

Ingredients

Olive Oil
Yellow Pepper
Sundried Tomatoes
Spinach
Arugula
Kosher Salt
Eggs, Large
Trader Joes Vegan Kale, Cashew and Basil
Pesto (or other pesto of choice)

Measurements

1 tsp
1/2 cup diced
1 TBSP
2 cups
1 cup
1/2 tsp
2 each
1 TBSP

MACRO BREAKDOWN:

Calories:	344
Total Fat:	20g
Total Carbohydrates :	24g
Dietary Fiber:	10g
Protein:	25g



METHOD: Servings: 1

1. Heat oil in a medium-large nonstick skillet over medium heat.
2. Add your peppers and sundried tomatoes and saute about 45 seconds until tender
3. Add in your greens and season with salt. Saute until greens begin to wilt
4. In a small bowl, whisk together your eggs then pour into the pan. Scramble your eggs by mixing them with the veggies.
5. When eggs are about 75% of the way cooked, stir in your pesto and finish cooking. Remove from the heat and enjoy!

GREEN EGGS

Ingredients

Asparagus
Orange Pepper
Yellow Pepper
Tahini
Lemon Juice
Olive Oil
Red Pepper Flakes
Cumin
Coriander
Spinach
Arugula
Hummus
Lentils, Prepared

Measurements

5 Small Spears
1/4 each
1/4 each
1 TBSP
2 TBSP
3/4 TBSP
1/8 tsp
1/8 tsp
1/8 tsp
2 cup
1 cup
2 TBSP
1/4 cup

MACRO BREAKDOWN:

Calories: 359
Total Fat: 23g
Total Carbohydrates : 28g
Dietary Fiber: 6g
Protein: 14g

METHOD: Servings: 1

1. Heat your grill on high. Spray your veggies with Coconut Oil or Olive Oil spray and season with salt & pepper.
2. Once hot, grill your veggies until tender. Remove from the grill and cool. Cut your asparagus and peppers into bite size pieces.
3. In a small bowl, make your dressing by whisking together your Tahini, Lemon juice, olive oil, red pepper flakes, cumin and coriander. Season with kosher salt and fresh cracked black pepper.
4. Toss your greens with a portion of the dressing to your desired dressing level.
5. Top dressed greens with grilled veggies, hummus and lentils. Enjoy!



GRILLED VEGGIE HUMMUS BOWL

Ingredients

Canned Tuna, Drained
Chickpeas, Drained & Rinsed
Salsa
Red Pepper, diced
Almonds, slivered & toasted
Ezekiel Bread (or bread of choice)
Shredded Cheese

Measurements

5oz
1/2 cup
3 TBSP
1/4 cup
2 TBSP
2 slices
1/4 cup (split)

MACRO BREAKDOWN:

Calories: 333
Total Fat: 12g
Total Carbohydrates : 31g
Dietary Fiber: 6g
Protein: 30g

Tip:

- My favorite canned seafood is Wild Planet which I find at Whole Foods. They partner with small scale fisherman who use sustainable fishing practices, par
- Make your tuna salad ahead of time for an easy time saver.
- I use Ezekiel bread because it has 4g protein per slice.
- If you need to lower the fat content, removing the slivered almonds lowers to 8 g fat

METHOD: Servings: 2

- 1, In a mixing bowl, combine your tuna, chickpeas, salsa, red pepper and almonds. Mix to combine
2. On a foil lined baking sheet, toast 1 side of your ezikiel bread on broil for 2 minutes. Remove from the oven and flip.
3. Top the untoasted side with tuna mixture (split 1/2 on each bread)
4. Top each with 2 TBSP of shredded cheese each
5. Return to the pan to the oven and broil for another 2 mins or until your cheese is melted. Remove from the oven and enjoy!

Ingredients

Chickpeas, Drained & Rinsed
Grape Tomatoes, halved
Basil, chiffonade
Fresh Mozzarella, Perline
(pearl size), drained
balsamic vin
olive oil
kosher salt
black pepper
italian seasoning blend

Measurements

1 can (1.5 cups)
1 cup
1/3 cup
6oz
1.5 tbsp
1.5 tbsp
1 tsp
1 tsp
1 tsp

MACRO BREAKDOWN:

Calories: 247
Total Fat: 13g
Total Carbohydrates : 10g
Dietary Fiber: 0.5g
Protein: 10g

METHOD:

Serving: 4

Serving Size: 1 cup

1. In a medium mixing bowl, combine chickpeas, tomatoes, basil and mozzarella
2. In a small bowl, whisk together the balsamic, oliv oil and seasonings. Pour the dressing over the rest of the ingredients.
3. Gently stir and fold to evenly coat and mix all ingredients
4. Refrigerate for at least 30 minutes to allow the flavors to meld. Serve chilled.



CHICKPEA CAPRESE SALAD

Ingredients

Grilled BBQ Tofu, diced
Red Cabbage, Shredded
Grilled Red Pepper, julienne
BBQ Sauce
Wrap, Burrito Size (I used
Siete Foods Grain Free)
Spinach

Measurements

1 serving
1/4 cup
1/2
1 TBSP
1
1/4 cup

Ingredients

Extra Firm Tofu
Coconut Aminos
Maple Syrup
Worchestershire Sauce
Granulated Onion Powder
Granulated Garlic Powder
Smoked Paprika
Red Pepper

Measurements

1x16oz package
2 TBSP
1 TBSP
1/2 TBSP
1 tsp
1 tsp
1/8 tsp
2 large

METHOD:

Serving: 4
Serving Size: 4oz

1. In a bowl, combine the BBQ Tofu, red cabbage, grilled red pepper and BBQ sauce. Gently mix to get everything coated in the sauce.
2. Heat your tortilla in a skillet over medium heat a few seconds on each side to soften
3. Lay down your spinach on one end of the tortilla and top with your bbq tofu mixture. Roll like a burrito and ENJOY!

MACRO BREAKDOWN:

TOFU WRAP

Calories: 460
Total Fat: 17g
Total Carbohydrates : 57g
Dietary Fiber: 5g
Protein: 21g

MACRO BREAKDOWN:

BBQ GRILLED TOFU

Calories: 197
Total Fat: 10g
Total Carbohydrates : 9g
Dietary Fiber: 0g
Protein: 18g

METHOD:

Serving: 4
Serving Size: 4oz tofu + 1/2 pepper

1. Remove the tofu from the packaging. Wrap in an absorbant towel. Place tofu between 2 sheet pans and add weight on top of the top pan using cans or other heavy kitchen items. The goal is to press out the excess liquid. Press for at least 15-20 minutes. Once pressed, cut into 8 - 1/2" slices.
2. In a small bowl, whisk together the coconut aminos, maple syrup, worshitshire sauce and spices
3. Lay your tofu slices in a pan and coat with the marinade. Allow the tofu to marinate for at least 1 hour.
4. Preheat grill to medium high heat. Add tofu to grill and cook, flipping once and basting with marinade until cooked through, about 2-3 minutes on each side.
5. While tofu is grilling, throw your whole red peppers on the grill and get nice grill marks on all sides. Remove from heat and cut into strips discarding seeds and stem. Save for wrap.
6. Remove cooked tofu from the heat

TOFU WRAP

BBQ GRILLED TOFU

GRILLED BBQ TOFU WRAP

Ingredients

- Olive Oil
- Onion, Diced
- Ground Cumin
- Dried Oregano
- Chili Powder
- Paprika
- Ground Turkey
- Chicken Broth
- Chipotle Pepper in Adobo
- Sauce, chopped
- Kosher Salt
- Black Pepper

Measurements

- 1 TBSP
- 3/4 cup
- 1 tsp
- 2 TBSP
- 1 tsp
- 1/2 tsp
- 1 LB
- 1 cup
- 2 pepper (about 2 tsp
- chopped) + 2 tsp sauce
- 1/2 tsp
- 1 tsp

Ingredients

- Plain Yogurt
- Chipotle Pepper in Adobo,
- chopped
- Lime Juice
- Cilantro, chopped

Measurements

- 1 - 5.3oz container
- 2 tsp
- 1 tsp
- 1 tsp



METHOD:

1. In a large pan, heat oil over medium heat. Add your onions and saute until translucent.
2. Stir in your spices and cook for about 30 seconds to lightly toast
3. Add in your ground turkey and cook, stirring to break into small pieces, for about 5 mins until cooked through and most liquid has evaporated.
4. Pour in your chicken broth, chipotle peppers, salt and pepper. Reduce heat and simmer for about 10 mins or until liquid reduces by 50%.
5. Remove from heat and serve!
6. Assemble tacos with with your favorite tortillas and toppings such as fresh pico de gallo, guacamole, shredded red cabbage, diced onion, cilantro, lime squeeze and a drizzle of chipotle crema to finish it off!

MACRO BREAKDOWN:

TACO MEAT Servings:4

Calories:	220
Total Fat:	10.75g
Total Carbohydrates :	6.5g
Dietary Fiber:	1g
Protein:	25g

MACRO BREAKDOWN:

CHIPOTLE CFREMA

Serving Size: 1 TBS | Servings: 14

Calories:	8
Total Fat:	0g
Total Carbohydrates :	1g
Dietary Fiber:	0g
Protein:	1g

CHIPOTLE TUKEY
TAGO MEAT

CHIPOTLE TURKEY TAGOS

CHIPOTLE CREMA

Ingredients

Dried Basil
Garlic Powder
Kosher Salt
Black Pepper
Boneless, skinless chicken breast
Olive Oil
Garlic, Minced
Yellow Onion, fine chopped
Chicken Broth
Unsweetened Coconut Milk (in the can)
Lemon Juice
Arrowroot Starch
Red Pepper Flakes
Artichoke Hearts, quartered, drained
Spinach
Grape Tomatoes, halved

Measurements

1 TBSP
1 TBSP
2 tsp (split)
3/4 tsp (split)
1 lb

2 TBSP (split)
1 TBSP
1 small
1/4 c
13.5oz can

1 TBSP
1 TBSP
1 tsp
14oz can
4 cups
1 cup

MACRO BREAKDOWN:

Calories: 247
Total Fat: 13g
Total Carbohydrates : 10g
Dietary Fiber: 0.5g
Protein: 10g

METHOD:

Serving: 4

Serving Size: 4oz chicken + 1/4 sauce

1. In a small bowl, combine your basil, garlic powder, 1 tsp kosher salt and 1/2 tsp black pepper. Season both sides of the chicken breasts with mixture.
2. In a large skillet, heat 1 TBSP olive oil. Cook your chicken for 3 minutes on each side until golden brown. Remove from the pan, place on a baking sheet and finish cooking in a 400°F oven until fully cooked through (165°F).
3. Remove from the oven. While chicken is finishing in the oven clean your pan.
4. Place your pan back over medium heat and add the remaining 1 TBSP olive oil. Add your garlic and onions and saute until tender.
5. Pour in your chicken broth and stir to remove any pan goodies! Whisk in your coconut milk, lemon juice, remaining 1 tsp salt and 1/4 tsp black pepper, arrowroot starch and red pepper flakes. Simmer for 2-3 minutes until the sauce thickens.
6. Stir in your artichoke hearts, spinach and grape tomatoes.
7. Return your chicken to the pan and spoon sauce over the top. Serve hot over pasta, rice or quinoa, with roasted broccoli or over a bed of greens



SPINACH ARTICHOKE CHICKEN

Ingredients

Level-1 Milk Chocolate Protein Powder

Coconut Milk (in the carton)

Baking Powder

Cacao Powder

Semi-Sweet Mini Chocolate Chips

TruWhip

Strawberries, halved

Measurements

1 scoop

1/4 cup

1/2 tsp

1 tsp

1 TBSP

2 TBSP

1/4 cup

MACRO BREAKDOWN:

Calories:	316
Total Fat:	11g
Total Carbohydrates :	22g
Dietary Fiber:	3g
Protein:	26g



METHOD: **Serving:1**

1. Add your protein powder to a large mug. Pour in your coconut milk, baking powder and Cacao powder. Stir to mix very well.
2. Stir in half of your chocolate chips.
3. Microwave on high for 45 seconds.
4. Carefully remove from the microwave and top with your remaining chocolate chips, whipped cream and strawberries
5. Enjoy immediately - although, I dont know how you'd be able to wait!

CHOCOLATE MUG CAKE