

INGREDIENTS

- 3 slices deli turkey (I used applegate)
- 1-2 cups romaine
- 1 small cucumber
- 1/2 cup chickpeas
- 2tbs feta cheese crumbles
- a few cherry tomatoes
- 1/2 an apple
- a few thin slices red onion
- 1 tbs olive oil
- 1/2 lemon, juiced
- salt and pepper to taste



Turkey & Apple Chopped Salad



1 serving



10 minutes

INSTRUCTIONS

- 1) Wash and chop romaine, cucumber, tomatoes and apple and slice red onion.
- 2) Drain, rinse and dry chickpeas.
- 3) Cut turkey into little squares.
- 4) Put all ingredients in a tupperware, salt and pepper to taste, and drizzle the olive oil and lemon juice over.
- 5) Close tupperware and shake well to combine. Enjoy!

Nutrition Facts

Calories: 465 kcal

Protein: 32p.

Carbs: 46g

Fat: 18 g

INGREDIENTS

1 small apple
1/2 frozen banana
1/2 cup nonfat greek yogurt
2tbs oats
1/4 tsp cinnamon (option to add a
sprinkle of nutmeg and cloves too)
1/2 tsp vanilla extract
ice

Optional topping: pepitas

Optional sweetener: 1tsp maple syrup



Apple Pie Smoothie



1 serving



5 minutes

INSTRUCTIONS

- 1) Chop apple in quarters
- 2) Blend all ingredients until fully combined.
- 3) Top with more cinnamon and pepitas.

Nutrition Facts

Calories: 278kcal

Protein: 23g

Carbs: 47g

Fat: 1g

INGREDIENTS

- 2 pieces turkey bacon
- 1 egg
- 1 Ezekiel english muffin
- 1-2 slices cheddar cheese



Copycat Starbucks Breakfast Sandwich



1 serving



10 minutes

INSTRUCTIONS

- 1) Cook turkey bacon in a pan over medium high heat until browned on both sides, then remove from pan.
- 2) Cut ezeziel english muffin in half and toast in toaster oven until lightly toasted. Then place cheddar on each half and continue toasting until cheese is melted.
- 2) While the bread is toasting, crack an egg into the same pan you cooked the turkey bacon in and fry, flipping half way, until cooked to your liking. Salt and pepper to taste.
- 3) Assemble the sandwich, cut in half and enjoy!

Nutrition Facts

Calories: 396kcal

Protein: 32g

Carbs: 31g

Fat: 17g