



# Mediterranean Recipe Bundle

THE MEDITERRANEAN WAY OF  
EATING HAS BEEN STUDIED FOR  
DECADES AND HAS BEEN  
PROVEN TO BE ONE OF THE  
HEALTHIEST DIETS.

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# Mediterranean Breakfast

KICKSTART YOUR DAY

# Apple Cinnamon Oatmeal



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 3 MINUTES

## INGREDIENTS

- 0.25 cup [22.5 g] Rolled Oats Gluten Free
- 0.5 cup [122.5 g] Almond Milk
- 0.5 tbsp, ground [3.25 g] Flaxseeds
- 0.5 tbsp [7 g] Chia Seed
- 1 apple Apples (*Chopped*)
- 0.25 tsp [0.57 g] Cinnamon
- 1 tbsp [16 g] Almond Butter
- 1 tbsp [7 g] Chopped Walnuts

## DIRECTIONS

1. Mix together oats, almond milk, flaxseeds, chia seeds, red apple, and cinnamon in a medium bowl. Microwave for 1-3 minutes (until oats are cooked to desired consistency).
2. Mix in almond butter and walnuts, enjoy warm!

## NUTRITION INFO

Calories : 394.75    Fat : 21.19 g    Carbs : 47.43 g    Protein : 10.58 g    Fiber : 11.48 g    Sugar : 20.61 g

# Eggs, Beans, & Greens



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 6 MINUTES

## INGREDIENTS

- 1 tsp [4.67 g] Avocado Oil
- 0.5 cup [125 g] Cannellini Beans (Canned)  
*(Drained and rinsed)*
- 1 tbsp [7.5 g] Slivered Almonds
- 0.5 tsp, ground [0.3 g] Oregano
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 2 large [100 g] Egg
- 1 apple Apples

## DIRECTIONS

1. Heat avocado oil in a medium skillet over medium heat.
2. Add beans, oregano, salt, and pepper and mix to coat beans.
3. Push beans to the side and crack two eggs into the pan.
4. Allow eggs and beans to cook for approximately 3 minutes, until egg whites are mostly cooked through.
5. Mix almonds into the beans on the skillet.
6. Add spinach and cook for 1-2 minutes longer, until spinach is wilted.
7. Serve warm with an apple on the side.

## NUTRITION INFO

Calories : 416

Fat : 16.78 g

Carbs : 43.67 g

Protein : 20.59 g

Fiber : 14.25 g

Sugar : 20.88 g

# Fig & Walnut Chia Seed Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 2 tbsp [28 g] Chia Seed
- 0.5 cup [122.5 g] Almond Milk
- 1 tsp [7.1 g] Honey
- 1 tbsp [7 g] Chopped Walnuts
- 1 tbsp [10 g] Hemp Hearts
- 1 medium (2-1/4" dia) [50 g] Figs (*Sliced*)

## DIRECTIONS

1. Mix together chia seeds, almond milk, and honey in a mason jar. Store in the refrigerator overnight.
2. Before eating, stir chia seed mixture. Add more almond milk if needed to reach desired consistency. Stir in chopped walnuts and hemp hearts.
3. Top with sliced figs and enjoy!

## NUTRITION INFO

Calories : 304

Fat : 21.54 g

Carbs : 27.49 g

Protein : 10.35 g

Fiber : 12.6 g

Sugar : 14.05 g

# Greek Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 3 large [150 g] Egg
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 tbsp, chopped [5 g] Red Onions
- 5 tomato [85 g] Cherry Tomatoes (*Halved*)
- 2 tbsp [28 g] Kalamata Olives (*Halved*)
- 1 oz [28.35 g] Goats Cheese (Soft)
- 1 tbsp [2.65 g] Basil (*Chopped*)
- 1 apple Apples

## DIRECTIONS

1. In a bowl, crack eggs and whisk eggs until fluffy.
2. In a medium skillet heat olive oil over medium heat.
3. Add to skillet red onions, tomatoes, and kalamata olives. Cook for 2-3 minutes then move vegetable mixture to a plate.
4. Add eggs to skillet and cook for 1-2 minutes, or until sides begin to lift from the bottom. Flip eggs. Top with vegetable mixture, goat cheese, and basil. Cook for an additional 30 seconds - 1 minute, until eggs are cooked through.
5. Fold in half, remove from heat, and serve with an apple

## NUTRITION INFO

Calories : 468.5

Fat : 24.41 g

Carbs : 36.12 g

Protein : 27.6 g

Fiber : 6 g

Sugar : 23.3 g

# Greek Yogurt Blueberry Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 1 medium (7" to 7-7/8" long) [118 g] Banana (*Mashed*)
- 0.5 cup [113.5 g] Whole Milk Greek Yogurt Plain
- 1 large [50 g] Egg
- 1 tsp [4.2 g] Vanilla Extract
- 0.5 cup [56 g] Almond Flour
- 0.5 tsp [2.5 g] Baking Powder (Low Sodium)
- 0.25 tsp [1.15 g] Baking Soda
- 0.25 cup [61 g] Whole Milk
- 1 cup [145 g] Blueberries
- 1 tbsp [14 g] Avocado Oil

## DIRECTIONS

1. In a large bowl mash the banana using a fork, then mix with Greek yogurt.
2. Add egg and vanilla and mix until well blended.
3. Mix in almond flour, baking powder, baking soda, and milk.
4. In a medium skillet warm butter or oil and spread to coat skillet.
5. Spoon batter onto the pan (into four pancakes) and cook until golden brown on one side. Flip and cook until golden brown on the opposite side.
6. Top with fresh berries and enjoy!

## NUTRITION INFO

Calories : 441.93    Fat : 25.52 g    Carbs : 35.37 g    Protein : 19.78 g    Fiber : 7.33 g    Sugar : 20.37 g

# Pomegranate & Pistachio Cottage Cheese



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1.25 cup [281.25 g] 1% Low Fat Cottage Cheese
- 2 tbsp [22 g] Pomegranate arils
- 1 serving (28g) [28 g] Pistachio Nuts
- 0.5 medium (2-1/2" dia) (approx 4 per lb) [49 g] Peach (*Sliced*)

## DIRECTIONS

1. Top cottage cheese with all other ingredients and enjoy!

## NUTRITION INFO

Calories : 396

Fat : 15.69 g

Carbs : 28.74 g

Protein : 36.82 g

Fiber : 4.45 g

Sugar : 21.8 g

# Shakshuka



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 1 medium (2-1/2" dia) [110 g] Onions (*Sliced thin*)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Chopped*)
- 2 clove [6 g] Garlic (*Minced*)
- 2 cup [493.2 g] Canned Fire Roasted Tomatoes
- 1 tsp [2.1 g] Cumin
- 1 tsp [2.1 g] Paprika
- 0.5 tsp [0.9 g] Coriander Seed (*Ground*)
- 0.5 tsp [3 g] Salt
- 0.5 tsp [1.05 g] Black Pepper
- 6 large [300 g] Egg
- 2 slice [84 g] Sprouted Grain Bread

## DIRECTIONS

1. Heat olive oil in a large skilled over medium heat. Add onions and bell pepper. Cook over medium heat for 5 - 10minutes until soft.
2. Add garlic and cook for 1 minute.
3. Mix in tomatoes, cumin, paprika, coriander, salt, and pepper. Reduce heat and simmer for 10 - 15 minutes.
4. Push tomato mixture the the side to create a divot for an egg. Crack each egg into a divot. Cover skillet and cook for 5minutes (or until egg whites are cooked through).
5. Serve with sliced bread.

## NUTRITION INFO

Calories : 493.5

Fat : 22.87 g

Carbs : 42.92 g

Protein : 27.61 g

Fiber : 14.2 g

Sugar : 14.16 g

# Strawberry and Pomegranate Yogurt



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup [227 g] Whole Milk Greek Yogurt Plain
- 0.25 cup [28 g] Paleo Mix Granola
- 0.25 cup, sliced [41.5 g] Strawberries
- 0.5 fruit [38 g] Kiwi Fruit (*Peeled and chopped*)
- 1 tbsp [11 g] Pomegranate arils
- 0.25 cup [36.25 g] Blueberries

## DIRECTIONS

1. Top yogurt with all other ingredients and enjoy!

## NUTRITION INFO

Calories : 447.2

Fat : 19.95 g

Carbs : 35.41 g

Protein : 32.58 g

Fiber : 5.5 g

Sugar : 21.71 g

# Sweet and Salty Steel Cut Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 0.5 cup [80 g] Steel Cut Oatmeal
- 0.25 cup [30.75 g] Raspberries
- 2 small (1-1/2" dia) [80 g] Fig (*Cut into quarters*)
- 1 tbsp [7.5 g] Slivered Almonds
- 0.25 tsp [0.57 g] Cinnamon
- 1 dash [0.4 g] Sea Salt

## DIRECTIONS

1. Cook steel cut oats according to package.
2. Mash raspberries and mix into cooked steel cut oats.
3. Top with figs, sliced almonds, cinnamon, and sea salt.

## NUTRITION INFO

Calories : 417.5

Fat : 9.96 g

Carbs : 74.97 g

Protein : 12.49 g

Fiber : 13.4 g

Sugar : 16.57 g

# Smoked Salmon Avocado Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

## INGREDIENTS

- 1 medium slice [30 g] Gluten Free Bread
- 0.5 avocado [68 g] Avocado
- 0.25 onion (small) [37 g] Red Onions (*Sliced thin*)
- 0.5 small (6-3/8" long) [79 g] Cucumber (*Sliced thin*)
- 3 oz, boneless [85.05 g] Smoked Salmon (Wild Caught)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

## DIRECTIONS

1. Toast the bread to your desired level. Thinly slice the avocado and spread it on top of the toast.
2. Add the sliced red onion and cucumber on top of the avocado.
3. Sprinkle with salt and pepper to taste. Lay the smoked salmon on top.
4. Enjoy!

## NUTRITION INFO

Calories : 317.25

Fat : 15.23 g

Carbs : 20.97 g

Protein : 25.95 g

Fiber : 6.83 g

Sugar : 2.19 g



# Mediterranean Lunch

RE-FUEL AND RE-ENERGIZE

# Avocado Chicken Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 can (5 oz) yields [140 g] Canned Organic Chicken (*Drained*)
- 0.5 avocado [68 g] Avocado (*Chopped*)
- 1 tsp [1 g] Dill (Dried)
- 0.25 onion (small) [37 g] Red Onions
- 0.5 medium (7" long) [100.5 g] Cucumber (*Sliced*)
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper (*Sliced*)
- 1 apple Apples

## DIRECTIONS

1. In a medium bowl mix together drained chicken breast, chopped avocado, dill, red onion, salt, and pepper.
2. Serve with sliced cucumber and bell pepper, for dipping. Serve with an apple on the side.

## NUTRITION INFO

Calories : 485.75    Fat : 21.88 g    Carbs : 39.95 g    Protein : 35.08 g    Fiber : 13.08 g    Sugar : 23.49 g

# Bean Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup [30 g] Baby Spinach
- 0.25 onion (small) [37 g] Red Onions (*Sliced*)
- 0.5 cup [125 g] Cannellini Beans (Canned) (*Drained and rinsed*)
- 5 tomato [85 g] Cherry Tomatoes (*Halved*)
- 0.25 cup [15 g] Parsley (*Chopped*)
- 1 serving (20g) [20 g] Green Olives (*Halved*)
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (*with Salt Added*)
- 1 tbsp [14 g] Olive Oil
- 1 small lemon [30 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 serving (28g) [28 g] Dry Roasted Mixed Nuts

## DIRECTIONS

1. Mix olive oil, lemon juice, salt and pepper together.
2. Toss olive oil mixture with baby spinach, onion, beans, cherry tomatoes, parsley, green olives, and sunflower seeds.
3. Serve with a side of mixed nuts.

## NUTRITION INFO

Calories : 489.65    Fat : 35.8 g    Carbs : 32.87 g    Protein : 14.91 g    Fiber : 15.73 g    Sugar : 5.69 g

# Beet & Goat Cheese Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 1 large [50 g] Egg (*Hard boiled*)
- 1 small (6-3/8" long) [158 g] Cucumber (*Sliced*)
- 2 small [34 g] Pickled Beets (*Chopped*)
- 1 oz [28.35 g] Goats Cheese (Soft) (*Crumbled*)
- 0.25 cup, cooked [40 g] Quinoa (Cooked)
- 1 tbsp [10 g] Hemp Hearts
- 0.5 tbsp [4.4 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 1 tbsp [14 g] Olive Oil
- 0.5 small lemon [15 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

## DIRECTIONS

1. Mix together olive oil, lemon juice, salt and pepper in a small container.
2. Add mixed greens to a bowl and top with all other ingredient.
3. Drizzle with olive oil mixture.

## NUTRITION INFO

Calories : 468.2

Fat : 33.11 g

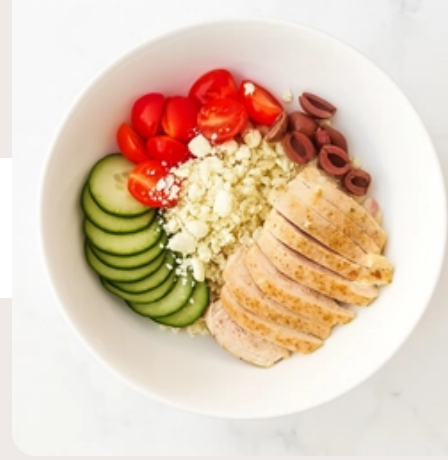
Carbs : 25.43 g

Protein : 20.8 g

Fiber : 5.6 g

Sugar : 8.39 g

# Chicken Cauliflower Rice Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 3 tbsp [42 g] Olive Oil
- 2 cup [200 g] Riced Cauliflower
- 0.5 onion (small) [74 g] Red Onions (*Chopped*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 tbsp [3.1 g] Dill (*Dried*)
- 10 oz [280 g] Skinless Chicken Breast
- 1.5 tbsp, ground [2.7 g] Oregano
- 10 tomato [170 g] Cherry Tomatoes (*Halved*)
- 1 medium (7" long) [201 g] Cucumber (*Sliced or chopped*)
- 3 tbsp [42 g] Kalamata Olives
- 3 tbsp (packed) [45 g] Feta Cheese
- 1 small lemon [30 g] Lemon Juice
- 1 tablespoon [14 g] Avocado Oil Mayonnaise

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Coat chicken breasts with 1 tbsp olive oil, salt, pepper, and oregano.
3. Bake chicken for 22 - 26 minutes. Internal temperature of chicken should reach 165 degrees F. After chicken is cooked and has rested for at least 5 minutes, slice chicken breast.
4. Heat remaining 2 tbsp of olive oil in a skillet over medium heat. Add riced cauliflower, red onion, salt, pepper, and dill. Cook for 3 - 5 minutes, until cauliflower is softened, stirring occasionally.
5. Top cooked cauliflower rice with sliced chicken, cherry tomatoes, cucumber, olives, feta cheese, lemon juice, and mayo.

## NUTRITION INFO

Calories : 541.65

Fat : 35.29 g

Carbs : 16.61 g

Protein : 41.2 g

Fiber : 5.74 g

Sugar : 7.2 g

# Grab n' Go Lunch Mix



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 large [50 g] Egg (*Hard boiled, halved, and seasoned with salt and pepper*)
- 1 medium (7" long) [201 g] Cucumber (*Peeled and sliced*)
- 15 almond [18 g] Almonds
- 0.25 cup [36.25 g] Blueberries
- 0.25 cup [30.75 g] Raspberries
- 1 cup [225 g] 1% Low Fat Cottage Cheese (*Or Greek yogurt*)

## DIRECTIONS

1. Serve all together and enjoy!

## NUTRITION INFO

Calories : 399.75    Fat : 16.76 g    Carbs : 27.25 g    Protein : 36.02 g    Fiber : 5.78 g    Sugar : 19.02 g

# Lemony Shrimp & Avocado Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

## INGREDIENTS

- 5 oz [142 g] Shrimp (Prawns)
- 0.5 avocado [68 g] Avocado (*Sliced*)
- 5 tomato [85 g] Cherry Tomatoes (*Halved*)
- 0.25 onion (small) [37 g] Red Onions (*Sliced thin*)
- 2 cup [40 g] Arugula (Rocket)
- 2 tbsp [28 g] Olive Oil
- 1 tbsp [7 g] Chopped Walnuts
- 1 tbsp [14 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

## DIRECTIONS

1. In a medium skillet heat olive oil over medium heat.
2. Pat shrimp dry with a paper towel then add to the skillet. Season with salt and pepper. Cook for 2-3 minutes on each side (flipping once).
3. Mix together remaining olive oil and lemon juice.
4. Top arugula or rocket with cooked shrimp, avocado, cherry tomatoes, onion, walnuts, and olive oil lemon mixture.
5. Season with salt and pepper and enjoy!

## NUTRITION INFO

Calories : 553.25

Fat : 45.36 g

Carbs : 15.38 g

Protein : 25.78 g

Fiber : 7.76 g

Sugar : 4 g

# Mediterranean Quinoa Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 0.25 cup [42.5 g] Quinoa (uncooked)  
*(Uncooked)*
- 2 tbsp [28 g] Kalamata Olives
- 0.5 medium (7" long) [100.5 g] Cucumber  
*(Sliced)*
- 1 tbsp, chopped [5 g] Red Onions
- 0.25 small [18.5 g] Green Peppers *(Chopped)*
- 5 tomato [85 g] Cherry Tomatoes *(Halved)*
- 1.5 tbsp [11.25 g] Slivered Almonds
- 3 tbsp [45 g] Hummus
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

## DIRECTIONS

1. Cook quinoa according to package.
2. In a bowl add quinoa and top with all other ingredients. Enjoy!

## NUTRITION INFO

Calories : 552.75

Fat : 33.61 g

Carbs : 48.07 g

Protein : 14.48 g

Fiber : 6.16 g

Sugar : 5.13 g

# Mujadara



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 55 MINUTES

## INGREDIENTS

- 0.75 cup [150 g] Brown Lentils
- 2.25 cup [533.25 g] Water
- 0.33 cup [61.05 g] White Rice (Uncooked)  
*(Long grain rice)*
- 0.5 dash [0.2 g] Salt
- 1.5 tbsp [21 g] Olive Oil
- 2 small [140 g] Onions *(Chopped small)*
- 0.5 tsp [1.05 g] Cumin
- 1 tbsp [3 g] Mint *(Chopped)*
- 0.5 cup [120 g] Plain Non Fat Greek Yogurt

## DIRECTIONS

1. In a medium pot add water and lentils and bring to a boil. Reduce heat to a simmer, cover, and cook for 10-15 minutes or until lentils are tender.
2. Add rice and salt and return to a boil. Reduce heat to a simmer, cover, and cook 15 - 20 minutes until rice is tender. Remove from heat and let rest while covered for 5 minutes.
3. In a large skillet heat oil over medium heat. Add onions and cook 10 -15 minutes until golden brown.
4. Add onions and cumin to rice and lentils, toss to combine.
5. Serve topped with chopped mint and Greek yogurt.

## NUTRITION INFO

Calories : 524.7

Fat : 11.64 g

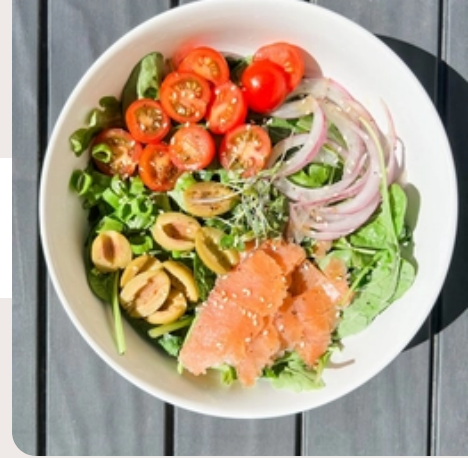
Carbs : 79.55 g

Protein : 26.5 g

Fiber : 21.71 g

Sugar : 5.55 g

# Smoked Salmon Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 0.25 onion (small) [37 g] Red Onions (*Sliced*)
- 1 stalk [15 g] Green Onions (*Chopped*)
- 5 tomato [85 g] Cherry Tomatoes (*Halved*)
- 1 serving (20g) [20 g] Green Olives (*Halved*)
- 0.25 cup [5 g] Broccoli Sprouts
- 0.5 tbsp [4.5 g] Sesame Seeds
- 1 tbsp [14 g] Olive Oil
- 0.25 tsp, ground [0.15 g] Oregano
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 3.5 oz, boneless [99.23 g] Smoked Salmon (Wild Caught)

## DIRECTIONS

1. Top mixed salad greens with salmon, onions, tomatoes, olives, sprouts, and sesame seeds.
2. Mix olive oil, oregano, salt, and pepper together and drizzle over salad.

## NUTRITION INFO

Calories : 342.25

Fat : 21.02 g

Carbs : 12.2 g

Protein : 29.98 g

Fiber : 5.4 g

Sugar : 4.16 g

# Tuna Wrap



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 wrap [43 g] Sprouted Grain Wrap
- 3 oz [85.05 g] Tuna in Water (Canned)
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 0.5 tsp [0.5 g] Dill (Dried)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper (*Thinly sliced*)
- 0.5 small (6-3/8" long) [79 g] Cucumber (*Thinly sliced*)
- 0.5 avocado [68 g] Avocado (*Thinly sliced*)
- 0.5 cup [10 g] Arugula (Rocket)

## DIRECTIONS

1. Drain tuna, then in a small bowl mix tuna with mayonnaise, dill, salt, and pepper.
2. Layer tuna mixture and all other ingredients onto a sprouted grain wrap.
3. Fold and enjoy!

## NUTRITION INFO

Calories : 472.5    Fat : 26.64 g    Carbs : 34.39 g    Protein : 29.62 g    Fiber : 12.35 g    Sugar : 6.04 g



# Mediterranean Dinner

FINISH STRONG

# Baked Turkey and Acorn Squash



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 65 MINUTES

## INGREDIENTS

- 1 squash (4 inch dia) [431 g] Acorn Winter Squash
- 1 tbsp [14 g] Avocado Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 12 oz [336 g] Ground Turkey
- 2 stalk, medium (7-1/2" - 8" long) [80 g] Celery (*Diced*)
- 0.5 tsp, leaves [0.5 g] Thyme (Dried)
- 0.25 tsp [0.45 g] Ginger (Ground)
- 0.5 tsp [1.4 g] Garlic Powder
- 4 tbsp, chopped [32 g] Pecans
- 0.25 cup [10 g] Unsweetened Dried Cranberries (*1/4 cup*)

## DIRECTIONS

1. Preheat the oven to 400°F (approximately 204°C).
2. Prepare the acorn squash by cutting off the top and bottom points to make it sit flat. Horizontally slice the squash in half and remove the seeds.
3. Brush the inside of the squash with half of the avocado oil, then sprinkle with salt and pepper.
4. Place the acorn squash in the oven and bake for 50 minutes.
5. Meanwhile, heat remaining avocado oil in a skillet over medium heat. Add the ground turkey, breaking it apart as it cooks.
6. Once the turkey is mostly cooked, move it to one side and add the celery. Cook for 2-3 minutes, then incorporate the cranberries, chopped pecans, garlic powder, ground ginger, thyme, salt, and pepper. Cook for an additional 2-3 minutes.
7. Fill the baked acorn squash halves with the turkey mixture and return them to the oven for an extra 15 minutes.

## NUTRITION INFO

Calories : 518.75

Fat : 30.12 g

Carbs : 30.5 g

Protein : 37.1 g

Fiber : 7.55 g

Sugar : 2.16 g

# Baked Chicken & Peppers



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast
- 2 tbsp [28 g] Olive Oil
- 0.5 small lemon [15 g] Lemon Juice
- 3 clove [9 g] Garlic (*Minced*)
- 1 tbsp [15 g] Balsamic Vinegar
- 1 tbsp, ground [1.8 g] Oregano
- 0.5 tbsp, ground [2.15 g] Thyme (Dried)
- 0.5 tbsp [1.05 g] Basil (Dried)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Sliced*)
- 1 medium [114 g] Orange Bell Pepper (*Sliced*)
- 3 medium [183 g] Carrots (*Sliced*)
- 1 small [70 g] Onions (*Sliced*)
- 0.5 cup [62.5 g] Brown Rice

## DIRECTIONS

1. Preheat oven to 375 degrees F (190 C).
2. Mix together olive oil, garlic, balsamic vinegar, lemon juice, oregano, thyme, basil, salt, and pepper.
3. Layer bell peppers, carrots, and onions in a glass baking dish. Use half of the olive oil mixture to coat the vegetables.
4. Lightly pound the chicken breast, then place on top of the vegetables. Coat the chicken with the remaining olive oil mixture.
5. Bake for 20-30 minutes until internal temperature of chicken reaches 165 degrees F.
6. While chicken is baking, cook brown rice as directed on the package.
7. Serve warm and enjoy!

## NUTRITION INFO

Calories : 516.5

Fat : 17.29 g

Carbs : 59.49 g

Protein : 32.7 g

Fiber : 9.55 g

Sugar : 12.36 g

# Caprese Shrimp Zucchini Noodles



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

## INGREDIENTS

- 3 tbsp [42 g] Olive Oil
- 3 clove [9 g] Garlic (*Minced*)
- 7 oz [198.8 g] Shrimp (Prawns)
- 2 medium [392 g] Zucchini (*Spiralized*)
- 12 tomato [204 g] Cherry Tomatoes (*Halved*)
- 4 oz [113.4 g] Mozzarella Cheese (Whole Milk)
- 10 leaves [5 g] Basil (*Chopped*)

## DIRECTIONS

1. Heat olive oil over medium heat in a medium skillet.
2. Add garlic and cook for one minute.
3. Add shrimp and cook for 2-3 minutes per side.
4. Add zucchini noodles, and cherry tomatoes. Cook for 1-2 minutes. Just before removing from heat, mix in basil and cheese.
5. Serve warm.

## NUTRITION INFO

Calories : 481.5

Fat : 35.09 g

Carbs : 14.34 g

Protein : 30.55 g

Fiber : 3.65 g

Sugar : 6.73 g

# Garlic Butter Salmon & Broccoli



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 10 oz, boneless, raw [283.5 g] Salmon
- 2 tbsp [25.6 g] Clarified Butter Ghee
- 3 clove [9 g] Garlic (*Minced*)
- 0.5 small lemon [15 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 2 cup, florets [142 g] Broccoli (*Steamed*)

## DIRECTIONS

1. Pat salmon filets dry with a paper towel and season both sides with salt and pepper.
2. In a medium skillet, over medium heat, warm ghee until melted.
3. Add garlic and salmon to the pan.
4. Cook salmon for approximately 4-5 minutes per side, flipping once.
5. Serve with steamed broccoli and brown rice.

## NUTRITION INFO

Calories : 345.25

Fat : 21.36 g

Carbs : 5.3 g

Protein : 33.08 g

Fiber : 1.65 g

Sugar : 0.08 g

# Grilled Chicken Kabobs



SERVINGS: 2

PREP TIME: 75 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 3 tbsp [42 g] Olive Oil
- 1 tbsp [14 g] Red Wine Vinegar
- 1 tsp [5.5 g] Dijon Mustard
- 2 clove [6 g] Garlic (*Minced*)
- 0.5 tsp, ground [0.3 g] Oregano
- 0.5 small lemon [15 g] Lemon Juice
- 0.5 tsp [3 g] Salt
- 0.5 tsp [1.05 g] Black Pepper
- 8 oz [224 g] Skinless Chicken Breast (*Cut into cubes*)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Cut into squares*)
- 1 medium [119 g] Green Bell Pepper (*Cut into squares*)
- 2 onion (small) [296 g] Red Onions (*Cut into squares*)
- 2 tbsp [30 g] Tzatziki Sauce

## DIRECTIONS

1. In a medium bowl, mix together olive oil, vinegar, mustard, garlic, oregano, lemon juice, salt, and pepper.
2. Add chicken and mix to dress chicken. Cover and marinate in the refrigerator for at least one hour (or overnight).
3. When ready to cook, heat grill to medium heat.
4. Thread the skewers, alternating between chicken, bell peppers, and onion.
5. Cook over medium heat on the grill for 5-7 minutes per side or until chicken has reached an internal temperature of 165degrees.

## NUTRITION INFO

Calories : 388.5

Fat : 24.3 g

Carbs : 14.36 g

Protein : 28.26 g

Fiber : 5.23 g

Sugar : 6.45 g

# Greek Inspired Turkey Patties



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 1 cup [60 g] Parsley (*Chopped*)
- 3 clove [9 g] Garlic (*Minced*)
- 1 g Onions (*Minced*)
- 1 tbsp [14 g] Lemon Juice
- 1 tsp [6 g] Salt
- 0.5 tsp [1.05 g] Black Pepper
- 1 tbsp [14 g] Avocado Oil
- 2 tbsp [30 g] Tzatziki Sauce
- 2 sweetpotato, 5" long [260 g] Sweet Potato (*Baked*)

## DIRECTIONS

1. In a large bowl mix together ground turkey, parsley, garlic, onion, lemon juice, salt, and pepper until well blended.
2. Heat avocado oil in a large skillet over medium heat.
3. Form circular patties with the turkey mixture (makes 6-8 patties) and place on the skillet.
4. Cook for approximately 5 minutes on each side or until fully cooked through.
5. Serve with tzatziki sauce and a baked sweet potato (or salad).

## NUTRITION INFO

Calories : 536.46    Fat : 25.34 g    Carbs : 31.44 g    Protein : 47.78 g    Fiber : 5.25 g    Sugar : 6.25 g

# Hearty Quinoa and Veggie Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

## INGREDIENTS

- 0.5 cup [85 g] Quinoa (uncooked)
- 0.75 avocado [102 g] Avocado (*Sliced*)
- 2 cup [176 g] Brussels Sprouts (*Trimmed and halved*)
- 1.5 cup, cubes [199.5 g] Sweet Potato (*Peeled and chopped*)
- 1 serving (28g) [28 g] Pistachio Nuts
- 1 cup [20 g] Arugula (Rocket)
- 1 tbsp [14 g] Avocado Oil
- 1 tbsp, ground [1.8 g] Oregano
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 2 tbsp [28 g] Olive Oil
- 2 tbsp [28 g] Lemon Juice
- 1 tsp [5.5 g] Dijon Mustard

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Spread sweet potato and brussel sprouts in a single layer in a glass baking dish. Coat with avocado oil, 2 tbsp water, oregano, salt and pepper to taste.
3. Bake sweet potatoes and brussel sprouts for 30-40 minutes, until soft and slightly crispy on the outside.
4. While baking vegetables, cook quinoa as instructed on package.
5. For dressing, mix together olive oil, lemon juice, dijon mustard, salt and pepper to taste.
6. In two medium bowls add quinoa, avocado, brussels sprouts, sweet potatoes, pistachios, and arugula/rocket. Pour dressing over everything.

## NUTRITION INFO

Calories : 646.75    Fat : 38.25 g    Carbs : 68.02 g    Protein : 14.71 g    Fiber : 14.82 g    Sugar : 7.71 g

# Sheet Pan Chicken & Cabbage Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast (*Thinly sliced*)
- 3 medium [183 g] Carrots (*Chopped*)
- 3 cup [170.1 g] Shredded Red Cabbage
- 1 g Onions (*Sliced*)
- 1 tbsp [14 g] Avocado Oil
- 0.25 cup [60 g] Beef Bone Broth
- 0.5 tsp, ground [0.7 g] Thyme (Dried)
- 1 tbsp [1.7 g] Rosemary (*Fresh, chopped*)
- 2 clove [6 g] Garlic (*Minced*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. Preheat oven to 400 degrees (205 C).
2. In a medium bowl mix together avocado oil, bone broth, thyme, rosemary, garlic, salt, and pepper.
3. In a large bowl, mix together carrots, onion, and cabbage. Poor 1/2 bone broth mixture over the vegetables and toss to coat.
4. Use remaining bone broth mixture to coat chicken breasts.
5. Spread vegetables and chicken on an oven safe sheet pan. Poor any remaining bone broth mixture over vegetables and chicken.
6. Bake for 15 minutes. Turn chicken, mix vegetables, and change oven heat to broil.
7. Broil for 2-3 minutes for crispier chicken.

## NUTRITION INFO

Calories : 272.21

Fat : 8.92 g

Carbs : 19.23 g

Protein : 29.87 g

Fiber : 7.38 g

Sugar : 8.71 g

# Spaghetti Squash & Scallops



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- 1 medium [958 g] Spaghetti Winter Squash
- 2 tbsp [30 g] Sundried Tomatoes (*Chopped*)
- 1 cup [30 g] Baby Spinach
- 2 tbsp (packed) [30 g] Feta Cheese
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 1 tbsp [14 g] Pesto Sauce
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 8 scallop (2" x 1-1/4" x 3/4") [128 g] Scallops

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 C) .
2. Cut spaghetti squash lengthwise in half. Remove seeds with a spoon, scraping away the softer insides.
3. Add 1/4 cup water to a large glass baking dish.
4. Place spaghetti squash in the baking dish with the open side down (skin facing up). Bake for 40 minutes then allow 5-10 minutes to cool.
5. While spaghetti squash is cooling, heat olive oil in a medium skillet. After drying scallops with a paper towel, add scallops, lemon juice, salt, and pepper to skillet.
6. Cook scallops for 2 minutes on one side, then flip and cook for 1-2 minutes longer. Remove from heat.
7. When spaghetti squash has cooled some but is still warm, use a fork to scrape the strands and fluff the inside.
8. Mix spinach, sun-dried tomatoes, pesto, and feta into the spaghetti squash. Top with scallops and serve.

## NUTRITION INFO

Calories : 484.1

Fat : 28.01 g

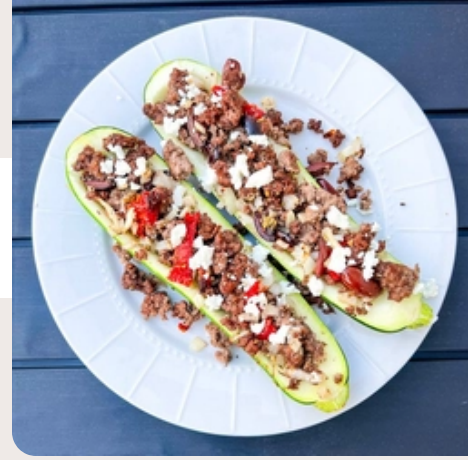
Carbs : 42.79 g

Protein : 19.52 g

Fiber : 2.96 g

Sugar : 14.76 g

# Zucchini Boats



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 2 medium [392 g] Zucchini
- 12 oz [340.2 g] Ground Beef (95% Lean / 5% Fat)
- 0.5 tbsp, ground [0.9 g] Oregano
- 0.25 tsp, ground [0.35 g] Thyme (Dried)
- 0.5 tsp [3 g] Sea Salt
- 0.25 tsp [0.53 g] Black Pepper
- 0.5 medium (2-1/2" dia) [55 g] Onions  
(Chopped)
- 2 clove [6 g] Garlic (Minced)
- 2 tbsp [28 g] Kalamata Olives (Chopped)
- 6 piece [12 g] Sun-Dried Tomatoes (Chopped)
- 2 oz [56.7 g] Goats Cheese (Soft) (Crumbled)
- 0.33 cup [41.25 g] Brown Rice

## DIRECTIONS

1. Preheat oven to 375 degrees F (190 C).
2. Slice zucchini lengthwise in half. Scrape out seeds and flesh to create a hollow boat for the beef mixture.
3. In a skillet over medium heat, cook ground beef until cooked though, crumbling beef while cooking.
4. Remove from heat and drain excess liquid.
5. Mix in oregano, thyme, salt, pepper, onion, garlic, kalamata olives, and sun-dried tomatoes.
6. Fill zucchini boats with beef mixture and bake for 20- 30 minutes.
7. In the meantime, cook the rice according to the package.
8. Once zucchini boats are cooked, top with goat cheese and serve warm with brown rice.

## NUTRITION INFO

Calories : 511.66    Fat : 17.53 g    Carbs : 39.99 g    Protein : 48.91 g    Fiber : 4.69 g    Sugar : 7.38 g