

INGREDIENTS

- 1/3 cup farro
- 1 box spinach
- 1/4lb chicken breast
- 1/4 cup fresh grated parmesan
- 3 cloves garlic, minced
- 1TBS olive oil
- salt, pepper and your choice of spices



Quick Chicken, Spinach & Farro "Risotto"



1 serving



25 minutes

INSTRUCTIONS

- 1) Bring a small pot of salted water to a boil and add farro. Cook until tender but still a bit chewy, about 20 minutes. While cooking, prepare the rest of the dish.
- 2) Rinse, pat dry and cut chicken breast into bite sized pieces.
- 3) Heat a pan over medium high heat, then add olive oil and garlic and cook 30 seconds until fragrant. Add in chicken breast, season with salt, pepper, and any other seasonings you like (paprika, oregano, onion powder, etc). Cook until browned on all sides but not fully cooked through, about 3 minutes.
- 4) Add the whole box of spinach to the pan (it will shrink A LOT, don't worry!). Cook, mixing often, until spinach is completely wilted and chicken is cooked through. Turn off heat.
- 5) Drain farro, then add to the pan with the chicken and spinach. Add parmesan and some more olive oil, salt and pepper, and stir until combined and cheese is melted.

Nutrition Facts

Calories: 583 kcal

Protein: 45 g

Carbs: 47 g

Fat: 23 g

INGREDIENTS

- 1/2 very ripe banana
- 1/3 cup oats
- 1 tbs peanut butter
- 2 tbs vanilla protein powder (I used Garden of Life grass fed whey)
- 1/2 tbs chia seeds
- 1/2 tbs hemp seeds
- 1 tsp raspberry jam (I used Bonne Maman)



Air Fried Jammy Protein Cookie



2 cookies



7 minutes

INSTRUCTIONS

- 1) Preheat air fryer to 400 degrees.
- 2) Mash banana, then combine all ingredients in a bowl.
- 3) Form into 2 cookies (they won't expand so make them as flat as you want them to be) and place on greased tin foil or parchment paper.
- 4) Add a small spoonful of raspberry jam to the center of each cookie.
- 5) Cook on foil/parchment paper in air fryer for 5 minutes (or until golden brown)

Nutrition Facts (for 2 cookies)

Calories: 323 kcal

Protein: 21 g Carbs: 30 g Fat: 14 g

INGREDIENTS

- 1 cup whole wheat flour
- 1 TBS baking soda
- 1 cup non fat greek yogurt
- egg wash or olive oil for brushing
- everything bagel seasoning



3 Ingredient Bagels



2 bagels



40 minutes

INSTRUCTIONS

- 1) Preheat oven to 375 degrees.
- 2) Mix flour, baking soda, greek yogurt and a pinch of salt in a bowl until dough forms.
- 3) Cover bowl with a damp dish towel and let sit for 10 minutes.
- 4) Knead dough and roll into 2 balls, then poke a hole in each and form into bagel shape.
- 5) Place on a baking sheet, brush with olive oil or egg, and sprinkle everything bagel seasoning and salt on top. Flip and repeat on the other side.
- 6) Bake for 25 minutes until crisp and golden, then slice and top with your favorite toppings!

Nutrition Facts (per bagel)

Calories: 282 kcal

Protein: 20 g

Carbs: 47 g

Fat: 3 g