



EAT WHEN TIME IS
RIGHT WHEN TIGHT





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Banana Oatmeal Choco-Chip Pancakes



Loaded with lots of banana flavor, nutty oats, and gooey chocolate chips; these hearty pancakes are just as healthy as they are indulgent!

INGREDIENTS

- › 2 medium bananas
- › 1 large egg
- › 1 tbsp veggie oil
- › 1.5 cups buttermilk
- › 1.5 cups whole wheat flour
- › 1/2 cups quick oats
- › 1 tbsp coconut sugar
- › 2 tsp baking powder
- › 1/2 tsp baking soda
- › 3/4 cup chocolate chips

INSTRUCTIONS

1. In a large bowl, whisk mashed bananas, egg, oil, and buttermilk until smooth. In a separate large bowl, combine flour, oats, sugar, baking powder, baking soda, and salt. Gently fold dry mixture into liquid until just combined. Fold in chocolate chips.
2. Cook pancakes by 1/4 cupfuls 1-1/2 to 2 minutes on each side in a nonstick skillet over medium-high heat. Serve pancakes warm with maple syrup.

Breakfast Burrito



Start your day with an easy homemade breakfast burrito with bacon, egg, cheese and heart healthy veggies!

INGREDIENTS

- › 6 eggs
- › 1/2 cup milk
- › 1/2 cup green pepper
- › 1/2 cup red pepper
- › 1/2 cup yellow onion
- › 4 large tortillas
- › 1 cup shredded cheese
- › 6 slices turkey bacon

INSTRUCTIONS

1. In a medium bowl, whisk the eggs and milk until well beaten. Stir in the peppers and onion. Cook and scramble the eggs until fully cooked as you normally would.
2. Place tortilla on a greased pan and sprinkle cheese over n top. Remove from pan and top with bacon and eggs.
3. Fold the bottom edge of the wrap up, the sides inward and then roll it tightly to enclose all of the fillings. Enjoy!

Cheddar Garlic Grits with Fried Eggs



You won't miss the meat in this easy, ten minute vegetarian dinner that's perfect for those Meatless Mondays!

INGREDIENTS

- › 2 cups water
- › 1/2 cup quick cooking grits
- › 1 clove garlic, grated
- › 1/4 cup grated cheese
- › 1 tbsp chopped chives
- › 4 large eggs
- › salt and pepper to taste

INSTRUCTIONS

1. In a small saucepan over high heat, bring the water to a rolling boil. Reduce heat, stir in the grits and garlic, and cover. Continue cooking and stirring often for 5-7 minutes or until the grits have thickened. Remove from heat and add in cheddar and chives set aside.
2. Cook eggs in pan to your satisfaction without breaking the yolk.
3. Pour the grits into two shallow bowls. Top each bowl with two eggs and more salt and pepper. Serve immediately.

Chocolate Blueberry Milkshake



This delicious shake is perfect to satisfy those morning cravings while also taking care of your healthy - did I mention this shake detoxes your body?

INGREDIENTS

- › 1 packet chocolate powder
- Carnation Breakfast Essentials
- › 1.5 cups non-fat milk
- › 1 cup frozen blueberries
- › 1 scoop protein powder*
- Chocolate Shakeology

INSTRUCTIONS

1. Combine ingredients into a blender. Blend until smooth, add more ice cubes for a thicker shake.
2. Pour in a glass and garnish with blueberries. Serve and enjoy!

* Optional for muscle recovery.

Peach Cobbler Oatmeal



Peach cobbler oatmeal is an easy and delicious breakfast! Fresh peaches, cinnamon, nutmeg and brown sugar create a breakfast that everyone will love!

INGREDIENTS

- › 3.5 cups water
- › pinch salt
- › 2.5 cups rolled oats
- › 2 1/4 tsp cinnamon
- › pinch of nutmeg
- › 2 large peaches
- › 3-4 tbsp brown sugar
- › 1/4 cup chopped pecans

INSTRUCTIONS

1. In a large saucepan over medium heat, add water and salt. Bring to a boil. Add oats, cinnamon and nutmeg and stir to combine.
2. Cook for 4 minutes, or until oatmeal thickens. Add peaches and brown sugar and cook one additional minute.
3. Serve immediately and garnish with pecans, if desired.



Peanut Butter Banana Greek Yogurt Pancakes

Naturally gluten free, these whole grain peanut butter banana pancakes are filled with protein-rich Greek yogurt to give you lasting energy!

INGREDIENTS

- › 1 banana
- › 1 egg
- › 1/2 cup plain greek yogurt
- › 1/3 cup oats
- › 2 tbsp peanut butter
- › 1 tsp baking powder
- › 1 tsp vanilla
- › 1 tsp cinnamon
- › 1/2 tsp nutmeg

INSTRUCTIONS

1. Place all ingredients in a blender and pulse until smooth.
2. Heat a non-stick skillet over medium heat and spray with cooking spray. Pour batter on a heated skillet, about 1/4 cup at a time, and cook until bubbles begin to form.
3. Flip pancakes and brown on second side. Continue until all batter is gone.
4. Serve with banana slices and maple syrup.



Almond Joy Oatmeal

Sweet coconut and crunchy almonds, with just a hint of creamy chocolate. All swirled together in a deliciously warm and satisfying bowl of oatmeal!

INGREDIENTS

- › 1.5 cups non-fat milk
- › 1.5 cups water
- › 2.5 cups quick oats
- › 3/4 cup coconut
- › 1/2 cup sliced almonds
- › 3/4 tbsp brown sugar
- › 1 tsp almond extract
- › 1 tbsp choco-chips

INSTRUCTIONS

1. Bring milk and water to a boil in a saucepan; reduce heat once boiling.
2. Add oats to boiling milk and water; mix well. Add in all other ingredients (besides the chocolate chips). Cook for 1-2 minutes or until oats are thickened to your liking.
3. Serve with about 1/2 tsp chocolate chips sprinkled on each serving.

Tropical Fruit Parfait



Tropical Fruit Yogurt Parfait is an easy and healthy breakfast that the entire family will love! Made with yogurt, agave, lime, coconut and tropical fruits!

INGREDIENTS

- › 3 cups greek yogurt
- › 3 tbsp agave syrup
- or honey
- › Juice from one lime
- › 1 cup diced mango
- › 2 medium bananas
- › 3/4 cup diced kiwi
- › 1 cup diced pineapple
- › 1/3 cup toasted coconut

INSTRUCTIONS

1. Combine the yogurt, agave and lime juice in a small bowl. Whisk to blend.
2. Using four 16oz glasses, layer the mixture, fruit and toasted coconut, dividing evenly among the glasses. Serve immediately.

Egg In a Hole with a Basil Pesto Sauce



The perfect healthy breakfast recipe that will keep you smiling all morning, Egg in a Bell Pepper Hole topped with Homemade Basil Pesto.

INGREDIENTS

- › 12 eggs
- › 1 red pepper
 - sliced whole in ¼" circles
- › 1 yellow pepper
 - sliced whole in ¼" circles
- › Basil Pesto

INSTRUCTIONS

1. Heat a large non-stick skillet to medium heat.
2. Add 1 tablespoon of olive oil to pan. Next add pepper rings. Saute for 1 minute.
3. Crack one egg in each pepper ring, cover pan.
4. Saute eggs for 2-3 minutes, for over easy.
5. Serve with Basil Pesto.

Butternut Squash Rice Bowl



This recipe makes one delicious, super hearty serving for one, and of course is easily multiplied with the right math skills and an extra bowl or two!

INGREDIENTS

- › 1 cup veggie stock
- › 1.5 cups butternut squash soup
- › 1/4 tsp salt
- › 1/4 tsp soy sauce
- › 1 strand thick rice noodles
- › 1 scallion
- › 1/2 tsp toasted sesame oil
- › 1 handful fresh spinach
- › black sesame seeds for garnish

INSTRUCTIONS

1. Heat soup and broth in a medium pot, mixing well. Add salt and soy sauce, bring to a boil.
2. Slice scallions and spinach; break rice noodles in half and place in medium serving bowls.
3. Pour broth on top of the noodles. Cover immediately with a plate and let stand for about 6 minutes.
4. Sprinkle scallions, spinach and seeds on top. Pour a little sesame oil into bowl and serve.

Crunchy Asian Ramen Salad



It's still the same easy and crunchy salad that everyone loves, but made with natural sweetener and some tasty fresh ingredients!

INGREDIENTS

- › 16oz coleslaw mix
- › 2 packages ramen noodles
- NO seasoning
- › 1 cup edamame
- shelled and cooked
- › 1 diced avocado
- › 1 diced mango
- › 1/2 cup sliced almonds
- › 1/2 cup sliced scallions
- › asian honey vinaigrette*

INSTRUCTIONS

1. Heat oven to 425. Spread crumbled ramen noodles and almonds on baking sheet. Bake for 5 minutes or until golden; mix together and bake for an additional 3 minutes. Set aside.
2. Combine all ingredients together in a large bowl; toss until combined. Pour dressing over mixture and mix until evenly coated.
3. Serve immediately or refrigerate for up to 3 days (longer this dish sits, the less crunchy).

* Asian Honey Vinaigrette: 2/3 cup veggie oil, 1/3 cup honey, 1/3 cup rice wine vinegar, 2 tsp soy sauce, 1/4 tsp sesame oil, pinch salt & pepper.

Spicy Quinoa & Veggies



The perfect healthy lunch recipe that will keep rev up your metabolism and keep you satisfied throughout your day. Enjoy a fuller meal with added tuna!

INGREDIENTS

- › 1/2 cup quinoa
- › 2 tbsp chopped bell pepper
- › 1/4 cup chick peas
- › 1 tbsp chopped parsley
- › 1 tbsp olive oil
- › 1 tsp lemon juice
- › pinch salt and pepper
- › 1/2 can tuna (optional)

INSTRUCTIONS

1. Prepare quinoa as directed on packaging.
2. In a medium bowl, fluff and combine quinoa and all other ingredients.
3. Serve immediately.

Chicken Avocado Burrito



These burritos are very easy to make and can be prepared ahead of time! They are such a fantastic way to have meals on hand and they can be prepared in minutes!

INGREDIENTS

- › 2 cup shredded chicken
- › 1/2 cup mexican cheese
- › 1 avocado, diced
- › 2 tbsp cilantro, chopped
- › 4 large tortillas
- › 1 tbsp oil

INSTRUCTIONS

1. Mix the shredded chicken, cheese, cilantro, and the diced avocados. Lay a tortilla flat on a plate and add $\frac{1}{4}$ of the mixture, form a roll. repeat the process for all 4 tortillas.
2. Pour 1 tbsp oil into a heated pan. Place all 4 tortillas on the pan and cook for 2 minutes on medium- high heat. Flip on the other side and cook for another minutes or until the burritos are golden in color. Serve warm.

Caprese Quesadilla



Turn your love for caprese and your love for quesadillas into a super quick and healthy lunch with only 5 easy ingredients! Can you beat that??

INGREDIENTS

- › 2 whole wheat tortillas
- › 1 cup grape tomatoes
- › 2 tbsp mozzarella, sliced
- › 1 handful basil
- › 2 tsp balsamic glaze

INSTRUCTIONS

1. Add 1/2 tsp oil to skillet over medium-heat.
2. Lay out tortilla on flat surface. Add grape tomato slices, mozzarella and basil on one side of the tortilla.
3. Fold over tortilla and add to skillet. Cook each quesadilla for 2 minutes on each side.
4. Slice each quesadilla into 3 slices and enjoy!

Avocado Turkey Wrap



Any type of wrap can turn into a super quick and healthy lunch with only a few fresh ingredients! This recipe is a fan favorite that even the kids will enjoy!

INGREDIENTS

- › 1 whole wheat tortilla
- › 1 tsp garlic & herb cheese
- laughing cow spread
- › 1/2 cup fresh spinach
- › 4 slices turkey
- › 2 slices provolone cheese
- › 1/4 sliced avocado
- › 4 strips red bell pepper

INSTRUCTIONS

1. Spread garlic and herb cheese spread onto tortilla. Layer spinach, turkey, cheese, avocado and pepper onto tortilla.
2. Roll up tortilla to form your wrap; cut into sections if desired. Serve and enjoy.

White Bean & Salmon Salad



This simple, attractive salad uses salmon for an extra nutritional punch. It makes for a perfect light lunch or even a healthy side dish!

INGREDIENTS

- › 30oz cannellini beans
- › 3.75oz pink or red salmon
- › 1/4 cup Parmesan cheese
- › 1/2 tsp minced garlic
- › 1/4 cup minced red onion
- › 1/4 cup basil leaves
- › Dressing: 3 tbsp vinegar or lemon juice; 1/4 cup olive oil; 1/4 tsp sea salt; 1/8 tsp pepper

INSTRUCTIONS

1. Drain and rinse the cannellini beans and place in a medium-sized mixing bowl. Flake the canned salmon on top of the beans and add the Parmesan, minced garlic, and basil leaves.
2. Whisk together the dressing ingredients, pour over the bean mixture, and toss gently to combine. Serve at room temperature or slightly chilled.

Tomato Salad Stuffed Avocados



This dish is so pretty and looks like you spent hours cooking. You'll be the only one who knows how simple it is to make this delicious meal!

INGREDIENTS

- › 2 small tomatoes
- › 2/3 cup feta cheese
- › 1/3 cup red onion
- › 2 tbsp minced parsley
- › 2 tbsp olive oil
- › 1 tbsp red wine vinegar
- › 1/4 tsp oregano
- › 1/8 tsp salt and pepper
- › 2 medium ripe avocados

INSTRUCTIONS

1. In a small bowl, combine the first nine ingredients. Spoon into avocado halves. Serve immediately.

BLT Grilled Cheese



A new take on a familiar favorite pairs grilled cheese with a BLT for a luscious veggie-packed sandwich that feels like an indulgence.

INGREDIENTS

- › 1 cup red onion
- › 1 garlic clove, minced
- › 1 cup white cheddar cheese
- › 8 slices whole wheat bread
- › 2 cups fresh spinach leaves
- › 8 slices tomato
- › 6 slices turkey bacon

INSTRUCTIONS

1. Cook onion and garlic in a pan for 10 minutes or until tender.
2. Sprinkle cheese over 4 slices of bread and top with spinach, tomato, onion mixture, and turkey bacon. Sprinkle each with more cheese and top with a remaining slice of bread.
3. Heat skillet over medium heat and coat with cooking spray. Place sandwiches in pan, and cook for 3 minutes on each side or until golden brown and cheese melts. Serve immediately!

Caprese Grilled Cheese



A combination of cultures pairs the italian tradition of the caprese salad with the american favorite of the grilled cheese!

INGREDIENTS

- › 1 cup mozzarella cheese
- › 8 slices whole wheat bread
- › 2 cups fresh spinach leaves
- › 8 slices tomato
- › 1/4 cup fresh basil

INSTRUCTIONS

1. Sprinkle cheese over 4 slices of bread and top with tomato, spinach and basil. Top with a remaining slice of bread.
2. Heat skillet over medium heat and coat with cooking spray. Place sandwiches in pan, and cook for 3 minutes on each side or until golden brown and cheese melts. Serve immediately!



Grilled Portobello Sandwich

Turn an elegant meal into a fast and healthy lunch! This grilled portobello sandwich is sure to kick it up a notch and satisfy your taste buds!

INGREDIENTS

- › 2 cloves garlic, minced
- › 6 tbsp olive oil
- › 1/2 tsp thyme
- › 2 tbsp balsamic vinegar
- › 4 large portobellos
- › 4 hamburger buns
- › 1 tbsp capers
- › 1/4 cup mayo
- › 1 large tomato
- › 4 leaves lettuce

INSTRUCTIONS

1. Turn on broiler. In a medium bowl, mix garlic, olive oil, thyme, vinegar, salt and pepper.
2. Put the mushrooms, bottom side up, in a shallow pan. Brush with 1/2 of the dressing and place under broiler for 4 minutes. Turn and brush with remaining dressing; boil for another 3 minutes.
3. Toast the buns lightly. In a bowl, mix capers and mayo. Spread mixture on the buns; top with mushrooms, tomato and lettuce.

Tuna Lettuce Wraps



Enjoy a heart healthy meal that is packed with tuna to keep you full throughout your day. This yummy recipe is quick, delicious and mighty nutritious!

INGREDIENTS

- › 1 can tuna, drained
- › 1 tbsp sweet relish
- › 1 tbsp miracle whip
- › 1 tsp dijon mustard
- › 1/2 tsp lemon juice
- › 1/2 avocado, diced
- › 16 cherry tomatoes, diced
- › dash pepper
- › lettuce or lettuce leaves

INSTRUCTIONS

1. Mix tuna, relish, miracle whip, dijon and lemon juice in a bowl until well combined.
2. Place tuna mixture on a lettuce leaf and top with chopped avocado, tomato and pepper.
3. Serve and enjoy!

Egg Stuffed Sweet Potato



This dish is so satisfying and filling, despite being uber good for you, you will think it is an indulgence!

INGREDIENTS

- › 1 large sweet potato
- › 1 large egg
- › dash salt & pepper
- › 1 tbsp cilantro
- › 1/4 avocado
- › 2 tbsp plain greek yogurt
- › 2 tbsp medium salsa

INSTRUCTIONS

1. Bake potato in microwave as you normally would. Meanwhile, beat your eggs with a little salt and pepper.
2. When potato is cooked, cut a long slice down the middle and scoop out inner potato into a small bowl and mash. Add the sweet potato mash to your eggs and mix well.
3. Heat a small pan and scramble your egg & potato mixture. Put scrambled egg mixture into the sweet potato skin and top with avocado, salsa and greek yogurt. Enjoy!

Oven Baked Tostadas



Quick and satisfying meal with only 5 ingredients!

INGREDIENTS

- › 2 large tortillas
- › 1 tsp olive oil
- › dash salt
- › 1 cup refried beans
- › 1/4 cup shredded cheese
- › favorite toppings

INSTRUCTIONS

1. Preheat oven to 400. Place tortillas on a foil lined cookie sheet, brush lightly with olive oil and sprinkle with a pinch of salt. Bake for 4 minutes per side.
2. Spread refried beans, cheese and your favorite toppings (lettuce, tomatoes, salsa, sour cream, olives, onions etc. Serve and enjoy!



Mangoberry Salad

With the addition of fresh fruit and yogurt dressing, this salad tastes more like a sweet treat! It is really simple to throw together and all ingredients are FRESH!

INGREDIENTS

- › 1 bag spring mix salad
 - › 2 mangoes, peeled & cubed
 - › 1 cup blueberries
 - › 2 cups diced strawberries
 - › 1/2 cup sliced almonds
- › **DRESSING:** 8oz vanilla greek yogurt, 1 tbsp lemon juice, 1 mango, 1 tsp honey & pinch of salt.

INSTRUCTIONS

1. In a large bowl, toss spring mix, mangoes, blueberries and strawberries. Top with sliced almonds.
2. To make the dressing, combine yogurt, lemon juice, mango, honey and salt into a blender. Blend until smooth and pour over salad.

Tomato Cucumber Salad



Refresh your tastebuds with one of my absolute favorite dishes, the Tomato Cucumber Salad! This dish is simple to whip up and completely satisfying!

INGREDIENTS

- › 1 cup tomatoes, diced
- › 1 cup cucumbers, diced
- › 1 tsp garlic, minced
- › 1/4 cup red wine vinegar
- › dash oregano

INSTRUCTIONS

1. Mix vinegar, garlic and oregano in a medium sized bowl until combined. Add tomatoes and cucumbers and toss until coated.
2. Serve and enjoy!

Couscous Soup



In the mood for a hearty warm bowl of soup? Look no further - this recipe is sure to rev up your metabolism and satisfy your tastebuds!

INGREDIENTS

- › 3/4 cup veggie broth
- › pinch of red pepper flakes
- › 1/2 tbsp olive oil
- › 1/8 cup couscous
- › 1/4 cup broccoli
- › 1/4 cup cauliflower

INSTRUCTIONS

1. In a medium saucepan, combine veggie broth, red pepper flakes and olive oil. Heat and bring to a boil.
2. Stir in couscous, broccoli and cauliflower. Cook until tender.
3. Serve topped with 1 oil-packed sun-dried tomatoes and 1 scallion if desired.

Fried Rice



This weeknight beauty is loaded with veggies and made extra yummy with a nice drizzle of sesame oil, soy sauce, gently scrambled eggs and a handful of herbs!

INGREDIENTS

- › 2 tbsp sesame oil
- › 2 cloves garlic, minced
- › 1 tbsp fresh ginger
- › 3 eggs
- › 4 cups brown rice
- › 1 cup frozen corn
- › 1-2 cups frozen peas
- › 1/2 tbsp rice vinegar
- › 2-3 tbsp soy sauce
- › fresh chives, basil & spinach

INSTRUCTIONS

1. Heat 1 tbsp oil in a large pan over medium heat. Add garlic and ginger and stir for one minute. Crack the eggs directly into the pan and gently push around until barely cooked, 1-2 minutes.
2. Add rice and stir, adding excess oil and turning the heat up to get a sizzle. Add corn, peas, rice vinegar and soy sauce and stir for another 1-2 minutes.
3. Remove from heat, stir in any additional add-ins (herbs) and serve!

Spicy Veggies



Spice up your dinner tonight with this spicy vegetable and okra combination that will leave your family staying at the table for seconds!

INGREDIENTS

- › 1/4 can black beans
- drained and rinsed
- › 1/4 can diced tomatoes
- drained
- › 1/2 zucchini, diced
- › 1/4 cup okra, diced
- › hot sauce
- › pinch of salt

INSTRUCTIONS

1. In a large skillet, combine black beans, tomatoes, zucchini and okra.
2. Cook 5-8 minutes or until cooked through; stir in hot sauce of choice and salt to taste.

Portabello Burger



Enjoy a refreshing, satisfying and light entree of a portabello burger in a balsamic glaze vinaigrette.

INGREDIENTS

- › 1 clove garlic, minced
- › 1/2 tbsp balsamic vinegar
- › 1 tbsp olive oil
- › 1/2 tsp fresh basil
- › 1 portobello mushroom
- › 1/2 tbsp light mayo
- › 1 whole-wheat bun
- › 1 tomato slice
- › 1 lettuce leaf

INSTRUCTIONS

1. Preheat grill.
2. Whisk together garlic, balsamic, olive oil and basil. Drizzle half of the sauce over mushroom cap and grill for 3-4 minutes per side, covered.
3. Meanwhile, combine remaining sauce with mayo and spread on lightly toasted bun.
4. Place the mushroom cap, tomato slice and lettuce leaf on the bun. Serve and enjoy.

Poached Egg & Salmon



Packed with flavor and protein, I bet this will soon be a regular feature on your lunch and dinner menu!

INGREDIENTS

- › 2 pieces of salmon, tinned
- › 2 slices Turkish bread
- › 2 eggs
- › pinch salt & pepper
- › 4 stems of asparagus

INSTRUCTIONS

1. Place tinned salmon on top of a slice of Turkish bread.
2. Poach an egg in the microwave and lay it over the salmon. Season with salt and pepper.
3. Serve with asparagus for extra flavor!

Zucchini Pasta



Get out your spiralizer to enjoy the freshest flavors summer has to offer – zucchini, ripe tomatoes, and rich basil pesto make for a healthy and light dinner treat!

INGREDIENTS

- › 2 large zucchinis
- › 2 cups fresh basil
- › 1/4 cup raw cashews
- › 2-3 garlic cloves
- › 1/4 cup + 2 tbsp nutritional yeast
- › 1/4 cup + 3 tbsp olive oil
- › 2 tbsp lemon juice
- › 1/3 tsp sea salt
- › 1/2 tsp pepper
- › pinch of nutmeg

INSTRUCTIONS

1. In a food processor, add garlic cloves, 3 tbsp olive oil, pepper and cashews. Process until smooth.
2. Add nutritional yeast and salt and process to combine; Add basil and 1/4 cup olive oil and process to combine; Add lemon juice and all other ingredients and process until combined. Set pesto aside.
3. Chop about 1/2" off both ends of zucchini and spiralize. Add noodles to a large bowl and mix in the pesto until well-coated. Serve and enjoy!



Spicy Cilantro Shrimp

This delicious Spicy Cilantro Shrimp with Honey Lime Dipping Sauce is fast, flavorful and is sure to be a new family favorite!

INGREDIENTS

- › 1 tsp paprika
- › 3/4 tsp salt
- › 1/2 tsp cumin
- › 1/8 tsp cayenne pepper
- › 1/8 tsp cinnamon
- › 1 lb large shrimp, peeled
- › 1 tbsp olive oil
- › 2 tbsp lime juice
- › 2 tbsp cilantro

INSTRUCTIONS

1. Combine paprika, salt, cumin, cayenne and cinnamon in a large bowl. Add shrimp and toss to coat in seasoning.
2. In a large skillet, heat oil on medium high and add shrimp. Cook for about 2 minutes on each side. Toss shrimp with lime juice and cilantro and serve with honey lime dipping sauce.

* Honey Lime Dipping Sauce: 1 cup sour cream, 1/3 cup cilantro, 2 tbsp lime juice, 1 tbsp honey, 1 1/2 tsp lime peel, 1/4 tsp salt. Mix ingredients and chill until ready to serve.

Low-Carb Chili



Do yourself a favor and don't be a chili snob – give this one a try and you might never go back to your old, labor intensive, chili recipe again!

INGREDIENTS

- › 1 lb ground beef (or turkey)
- › 1 tsp ground cumin
- › 1 tsp ground coriander
- › 1/2 tsp ground cayenne
- › 1/2 tsp garlic powder
- › 1/2 cup prepared salsa
- › salt and pepper to taste

INSTRUCTIONS

1. In a medium saucepan, combine ground beef and all of the spices. When the meat is cooked through, add your salsa. Simmer for 5 minutes
2. Optional garnishes: red onion, cilantro, avocado, lime, cheese, sour cream, corn, peppers.

BBQ Chicken Pizza



Who said pizza can't be healthy? Skip the grease and whip up your own version of this delicious BBQ Chicken Pizza! Feel free to substitute any healthy toppings!

INGREDIENTS

- › 2 soft pitas
- › 1/4 cup BBQ sauce
- › 2 tbsps red onion
- › 1/2 cup mozzarella cheese
- › 1/2 cup grilled chicken
 - Tyson's pre-cooked

INSTRUCTIONS

1. Microwave chicken until thawed and cut into small bite sized pieces.
2. Spread BBQ sauce on pitas and put half of the cheese on each. Add your onions and chicken to each pita and place on a medium microwaveable plate.
3. Microwave one pizza at a time for about 1 minute, or until cheese is melted. Using a pizza cutter, cut pita into 4 slices and serve!

Broccoli & Cheese Soup



*It's hard not to love broccoli. All its greenness just screams good for you.
And in soup form, it feels even more nurturing.*

INGREDIENTS

- › 2 cups water
- › 2 heads broccoli, chopped
- › 1 small parmesan rind
- › 1/4 cup parmesan cheese
- › 1 tbsp soy sauce
- › 1 tbsp lemon juice

INSTRUCTIONS

1. Bring water to a boil in medium saucepan. Add broccoli, parmesan rind and soy sauce, cover and simmer rapidly for about 6 minutes or until broccoli is tender.
2. Puree in the saucepan with a stick blender until smoothish. Taste and season with salt, pepper and lemon juice. Serve with extra parmesan sprinkled over top.



Black Bean & Rice

Every ingredient in this quick and easy rendition of classic black beans and rice came right from the pantry - in half the time!

INGREDIENTS

- › 2 tsp olive oil
- › 1 small onion
- › 1 clove garlic
- › 1 tsp ground cumin
- › 1 tsp ground chili powder
- › 2oz can roasted green chile peppers
- › 2 cups cooked brown rice
- › 1/4 cup red sofrito
- › 15oz can black beans

INSTRUCTIONS

1. In a large frying pan, heat oil over medium heat. Add onions and cook 2 minutes. Stir in garlic, cumin, chili powder and green chile peppers and cook for 2 minutes.
2. Add cooked rice to the pot, stir well to combine with onion mixture; cook, stirring, for 2-3 minutes until rice is warmed. Add sofrito and black beans, stir until incorporated.
3. Season with salt and pepper. Serve warm!

Tofu Stir Fry



You really CAN create a hearty & satisfying meal. And there's no need to worry about something being undercooked with these all plant-based ingredients!

INGREDIENTS

- › 1/4 cup onion
- › 1/4 cup mushrooms
- › 8oz tofu, bite sized pieces
- › 3 tsp nutritional yeast
- › 1 tsp liquid aminos
- › 4 cups baby spinach
- › 4-5 grape tomatoes
- › sriracha (or other hot sauce)

INSTRUCTIONS

1. Spray a skillet with cooking spray and heat on medium. Add onion and mushrooms and sauté until translucent and soft.
2. Add tofu to skillet and cook for 1-2 more minutes. Add nutritional yeast and liquid aminos to the pan. Stir until everything is well coated.
3. Add spinach and tomatoes. Cook for 3-4 minutes longer, until spinach is starting to wilt a tiny bit. Plate, top with sriracha and serve!

Pan Roasted Salmon



Creamy, buttery avocado, nutty shavings of Parmesan, and a bright, tangy dressing set the stage for a delicious piece of salmon.

INGREDIENTS

- › 4 salmon filets
- › pinch sea salt & pepper
- › 1/3 cup + 3 tbsp olive oil
- › 4 cups baby arugula
- › 2 tbsp fresh lemon juice
- › grated parmesan cheese
- › 1 ripe avocado, cubed

INSTRUCTIONS

1. Season salmon with salt and pepper. Heat 1/3 cup of oil in large skillet on medium. Add salmon filets and reduce heat. Cook, pressing down on the salmon, about 6 minutes.
2. Meanwhile, in a large bowl, combine arugula, lemon juice, remaining olive oil and avocado. Season with salt and pepper and toss in grated cheese. Separate into separate bowls.
3. Flip salmon and cook second side for about 1 more minute. Place salmon on top of salad in prepared bowls. Serve & enjoy!

Spicy Thai Fried Pork



The dressing for this dish fires on all cylinders with big bursts of hot, acidic, sweet, and savory elements all in balance.

INGREDIENTS

- › 1 small red onion
- › 2 scallions
- › 3 medium cloves garlic
- › 2 tbsp red pepper flakes
- › 1 small green thai chili
- › 1 tbsp brown sugar
- › 1 tbsp asian fish sauce
- › 1 tbsp lime juice
- › 1 roma tomato
- › 2 fried pork rinds
- › 1/2 cup mint & cilantro

INSTRUCTIONS

1. Place onions and scallions in a bowl, cover with cold water, add 6 ice cubes, and place in fridge until ready to use, at least 5 minutes.
2. Combine garlic, pepper flakes and Thai chilies and pound into a fine paste. Add sugar, fish sauce and lime juice; pound until sugar is dissolved.
3. Combine tomatoes, bean sprouts, pork rinds, mint, cilantro and dressing in a large bowl; toss to combine. Drain onion mixture and add to bowl and toss. Serve immediately.

Italian-American Meatball Sandwich



The perfect meatball sandwich first needs perfect meatballs and great sauce. Once you have those two in place, the rest is a matter of construction and detail!

INGREDIENTS

- › 4 italian-style rolls
- › 1 tbsp olive oil
- › 1 medium clove garlic
- › 8 precooked meatballs
- › 2 cups tomato sauce
- › grated parmesan cheese
- › 1 lb fresh mozzarella, sliced

INSTRUCTIONS

1. Preheat oven to 350. Warm rolls for about 5 minutes. Slice off ends of each roll and cut in half lengthwise. Drizzle olive oil on inside of rolls and rub with garlic until fragrant.
2. Put bottom rolls on a baking sheet. Spoon a generous layer of tomato sauce onto each. Cut meatballs in half and place on rolls. Layer tomato sauce and parmesan on top.
3. Lay sliced mozzarella on top of meatballs. Bake until mozzarella is melted, about 4 minutes. Close sandwiches and serve immediately, enjoy!



Roasted Broccoli

This Parmesan Roasted Broccoli will satisfy your tastebuds and leave you wanting more! The roasted breadcrumbs are a perfect addition and keep you full!

INGREDIENTS

- › 2-3 crowns fresh broccoli
- › 2 tbsp olive oil
- › 2-3 tsp garlic powder
- › 1/3 cup panko bread crumbs
- › pinch sea salt & pepper
- › grated parmesan cheese

INSTRUCTIONS

1. Preheat oven to 425. Sprinkle Panko bread crumbs on a cookie sheet and toast for 2 minutes until lightly browned.
2. Cut broccoli into florets and put them in a gallon ziplock bag. Add olive oil, garlic powder, toasted bread crumbs, salt and pepper. Shake to coat.
3. Spread mixture on cookie sheet. Roast for 8 minutes or until broccoli is tender. Sprinkle with Parmesan and serve.



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