

# INGREDIENTS

1 cup quinoa  
1 cup chickpeas  
1 cup chopped peach (1-2 peaches,  
depending on size)  
1 cup frozen peas  
1/2 cup feta cheese  
1/2 cup fresh basil  
1/4 red onion  
3TBS olive oil  
juice of 1 large lemon  
salt and pepper to taste



## Veggie Quinoa Salad



4 servings



25 minutes

## INSTRUCTIONS

- 1) Boil 2 cups of salted water in a pot, then add quinoa, reduce heat to low and cover. Cook 15 minutes or until water is absorbed. Fluff with a fork and place in the freezer to cool while you prepare other ingredients.
- 2) While the quinoa cooks and cools, chop peach and feta into bitesized cubes, drain and rinse chickpeas, defrost peas in water and thinly slice basil.
- 3) To make the dressing, dice onion and combine in a jar with lemon juice, olive oil, salt and pepper. Shake to combine.
- 4) In a large bowl, combine all ingredients and mix. Enjoy immediately or refrigerate for later!

\*Eat alone or add your protein of choice. I love grilled shrimp with this dish!\*

### Nutrition Facts

Calories: 382 kcal

Carbs: 46g

Fat: 17 g

Protein: 14g

# INGREDIENTS

8oz Spaghetti  
1 jar Rao's tomato sauce (or preferred jarred tomato sauce)  
1lb Ground turkey  
1/2 yellow onion  
1tbs soy sauce  
1/4 cup breadcrumbs  
1 egg  
1tbs olive oil  
1tsp salt, pepper to taste  
1tsp dried oregano

## Toppings

Fresh basil  
Parmesan cheese



# Spaghetti and Turkey Meatballs



4 servings



40 minutes

## INSTRUCTIONS

- 1) Dice onion and put half aside for later. In a large mixing bowl, combine the other half of the diced onion with the ground turkey, breadcrumbs, egg, soy sauce, oregano, salt and pepper. Mix with your hands until well combined.
- 2) Form the meatballs by first wetting your hands with water to prevent the mixture from sticking to your hands, then scooping up some of the meat mixture and rolling it into a ball in your hands. Place meatballs on a plate as you go.
- 3) Heat olive oil in a pan over medium high heat and add the rest of the onion. Cook for a minute and then add the meatballs, working in batches if they don't all fit. Cook until browned on all sides, around 7 minutes.
- 4) Pour the jar of tomato sauce over the meatballs, stir to evenly coat and simmer over low heat, about 10 more minutes, until meatballs are not pink inside, and sauce is hot.
- 5) While the meatballs cook, cook spaghetti in salted boiling water according to package.
- 6) Combine spaghetti and meatballs with some sauce in a bowl. Top with fresh basil and grated parmesan cheese to taste.

## Nutrition Facts

(per serving without toppings)

Calories: 486 kcal

Carbs: 50g

Fat: 17.25g

Protein: 33.25g



# INGREDIENTS

- 1.5 cups whole fat greek yogurt
- 1 handfull Blueberries
- 1 hands Strawberries
- 1 TBS Maple syrup
- 1 TSP Vanilla extract
- 2 TBS Dark chocolate chips



## Greek Frozen Yogurt Bark



~8 servings



5 mins prep, 3  
hours to set

## INSTRUCTIONS

- 1) Line a baking sheet or wide tupperware with parchment paper
- 2) Mix the yogurt, maple syrup and vanilla extract in a bowl, then pour onto parchment paper.
- 3) Spread the yogurt evenly on the baking sheet so that it is approx. 1/4 inch thick
- 4) Chop strawberries into small pieces, and scatter them and the blueberries over the yogurt.
- 5) Microwave chocolate chips in a small bowl for 30-40 seconds or until melted (stir to incorporate chunks)
- 6) Drizzle chocolate on top of the yogurt and berries.
- 7) Place in freezer and wait until completely hardened, approx. 3 hours.
- 8) Remove from freezer, chop into pieces and enjoy!

\*Store leftovers in the freezer in a tupperware\*

### Nutrition Facts

Per serving (1/8 of recipe)

Calories: 73 kcal

Carbs: 7g

Fat: 3g

Protein: 5g