

Overnight Oats

Serves 1

Ingredients

- 1 cup uncooked old fashioned rolled oats
- 1 and 1/3 cup unsweetened almond milk
- 1 cup low-fat Plain Greek yogurt
- 6 teaspoons dried chia seeds
- 2 teaspoon cinnamon
- 4 teaspoons honey, optional (or substitute any preferred sweetener)
- 1 cup unsweetened applesauce, or enough to fill jars

Directions:

In a large bowl add oats, milk, yogurt, chia seeds, cinnamon and honey. Divide mixture between four ½ pint jars. Put lids on jars and shake until well combined. Remove lids, add applesauce and stir until mixed throughout. Return lid to jar and refrigerate overnight or up to 2 days. Eat chilled.

Nutrition facts per serving: 210 calories, 4g fat, 48g carbs, 11g protein

Healthy Sundried Tomato, Spinach and Quinoa Egg Muffins

Makes 12 servings

Ingredients

- 3 eggs, large
- 1 + 1/2 cup egg whites
- 3 tbsp. ground flax seeds or chia seeds
- 1/4 cup feta cheese, crumbled
- 1 tbsp. onion powder
- 1/2 tsp salt
- 1/2 tsp black pepper, ground
- 1 cup quinoa, cooked
- 2 handfuls spinach, coarsely chopped
- 1/2 cup sundried tomatoes
- Olive or coconut oil cooking spray

Directions

1. Preheat oven to 350 degrees F, place cupcake liners into a 12 muffin tin and spray generously with cooking spray. Alternatively, you could use a silicone BPA-free muffin baking pan or individual silicone BPA-free muffin cups. Also, you could make the egg bake in an 8 x 8 baking dish lined with parchment paper and then cut into squares. DO NOT bake the egg muffins directly in the muffin tin, they will stick!
2. In a large mixing bowl, whisk eggs and egg whites for 30 seconds. Add flax/chia seeds, feta cheese, onion powder, salt, pepper and whisk to combine. Add quinoa, spinach, sun dried tomatoes and mix. Fill each muffin with egg mixture 3/4 full. If you have extra mix, bake in additional ramekins but do not overfill. Bake for 20 minutes, remove from the oven and let cool for about 10 minutes. Using a rubber spatula, loosen the egg muffins from the muffin tin and slide onto a platter. Serve hot.

Storage Instructions: Refrigerate in an airtight container for up to 5 days. Reheat in microwave for easy breakfast on-the-go or a snack. Freeze in an airtight container for up to 3 months.

Nutrition facts per serving: 80 calories, 2 grams fat, 8 grams carbs, 7 grams protein

Peanut Butter and Jelly Breakfast Bars

Makes 12 bars

Ingredients

- 1 cup gluten-free oats
- 1 cup dry roasted, salted peanuts
- 1/4 cup raw pecans, coarsely chopped
- 1/4 cup flax seeds
- 2 Tbsp. natural peanut butter
- 4 Tbsp. butter
- 2/3 cup brown sugar
- 1/3 cup local, raw honey
- 1/2 tsp. salt
- 2 cups puffed brown rice cereal, I use Erewhon's
- 1/2 cup dried strawberries, roughly chopped, I use Nuts.com

Instructions

1. Preheat the oven to 350°F and line a baking sheet with parchment paper. Spread the oats, peanuts, pecans, and flax seeds on the sheet and bake about 8 minutes or until fragrant. Transfer to a large mixing bowl.
2. In a saucepan, bring the peanut butter, sugar, honey, butter or Earth Balance, and salt to a boil over medium heat. Simmer until the sugar dissolves and a light brown caramel forms, about 5 minutes.
3. Pour the caramel over the nut and oat mixture. Stir in the brown rice cereal and the strawberries until evenly coated.
4. Line an 8-inch square baking pan with parchment paper, extend the paper over the sides of the pan to use as a handle later. Pour the cereal mixture into the baking dish and spread out into an even layer. Cover the pan with a second piece of parchment and press down to compress the bars. Let the mixture stand for about 2 hours until firm.
5. Discard the top piece of parchment and use the “handles” from the second piece of parchment to gently remove the cereal square from the pan then cut the squares into 12 equal size bars and serve.

Nutrition facts per serving: 266 calories, 13 grams fat, 34 grams carbs, 5 grams protein

“Refresh Me” Springtime Salad in a Jar

Makes 4 servings

Ingredients

- 4 tablespoons olive oil
- 4 tablespoons balsamic vinegar
- 1/4 teaspoon fresh cracked black pepper
- 2 small orange, yellow or red bell pepper, chopped
- 1 cucumber, chopped
- 4 hard-boiled eggs, peeled and chopped
- 2 avocados, seed removed and cubed
- 1 cup cherry tomatoes
- 2 cups cooked quinoa
- 4 to 6 cups baby greens (or whatever greens you like!)

Directions:

1. Combine olive oil, balsamic vinegar and fresh cracked black pepper in a small bowl and stir to combine. Divide evenly between 4 quart-size Mason jars (preferably wide mouth jars if you can find them). The amount of dressing can be adjusted up or down depending on how much you like in your salad.
2. Divide the rest of the ingredients and add to the quart-size Mason jars in the order given.
3. Seal with the lid and store in the refrigerator until ready to eat.
4. When ready to enjoy, shake the Mason jars to distribute the dressing and then pour into a bowl to eat. Enjoy!

Nutrition facts per serving: 504 calories, 39 grams fat, 36 grams carbs, 14 grams protein

Gluten Free Tomato Gazpacho

Serves 4

Soup Ingredients:

- 3 cups ripe tomatoes – about 3 large tomatoes
- 1 cup peeled chopped cucumber
- 1 1/2 cup 1 large red pepper / red capsicum finely chopped
- 1/2 cup – about 1/4 medium red onion
- 1 cup fresh basil
- 4 cloves fresh garlic
- 2 Tbsp – about 1 small hot green chili for a touch of heat
- 1 tsp Celtic sea salt depending on your taste
- 1/4 cup filtered cold water or more for desired consistency
- 2 Tbsp cold pressed extra virgin olive oil
- 1/4 cup fresh lemon juice

Directions:

1. Place all ingredients in the blender (I like to use a Vitamix) and pulse to the desired consistency. Some people like their gazpacho smooth and creamy. Some people prefer a rustic consistency.

To make the chunky mixture and toppings:

- 2 cups finely diced ripe tomatoes
- 1 cup finely diced chopped green pepper
- 1/3 cup about 1 sticks celery finely diced
- 1/2 cup cucumber chopped finely
- 1 Tbsp cold pressed extra virgin olive oil
- pinch of Celtic sea salt

Directions:

1. Toss all ingredients in a bowl with the olive oil and Celtic sea salt just to bring a nice sheen and to bring out the flavor in the fruits and vegetables.
2. Add this mixture into the blended mixture and place soup in the fridge until completely chilled.
3. Allow at least a few hours for the flavors to fully infuse. You can even leave it overnight.
4. Sprinkle each bowl with finely chopped avocado and flat leaf parsley and serve.
YUM!

Nutrition facts per serving: 181 calories, 11 grams fat, 20 grams carbs, 4 grams protein

High Protein Veggie Wraps

Servings: 4

Ingredients:

- 1 can White, red or black beans, drained
- 1 can Diced Tomatoes, drained (healthy!); or 2 medium, fresh tomatoes, diced
- 1 bottle Green Olives, with pimentos
- 1 Scallion Sliced Thinly
- ¼ cup or Less of Shaved Parmesan Cheese, or pieces of goat cheese, or any shredded cheese brand you like (low-fat, preferably)
- ¼ cup or More of Sliced Roasted-red Peppers, (found In a Jar), sliced roughly in ¼" strips
- 1 tsp. Minced Garlic
- ¼ cup Olive Oil
- 1 tsp. Fresh Lemon Juice
- 1 tsp. Freshly Chopped Parsley
- 1 Sprinkle of Smoked (or Regular) Cayenne Pepper, to taste
- , 1 dash or Not of Salt, to taste
- 1 or 2 Shakes of Pepper, to taste
- 4-6 Large Lettuce Leaves--iceberg, bib, romaine, etcetera; or use spinach leaves
- **add Slices of One Large, boiled egg for more protein

Directions:

1. In a bowl, combine beans, tomatoes, olives, scallion, cheese, roasted red pepper, garlic, cayenne pepper and parsley--toss lightly.
2. Mix olive oil, lemon juice, salt, black pepper.
3. Drizzle olive oil mixture over bean mixture--toss again, lightly.
4. Arrange lettuce/spinach leaves on a serving plate
5. Place bean salad evenly, between the lettuce or spinach leaves

**Add slices of boiled egg, if desired

Optional: Garnish with parsley and thinly-sliced lemon wedges

Nutrition facts per serving: 332 calories, 10 grams fat, 26 grams carbs, 9 grams protein

Turkey and Quinoa Stuffed Peppers

Serves 12; 1 pepper per serving

Ingredients:

- 1/2 cup uncooked quinoa (I used red)
- 1 cup water + pinch of salt
- 1 tbsp olive oil
- 2 small yellow onions, chopped
- 2-3 garlic cloves, minced
- 20 oz. extra lean ground turkey
- 2 tsp Italian seasoning
- salt & pepper
- 8 oz. can tomato sauce
- 2 oz. baby spinach
- 12 bell pepper, halved with seeds and membranes removed
- fresh basil, chopped, torn, or sliced
- shredded mozzarella cheese (optional)

Directions:

1. Preheat oven to 350 degrees.
2. Rinse the quinoa in a fine mesh strainer until the water runs clear.
3. In a small saucepan, combine the quinoa and water with a pinch of salt. Bring to a boil, then cover and simmer for 15 minutes. Remove the lid and cook for 2-3 more minutes to evaporate any remaining water.
4. In a large sauté pan, heat the oil over medium-high heat. Add in the onion and garlic and sauté for about 5 minutes until translucent. Add in the turkey and Italian seasoning, and cook until no longer pink. Stir in the tomato sauce and spinach.
5. In a large bowl, combine the quinoa and turkey mixture. Spoon into the 12 pepper halves. If you'd like, top the pepper with some mozzarella cheese.
6. Bake for 30 minutes until the peppers are tender. Sprinkle with the fresh basil prior to serving.

Nutrition facts per serving: 150 calories, 7 grams fat, 12 grams carbs, 10 grams protein

Simple Stir Fry

Serves 4

Ingredients:

- 4 tsp coconut oil
- 4 cups fresh or frozen veggies (anything you like- spinach, mushrooms, onions, zucchini, etc.)
- 16 oz. grilled chicken or diced turkey (already cooked)
- Precooked quinoa or brown rice

Directions:

- Heat 2 teaspoons of coconut oil in a pan.
- Add in 1-2 handfuls of fresh veggies and sauté until tender throughout.
- Add in 1 cup of precooked chicken or turkey, and sauté until meat is warm throughout.
- Serve over a bed of quinoa as a quick meal after a long day at work.

Nutrition facts per serving: 382 calories, 10.5 grams fat, 12 grams carbs, 42 grams protein

Walnut Pesto Stuffed Chicken

Serves 4

Ingredients:

- 4 large chicken breasts
- 2/3 cup walnuts, chopped
- 8 oz fresh basil leaves
- 4 cloves garlic
- 4 tbsps extra virgin olive oil
- 2 tsp dried rosemary leaves
- sea salt and black pepper

Directions:

1. Using a small food processor, blend together the walnuts, basil, oil and garlic until a chunky paste.
2. Carefully butterfly each chicken breast (make a slit through the meat then fold it open like a book). Cover with clingfilm and beat with a heavy object until the breast is somewhat flattened.
3. Put a tbsp. of pesto in each breast, lining it along the 'seam' and then rolling over the top part like a flap. Make sure the chicken seals over the pesto and there's none poking out.
4. Season the chicken well, sprinkle over the rosemary and bake at 375 for 30-35 minutes.

Nutrition facts per serving: 495 calories, 37 grams fat, 5 grams carbs, 39 grams protein

Millie's Energy Bites

Makes 12 servings (3 bites per serving)

Ingredients:

- 2 cups pitted dates
- ¼ cup dark chocolate chips, mini if you can find them!
- ¼ cup crushed or diced pineapple
- ½ tsp cinnamon
- 1 cup unsweetened coconut flakes

Directions:

1. Place all ingredients together in a food processor. Blend until smooth.
2. Transfer to a mixing bowl and hand mix in ¼ cup coconut
3. In a separate bowl, pour in about ¾ to 1 c coconut.
4. Form the mixture into about 36 small balls, about a Tablespoon in size, then roll in the coconut.

Chill, serve, enjoy!

Nutrition facts per serving: 103 calories, 5 grams fat, 15 grams carbs, ¾ grams protein

Energizing Skinny Pop Snack Mix

The ingredient list below is for 12 “baggies” of snack mix.

Each baggie has 150 calories.

Ingredients:

- 1 large “Skinny Pop” popcorn
- 1.5 cups raw almonds
- 1 bag “Dang” toasted coconut chips (or any brand you like!)
- 1 cup dark chocolate chips (look for 70% or darker with no added sugar)

Directions:

Mix all ingredients together and divide into 12 baggies. Enjoy as a nutrient dense, energizing snack on the go, while in front of a movie, or when you get the “urge” for something tasty but not too high in calories!

Nutrition facts per serving: 150 calories, 5 grams fat, 15 grams carbs, 4 grams protein

Immune Boosting Spritzer

The ingredients listed below make 2 spritzers.

Ingredients:

- Juice of 1 whole lemon
- 2" cubes of fresh ginger, peeled and chopped
- 2 Tbls raw honey
- 16 oz. plain sparkling water

Directions:

"Mash" the chopped ginger with the fresh lemon juice and honey. Add 4 Tbls water to the mixture and allow to sit for 5-10 minutes. Transfer to a glass and add ice and sparkling water to make a delicious, immune boosting beverage.

Nutrition facts per serving: 30 calories, 0 grams fat, 20 grams carbs, 0 grams protein

Skinny Stuffed Strawberries

These stuffed strawberries are great for a pre/post workout snack or anytime during the day that you're looking for a sweet, guilt free pick-me-up! Inspired by: www.damyhealth.com!

How to prep your strawberries:

1. Buy a large carton of fresh strawberries; wash and dry your strawberries.
2. With a small knife cut a pocket into the strawberry removing the hull yet keeping the perimeter of the strawberry untouched.
3. Set strawberries aside in a bowl and prepare your filling of choice.

Pick your filling or fillings from the list below.

Ingredients:

Chocolate Chip Cheesecake Filling (Gluten Free)

- 1/2 Cup Natural Cashew Butter
- 1 Tsp Vanilla
- 1/2 Cup Plain Greek Yogurt
- 1 Tbsp Honey
- OPTIONAL: 4 Packets Stevia (or other sweetener of your choice)
- Dark Chocolate Chips for topping (Roughly 1/4 Cup mixed in by hand last)

Strawberry Cheesecake Filling (Gluten Free, Dairy Free and Vegan)

- 1/2 Cup Natural Cashew Butter
- 1 Tsp Vanilla
- Juice of 1/2 Lemon
- Zest of 1/2 Lemon
- 1/4 Tsp Salt
- OPTIONAL: 4 Packets Stevia (or other sweetener of your choice)

Directions for All Fillings:

1. Place all topping ingredients into food processor. Blend until smooth.
2. Place filling ingredients into strawberries.
3. Enjoy!

Tip: After you pick your filling and fill your strawberries place them in a bowl to set so that they are upright and don't spill. After you are done filling all your strawberries it is a good idea to pop them in the fridge until you serve them. If you like them at room temperature like me take them out 10 minutes before you intend on enjoying them.

Nutrition facts per strawberry:

Chocolate Chip: 39 calories, 2 grams fat, 5 grams carbs, 2/3 gram protein

Cheesecake: 22 calories, 1.25 grams fat, 2.5 grams carbs, 1/3 gram protein

Dark Chocolate Covered Rice Cakes

Makes 10 servings

Ingredients:

- 10 Brown Rice Cakes (we use Lundberg brand) OR Soy Crisps
- 4 TBLS Coconut Oil
- 1 Package Unsweetened Dark Baking Chips (we use Lily's brand)
- Toppings as desired (sea salt, coconut flakes, nuts/seeds, cacao nibs, etc.)

Instructions:

- Line a baking pan with wax paper.
- Put the coconut oil and chocolate chips in a medium sized pot on medium/high heat. Stir continually until the chocolate is melted and well combined (take off of the heat as soon as it is melted).
- Adding chocolate:
 - Use tongs to dip each rice cake into the chocolate sauce and lay on the wax paper lined baking pan (I broke each rice cake in half so make more servings- this is up to you).
 - Lay out rice cakes or soy crisps on a parchment lined baking sheet, and drizzle the tops with melted chocolate.
- Sprinkle toppings on top as desired (I used coconut flakes)
- Allow to cool in fridge for about 2 hours, and then store in a plastic baggy or container in the fridge for up to 2 weeks.

Nutrition facts per serving: 181 calories, 13 grams fat, 22 grams carbs, 2.5 grams protein