HOLIDAY HEALTH

21 BEAT THE BULGE RECIPES

GOOD MEALS YOU CAN EAT ALL SEASON

If I stock the right ingredients in my kitchen, I can make good choices throughout the week. This ingredient list has all the basics I rely on week after week. If you keep these items on hand during the holidays, you will always have something healthy to eat.

Vegetables

- celery
- cucumber
- bell pepper
- carrots
- zucchini
- tomatoes
- avocado
- onion
- lemon/lime
- parsley
- mint
- basil

Pantry

- vegetable or chicken broth
- variety of canned beans
- diced tomatoes
- organic coconut milk (canned)
- vanilla

Protein

- chicken
- ground turkey
- eggs

Fruit

- bananas
- apples
- dates
- blueberries (frozen)

Nuts

- almonds
- cashews
- nut butter

Misc

- fresh salsa
- hummus
- almond milk

HOLIDAY HEALTH

THE MENU

pick and choose

Breakfast

Protein Breakfast Bowl
Melissa's Coconut Blueberry Smoothie
Spicy Poached or Hard-boiled Egg, Avocado & Fresh Fruit
Salsa Egg Cups
Grab & Go Breakfast Muffins
Griddle Cakes
Ultimate Breakfast Bars

Lunch

Sweet Potato Chili
Hummus bottom salad
Mediterranean Bowl
Ploughman's Lunch
Roasted Red Pepper Soup
Lemon Parsley Chicken
Winter Soup

Dinner

Roasted Zucchini Chicken
Fennel Balsamic Shrimp
White Chicken Chili
Taco Salad Bowls
Citrus Almond Chicken
Vegan Sloppy Joes
Farmer's Soup

HOLIDAY HEALTH

PROTEIN BREAKFAST BOWL

INGREDIENTS
2 cups cooked quinoa, warmed
1 lime, juiced
1 Tablespoon olive oil
¼ teaspoon kosher salt
1/4 teaspoon black pepper
2 medium tomatoes, diced
2 avocados, pitted and diced
4 hard-boiled eggs, sliced in half or 4 over-easy eggs
Hot sauce, optional

Toss warm quinoa with lime juice, oil, salt and pepper and divide between 4 bowls. Top with tomatoes, avocado, eggs and a few drops of hot sauce, if desired.

Note: This is a flexible breakfast that can be made with any grain you prefer. Sometimes I replace the quinoa with a slice of gluten free toast.

HOLIDAY HEALTH

COCONUT BLUEBERRY SMOOTHIE

Serves 2

INGREDIENTS
1 cup organic coconut milk (from a can)
1/2 cup water
1 cup frozen blueberries
1/4 cup oats
1/2 teaspoon vanilla, optional

INSTRUCTIONS
Blend all ingredients together until smooth.

NOTE: You can use any frozen fruit for this smoothie. I add a little sugar free protein powder to mine on my workout days.

SPICY EGGS & AVOCADO

INGREDIENTS

2 Tablespoons olive oil
1 onion, chopped
2 Anaheim peppers, seeded and chopped or 7 oz fire roasted green chiles
2 cans diced tomatoes
1 teaspoon cumin
1 teaspoon smoked paprika or chili powder
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
6 to 8 eggs
1 avocado, pitted and cut into slices
2 Tablespoons chopped parsley

INSTRUCTIONS

1.In a large, deep skillet, heat oil over medium-high heat. Add onion and chili peppers and cook until softened and beginning to brown, about 5 minutes.
2. Add tomatoes, cumin, paprika, oregano, salt and pepper; simmer for 5 minutes..
3.Crack eggs evenly on top of sauce; cover with lid and cook for 6 to 8 minutes or until whites are set and yolks are thick but runny or longer for firmer eggs.
4. Remove from heat and top with sliced avocado.
4. Serve in a shallow bowl and garnish with chopped parsley.

NOTE:

You can also scramble the eggs in a separate pan and spoon spicy sauce over eggs.

SERVES 4

HOLIDAY HEALTH

SALSA EGG CUPS

INGREDIENTS
8 eggs, whisked with a Tablespoon of water
1/4 cup chopped parsley or cilantro
1/2 cup chopped spinach or broccoli or zucchini
1/2 teaspoon salt
1/4 teaspoon paprika (optional)
1/4 teaspoon ground black pepper
1 cup fresh salsa (red or green)

INSTRUCTIONS
Preheat oven to 350°F.
Combine eggs, parsley, and spinach in a medium bowl.
Season with salt and pepper and paprika if desired.
Divide mixture evenly between 8 non-stick or oiled muffin cups.
Spoon a Tablespoon of salsa into the middle of filled muffin cups.
Bake for about 12 minutes until set. Let cool for 5 minutes and pop out to serve.
Serve with a side of fresh fruit of your choice.

Egg cups can be refrigerated or frozen and re-heated for later use.

Serving size: 2 muffins

HOLIDAY HEALTH

GRAB & GO BREAKFAST MUFFINS

INGREDIENTS

2 cups rolled oats
1teaspoon baking powder
2teaspoons cinnamon, optional
1/2 teaspoon kosher salt
2 ripe bananas, mashed
2 eggs
2 carrots, grated
2 teaspoons vanilla, optional
1 cup almond milk
¼ cup pepitas or cashews or pecans, chopped
¼ cup raisins
oil for pan

INSTRUCTIONS

1.Preheat oven to 350°F. Grease 12 muffin pan with coconut oil or vegetable oil.
2.Mix all ingredients together, allow to sit for a few minutes to thicken before adding 2 Tablespoons of batter to each muffin cup.
3. Bake for about 20 minutes; allow to cool for 5 minutes before removing from pan.

NOTE: I slip two of these muffins in my bag when I'm heading out for an unpredictable day.

4 INGREDIENT PALEO CAKES

INGREDIENTS
3 large ripe bananas
6 eggs
1/3 cup coconut flour
1/4 teaspoon kosher salt
Coconut oil for pan

INSTRUCTIONS
1.Preheat a non-stick skillet over medium heat.
2.Place the bananas, eggs, coconut flour and 2 pinches of salt in the blender. Puree until smooth. The batter should be thick, but pour-able. If it seems thin, you can play with consistency by adding a little more Tablespoons of coconut flour.
3.Brush the skillet lightly with coconut oil. Pour in a 3 inch circle of batter. Cook for 2-4 minutes until the bottom of the pancake is golden-brown and the edges are firm. Flip gently and continue cooking another 2-4 minutes.

Makes 8 pancakes.

HOLIDAY HEALTH

ULTIMATE BREAKFAST BARS

INGREDIENTS

1-1/2 cups pitted dates (I use Medjool)
1 cup roasted nuts, your choice (unsalted)
1 1/2 cups rolled oats
1/3 cup organic peanut or almond butter
1/4 cup warm water
1/2 teaspoon vanilla

Optional Add Ins: shredded coconut, dried cherries, dark chocolate chunks

INSTRUCTIONS

1.Process dates in a food processor until a smooth paste forms.

2. Place oats, roasted nuts and dates in a large mixing bowl - set aside.

3.Combine water, vanilla and peanut butter in a small saucepan over low heat. Pour over oat mixture and then mix to distribute ingredients evenly.

4.Transfer to an 8x8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. Press down firmly until mixture is even and flat.

5. Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.

6. Cut bars into 9 even squares.

7. Store in an airtight container in the fridge for up to a week.

HOLIDAY HEALTH

SWEET POTATO CHILI

INGREDIENTS

2 Tablespoon extra-virgin olive or coconut oil
1 medium-large sweet potato, peeled and diced
1 large onion, diced
4 cloves garlic, minced
2tablespoons chili powder
4 teaspoons ground cumin
1/2 teaspoon salt
3 cups low sodium vegetable or chicken broth
2 15-ounce cans black beans, drained and rinsed
1 14-ounce can diced tomatoes or 2 medium tomatoes, diced
1 lime,juiced
1/2 cup chopped fresh cilantro or parsley

INSTRUCTIONS

1.Heat oil in a Dutch oven or heavy stock pot over medium-high heat.

2.Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4minutes.

3. Add garlic, chili powder, cumin,and salt. Stir to combine well.

4.Add broth and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

5.Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often.

6.Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and serve with a garnish of cilantro or parsley.

HOLIDAY HEALTH

HUMMUS BOTTOM SALAD

INGREDIENTS

Dressing
2 teaspoons Dijon mustard
1 lime or lemon, juiced
⅓ cup olive oil
1 teaspoon dried oregano
¼ teaspoon each kosher salt and black pepper
½ teaspoon crushed red pepper flakes, optional

Salad
12 ounces easy protein of choice (canned tuna, chopped chicken, roasted turkey), chopped or shredded
1 English cucumber, chopped
4-5 whole small radishes, stems removed, chopped
2 cups baby spinach
2 medium tomatoes, chopped
½ medium red onion, finely chopped
¼ cup pitted Kalamata or Greek olives, halved
1 bunch parsley, stems removed, chopped (about 1 cup chopped fresh parsley)
1 cup store bought hummus

INSTRUCTIONS
1.In a small bowl, whisk together the Dijon mustard and the lime or lemon juice. Add the olive oil, oregano, salt and pepper, and crushed pepper flakes (if using), and whisk again until well-blended. Set aside.
2.In a large mixing bowl, combine the protein of choice with the cucumber, radish, spinach, tomato, red onion, Greek olives, and chopped parsley.
3. Gently toss the salad with the dressing. Cover and refrigerate until ready to eat.
4. When ready to serve, spread a ¼ cup of hummus in the bottom of an individual serving bowl.
5. Cover with salad and enjoy scraping the bottom to get a lttle flavor of hummus with each bite.

Vegetarian Adaptation:
2 cups beans or lentil as protein

HOLIDAY HEALTH

MEDITERRANEAN BOWL

INGREDIENTS
½ bunch parsley, chopped
1small bunch mint, chopped
4 tomatoes, diced
2 cucumber, diced
3 cans organic garbanzo beans, drained and rinsed

for dressing
3 Tablespoons olive oil
2 Tablespoons lemon juice
1 teaspoon kosher salt
½ teaspoon black pepper
1/2 teaspoon paprika or oregano

Serve with...
2 oranges, cut into wedges
4 hard boiled eggs, cut in half

INSTRUCTIONS
1. Combine salad ingredients in a large serving bowl.

2. Whisk together dressing ingredients to emulsify.

3. Toss the dressing with the vegetables and serve cold with egg on top and a side of orange slices.

NOTE: This is an incredibly flexible dish. Add or subtract ingredients based on what you have on hand in your kitchen. I often add a few chopped almonds.

HOLIDAY HEALTH

PLOUGHMAN'S LUNCH

INGREDIENTS

2 cups spinach
2 apples, cut into wedges
4 ribs/stalks celery, cut into sticks
8 medium radish, chopped in half
2 carrots, cut into sticks
6-8 hard-boiled eggs
8 ounces lean deli meat of choice or 4 chicken sausage (cooked)
optional: kosher salt and black pepper to taste

INSTRUCTIONS

This is all about making a simple platter of food. A traditional ploughman's meal has meat, cheese and hearty slices of bread but we can do it up just as satisfying.

1. Layer the spinach on a serving platter.
2. Arrange the other ingredients over the spinach. Enjoy.

I sometimes add a few of my favorite gluten free crackers and a little goat cheese but if you are trying to lose weight, load up on the veggies and protein!

Vegetarian Adaptation:
Use 8 eggs
Sub 1 cup steamed edamame for meat

HOLIDAY HEALTH

ROASTED RED PEPPER SOUP

INGREDIENTS

6 red bell peppers, cut in half and seeds removed
4 cloves garlic, peeled & whole
1 medium onion, cut into quarters
2 Tablespoons olive oil
4 cups chicken broth (or vegetable broth)
1 teaspoon hot sauce or chili powder
½ teaspoon salt
½ teaspoon ground pepper
1-2 tablespoons balsamic vinegar

INSTRUCTIONS

1.Cut the peppers in half and remove all seeds and membranes. Press the red peppers flat with your hand and lay them on a foil lined, rimmed baking sheet. Place the onions and garlic cloves on the baking sheet arranged around peppers.

2. Set the oven on broil . Broil for up to 15 minutes until charred.

3.Remove from oven and remove the burnt skin. (If it doesn't come off easily, you can place in Ziploc bag for a few minute to steam and the skin will become loose.)

4. Heat a large heavy pot to medium heat. Add the oil and the broiled vegetables.

5. Add the broth, hot sauce, salt and pepper.

6.Reduce the heat, cover, and cook another 20 minutes. Then, using a hand-held immersion blender or standard blender, blend until smooth.

7. Add the vinegar and season to taste with salt and black pepper if desired.

HOLIDAY HEALTH

LEMON PARSLEY CHICKEN

INGREDIENTS
2 lemons, juiced
2 cloves garlic, minced or pressed
2 teaspoons dried oregano
3/4 teaspoon kosher salt
1/2 teaspoon black pepper
3 Tablespoons extra-virgin olive oil
4 skinless, boneless chicken breasts
2 cups fresh parsley leaves
1 cup chopped tomatoes

INSTRUCTIONS
1. Combine lemon juice, garlic, oregano, salt, pepper and olive oil, parsley and tomatoes in a medium bowl. Marinate in refrigerator up to 24 hours.
2. Season chicken to taste with your favorite rub or just use good ole black pepper and salt. Heat a grill pan over high heat. Add chicken; cooking 8 minutes or until juice is clear and all pink is gone.
3. Arrange chicken on top of a large scoop of tomato/parsley mixture.

Vegetarian Adaptation:
Lemon Parsley Quinoa
2 Tablespoons olive oil
2 cloves garlic
¼ teaspoon crushed red pepper
½ teaspoon dried oregano
2 cups cooked quinoa
1 can organic white beans, drained and rinsed
¼ teaspoon kosher salt
dash ground black pepper
1 /4 cup almonds
1 lemon, juiced
½ cup fresh chopped parsley

Heat oil in large skillet over medium heat and add oil, garlic, red pepper and oregano. Saute 1 minute. Add quinoa, beans, salt and pepper and cook until warmed through. Remove from heat and stir in almonds, lemon juice and parsley.

HOLIDAY HEALTH

WINTER SOUP

INGREDIENTS

2 Tablespoons olive oil
2 small yellow onions, chopped
6 carrots, chopped
5 medium zucchini, halved and sliced
4 garlic cloves, minced
7 cups low sodium vegetable broth
4 cups finely chopped Swiss chard (1 large bunch)
2 cans diced tomatoes (15oz each)
2 cans garbanzo beans, (15oz each), drained and rinsed
4 Tablespoons fresh basil, minced
1 teaspoon kosher salt
½ teaspoon black pepper
1 lemon, cut into wedges

INSTRUCTIONS

1.In a large stockpot, heat olive oil over medium heat. When oil is hot, add onions, carrots, and garlic. Cook 5-6 minutes until onions are soft.

2.Add vegetable broth, chard, zucchini, tomatoes, beans, basil, salt, and pepper; mix well. Simmer for 20 minutes.

3.Remove from heat and divide into four bowls, serve immediately with a generous squeeze of lemon or lime juice.

HOLIDAY HEALTH

ROASTED ZUCCHINI CHICKEN

INGREDIENTS
1 store bought roasted organic chicken

For zucchini pappardelle
3 medium zucchini
2 Tablespoons water or broth
Pinch of kosher salt
Pinch of ground pepper

For basil pesto
½ cup cashews
1½ cups fresh basil leaves
2 garlic cloves
2½ Tablespoons olive oil
A few Tablespoons of water
Pinch of salt

Zucchini pappardelle
1. Using a vegetable peeler, shave zucchini lengthwise into thin, wide "noodles".
2. Set on paper towel to drain, removing center piece if it is very seedy.
3. Meanwhile, heat broth or water in a medium sauté pan over medium heat to a soft simmer.
4. Add zucchini noodles and cook 2 minutes until tender, but slightly al dente. Season with salt and pepper. Toss with basil pesto and serve immediately.

Basil pesto
1. Combine cashews, basil, and garlic in a food processor and pulse until very finely chopped.
2. Add olive oil, 1 Tablespoon at a time, and continue to pulse until combined. Mixture will likely be thick; thin with water, 1 Tablespoon at a time. Season with a pinch of salt.

Serve with pieces of roasted chicken.

Vegetarian Adaptation:
Roasted Zucchini Noodles with Lentils
Replace chicken with 3 cups cooked lentils, warmed and add 2 diced tomatoes

HOLIDAY HEALTH

FENNEL BALSAMIC SHRIMP

INGREDIENTS
2 Tablespoons coconut oil
1 pound jumbo shrimp, peeled and deveined or 3 cups cooked diced chicken
2 cups thinly sliced fennel bulb (about 1 medium bulb)
1 cup grape tomatoes, halved
1/2 cup thinly sliced red onion
1(9-ounce) package fresh baby spinach
2Tablespoons finely chopped onion or shallots
3 Tablespoons extra-virgin olive oil
1 Tablespoon balsamic vinegar
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

INSTRUCTIONS
1.Heat 2 Tablespoons coconut oil in a medium saute pan. Add the shrimp (or chicken) to pan, and cook 3 minutes, tossing often.
2. Combine 2 cups fennel, grape tomatoes, red onion, and baby spinach in a bowl.
3. Whisk the remaining ingredients together in a small bowl.
4. Add the shrimp and balsamic dressing to spinach mixture; toss well.

Vegetarian Adaptation:

<u>White Beans with Fennel and olives</u>
INGREDIENTS
2 Tablespoons olive oil
1/2 cup finely diced shallots
2 cans organic white beans, drained and rinsed2 cups thinly sliced fennel bulb (about 1 medium bulb)
1 cup grape tomatoes, halved
1 (9-ounce) package fresh baby spinach
¼ cup green olives, sliced
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
¼ cup chopped parsley
juice of 1 lemon

INSTRUCTIONS
1. Heat olive oil in a skillet over medium heat. Add shallots and fennel. Saute 2 minutes.
2. Add beans, tomatoes and spinach. Cook for 3 minutes.
4. Add olive, salt, pepper, parsley and lemon juice. Stir to combine.

EASY AS WHITE CHICKEN CHILI

INGREDIENTS
6 cups chicken broth
4 cups cooked shredded chicken
2 (15-oz) cans Great Northern beans, drained
2 cups salsa verde (store-bought or homemade)
2 teaspoons ground cumin
optional toppings: diced avocado, chopped fresh parsley or cilantro, chopped green onions, or corn tortilla chips

INSTRUCTIONS

1. Add chicken broth, shredded chicken, beans, salsa and cumin to a medium saucepan, and stir to combine. Heat over medium-high heat until boiling, then cover and reduce heat to medium-low and simmer for at least 5 minutes.

Serve warm with desired toppings.

Vegetarian Adaptation:

Easy As Quinoa Black Bean Chili
INGREDIENTS
1 Tablespoon olive oil
6 ounces mushrooms, diced
6 cups vegetable broth
2 cans black beans, drained and rinsed
3 cups cooked quinoa
2 cups salsa verde
2 teaspoons ground cumin
optional toppings: *same as classic*

Instructions
Heat oil in a dutch oven over medium heat and add garlic and mushrooms. Cook for 5 minutes
Add remaining ingredients. Heat over medium heat until boiling, then cover and reduce heat to a medium-low simmer for at least 5 minutes.

HOLIDAY HEALTH

TACO SALAD BOWL

INGREDIENTS

1Tablespoon extra virgin olive oil
1 small yellow onion, chopped
2pounds lean ground turkey
4 garlic cloves, minced
1/4 cup tomato paste
2 teaspoons Italian seasoning
1 Tablespoon ground cumin
2 teaspoons paprika
1 teaspoon kosher salt
1/2 teaspoon black pepper
4 cups romaine lettuce, finely chopped
2 carrots, grated
2 medium tomatoes, cut into small dice
1 medium avocado, sliced
1 Tablespoon olive oil
1 lemon or lime, juiced

INSTRUCTIONS

1.Heat a large, non-stick saute pan over medium-high heat and add oil. Once oil is hot, add onion and saute until soft and translucent, 2-3 minutes.
2.Add in turkey meat, garlic, tomato paste, Italian seasoning, cumin, paprika, salt, and black pepper - stir to combine. Saute over medium heat until meat is browned and cooked through (no longer pink), 7-10 minutes.
3.Toss lettuce, grated carrot, tomatoes, and avocado with oil and lemon juice. Divide among four serving bowls.
4. Top salad mixture with the taco meat.

Vegetarian Adaptation:
Replace 2 lbs. ground turkey with 6 cups cooked lentils
*should note that taco “meat” serves 8 in both recipes. Salad serves 4.

HOLIDAY HEALTH

CITRUS ALMOND CHICKEN

INGREDIENTS

1 store bought roasted organic chicken
1/3 cup finely chopped almonds
1orange, juiced (to yield 1/4 cup)
2Tablespoons finely chopped red onion
2 Tablespoons finely chopped fresh mint
1 Tablespoon extra-virgin olive oil
1/2 teaspoon fine sea salt, divided
1/2 teaspoon freshly ground black pepper, divided

INSTRUCTIONS

1. Combine first 6 ingredients in a small bowl; stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.
2. Cut roasted chicken into pieces and top with almond/citrus mixture.

NOTE: This is a great meal to serve with cauliflower rice.

Vegetarian Adaptation:
Citrus Almond Quinoa
Omit chicken
Add 3 cups cooked quinoa and 2 cups shelled steamed edamame

HOLIDAY HEALTH

VEGAN SOUTHWEST SLOPPY JOES

INGREDIENTS

2 Tablespoons coconut oil
8 ounces white or brown mushrooms, cleaned and chopped finely
¾ medium yellow onion, chopped
2 medium carrots, peeled and shredded, about 1 cup
1 15 ounce can black beans, drained and rinsed
4 garlic cloves, minced or pressed
1 Tablespoon dried oregano
2 teaspoons ground cumin
1/2 teaspoons kosher salt
1 teaspoon black pepper
1 cup organic tomato paste
3/4 cup water
¼ bunch cilantro, roughly chopped
optional: 1 Tablespoon pure maple syrup
1 head Bibb or butter lettuce, 8 whole leaves intact

INSTRUCTIONS

1.Heat a large non-stick sauté pan over medium/high heat; add in oil, and once hot, add mushrooms, onion and shredded carrots. Stir vegetables with a sprinkle of salt and sweat until soft and translucent, 2-3 minutes.

2.Add in black beans, garlic, oregano, cumin, and salt & pepper Sauté over medium heat until cooked through, 7-10 minutes.

3.In a small bowl combine tomato paste and water, stir with a fork. Reduce heat to low/medium and add tomato paste and water - stir to combine. Simmer for an additional 5 minutes.

4.Stir in cilantro and maple syrup (optional) to the sauté pan. Fill each lettuce leaf with prepared vegetable sloppy joe filling.

HOLIDAY HEALTH

FARMER'S SOUP

INGREDIENTS

2Tablespoons coconut oil or grapeseed oil
1 small yellow onion, cut into small dice
3carrots, peeled and cut into small dice
2 parsnips, peeled and cut into small dice
2 ribs celery, chopped
1 red bell pepper, seeded and diced
4 cloves of garlic, minced or pressed
4 cups low sodium vegetable broth
2 cups water
1 Tablespoon dried oregano
½ teaspoon kosher salt
½ teaspoon black pepper
1 bunch of kale, stems removed, cut into bite size pieces or shreds (4 cups)
2 cans low sodium, organic kidney beans, drained and rinsed

INSTRUCTIONS

1.Heat a large soup pot over medium heat and add oil. Once oil is hot, add in the onion, carrots, parsnips, celery, bell pepper and garlic. Stir to combine and sweat the vegetables for 4-5 minutes.

2.Add in the broth, water, oregano, salt & pepper, kale, beans– stir to combine. Simmer over medium heat for 5-10 minutes and serve warm.

NOTE: Obviously you can add any vegetable you can't live without to this soup. I sometimes throw in sliced chicken sausage if I'm feeling protein needy.

Classic

Nutrition Information

Protein Breakfast Bowl				Serves: 4	
Serving Size: 1 prepared bowl with 1/2 avocado, 1 egg					
Calories	360	kcal	Fat	21	g
Protein	11	g	Saturated	3.5	g
Carbohydrate	32	g	Sugar	3	g
Sodium	220	mg	Calcium	4	%DV
Fiber	8	g	Iron	20	%DV
Cholesterol	215	mg			

Coconut Blueberry Smoothie				Serves: 2	
Serving Size: about 1 cup					
Calories	70	kcal	Fat	3.5	g
Protein	1	g	Saturated	2.5	g
Carbohydrate	11	g	Sugar	5	g
Sodium	20	mg	Calcium	0	%DV
Fiber	2	g	Iron	2	%DV
Cholesterol	0	mg			

Spicy Eggs and Avocado				Serves: 4	
Serving Size: 1/4 prepared dish (using 6 eggs)					
Calories	290	kcal	Fat	19	g
Protein	11	g	Saturated	3.5	g
Carbohydrate	17	g	Sugar	8	g
Sodium	410	mg	Calcium	6	%DV
Fiber	5	g	Iron	15	%DV
Cholesterol	325	mg			

Salsa Egg Cups				Serves: 4	
Serving Size: 2 cups					
Calories	160	kcal	Fat	9	g
Protein	12	g	Saturated	3	g
Carbohydrate	6	g	Sugar	2	g
Sodium	520	mg	Calcium	4	%DV
Fiber	2	g	Iron	8	%DV
Cholesterol	430	mg			

Grab n Go Muffins				Serves: 12	
Serving Size: 1 muffin					
Calories	120	kcal	Fat	3.5	g
Protein	4	g	Saturated	0.5	g
Carbohydrate	19	g	Sugar	6	g
Sodium	170	mg	Calcium	4	%DV
Fiber	3	g	Iron	6	%DV
Cholesterol	35	mg			

Paleo Cakes					Serves: 4
Serving Size: 2 cakes					
Calories	220	kcal	Fat	8	g
Protein	11	g	Saturated	3.5	g
Carbohydrate	27	g	Sugar	11	g
Sodium	260	mg	Calcium	4	%DV
Fiber	6	g	Iron	8	%DV
Cholesterol	325	mg			

Ultimate Breakfast Bar					Serves: 9
Serving Size: 1 bar					
Calories	270	kcal	Fat	13	g
Protein	7	g	Saturated	2	g
Carbohydrate	36	g	Sugar	19	g
Sodium	0	mg	Calcium	4	%DV
Fiber	5	g	Iron	10	%DV
Cholesterol	0	mg			

Sweet Potato Chili					Serves: 4
Serving Size: About 1 1/2 cups					
Calories	300	kcal	Fat	7	g
Protein	12	g	Saturated	1	g
Carbohydrate	46	g	Sugar	9	g
Sodium	440	mg	Calcium	15	%DV
Fiber	12	g	Iron	20	%DV
Cholesterol	0	mg			

Hummus Bottom Salad					Serves: 4
Serving Size:1/4 prepared salad, dressed with 3 ounces chicken					
Calories	470	kcal	Fat	31	g
Protein	25	g	Saturated	3	g
Carbohydrate	19	g	Sugar	6	g
Sodium	620	mg	Calcium	4	%DV
Fiber	6	g	Iron	10	%DV
Cholesterol	50	mg			

Mediterranean Bowl					Serves: 4
Serving Size: 1/4 salad with 1/2 orange, 1 egg					
Calories	450	kcal	Fat	17	g
Protein	20	g	Saturated	3	g
Carbohydrate	54	g	Sugar	14	g
Sodium	700	mg	Calcium	15	%DV
Fiber	11	g	Iron	20	%DV
Cholesterol	215	mg			

Ploughmans Lunch	Serves: 4
Serving Size:1/4 prepared items (includes 1.5 eggs)	

Calories	250	kcal	Fat	7	g
Protein	23	g	Saturated	2.5	g
Carbohydrate	22	g	Sugar	14	g
Sodium	540	mg	Calcium	8	%DV
Fiber	4	g	Iron	10	%DV
Cholesterol	345	mg			

Roasted Red Pepper Soup				**Serves: 4**	
Serving Size: 1/2 cup					
Calories	120	kcal	Fat	8	g
Protein	3	g	Saturated	1	g
Carbohydrate	10	g	Sugar	5	g
Sodium	410	mg	Calcium	2	%DV
Fiber	3	g	Iron	4	%DV
Cholesterol	5	mg			

Lemon Parsley Chicken				**Serves: 4**	
Serving Size:4 ounces chicken and 1/4 vegetable					
Calories	230	kcal	Fat	12	g
Protein	26	g	Saturated	1.5	g
Carbohydrate	2	g	Sugar	1	g
Sodium	510	mg	Calcium	0	%DV
Fiber	0	g	Iron	4	%DV
Cholesterol	65	mg			

Winter Soup				**Serves: 4**	
Serving Size: about 2 cups					
Calories	470	kcal	Fat	9	g
Protein	18	g	Saturated	1	g
Carbohydrate	78	g	Sugar	29	g
Sodium	850	mg	Calcium	25	%DV
Fiber	18	g	Iron	30	%DV
Cholesterol	0	mg			

Roasted Zucchini Chicken				**Serves: 4**	
Serving Size: about 5 ounces chicken meat with 1/4 zucchini noodles					
Calories	350	kcal	Fat	19	g
Protein	37	g	Saturated	2.5	g
Carbohydrate	10	g	Sugar	4	g
Sodium	400	mg	Calcium	4	%DV
Fiber	2	g	Iron	15	%DV
Cholesterol	80	mg			

Fennel Balsamic Shimp				**Serves: 4**	
Serving Size: 4 ounces shrimp with 1/4 vegetables					
Calories	280	kcal	Fat	19	g
Protein	18	g	Saturated	7	g
Carbohydrate	9	g	Sugar	3	g

Sodium	790	mg	Calcium	15	%DV
Fiber	4	g	Iron	15	%DV
Cholesterol	145	mg			

White Chicken Chili				**Serves: 4**	
Serving Size: 1/4 prepared chili					
Calories	290	kcal	Fat	2.5	g
Protein	32	g	Saturated	0	g
Carbohydrate	33	g	Sugar	2	g
Sodium	610	mg	Calcium	6	%DV
Fiber	9	g	Iron	20	%DV
Cholesterol	5	mg			

Taco Salad Bowl				**Serves: 8,4**	
Serving Size: 1/8 taco meat, 1/4 prepared salad ingredients					
Calories	310	kcal	Fat	18	g
Protein	26	g	Saturated	2.5	g
Carbohydrate	14	g	Sugar	6	g
Sodium	400	mg	Calcium	4	%DV
Fiber	5	g	Iron	15	%DV
Cholesterol	60	mg			

Citrus Almond Chicken				**Serves: 4**	
Serving Size: 1/4 prepared salad					
Calories	250	kcal	Fat	10	g
Protein	35	g	Saturated	1	g
Carbohydrate	4	g	Sugar	2	g
Sodium	380	mg	Calcium	2	%DV
Fiber	1	g	Iron	8	%DV
Cholesterol	80	mg			

Vegan Sloppy Joes				**Serves: 4**	
Serving Size:2 prepared lettuce wraps					
Calories	240	kcal	Fat	7	g
Protein	11	g	Saturated	6	g
Carbohydrate	37	g	Sugar	15	g
Sodium	370	mg	Calcium	10	%DV
Fiber	10	g	Iron	25	%DV
Cholesterol	0	mg			

Farmers Soup				**Serves: 4**	
Serving Size: about 2 cups					
Calories	310	kcal	Fat	7	g
Protein	15	g	Saturated	6	g
Carbohydrate	49	g	Sugar	12	g
Sodium	510	mg	Calcium	15	%DV
Fiber	21	g	Iron	20	%DV
Cholesterol	0	mg			