

INGREDIENTS

SALAD

1/2 can of corn, charred
10 oz cherry tomatoes
1 yellow bell pepper
1 red bell pepper
142 g romaine lettuce
142 g spring mix
1/4 cup sunflower seeds
24 oz boneless, skinless thin sliced chicken breast

CHICKEN RUB

1 tsp paprika
1/2 tsp cayenne
1 tsp salt
1/2 tsp pepper
1/4 tsp thyme
1/2 tsp dried oregano
1/4 tsp garlic granules
1/4 tsp onion flakes

DRESSING

1/4 cup avocado mayo
1/8 cup buttermilk
1/2 tsp paprika
1/8 cayenne (to taste)
1/2 tsp salt
1/4 tsp pepper
1/8 tsp thyme
1/8 tsp dried oregano
1/4 tsp garlic granules
1/4 tsp onion flakes

OPTIONAL SALAD TOPPERS:

Cotija cheese
Tortilla strips
Sliced avocado



Southwest Chicken Salad



4 servings



25 minutes

INSTRUCTIONS

- 1) Preheat oven to 375. prepare a baking sheet with foil and 2 tsp olive oil. Place chicken on sheet and coat with the oil. Mix together seasoning and rub on chicken. Bake chicken until internal temp reaches 165, about 8 mins on each side.
- 2) While the chicken bakes, prepare the dressing by mixing ingredients in a bowl until smooth.
- 3) Heat 1 TBS of olive oil in a skillet. Drop corn in hot skillet and stir occasionally until lightly charred.
- 4) Cut peppers and assemble salad. Top with corn, dressing and chicken.

Nutrition Facts

Calories: 476 (per serving)

Carbs: 15 g

Fat: 31 g

Protein: 36 g

INGREDIENTS

4-5 avocados
1/4 red onion
1 Roma tomato
1/2 fresh lime - squeezed
1 jalapeño, no seeds (to taste)
1 habanero, no seeds (to taste)
1/8 tsp garlic powder
Ground Pepper (to taste)
Salt (to taste)

SERVE WITH

Tortilla chips
Cut up veggies
Use as a topping



Go-To Guacamole



4 servings



5 minutes

INSTRUCTIONS

- 1) Cut avocados in half and remove pits. Scoop into blender.
- 2) Cut roma tomato into quarters.
- 3) Cut 1/4 red onion and peel off the outer layer. (Save the rest of the onion for another recipe)
- 4) Core and deseed both the jalapeño and habanero peppers.
- 5) Toss veggies into blender and top with garlic powder, ground pepper, salt and lime.
- 6) Pulse blender until guac is a semi-smooth.

Nutrition Facts

Calories: 191 (per serving)

Carbs: 49 g

Fat: 66 g

Protein: 9 g

INGREDIENTS

- 1 banana
- 1/2 cup frozen pineapple chunks
- 1/2 cup frozen mango chunks
- 12 oz coconut water
- 1/2 cup frozen spinach
- 2 TBS chia meal
- 2 TBS flax meal
- 2 TBS hemp powder
- 4 scoops Vital Proteins collagen

MAKE IT YOUR OWN

Add a 1/2 cup of greek yogurt for a creamier texture

Add a scoop your favorite protein powder for an extra protein boost

Add 1/4-1/2 cup chopped kale to get more veggies in your day



Tropical Smoothie



2 servings



5 minutes

INSTRUCTIONS

- 1) Mix collagen protein with coconut water until fully dissolved.
- 2) Toss all ingredients into a blender and blend until smooth.*
- *Blenders vary, so if it is too thick, add more liquid. If using fresh fruit or veggies you may need to add ice to thicken it up.
- 3) Pour into a glass and enjoy! :)
- 4) Share or save the second serving in the fridge for tomorrow.

Nutrition Facts

Calories: 182 (per serving)

Carbs: 49.5 g Fat: 5.5 g Protein: 26 g