes | 6 Servings 1 Serving | Calories: 385 | Protein: 14 | Fat: 17 | Carb: 41



### **INGREDIENTS**

- · 6 strips bacon, nitrate free, diced
- · 1/2 white or yellow onion, sliced
- · 3 garlic cloves, minced

Gluten-Free, Dairy-Free

- · 21/2 lb. russet, yellow, or gold potatoes
- · 4 cups chicken bone broth
- 3 tsp. lemon juice
- · 1 cup canned coconut cream, unsweetened
- · 11/2 tsp. salt
- · ½ tsp. pepper
- · 1 tsp. chili powder
- ¼ tsp. dried chives
- · optional: green onion

### **DIRECTIONS**

- Place bacon pieces in a large Dutch Oven or soup pot over medium heat and cook until bacon is crisp and browned.
- Remove bacon pieces and set aside, leaving the fat in the pot.
- 3. Add chopped onion and cook over medium heat for 3 to 5 minutes until onions are tender.
- 4. Add garlic and cook for an additional 30 seconds.
- 5. Add diced potatoes to the pot along with chicken bone broth, lemon juice, coconut milk, salt, pepper, chili powder, and dried chives. Stir well.
- 6. Bring to a boil and cook for about 12 minutes or until potatoes are tender when pierced with a fork.
- 7. Reduce heat to simmer and carefully remove approximately half of the soup to a blender (it will be hot!) and puree until smooth. You can also use an immersion blender.
- 8. Return the pureed soup to the pot and stir well.
- 9. Allow soup to simmer for 15 minutes before serving.
- 10. Top with bacon pieces and green onion and enjoy!

### Coach Tip:

If you want a boost in protein, during step 7, add 1 to 2 servings of unflavored <u>Life Time Collagen</u>
<u>Peptides</u> when blending soup.



### **ZOODLES MARINARA**

Prep: 10 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 385 | Protein: 18 | Fat: 30 | Carb: 8

Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1 lb. ground Italian turkey sausage
- · 41/2 tbs. olive oil
- · 2 pints of cherry tomatoes
- · 4 cloves garlic, minced
- · 1 bunch fresh basil, chopped
- · Salt and pepper to taste
- · Red pepper flakes to taste
- · 16 oz. zucchini noodles (about 6 zucchini)

- 1. Heat ½ tablespoon of olive oil in a medium skillet over medium heat and add ground Italian turkey sausage. Stir until fully cooked and there is no pink remaining. Set aside.
- 2. While ground turkey is cooking, in medium skillet, add 3½ tablespoons of olive oil, garlic and cherry tomatoes. Simmer and stir for 8 to 10 minutes until tomatoes have popped and sauce has formed.
- 3. Salt, pepper and red pepper flake to taste.
- 4. Add cooked ground turkey and fresh basil to sauce mixture and stir to combine.
- 5. In large skillet, add ½ tablespoon of olive oil over medium heat and toss zucchini noodles 1 to 2 minutes until warm.
- 6. Pour sauce over zucchini noodles, stir and serve!



### CHUNKY MEAT AND VEGGIE CHILI

Prep: 15 minutes | Cook: 30 minutes | 4 Servings 1 Serving | Calories: 400 | Protein: 35 | Fat: 14 | Carb: 26

Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1 lb. ground beef
- · 2 cloves garlic, chopped
- · 1/2 yellow onion, chopped
- · 1 cup carrots, chopped
- · 2 medium zucchinis, chopped
- · 2 tbs. chili powder
- · 1/2 tsp. cumin
- · 1 tbs. oregano
- · 115-oz. can tomato sauce
- · 115-oz. can diced tomatoes
- · 115-oz. can kidney beans

- In large pot, brown ground beef and chopped garlic over medium heat until meat is cooked thoroughly.
- 2.Add onion, carrots and seasonings to skillet and cook over medium-high heat about 5 to 6 minutes. Next add zucchini and cook another 2 minutes, stirring well.
- 3. Add tomato sauce, diced tomatoes and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.



### CILANTRO LIME CHICKEN BOWL

Prep: 10 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 300 | Protein: 27 | Fat: 12 | Carb: 23 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 2 tbs. coconut oil
- · 1 lb. chicken, cubed
- · 2 limes, juiced
- · 1/4 cup cilantro, chopped
- · 2 tsp. garlic powder
- · Salt and pepper to taste
- · 3 cups riced cauliflower
- · 1 tbs. garlic, minced
- · 1/2 cup black beans
- ¼ cup red onion, diced
- · 1/2 cup corn
- · 2 cups cherry tomatoes, halved
- · 1 avocado, diced
- · 1 lime, quartered for final topping

- 1. Heat 1 tablespoon of coconut oil in a skillet over medium heat until melted. Add chicken and sauté until thoroughly cooked, about 8 to 10 minutes.
- 2. In a medium bowl, add chicken, lime juice, cilantro, garlic powder (not the minced garlic) and salt and pepper, and combine until well mixed. Set aside in the refrigerator.
- 3. Heat another tablespoon of coconut oil in the skillet and once melted, add cauliflower and minced garlic and sauté for about 5 minutes. Add black beans, red onion and corn and sauté for another 5 minutes.
- 4. Add the cauliflower rice, beans, onion and corn to the bowl with the chicken. Mix in halved tomato, avocado and squeeze lime juice over all of the ingredients, and enjoy!



### **CHICKEN STIR-FRY**

Prep: 10 minutes | Cook: 20 minutes | 8 Servings 1 Serving | Calories: 255 | Protein: 28 | Fat: 8 | Carb: 18 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 2 lb. chicken breast
- 1 cup gluten-free, reduced-sodium soy sauce or coconut aminos
- · 1 tbs. sesame oil
- · 2 tbs. ginger powder
- 1 tbs. garlic powder
- · 2 tsp. dried red pepper flakes
- · 2 tbs. coconut oil
- · 1-lb. bag of fresh broccoli florets
- 3 carrots, peeled and cut into bite-size pieces ¼" thick
- · 1 medium onion, sliced
- 3 bell peppers, sliced into 1" strips
- · 2 6-oz. cans sliced water chestnuts

- 1. After cutting chicken into bite-size pieces, combine with soy sauce, sesame oil, ginger powder, garlic powder, and red pepper flakes in a large bowl to marinate while you chop the rest of the vegetables with a clean knife and cutting board.
- 2. In a large wok over medium-high heat on the stove, melt the coconut oil. Once melted, add the chicken and stir every minute while it cooks for about 5 to 7 minutes.
- 3. After chicken cooks most of the way through, add the vegetables, starting with broccoli and onion as they take longest to cook. Keep stirring to mix all the flavors and to allow for even cooking. The vegetables should only take about 5 to 7 minutes to cook until bright and crunchy.



### ROASTED VEGETABLES WITH BACON

Prep: 10 minutes | Cook: 30 minutes | 2 Servings 1 Serving | Calories: 120 | Protein: 8 | Fat: 8 | Carb: 10 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- 5 cups vegetables of choice cabbage, Brussels sprouts, green beans, asparagus, etc.
- Coarse kosher salt and freshly ground black pepper
- · 8 slices nitrate-free thick bacon

- 1. Heat the oven to 450°F. Lay vegetables of choice down on a large roasting pan or baking sheet. Sprinkle generously with salt and pepper. (If using cabbage, cut into quarters and remove the stem core. Cut each quarter in half again so you end up with eight wedges.)
- 2. Cut each slice of bacon into small 1" strips and lay on top of the vegetables.
- 3. Roast for about 30 minutes or until done, flipping once halfway through. Enjoy!



### TURKEY PUMPKIN CHILI

Prep: 10 minutes | Cook: 30 minutes | 4 Servings 1 Serving | Calories: 350 | Protein: 26 | Fat: 9 | Carb: 15 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1 lb. ground turkey
- · 1/2 yellow onion, diced
- · 1 green pepper, chopped
- · 1 yellow pepper, chopped
- · 1 clove garlic, minced
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 can (14.5 oz) pumpkin purée (unsweetened)
- 1 can (14.5 oz) red kidney beans
- · 11/2 tbs. chili powder
- 1½ tsp. cumin
- 1/4 tsp. ground cinnamon
- 1/4 tsp. paprika
- · salt and pepper to taste

### Optional

- · 1/4 cup cilantro, chopped
- · 1 jalapeño, sliced

- Brown ground turkey over medium heat in a large skillet or Dutch oven.
- 2. Add in yellow onion, green and yellow peppers, and garlic and sauté 5 to 8 minutes.
- 3. Stir in tomatoes, pumpkin puree, red kidney beans.
  Season with chili powder, cumin, cinnamon and paprika (salt and pepper to taste).
- 4. Reduce heat and simmer 20 to 30 minutes.
- 5. Top with cilantro and/or jalapeño and enjoy!



### SHRIMP AND CORN SHEET PAN BOIL

Prep: 10 minutes | Cook: 35 minutes | 6 Servings 1 Serving | Calories: 425 | Protein: 30 | Fat: 22 | Carb: 35 Gluten-Free



### **INGREDIENTS**

- · 3 cups red potatoes, diced
- · 2 tbs. unsalted butter, melted
- 2 ears corn, cut into 1/2" slices crosswise
- 1 lb. medium shrimp, peeled and deveined
- 1 12-oz. package smoked andouille sausage,
- · sliced thinly
- · 1 lemon
- 2 cloves garlic, minced
- · 1 tbs. Old Bay Seasoning
- · 1 tsp. garlic powder
- · Salt and pepper to taste

- Preheat oven to 425°F. In a large pot of salted boiling water, cook potatoes until just tender, about 10 to 15 minutes. Remove from pot and drain.
- 2. In a small glass bowl, place butter in the microwave and slowly melt in 10 to 15 second increments.
- Place potatoes, corn, shrimp, sausage, melted butter, lemon, garlic and seasoning and toss to combine.
- 4. Distribute evenly on a large sheet pan, and bake until shrimp and corn are fully cooked through about 15 minutes. If you like it a little toasted, broil on the sheet pan for the last 3 to 5 minutes.



# SHEET PAN LEMON CHICKEN AND VEGETABLES

Prep: 15 minutes | Cook: 35 minutes | 4 Servings 1 Serving | Calories: 255 | Protein: 30 | Fat: 6 | Carb: 23 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 2 tbs. olive oil
- · 1 lb. chicken
- · 4 cups broccoli
- · 8 large carrots, halved
- · 2 lemons
- · 1 tbs. minced garlic
- · 1 tbs. Italian seasoning
- Salt and freshly ground black pepper to taste

- 1. Preheat oven to 375°F.
- 2. Grease sheet pan with 2 tablespoons of olive oil. Place chicken breasts next to each other on onethird of the pan. On the other two-thirds, add chopped broccoli and carrots halved lengthwise.
- 3. Using one lemon, cut in half and squeeze over chicken breasts. Cut the other lemon in thin slices (about ½ cm) and distribute evenly over the chicken and veggies.
- 4. Top chicken and veggies with minced garlic, and sprinkle Italian seasoning, salt and pepper over the entire sheet pan.
- 5. Bake until thoroughly cooked, or about 30 to 35 minutes. Remove from oven and enjoy!



### SLOW COOKER THAI CHICKEN

Prep: 10 minutes | Cook: 4 to 8 hours | 4 Servings 1 Serving | Calories: 400 | Protein: 35 | Fat: 24 | Carb: 12



### **INGREDIENTS**

· 2 lb. chicken breasts

Gluten-Free, Dairy-Free

- 3/4 cup canned full-fat coconut milk
- 1/2 cup chunky peanut butter
- · 2 tbs. garlic, minced
- · 2 tbs. honey
- 2 tbs. coconut aminos (or gluten-free soy sauce)
- · 2 tbs. lime juice
- · 11/2 tbs. sesame oil
- 1 tsp. crushed red pepper flakes (more or less, to taste)
- · 4 tbs. chopped peanuts
- · Fresh cilantro, chopped

- 1. Place chicken breasts in the bottom of a slow cooker in an even layer.
- 2. In a small mixing bowl, add coconut milk, peanut butter, garlic, honey, coconut aminos, lime juice, sesame oil and red pepper flakes and mix until combined. (It may help to soften the peanut butter.)
- 3. Pour the mixture over the chicken in the slow cooker. Cook on low for 6 to 8 hours or on high for 3 to 4 hours.
- 4.Once cooked, remove chicken and shred, then return back to the crock pot and stir until chicken is evenly coated in the peanut sauce.
- 5. Top with peanuts and cilantro, and serve alone or with a side of rice or rice noodles.



## ORANGE CHICKEN WITH CAULIFLOWER STIR-FRY RICE

Prep: 10 minutes | Cook: 25 minutes | 8 Servings 1 Serving | Calories: 215 | Protein: 28 | Fat: 15 | Carb: 3



### **INGREDIENTS**

### Chicken:

· 2 lb. chicken breast

Gluten-Free, Dairy-Free

- · 2 tbs. coconut oil
- · 1 orange, medium
- 1/3 cup gluten-free soy sauce or coconut aminos
- · 2 tbs. tomato paste
- · 2 tbs. honey
- · 1/4 tsp. red pepper flakes
- · 1 tsp. garlic powder
- · Salt and pepper to taste

### Cauliflower Stir-Fry Rice:

- · 4 cups riced cauliflower (or 1 bag)
- 4 cups stir-fry vegetables (broccoli, bell peppers, carrots, snap peas, etc.)

- Cut the chicken into bite-size pieces (about 1 inch). Season with desired salt and pepper.
- 2. In a large skillet, add chicken with 1 tbs. of coconut oil and cook on medium heat. Cook for 5 to 7 minutes until mostly cooked through.
- 3. In a small bowl, combine orange juice, soy sauce, tomato paste, honey, red pepper and garlic powder. Stir until evenly mixed.
- 4. Pour sauce over chicken and stir to coat evenly. Cook chicken for additional 5 to 10 minutes or until chicken is fully cooked through (165°F temperature).
- 5. In another pan, melt 1 Tbsp. of coconut oil and add stir-fry vegetables. Sauté until mostly cooked through, about 7 minutes. Then add cauliflower and sauté until fully cooked, about 5 minutes.
- 6. Serve the orange chicken over 1 to 2 cups cauliflower stir-fry and enjoy!



### SHEET PAN HONEY-GLAZED SALMON AND VEGGIES

Prep: 10 minutes | Cook: 25 minutes | 4 Servings 1 Serving | Calories: 390 | Protein: 26 | Fat: 19 | Carb: 26



### **INGREDIENTS**

- · 3 tbs. unsalted butter or ghee, melted
- · 2 tbs. honey
- · 1 tbs. oregano

Gluten-Free, Dairy-Free

- · 2 lemons
- · 2 tbs. olive oil
- · 8 to 12 large carrots
- · 1 lb. skin-on salmon fillet
- · 1 bunch of asparagus
- · Salt and pepper to taste

- 1. Preheat oven to 375°F.
- 2. In a small bowl, add butter, honey, oregano and the juice of 1 lemon and microwave for about 30 seconds, until melted. Mix thoroughly.
- 3. Grease sheet pan with 2 tablespoons of olive oil. Place carrots one-third of the pan and top lightly with 1 tablespoon of honey butter mixture.
- 4. Place baking sheet in the oven for about 25 minutes, until carrots are softened.
- 5. Remove baking sheet from the oven and add salmon and asparagus, then top with the remainder of the honey butter mixture and sliced lemon from your remaining lemon.
- 6. Return to oven and bake for another 15 minutes, until salmon flakes easily. Remove from oven and enjoy!



## SHEET PAN CHICKEN SAUSAGE AND VEGGIES

Prep: 10 minutes | Cook: 40 minutes | 3 Servings 1 Serving | Calories: 300 | Protein: 23 | Fat: 15 | Carb: 21 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 2 medium-large bell peppers, chopped
- 1 large yellow zucchini
- · 1 medium sweet potato, cubed
- 1 package chicken sausage (12 oz.)
- · 1 tbs. oregano
- · 1 tbs. olive oil
- · Salt and pepper to taste

- 1. Preheat oven to 375°F.
- Chop the bell peppers, zucchini, potatoes and sausage. Add to a mixing bowl and toss in olive oil, oregano and salt and pepper until evenly covered.
- Cover a baking sheet with parchment paper and add sausage mixture. Distribute evenly across the baking sheet.
- 4. Bake for 35 to 40 min, or until thoroughly cooked. Remove from oven and enjoy!





### WHITE CHICKEN CHILI

Prep: 15 minutes | Cook: 6 to 8 hours | 8 Servings 1 Serving | Calories: 305 | Protein: 35 | Fat: 4 | Carb: 30 Gluten-Free, Dairy-Free

#### **INGREDIENTS**

- · 4 cups chicken stock (no added salt)
- · 2 lb. chicken breast
- · 3 cups carrots, chopped
- · 16 oz. salsa verde
- · 1/2 onion, diced
- 1/2 tbs. garlic powder
- 2 15-oz. cans Great Northern beans, drained
- · Himalayan salt to taste

- 1. Place chicken stock, chicken, carrots, salsa, onion and garlic powder in a large slow cooker and stir to combine. Cook on low for 6 to 8 hours, or high for 3 to 4 hours.
- 2. About 30 minutes before removing from the slow cooker, add both cans of beans. Remove chicken from mixture, shred with two forks, and then return to slow cooker.
- 3. Allow to cook for 30 minutes, then season with additional salt and pepper as needed.



### **BLT SALAD**

Prep: 10 minutes | Cook: 30 minutes | 4 Servings 1 Serving | Calories: 355 | Protein: 33 | Fat: 23 | Carb: 5 Gluten-Free



#### **INGREDIENTS**

- · 8 strips of nitrate-free bacon
- · 1 lb. chicken, diced
- · 8 to 10 cups lettuce, chopped
- · 3 to 4 roma tomatoes, diced
- 2 tbs. ranch dressing (gluten-free)
- · Salt and pepper to taste

- 1. Preheat oven to 400° F.
- 2. Line a baking sheet with parchment paper, and lay bacon strips evenly across the sheet.
- 3. Cook for 12 to 18 minutes, until cooked to your desired level. Remove from oven and set aside.
- 4. In a medium pan, sauté diced chicken over medium heat until cooked through.
- 5. When bacon is cool, crumble into small pieces.
- Chop lettuce leaves into long strips and add to a bowl. Top with chicken, bacon, tomatoes and ranch dressing.



### **TACO BOWL**

Prep: 5 minutes | Cook: 10 minutes | 4 Servings 1 Serving | Calories: 400 | Protein: 32 | Fat: 16 | Carb: 9 Gluten-Free



#### **INGREDIENTS**

- · 1 lb. ground turkey
- · 2 tbs. taco seasoning
- 6 cups chopped lettuce
- 1 cup salsa (no added sugar)
- 1 avocado

- 1. In a medium pan, sauté ground turkey over medium heat until cooked through, about 7 to 8 minutes. Add taco seasoning and mix well.
- 2. Chop lettuce leaves into long strips and add to a bowl. Top with ground turkey, salsa and avocado and enjoy!



### **SOUTHWEST CHILI**

Prep: 10 minutes | Cook: 25 minutes | 8 Servings 1 Serving | Calories: 400 | Protein: 29 | Fat: 11 | Carb: 30



#### **INGREDIENTS**

Gluten-Free

- · 1 lb. ground turkey
- · 2 cloves garlic, chopped
- · 1/2 yellow onion, chopped
- · 1 can sweet corn
- · 1 to 2 jalapeños
- · 2 tbs. chili powder
- · 1/2 tsp. cumin
- · 1 tbs. oregano
- · Pinch of cayenne, optional
- · 115-oz. can tomato sauce
- · 115-oz. can diced tomatoes
- 1/2 15-oz. can kidney beans

- In large pot, brown ground turkey and chopped garlic over medium heat until meat is cooked thoroughly.
- Add onion, corn, jalapeños and seasonings to skillet and cook over medium-high heat about 5 to 6 minutes.
- 3. Add tomato sauce, diced tomatoes and beans to the pot and bring to a boil, stirring frequently. Reduce heat and simmer for 20 minutes.



## SLOW COOKER POT ROAST AND ROOT VEGETABLES

Prep: 15 minutes | Cook: 6 to 8 hours | 6 Servings 1 Serving | Calories: 425 | Protein: 48 | Fat: 19 | Carb: 17 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 1 tbs. coconut oil
- 2½ lb. boneless beef chuck roast
- · 2 cups peeled, sliced carrots
- · 2 cups peeled, sliced parsnips
- · 2 stalks celery, chopped
- 1 medium onion
- · 2 cloves garlic, peeled, diced
- 11/2 cups water or beef broth
- 1 tsp. rosemary (dried or fresh)—parsley could work too!
- · 1 tsp. dried basil
- · Salt and pepper to taste

- 1. Melt coconut oil in the skillet. Pat dry the roast and then place on hot skillet. Brown all sides of roast over high heat for approximately 3 to 4 minutes per side.
- 2. Place the roast in the slow cooker and add the other ingredients.
- 3. Cover and cook on low setting for 6 to 8 hours, or until meat is tender (you could also cook on high for 4 to 5 hours, however, roast may not be quite as tender).
- 4. Use tongs or a slate spoon to remove roast and veggies.



# CHICKEN CORN CHOWDER

Prep: 10 minutes | Cook: 35 minutes | 6 Servings 1 Serving | Calories: 425 | Protein: 30 | Fat: 22 | Carb: 35

Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- 11/2 lb. chicken breasts
- . 1/2 yellow onion, diced
- · 1 can sweet corn
- · 2 medium carrots, diced
- · 2 garlic cloves, minced
- 1 tbs. coconut oil
- · Salt and pepper to taste
- · 1/2 tsp. dried thyme
- · Pinch of cayenne, optional
- 1 medium potato
- · 2 medium zucchini, diced
- · 3 cups water
- · 1 can (12 oz.) full-fat coconut milk
- 1 bay leaf

- In a medium saucepan, sauté chicken breasts until cooked through. Set aside to cool.
- 2.In a large pot, add onion, corn, carrots, garlic, and ½ tablespoon of coconut oil, salt, pepper, thyme, and optional cayenne. Cook until vegetables soften, about 5 minutes.
- 3. Add potatoes, zucchini, water, coconut milk and bay leaf. Raise the heat until the mixture begins to simmer, lower heat and simmer for 20 minutes.
- 4. Remove the bay leaf from the mixture. Then separate about 2 cups of the mixture and place in a food processor. Puree until smooth, then return to the pot.
- Grab the chicken breasts and shred, either by hand or two forks. Add chicken to the pot and stir, so the chowder is well mixed.
- 6. Let cool and enjoy!



### TZATZIKI CHICKEN SALAD

Prep: 10 minutes | Cook: 0 minutes | 3 Servings 1 Serving | Calories: 300 | Protein: 35 | Fat: 13 | Carb: 8

Gluten-Free



#### **INGREDIENTS**

- · 1 lb. cooked chicken
- · 1/2 cup plain Greek yogurt
- · 1 medium cucumber, chopped
- · 2 cups cherry tomatoes, halved
- · 1/2 red onion, finely chopped
- · Juice of 1 lemon
- · 6 oz. feta cheese, crumbled
- ½ cup kalamata olives, chopped
- · 3 cloves garlic, minced
- · 2 tbs. fresh dill, chopped
- · 2 tbs. parsley, chopped
- · Salt and pepper to taste

#### **DIRECTIONS**

 Add all ingredients to a bowl and stir until thoroughly mixed. Serve over mixed greens, rice or in a gluten-free pita.



# SLOW COOKER THAI CHICKEN SOUP

Prep: 15 minutes | Cook: 6 to 8 hours | 5 Servings 1 Serving | Calories: 405 | Protein: 33 | Fat: 16 | Carb: 28 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 2 medium carrots, chopped
- · 1 red bell pepper, chopped
- · 1 tbs. ground ginger
- · 4 garlic cloves, minced
- · 2 tbs. red curry paste
- · 3 tbs. coconut aminos
- 2 cups no-added-salt chicken stock
- · 1 lb. chicken breasts
- · 112-oz. can coconut milk
- 1 cup peas
- · 2 zucchinis (or 1 container of zoodles)
- · Juice of 1 lime

- 1. In a medium slow cooker, add all ingredients except the coconut milk, peas, zucchini and lime and cook on medium for 6 to 8 hours.
- 2. Once complete, remove the chicken and shred with two forks.
- Return the chicken to the crock pot and add the coconut milk and peas. Cook for an additional 30 minutes on low.
- 4. Add zucchini noodles and lime juice and enjoy!



### **EGG ROLL BOWL**

Prep: 5 minutes | Cook: 15 minutes | 4 Servings 1 Serving | Calories: 390 | Protein: 35 | Fat: 16 | Carb: 26 Gluten-Free, Dairy-Free, D.TOX



#### **INGREDIENTS**

- · 11/2 lb. ground turkey
- · 1/2 sweet onion diced
- · 1 tbs. toasted sesame oil
- · 1 tsp. ground ginger
- · 2 garlic cloves, minced
- 1 tbs. rice vinegar
- ¼ cup gluten-free soy sauce or coconut aminos
- 1 16-oz. bag coleslaw mix
- 1/4 16-oz. bag matchstick carrots
- · Salt and pepper to taste

- 1. In a medium skillet, add ground turkey and sauté until fully cooked. Drain if necessary.
- 2. Add onion, sesame oil, ginger and garlic cloves and cook until fragrant.
- 3. Add rice vinegar, coconut aminos, coleslaw mix, carrots, salt and pepper to the skillet. Cook for another 5 minutes, until vegetables are slightly wilted.
- 4. Remove skillet from the heat and enjoy!



# BUFFALO CHICKEN MEATBALLS

Prep: 10 minutes | Cook: 15 minutes | 4 Servings 1 Serving | Calories: 185 | Protein: 26 | Fat: 8 | Carb: 3



#### **INGREDIENTS**

#### Meatballs

· 1 lb. ground chicken or turkey

Gluten-Free, Dairy-Free, D.TOX

- · 1/2 cup almond flour
- · ¼ cup hot sauce
- 1 egg
- · 2 tbs. ranch seasoning
- · Pinch of salt

#### Ranch Seasoning

- · 2 tbs. dried parsley
- · 2 tsp. dried dill
- · 1 tsp. garlic powder
- · 1 tsp. onion powder
- · 1/2 tsp. black pepper
- · 1/2 tsp. dried chives

- 1. Preheat oven to 400°F. Line baking sheet with parchment paper.
- 2. In a large mixing bowl, add all ingredients and combine with your hands until well mixed.
- 3. Form mixture into 12 evenly sized meatballs and place on the prepared baking sheet.
- 4. Bake for 15 to 20 minutes, until cooked throughout.
- Remove from the oven and top with additional hot sauce as preferred. Serve with a side of carrots and celery.



# MEXICAN ZUCCHINI BURRITO BOATS

Prep: 10 minutes | Cook: 40 minutes | 4 Servings 1 Serving | Calories: 290 | Protein: 15 | Fat: 11 | Carb: 33



#### **INGREDIENTS**

- 4 to 6 large zucchini, cut in half lengthwise
- · 1 tbs. coconut oil

Gluten-Free, Vegetarian

- · 1/4 red onion, diced
- · 1/2 red bell pepper, cored and diced
- ½ cup corn kernels
- 1 15-oz. can black beans, drained and rinsed
- ½ cup salsa
- 1 tbs. taco seasoning
- · 1 tsp. paprika
- · Sea salt to taste
- · 1/2 cup cheddar cheese

- Grease a 10-x-15-inch casserole dish with coconut oil and set to the side. Preheat oven to 400°F.
- 2.Once zucchini are halved, remove the center with a melon baller or spoon to form a small "dish." Place zucchini face up on the casserole dish.
- 3. In a large skillet, heat up the oil until melted. Add onion and red pepper and sauté for about 3 minutes, until slightly cooked. Add corn, beans, salsa, taco seasoning, and paprika and let mixture simmer on low for about 10 minutes.
- 4. Carefully spoon the veggie mixture evenly into the zucchini boats. Once filled, top lightly with cheese.
- 5. Bake for 30 minutes, until cheese is melted. Then broil on low for 5 minutes to brown the cheese, but this is optional. Remove from oven and let cool.



### **RAINBOW CHILI**

Prep: 10 minutes | Cook: 40 minutes | 4 Servings 1 Serving | Calories: 300 | Protein: 22 | Fat: 4 | Carb: 68

Gluten-Free, Dairy-Free, Vegetarian, Vegan



#### **INGREDIENTS**

- · 1/2 tbs. coconut oil
- · 1/2 yellow onion, chopped
- · 1 red bell pepper
- · 1 yellow bell pepper
- · 2 medium zucchinis, chopped
- · 2 medium carrots, chopped
- · 1 tbs. garlic powder
- · 2 tbs. chili powder
- · 1/2 tsp. cumin
- · 1 tbs. paprika
- · 2 cups spinach, finely chopped
- · 215-oz. can diced tomatoes
- 115-oz. can kidney beans
- 115-oz. can black beans
- · 2 cups low sodium vegetable broth
- · 1 tbs. cilantro

- 1. In a large pot, melt coconut oil. Then add the onion, peppers, zucchini and carrots and cook until vegetables are tender, about 10 minutes.
- 2.Add your seasonings (garlic, chili powder, cumin, and smoked paprika) and spinach. Continue to cook, stirring frequently, about 1 minute.
- 3. Next, add the tomatoes, beans and broth. Stir to combine and reduce heat to a simmer. Allow mixture to simmer, stirring occasionally, for 30 minutes. Remove from heat and allow to cool slightly
- 4. For a thicker, less chunky texture, remove about half of the chili and pulse in a blender for a short amount of time — about 5 to 10 seconds. Then pour the blended mixture back into the pot and mix in evenly. Add in cilantro and mix in.
- 5. Enjoy immediately, or freeze for future use.



# ROASTED VEGETABLE AND QUINOA BAKE

Prep: 10 minutes | Cook: 40 minutes | 4 Servings 1 Serving | Calories: 510 | Protein: 21 | Fat: 24 | Carb: 55



#### **INGREDIENTS**

- · 1 tbs. olive oil
- · 1/2 medium red onion, sliced
- 1 cup mushrooms

Gluten-Free, Vegetarian

- · 1 bell peppers, sliced
- · Salt and pepper
- · 1 cup quinoa, uncooked
- 1 15-oz. can white beans, drained and rinsed
- · 1 cup of green olives
- · 2 cups spinach
- · 2 tbs. lemon juice
- · 1/4 cup basil
- · 8 oz. feta cheese

- 1. Preheat the oven to 400°F.
- 2. In a Dutch oven or cast-iron skillet, coat the bottom with olive oil. Layer the onion, mushrooms and peppers on the bottom. Sprinkle with salt and pepper, then cook for about 30 minutes, until vegetables are roasted.
- 3. While the vegetables are in the oven, bring 2 cups of water to boil. Once boiling, add quinoa and reduce heat to a simmer. Allow the quinoa to cook until the water is fully evaporating, making sure to stir periodically to reduce burning.
- 4.In a medium bowl, add quinoa, beans, olives, spinach, lemon juice, basil, salt and pepper, and half of the feta and mix thoroughly.
- 5. When the veggies are ready, remove from the oven and add in the mixture from the bowl, spreading it out evenly. Top with the remaining feta, and return to the oven for another 20 minutes. Broil on low for another 5 minutes to grill the cheese, then remove and enjoy!



## LEMON GARLIC FARRO WITH ROASTED VEGETABLES

Prep: 10 minutes | Cook: 50 minutes | 6 Servings 1 Serving | Calories: 370 | Protein: 12 | Fat: 19 | Carb: 43

Gluten-Free, Vegetarian



#### **INGREDIENTS**

- · 1 cup mushrooms, chopped
- · 1 bell pepper, chopped
- 1 bunch asparagus, chopped
- · 12 oz. cherry tomatoes, halved
- ½ cup pine nuts
- · 2 tbs. olive oil
- · 2 tsp. garlic powder
- 11/2 cup farro
- · 1/2 cup feta cheese
- · Salt and pepper, to taste

#### Dressing:

- · 2 tbs. olive oil
- · 2 tbs. lemon juice
- · Salt and pepper to taste
- · 2 tbs. minced basil

- 1. Preheat oven to 425°F. In a large sheetpan, add mushrooms, bell pepper, asparagus, tomatoes and pine nuts. Add in olive oil and mix until veggies and nuts are covered. Spread veggies on an even layer to avoid overlapping, and sprinkle with garlic powder. Roast for about 40 minutes.
- 2. While the veggies are roasting, bring 4 cups water to a boil. Once boiling, add in farro, reduce heat, cover, and let simmer for about 40 minutes until water has evaporated.
- 3. In a small bowl add the olive oil, lemon juice, garlic powder, salt and pepper. Whisk until all the ingredients are thoroughly mixed.
- 4. Once veggies are ready, remove from the oven and add to a large mixing bowl or sauté pan. Mix in dressing and farro, and top with feta cheese. Serve immediately and enjoy!



# BLACK BEAN MEATBALLS

Prep: 10 minutes | Cook: 10 minutes | 4 Servings 1 Serving | Calories: 510 | Protein: 9 | Fat: 10 | Carb: 54



#### **INGREDIENTS**

- · 1/2 cup oat flour
- 1/2 gluten-free oats
- 1/2 15-oz. can of black beans

Gluten-Free, Dairy-Free, Vegetarian

- · 1 tbs. olive oil
- · 1 tbs. tomato paste
- · 1 tbs. onion powder
- 1 tbs. garlic powder
- · 1/4 cup cilantro, minced
- · 1 tbs. basil, minced
- · 2 tsp. paprika
- · Water as needed

#### **BBQ** Sauce

- · 1/2 tbs. coconut oil
- ½ cup low-sugar BBQ sauce
- · Red chili flakes to taste

- 1. In a food processor, add oats and pulse until it forms a flour-like consistency. Add the rest of the meatball ingredients and continue to pulse until it forms a paste, about 3 to 5 minutes.
- 2. Transfer mixture to a small bowl and start rolling it into small, 1-inch balls.
- 3. Once all balls are formed, melt ½ tablespoon on a sauté pan over medium heat. Add meatballs and lightly toast, stirring frequently so the balls cook evenly — about 5 minutes total.
- 4. Mix in BBQ sauce and red chili flakes and stir until all balls area evenly coated. Continue to cook the balls another 4 to 5 minutes, until thoroughly cooked. Remove from heat and enjoy!



### HARVEST HASH

Prep: 15 minutes | Cook: 20 minutes | 6 Servings 1 Serving | Calories: 425 | Protein: 19 | Fat: 24 | Carb: 37 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 1/2 tbs. coconut oil
- · 2 large sweet potatoes, cubed
- 1 lb. brussels sprouts, quartered
- · 8 slices of nitrate-free bacon
- · 1/4 yellow onion, chopped
- 1 large apple, diced (honey crisp or pink lady recommended)
- · 1/4 cup pecans, chopped
- · 1 lb. cooked ham, diced
- 1 tsp. cinnamon
- · Sea salt and black pepper to taste
- ¼ cup dried, unsweetened cranberries

#### Vinaigrette

- 1 tbs. Dijon mustard
- 3 tbs. apple cider vinegar
- · 2 tbs. lemon juice
- · 1 tbs. honey
- · 1 tsp. onion powder
- · 1/4 cup extra-virgin olive oil
- · Salt and pepper to taste

- 1. Preheat oven to 425°F and line a large baking sheet with parchment paper. In a large bowl, melt coconut oil and toss the sweet potatoes and brussels sprouts until evenly coated. Spread mixture in a single layer on baking sheet and lightly sprinkle with salt. Roast for 25 minutes or until soft.
- Meanwhile, heat a large skillet over medium-high heat and cook bacon until crisp. Drain the fat while reserving one to two tablespoons in the skillet.
- 3. Lower heat to medium, add onions and cook 45 seconds or until tender. Add the apples and pecans and continue to cook, occasionally stirring until lightly browned. Add cooked ham and sauté 1 to 2 minutes until warmed. Add cinnamon, salt and pepper to taste. Finally, add in the cranberries, crumble in the bacon and cook another 30 seconds.
- In a small bowl, prepare the vinaigrette by combining all ingredients. Whisk until evenly distributed.
- 5. Add roasted Brussels sprouts, sweet potatoes and vinaigrette to large skillet and stir to combine. Serve and enjoy!



# ONE-PAN CHICKEN SAUSAGE AND VEGGIE BAKE

Prep: 15 minutes | Cook: 30 minutes | 4 Servings 1 Serving | Calories: 290 | Protein: 15 | Fat: 15 | Carb: 26 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- 2 cups sweet potato or butternut squash, chopped
- · 1 cup brussels sprouts, chopped
- · 1 large carrot
- · 1 beet, chopped
- · 1 tbs. olive oil
- · 2 tsp. garlic powder
- · 1 spring fresh rosemary
- · Salt and pepper to taste
- 1 package cooked chicken sausage links, sliced
- · 1 bell pepper, chopped
- 1 small red onion

- 1. Preheat oven to 450°F.
- 2. Add sweet potato, brussels sprouts, carrot and beet to a large baking sheet and toss with olive oil, garlic, rosemary, salt and pepper. Bake in the oven for 15 minutes until veggies are tender.
- 3. Remove from oven and mix in chicken sausage, bell peppers and onion. Cook another 15 minutes. Remove from oven, serve and enjoy!



# VEGETARIAN HARVEST BOWL

Prep: 15 minutes | Cook: 30 minutes | 6 Servings 1 Serving | Calories: 325 | Protein: 10 | Fat: 12 | Carb: 45

Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- 4 cups brussels sprouts, trimmed and halved
- · 1 medium sweet potato, diced
- · 6 radishes, chopped
- · 2 large carrots, chopped
- ½ red onion, chopped
- ½ 15-oz. can chickpeas, rinsed and patted dry
- · 1/2 tbs. olive oil
- · 1 tsp. paprika
- · 2 tsp. garlic powder
- · 2 tsp. onion powder
- · salt and pepper to taste
- · 1/2 cup uncooked quinoa

#### Dressing:

- · 1 green onion, minced
- · 1 tbs. Dijon mustard
- · 1 tbs. white wine vinegar
- · 2 tbs. olive oil
- · Salt and pepper to taste
- · Optional: 1/4 cup sliced almonds, toasted

- 1. Preheat your oven to 450°F.
- 2. In a bowl or glass jar, combine the green onion, mustard, vinegar, olive oil, salt and pepper. Whisk or shake to combine.
- 3.On a rimmed metal baking sheet, arrange the Brussels sprouts, sweet potato, radishes, carrots onion and chickpeas. Drizzle with olive oil and season with paprika, garlic powder, onion powder, salt and pepper. Toss to coat and slide the pan onto the middle rack of your preheated oven. Roast for 20 minutes, rotating the pan halfway through roasting.
- 4. While vegetables are roasting, cook quinoa on stovetop. Add 1 cup of water to a small pot and add quinoa. Bring to boil, reduce heat and cover. Let simmer until water is evaporated. Set aside.
- 5. Evenly distribute all ingredients into 6 containers and top with dressing (if saving for leftovers, wait to add dressing until ready to eat). Top with toasted almonds.
- 6. Enjoy!



# SLOW COOKER CASHEW CHICKEN

Prep: 15 minutes | Cook: 4 to 8 hours | 6 Servings 1 Serving | Calories: 390 | Protein: 27 | Fat: 25 | Carb: 21 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 1 large sweet potato, cut into cubes
- · 1 red bell pepper, sliced
- · 1 lb. boneless, skinless chicken breasts
- ½ cup cashews
- 1/2 yellow onion
- · 2 tsp. ground ginger powder
- · 3 tbs. red curry paste
- · 2 tbs. tomato paste
- · 2 tbs. garlic powder
- · 2 tsp. chili powder
- · 1 tsp. turmeric
- 1 tsp. cumin
- · Salt and pepper to taste
- · Juice of 1 lemon
- · 1 15-oz, can full-fat coconut milk
- · 2 bay leaves

- 1. In the base of your crock pot, add sweet potatoes, bell pepper and chicken.
- 2. In food processor (or blender) add cashews, onion, ginger powder, red curry paste, tomato paste, garlic powder, chili powder, turmeric, cumin, salt and lemon juice. Blend until fully combined.
- 3. Cover chicken with mixture, pour can of coconut milk over all ingredients, and add bay leaves.
- 4. Cover and cook on low for 6 to 8 hours, high for 4 to 6 hours.
- 5. Remove and pull chicken, remove bay leaves, and return to crock pot and stir all ingredients. Serve with rice or your choice of side.



# CAULIFLOWER AND VEGETABLE SOUP

Prep: 15 minutes | Cook: 50 minutes | 6 Servings 1 Serving | Calories: 375 | Protein: 18 | Fat: 23 | Carb: 29

Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 1 tbs. coconut oil
- · 1/2 yellow onion, diced
- ½ red bell pepper, thinly sliced
- · 1 cup red potatoes, diced
- · 2 tbs. red curry paste
- · 1 tbs. ginger powder
- 2 tbs. curry powder
- · 3 tbs. garlic powder
- · 1 tsp. cumin
- 1 (14 oz.) can diced tomatoes
- 1 (14 oz.) full fat coconut milk
- 1 cup coconut milk
- · 1 large head of cauliflower cut into florets
- · 1 cup peas
- · 1 large carrot, diced
- 3 scoops Life Time unflavored collagen peptides
- · Salt to taste

- In a medium pot, add coconut oil over medium heat until melted. Add onions and pepper and sauté until softened, about 5 minutes.
- 2.Add ½ cup potatoes, red curry paste, ginger powder, curry powder, garlic powder, cumin, diced tomatoes and full-fat coconut milk and simmer until potatoes are softened, about 20 minutes.
- 3. Remove the mixture from the pot and let cool, then add to a blender and blend until smooth.
- 4. Return to the pot and add the remaining potatoes, cauliflower, peas, diced carrot and collagen. Simmer for another 20 minutes, until carrots and cauliflower are softened.



### **BEEF STIR FRY**

Prep: 30 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 290 | Protein: 23 | Fat: 14 | Carb: 17



#### **INGREDIENTS**

- 1 lb. skirt steak, cut into 4-inch-long pieces, then cut against the grain into 1/4-inch-thick slices
- · 1/4 cup coconut aminos

Gluten-Free, Dairy-Free

- 1 tsp. honey
- 2 tbs. freshly squeezed lime juice (1 to 2 limes)
- · 2 tbs. coconut oil
- · 2 cloves garlic, grated
- ¼ yellow onion
- · 1/4 lb. snow peas or green beans
- · 2 cups broccoli florets
- · 1 red bell pepper, thinly sliced
- 1 to 2 large carrots, sliced
- ½ cup mushrooms, sliced
- · Salt and freshly ground pepper to taste

- 1. Cut skirt steak into 4-inch-long pieces, then cut against the grain into 1/4-inch-thick slices. Season with salt and pepper.
- 2.In a medium bowl, whisk together the coconut aminos, honey and lime juice. Add the steak, toss to coat and set aside.
- 3. In a large skillet over medium-high heat, heat the oil until shimmering, about 1 minute. Add the steak (and marinade) and cook, stirring, until cooked through, 3 to 5 minutes.
- 4. Remove the steak from the skillet and set aside. Allow the liquid in the pan to reduce until thickened, about 4 minutes.
- 5. Add the garlic and onions, cook 1 minute more. Add the snow peas, broccoli, bell pepper, carrots, and mushrooms and continue cooking until all the vegetables are crisp-tender, about 2 minutes. Return the steak to the skillet and toss to combine.



### SHRIMP STIR FRY

Prep: 30 minutes | Cook: 15 minutes | 4 Servings 1 Serving | Calories: 320 | Protein: 24 | Fat: 7 | Carb: 38



#### **INGREDIENTS**

· 1/2 cup uncooked rice

Gluten-Free, Dairy-Free

- · 1/4 cup coconut aminos
- 3 garlic cloves minced
- 1 tbs. honey
- · 2 tsp. sesame oil
- · Juice of 1 lime
- · 1 lb. large shrimp peeled and deveined
- · 1/4 red onion
- · 1 red bell pepper sliced
- ½ cup carrots, sliced
- · 1 cup fresh broccoli florets
- · 1 cup sugar snap peas
- · 1/2 12-oz. can baby corn, drained
- 1/2 8-oz. can water chestnuts
- ½ cup mushrooms

- 1. Bring water to a boil. Stir in rice and salt.
- 2. Reduce heat to low and allow water to simmer.
  Cover, and cook rice until the water is absorbed about 15 to 20 minutes.
- 3. While rice is cooking, in a small bowl whisk together the coconut aminos, garlic, honey, sesame oil and lime juice. Add shrimp and marinate for 10 to 15 minutes.
- 4. In a medium-size skillet over medium-high heat, add the onion, peppers, carrots, broccoli, sugar snap peas, baby corn, water chestnuts and mushrooms. Pour the sauce on top. Cook for about 2 to 3 minutes or until shrimp is pink.
- 5. Add broccoli and sugar snap peas. Stir until incorporated and then cover and cook 3 to 5 minutes or until broccoli is tender.
- 6. Serve over rice.



### **HEALTHY FRIED RICE**

Prep: 15 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 425 | Protein: 37 | Fat: 15 | Carb: 34



#### **INGREDIENTS**

- · 1 tbs. sesame oil, divided
- · 1 tbs. coconut oil

Gluten-Free, Dairy-Free

- ¾ lb. boneless skinless chicken breast, diced into ¾-inch pieces
- · 3 large eggs
- 1 cups frozen peas
- 1 cup carrots, finely chopped
- · 1/4 cup yellow onion, finely chopped
- · 2 cloves garlic, minced
- 1 cup cooked quinoa (about 1/3 cup dry)
- 1 cup cooked basmati rice (about 1/3 cup dry)
- · 3 tbs. coconut aminos
- · Salt and freshly ground black pepper

- 1. In a large non-stick wok or skillet, heat 1½ teaspoons sesame oil and 1½ teaspoons of the coconut oil over medium-high heat. Once hot, add chicken pieces, season lightly with salt and pepper and sauté until cooked through, about 5 to 6 minutes. Transfer chicken to a plate and set aside.
- 2. In separate, small skillet, add  $\frac{1}{2}$  teaspoon coconut oil and scramble eggs. Remove from heat and set aside.
- 3. Return large skillet to medium-high heat, add remaining 1½ teaspoons sesame oil and 1 teaspoon coconut oil. Add peas, carrots and onions and sauté 1 minute. Add garlic and sauté 1 minute longer. Return chicken and eggs to skillet along with rice and quinoa mix. Add in coconut aminos and season with salt and pepper to taste.



### **FAJITA TRAY BAKE**

Prep: 15 minutes | Cook: 25 minutes | 4 Servings 1 Serving | Calories: 320 | Protein: 32 | Fat: 7 | Carb: 37 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 3/4 cup rice, uncooked
- · 2 tbs. coconut or olive oil
- · Juice of 1 lime
- 1 lb. boneless, skinless chicken breast, cut in strips
- 1 red bell pepper, sliced
- · 1 yellow pepper, sliced
- · 1 orange pepper, sliced
- · 1 red onion, sliced
- 2 tbs. taco seasoning OR fajita seasoning below

#### Fajita Seasoning:

- 1 tsp. salt
- · 1 tsp. pepper
- · 1 tsp. cumin
- 1 tsp. garlic powder
- · 2 tsp. paprika
- · 2 tsp. chili powder
- · 1/4 tsp. cayenne (optional)

- 1. Preheat oven to 400°F.
- 2. Bring water to a boil. Stir in rice and salt.
- 3. Reduce heat to low and allow water to simmer.
  Cover, and cook rice until the water is absorbed about 15 to 20 minutes.
- 4.In a small bowl, mix together the salt, pepper, cumin, garlic powder, paprika, chili powder and cayenne. Omit step if using taco seasoning.
- 5. In a separate, large bowl, toss olive oil, lime juice, chicken, peppers and onion until evenly coated. Add seasoning mixture and toss until fully combined.
- 6. Transfer to large baking tray and evenly spread.
- 7.Bake for 17 to 22 minutes or until internal temperature reaches 165°F.



# SOUTHWEST FAJITA BOWL

Prep: 15 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 310 | Protein: 30 | Fat: 7 | Carb: 37

Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 1 tbs. coconut oil
- · 1 clove garlic, minced
- ½ yellow onion, finely sliced
- · 1 red bell pepper, finely sliced
- · 1 yellow bell pepper, finely sliced
- · 1/2 cup frozen corn kernels
- · 1/2 cup low-sodium chicken broth
- 1 lb. cooked, shredded chicken
- · 1/2 cup cherry tomatoes, diced
- ½ cup black beans (drained and rinsed)
- Optional Toppings: fresh cilantro, avocado, lime

#### Fajita Seasoning:

- 1 tbs. chili powder
- · 3/4 tbs. cumin
- ½ tsp. onion powder
- ¼ tsp. garlic powder
- · 1/4 tsp. red pepper flakes
- · 1/2 tsp. oregano
- · 1/2 tsp. salt
- · 1 tsp. pepper
- · 1/4 tsp. cayenne pepper (optional)

- 1. In a large pot, add coconut oil. When melted, add garlic and sauté 1 minute. Add onion and peppers, cook 3 to 4 minutes. Add corn kernels and cook for an additional minute.
- Add chicken broth and fajita seasoning and stir well to combine.
- 3. Bring the mixture to a boil on high heat and then reduce the heat to medium-low (a little bit above low temperature) and cover with a lid.
- 4. Remove from heat and stir in shredded chicken, cherry tomatoes and black beans.
- 5. Top with fresh cilantro and avocado. Enjoy!



## SWEET POTATO, APPLE & MAPLE TURKEY SKILLET

Prep: 20 minutes | Cook: 33 minutes | 6 Servings 1 Serving | Calories: 360 | Protein: 33 | Fat: 16 | Carb: 22



#### **INGREDIENTS**

· 4 cups Brussels sprouts

Gluten-Free, Dairy-Free

- · 2 medium sweet potatoes, cubed
- · Cooking spray, avocado or coconut oil
- · 1 tbs. coconut oil
- · 2 lb. ground turkey
- 4 cloves minced garlic
- · 1 apple, cored and chopped
- · 4 to 5 cups raw spinach
- · 2 tsp. maple syrup
- · 1 tbs. cinnamon
- · Salt, to taste

- 1. Preheat oven to 400°F.
- 2. Wash, trim, and halve the Brussels sprouts and wash and chop the sweet potatoes.
- 3. Grease sheet pan with coconut oil. Add halved Brussels sprouts to sheet pan. Gently salt and mix, spraying any dry areas with cooking spray. Spread into an even layer and bake in oven for 20 to 25 minutes or until outer leaves turn bronze.
- 4. While Brussels sprouts and sweet potatoes are roasting, heat coconut oil in a large stockpot over medium heat. Add turkey, garlic, and salt to taste and cook until browned. Add apples about halfway through cooking.
- 5. Once turkey is cooked through, mix in spinach, maple syrup, cinnamon, and salt to taste.
- 6. You can combine the roasted veggie mix into the stockpot and mix together, or simply serve the turkey mixture over the veggies.
- 7. Enjoy!



# WHOLE-FOOD STUFFING

Prep: 10 minutes | Cook: 35 minutes | 8 Servings 1 Serving | Calories: 270 | Protein: 13 | Fat: 18 | Carb: 14



#### **INGREDIENTS**

· 1 lb. Italian sausage

Gluten-Free, Dairy-Free

- · 1/2 cup almond or oat flour
- 2 eggs
- · 1 tart apple (like Granny Smith), chopped
- · 2 cups chopped celery
- · 3 carrots, chopped
- · 1/2 yellow onion, chopped
- · 1 tbs. fresh rosemary, chopped
- · 1 tbs. thyme leaves, chopped
- 1 tbs. sage leaves, chopped
- · Salt and black pepper to taste

- 1. Preheat oven to 350°F.
- 2. In a skillet, sauté Italian sausage for 6 to 8 minutes. Add in veggies and continue to sauté until thoroughly cooked.
- 3. In a mixing bowl, add flour, eggs and spices and mix well. Combine with sausage and veggie mixture and stir to incorporate.
- 4. Add mixture to greased, 9-x-13-inch baking dish, cover with aluminum foil and place in the oven. After 20 minutes, remove foil and continue to bake for another 20 to 25 minutes, until baked all the way through.



### **TACO SOUP**

Prep: 15 minutes | Cook: 45 minutes | 6 Servings 1 Serving | Calories: 305 | Protein: 17 | Fat: 15 | Carb: 22 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 2 lb. ground turkey
- · 1 tbs. taco seasoning
- · 11/2 tsp. garlic, minced
- · 2 tbs. olive oil
- · 2 tbs. tomato paste
- 1 can Rotel
- · 1 can black beans
- · 1 can tomatoes, diced
- · 2 cups chicken stock
- · 4 tsp. hot sauce

- In a large pot, cook turkey over medium heat until no longer pink, breaking it into crumbles. Drain grease.
- 2. Add taco seasoning and mix well.
- 3. Stir in the remaining ingredients.
- 4. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.



# CREAMY CHICKEN TORTILLA SOUP

Prep: 15 minutes | Cook: 4 to 6 hours | 6 Servings 1 Serving | Calories: 425 | Protein: 44 | Fat: 11 | Carb: 30



#### **INGREDIENTS**

- · 2 tsp. olive oil
- · 1/2 cup onion, chopped

Gluten-Free, Dairy-Free

- · 3 cloves garlic, minced
- · 3 cups chicken broth, unsalted
- 18-oz. can tomato sauce
- 2 tsp. chipotle chili in adobo sauce, or more to taste
- ¼ cup chopped cilantro, plus more for garnish
- 1 15-oz. can black beans, rinsed and drained
- 1 141/2-oz. can petite diced tomatoes
- · 1 cup corn, frozen
- · 1 tsp. cumin
- ½ tsp. dried oregano
- 1½ lb. chicken breast, boneless, skinless (or pre-cooked and shredded)

#### Cashew Cream

- · 1 cup raw, unsalted cashews
- ½ cup water

- Add cashews to a bowl and cover with boiling water. Let them soak while you chop your veggies and prep the soup.
- 2. Heat oil in a saucepan over medium-low heat. Add onion and garlic and sauté until soft, 3 to 4 minutes. Slowly add the chicken broth, tomato sauce and chipotle adobo sauce and bring to a boil. Add chopped cilantro and remove from heat. Pour into crock pot.
- 3. Add remaining ingredients (aside from cashew cream) and stir. Cover and cook on low heat for 4 to 6 hours.
- 4. Just before soup is done, make the cashew cream. Drain the cashews and add them to a blender along with ½ cup of water. Blend on high for 1 minute or until VERY thick and creamy.
- 5. Remove chicken and shred. Add back to soup.
- Add cashew cream to soup and stir until well mixed.
- 7. Add salt and pepper to taste. Serve with fresh chopped cilantro and tortilla chips, if desired. Enjoy!



# HAWAIIAN CHICKEN STIR-FRY

Prep: 15 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 305 | Protein: 28 | Fat: 5 | Carb: 28



#### **INGREDIENTS**

- ½ cup rice
- · 1 cups water

Gluten-Free, Dairy-Free

- 1 lb. boneless, skinless chicken breasts or thighs cut into bite-size pieces
- · 1 tbs. ghee or coconut oil
- · 3 garlic cloves minced
- · 1 red pepper, chopped into 1" pieces
- · 1 orange pepper, chopped into 1" pieces
- · 1/4 red onion, chopped into 1" pieces
- · 1 cup sugar snap peas

#### **Optional Toppings**

· Green onion and sesame seeds

#### Hawaiian Sauce

- · 1 cup fresh or canned pineapple chunks
- · 1/2 cup coconut aminos
- · 2 tsp. fresh ginger, minced
- · 3 tbs. apple cider vinegar
- · 2 tsp. arrowroot starch

- Add rice and water to small pot. Bring to boil, reduce to low heat and let simmer for 15 to 20 minutes.
- While rice is cooking, place all ingredients for the Hawaiian sauce in a blender and blend until smooth. Set aside.
- 3. Toss the chopped chicken pieces with salt.
- Heat ghee or coconut oil in a large skillet over medium-high heat.
- 5. Add the chicken to the pan and cook, stirring until browned on all sides, about 5 minutes. Remove from the pan.
- 6. Add garlic to the pan and stir for 1 minute, until fragrant. Add the red pepper, orange pepper, onion, and sugar snap peas. Cook for 4 to 5 minutes.
- Add chicken back to the pan and pour in the prepared Hawaiian sauce.
- 8. Simmer dish for 2 to 3 minutes until thickened.

  Taste and add more salt, as needed.
- 9. Serve over rice.
- 10.Optional: Sprinkle with sesame seeds and chopped green onions.



### **CUBAN BOWL**

Prep: 15 minutes | Cook: Vaires | 4 Servings 1 Serving | Calories: 350 | Protein: 31 | Fat: 15 | Carb: 1



#### **INGREDIENTS**

Gluten-Free

- 1½ lb. pork shoulder roast (cooked or follow the instructions provided)
- 8 bacon slices (only if making pork)
- 11/2 tbs. pink Himalayan sea salt
- 1 cup shredded lettuce
- · 4 tbs. mustard
- ½ cup pickles
- · Optional: 4 slices of swiss cheese

#### **DIRECTIONS**

#### Pulled Pork

- 1. Line bottom of slow cooker with 4 slices of bacon.
- 2. Rub pork roast all over with 1½ tablespoons of salt and place in slow cooker.
- 3. Pour liquid smoke over roast, and top with 4 more bacon slices.
- 4. Cook 4 to 6 hours in slow cooker on high.
- 5. When done, remove roast from slow cooker and let rest before shredding.
- 6. Remove and drain liquid from slow cooker.

#### Cooked Pork

- 1. Divide pork evenly between 4 bowls.
- 2. Top with lettuce, mustard, pickles and optional swiss cheese.
- 3. Enjoy!



# CHICKEN BACON RANCH BOWLS

Prep: 15 minutes | Cook: 30 minutes | 8 Servings 1 Serving | Calories: 240 | Protein: 37 | Fat: 7 | Carb: 5 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- 2 lb. boneless, skinless chicken breast, cut into 1" pieces
- · 6 slices bacon, nitrate-free, chopped
- 2 cups broccoli florets, cut as needed into bite-sized pieces
- 1 sweet potato, cubed

#### Ranch Seasoning

- · 1 tbs. dried parsley
- · 1 tbs. dried dill
- · 1/2 tbs. dried chives
- · 1 tsp. garlic powder
- · 1/2 tsp. onion powder
- · 1/4 tsp. black pepper
- · ½ tsp. salt

- 1. Preheat oven to 425°F and line sheet pan with parchment paper. Set aside.
- In a small bowl, combine ranch seasoning ingredients.
- 3. Add the chicken, bacon, broccoli and sweet potatoes to a large bowl. Toss with olive oil and ranch seasoning until fully coated. Transfer to sheet pan and spread evenly. May need to cook in two separate batches.
- 4. Roast in the oven for 28 to 30 minutes or until chicken reads 165°F and the broccoli and sweet potatoes are soft.



# CREAMY WILD RICE SOUP

Prep: 15 minutes | Cook: 4 to 6 hours | 8 Servings 1 Serving | Calories: 260 | Protein: 24 | Fat: 7 | Carb: 21



#### **INGREDIENTS**

- 11/2 lb. boneless, skinless chicken breast
- · 1 onion, chopped

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- · 6 cups chicken stock, unsalted
- · 4 cloves garlic
- · 1 cup wild rice
- · 3 medium carrots
- · 1 sweet potato, peeled and chopped
- · 2 bay leaves
- · 2 tbs. poultry seasoning
- · 8 oz. mushrooms, sliced
- · Salt and pepper to taste

#### Cashew Cream

- 1/2 cup raw, unsalted cashews
- ¾ cup water

- 1. Place all ingredients (except for cashew cream) into the slow cooker. Stir. Cook on high for 4 to 5 hours or low for 8 to 10 hours. Remove the chicken and shred. Add it back into the slow cooker.
- 2. Make the cashew cream: Blend the cashews and water together on high speed until smooth and creamy. Pour the cream into the slow cooker and stir.
- 3. Enjoy!



# HONEY MUSTARD CHICKEN

Prep: 15 minutes | Cook: 35 minutes | 8 Servings 1 Serving | Calories: 335 | Protein: 24 | Fat: 19 | Carb: 15

Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 2 lbs. boneless, skinless chicken thighs
- · 2 tsp. paprika
- · 5 tbs. avocado oil
- · 5 garlic cloves, minced
- · 4 tbs. honey
- 1/2 cup Dijon mustard
- · 2 tsp. apple cider vinegar
- · 1/2 lb. green beans
- · Salt and pepper to taste

- Preheat the oven to 425°F. Grease a large baking sheet with nonstick cooking spray or parchment paper and set aside.
- 2. Season chicken thighs with salt, pepper and paprika. Set aside.
- 3. In a medium bowl, whisk together 4 tablespoons of avocado oil, garlic cloves, honey, Dijon mustard and apple cider vinegar.
- 4. Halve the sauce, reserving half for coating at the end of baking (ensure you do not dip raw chicken in this portion).
- 5. Dip chicken thighs in the sauce, coating both sides. Place the thighs on the prepared baking sheet. Discard leftover sauce.
- 6.In a medium bowl, toss the green beans with 1 tbs avocado oil and season with salt and pepper. Arrange around chicken on the sheet pan.
- 7. Roast for 30 to 35 minutes until the chicken is golden brown and has an internal temperature of 165°F and the green beans are crispy.
- 8. Serve with additional honey mustard sauce and enjoy!



# BALSAMIC CHICKEN WITH BACON AND APPLES

Prep: 15 minutes | Cook: 35 minutes | 8 Servings 1 Serving | Calories: 300 | Protein: 38 | Fat: 11 | Carb: 12

Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- 2 lb. boneless, skinless chicken breast, diced
- · 4 tbs. balsamic vinegar
- · 3 tbs. olive oil
- · 2 tbs. lemon juice
- · 4 cloves garlic, minced
- · 1 tsp. Dijon mustard

- · 2 tbs. rosemary, chopped
- · 1/2 lb. brussels sprouts, halved
- 1 apple, peeled and chopped (fuji or honey crisp)
- · 2 cups mushroom, halved
- · 4 slices of bacon chopped
- · Salt and pepper to taste

- 1. Preheat the oven to 375°F. Line a sheet pan with parchment paper.
- 2. Dice chicken in bite-size pieces, set aside.
- 3. In a bowl, combine the balsamic vinegar, olive oil, lemon juice, garlic, Dijon mustard and rosemary. Whisk to make the sauce. Salt and pepper to taste.
- 4. Place chicken in Ziploc bag or glass container. Add ½ of your marinade mixture. Toss chicken to coat and marinate in the fridge while you prep the remaining ingredients. Note: Chicken can be marinated for up to 24 hours.
- 5. Next, chop the Brussels, mushrooms, and apple. Additionally, chop the bacon into small pieces.
- 6. Place the chopped Brussels, mushrooms, apple and bacon on the prepared sheet pan. Pour the remaining marinade mixture and toss to incorporate, making sure all the pieces are coated.
- 7. Make space for the chicken (tongs are helpful to make room and place your chicken). Place the marinated chicken on pan. Discard any remaining marinade used for chicken.
- 8. Place the sheet pan in the oven and bake for 10 minutes. After 10 minutes, remove from oven and stir mixture. Return to the oven.
- 9. Bake for an additional 10 to 15 minutes or until chicken is cooked through. This will depend on the thickness of the chicken. Once thermometer reaches 165°F when inserted in the thickest part of the chicken, remove the sheet pan from the oven. Enjoy!



## ONE-POT CREAMY CHICKEN AND MUSHROOM RICE

Prep: 15 minutes | Cook: 25 minutes | 6 Servings 1 Serving | Calories: 340 | Protein: 32 | Fat: 19 | Carb: 12 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1 tbs. olive oil
- · 2 cloves minced garlic
- · 1 small yellow onion, diced
- · 2 1/4 cups chicken broth
- · 3 cups baby portabella mushrooms
- · 1 cup rice
- · 1 tsp. salt
- · 1/4 tsp. pepper
- · 2 tsp. thyme
- · 2 lb. chicken breast
- · 1 can full-fat coconut milk

- Press the sauté button on your pressure cooker.
   Add the olive oil, garlic and onion, sauté for 2 to 3 minutes.
- 2. Add the chicken broth, mushrooms, rice, salt, pepper, and thyme.
- 3. Stir the ingredients in the pressure cooker add the chicken pieces on top. Close the lid, set the valve to "sealing", and cook on high pressure for 12 to 15 minutes.
- 4. Once the countdown has completed, let the pressure release naturally for 5 minutes, then quick release the rest of the pressure.
- 5. Pull the chicken and re-add to the pot with full-fat coconut milk.
- 6. Stir until combined and serve.



## ONE-POT CREAMY ITALIAN SAUSAGE AND KALE SOUP

Prep: 15 minutes | Cook: 20 minutes | 6 Servings 1 Serving | Calories: 315 | Protein: 24 | Fat: 17 | Carb: 13 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1 tbs. olive oil
- · 2 tsp. garlic, minced
- · 1 lb. Italian turkey sausage
- · 1 sweet potato, cubed
- · 3 cups chicken broth
- · 1 onion, chopped
- · 2 tsp. dried oregano
- 1 to 2 tsp. red pepper flakes, or more to
- 1/2 tsp. ground black pepper
- · 2 cups torn kale leaves (bite-size pieces)
- · Salt to taste

### Cashew Cream

- · 1 cup raw, unsalted cashews
- · 1/2 cup water

- Add 1 tablespoon of olive oil to the pressure cooker. Sauté garlic and Italian turkey sausage 6 to 7 minutes until browned.
- 2. Add remaining ingredients.
- 3. Pressure cook on high for 5 minutes.
- 4. While cooking, combine cashews and water in blender and blend until smooth (about one minute). Mixture will be thick.
- 5. When pressure releases, stir in cashew cream.
- 6. Enjoy!



### LEMON ROASTED SALMON

Prep: 10 minutes | Cook: 15 minutes | 4 Servings 1 Serving | Calories: 140 | Protein: 21 | Fat: 5 | Carb: 3 Gluten-Free



### **INGREDIENTS**

- · 4 salmon fillets, skin removed
- · 2 tbs. melted unsalted butter
- · 2 tbs. chopped parsley
- · 2 tbs. chopped rosemary
- · 2 cloves minced garlic
- · 2 tbs. lemon juice
- · 1/4 tsp. black pepper
- 1/4 tsp. red pepper flakes
- · 1/2 tsp. salt

- 1. Preheat oven to 400°F. Line baking sheet with aluminum foil.
- 2. Brush melted butter on fillets and place on baking sheet.
- 3. In a small bowl, mix remaining ingredients together, and then spread over fillets.
- 4. Bake for 15 minutes or until salmon is just cooked through. Should flake easily with fork.



### LEMON, GARLIC AND HERB CHICKEN

Prep: 5 minutes | Cook: 40 minutes | 8 Servings 1 Serving | Calories: 125 | Protein: 22 | Fat: 3 | Carb: 2 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- 1 lemon
- · 3 garlic cloves
- · 2 tbs. fresh thyme leaves
- · Salt and pepper to taste
- · 2 lb. chicken breasts (or thighs)

- 1. Preheat oven to 375°F
- Slice lemons in half and juice them adding juice to a large bowl; toss in the lemon rinds when juiced.
- 3. Add garlic, thyme, salt and pepper to the bow and stir.
- 4. Grease large baking dish and place chicken in it and pour lemon mixture to coat.
- 5. Bake for 30 to 40 minutes, basting 2 to 3 times or as needed.



## OVEN-ROASTED SAUSAGE WITH SWEET POTATOES AND GRAPES

Prep: 10 minutes | Cook: 40 minutes | 4 Servings 1 Serving | Calories: 315 | Protein: 25 | Fat: 12 | Carb: 31 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1 tsp. coconut oil or ghee
- 1 lb. spicy Italian sausage, cut into 1" cubes
- 3 sweet potatoes, peeled, cut into 1" cubes
- ½ 8-oz. bag red seedless grapes
- 5 tbs. balsamic vinegar
- · Salt and pepper to taste

- 1. Preheat oven to 400°F. Line 2 baking sheets with foil and grease with coconut oil or ghee (or just 1 baking sheet and make 2 batches).
- 2. In a large bowl, combine Italian sausage, sweet potatoes and grapes and mix in about 2½ to 3 tablespoons of the balsamic vinaigrette. Stir ingredients and gradually add more balsamic vinaigrette as needed until mixture is well coated (avoid over-coating with excess vinaigrette).
- 3. Pour half of the ingredients onto the pan enough so that it is an even layer, and the remainder on the second pan (or make as a second batch). Bake for 15 minutes, stir mixture and bake for another 15 to 20 minutes or until sweet potatoes can be easily pierced with a fork.



### CHEESY ZUCCHINI LASAGNA

Prep: 20 minutes | Cook: 40 minutes | 6 Servings 1 Serving | Calories: 320 | Protein: 29 | Fat: 17 | Carb: 18 Gluten-Free



### **INGREDIENTS**

- · 1 lb. ground beef
- · 1 small yellow onion, chopped
- 2 cloves minced garlic
- · Zest and juice from one lemon
- · Salt and pepper, to taste
- 2141/2-oz. cans of crushed tomatoes
- · 2 tbs. chopped basil
- · 1 tbs. coconut oil
- 5 medium zucchini, sliced lengthwise (about 15 to 20 slices total)
- · 3 large eggs, lightly beaten
- 1½ cup grated Parmesan cheese

- 1. Preheat oven to 400°F.
- 2. In a large pan, add ground beef and onions and brown for 5 to 6 minutes.
- 3. Once beef is mostly cooked, add garlic, lemon zest and juice, salt and pepper, tomatoes and basil and simmer for about 10 minutes.
- 4. Grease a 9-x-13-inch baking dish with coconut oil, and cover the bottom with a single layer of zucchini slices.
- 5. Cover zucchini layer with eggs, cheese and beef sauce, in that order. (Be mindful and conservative to save enough beef sauce, cheese and eggs for more layers!)
- 6. Repeat zucchini, eggs, cheese, beef sauce to make 3 layers total — ending with uniform layer of zucchini and cheese.
- 7. Bake in oven for 40 minutes, until the cheese is beginning to brown.
- 8. Remove from oven and let sit for about 15 minutes before cutting and serving.



### LOADED SWEET POTATO NACHOS

Prep: 4 hours | Cook: 6 minutes | 4 Servings 1 Serving | Calories: 290 | Protein: 23 | Fat: 14 | Carb: 17 Gluten-Free



### **INGREDIENTS**

- · 1 lb. chicken breasts
- · 1 cup salsa
- · 1 tbs. garlic powder
- · 1 tbs. onion powder
- · 1 tsp. salt and pepper
- 1 medium sweet potato
- · 1 tbs. olive oil
- · 1 tsp. paprika
- · 1/2 cup black beans
- · 1/2 cup corn
- · 1 poblano pepper, diced
- · 1/2 cup red onion, diced
- · 1 bunch green onions, diced
- · 11/2 cup cheddar cheese
- 1 avocado

- 1. Place chicken breast in a slow cooker along with salsa, garlic powder, onion powder and salt and pepper. Cook on high for 3 to 4 hours, or on low for 6 to 8 hours.
- 2. Once chicken is cooked, remove from slow cooker and use two forks to shred.
- 3. Preheat oven to 375°F.
- 4. Using a mandoline slicer (or by hand, with increased attention) slice sweet potatoes into thin slices. The thinner, the crispier they will come out.
- 5. Toss sweet potato slices in a bowl with olive oil and paprika.
- 6. Line a baking sheet (or two) with aluminum foil and set a baking rack on top, if you have one. Layer sweet potato slices onto the rack, making sure not to overlap them.
- 7. Bake for 25 to 30 minutes, or until crispy.
- 8. Increase oven temperature to 400°F.
- 9. If you used two baking sheets, condense all sweet potato slices onto one sheet. Top with chicken, black beans, corn, pepper, red onion and green onions. Sprinkle everything evenly with cheese.
- 10. Bake for 5 to 6 minutes, until cheese is melted. Top with diced avocado and enjoy!



### AUTUMN HARVEST BOWL

Prep: 25 minutes | Cook: 45 minutes | 8 Servings 1 Serving | Calories: 400 | Protein: 28 | Fat: 22 | Carb: 27



### **INGREDIENTS**

### Harvest Bowl

- · 3 cups brussels sprouts, halved
- · 3 cups butternut squash, cubed
- · 11/2 cups wild rice (cooked)

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- · 1 tbs. coconut oil
- 2 lb. shredded turkey breast
- 2 apples, diced
- · 6 tbs. walnuts, chopped
- · 6 cups mixed greens

### Cranberry Vinaigrette

- · 1/4 cup fresh or frozen cranberries
- · 1/4 cup balsamic vinegar
- · 1 tbs. Dijon mustard
- · 1/2 cup olive oil

- 1. Preheat oven to 400°F.
- 2. Placed brussels sprouts and cubed butternut squash on an oiled pan and sprinkle with salt and pepper. Roast for 30 to 40 minutes.
- 3. While the vegetables are roasting, add 4 cups of water, rice and a pinch of salt to a saucepan and bring to a boil. After water has reached a boil, bring water to a simmer and cook for 35 to 45 minutes, until soft. (Wild rice takes much longer to cook).
- 4. When the vegetables have been in the oven for about 20 tp 25 minutes, heat 1 tablespoon of coconut oil over medium heat and sauté turkey breast until thoroughly cooked, about 7 to 9 minutes. Then shred with two forks and set to the side.
- 5. When vegetables are finished, remove from oven.
  On a small baking sheet, add chopped walnuts and toast for 5 minutes.
- 6. In a small mixing bowl, add vinaigrette ingredients until thoroughly blended.
- Place all ingredients in a large mixing bowl and toss until thoroughly mixed and well coated with vinaigrette dressing.



## HOMESTYLE MEATLOAF MUFFINS

Prep: 15 minutes | Cook: 25 minutes | 4 Servings 1 Serving | Calories: 300 | Protein: 25 | Fat: 12 | Carb: 25 Gluten-Free, Dairy-Free



### **INGREDIENTS**

### For the loaf:

- · 1 lb. ground beef
- · 1 tsp. coconut oil
- · 1/2 small onion, minced
- · 1 green bell pepper, diced
- 1 cup carrot, shredded
- · 2 garlic cloves, minced
- 1/4 cup barbecue sauce
- · sprinkle of salt and pepper
- · 2 tbs. Italian seasoning

### For the sauce:

- · 1/2 cup ketchup
- · 2 tbs. mustard

- 1. Preheat oven to 350°F. and spray a muffin tin.
- 2. Place ground beef in a medium bowl and set aside.
- 3.Melt 1 teaspoon of coconut oil in a small skillet over medium heat. Add onions, bell pepper, carrots and garlic and sauté, stirring occasionally, until the onion starts to soften and the garlic is fragrant.
- 4. Add mixture to ground beef. Add barbecue sauce, sea salt, pepper and Italian seasoning. Using your hands or a spoon, mix well to combine.
- 5. Divide meat mixture evenly among 8 wells of a muffin pan.
- 6. Bake in preheated oven for 20 to 25 minutes or until meat is no longer pink in the center.
- 7. Drizzle with ketchup and mustard sauce, and enjoy!



## CREAMY CHICKEN AND PUMPKIN ZOODLES

Prep: 10 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 305 | Protein: 26 | Fat: 22 | Carb: 13 Gluten-Free



### **INGREDIENTS**

- · 3 tbs. coconut oil, divided
- · 2 tbs. onion, finely minced
- · 1 lb. chicken, diced
- · 1 cup pumpkin puree
- 1 tsp. vanilla extract
- ¼ cup grated parmesan (plus more for topping)
- . 1/2 cup full-fat coconut milk
- · 3/4 tsp. salt
- ½ tsp. ground pepper
- · 2 medium zucchini, spiralized

- In a medium saucepan, heat 2 tablespoons of oil over medium heat. Add onion and cook, stirring frequently, until it becomes translucent, 2 to 4 minutes.
- 2. Add diced chicken and sauté until full cooked, about 5 to 7 minutes.
- 3. Stir in pumpkin purée, vanilla and grated parmesan until well combined and smooth. Remove from heat and stir in coconut milk until well combined. Season with additional salt and pepper, if desired.
- 4. In a large sauté pan, heat remaining oil over medium heat until just hot. Stir in spiralized zucchini and cook, tossing frequently, until just tender.
- 5. Divide zucchini noodles among for plates. Top with pumpkin sauce, shredded parmesan, salt and pepper, and enjoy!



## PORK TENDERLOIN WITH APPLES AND MUSHROOMS

Prep: 15 minutes | Cook: 2 hours | 10 Servings 1 Serving | Calories: 190 | Protein: 29 | Fat: 7 | Carb: 8 Gluten-Free



### **INGREDIENTS**

- · 1 tsp. dried thyme
- 1 boneless pork loin roast (3 pounds)
- · 3 small tart apples, diced
- · 2 tbs. butter or ghee
- · 12 oz. fresh mushrooms, diced
- · Fresh thyme sprigs, optional
- · Salt and pepper to taste

- 1. Sprinkle thyme and pepper over roast and press into the meat. Place in a greased 9-x-13-inch baking dish. Bake, uncovered, at 450°F for 20 minutes. Reduce heat to 325°F; bake 60 to 80 minutes longer or until a thermometer reads 160°-170°F.
- 2. Fifteen minutes before the roast is done, sauté apples in butter in a skillet until tender. Remove with a slotted spoon; cover and keep warm. Sauté mushrooms in the same skillet until tender; set aside.
- Remove roast from oven; sprinkle with dash of sea salt. Transfer to a serving platter; cover and keep warm.



### BUTTERNUT SQUASH SOUP WITH CHICKEN SAUSAGE

Prep: 10 minutes | Cook: 45 minutes | 4 Servings 1 Serving | Calories: 510 | Protein: 29 | Fat: 28 | Carb: 34



### **INGREDIENTS**

· 1 tbs. olive oil

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- 4 cups cubed peeled butternut squash (1 small or
- · medium squash)
- · 3 medium carrots, chopped
- · 1 tbs. coconut oil
- 2 packages (24 oz.) of cooked chickenapple sausage, cut into ½-inch pieces, then halved
- 1 stalk celery, chopped
- · 1/2 medium onion, chopped
- · 1/2 cup fresh sage or parsley leaves
- · 21/2 cups low-sodium chicken broth
- · Kosher salt and freshly ground pepper

- 1. Preheat oven to 400°F.
- 2. Toss diced squash and carrots with olive oil and place on a baking sheet. Bake until tender, or about 30 minutes.
- 3. While the squash is cooling, heat coconut oil in a large pot over medium-high heat. Add the sausage and cook, stirring occasionally, until browned about 4 minutes. Remove from pan.
- 4. Place squash, carrots, celery, onion, sage, chicken broth, 2½ cups water and pinch of salt to the pot. Cover and bring to a simmer, then reduce the heat to low and continue simmering until the vegetables are tender, about 15 more minutes.
- 5. Purée the soup in a blender in batches, then return to the pot and add the sausage. Top with sage, salt and pepper, and enjoy!



## FISH TACOS WITH MANGO SALSA AND LIME SAUCE

Prep: 10 minutes | Cook: 15 minutes | 4 Servings 1 Serving | Calories: 250 | Protein: 19 | Fat: 8 | Carb: 25

Gluten-Free



### **INGREDIENTS**

### Grilled Fish

- · 4 tbs. lime juice
- · 2 tbs. olive oil
- 2 tbs. gluten-free soy sauce or coconut aminos
- 1 lb. halibut or tilapia

### Lime Sauce

- 1/2 cup Greek yogurt
- · 1 tbs. unsweetened almond milk
- · 2 tbs. fresh lime juice
- 1 chipotle chile in adobo sauce, finely chopped
- 1 garlic clove, finely chopped or pressed
- Salt to taste

### Manga Salsa

- · 1 bell pepper, diced
- · 1 jalapeño pepper, diced
- 1/2 small red onion, finely diced
- 2 mangoes, chopped into ½-inch square chunks
- · 1 handful cilantro, chopped
- · 2 cloves garlic, minced
- · Juice of 1 lime
- · Salt to taste

### **DIRECTIONS**

- Combine the fresh lime juice with the olive oil and soy sauce in a rectangular baking dish (not metal).
   Add the fish, turn to coat, and set aside to marinate for at least 15 minutes.
- For lime sauce, in a small bowl, combine the Greek yogurt, milk, lime juice, chipotle and garlic. Season to taste with salt.
- For salsa, toss together peppers, onion, mango, cilantro, garlic and lime juice in a bowl; season to taste with salt.
- 4. Remove fish from the marinade and grill or sauté over medium heat until cooked through and browned. Let cool slightly then flake into bite-size chunks.
- 5. To assemble, place a bit of fish on a warm glutenfree corn tortilla or lettuce wrap, drizzle with the chipotle-lime sauce and top with mango salsa.

\*Nutrition stats do not include lettuce wrap or glutenfree corn tortilla.



### **BRINNER BOWL**

Prep: 10 minutes | Cook: 5 minutes | 1 Serving 1 Serving | Calories: 425 | Protein: 17 | Fat: 30 | Carb: 25

Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1/4 cup red potato, diced
- 11/2 tbsp. coconut oil
- · 1/2 cup cherry tomatoes, diced
- · 1/2 cup bell peppers, diced
- · 1 cup spinach, chopped
- 2 eggs

- 1. Microwave potato for 3 to 5 minutes first. In a medium frying pan, melt ½ tablespoon of coconut oil and sauté potato until crispy. Remove and set aside.
- 2. Melt another ½ tablespoon of coconut oil in the frying pan and add cherry tomatoes, peppers and spinach. Sauté about 3 to 5 minutes. Add potatoes back in and set on very low, just enough to keep the mixture warm.
- 3. In a small frying pan, melt the rest of the coconut oil and turn temperature to low. Cook the egg over easy — gently crack egg and cook slowly until whites are firm and yolks are still runny. It may help to cover with a lid.
- 4.In a bowl, add veggie, then gently top with fried egg. Enjoy!



## BACON WRAPPED CHICKEN STRIPS

Prep: 10 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 185 | Protein: 30 | Fat: 6 | Carb: 1 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- 1 lb. chicken breast (4 chicken breasts)
- 6 strips of nitrate-free bacon, sliced lengthwise

- 1. Preheat oven to 400°F.
- Cut each chicken breast in three strips lengthwise and wrap with a strip of bacon.
- 3. Place on baking sheet and bake for 17 to 22 minutes, or until chicken is cooked through.



### QUINOA AND KALE PROTEIN POWER SALAD

Prep: 10 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 380 | Protein: 12 | Fat: 16 | Carb: 47

Gluten-Free, Vegetarian, Vegan



### **INGREDIENTS**

### Salad

- 1 cup quinoa, cooked
- 4 cups chopped kale, ribs removed
- 1 15- oz. can chickpeas (garbanzo beans), drained
- 4 clementine oranges, peeled and sliced halve wise
- · 1/4 cup dried cranberries
- · 1/4 cup slivered almonds

### Dressing

- · 3 tbs. olive oil
- · 1 tbs. white wine vinegar
- · Juice of 1 orange
- 1 tsp. garlic powder
- · Salt and pepper to taste

- 1. In a large bowl, mix in all of the salad ingredients.
- 2.In a small bowl, gently mix the dressing ingredients until fully combined. Drizzle over the salad mixture and enjoy!



## SLOW COOKER CHICKEN WITH APPLE SLAW

Prep: 15 minutes | Cook: 4 to 6 hours | 4 Servings 1 Serving | Calories: 220 | Protein: 37 | Fat: 5 | Carb: 14



### **INGREDIENTS**

Slow Cooker Chicken

Gluten-Free, Dairy-Free

- ½ medium apple (honeycrip or fuji recommended), chopped
- · 1/4 small yellow onion, chopped
- · 1 lb. chicken breasts
- · 1 tsp. salt
- 1 tsp. garlic powder
- · 1/2 cup unsweetened apple cider

### Apple Slaw

- ½ medium apple (honey crip or fuji recommended), thinly sliced or julienned
- · 1 green onion, minced
- · 112-oz. bag coleslaw mix
- 1 tbs. olive oil
- · 1 tbs. white wine vinegar
- · Salt and pepper to taste

- 1. In base of slow cooker, add ½ apple and yellow onion. Sprinkle with ½ teaspoon salt and stir to combine.
- 2. Sprinkle both sides of the chicken with ½ tsp of salt and garlic powder.
- 3. Place the chicken on top of the onion and apple mixture. Pour over ¼ cup apple cider. Cover and cook on high for 4 hours or low for 6.
- 4. While chicken is cooking, prepare apple slaw in medium-size bowl. Combine apples, green onion, coleslaw mix, olive oil, white wine vinegar and salt. Set aside or place in fridge.
- 5. When chicken is tender and cooked through, shred with two forks and place back into the slow cooker. Add the remaining ¼ cup apple cider, stirring to combine. Add additional salt and apple cider to desired taste.
- 6. Top apple slaw mix with chicken, serve and enjoy!



## CHICKEN ZUCCHINI MEATBALLS

Prep: 15 minutes | Cook: 25 minutes | 4 Servings 1 Serving | Calories: 175 | Protein: 24 | Fat: 6 | Carb: 5 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 2 cups zucchini
- · 1 lb. ground chicken
- 1 egg
- · 2 tsp. onion powder
- · 2 tsp. garlic powder
- · 1 tbs. dried oregano
- · 1 tsp. salt
- · 1 tsp. pepper

- 1. Preheat the oven to 325°F.
- Add zucchini to food processor and pulse until fine.
   Transfer to mixing bowl and lightly dry.
- Combine ground chicken, zucchini, egg, onion powder, garlic powder, oregano, salt and pepper until evenly mixed.
- 4. Roll into bite-size meatballs.
- 5. Transfer the meatballs to a lined baking tray and pop in the oven for 20 to 25 minutes. Double-check that the meatballs are cooked in the center.
- 6. Serve and enjoy!



## CHOPPED THAI CHICKEN SALAD

Prep: 20 minutes | Cook: 0 minutes | 4 Servings 1 Serving | Calories: 375 | Protein: 31 | Fat: 22 | Carb: 16

Gluten-Free, Dairy-Free



### **INGREDIENTS**

### Chicken Salad

- · 4 cups cooked shredded chicken
- 1 12-oz. bag coleslaw mix
- · 1/4 12-oz. bag matchstick carrots
- · 1 cup fresh cilantro, chopped
- ¼ cup peanuts, chopped
- · 1/4 cup green onions, minced
- · 2 serrano peppers, sliced]
- · Juice of 1 lime
- · Salt to taste

### Peanut Sauce:

- · 1/4 cup unsweetened coconut milk
- · 1/4 cup chunky peanut butter
- · 1 tbs. garlic, minced
- 1 tsp. ginger powder
- 2 tbs. coconut aminos (or gluten-free soy sauce)
- · 2 tbs. sesame oil
- ½ tsp. crushed red pepper flakes (more or less, to taste)
- · Water, as needed

- In a large bowl, combine all chicken salad ingredients. Set aside.
- In a medium bowl, combine all peanut sauce ingredients and whisk or blend until smooth and evenly combined.
- Drizzle a small amount of peanut sauce over chicken salad and toss to combine until evenly coated.
- 4. Serve chilled and enjoy!
- 5. For best results, store leftover chicken salad and peanut sauce separately.



### BUFFALO CHICKEN SALAD

Prep: 15 minutes | Cook: 30 minutes | 4 Servings 1 Serving | Calories: 300 | Protein: 31 | Fat: 16 | Carb: 12



### **INGREDIENTS**

Gluten-Free

- · 1 lb. boneless, skinless chicken breast
- · 1 cup buffalo sauce
- · 1/2 lemon, juiced
- 2 tbs. ranch seasoning OR ranch seasoning below
- ½ tbs. garlic powder
- · 3 large carrots, sliced
- · 1/4 red onion, diced
- · 1/2 cup cherry tomatoes, halved
- 2 cups spring mix
- · Optional: blue cheese crumbles

### Avocado Dressing

- · 1/2 large avocado
- · 3 tbs. olive oil
- ¼ cup water, or more for thinner consistency
- ½ lemon, juiced
- · 1 tbs. garlic powder
- · salt and pepper to taste

### **DIRECTIONS**

- 1. Preheat oven to 400°F.
- 2. Toss chicken in large bowl with buffalo sauce, lemon juice, ranch seasoning and garlic powder. Transfer all to large baking pan and bake for 18 to 25 minutes.
- While chicken is baking, combine avocado dressing ingredients in a blender and blend until smooth. Set aside.
- 4. When chicken is fully cooked, shred in baking pan and stir to fully incorporate remaining sauce in pan.
- 5. In a large bowl, add spring mix, carrots, red onion and cherry tomatoes.
- 6. When ready to eat, add shredded chicken, avocado dressing and optional blue cheese crumbles. Enjoy!

### **Ranch Seasoning**

- 2 tbs. dried parsley
- · 2 tsp. dried dill
- · 1 tsp. garlic powder
- · 1 tsp. onion powder
- ½ tsp. black pepper
- · 1/2 tsp. dried chives



### **BEEF AND BROCCOLI**

Prep: 20 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 330 | Protein: 27 | Fat: 17 | Carb: 16 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- 1 lb. flank steak, finely sliced into bite-size strips
- · 1/4 cup coconut aminos
- · 3 tbs. sesame oil
- 1 tbs. honey
- · 3 cloves garlic, minced
- · 1 tsp. fresh ginger, grated
- · ¼ tsp. black pepper
- 6 cups broccoli florets (about 1 lb.)

- Cover and freeze steak 20 minutes for easier slicing.
- 2. Combine coconut aminos, 2 tablespoons. sesame oil, honey, garlic, ginger and black pepper in a bowl, stir well. Add flank steak and let marinate for 15 minutes.
- 3. Place a large skillet over medium heat and add 1 tablespoon sesame oil. Add broccoli florets and sauté 4 to 5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender, then remove from pan. Tip: If you prefer softer broccoli, add 2 tablespoons of water before covering with the lid and it will steam cook the broccoli.
- 4. Increase heat to high heat. Add steak in a single layer and sauté 2 minutes per side or just until cooked through. Quickly pull out a piece to test if fully cooked.
- 5. Add the remaining marinade, reduce heat to medium-low and simmer 3 to 4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1 to 2 tablespoons of water to thin the sauce if desired. Add flank steak and enjoy!



### BLACKENED SALMON CAESAR SALAD

Prep: 15 minutes | Cook: 30 minutes | 4 Servings 1 Serving | Calories: 270 | Protein: 25 | Fat: 13 | Carb: 13



### **INGREDIENTS**

Gluten-Free

- · 2 salmon fillets, skin on
- · Juice of 1/2 lemon
- · 1 tsp. cumin
- · 11/2 tsp. chili powder
- · 1 tsp. garlic powder
- ½ tsp. onion powder
- 1 tsp. paprika
- · 4 strips nitrate-free bacon, chopped
- · 12 oz. shaved brussels sprouts
- · Salt and pepper to taste

### Caesar Dressing

- · 1/2 cup full-fat greek yogurt
- 1/2 lemon juice and zest
- 1 to 2 tbs. Dijon mustard
- 1/2 tsp. Worcestershire sauce
- 1 tbs. garlic powder
- · 4 tbs. parmesan cheese

### **DIRECTIONS**

### Blackened Salmon

- 1. Cut salmon to desired size, sprinkle with lemon juice and season with dry seasonings.
- 2. Heat oil in skillet until hot. Place salmon, skin side up and cook 2 to 3 minutes. Flip and cook an additional 4 to 5 minutes.

### Salad

- 1. Heat skillet over medium heat, add chopped bacon and cook through. Set aside.
- 2. Whisk together Caesar dressing ingredients, set aside.
- In a large bowl, combine shaved brussels sprouts, bacon, parmesan and Caesar dressing. Toss to combine.
- 4. Serve and top with blackened salmon fillets.
- 5. Salt and pepper to taste.



### BUFFALO CHICKEN BOWL

Prep: 15 minutes | Cook: 30 minutes | 4 Servings 1 Serving | Calories: 380 | Protein: 33 | Fat: 12 | Carb: 32

Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1 lb. boneless, skinless chicken breast
- · 1 cup buffalo sauce
- ½ lemon, juiced
- 2 tbs. ranch seasoning OR ranch seasoning below
- ½ tbs. garlic powder
- · 1 tbs. coconut oil
- · 1 cup broccoli florets, steamed
- · 1 red bell pepper, diced
- ½ 12-oz. can black beans
- · 1 cup frozen corn kernels
- · 1 cup cherry tomatoes, halved
- · 1 avocado, diced

### Ranch Seasoning

- · 2 tbs. dried parsley
- · 2 tsp. dried dill
- · 1 tsp. garlic powder
- · 1 tsp. onion powder
- · 1/2 tsp. black pepper
- · 1/2 tsp. dried chives

- 1. Preheat oven to 400°F.
- 2. Toss chicken in large bowl with buffalo sauce, lemon juice, ranch seasoning and garlic powder. Transfer all to large baking pan and bake for 18 to 25 minutes.
- 3. While chicken is baking, heat skillet over medium heat. Add coconut oil. When fully melted, add broccoli and bell peppers. Sauté about 5 minutes until slightly browned.
- 4. Add ¼ cup water to pan, cover and steam until tender, 3 to 4 minutes.
- 5. Transfer steamed broccoli and peppers to large mixing bowl. Add black beans, corn and cherry tomatoes. Mix to combine. Set aside.
- 6. When chicken is fully cooked, shred in baking pan and stir to fully incorporate remaining sauce in pan. Let sit for 10 minutes.
- 7. Add shredded chicken to veggie bowl mixture and stir until fully incorporated.
- 8. Top with avocado and enjoy!



## PESTO SALMON WITH POTATOES AND GREEN BEANS

Prep: 20 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 425 | Protein: 22 | Fat: 21 | Carb: 41 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- 1½ lbs. baby potatoes
- · 1 lb. green beans
- · 2 salmon fillets, skin on
- · 2 tbs. olive oil
- · 4 tbs. pesto
- · Juice of one lemon
- · Salt and pepper to taste

- 1. Preheat oven to 400°F.
- 2. While oven is preheating, add potatoes to pot and fill with water until covered. Place on stove and bring to boil. Cook for 11 to 13 minutes. Drain and set aside.
- 3. Place the potatoes, green beans and salmon on a baking sheet. Drizzle the potatoes and green beans with 1 to 2 tablespoons of olive oil and evenly divide pesto between salmon fillets.
- Squeeze lemon over all ingredients and sprinkle with salt and pepper.
- Bake for 17 to 19 minutes, until salmon flakes easily.
- 6. Enjoy!



## STEAK BITES WITH SWEET POTATOES AND PEPPERS

Prep: 20 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 330 | Protein: 24 | Fat: 21 | Carb: 13 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 1 large sweet potato, diced
- · 2 tbs. coconut oil
- · 2 cloves garlic, minced
- · 1/8 onion, finely diced
- · 1 lb. skirt steak, diced into 1" pieces
- · 2 bell peppers, diced
- 2 tbs. balsamic vinegar
- · 1 sprig fresh rosemary
- · 1 tbs. coconut aminos
- · Salt and pepper to taste

- 1. Add diced sweet potatoes to microwavable bowl. Cover and microwave on high for 4 to 6 minutes, until tender. Remove from microwave and uncover to avoid overcooking. Set aside.
- 2. Heat large skillet over medium-high heat. Add coconut oil. When melted, add garlic and onion. Sauté 1 to 2 minutes. Add cubed steak bites and cook 9 to 10 minutes until browned. Remove from pan and set aside.
- Add the sweet potatoes and cook until browned.
   About 2 to 4 minutes.
- 4. Add the bell peppers and sauté an additional 3 to 4 minutes, until tender.
- Add the steak back to the skillet. Add balsamic vinegar, rosemary and coconut aminos and sauté until juices are dissolved.
- 6. Salt and pepper to taste. Serve and enjoy!



## CRISPY HERBED CHICKEN THIGHS

Prep: 10 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 165 | Protein: 22 | Fat: 6 | Carb: 2



### **INGREDIENTS**

- · 1 lb. chicken thighs, boneless, skinless
- · 1 tsp. garlic powder

Gluten-Free, Dairy-Free

- · 1 tsp. onion powder
- · 1 tsp. parsley, dried
- · 1 tsp. paprika
- · Salt and pepper to taste
- · 1 tbs. ghee or butter

- 1. Heat saucepan over medium-low heat.
- 2. While pan is heating, season both sides of your chicken thighs with garlic powder, onion powder, parsley, paprika, salt and pepper.
- 3. Add butter or ghee to your heated saucepan. When fully melted, add your seasoned chicken thighs. Ensure they are not overlapping.
- 4. Cook each side for about 10 minutes. Turning occasionally as needed. The low heat should prevent them from burning. Remove from pan when fully cooked through.
- 5. Enjoy!



## PESTO CHICKEN TENDERS

Prep: 10 minutes | Cook: 35 minutes | 4 Servings 1 Serving | Calories: 295 | Protein: 31 | Fat: 17 | Carb: 5



### **INGREDIENTS**

Gluten-Free

- 1/2 cup gluten-free panko
- 1/2 cup parmesan
- · 2 tbs. olive oil
- 1 lb. chicken breasts, sliced and tenderized
- · 4 tbs. pesto



### **TUNA POKE BOWL**

Prep: 15 minutes | Cook: 30 minutes | 2 Servings 1 Serving | Calories: 370 | Protein: 18 | Fat: 17 | Carb: 41

Gluten-Free, Dairy-Free



### **INGREDIENTS**

### Tuna + Marinade:

- · 8 ounces tuna, sushi grade, diced
- · 1 scallion, chopped
- · 1 tbs. garlic, minced
- · 1 tsp ginger
- 2 tbs. gluten-free soy sauce or coconut aminos
- · 1 tsp. sesame oil

### **Bowl Ingredients:**

- · 1 cup jasmine rice
- · 1 avocado
- 1 cucumber
- 1/2 cup shredded carrots
- · 1 tsp. sesame seeds

### **Optional Toppings:**

- · Mayonnaise drizzle
- · Siracha drizzle
- Sesame seeds

- 1. In a small pot, add 1 cup of jasmine rice with 2 cups of water. Bring to boil. When boiling, reduce heat to low and simmer until all water has cooked into rice.
- In a medium bowl, combine tuna with scallions, garlic, ginger, gluten-free soy sauce or coconut aminos, and sesame oil. Toss to combine and set aside.
- 3. While tuna is marinating, cut your avocado and cucumber.
- 4. In two bowls, layer rice, tuna, carrots, cucumber, avocado and scallions.
- 5. Drizzle with optional toppings of mayonnaise, siracha and sesame seeds.
- 6. Enjoy!



### BEET AND ARUGULA SALAD

Prep: 15 minutes | Cook: 0 minutes | 4 Servings 1 Serving | Calories: 280 | Protein: 8 | Fat: 22 | Carb: 22



### **INGREDIENTS**

- · 2 tbs. olive oil
- · 2 tbs. balsamic vinegar
- · 2 tbs. orange juice

Gluten-Free, Vegetarian

- · 8 to 10 cups arugula
- 3 roasted beets, chopped (can be found pre-cooked and vacuum sealed)
- ½ cup pine nuts (can sub walnuts or nut/seed of choice)
- 1 cup crumbled goat cheese

### **DIRECTIONS**

- Whisk together olive oil, balsamic vinegar and orange juice.
- 2. Toss lightly with arugula and split onto four plates.
- 3. Top each mixed green serving with beets, pine nuts and goat cheese.

### Coach Tip:

If meal prepping this recipe, leave the dressing on the side.



### STUFFED PEPPERS

Prep: 15 minutes | Cook: 30 minutes | 6 Servings 1 Serving | Calories: 190 | Protein: 18 | Fat: 6 | Carb: 16 Gluten-Free, Dairy-Free



### **INGREDIENTS**

- · 6 bell peppers
- · 3 cloves garlic, minced
- 1 lb. ground turkey
- · 114-oz can diced tomatoes, sugar-free
- · 8 oz. mushrooms, sliced
- · 1/2 onion, minced
- 1 cup spinach
- · 1 tsp. cumin
- · 2 tbs. Italian seasoning
- · Salt and pepper to taste

- 1. Preheat your oven to 375°F.
- 2. Cut the top portion of your pepper and remove the stems and seeds.
- 3. Sautee your garlic in a skillet on the stove for a minute. Add your ground turkey and break up the meat as it cooks.
- 4. Once your turkey is close to completely cooked, add tomatoes, mushrooms, onion, spinach and seasoning.
- 5. Stir in seasonings and remove from heat.
- 6. In a 9-x-12-inch pan, place your empty peppers into the dish. Spoon the filling mixture into the peppers.
- 7. Bake in the oven for 30 minutes.
- 8. Enjoy!



### **FALL HARVEST SALAD**

Prep: 15 minutes | Cook: 25 minutes | 4 Servings 1 Serving | Calories: 390 | Protein: 25 | Fat: 22 | Carb: 28



### **INGREDIENTS**

### Salad

- · 1 medium sweet potato, diced 1"
- · 1 tbs. olive oil

Gluten-Free, Dairy-Free

- · Salt and pepper to taste
- · 4 cups chopped kale
- · 2 cups brussels sprouts, shredded
- · 1 lb. shredded chicken, cooked
- · 1/2 honey crisp apple, diced
- · 1/4 cup pecans, chopped
- ¼ cup dried cranberries, no sugar added

### **Balsamic Vinaigrette**

- · 1/4 cup olive oil
- · 2 tbs. balsamic vinegar
- 1 tbs. maple syrup
- 1 tsp. Dijon mustard
- · 1 clove garlic, minced
- · Salt and pepper to taste

- 1. Start by preheating your oven to 425°F.
- 2. In a medium bowl, toss diced sweet potato with olive oil, salt, and pepper. Bake for 15 to 25 minutes until golden brown, turning halfway.
- 3. While baking, prepare vinaigrette by mixing all ingredients together.
- 4. Add vinaigrette to kale and brussels sprouts and toss until fully coated. Let sit at least 15 minutes.
- 5. Add remaining ingredients and toss together.
- 6. Enjoy!



### THAI BASIL STIR-FRY

Prep: 10 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 400 | Protein: 24 | Fat: 22 | Carb: 28



### **INGREDIENTS**

· 3 tbs. coconut aminos

Gluten-Free, Dairy-Free

- · 1 tsp. honey
- · 2 tsp. fish sauce
- · 1 tsp. sesame oil
- · 1 lb. ground beef
- · 1 tbs. garlic, minced
- · ½ onion, sliced
- · 1 red pepper
- · 1 Serrano pepper, minced, seeds removed
- · 1 cup fresh basil leaves, sliced
- ½ tsp red pepper flakes (optional)
- · Salt and pepper to taste

### Rice

- ½ cup rice
- · 1 cup water or chicken broth

- 1. Begin by prepping the rice. Bring water or chicken broth to boil and stir in rice.
- 2. Reduce heat to low and allow to simmer; cover and cook rice until the liquid is absorbed. It takes about 15 to 20 minutes.
- While rice is cooking, combine coconut aminos, honey, fish sauce, and sesame oil together in a small bowl until well blended.
- 4. Heat large skillet over medium heat. Add ground beef and garlic and cook until there is no pink. Remove from pan to a bowl and set aside.
- 5.To same skillet, add onion, bell pepper, and minced serrano pepper to the skillet. Sauté 2 to 3 minutes until tender. Add ground beef back to pan.
- Pour in the sauce mixture, stir, and simmer until sauce is full incorporated.
- 7. Stir in basil until wilted.
- 8. Serve with rice and enjoy!



60day Challenge

# Sides and Sides

LIFETIME

## CHOCOLATE PROTEIN BARS

Prep: 15 minutes | Cook: 5 minutes | 8 Servings 1 Serving | Calories: 300 | Protein: 17 | Fat: 18 | Carb: 24 Gluten-Free, Vegetarian



### **INGREDIENTS**

- 1/2 cup unsweetened vanilla almond milk
- 1 cup natural chunky almond or peanut butter
- 2 to 3 tbs. honey, plus more to taste (optional)
- 1¼ cup vanilla (or chocolate) whey Life
   Time Protein Powder
- · 2 cups gluten-free oats
- Optional: melted 80% dark chocolate for drizzle

### **DIRECTIONS**

- In a medium pot, combine milk, nut butter and honey over low heat. Stir just until all ingredients
- 2. are well combined and warmed through.
- 3. Add protein powder and oats. Stir to combine well. (If mixture is too thick to stir, slowly add milk.)
- 4. Grease an 8-x-8-inch pan and press mixture evenly into pan. Drizzle with dark chocolate (optional).
- 5. Allow bars to cool completely before cutting into squares. Wrap in airtight container and store at moderate room temp for up to a week.

\*Note: Nutritional information does not include optional chocolate.



## ALMOND BUTTER BLENDER MUFFINS

Prep: 5 minutes | Cook: 20 minutes | 12 Servings 1 Muffin | Calories: 175 | Protein: 5 | Fat: 12 | Carb: 13 Gluten-Free, Dairy-Free, Vegetarian



### **INGREDIENTS**

- · 1 cup nut butter
- 2 eggs
- · 2 ripe bananas
- 1 tbs. honey or stevia (optional)
- 1/2 tsp. baking soda
- · Optional: dark chocolate chips

- 1. Preheat oven to 400°F and spray/grease
- 2. muffin pan. Cupcake liners work as well!
- 3. Place all ingredients except chocolate chips in blender.
- 4. Pour mixture into muffin pan and sprinkle with a few chocolate chips.
- 5. Bake for about 15 to 17 minutes, until edges are brown. Let cool for 10 minutes. Store in an airtight container for up to one week.



## 5-MINUTE GUACAMOLE

Prep: 5 minutes | Cook: 0 minutes | 2 Servings 1 Serving | Calories: 255 | Protein: 3 | Fat: 21 | Carb: 16 Gluten-Free, Dairy-Free, Vegetarian, Vegan



### **INGREDIENTS**

- · 2 avocados
- · 1 tbs. lime juice
- · 2 tbs. chopped cilantro
- 1/4 cup salsa (no sugar added)
- · Salt and pepper to taste

- 1. Scoop avocado into a large bowl (discard peel and seed) and mash with a fork.
- 2. Stir in the remaining ingredients.
- 3. Chill for 30 minutes to blend flavors (optional)



### **ROASTED CHICKPEAS**

Prep: 5 minutes | Cook: 30 minutes | 3 Servings 1 Serving | Calories: 185 | Protein: 7 | Fat: 6 | Carb: 26 Gluten-Free, Dairy-Free, Vegetarian, Vegan



#### **INGREDIENTS**

- 1 15-oz. can of chickpeas (garbanzo beans)
- 1 tbs. olive oil
- 2 tsp. of spice mixture (chili, garlic salt, salt, etc.)

- 1. Preheat oven to 400°F.
- 2. Drain and rinse chickpeas and pat dry. Toss with oil, sea salt and spices.
- 3. Place chickpeas on a cooking sheet and bake for about 30 minutes, until crispy. While baking, shake baking sheet to avoid burning.



### **RUTABAGA FRIES**

Prep: 10 minutes | Cook: 35 minutes | 2 Servings 1 Serving | Calories: 140 | Protein: 3 | Fat: 7 | Carb: 18 Gluten-Free, Dairy-Free, Vegetarian, Vegan



#### **INGREDIENTS**

- 1 rutabaga
- · 1 tbs. olive oil
- · Salt and pepper to taste
- Seasoning of choice (garlic powder, chili powder, paprika, cayenne, etc.), to taste

- 1. Peel rutabaga and cut into the shape of fries.
- 2. Toss fries in olive oil, salt, pepper and seasoning.
- 3. Place on a baking sheet and bake for 30 to 35 minutes at 400°F, until crispy.



# BUFFALO CHICKEN DIP

Prep: 5 minutes | Cook: 4 hours | 8 Servings 1 Serving | Calories: 160 | Protein: 25 | Fat: 6 | Carb: 4 Gluten-Free



#### **INGREDIENTS**

- · 2 lb. chicken
- 1/2 cup buffalo sauce
- 1½ cups plain Greek yogurt

- 1. Place all ingredients in crock-pot and cook on medium for 3 to 4 hours.
- 2. With two forks, shred chicken and mix well. Serve with assorted veggies.



### **HOMEMADE HUMMUS**

Prep: 5 minutes | Cook: 0 minutes | 6 Servings 1 Serving | Calories: 140 | Protein: 3 | Fat: 7 | Carb: 18 Gluten-Free, Dairy-Free, Vegetarian, Vegan



#### **INGREDIENTS**

- ¼ cup fresh lemon juice, about 1 large lemon
- · 1/4 cup tahini
- · 2 tbs. olive oil
- · 1 garlic clove, minced
- ½ tsp. ground cumin
- · Sea salt to taste
- 1 15-oz. can chickpeas (garbanzo beans)
- · 2 to 3 tbs. water
- · Dash of ground paprika

- 1. Add tahini and lemon juice to a food processor and process for 1 minute. Then add the olive oil, minced garlic, cumin and the salt and process for 1 minute, scraping the sides halfway through.
- 2. Drain liquid from the can of chickpeas and rinse well with water. Add half of the chickpeas to the food processor and process for 1 minute. Add the rest of the chickpeas and process for 1 to 2 minutes or until thick and smooth. If hummus is still too thick, slowly add of water until desired consistency.
- 3. Sprinkle with paprika and serve!





### **CHEWY SNACK BARS**

Prep: 10 minutes | Cook: 30 minutes | 8 Servings 1 Serving | Calories: 245 | Protein: 5 | Fat: 12 | Carb: 27

#### **INGREDIENTS**

1 cup raw cashews, almonds, or other nut of choice

Gluten-Free, Dairy-Free, Vegetarian, Vegan

- · 1 cup Medjool dates (pitted)
- 1/3 cup nut-butter of choice (almond, cashew,
- sunflower butter, etc.)
- · 1 tbs. water

- 1. Pulse the nuts in a food processor until they are 2. in small pieces.
- 3. Add the pitted dates and nut butter to the food
- 4. processor, and blend together (scraping sides down
- 5. as needed).
- 6. Add water and continue blending. Mixture should stick together and be pliable; add another  $V_2$  tablespoon or more of water as needed to get to desired consistency.
- 7. Grease 8-x-8 or 9-x-9 pan, and scrape mixture from food processor into pan.
- 8. Place in refrigerator for 30 minutes, then cut bars into 8 squares.
- 9. Keep refrigerated.



# CINNAMON APPLE CHIPS

Prep: 10 minutes | Cook: 2 hours | 4 Servings 1 Serving | Calories: 45 | Protein: 0 | Fat: 0 | Carb: 10



#### **INGREDIENTS**

2 large apples (Honeycrisp or Fuji are best)

Gluten-Free, Dairy-Free, Vegetarian, Vegan

· 1 tsp. cinnamon

- 1. Preheat oven to 225°F.
- 2. Thinly slice apples with a mandoline (or by hand if
- 3.you don't have one just make sure slices are the
- 4. same width as much as possible).
- 5. Line 1 to 2 baking sheets with parchment paper,
- 6. and lay apples down in an even layer. Sprinkle
- 7. cinnamon evenly over the top.
- 8. Bake for 1 hour, then flip and bake for another hour, until preferred crispiness is achieved. The longer they bake, the crispier they will be.
- 9. Remove from oven, let cool, and enjoy! They can be stored in an airtight container for 2 to 3 days.



# GARLIC MASHED FAUX-TATOES

Prep: 10 minutes | Cook: 20 minutes | 4 Servings 1 Serving | Calories: 160 | Protein: 5 | Fat: 13 | Carb: 12 Gluten-Free, Vegetarian



#### **INGREDIENTS**

- 1 medium head cauliflower, trimmed and cut into small florets (about 6 to 7 cups)
- · 1 tbs. coconut oil
- · 1 clove of garlic, smashed
- · 3 tbs. unsalted butter or ghee
- 2 tbs. unsweetened almond or coconut milk
- · Salt and pepper to taste

- 1. Fill a large pot with water three-fourths of the way full and add cauliflower. Cook until tender, about 15 to 20 minutes.
- 2. Meanwhile, add coconut oil to a small skillet over medium heat and cook garlic until soft, about 2 to 3 minutes.
- 3. Once the cauliflower is tender, remove water from cauliflower as much as possible. Then put into large bowl and add butter, garlic, milk and salt and pepper.
- 4.Use blender or food processor to blend all ingredients until smooth and creamy. Enjoy!



# DRY RUB CHICKEN WINGS

Prep: 1 hour | Cook: 1 hour | 8 Servings 1 Serving | Calories: 265 | Protein: 21 | Fat: 20 | Carb: 0

Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 2 lb. chicken wings
- 11/2 tbs. Old Bay seasoning
- · 1 tbs. olive oil

- 1. Place all ingredients in a large, 1-gallon plastic bag and add seasoning and olive oil. Shake until chicken is thoroughly coated. Let sit for at least 1 hour, but the longer the better.
- 2. Preheat oven to 400°F. Place a wire rack on a large baking sheet and spread chicken wings out on a single layer. You may need 2 baking sheets and wire racks.
- 3. Bake wings for 30 minutes, then flip and continue to bake for another 25 to 30, until skin is crispy.



### **TUNA BOATS**

Prep: 15 minutes | Cook: 0 minutes | 4 Servings 1 Serving | Calories: 200 | Protein: 7 | Fat: 20 | Carb: 17



#### **INGREDIENTS**

Gluten-Free

- · 2 large cucumbers
- · 26-oz. cans low-sodium tuna, drained
- · 2 green onions
- · ¼ cup Greek yogurt
- ½ cup avocado
- · Juice from 1/2 lemon
- · 1 tbs. yellow mustard
- 1 tsp. garlic powder
- · Salt and pepper to taste

- 1. Slice cucumbers lengthwise and set aside.
- 2. Place tuna into a bowl and mash until softened.
  Add onion, Greek yogurt, avocado, lemon juice, mustard, garlic powder, salt and pepper and mix until combined.
- 3. Scoop out tuna mixture and evenly distribute on cucumber slices. Enjoy!



### CHUNKY SUMMER SALAD

Prep: 15 minutes | Cook: 0 minutes | 12 Servings 1 Serving | Calories: 305 | Protein: 13 | Fat: 25 | Carb: 9



#### **INGREDIENTS**

Gluten-Free

- · 1 lb. chicken and apple sausage
- · 2 cucumbers, halved and diced
- · 2 cups cherry tomatoes
- · 1/2 red onion, sliced thinly
- · 1 cup kalamata olives, pitted and halved
- · 2 avocados, diced
- · 1/2 cup feta cheese (optional)

#### Dressing

- · 1/2 cup extra virgin olive oil
- · 1/2 cup red wine vinegar
- · 1 tbs. garlic powder
- · 1 tbs. oregano
- · Salt and pepper to taste

- 1. In a large bowl, add sausage, cucumbers, tomatoes, red onion, olives and avocado.
- 2. In a 16-oz. jar, add olive oil, vinegar, garlic, oregano, and salt and pepper. Seal with lid and shake well until thoroughly mixed.
- 3. Add the dressing to the vegetable mixture and toss until mixture is well coated. Enjoy!



### **BAKED BACON**

Prep: 5 minutes | Cook: 20 minutes | 6 Servings 1 Serving | Calories: 100 | Protein: 6 | Fat: 8 | Carb: 0 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

• 1 package (12 oz.) of nitrate-free bacon

- 1. Preheat the oven to 400°F.
- 2.Line 1 rimmed baking sheet with parchment paper. Arrange the bacon on the baking sheet(s) in a single layer without overlapping.
- 3. Bake until the bacon is at desired crispiness level, about 15 to 20 minutes.
- Remove bacon from oven and place on a plate covered with paper towels. Gently dab to remove excess oil.



# BACON WRAPPED BRUSSELS SPROUTS

Prep: 10 minutes | Cook: 45 minutes | 4 Servings 1 Serving | Calories: 100 | Protein: 6 | Fat: 8 | Carb: 0 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 1 package of nitrate-free bacon
- 15 to 16 Brussels sprouts

- 1. Preheat oven to 400°F and cover a baking sheet with parchment paper.
- 2. Take each sprout and wrap a piece of bacon around it, securing with a toothpick. Place on the baking sheet in a single layer.
- 3. Bake until the sprouts are tender and bacon looks crispy, about 40 to 45 minutes.
- 4. Let cool and enjoy!



# MAPLE CINNAMON SWEET POTATOES

Prep: 10 minutes | Cook: 35 minutes | 6 Servings 1 Serving | Calories: 120 | Protein: 1 | Fat: 5 | Carb: 21 Gluten-Free, Dairy-Free, Vegetarian, Vegan



#### **INGREDIENTS**

- 2 medium sweet potatoes, peeled and diced into 1" cubes
- · 2 tbs. olive oil
- · 2 tbs. maple syrup
- · 2 tsp. cinnamon
- · Salt and pepper to taste

- Preheat oven to 400°F. Lightly coat a baking pan with non-stick cooking spray, or line with parchment paper. Set aside.
- 2. In a medium bowl, combine the olive oil, maple syrup, cinnamon, salt and pepper.
- 3. Add potatoes and toss to coat.
- 4. Spread potatoes in an even layer onto prepared pan.
- 5. Roast for 30 to 35 minutes or until browned and crispy.
- 6. Remove from the oven and let cool for 5 minutes.
- 7. Serve immediately and enjoy!



### SPICY SNACK DIP

Prep: 10 minutes | Cook: 0 minutes | 12 Servings 1 Serving | Calories: 115 | Protein: 4 | Fat: 8 | Carb: 7 Gluten-Free, Dairy-Free, Vegetarian, Vegan



#### **INGREDIENTS**

- · 1/4 cup coconut aminos
- · 1/4 cup coconut vinegar
- 1/4 cup sriracha sauce
- 1 tbs. honey
- · 1 tsp. ground ginger
- 1 cup sunflower seed butter

#### **DIRECTIONS**

1. Mix together and use as an easy dip for chopped veggies or chicken.



### **VEGGIE ROLL UPS**

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 125 | Protein: 13 | Fat: 6 | Carb: 9 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- 3 to 4 slices nitrate-free lunch meat
- 9 to 12 veggie sticks (celery, carrot sticks, bell pepper strips, snap peas)
- · 2 tbs. guacamole

#### **DIRECTIONS**

1. Smear guacamole on one side of the deli meat; wrap around veggies sticks and enjoy!



### 1-STEP TUNA

Prep: 5 minutes | Cook: 0 minutes | 1 Serving 1 Serving | Calories: 225 | Protein: 23 | Fat: 1 | Carb: 4 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- 15-oz. can of tuna in water
- 1 tbs. avocado-oil based mayonnaise
- 1 tsp. lemon juice
- 2 tsp. Dijon mustard

#### **DIRECTIONS**

1. Mix ingredients and serve!



### **ZUCCHINI BREAD**

Prep: 15 minutes | Cook: 1 hours | 12 Servings 1 Serving | Calories: 160 | Protein: 4 | Fat: 13 | Carb: 7

Gluten-Free, Vegetarian



#### **INGREDIENTS**

- 1 cup almond flour
- · 1/2 cup coconut flour
- ½ tsp. salt
- · 2 tsp. baking powder
- · 1/2 tsp. baking soda
- · 2 tsp. cinnamon
- · ½ tsp. nutmeg
- 5 eggs
- · 1/4 cup butter
- · 3 tbs. coconut oil, melted
- ¼ cup powdered sweetener of choice (like stevia)
- · 2 tbs. honey or maple syrup
- · 3 tsp. vanilla extract
- · 1 cup zucchini, grated
- · 1/4 cup walnuts, chopped

- 1. Preheat over to 325°F.
- 2. Grease 9-x-5-inch bread pan.
- In small bowl, mix together almond flour, coconut flour, salt, baking soda, baking powder, cinnamon and nutmeg.
- In large bowl, beat eggs, butter, coconut oil, sweetener and extract.
- 5. Beat in flour mixture until well combined.
- 6. Stir in zucchini and nuts.
- 7. Pour into greased pan.
- 8. Bake for 50 to 60 minutes or until tests done.
- Cool for about 15 minutes, then remove from pan.Cool completely. Store in refrigerator.





### STOVETOP POPCORN

Prep: 5 minutes | Cook: 5 minutes | 4 Servings 1 Serving | Calories: 125 | Protein: 2 | Fat: 7 | Carb: 14

Gluten-Free, Dairy-Free, Vegan, Vegetarian

#### **INGREDIENTS**

- · 2 tbs. coconut oil
- ½ cup popcorn kernels
- · Salt to taste

#### **DIRECTIONS**

- 1. Place large serving bowl near stovetop.
- 2. In a large, thick-bottomed saucepan, heat coconut oil on medium-high heat until liquid.
- 3. Add 2 popcorn kernels to oil. Cover with lid until popped.
- 4. When the kernels have popped, add remaining popcorn kernels. Shake and shimmy pan to distribute kernels in an even layer. Cover and remove from heat for about 25 seconds.
- 5. Return covered pan to heat. Once popcorn starts popping, shimmy pan to avoid burning. When popping slows to 3 to 4 seconds between pops, remove from heat.
- 6. Remove lid and pour popcorn into large serving bowl.

#### Chili-Lime:

- · 2 cups of popcorn
- Squeeze of lime
- ½ tsp. chili powder
- · Dash cayenne
- 1. Squeeze lime juice
- Sprinkle chili powder and cayenne over popcorn and toss until evenly coated.

#### Parmesan Rosemary:

- · 2 cups of popcorn
- 2 tsp. grated parmesan
- 2 tsp. fresh rosemary, chopped
- Coconut oil cooking spray
- 1. Spray cooked popcorn with coconut oil spray.
- Add parmesan and rosemary and toss or stir until evenly coated and combined.

#### **Cinnamon Twist:**

- 2 cups of popcorn
- 1 to 2 tsp. cinnamon
- · Dash of salt
- · Coconut oil cooking spray
- 1. Spray cooked popcorn with coconut oil spray.
- Add cinnamon and toss until evenly coated.



### **CAULI-POPPERS**

Prep: 20 minutes | Cook: 30 minutes | 4 Servings 1 Serving | Calories: 260 | Protein: 13 | Fat: 16 | Carb: 19

Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- 2 eggs
- 1/2 cup oat flour
- 1 medium cauliflower, cut in florets
- · 3 tbs. coconut aminos
- · 3 tbs. peanut butter, melted
- · 3 tsp. sesame oil
- · 1 tsp. sesame seeds
- · 1 tbs. honey

- 1. Preheat oven to 400°F and line baking sheet.
- 2. Whisk eggs in small bowl and place ½ cup oat flour in separate small bowl.
- 3. Coat cauliflower florets with egg and toss in oat flour.
- 4. Place coated florets on baking sheet.
- 5. Bake in the oven for 30 minutes broil 1 to 2 minutes if you want an extra-crisp poppers.
- 6. In separate bowl, combine coconut aminos, peanut butter, sesame oil and honey. Set aside.
- 7. Toss baked cauliflower in peanut butter sauce until well coated and sprinkle with sesame seeds.



# ROASTED ROSEMARY POTATOES

Prep: 15 minutes | Cook: 35 minutes | 4 Servings 1 Serving | Calories: 175 | Protein: 2 | Fat: 9 | Carb: 22 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 1 lb. small baby potatoes, halved
- · 3 tbs. butter or ghee\*, melted
- · 2 sprigs fresh rosemary, finely chopped
- · 2 tsp. garlic powder
- · 1 tsp. onion powder
- 1/2 tsp. salt
- · Pepper to taste

- 1. Preheat oven to 400°F.
- 2. In small bowl, combine melted butter or ghee, rosemary, garlic powder and onion powder.
- 3.In 9-x-13-inch sheetpan, pour butter mixture to coat the bottom of the sheetpan.
- 4. Add halved potatoes to sheetpan, flat side down. Brush top of potatoes with butter mixture and sprinkle with salt and pepper.
- 5. Bake in the oven for 30 to 35 minutes broil 1 to 2 minutes if you want an extra crisp.



# LEMON POPPYSEED MUFFINS

Prep: 15 minutes | Cook: 18 minutes | 12 Servings 1 Serving | Calories: 140 | Protein: 8 | Fat: 9 | Carb: 4

Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- 3 eggs
- ½ cup applesauce (unsweetened)
- 1/3 cup maple syrup
- · 1 tbs. coconut oil
- · 1 tsp. vanilla
- ¼ tsp. almond extract
- 1/3 cup lemon juice (about 3 small lemons)
- · 21/4 cup almond flour
- · 1/3 cup tapioca flour
- 1½ tbs. poppy seeds
- · 1 tsp. baking soda
- · 1/4 tsp. salt
- · Zest of 1 lemon

- Preheat oven to 350°F and line 12-cup muffin pan or grease with coconut oil
- In large bowl, whisk together eggs, apple sauce, maple syrup, coconut oil, vanilla, almond extract and lemon juice.
- 3. In medium bowl combine almond flour, tapioca flour, poppy seeds, baking soda, salt and lemon zest; set aside. Add to wet ingredients, mixing with large spoon or spatula until combined.
- 4. Evenly distribute batter into 12-cup muffin pan (about three-fourths of the way full).
- 5. Bake muffins for 16 to 18 minutes, or until inserted toothpick comes out clean. Allow muffins to cool in pan for 5 minutes, then transfer to cooling rack. Enjoy!



60day Challenge

# Desserts and Sweet Treats

LIFETIME

# DARK CHOCOLATE COVERED BERRIES

Prep: 5 minutes | Cook: 15 minutes | 10 Servings 1 Serving | Calories: 75 | Protein: 1 | Fat: 5 | Carb: 6 Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- 1 lb. strawberries
- 1 31/2 oz. bar of 90% dark chocolate

- 1. Rinse and thoroughly pat dry strawberries.
- 2. Break chocolate bars into pieces and place in a glass bowl.
- 3. Microwave chocolate for 30 seconds, stir and repeat as needed until chocolate is melted careful not to scorch the chocolate. You can use a double boiler instead if you would rather.
- 4. Line baking sheet with parchment paper.
- 5. Once chocolate is melted, dip strawberry into chocolate and set on paper.
- 6. Dip all strawberries and place on parchment paper, then place baking sheet into fridge to cool and allow chocolate to set, about 15 minutes.
- 7. Serve once chocolate has cooled. Store any leftovers in fridge.



### **GINGERBREAD BITES**

Prep: 20 minutes | Cook: 0 minutes | 12 Servings 1 Serving | Calories: 100 | Protein: 3 | Fat: 4 | Carb: 14 Gluten-Free, Dairy-Free



#### **INGREDIENTS**

- · 1 cup walnuts or almonds or cashews
- 1 serving Life Time Collagen Protein Powder
- · 1 cup dates, pitted
- · 1 cup rolled oats, gluten-free
- · 1 tbs. molasses
- · 3/4 tsp. ginger
- 1 tsp. ground cinnamon
- · 1/4 tsp. ground allspice
- · Pinch of sea salt

- 1. Soak dates for 5 to 10 minutes in hot water. Drain and add to food processor.
- 2. Combine all ingredients, excluding oats, into food processor and blend until smooth.
- 3. Add oats and pulse until combined.
- 4. Transfer to small bowl and roll into 11/2-inch balls.
- 5. Store in refrigerator for 5 to 7 days.



## COCONUT SHORTBREAD COOKIES

Prep: 20 minutes | Cook: 1 hour | 10 Servings 1 Cookie | Calories: 120 | Protein: 4 | Fat: 10 | Carb: 5

Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- · 11/2 cups unsweetened shredded coconut
- · 3 tsp. coconut oil
- · 1 serving Life Time vanilla vegan protein
- · 3 tbs. unsweetened coconut milk
- 1 tsp. vanilla extract
- · Pinch of coarse Himalayan sea salt
- · 2 tbs. organic dark chocolate

- Place shredded coconut and coconut oil into the bowl of a food processor and process on high speed. Scrape the sides intermittently until the mixture is a butter consistency.
- 2. Add the protein powder, coconut milk, vanilla extract, and salt and process on high speed until all of ingredients are thoroughly mixed.
- 3. Form mixture into 1" balls and place in the refrigerator overnight, or in the freezer for one hour.
- 4.Once the coconut balls have firmed up, melt the dark chocolate in a small saucepan and dip coconut balls. Sprinkle with shredded coconut and enjoy!



### SUNBUTTER BUCKEYES

Prep: 30 minutes | Cook: 5 minutes | 15 Servings 1 Cookie | Calories: 120 | Protein: 4 | Fat: 10 | Carb: 5

Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- 2 cups sunflower seed butter (unsweetened)
- 2 tsp. vanilla extract
- 1 tsp. almond extract
- · 1 serving Life Time vegan vanilla powder
- 2 tbs. dark chocolate (90% cacao)
- · 2 tbs. coconut oil

- Combine sunflower butter and extract(s) in a small bowl. Add in protein powder, and mix well together.
- 2. Place mixture in the freezer for 30 minutes.
- 3. Remove mixture from freezer and form into tablespoon-sized balls. Place the sunflower butter balls on a baking sheet lined with parchment paper, and place back into freezer for about 1 hour or until hardened.
- 4. Melt the chocolate and coconut oil in a saucepan over the stove. Using a double boiler or microwave is fine as well.
- 5. Remove the sunflower butter balls from the freezer. With a toothpick, dip the balls into the chocolate mixture. Use only one coat, and cover about ¾ of each ball. Repeat with each ball, and place each one back onto the parchment lined baking sheet.
- Place baking sheet back into the freezer for about an hour to allow chocolate shell to harden completely.
- 7. Store in refrigerator or freezer. Serve chilled.



### **PUMPKIN MUFFINS**

Prep: 10 minutes | Cook: 20 minutes | 12 Servings 1 Serving | Calories: 120 | Protein: 4 | Fat: 5 | Carb: 16 Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- · 1 cup pumpkin puree
- 1/4 cup pure maple syrup
- 2 eggs
- 1 tbs. vanilla extract
- · 4 tbs. almond butter
- · 1/4 cup unsweetened vanilla almond milk
- 2 and 1/4 cup gluten-free oats
- · 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- · 1 tsp. cinnamon
- ½ cup dark chocolate chips (optional)

- 1. Preheat the oven to 350°F and grease a muffin tin.
- 2. Place all of the ingredients except the chocolate chips into a blender and blend for about 30 seconds or until smooth.
- 3. Using a spoon, mix in the chocolate chips. Pour the batter into the muffin tin, filling each about <sup>3</sup>/<sub>4</sub> of the way full. Bake in the oven for 20 to 25 minutes, until light golden brown.



# PEPPERMINT MACAROONS

Prep: 15 minutes | Cook: 1 hour | 15 Servings 1 Serving | Calories: 285 | Protein: 3 | Fat: 26 | Carb: 13

Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- · 4 cups unsweetened shredded coconut
- · 2 tbs. maple syrup
- · 1 tsp. peppermint extract
- · 2 egg whites
- · 2 tbs. coconut oil
- · 1 tsp. vanilla
- · 1/2 cup dark chocolate chips

- 1. First, preheat oven to 350°F and line a baking sheet with parchment paper.
- In a large bowl, mix together coconut, maple syrup, peppermint extract, egg whites, coconut oil, and vanilla.
- 3. Use a ¼ cup to scoop the coconut mixture into your palm and compress together. Place on baking sheet and shape into a dome with the palm of your hand. Repeat.
- 4. Bake at 350°F for about 20 minutes or until the macaroons begin to turn golden brown on the sides.
- 5.Let cool for about 30 minutes.
- 6. Coat the bottom of each macaroon with chocolate by melting chocolate chips in the microwave and stirring until smooth.
- 7. Dip the bottom of each macaroon into the melted chocolate (gently), set on a piece of parchment paper. Repeat.
- 8. When chocolate has cooled and hardened, enjoy!



# NO-BAKE COCONUT BITES

Gluten-Free, Dairy-Free, Vegetarian

Prep: 10 minutes | Cook: 40 minutes | 12 Servings 1 Bite | Calories: 170 | Protein: 1 | Fat: 13 | Carb: 13



#### **INGREDIENTS**

- 1½ cups shredded unsweetened coconut
- 6 dates
- 1 tbs. pure vanilla extract
- · 2 tbs. coconut oil
- 12 almonds (optional)
- · 1/2 cup dark chocolate chips

- Line a small cutting board with wax or parchment paper.
- Combine coconut, dates, vanilla and coconut oil in a food
- 3. processor until slightly sticky, about 3 minutes.
- 4. Using a tablespoon, press the mixture into the spoon to shape into 12 equal-sized bites. Gently slide out of spoon and place on parchment paper.
- 5. If you prefer Mounds bars, leave as is. If you prefer Almond Joys, press one almond in the center of each coconut mound.
- 6. Freeze for 20 minutes.
- 7. While the bars are firming up, melt the chocolate chips in the microwave (20 seconds at a time to prevent burning.)
- 8. Dip the coconut mixture into the chocolate to top them. Pop them back in the freezer for another 20 minutes to firm up.



# NO-BAKE COOKIE DOUGH BARS

Prep: 20 minutes | Cook: 0 minutes | 6 Servings 1 Serving | Calories: 170 | Protein: 16 | Fat: 6 | Carb: 22 Gluten-Free, Vegetarian



#### **INGREDIENTS**

- · 1/2 cup oat flour
- · 2 servings vanilla Whey Life Time Protein Powder
- 1/4 cup maple syrup
- · 1 tbs. butter or ghee, melted
- 1 tsp. vanilla extract
- · Pinch of sea salt
- · ¼ cup mini dark chocolate chips
- · 1+ tbs. nut milk, as needed

- 1. In a large mixing bowl, add all ingredients except the chocolate chips and nut milk and mix until it forms a dough-like consistency. If your mixture is too dry, add 1 tablespoon of nut milk at a time until a dough is formed.
- Let the mix cool (the butter may still be warm).Once completely cool, fold in chocolate chips.
- 3. Place cookie dough on a wax paper-lined baking sheet. Place in the freezer for 15 minutes.



# CHOCOLATE MINT TRUFFLES

Gluten-Free, Dairy-Free, Vegetarian

Prep: 10 minutes | Cook: 30 minutes | 2 Servings 1 Serving | Calories: 150 | Protein: 14 | Fat: 7 | Carb: 7



#### **INGREDIENTS**

- · 2 servings Life Time Collagen, unflavored
- · 1 tbs. cocoa powder
- · Pinch sea salt'
- · 2 tbs. unsweetened coconut milk
- 1 tsp. vanilla extract
- · 1 tbs. almond butter
- · 2 tbs. water
- · 1 tsp. mint extract

- 1. In a mixing bowl, mix all dry ingredients. Then, mix in the remainder of the ingredients except the cocoa powder and mix until it forms a sticky dough.
- 2. Form the dough into small 1-2" balls.
- 3. Place cocoa powder on a plate and roll each truffle in the powder.
- 4. Refrigerate truffles for 30 minutes and enjoy!



# CARROT CAKE PROTEIN BITES

Prep: 20 minutes | Cook: 0 minutes | 10 Servings 1 Bite | Calories: 135 | Protein: 6 | Fat: 11 | Carb: 9

Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- 1/2 cup + 1 tbs. unsweetened almond butter
- · 2 tbs. honey
- · 2 tsp. vanilla extract
- · 1/4 cup almond flour
- 1 serving vanilla Vegan Life Time Protein Powder
- 1 tsp. cinnamon
- 1/4 cup finely chopped pecans/walnuts
- · 1/3 cup finely shredded carrot

- 1. In food processor, combine almond butter, honey and vanilla and mix until well combined.
- 2. Add almond flour, protein powder and cinnamon. Process until well combined.
- Add nuts and carrot, pulse mixture (not too much), until evenly distributed.
- 4. Form 10, 2 inch balls and refrigerate for 30 to 60 minutes, until set.



### **BUTTERSCOTCH BARS**

Prep: 10 minutes | Cook: 30 minutes | 12 Servings 1 Bar | Calories: 135 | Protein: 4 | Fat: 12 | Carb: 2

Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- · 1 cup almond flour
- 1/2 cup vanilla Vegan Life Time Protein Powder
- · 1 tsp. baking powder
- · 1/2 tsp. salt
- ½ cup natural brown sugar replacement (stevia or erythritol based)
- · 1/2 cup butter, melted
- · 2 eggs
- · 1 tsp. maple extract
- · 1/4 cup nut butter, melted
- · Optional: 1/4 cup chopped nuts

- 1. Set oven to 350°F and grease an 8-inch square baking pan.
- 2. Mix together almond flour, protein powder, baking powder, and salt.
- Cream together brown sugar replacement and butter. Beat eggs and maple extract together and fold in.
- 4. Use a spatula to fold in melted nut butter into egg mixture.
- 5. Add dry ingredients to wet ingredients and mix well. Press into baking pan, and top with optional chopped nuts, pressing nuts into mixture with wax paper.
- 6. Bake for 25 to 30 minutes or until cooked through.



# ROCKY ROAD FRIDGE BARS

Prep: 20 minutes | Cook: 0 minutes | 12 Servings 1 Bar | Calories: 125 | Protein: 10 | Fat: 10 | Carb: 9

Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- 2 servings chocolate Vegan Life Time Protein Powder
- · 1/4 cup coconut flour
- · 2 tbs. butter or coconut oil
- · 1/4 cup mini marshmallows
- · ¼ cup mini dark chocolate chips
- 1/2 cup nut butter, unsweetened and warmed
- · 1 tsp vanilla extract
- · 1/4 cup pecans, finely chopped

#### Optional:

 ¼ cup powdered sweetener of choice (like stevia or erythritol)

- 1. In a medium bowl, mix together protein powder, sweetener, and coconut flour.
- 2. In a saucepan over low heat (or double boiler), melt together butter or coconut oil with marshmallows and chocolate chips, stirring frequently to prevent burning.
- 3. Add nut butter and vanilla, mix vigorously, then quickly fold mixture into powders. Use oil on your hands or a spatula to prevent sticking.
- 4. Press into an 8x8 pan, sprinkle with pecans for garnish, and refrigerate for 30 minutes before cutting into squares.



# COOKIE DOUGH BALLS

Prep: 20 minutes | Cook: 0 minutes | 12 Servings 1 Ball | Calories: 75 | Protein: 1 | Fat: 5 | Carb: 7 Gluten-Free, Dairy-Free, Vegetarian, Vegan



#### **INGREDIENTS**

- · 1 cup almond flour
- 1 cup shredded unsweetened coconut
- 1/2 tsp. sea salt
- · 1/4 cup maple syrup
- 1 tsp. pure vanilla extract
- · 1 tsp. coconut oil, melted
- 11/2 tbs. mini chocolate chips

- 1. In a large bowl, combine almond flour, coconut and salt. In a separate bowl, combine syrup, vanilla extract, and coconut oil and add to dry mixture. Fold in chocolate chips.
- 2. Roll dough into tablespoon size balls. Store in the refrigerator.



# BIRTHDAY CAKE PROTEIN BALLS

Prep: 20 minutes | Cook: 0 minutes | 16 Servings 1 Ball | Calories: 90 | Protein: 5 | Fat: 5 | Carb: 6

Gluten-Free, Dairy-Free, Vegetarian, Vegan



#### **INGREDIENTS**

- · 4 whole dates, pitted
- 1/2 cup almond butter, natural, creamy
- 1 tbs. flaxseed meal
- · 1 tbs. chia seeds
- · 1/2 cup rolled oats, gluten-free
- 2 servings vanilla Vegan Life Time Protein Powder
- · 2 tsp. vanilla extract
- · 3 to 4 tbs. oat milk
- 1 tbs. sprinkles (no artificial colors)

- 1. In food processor, combine dates, almond butter, flaxseed meal, chia seeds, protein powder, and vanilla extract. Pulse until well combined.
- Move ingredients to small bowl. Add oats and sprinkles and mix with hands or spatula until mixed together.
- Add oat milk slowly until the mixture can form balls.Start with 3 tablespoons and add more as needed.
- 4. Roll dough into tablespoon size balls. Store in the refrigerator for 5 to 6 days.



### **PUMPKIN BARS**

Prep: 20 minutes | Cook: 75 minutes | 12 Servings 1 Bar | Calories: 190 | Protein: 4 | Fat: 14 | Carb: 15

Gluten-Free, Dairy-Free, Vegetarian



#### **INGREDIENTS**

- · 11/2 cups almond flour
- · 3 tbs. maple syrup
- · 1/4 cup coconut oil, melted and cooled
- · 1/2 tsp. vanilla
- · 1/8 tsp. salt

#### Filling

- · 1 (15-oz) can pureed pumpkin
- · 1/2 cup full-fat canned coconut milk
- ¼ cup pure maple syrup
- · 2 large eggs
- · 1 tsp. vanilla extract
- · 2 tsp. pumpkin pie spice
- · 1/4 tsp. sea salt

- 1. Preheat oven to 350°F and line an 8-x-8-inch baking pan with parchment paper.
- 2. Stir crust ingredients together in a mixing bowl. Chill the dough for 30 minutes.
- 3. Press the chilled dough into the bottom of the lined baking pan.
- 4. Bake on the center rack of the preheated oven for 10 to 15 minutes until you notice a small amount of color around the edges. Remove the pie crust from the oven and allow to cool for 10 minutes.
- 5. While crust is baking, combine all filling ingredients in blender and blend until smooth and combined.
- 6. When crust is cooled, add filling to pan and bake 50 to 60 minutes until bars have set.
- 7. Allow bars to cool fully and refrigerate for 30 to 40 minutes before slicing or serving.
- 8. Enjoy!



# STUFFED DATES 3-WAYS

Prep: 20 minutes | Cook: 0 minutes | 8 Servings

Gluten-Free, Dairy-Free, Vegetarian



#### **Goat Cheese**

1 Date | Calories: 105 | Protein: 2 | Fat: 3 | Carb: 20

#### **INGREDIENTS**

- 8 Medjool dates
- · 2 oz. goat cheese
- · 2 tbs. pine nuts
- · 1 tsp. honey to drizzle

#### **DIRECTIONS**

- 1. Slice dates lengthwise and remove the pit.
- 2. Spoon goat cheese into each date.
- 3. Press pine nuts into goat cheese.
- 4. Drizzle with honey and enjoy!

#### **Dark Chocolate Nut Butter**

1 Date | Calories: 130 | Protein: 2 | Fat: 6 | Carb: 22

#### **INGREDIENTS**

- · 8 Medjool dates
- · 4 tbs. almond butter
- · 2 tbs. dark chocolate chips
- · Sea salt to sprinkle

#### **DIRECTIONS**

- 1. Slice dates lengthwise and remove the pit.
- 2. Spoon almond butter into each date.
- 3. Melt chocolate in microwave in 10-second increments to ensure it doesn't burn.
- 4. Drizzle stuffed dates with chocolate and sprinkle with sea salt.
- 5. Refrigerate for 20 minutes until chocolate sets and enjoy!

#### Coconut Almond

1 Date | Calories: 120 | Protein: 2 | Fat: 5 | Carb: 20

#### **INGREDIENTS**

- · 8 Medjool dates
- · 4 tbs. almond butter
- · 1 tbs. coconut flakes
- · Sea Salt to sprinke

- 1. Slice dates lengthwise and remove the pit.
- 2. Spoon almond butter into each date.
- 3. Press coconut flakes in almond butter.
- 4. Sprinkle with sea salt and enjoy!



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Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results.

Please consult with your physician before embarking on any new nutritional and exercise program.

