

Recipes 6/26/16

Breakfast

1) Breakfast Bowl

Serving: 2

Ingredients

- 1 cup **spinach**
- $\frac{1}{4}$ cup **yellow onion**
- $\frac{1}{4}$ cup **mushroom**
- $\frac{1}{4}$ cup **bell pepper**
- $\frac{1}{2}$ tablespoon **coconut oil**
- 2 whole **egg**
- 1 teaspoon **garlic**
- $\frac{1}{2}$ cup **sweet potato**
- $\frac{1}{2}$ serving **chicken sausage**
- $\frac{1}{4}$ cup **avocado**

Directions

Saute sweet potatoes in oil until they start to brown. Add all veggies and chicken sausage, saute until cooked to liking, and place in a bowl. Fry or scramble 2 eggs. Place on top of veggies, add avocado.

2) Cranberry, Cinnamon, and Brown Sugar Steel Cut Oats

Source: allrecipes.com

Prep 5 min

Cook 40 min

Total 45 min

Serving: 6

Ingredients

- 6 cup **water**
- 1 $\frac{1}{2}$ cup **steel-cut oats**
- $\frac{3}{4}$ dash **salt**
- $\frac{3}{4}$ cup **whole milk**
- 12 teaspoon **brown sugar**
- 2 $\frac{1}{4}$ teaspoon **butter** *melted*
- $\frac{3}{4}$ teaspoon **ground cinnamon**
- $\frac{3}{4}$ cup **dried cranberries**

Directions

Bring water to a boil in a large pot. Stir oats into boiling water and cook at a boil until the mixture begins to thicken, about 5 minutes. Season oats mixture with salt; stir.

Reduce heat to low and simmer oats until beginning to soften, about 20 minutes.

Stir milk, brown sugar, melted butter, and cinnamon together in a bowl with a whisk until smooth; stir into the oats mixture. Continue cooking the oats until tender, 10 to 15 minutes more.

Stir cranberries into the oatmeal to distribute throughout the mixture; cook just until the berries are warmed, 2 to 3 minutes.

3) Green Smoothie

Serving: 1

Ingredients

- 1 cup **Greens (Spinach/Kale/ect.)**
- 1 serving **Protein Powder**
- $\frac{1}{2}$ cup **frozen fruit**
- 1 tablespoon **Coconut Oil**
- $\frac{1}{2}$ tablespoon **Lime Juice**
- 1 cup **Water or Coconut Milk**
- $\frac{1}{2}$ cup **Ice**

Directions

Combine ingredients and blend until smooth.

4) Breakfast Sandwich - Egg, Turkey, Cheese

Prep 2 min

Cook 15 min

Total 17 min

Serving: 2

Homemade Breakfast Sandwich

Ingredients

- 2 **Ezekial English Muffins**
- 2 **Eggs**
- 2 **Slices Turkey Breast**
- 1 **Slice Cheddar Cheese**

Directions

Put the English Muffin in the toaster. Fry 2 eggs, and break the yolk. Once the Eggs are 80% complete (3 min.), fold the eggs so that they'll fit onto the english muffin, and place the turkey and cheese on top of the eggs. Allow cheese to melt and turkey to warm. Place the egg, turkey, and cheese onto the toasted English Muffin.

Lunch/Dinner

1) Quinoa Black Bean Salad

Source: www.mindbodygreen.com

Serving: 4-6

Ingredients

- 1 cup **uncooked quinoa** *rinsed*
- 1 cup **canned corn** *(if frozen or fresh, frozen, defrost for recipe)*
- 1 medium **avocado** *diced*
- 8-10 **cherry tomatoes** *halved*
- 1 **15 ounce can black beans** *rinsed and drained*
- 2 tablespoons **olive oil**
- 1 tablespoon **fresh squeezed lime juice**
- $\frac{1}{4}$ teaspoon **salt**
- $\frac{1}{4}$ teaspoon **cracked black pepper**

- ¼ cup **scallions**
- 2 teaspoons **ground cumin**
- 1 clove **minced garlic**
- 1 tablespoon **honey**

Directions

Cook quinoa according to package directions. Set aside and let cool. Whisk together olive oil, lime juice, cumin, honey, salt and pepper. Add corn, avocado, tomatoes, scallions, garlic, and black beans to quinoa. Gently stir in lime juice mixture. For best results, refrigerate for 30 minutes and serve.

2) Baked Halibut with Basil Butter

Source: www.aspicyperspective.com

Prep 5 min

Cook 10 min

Total 15 min

Yields 2 servings originally 2 servings

Serving: 2

Ingredients

- 2 **fresh halibut fillets** (*about 1 1/2 pounds total*)
- ⅛ cup **Butter**
- 1 tablepoons **packed fresh basil leaves** *roughly chopped and packed*
- ½ small **garlic clove**
- 1.5 tablespoons **almond meal** (*ground almonds*)
- **Salt and pepper**

Directions

Preheat the oven to 400°F. Line a large rimmed baking sheet with parchment paper and set the halibut fillets on top.

Place the Butter with Olive Oil & Sea Salt in a small food processor and add the fresh basil and garlic. Puree until smooth. (Or place the ingredients in a bowl and puree with an immersion blender.)

Dollop 1 teaspoon of basil butter on each halibut fillet, then spread the butter over the surface with a spatula. Refrigerate the rest of the basil butter until ready to serve. Salt and pepper the fillets. Sprinkle approximately 2 teaspoons of ground almond meal over the top of each piece.

Place the baking sheet in the oven on the middle rack. Bake for 5 minutes. Then set the oven temperature on high broil. Broil the fillets for another 4-5 minutes, until the tops are slightly golden. Do not overcook! The tops should be a little crispy, but the inside of each halibut fillet should be moist and flaky. Serve the baked halibut warm with a dollop of basil butter on top.

3) Garden Salad

Prep 10 min

Total 10 min

Serving: 2

Ingredients

- 2-3 cups **Greens** (**Spinach/Kale/ect.**)
- ¼ **Cucumber**

- ½ cup **diced or grape tomatoes**
- ½ cup **chopped carrots**

4) Chicken Fajita Lettuce Wraps Recipe

Source: addapinch.com

Prep 5 min

Cook 15 min

Total 20 min

Yields 4-6 originally 4-6

Serving: 4

Ingredients

- 1 tablespoon **olive oil**
- 1 pound **chicken tenderloins**
- 1 **green bell pepper or red, yellow, or a mixture, sliced**
- 1 medium **onion sliced**
- 5 dashes **Worcestershire sauce**
- 1 large **Head of Boston or Bibb lettuce leaves**
- 1 cup **sour cream**
- 1 **avocado sliced**
- 1 cup **pico de gallo or salsa**

Directions

Drizzle olive oil into skillet over medium heat. Add chicken tenderloins and cook until browned on one side, about 5 minutes. Using tongs, turn chicken to the other side. Once cooked throughout, remove from skillet to a plate and set aside. Toss peppers and onions into skillet and add Worcestershire sauce. Using tongs, move peppers and onions around in the skillet to make sure they are coated and cook on all sides. Once browned and tender, about 3 minutes, add back chicken along with any drippings. Remove from heat and set aside for serving.

Arrange lettuce leaves, chicken and peppers, and all toppings for a self-serve fajita lettuce wrap station.

5) Teriyaki Salmon

Source: tammysrecipes.com

Serving: 4

Ingredients

- 1-1 ¼ pounds **frozen salmon fillets or fresh**
- ½ cup **teriyaki sauce**
- 2 teaspoons **olive oil**
- 1 clove **minced garlic (or 1/2 teaspoon garlic powder)**
- 2 tablespoons **finely chopped onion (or 1/2 teaspoon onion powder)**
- ⅛ teaspoon **black pepper**
- Dash **crushed red pepper flakes optional**
- 2 tablespoons **sesame seeds**
- 1 teaspoon **brown sugar**

Directions

Instructions:

1. In a gallon-size ziplock bag, combine the teriyaki sauce, oil, garlic, onion, pepper, red pepper (if using), and sesame seeds. Squeeze the bag a little to mix everything together.
2. Add the salmon fillets (fresh or still frozen) in a single layer. Remove excess air from bag, seal, and make sure fillets are covered on both sides in the marinade.
3. Put salmon in the fridge to marinate for a few hours (if fresh) or for a day or two to thaw/marinate (if still frozen).
4. When you're ready to cook the salmon, remove the fillets from the bag and place them in a shallow dish* in a single layer (skin side down if the salmon has skin). Pour 1/4 to 1/3 cup of the marinade over the fillets, and sprinkle the teaspoon of brown sugar over the tops.
5. Bake in a preheated oven at 350 degrees for 20 minutes, or until salmon flakes with a fork (145 degrees internal temperature). Don't bake too long, or salmon will be dry!

Frozen salmon in a bag of marinade, thawing (in the fridge)

Nice and seasoned and ready to bake!

6) Roasted Brussel Sprouts, Asparagus, and Broccoli

Source: recipes.sparkpeople.com

Prep 20 min

Cook 25 min

Total 45 min

Serving: 4

Ingredients

- 1 pound **brussel sprouts** *cut in half*
- 1 pound **asparagus** *tough ends trimmed and cut in half*
- 1 bag **broccoli florets**
- 1/2 cup **balsamic vinegar**
- 3 Tablespoon **olive oil**
- 3 **cloves garlic**

Directions

Wash and cut brussel sprouts in half. Toss with salt and pepper, olive oil, and garlic cloves. Bake at 375 for 10 minutes. In a bowl, toss asparagus and broccoli together with salt and pepper and olive oil. Pour onto baking sheet and bake everything another 15 minutes or until bright green.

Cook balsamic vinegar on stove until it reduces and thickens. Add cooked garlic clove to vinegar and mash or blend in a blender. Pour over cooked vegetables and serve.

7) Quinoa Avocado Spinach Power Salad

Source: www.thegardengrazer.com

Serving: 4

Ingredients

- 1 cup **dry quinoa**
- 2 medium **avocados**
- 4 cups **baby spinach**
- 16 **cherry tomatoes**

- 4 **green onions**
- 1 **cucumber**
- 2 cloves **garlic** *minced*
- $\frac{1}{4}$ cup **red wine vinegar**
- $\frac{1}{4}$ cup **olive oil**
- $\frac{1}{4}$ teaspoon **salt**

Directions

Cook the quinoa according to package directions. Meanwhile, make the dressing: in a small bowl whisk together ingredients and set aside. Roughly chop the spinach and place in a large bowl. Slice the green onions, halve the cherry tomatoes, and dice the avocado. When quinoa is done cooking, add it to the large bowl with spinach and toss. The heat from the quinoa will lightly wilt the spinach. Add the green onions, tomatoes, cucumber and dressing. Stir to combine. Add the avocado and lightly toss. Serve immediately or refrigerate to let flavors blend more.

8) Crunchy Almond Chicken Fingers

Source: www.paleoplan.com

Serving: 4

Ingredients

- $\frac{1}{2}$ pound **chicken breasts** *boneless, skinless*
- $\frac{3}{8}$ cup **almond flour**
- 2 tablespoon **arrowroot powder**
- $\frac{1}{2}$ teaspoon **paprika**
- $\frac{1}{2}$ teaspoon **cumin**
- $\frac{1}{4}$ teaspoon **garlic powder**
- $\frac{1}{8}$ teaspoon **cayenne pepper** *(or more if you like it spicy)*
- $\frac{1}{2}$ teaspoon **black pepper**
- $\frac{1}{2}$ teaspoon **sea salt**
- 1 $\frac{1}{2}$ large **egg white(s)** *lightly beaten*
- 1 $\frac{1}{2}$ teaspoon **olive oil** *or lard for greasing wire rack*

Directions

Preheat the oven to 375 F.

Grease a wire rack with olive oil or lard, and place on top of a foil-lined baking sheet.

Cut the chicken breasts into long strips about 1-2 inches wide.

Take out three different bowls or shallow plates.

Place arrowroot into the first bowl, egg whites into the second bowl, and combine the almond flour, paprika, garlic powder, cumin, cayenne, black pepper and salt into the third bowl.

Dredge a piece of chicken first through the arrowroot, shaking off excess. Next, dip the chicken into the egg whites. Lastly, dredge it through the almond flour mixture and place onto the greased wire rack. Repeat for each piece of chicken.

Bake for 20-25 minutes until they are golden brown in color.

Serve immediately and enjoy.

9) Cilantro Turkey Burgers

Source: www.paleoplan.com

Serving: 4

Ingredients

- 1 pound **ground turkey**
- 1 cup **cilantro** *chopped*
- $\frac{1}{4}$ cup **red onion** *finely chopped*
- 2 teaspoon **garlic** *minced*
- 1 teaspoon **sea salt**
- $\frac{1}{2}$ teaspoon **freshly ground black pepper**

Directions

Prepare the grill, or turn the broiler on low. Combine all ingredients in a bowl and use a fork to mix well. Divide into 4 portions and shape into patties. Grill or broil until cooked to desired temperature. Serve with a side dish such as guacamole

10) Homemade Pizza

Source: www.thekitchn.com

Serving: 2

Ingredients

- 1 pound **pizza dough** *store-bought or home made*
- $\frac{1}{2}$ -1 cup **tomato sauce**
- 2 cups **shredded mozzarella cheese**
- 2 cups **meat and veggies (your choice toppings)**

Directions

Equipment Pizza stone or baking sheet Pizza peel or baking sheet Parchment paper (optional)

Instructions

Heat the oven to 550°F or higher: Don't be afraid to really crank the heat up to its highest setting. The high heat will help make a crunchier and more flavorful crust. Let the oven heat for at least half an hour before baking your pizzas. If you have a baking stone, place it in the lower-middle of your oven.

Divide the dough in half: One pound of dough makes two 10-inch pizzas. Slice the dough in half and cover one half with an upside-down bowl or a clean kitchen towel while you prepare the first pizza.

Roll out the dough:

Method #1: Pizza Baked on Parchment: Tear off a large piece of parchment paper roughly 12 inches wide. Working with one piece of the dough at a time, form it into a large disk with your hands and lay it on the parchment paper. Use your hands or a rolling pin to flatten the dough until it is $\frac{1}{4}$ -inch thick or less. If the dough starts to shrink back, let it rest for 5 minutes and then continue rolling.

Method #2: Pizza with Cornmeal or Flour and a Baking Stone: Sprinkle a handful of cornmeal or flour on a pizza peel or the back of a baking sheet. Working with one piece of the dough at a time, form it into a large disk with your hands and lay it on the peel. Use your hands or a rolling pin to flatten the dough until it is $\frac{1}{4}$ -inch thick or less. Shake the peel or baking sheet frequently as you shape to make sure the dough isn't sticking. If the dough starts to shrink back, let it rest for 5 minutes and then continue rolling.

Method #3: Pizza Baked on a Baking Sheet: Brush a thin film of olive oil on a baking sheet. Working with one piece of the dough at a time, form it into a large disk with your hands and lay it on the baking sheet. Use your hands or a rolling pin to flatten the dough until it is 1/4-inch thick or less. If the dough starts to shrink back, let it rest for 5 minutes and then continue rolling.

Top the pizza: Spoon a few tablespoons of sauce into the center of the pizza and use the back of a spoon to spread it out to the edges. Pile on all of your toppings.

Bake the pizza: Using a pizza peel or the back side of a baking sheet, slide your pizza (with the parchment or with the cornmeal) onto the baking stone. If you don't have a baking stone, bake the pizza right on the baking sheet. Cook for 5 minutes, then rotate the pizza. Slide the parchment out from under the pizza, if used. Bake for another 3 to 5 minutes, until the crust is golden-brown and the cheese looks toasty.

Slice and serve: Let the pizza cool slightly on a cooling rack, just until you're able to handle it. Slice it into pieces and serve.

Post Workout

Protein Shake

Serving: 1

Ingredients

- 1 cup **ice**
- 1 cup **almond milk, coconut milk, or water**
- 1 serving **protein powder**
- 1/2 cup **fruit or oatmeal**

Directions

Put all ingredients in blender; blend; serve.

Snacks

1) Yogurt and Berries

Serving: 1

Ingredients

- 1 Cup **plain greek yogurt**
- 1 Tbs **honey**
- 1/4 Cup **Berries**
- 2 Tbs **Chopped nuts or seeds**

2) Carrots and Hummus

3) Apple, Celery, and Peanut or Almond Butter