

28-DAY MEAL PLAN



**BONUS
MATERIAL
PDF**

Welcome to Your 28-Day Meal Plan

Fuel Smart. Perform Strong. Think Sharp.

This 28-day plan isn't just about what you eat—it's about unlocking your full potential as an athlete.

Whether you're on the court, in the pool, on the field, or in the weight room, the right nutrition gives you the edge. When your body is fueled properly, your mind is clearer, your energy lasts longer, and your performance skyrockets. And that mental toughness you're building? It starts with the food you put on your plate.

Inside, you'll find:

- **Balanced, teen-athlete-friendly meals that are quick and easy to follow**
 - **Powerful tips to fuel before, during, and after training**
- **Daily structure to help you stay on track without overthinking it**

This plan is your secret weapon. Follow it. Stick with it. Watch how everything—your stamina, focus, strength, and mindset—levels up.

Let's go get it.

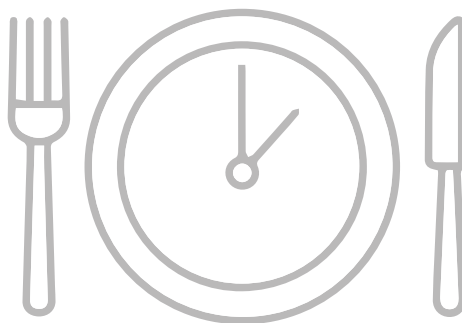
Breakfast Ideas

- ❖ Chocolate Protein oats
- ❖ Egg sandwich-with variations like veggies and/or meat
- ❖ 1 whole wheat Burrito
- ❖ 2 veg Omelet
- ❖ 250 ml Blueberry Peanut Butter Smoothie
- ❖ Yogurt (200ml) Granola (half cup) bowl
- ❖ Strawberry Chocolate Overnight Oats
- ❖ 2 Caramelized Banana Dark Chocolate Oatmeal
- ❖ 2 poached eggs with 2 slices of whole wheat bread
- ❖ $\frac{3}{4}$ cup of Crunch Toast with 250 ml of milk
- ❖ Strawberry Vanilla Overnight Oats
- ❖ 2 Protein Rich French Toast
- ❖ 2 hash browns with 1 poached egg and a slice of whole wheat bread
- ❖ 2 High Protein cheese toast
- ❖ 2 Whole Wheat Pancakes
- ❖ Blueberry Banana overnight Oatmeal



Lunch Ideas

- ◈ Peanut butter & jelly sandwich with sides
- ◈ 1 Ham & cheese sandwich with sides
- ◈ 2 Turkey (80 grams of slices) & cheese (40 grams) sliders with sides
- ◈ Chicken (150g) fajita salad with sides
- ◈ 1 Roast beef (100 grams) & cheese (40) wrap with sides
- ◈ Teriyaki chicken (150g) with brown rice (120g)
- ◈ 2 Pizza mini quiches
- ◈ 1 Hummus veggie club sandwich
- ◈ 1 Chicken (100 grams) salad wrap
- ◈ Whole-wheat Fettuccine Chicken (150g) Alfredo
- ◈ Whole-wheat Taco Pasta Skillet
- ◈ 1 Pulled chicken whole-wheat burger
- ◈ Quick Salsa Chicken (150g) with brown garlic rice (120 grams)
- ◈ 1 Buffalo Chicken Sandwich
- ◈ 1 Tavern sandwich



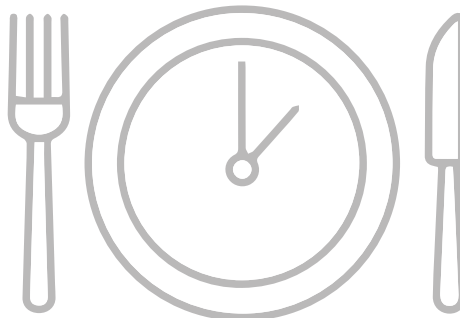
Vegetarian Option

- ◆ Chickpea (1 cup) salad
- ◆ 1 Vegan Bacon (4 med strips) lettuce tomato sandwich
- ◆ Creamy Vegan sweet Potato (80g) Salad
- ◆ Nacho salad in a jar
- ◆ 1 Vegan Eggplant sandwich
- ◆ Chipotle Veggie Bowl



Dinner Idea

- ◆ 200 grams of chicken pot pie
- ◆ Beef (150) stuffed pepper casserole
- ◆ Chicken fajita casserole
- ◆ Paleo chicken (150g) mushroom casserole
- ◆ Chicken(150g) broccoli whole wheat pasta casserole
- ◆ Spaghetti squash lasagna
- ◆ Whole-wheat high protein pasta



Vegetarian Option

- ◈ Baked mixed vegetable casserole
- ◈ Zucchini(half cup), squash(half cup) and corn (half cup) casserole
- ◈ Protein rich lasagna
- ◈ Creamy salmon whole wheat pasta
- ◈ Sun-Dried Tomato Chicken Pasta
- ◈ Hot Honey Chickpea Bowls
- ◈ Asian Tofu Rice Bowls
- ◈ High protein salad
- ◈ 1 Healthy Sloppy Joes
- ◈ 2 slices of Pizza
- ◈ 200 grams of Instantapot carne asada
- ◈ 180 grams of Air fryer BBQ chicken
- ◈ Crock pot roast(180 grams) with sweet potatoes(half cup)
- ◈ and carrots (1cup)



28 Day Meal Plan

The 28 Day Meal Plan is designed to provide the essential nutrients needed by teenage athletes. It includes a variety of recipes that cater to all dietary restrictions, making it ideal for anyone who wants to follow a well-balanced diet. From light snacks to hearty meals, we have you covered.

Day 1

Breakfast:	Protein oats (3/4 cup of cooked oats + ½ cup of milk + 20 grams of protein powder+ 1 banana)
Lunch:	Egg and chicken salad with sides
Dinner:	Chicken (150 grams) fajita casserole
Pre-training snack:	1 med Banana + 1 tbsp. Peanut butter
Post-training snack:	1 homemade energy balls

Day 2

Breakfast:	1 Egg sandwich
Lunch:	Teriyaki chicken bowl
Dinner:	Beef (150 grams) stuffed pepper casserole
Pre-training snack:	1 med Apple +1 tbsp. Peanut butter
Post-training snack:	Chia seed pudding (3-4 tbsp. chia seeds + 200 ml of milk + half cup of mixed fruits)



Day 3

Breakfast:	Wild Blueberry Peanut Butter Smoothie (200 ml of milk + half cup of berries + 1 tbsp. of peanut butter + 2 tbsp. of oats)
Lunch:	Roast beef (150 grams) & cheese (35 grams) whole-wheat wrap with sides
Dinner:	Spaghetti squash lasagna
Pre-training snack:	Fruit (1 med apple/med banana/half cup of berries or strawberries/half cup of mango) + Greek yogurt
Post-training snack:	Half cup of homemade trail mix

Day 4

Breakfast:	Greek yogurt (250 ml) Parfait
Lunch:	Chicken (150 grams) salad whole-wheat wrap
Dinner:	Paleo chicken (150 grams) mushroom casserole
Pre-training snack:	Granola (half cup) + Greek yogurt (200 ml)
Post-training snack:	1 med Apples, 1 tbsp. peanut butter, and cacao nibs 1 tbsp.

Day 5

Breakfast:	Strawberry Chocolate Overnight Oats
Lunch:	Whole wheat Fettuccine Chicken (150 grams) Alfredo
Dinner:	Baked mixed vegetable casserole
Pre-training snack:	1 Toast + 1 tbsp. Peanut butter
Post-training snack:	2 Mozzarella cheese sticks



Day 6

Breakfast:	Caramelized Banana Dark Chocolate Oatmeal
Lunch:	Taco whole-wheat Pasta Skillet
Dinner:	Zucchini (half cup), squash(half cup), and corn(half cup) casserole
Pre-training snack:	Oats 1/2 cup + 1 tbsp. Peanut butter
Post-training snack:	Peanut butter 1 tbsp. and 1 tsp. honey sandwich

Day 7

Breakfast:	2 poached eggs + 1 bagel
Lunch:	250 grams Enchilada Skillet
Dinner:	High protein lasagna
Pre-training snack:	1 Toast + 1 egg
Post-training snack:	Oats (1/2 cup) with nut butter 1 tbsp. and fruit (1 med apple/med banana/half cup of berries or strawberries/half cup of mango)

Day 8

Breakfast:	½ cup of Crunch Toast + 250 ml of milk
Lunch:	Quick Salsa Chicken (150 grams)
Dinner:	Gluten-free chicken (150 grams) pot pie
Pre-training snack:	1 slice of whole-grain bread + 2 slices of smoked turkey
Post-training snack:	250 ml of Chocolate cow's milk/soy milk



Day 9

Breakfast:	Strawberry Vanilla Overnight Oats
Lunch:	1 Buffalo Chicken Sandwich
Dinner:	Beef (150 grams) stuffed pepper casserole
Pre-training snack:	1 Low-fat granola bar with at least 7g of protein
Post-training snack:	Peanut butter (1tbsp.) and jelly smoothie bowl

Day 10

Breakfast:	2 Protein Rich French toast
Lunch:	1 Tavern sandwich
Dinner:	Chicken (150 grams) broccoli whole wheat pasta casserole
Pre-training snack:	Milk 250 ml + whey protein powder (1 scoop)
Post-training snack:	baked 100 grams of sweet potato and roasted chickpeas ¼ cup

Day 11

Breakfast:	2 Hash Brown + 1 fried egg + 2 slices of whole wheat bread
Lunch:	mixed beans and chicken salad
Dinner:	1 Vegan Bacon (4 med strips) lettuce tomato sandwich
Pre-training snack:	250 ml Strawberry Banana Smoothie
Post-training snack:	1 chickpea cookie dough

Day 12

Breakfast:	2 high protein banana pancakes
Lunch:	Creamy Vegan Potato (80 grams) Salad
Dinner:	Chicken (150 grams) fajita casserole
Pre-training snack:	Cheese (60grams) quesadilla (whole wheat tortilla)
Post-training snack:	250ml dates Smoothie

Day 13

Breakfast:	2 Whole Wheat Pancakes
Lunch:	Nacho salad in the jar
Dinner:	Paleo chicken (150 grams) mushroom casserole
Pre-training snack:	Grilled cheese (40 grams) on 1 whole wheat bread
Post-training snack:	Cottage cheese (35 grams) with fruit (1 med apple/med banana/half cup of berries or strawberries/half cup of mango)

Day 14

Breakfast:	Blueberry Banana Baked Oatmeal
Lunch:	1 Vegan Eggplant sandwich
Dinner:	Baked mixed vegetable casserole
Pre-training snack:	Baked sweet potato (80 grams) with shredded cheese (40 grams)
Post-training snack:	1 med Banana 2 dates

Day 15

Breakfast:	Protein oats (3/4 cup)
Lunch:	Creamy Vegan sweet Potato (80g) Salad
Dinner:	Whole wheat Spaghetti squash lasagna
Pre-training snack:	1 Toast + 1 tbsp. Peanut butter
Post-training snack:	Half cup of Berries and plain Greek yogurt (200ml)

Day 16

Breakfast:	1 Egg sandwich
Lunch:	Chipotle Veggie Bowl
Dinner:	Zucchini (half cup), squash (half), and corn half med casserole
Pre-training snack:	1 med Banana + 1 tbsp. Peanut butter
Post-training snack:	2 Hard-boiled eggs with 1 whole grain or sourdough toast

Day 17

Breakfast:	Wild Blueberry Peanut Butter Smoothie
Lunch:	1 healthy Sloppy Joes
Dinner:	Chicken (150 grams) broccoli whole-wheat pasta casserole
Pre-training snack:	1 med Apple + 1 tbsp. Peanut butter
Post-training snack:	Melon/cantaloupe slices (1.5 cup)

Day 18

Breakfast:	Greek Yogurt (250ml) Parfait
Lunch:	Teriyaki chicken (150 grams) bowl
Dinner:	Healthy whole wheat lasagna
Pre-training snack:	Granola (half cup) + Greek yogurt (200ml)
Post-training snack:	Grapes (1 cup)

Day 19

Breakfast:	Strawberry Chocolate Overnight Oats
Lunch:	Whole- wheat Fettuccine Chicken (150 grams) Alfredo
Dinner:	Baked mixed vegetable casserole
Pre-training snack:	½ cup Oats + 1 tbsp. Peanut butter
Post-training snack:	Canned tuna (60 grams) w/ 2 crackers or 1 whole wheat bread

Day 20

Breakfast:	Caramelized Banana Dark Chocolate Oatmeal
Lunch:	Taco whole wheat Pasta Skillet
Dinner:	Gluten-free chicken (150 grams) pot pie
Pre-training snack:	1 Toast + 1 tbsp. Peanut butter
Post-training snack:	2 Mozzarella Cheese sticks



Day 21

Breakfast:	2 Eggs Benedict
Lunch:	Enchilada Skillet
Dinner:	Zucchini (half cup), squash (half cup), and corn(half cup) casserole
Pre-training snack:	½ cup Oats + 1 tbsp. Peanut butter
Post-training snack:	1 med Apple slices + 1 tsp. honey

Day 22

Breakfast:	½ cup Crunch Toast + 200 ml cup of milk
Lunch:	Quick Salsa Chicken (150 grams)
Dinner:	Beef (150 grams) stuffed pepper casserole
Pre-training snack:	1 slice of whole-grain bread + 2 slices of smoked turkey slices
Post-training snack:	250 ml of Chocolate cow's milk/soy milk

Day 23

Breakfast:	Strawberry Vanilla Overnight Oats
Lunch:	1 Buffalo Chicken (150 grams) Sandwich
Dinner:	Chicken (150 grams) broccoli whole-wheat pasta casserole
Pre-training snack:	1 Low-fat granola bar with at least 7g of protein
Post-training snack:	1 tbsp. Peanut butter and jelly smoothie bowl



Day 24

Breakfast:	2 Protein Rich French toast
Lunch:	1 Tavern sandwich
Dinner:	Chicken (150 grams) fajita casserole
Pre-training snack:	250 ml Milk + 1 scoop whey protein powder
Post-training snack:	1 med Plantain(80g) chips and roasted chickpeas ¼ cup

Day 25

Breakfast:	2 Hash Brown cheese (35g) whole wheat wrap
Lunch:	Chickpea and chicken salad
Dinner:	1 Vegan Bacon (4 med strips) lettuce tomato sandwich
Pre-training snack:	250 ml Strawberry Banana Smoothie
Post-training snack:	1 Chickpea cookie dough

Day 26

Breakfast:	Strawberry Vanilla Overnight Oats
Lunch:	1 Buffalo Chicken (150 grams) Sandwich
Dinner:	Chicken (150 grams) broccoli whole-wheat pasta casserole
Pre-training snack:	1 Low-fat granola bar with at least 7g of protein
Post-training snack:	1 tbsp. Peanut butter and jelly smoothie bowl



Day 27

Breakfast:	2 Whole Wheat Pancakes
Lunch:	Nacho salad in the jar
Dinner:	Paleo chicken(150 grams) mushroom casserole
Pre-training snack:	Grilled cheese (40g) on 1 whole wheat bread
Post-training snack:	Cottage cheese (35g) with fruit (1 med apple/med banana/half cup of berries or strawberries/half cup of mango)

Day 28

Breakfast:	Breakfast: 2 Blueberry Banana Baked Oatmeal
Lunch:	1 Vegan Eggplant sandwich
Dinner:	Baked mixed vegetable casserole
Pre-training snack:	Baked sweet potato (100g) with shredded cheese (40 gram)
Post-training snack:	Bananas 1 med

Snacks for before, during, and after sports games and practice

- 1 med Banana + 1 tbsp. Peanut butter
- 1 med Apple + 1 tbsp. Peanut butter
- 1 Fruit + 200 ml Greek yogurt
- ½ cup Granola + 200 ml Greek yogurt
- 1 Toast + 1 tbsp. Peanut butter
- ½ cup Oats + 1 tbsp. Peanut butter
- 1 Toast + 1 egg
- 1 slice of whole-grain bread + 2 slices of smoked turkey slices
- ½ cup Cereal + milk 250 ml
- 1 Low-fat granola bar with at least 7g of protein
- 250 ml Milk + 1 scoop whey protein powder
- 250 ml Strawberry Banana Smoothie
- 1 Cheese (40g) whole wheat quesadilla
- Grilled cheese (40g) on 1 whole wheat bread
- Baked sweet potato (100g) with shredded cheese

Ingredients

- 1 Homemade energy balls
- Chia seed pudding (3-4 tbsp. chia seeds + 200 ml of milk + half cup of mixed fruits)
- Half cup of Homemade trail mix
- Apples 1 med, 1 tbsp. Peanut butter and 1 tbsp. cacao nibs
- 2 mozzarella Cheese sticks
- 1 tbsp. Peanut butter and 1 tsp. Honey whole wheat sandwich
- Oats ½ cup with 1 tbsp. nut butter and fruit (1 med apple/med banana/half cup of berries or strawberries/half cup of mango)
- 250 ml Chocolate cow's milk / soy milk (for vegans or those with dairy allergies)
- 1 tbsp. Peanut butter and jelly smoothie bowl
- 250 ml dates and oats Smoothie
- Cottage cheese (35 grams) with fruit (1 med apple/med banana/half cup of berries or strawberries/half cup of mango)

Fruits

- Banana 1 med
- Apple 1 med
- Melon/cantaloupe slices 1 cup
- Grapes 1 cup
- Canned tuna (60g) w/ 2 crackers or 1 whole wheat bread
- Berries half cup and plain Greek yogurt (200ml)
- 2 Hard-boiled eggs with 1 whole grain or 1 sourdough toast
- 2 Turkey slices with cheese (35g) and 1 med apple slices
- 1 Giant air fryer cookies



RECIPES

Meat **RECIPES**
Breakfast **Recipes**

BASIC QUICHE RECIPE

Use this basic quiche recipe as the base for all of your baked egg creations! Filled with fluffy eggs, melty cheese, and featuring plenty of mix and match add-ons, you can't go wrong.

Ingredients

Pie Crust

- ◈ 1 1/2 cups all-purpose flour
- ◈ 1 tablespoon sugar
- ◈ 1/2 teaspoon salt
- ◈ 1/2 cup unsalted butter
- ◈ 1/4 cup vegetable shortening
- ◈ 1/4 cup ice water

Quiche Recipe

- ◈ 4 large eggs
- ◈ 1 cup milk
- ◈ 1 cup heavy cream
- ◈ 1/4 teaspoon salt
- ◈ 1/4 teaspoon black pepper
- ◈ 1 cup shredded cheese gruyere, mozzarella, cheddar, provolone, or feta
- ◈ 1 1/2 cups add-ins

Add-Ins (mix and match)

- ◈ 1/2 cup cooked crumbled bacon
- ◈ 3/4 cup diced ham
- ◈ 3/4 cup cooked ground sausage
- ◈ 1 cup chopped frozen spinach thawed and drained
- ◈ 1 cup frozen broccoli thawed and drained
- ◈ 1 cup steamed asparagus cut into 1-inch pieces
- ◈ 1 cup sautéed sliced mushrooms
- ◈ 1/2 cup sautéed shallot or onion



Instructions

Pie Crust

- ◆ In a large bowl, stir together flour, sugar, and salt. Slice the butter and shorten into small cubes. Use a pastry cutter to cut the butter and shortening into the flour, rocking the pastry cutter back and forth, until the mixture is the texture of a coarse meal or sand.
- ◆ Slowly pour cold water into the flour mixture (about 1 tablespoon at a time, stirring between additions, until just mixed together. Do not overwork. Use your hands to gently press the dough into a ball. Flatten into a 2-inch disc. Wrap tightly with plastic wrap. Refrigerate for at least 1 hour before rolling.
- ◆ Unwrap chilled dough and transfer to a lightly floured surface. Use a rolling pin to roll out into a large 12-inch circle, rolling from the centre each time to keep the thickness even. Gently transfer crust to an un-greased pie plate, allowing the crust to hang over the edges of the pie plate. Roll and pinch or crimp the edges of your crust. Use a fork to prick holes into the bottom of the crust. Place parchment paper on top of the pie crust to create a bowl. Fill with pie weights or dried, uncooked beans. This will prevent the pie crust from sliding or bubbling. Bake in a 400 degree F oven for 10 minutes to par bake. Remove from the oven and let sit until ready to fill.

Quiche Recipe

- ◆ In a medium-sized mixing bowl, whisk together eggs, milk, cream, salt, and pepper until well combined. Stir in desired cheese.
- ◆ Place prepared add-ins into the bottom of the par-baked pie crust. Pour egg mixture over the top.
- ◆ Bake in a preheated 350 degree oven for 40-45 minutes until the center is set.



WHOLE-WHEAT BURRITO

If you are looking for a healthier alternative to the standard burrito, why not give our Whole Wheat Burrito a go? This nutritious wrap is filled with tasty, nutritious ingredients and can be enjoyed any time of the day.

Ingredients

For chicken

- ◈ 5 oz of chicken-about the size of one chicken breast or about two boneless thighs
- ◈ Salt as per taste
- ◈ Chilli flakes $\frac{1}{4}$ tsp
- ◈ Paprika powder $\frac{1}{4}$ tsp
- ◈ Garlic paste $\frac{1}{2}$ tsp
- ◈ Yoghurt 1 tbsp
- ◈ Oil 1 tsp
- ◈ Lemon juice 1 tsp

For wrap

- ◈ 1 whole-wheat tortilla (12 inches)
- ◈ Veggies (iceberg lettuce, onion rings, cucumber)
- ◈ Half tbsp of hot sauce
- ◈ Half tbsp. Mayonnaise

Instructions

- ◈ First marinate the chicken. To do so, mix together salt as per taste, chilli flakes $\frac{1}{4}$ tbsp, paprika powder $\frac{1}{4}$ tbsp., garlic paste $\frac{1}{2}$ tbsp, yoghurt 1 tbsp, oil 1 tbsp and lemon juice 1 tbsp in a bowl until all ingredients are fully incorporated.
- ◈ Place the 5 oz of chicken into the mixture and let rest for 30 minutes. Once done marinating, heat up a pan on medium-high flame and cook the chicken, in butter or oil, for 3-4 minutes until it is cooked through. Cut into bite-sized pieces.
- ◈ To assemble your burrito, wrap it with a 12-inch whole wheat tortilla and fill it up with vegetables like dark lettuce, onion, cucumber and the cooked marinated chicken.
- ◈ Finally, season with a half tbsp. of hot sauce and mayonnaise for extra flavor.



Lunch RECIPES

CHICKEN FAJITA SALAD

This delicious chicken fajita salad is a perfect dish when you're looking for something a little zestier than your regular greens and vegetables. This salad is chock full of flavour, thanks to its combination of black beans, corn, peppers, and chicken. The key to making this dish is in the fajita marinade, which gives the chicken a wonderful flavour.

For Chicken

Ingredients

- ◈ 5 oz bite-size boneless chicken
- ◈ Garlic paste 1 tsp
- ◈ Salt and chilli flakes
- ◈ Paprika powder half tsp
- ◈ Lemon juice 1 tbsp
- ◈ Yoghourt 1 tbsp
- ◈ Black pepper
- ◈ Cumin seed powder half tsp
- ◈ Chilli sauce 1 tsp
- ◈ 2 tbsp of oil
- ◈ Cucumber 1 with peel
- ◈ Sliced Tomato
- ◈ Onion rings
- ◈ Olives black

Instructions

- ◈ Start by marinating the chicken with garlic paste, salt and chilli flakes, paprika powder, lemon juice, yoghurt, black pepper, cumin seed powder, chilli sauce and 1 tsp of oil.
- ◈ Allow it to sit for at least one hour before cooking it in 1.5 tsp of olive oil.
- ◈ Once cooked through add julienne cut capsicum and onion and sauté until lightly browned.
- ◈ To assemble your Fajita Salad, plate up a portion of the cooked chicken and vegetables mixture along with sliced cucumber with peel, tomato slices, onion rings and black olives on a bed of lettuce leaves.
- ◈ Drizzle with your favourite salad dressing or salsa to complete this dish

EGG SANDWICH

Egg sandwiches are one of the simplest and most satisfying breakfast items around. Whether you're looking for a protein-packed start to your day or an easy lunch that comes together quickly, this egg sandwich is sure to hit the spot. Piled high with fluffy scrambled eggs, creamy mayonnaise and crunchy lettuce, it's an unbeatable combination of flavors and textures.

Ingredients

- ◈ 2 eggs
- ◈ ½ C heavy cream for “creamier eggs” (optional)
- ◈ Salt and pepper as per taste
- ◈ 35 grams of cheese
- ◈ 2 tsp. of butter
- ◈ 2 slices of whole wheat bread/bun

Instructions

- ◈ Scramble 2 eggs, with or without heavy cream, and sprinkle salt and black pepper, and cook in butter.
- ◈ Put a slice of cheese into the whole wheat bread/bun.
- ◈ Toast it with the cheese to melt it.
- ◈ Assemble sandwich with eggs.



CREAMY SALMON WHOLE WHEAT PASTA

Creamy Salmon Whole Wheat Pasta is an easy and flavorful meal made with wholesome ingredients. Packed full of omega-3 fatty acids, it's a delicious way to get your daily dose of nutrients in a single dish. With only 15 minutes of prep time and 20 minutes of cooking time, this creamy pasta meal is sure to become a new weeknight favorite! Enjoy as is or top with freshly grated Parmesan for extra flavor.

Ingredients

- ◈ 5 oz Salmon
- ◈ 1 cup of boiled whole wheat pasta
- ◈ 1 tbsp. Garlic paste
- ◈ Salt as per taste
- ◈ Half tbsp. Black pepper
- ◈ 1 tbsp. soya sauce
- ◈ ½ tbsp. of chilli sauce
- ◈ 1.5 tbsp. of olive oil
- ◈ 1 ½ cup of non-starchy veggies (carrots, broccoli, green bell pepper)
- ◈ 2 tbsp. of soya cream
- ◈ Half tbsp. of mixed herbs (1 teaspoon of dried oregano, 1 teaspoon of thyme leaves, ¼ teaspoon of garlic powder and ½ teaspoon each of salt and pepper.)
- ◈ ¼ tbsp. of mustard paste
- ◈ ¼ tbsp of chilli flakes

Instructions

- ◈ Marinate the salmon with salt, pepper, mustard paste and 1 tbsp. of garlic.
- ◈ Heat the half tbsp. of oil in a pan and add salmon. Cook both sides until it's done.
- ◈ Add 1 tbsp of oil into the pan on low heat and add half chopped onion and garlic.
- ◈ Sauté it for 2 to 3 minutes and add veggies, salt, chilli sauce, soy sauce and chilli flakes. Sauté it again for 1 or 2 mins.
- ◈ Now add boiled whole wheat pasta, cook it for 2 mins, add ¼ tsp of butter and soya cream. Now sprinkle mixed herbs on it and serve it with salmon on top.



HAM AND CHEESE SANDWICH

A ham and cheese sandwich is a classic comfort food that can be a quick lunch, snack, or even an indulgent dinner. This simple dish has been satisfying people around the world for generations. Here, we provide an easy-to-follow recipe guaranteed to delight your palate with its delightful combination of delicious flavours.

Ingredients

- ◈ 5 oz of ham- shop for uncured, organic
- ◈ ham
- ◈ Salt as per taste
- ◈ Half tbsp. Black pepper
- ◈ 2 slices of Cheddar Cheese
- ◈ 2 slices of whole-wheat bread
- ◈ 1 tbsp. Mayonnaise
- ◈ 1 tbsp. Butter

Instructions

- ◈ Spread mayonnaise on both slices of bread. Top with 2 slices of cheese and 3 slices of ham.
- ◈ Butter the outside of the bread and toast sandwich in a skillet.
(A personal favourite!)

EASY CHICKEN SALAD

This recipe for easy chicken salad is a delicious way to enjoy the flavors of a classic dish. It's also packed full of health benefits, making it ideal for anyone looking for a nutritious meal. The combination of protein-packed chicken, fresh vegetables, and flavorful herbs give this dish its flavor and nutrition.

Ingredients

- ❖ 3 (15-oz.) cans canned chicken breast, drained
- ❖ 1 cup chopped celery
- ❖ 1 cup roasted pecans, chopped- Optional
- ❖ 3/4 cup mayonnaise
- ❖ 3/4 cup plain Greek yogurt
- ❖ 2 cups diced seedless red grapes- Optional
- ❖ 1/2 teaspoon salt
- ❖ 1/2 teaspoon ground black pepper

Instructions

- ❖ In a large bowl, shred the drained canned chicken with two forks.
- ❖ Add the celery, mayonnaise, Greek yogurt, roasted pecans, salt, and pepper, and mix well to combine. Gently fold in the diced grapes.
- ❖ Serve on croissants, toasted bread, crackers, or lettuce, as desired.
- ❖ I've also made this with all Greek yogurt and all Mayo. The 1/2 mayo, 1/2 Greek yogurt was the best I thought.



HASH BROWN-CRUSTED QUICHE WITH SAUSAGE

This Hash Brown Crusted Quiche with Sausage is crazy flavorful, super easy, & gluten free. Enjoy this simple recipe for breakfast, brunch, or even dinner!

Ingredients

- ❖ 3 cups shredded potatoes
- ❖ 4 tablespoons (1/4 cup) unsalted butter, melted
- ❖ salt and pepper
- ❖ 8 ounces (1 cup) seasoned Italian ground pork sausage
- ❖ 6 large eggs
- ❖ 1/4 cup heavy cream
- ❖ 1 cup shredded cheddar cheese
- ❖ 1 cup shredded Monterey jack cheese
- ❖ 2 whole scallions, finely chopped

Instructions

- ❖ Preheat the oven to 375 degrees. Coat a 9-inch pie plate with non-stick cooking spray.
- ❖ In a large bowl gently toss the hash browns with the butter to coat. Season with salt and pepper. Press the hash browns into the bottom and up the sides of the plate to form a crust. Bake for approximately 25-30 minutes or until golden brown.
- ❖ In the meantime, sauté the ground sausage in a skillet over medium-high heat, breaking it up with a wooden spoon, until no pink remains, about 5 minutes. Set aside to cool.
- ❖ In the large bowl you used for the hash browns, whisk together the eggs, cream, cheeses, and scallions. Season with a dash of salt and pepper. Add in the cooked sausage crumbles. Mix to combine.
- ❖ Pour mixture on top of the hash brown crust. Bake for approximately 30 minutes or until set. Let cool slightly, cut into wedges and serve.



PROTEIN BARS

The BEST Protein Bars are healthy, no-bake, and contain nothing artificial! These are chewy, delicious, easy to customize, and are the perfect healthy snack!

Ingredients

- ◈ 1 3/4 cups old-fashioned rolled oats
- ◈ 3/4 cup peanut butter, or favourite nut butter or sunflower butter
- ◈ 1 banana, mashed
- ◈ 1/3 cup honey, agave or real maple syrup
- ◈ Pinch salt
- ◈ 1/2 cup ground flax seed
- ◈ 1 cup protein powder
- ◈ 2 teaspoons vanilla extract
- ◈ 3/4 cup Mix in options: chopped dates, dried fruit (blueberries, cranberries, or raisins), mini chocolate chips, unsweetened coconut flakes, nuts

Instructions

- ◈ Mix all ingredients until well combined. Press into an 11x7 inch pan (or similar size—you could use a 9x13 pan, but not press them all the way to one side). Refrigerate for at least 1 hour before cutting into bars.
- ◈ Before cutting, press them down and together tightly. Store bars in an airtight container in the fridge for up to 2 weeks.



Dinner RECIPES

PULLED CHICKEN WHOLE-WHEAT BURGER

This Pulled Chicken Whole-Wheat Burger is a delicious, easy-to-make meal that will satisfy any burger craving. Combining the goodness of whole wheat buns with the flavors of pulled chicken, this scrumptious dish is sure to please.

Ingredients

For chicken

- One chicken breast
- 1 tbsp. garlic paste
- Salt as per taste
- Half tbsp. Black pepper half
- 1 tbsp. soy sauce
- ½ tbsp. of chilli sauce
- 1 tbsp. of olive oil
- Half tbsp. of mixed herbs
- ¼ tbsp. of mustard paste
- 2 tbsp. yoghurt
- ¼ tbsp of chilli flakes
- Half tbsp. of cumin seeds
- Half tbsp. of butter

For Mixed Herbs

Mix together 1 teaspoon of dried oregano, 1 teaspoon of thyme leaves, ¼ teaspoon of garlic powder and ½ teaspoon each of salt and pepper. Your mixed herbs dry rub is ready.

For burger

- 1 whole-wheat bun
- Half tbsp of mayo
- 1 tbsp of hot sauce
- Veggies (onion rings, iceberg)

Instructions

- Marinate the chicken fillets with all of the ingredients except for oil.
- Heat the oil in the pan and cook both sides until the chicken is well done.
- Shred the chicken using two forks to pull apart and add half tbsp of butter.
- Cook for another 20 seconds.
- Toast the bun.
- Spread the mayonnaise and hot sauce on the bun, add chicken and veggies, cover it with another side of the bun.



TEX-MEX CASSEROLE

Tex Mex Casserole is an easy dish that packs a flavorful punch. The combination of cheese, beans, and enchilada sauce make this casserole a delicious entrée.

Ingredients

For chicken

- 2 tbsp. olive oil
- 1 pound ground beef or turkey*
- 1 onion, diced
- 1 tbsp. chilli powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 10 ounces corn, drained (or frozen corn)
- 15 ounces black beans, drained and rinsed
- 14.5 ounces diced tomatoes
- 10 ounces enchilada sauce (or red salsa)
- 8 ounces shredded Mexican cheese blend
- 2 tbsp. chopped fresh cilantro (optional)

Instructions

- Preheat the oven to 375°F and lightly grease a 9x13 inch baking dish.
Heat oil in a large skillet over medium heat and add the ground beef or turkey, onion, chilli powder, cumin, garlic powder, salt and pepper. Cook until meat is no longer pink and vegetables are tender for about 10 minutes. Drain off any fat that accumulates in the pan.
- Add corn, black beans, diced tomatoes and enchilada sauce to the pan with the ground beef mixture and stir everything together. Bring to a simmer and cook for 5 minutes.
- Pour the mixture into the prepared baking dish, sprinkle with cheese and top with cilantro if desired.
- Bake uncovered for 20-25 minutes or until the cheese is melted and bubbly.

NOTE: For those looking for a vegetarian option, this casserole can easily be adapted! Instead of the usual ground beef, try substituting in crumbled tofu or diced tempeh sautéed with onions and garlic. You can also add more beans and vegetables to make it even heartier. To get all the Tex-Mex flavour without the meat, use a good quality enchilada sauce, plenty of spices like chilli powder or smoked paprika, and lots of cheese to top it off. With these simple swaps, you'll have a delicious vegetarian meal that will satisfy everyone at your dinner table.



AIR-FRYER BBQ CHICKEN

The Air-Fryer BBQ Chicken is the perfect solution when you want to enjoy a delicious dish without spending too much time in the kitchen. Packed with flavour, this meal is sure to be a hit for any occasion - just make sure to have plenty of napkins at hand.

Ingredients

For chicken

- | | |
|---|-----------------------------|
| ❖ 6 oz boneless chicken | ❖ 1 tbsp of BBQ sauce |
| ❖ Freshly crushed black pepper
half tbsp | ❖ 1 tbsp of soya sauce |
| ❖ ¼ tbsp chicken powder | ❖ Half tbsp of tikka masala |
| ❖ Salt as per taste | ❖ 1 ½ tbsp olive oil |
| ❖ Garlic paste 1 tbsp | ❖ ¼ tbsp of chilli flakes |
| | ❖ 3 tbsp of yoghurt |

Instructions

- ❖ Marinate the chicken with all of the above ingredients except the oil.
Spray the basket of your air fryer with nonstick spray.
Place half of the pieces of boneless chicken in the basket of your air fryer. Try to ensure the pieces do not touch. Air needs to circulate around them.
- ❖ Spray the chicken pieces lightly with spray oil. Place the basket in the air fryer and turn the air fryer to 350°F. Cook for 14 minutes, then flip the fried chicken with tongs, spray lightly
- ❖ with oil for a second time on the bottom sides of the chicken, and cook for another 10 to 12 minutes, until white meat reaches 165°F, and dark meat reaches 175°F.



EASY MEATLOAF RECIPE

This easy meatloaf recipe is everyone's favorite comfort food. Get your family to enjoy the great taste of meatloaf with this easy-to-follow recipe.

Ingredients

Meatloaf:

- ❖ 1 cup Plain breadcrumbs
- ❖ 2 pounds Ground beef we prefer a higher fat content 80/20
- ❖ 1 medium Onion grated
- ❖ 1 large Egg
- ❖ 2 tablespoons Worcestershire sauce
- ❖ ½ teaspoon Garlic powder
- ❖ 1 teaspoon Salt
- ❖ ½ teaspoon Black pepper

Meatloaf Sauce:

- ❖ ¼ cup Ketchup
- ❖ 1 tablespoon Packed brown sugar
- ❖ 2 teaspoons Worcestershire sauce

Instructions

- ❖ Preheat oven to 350 degrees F.
- ❖ In a large bowl combine the ground beef, grated onion, egg, Worcestershire sauce, garlic powder, and salt to the breadcrumb mixture. Mix together until everything is fully combined.
- ❖ Shape the meat mixture into a loaf approximately 2 inches thick. Place on a foil-lined baking sheet.
- ❖ Put the meatloaf in the oven and bake for 30 minutes.
- ❖ While the meatloaf cooks make the sauce. In a small bowl whisk together the ketchup, brown sugar, Worcestershire sauce to make the meatloaf glaze.
- ❖ After cooking for 30 minutes remove the meatloaf from the oven and spread the sauce over the meatloaf. Return it to the oven and resume cooking for the remaining 15 minutes.
- ❖ When the timer goes off, check the meatloaf with an instant read thermometer. The meatloaf is done when the internal temperature reaches 165 degrees F. If the meatloaf needs more time put it back in the oven for an additional 5 minutes.
- ❖ Once it has cooked completely remove from the oven and let it rest for 10 minutes. Then slice and serve.



ENCHILADA CASSEROLE

I usually make this on a Sunday and then we can nosh on it all week. The flavors get better with time! Sometimes I made two- one to eat that night and the other to freeze for another night when I wouldn't have time to prepare it all and I could just throw it in the oven.

There are a lot of variations that are simple to add or leave out.

Ingredients

- ◈ Red Enchilada Sauce(1 28 oz can) - I like "Las Palmas"
- ◈ Ground Beef-preferably grass fed-1lb
- ◈ Corn Tortillas- Organic, non-gmo
- ◈ Refried Beans(1 Can)-Organic
- ◈ Canned Green Chilies(2-3 cans depending on your taste)
- ◈ Canned Green Chilies(2-3 cans depending on your taste)
- ◈ Spinach(2-3C)- organic
- ◈ Taco seasoning- recipe to follow
- ◈ Shredded cheese (2-4C)- preferably Organic RBST free cheese
- ◈ Rice- preferably brown

Instructions

- ◈ Cook ground beef in a frying pan.
- ◈ Drain grease off beef, add 1 TBL taco seasoning, or more to taste.
- ◈ Add 1C water to beef
- ◈ Stirring occasionally, let simmer until liquid is gone.
- ◈ Set beef aside



- ◈ Cook rice- preferably brown- see recipe below for cilantro/lime rice while beef is cooking
- ◈ Set aside rice
- ◈ Assemble casserole:

Pour 1/2C enchilada sauce in bottom of 9X13" pan

Place single layer of tortillas in bottom

Add ½ the beans

Add ½ the meat

Add ½ the rice

Add a layer of spinach

Add 1-2C shredded cheese

Add 1C enchilada sauce

Layer another single layer of tortillas

Repeat c-h

Layer another single layer of tortillas on top

Put more cheese on top

Pour remaining amount of enchilada sauce on top

- ◈ Bake at 350 for 30-45* minutes until top is bubbly
- ◈ Let sit 5-10 minutes after removing from oven

Variations:

- ◈ Use ground turkey instead of beef
- ◈ Use whole black beans instead of refried
- ◈ Don't add any meat for a vegetarian version
- ◈ Add black olives
- ◈ Add jalapenos for a spicier version
- ◈ Add dairy-free cheese for a dairy-free version
- ◈ Use flour tortillas
- ◈ Add other veggies

*Note:*Add more cooking time of an hour more if frozen.*



CHICKEN & NOODLES

We are big fans of the easy dinner! One of our go-to items is a rotisserie chicken usually from Costco. But, with just the two of us now, we have a lot of chicken leftover. So I made up this recipe to use the chicken. It just kind of evolved. This is GREAT on a cool winter day. Can we say comfort food?! The amounts are really approximate, you can always add or subtract what I put in.

Ingredients

- ❖ Rotisserie chicken- don't pull the meat off the bones, it'll cook off.
- ❖ 3-32 oz cartons of organic chicken broth
- ❖ 4 stalks of organic celery cut up into bite sized pieces
- ❖ 1 medium yellow onion cut up into bite sized pieces
- ❖ 3 cloves of garlic minced
- ❖ 1 package of Egg Noodles- I like Essenhaus Amish Egg Noodles
- ❖ 1 TBL Butter
- ❖ Salt and Pepper to taste

Instructions

- ❖ Melt butter in bottom of a large cooking pot
- ❖ Add in onion, celery, and garlic. Cook until translucent.
- ❖ Add Chicken- I like to brown it again in the butter and veggie mixture.
- ❖ Add chicken broth.
- ❖ Set on medium heat and let it simmer for about an hour
- ❖ Using a slotted spoon, scoop out the chicken bones.
- ❖ If there are any large pieces of chicken, pull those out and cut into bite sized pieces then add them back.
- ❖ Turn up the heat to get your soup to almost a boil and add in the whole package of noodles. Disclaimer- you can cook the noodles in a separate pot then add to the soup. You also don't have to use the whole bag. Personally, I'm a big fan of the noodle and haven't met one I didn't like.
- ❖ Once the noodles are cooked through- serve.
- ❖ Keep leftovers in the fridge and heat up for a quick and delish meal.



Vegan RECIPES

Breakfast Recipes

HIGH PROTEIN SALAD

This hearty salad is a great way to add protein to your diet without all the fat from meat. With delicious vegetables, crunchy quinoa and a flavorful dressing, this Air-High Protein Salad will leave you feeling light and satisfied.

Ingredients

- ◈ 1/4 cup black Chickpeas
- ◈ 1/4 cup of Green Gram beans whole
- ◈ 1/4 cup of kidney beans
- ◈ 1 medium sized Onion
- ◈ 2 Canned Green chillies
- ◈ 1 ½ tsp lemon juice
- ◈ 2 Cucumbers with peel
- ◈ 1 medium Tomato
- ◈ Cabbage half cup
- ◈ Cilantro for garnishing

Instructions

- ◈ Boil the chickpeas, green gram beans and kidney beans separately in salted water until soft.
- ◈ Drain the beans immediately and refresh with cold water. Drain and keep aside to cool off.
- ◈ Peel and cut onion into one-fourth inch size pieces. Clean, wash, drain and chop green cilantro. (NOTE- some people REALLY don't like cilantro. Taste it before putting it into your salad.)
- ◈ Add mint leaves and 2 small green chillies to it.
- ◈ Chop 1 cucumber, tomato into small cubes. Take 2-3 Cabbage leaves and add everything into the bowl.
- ◈ Add lemon juice and salt as per taste.



VEGAN FRENCH TOAST

Vegan French Toast is a delicious breakfast treat that's easy to make. This recipe will give you a vegan-friendly version of this classic dish.

Ingredients

- ❖ 4 slices of your favourite vegan bread
- ❖ 1/2 cup plant milk (almond, coconut, soy)
- ❖ 2 tablespoons maple syrup
- ❖ 1 teaspoon ground cinnamon
- ❖ Optional: fresh fruit for topping

Instructions

- ❖ Preheat a large skillet over medium-high heat and lightly grease with non-stick cooking spray or a tablespoon of oil. Alternatively, you can use an electric griddle on medium heat. In a shallow bowl, mix the plant milk, maple syrup, and cinnamon.
- ❖ Dip each slice of bread into the mixture and coat both sides evenly.
- ❖ Place the slices onto the preheated skillet or griddle. Cook for 2-3 minutes until golden brown on one side, then flip over to cook the other side.
- ❖ Serve with fresh fruit or your favorite vegan topping and enjoy

VEGAN LUNCH RECIPES

VEGAN SWEET POTATO FRIES

Vegan Sweet Potato Fries are an easy, delicious and healthy way to enjoy one of the world's favorite tubers. These crispy fries are naturally low in fat and a great source of dietary fiber.

Ingredients

- ❖ 2 large sweet potatoes
- ❖ 1 tbsp. of olive oil
- ❖ 2 teaspoons of brown sugar
- ❖ 1 teaspoon of garlic powder
- ❖ 1/4 teaspoon of cayenne pepper (optional)
- ❖ Salt and pepper to taste

Instructions

- ❖ Preheat your oven to 400°F. Line a baking sheet with parchment paper.
- ❖ Peel the sweet potatoes and cut into thin strips or wedges—the thinner you cut them, the crispier they will be.
- ❖ Place the sweet potato wedges in a large bowl and add the olive oil, brown sugar, garlic powder, cayenne pepper (if using), salt and pepper. Toss to combine and coat evenly.
- ❖ Spread the fries onto your prepared baking sheet in an even layer, taking care not to overcrowd the fries or they won't get as crispy.
- ❖ Bake for 15 minutes then flip each fry over before baking for an additional 10-15 minutes until golden and crispy on both sides.
- ❖ Serve warm with your favorite dip or condiment.



ASIAN TOFU RICE BOWLS

Asian Tofu Rice Bowls are a deliciously nutritious meal that will delight even the pickiest of eaters. Packed with protein-filled tofu and hearty brown rice, these bowls offer a balanced mix of flavors from vegetables, Asian sauces, and herbs.

Ingredients

- 4 oz. block extra-firm tofu
- ½ cup brown Rice
- 1 tbsp. soy sauce
- 2 tbsp. agave syrup (or honey)
- ½ tbsp. ground ginger
- ½ Tbsp. sesame oil
- 2 medium garlic cloves (minced)
- 1 cup zucchini noodles
- ½ cup shredded carrots
- ½ large avocado
- 1 tbsp. sesame seeds (optional)

Instructions

- Press the tofu between paper towels or napkins to remove as much water as possible.
- While the tofu is pressing, cook the rice according to the following directions.
- Preparing brown rice for this Asian tofu rice bowl is easy. Begin by rinsing 1/2 cup of uncooked brown rice under cold water for a few minutes, then drain. Place the rinsed rice into a pot over medium-high heat with 2 cups of water. Bring to a boil, cover and reduce the heat to low. Simmer undisturbed for 25 minutes until all of the water is absorbed and the grains are tender. Once cooked, fluff rice with a fork and set aside before adding it to your bowl.
- Whisk the soy sauce, agave, and ginger together in a medium sized bowl.
- Cut the tofu into small cubes and allow to soak in the sauce mixture for about 5 minutes.
- While the tofu is soaking, heat up the sesame oil over medium heat and lightly cook the garlic.
- Add in the soaked tofu (leaving the extra sauce in the bowl) and cook until crispy (about 10-15 minutes).
- While the tofu is cooking, spiralize the zucchini.
- Add the zucchini and carrots to the pan and sauté till al denté.
- Pour the extra sauce and the rice into the pan and cook for another 5 minutes (or until everything is evenly coated and hot).
- Serve with avocado and sesame seeds (optional)!



Vegan **DINNER RECIPES**

LENTIL SOUP

Lentil soup is a hearty meal that's both easy to make and packed full of flavor. Perfect for vegans, this lentil soup recipe requires just a few ingredients to create a delicious, nutritious dish.

Ingredients

- ❖ 2 cups of dried brown or green lentils
- ❖ 6 cups of vegetable broth
- ❖ 1 teaspoon of ground cumin
- ❖ 1 teaspoon of garlic powder
- ❖ 1/2 cup of diced tomatoes (optional)
- ❖ Salt and pepper to taste

Instructions

- ❖ Rinse the lentils in cold water and pick out any stones or bits of debris.
- ❖ In a large pot, combine the rinsed lentils with the vegetable broth, cumin, garlic powder, and diced tomatoes.
- ❖ Bring the soup to a low boil over medium-high heat and reduce to a simmer. Simmer for 30 minutes or until the lentils are tender.
- ❖ Add salt and pepper to season the soup to taste.
- ❖ Serve hot with your favorite vegan accompaniments like fresh parsley, diced avocado, crushed tortilla chips, or vegan cheese shreds.

VEGAN SALAD WRAP

This vegan salad wrap is a fan favorite for its flavor and convenience! It's the perfect dish for lunch, dinner, or a picnic. Packed with nutritious ingredients like spinach, cucumber, tomatoes, and vegan cheese, this wrap will leave you feeling full and satisfied.

Ingredients

- ❖ One large tortilla
- ❖ ¼ cup of spinach leaves
- ❖ ½ cup of shredded lettuce
- ❖ ¼ cup of chopped cucumbers
- ❖ ¼ cup of diced tomatoes
- ❖ 2 tbsp. of vegan cheese (cheddar or mozzarella)
- ❖ 4 tbsp. of hummus or tahini sauce

Instructions

- ❖ Preheat your oven to 350°F.
- ❖ Place the tortilla on a baking sheet and bake for 5 minutes, or until lightly toasted. Remove from the oven and let cool slightly before assembling the wrap.
- ❖ Layer spinach leaves, lettuce, cucumbers, tomatoes, vegan cheese, and either hummus or tahini sauce evenly across the centre of the tortilla wrap.
- ❖ Carefully roll up the wrap from one side to another until it forms a tight cylinder shape.
- ❖ Slice in half if desired and enjoy your vegan salad wrap.



BAKED MIXED VEGGIE CASSEROLE

Baked mixed veggie casserole is a delightful dish that will tantalize your taste buds! This flavorful recipe is packed full of colorful veggies and topped with crunchy bread crumbs and melted cheese. It's perfect for an easy weeknight dinner or a potluck gathering.

Ingredients

- 2 tbsp. extra virgin olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 carrots, peeled and diced
- 2 bell peppers (any color), seeded and diced
- 1 zucchini, diced
- 1 cup mushrooms, sliced
- 2 tbsp. extra virgin olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 carrots, peeled and diced
- 2 bell peppers (any color), seeded and diced
- 1 zucchini, diced
- 1 cup mushrooms, sliced

Instructions

- Preheat the oven to 375°F (190°C). Grease a 9x13-inch baking dish with cooking spray.
- Heat the olive oil in a large skillet over medium heat. Add the onion and garlic and cook, stirring occasionally, until fragrant, about 3 minutes. Add the carrots, bell peppers, zucchini, mushrooms, and tomatoes with juice, salt and pepper to taste, and Italian seasoning; stir to combine. Simmer for 8-10 minutes, stirring occasionally.
- Remove the skillet from heat and stir in the cooked quinoa; pour into the prepared baking dish. Top with Parmesan cheese and breadcrumbs.
- Bake for 25 minutes, or until golden brown and bubbly on top. Let cool for 5-10 minutes before serving.



Vegetarian RECIPES

Breakfast Recipes

CHICKPEA SALAD

A hearty, healthy salad that is full of flavor and sure to please! This Chickpea Salad combines cooked chickpeas with a variety of fresh vegetables, including tomatoes, cucumbers, green pepper, and red onion. The salad is tossed in a simple olive oil and lemon juice dressing for an extra zing of flavor.

Ingredients

- ◈ Half cup of boiled chickpeas
- ◈ 1 small garlic clove (crushed)
- ◈ Half tbsp of olive oil
- ◈ Salt and black pepper as per taste
- ◈ Cumin seeds (roasted and crushed)
- ◈ 2 cups of non-starchy veggies(cucumber, carrot, cabbage, iceberg, reddish)

Instructions

- ◈ Heat the oil and add garlic cloves.
- ◈ Sauté it for 5 seconds and add completely boiled chickpeas.
- ◈ To roast cumin seeds,, heat a heavy-bottomed pan on medium-high heat and add cumin seeds. Allow them to cook in the dry pan until they become fragrant and slightly browned — about two to three minutes. Stir frequently while roasting so as not to burn the seeds. Crush them in a spice grinder or in a mortar and pestle
- ◈ Sprinkle with salt and black pepper, mix it well at the end, add roasted and crushed cumin seeds.
- ◈ Add 2 cups of non-starchy veggies and serve it. (Use lemon juice for flavor and it's optional)



GRILLED VEGGIE OMELETTE

A grilled veggie omelet is a nutritious and delicious meal that can be enjoyed any time of day. It's packed with fresh vegetables, herbs, and cheese, making it both healthy and flavorful.

Ingredients

- ❖ 3 eggs, lightly beaten
- ❖ 1 green bell pepper, diced
- ❖ 1 red onion, diced
- ❖ ½ cup mushrooms, thinly sliced
- ❖ ¼ cup feta cheese crumbles
- 2 tablespoons olive oil

Instructions

- ❖ Preheat a grill to medium heat and grease with cooking spray. Alternatively, preheat an indoor griddle to 375°F (190°C).
- ❖ In a bowl, whisk together the eggs until lightly frothy. Add the bell pepper, onion, mushrooms and feta cheese to the bowl and mix until everything is evenly distributed.
- ❖ Heat 1 tablespoon of olive oil in a medium skillet over the heated grill or griddle. When the oil is hot, pour in the egg mixture and spread it into an even layer.
- ❖ Cook for 2 minutes until the edges start to set and are lightly browned and crispy. Using a spatula, flip the omelet.
- ❖ Cook for another 1–2 minutes until golden brown on both sides and cooked through. Serve warm or cold with your favorite accompaniments.



CREAM VEGAN SWEET POTATO SALAD

This Cream Vegan Sweet Potato Salad is the perfect accompaniment to any meal, offering a delicious contrast of sweet and savory flavors. It's easy to put together and requires just a few simple ingredients.

Ingredients

- ❖ 2 medium-sized sweet potatoes, diced into 1/2-inch cubes
- ❖ 2 tablespoons olive oil (or other cooking oil)
- ❖ 3 tablespoons vegan mayonnaise
- ❖ 2 teaspoons apple cider vinegar
- ❖ 1 teaspoon brown sugar
- ❖ Salt and pepper to taste

Instructions

- ❖ Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or aluminum foil.
- ❖ Place diced sweet potatoes on the baking sheet and coat with olive oil. Sprinkle it with salt and pepper to taste.
- ❖ Bake in a preheated oven for 25-30 minutes, until sweet potatoes are lightly browned and softened. Remove from the oven and let cool slightly before transferring to a bowl or plate.
- ❖ In a separate bowl, whisk together vegan mayonnaise, apple cider vinegar, brown sugar, salt and pepper until combined.
- ❖ Pour the dressing over the cooled sweet potatoes and toss gently to combine until all cubes are coated evenly in the dressing.
- ❖ Cover salad with plastic wrap or aluminum foil and chill in the refrigerator for at least 1 hour before serving cold.



EASY-TO-PEEL HARD BOILED EGGS

Hard boiled eggs are an incredibly versatile ingredient that can be used in a variety of dishes. Not only do they offer great taste, but they also provide numerous health benefits. Hard boiled eggs have several essential vitamins and minerals that make them one of the most nutrient-filled snacks out there.

Ingredients

- ❖ 1 to 6 large eggs

Instructions

- ❖ Bring a medium-sized pot of water to a boil. Ensure there's enough water in the pot to cover the eggs by about an inch.
- ❖ While you're waiting for the water to boil, remove the eggs from the fridge (set them on the counter) and prepare an ice water bath in a large bowl.
- ❖ Once the water is boiling, reduce the heat to low and use a skimmer to gently and slowly add the eggs to the water. Then, turn the heat back up to a boil.
- ❖ Set a timer and cook the eggs for 12 to 14 minutes.
- ❖ Use the skimmer to remove the eggs and immediately submerge them in the ice water bath to stop them from cooking.
- ❖ To peel the eggs, you can either roll them on the countertop gently or tap the egg all around against the countertop to create cracks. Then, peel from the bottom to remove the shell.



EASY 4 INGREDIENT EGG SALAD RECIPE

This simple yet delicious egg salad recipe is an easy 4-ingredient fix for any meal. With hard-boiled eggs, mayonnaise, mustard and relish, this classic dish is a perfect way to make use of your leftover eggs.

Ingredients

- ❖ 8-10 hard boiled eggs
- ❖ 1/4 cup of mayonnaise
- ❖ 1 teaspoon of mustard
- ❖ 2 tablespoons of sweet pickle relish- try to find some without high fructose corn syrup. It's not easy- I had to buy mine off amazon.

Instructions

- ❖ Mix eggs with mayonnaise and mustard, making sure to mash the yolks of the egg while stirring. Add the sweet pickle relish as well as salt and pepper to taste, and stir again. Serve on bread or croissants with lettuce for a nice sandwich or serve on a bed of lettuce if you are avoiding carbs. Also great on crackers!
- ❖ Refrigerate

TO MAKE THE EGGPLANT BACON



VEGETARIAN LUNCH RECIPES

EGGPLANT SANDWICH

Eggplant Sandwich is an easy and delicious meal that combines two of the most beloved vegetables, eggplants and tomatoes. Grilled to perfection, this sandwich is a great way to enjoy the flavors of summer all year round.

Ingredients

For The Sandwich:

- ❖ 1 eggplant medium size, peeled, sliced and pre-soaked in slightly salted water for 30 minutes
- ❖ 2 slice of whole wheat bread
- ❖ 4 tablespoons of vegan mayonnaise.
- ❖ 1 sliced tomato
- ❖ ½ sliced cucumbers

For The Marinade:

- ❖ 1 tablespoon extra-virgin olive oil
- ❖ 1 tablespoon soy sauce , 1 teaspoon agave syrup or maple syrup
- ❖ 1 teaspoon smoked paprika
- ❖ ¼ teaspoon salt
- ❖ ¼ teaspoon ground black pepper

Instructions

To Make the Eggplant Bacon:

Mix all of the marinade ingredients in a small bowl, then brush the marinade over the eggplant slices. Bake on a baking sheet at 360°F/180°C for 20 minutes or a bit longer if needed, or shallow fry and pat dry on kitchen towel paper.

To Make The Sandwich:

- ❖ Spread a layer of vegan mayonnaise, add a layer of smoky eggplant slices, followed by tomato slices, cucumber slices, a sprinkle of salt and pepper, and finally, top with rocket/arugula leaves and cover with the other slice of bread.
Cover with some foil, then toast the sandwich in a grill. Once you take it out, cut it in
- ❖ halves (cut through the foil if you're going to have it right away. Or leave it packed in foil to take to work, a picnic or just have it later.



CHIPOTLE VEGGIE BOWL

This vegetarian Chipotle bowl is a delicious and easy meal idea for any time of day. It's packed with flavor, and made with wholesome ingredients, and it will fill your teen athletes up without weighing them down.

Ingredients

- ❖ 1 cup brown rice.
- ❖ ¼ cup black beans drained and rinsed
- ❖ 1 tbsp olive oil
- ❖ ½ red bell pepper cut into strips
- ❖ ¼ yellow onion cut into strips
- ❖ ¼ cup romaine lettuce sliced
- ❖ 2 tbsp guacamole
- ❖ 1 tbsp cashew cream or vegan sour cream
- ❖ 1 tbsp salsa

Instructions

- ❖ Heat a skillet over medium heat. Add olive oil, and then add chopped bell pepper and chopped onion. Cook until onions are translucent and peppers are soft. Remove from heat.
- ❖ Preparing a brown rice bowl is easy. Begin by rinsing 1 cup of uncooked brown rice under cold water for a few minutes, then drain. Place the rinsed rice into a pot over medium-high heat with 2 cups of water. Bring to a boil, cover and reduce the heat to low. Simmer undisturbed for 25 minutes until all of the water is absorbed and the grains are tender. Once cooked, fluff rice with a fork and set aside before adding it to your bowl.
- ❖ Assemble the veggie bowl. Start with brown rice on the bottom, then layer with cooked veggies, lettuce, guacamole, cashew cream, salsa and black beans. Don't be afraid to add more of your favs. Add a fresh squeeze of lime juice before serving.



NACHO SALAD IN A JAR

This delicious nacho salad in a jar is the perfect go-to meal for summer days. Bursting with flavor from salsa, black beans and more, this dish is sure to satisfy your teen athletes' cravings.

Ingredients

- ◈ 3 cups of lettuce
- ◈ 1 cup cooked corn
- ◈ 1/2 cup cooked black beans, drained
- ◈ 1/2 cup diced tomatoes
- ◈ 2 tablespoons shredded cheddar cheese
- ◈ 1/2 cup crumbled tortilla chips
- ◈ 6 cilantro leaves for topping

Instructions

- ◈ Place the following ingredients into the jar starting with lettuce, corn, black beans, tomatoes, cheese, chips and cilantro.
- ◈ Put the lid on and store in the refrigerator until ready to eat. Top with your favorite dressing and season with salt and pepper.



VEGETARIAN DINNER RECIPES

Pasta Primavera

Pasta Primavera is a classic Italian pasta dish that celebrates the freshness of springtime vegetables. This light and flavorful combination of asparagus, bell peppers, and tomatoes has become a beloved culinary staple around the world.

Ingredients

- ◈ 2 tablespoons olive oil
- ◈ 1 small onion, diced
- ◈ 1 cup broccoli florets
- ◈ 1 red bell pepper, cut into thin strips
- ◈ 1/2 cup sliced mushrooms (any type)
- ◈ 1/2 teaspoon dried oregano
- ◈ 2 cloves garlic, minced
- ◈ 2 cups vegetable broth or stock
- ◈ 8 ounces pasta of choice (we recommend linguine or spaghetti)
- ◈ 1/2 cup frozen peas
- ◈ Salt and pepper to taste
- ◈ Grated Parmesan cheese, for garnish (optional)

Instructions

- ◈ Heat the olive oil in a large skillet over medium heat. Add the onion, broccoli, bell pepper, mushrooms, oregano, garlic, and salt and pepper to taste. Cook until vegetables are tender (about 5 minutes).
- ◈ Pour in the vegetable broth and bring the mixture to a boil. Reduce heat to low and simmer for 10 minutes.
- ◈ Bring a separate large pot of salted water to a boil. Add pasta and cook according to package directions until al dente. Drain pasta and add it to the vegetables in the skillet.
- ◈ Add frozen peas to the mixture and cook for an additional 5 minutes.
- ◈ Serve pasta primavera topped with Parmesan cheese, if desired.



CHICKPEA CURRY

This delicious Chickpea Curry is a vegetarian-friendly dish that will delight all connoisseurs of Indian food. The combination of spices and ingredients give the curry a unique flavor that will tantalize your taste buds.

Ingredients

- ◈ 2 tablespoons vegetable oil
- ◈ 1 teaspoon cumin seeds
- ◈ 1 large onion, chopped
- ◈ 2 cloves garlic, minced
- ◈ 1 tablespoon finely grated ginger root
- ◈ 2 teaspoons ground coriander
- ◈ 1 teaspoon ground turmeric
- ◈ 1/2 teaspoon chili powder (optional)
- ◈ 2 cans chickpeas, drained and rinsed
- ◈ 4 cups vegetable broth or water
- ◈ Salt to taste
- ◈ 1/4 cup chopped fresh cilantro (optional)

Instructions

- ◈ Heat oil in a large saucepan over medium heat. Add the cumin seeds and sauté for about 1 minute or until they start to crackle.
- ◈ Add the onion and cook, stirring often, until soft and golden brown, about 8 minutes. Stir in the garlic, ginger root, coriander, turmeric and chilli powder (if using). Continue to cook for another minute or so until fragrant.
- ◈ Add chickpeas and broth or water to the pot and bring to a simmer. Cook covered for 15 – 20 minutes, stirring occasionally.
- ◈ Use an immersion blender to blend the curry until it is a desired consistency. You may also transfer the mixture to a food processor or blender for blending, but be sure not to over-process.
- ◈ Add salt to taste and cook for another 5 minutes or so, stirring occasionally.
- ◈ Garnish with cilantro (if using) and serve with warm naan bread or rice.



EGGPLANT PARMESAN

This is one of my favorites! It's hardy and filling and truly more like eggplant lasagne. Plus I love eggplant. Again, I usually make this on a Sunday and we feed on it all week. Serve it with a dark green leafy salad and some freshly baked Italian bread. Or just by itself! Please keep in mind I cook a lot like my Sicilian Grandmother, measurements aren't exact!

Ingredients

- ❖ 2 large purple eggplants
- ❖ Olive Oil- enough to cook eggplant
- ❖ Bread Crumbs- I like Pre-seasoned Italian breadcrumbs. You can use whatever kind you like. Including gluten-free.
- ❖ Eggs- 4 to 6 depending on size
- ❖ Shredded mozzarella cheese-5 C
- ❖ Shredded parmesan cheese- 3C
- ❖ Organic Tomato Basil pasta sauce- 1 jar

Instructions

- ❖ Cut into eggplant rounds about ½" thick. Lay on a paper towel and salt. Let "sweat" for about 20 minutes. Eggplant has a lot of water in it, salting it helps remove some of the water so when I fry it, it doesn't spatter.
- ❖ Beat eggs in a shallow dish for dipping eggplant.
- ❖ Pour breadcrumbs on a plate for dipping eggplant.
- ❖ Heat olive oil- enough to cover the bottom of your frying pan with about ½" make sure it's hot enough to cook but not too hot to burn your eggplant.
- ❖ Dip rounds into beaten egg, covering both sides.
- ❖ Dip egg-covered rounds into bread crumbs, covering both sides.
- ❖ Fry eggplant in olive oil, turning after side turns golden brown. Lay cooked eggplant onto paper towels to absorb any excess oil.
- ❖ After all the eggplant has been cooked, it's time to assemble!
In a 9X13" pan place a layer of eggplant in the bottom.



- ◈ Add a layer of mozzarella cheese
- ◈ Add a thinner layer of parmesan cheese
- ◈ Pour $\frac{1}{3}$ the jar of pasta sauce over your first layer.
- ◈ Add another layer of eggplant, cheese(s), and sauce.
- ◈ Repeat until all eggplant, cheese and sauce have been used up.

Instructions

- ◈ Sautéed mushrooms added to each layer
- ◈ Dairy-free cheese
- ◈ Gluten-free bread crumbs
- ◈ Fresh basil leaves added to each layer

RECIPES
for
NUT ALLERGIES
Breakfast **Recipes**

STRAWBERRY AND BANANA SMOOTHIE

This Strawberry and Banana Smoothie is the perfect combination of sweet and creamy flavors. Enjoy this delicious smoothie for a quick snack or a satisfying breakfast on-the-go.

Ingredients

- ◈ Half cup of frozen strawberries
- ◈ 1 cup of milk
- ◈ 3 tbsp. of oats
- ◈ 2 dates
- ◈ 1 medium banana (frozen)
- ◈ 1 tbsp of honey

Instructions

- ◈ Blend all the ingredients together topped with some strawberry slices and enjoy.



HIGH PROTEIN BANANA PANCAKES

These high-protein banana pancakes are a delicious way to start your teen athletes' day, or enjoy any time of the day! Packed with protein and flavor these quick and easy pancakes will leave your teen athlete feeling fueled and satisfied.

Ingredients

- ◈ 1 tbsp of honey
- ◈ ¼ cup of milk
- ◈ 3 to 4 dates
- ◈ 2 tbsp of butter
- ◈ ½ cup of oats
- ◈ ¼ cup of All purpose flour
- ◈ ½ tsp of baking powder
- ◈ Pinch of salt(optional)
- ◈ 2 medium sized bananas
- ◈ Half scoop of whey protein

Variations: Add blueberries, chocolate chips, nuts.

Instructions

- ◈ In a blender combine oats, baking powder, salt, milk and banana, and protein powder blend well for half a minute.
- ◈ Allow the batter to rest for 10 minutes so the oats have time to soften.
- ◈ Heat the pan and lightly grease the pan. For each pancake, pour 1/4 cup batter into a hot pan.
- ◈ Turn when the tops are covered with bubbles and edges look cooked. Turn only once.
- ◈ When done top with little banana slices, date chunks and honey.



BLUEBERRY BANANA OVERNIGHT OATMEAL

Blueberry banana overnight oats is a delicious breakfast that is both healthy and easy to make. It requires only a few ingredients, can be made in advance and will give you the energy your teen athletes need to start their day.

Ingredients

- ◈ 1/2 cup Oats
- ◈ 1/2 cup milk
- ◈ 1 teaspoon vanilla
- ◈ 1/2 cup blueberries
- ◈ 1/3 cup banana, sliced

Variations: Add blueberries, chocolate chips, nuts.

Instructions

- ◈ Add Oats to your container of choice and pour in milk and vanilla. Add a layer of blueberries and then a layer of banana slices.
- ◈ Top with a drizzle of honey. Place it in the fridge and enjoy it in the morning or a few
- ◈ hours later. Let steep for at least 8 hours in a refrigerator 40° F or colder. (Best to eat within 24 hours.)



Lunch RECIPES

CHICKEN AND EGG SANDWICH

A classic combination that never fails, a Chicken and Egg Sandwich is the perfect meal for any time of day. This simple yet satisfying sandwich is sure to hit the spot with its crunchy chicken, soft egg, and creamy mayonnaise.

Ingredients

- ◈ 5 oz Boneless chicken
- ◈ 1 Hard-boiled egg (sliced)
- ◈ Half tbsp of butter
- ◈ 1 tbsp of mayo
- ◈ Finely chopped cabbage and one carrot
- ◈ 1 tbsp Garlic paste
- ◈ Salt
- ◈ Half tbsp Black pepper
- ◈ Cumin seeds
- ◈ 1 inch cinnamon stick + Black cardamom

Instructions

- ◈ Add chicken, salt, black pepper, garlic paste, cumin, cinnamon stick and black cardamom with 1 cup of water into the pan.
- ◈ Put the pan on to the med to low stove cook until water is dry and chicken is done.
- ◈ Remove the cinnamon stick and cardamom and shred the chicken.
- ◈ Add mayonnaise and cabbage in chicken and mix it well.
- ◈ Spread the prepared chicken on the sliced bread, add half tsp of ketchup on it.
- ◈ Put egg slices on it, sprinkle black pepper or little salt as per taste on the egg. Now spread the butter on another slice and cover it.



Dinner RECIPES

CHICKEN FAJITA CASSEROLE

This Chicken Fajita Casserole is a delicious and easy way to enjoy the flavors of chicken fajitas in casserole form! Made with all your favorite Mexican-inspired ingredients, this dish will be sure to satisfy everyone around the dinner table.

Ingredients

- 1 tbsp avocado oil
- ¼ large red bell pepper, sliced
- ¼ large yellow bell pepper, sliced
- ½ medium onion, halved and sliced
- 1 teaspoons chili powder
- ½ teaspoon ground cumin
- ¼ teaspoons garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 cup sliced cooked chicken thighs
- 1/2 tbsp lime juice
- 2 (6-inch) corn tortillas, halved and cut into 1-inch strips
- ¼ cup chopped fresh cilantro
- 1 oz cheddar cheese

Instructions

- Preheat the oven to 400°F.
- Heat oil in a large ovenproof skillet over medium heat. Add red and yellow peppers and onion; cook, stirring, for 2 minutes. Stir chili powder, cumin, garlic powder, salt and pepper together in a small bowl. Set aside 1 teaspoon spice mixture and sprinkle the remaining spices over the vegetables. Continue cooking and stirring until softened, about 4 minutes more.
- Combine cooked chicken and the reserved spice mix in a medium bowl; add to the skillet. Cook, stirring, until the chicken is warmed, about 2 minutes. Remove from heat and stir in lime juice. Gently stir in tortilla strips. Sprinkle cheese. Transfer to the oven and bake until the casserole is hot and the cheese is melted, 15 to 20 minutes. Sprinkle with cilantro.



BAKED MIXED VEGGIE CASSEROLE

This hearty Baked Mixed Veggie Casserole is the perfect way to enjoy a variety of vegetables in one delicious dish. Not only is this dish incredibly tasty, it's also incredibly simple with minimal prep and cook time.

Ingredients

- ◈ 3 cups cooked quinoa
- ◈ 2 cups frozen mixed vegetables (like peas, carrots, corn, broccoli)
- ◈ 1 cup shredded cheese (cheddar or gouda work well here)
- ◈ 1/2 cup plain Greek yogurt
- ◈ 2 cloves garlic, minced
- ◈ Salt and pepper to taste

Instructions

- ◈ Preheat the oven to 350°F. Grease an 8x8 inch baking dish with cooking spray.
- ◈ In a large bowl, mix cooked quinoa, frozen mixed vegetables, shredded cheese, Greek yogurt and garlic until all ingredients are well combined.
- ◈ Pour mixture into a greased baking dish and spread evenly across the bottom of the pan.
- ◈ Sprinkle it with salt and pepper to taste.
- ◈ Bake in a preheated oven for 30 minutes or until the casserole is golden brown and bubbly on top.
- ◈ Remove from the oven and let cool slightly before serving warm.



RECIPES
for
**IRRITABLE
BOWEL SYNDROME**
Breakfast **Recipes**

HASH BROWNS WITH POACHED EGG

Hash browns are a breakfast favorite, and when served with poached egg make for the perfect combination of flavors. This dish is not only delicious but also incredibly easy to make - just a few simple ingredients and you're ready to go.

HASH BROWNS

Ingredients

- ❖ 2 medium sized potatoes (grated)
- ❖ 1 oz Cheddar cheese grated
- ❖ Salt and black pepper
- ❖ 1 tbsp Butter
- ❖ 1 tbsp Olive oil

Instructions

- ❖ Add grated potato in iced water and leave it for 10 min. then drain it well with the help of muslin cloth and remove the excess moisture.
- ❖ Add 1 tbsp. of butter into the pan and cook the grated potatoes for 4 to 5 mins. Now turn off the stove.
- ❖ Add salt and pepper cheese. Make 2 hash browns.
- ❖ Add 1 btsp. of olive oil and cook it well until they are golden brown on the bottom.

POACHED EGG

Ingredients

- ❖ 1 large egg
- ❖ 1-2 tbsp. vinegar, optional



Instructions

- ◈ Bring a large pot of water to a boil, and then reduce the heat to low.
- ◈ While waiting for the water to boil, crack an egg into a small fine mesh sieve over a bowl.
- ◈ Swirl the egg in the sieve until all the liquid egg whites have been removed. Then, place the egg in a ramekin.
- ◈ Stir the vinegar into the water and create a vortex. Add the egg to the middle of the vortex and cook the egg for 3 minutes.
- ◈ Remove the egg with a slotted spoon and dab it on a paper towel to remove any excess water. Serve immediately.
- ◈ Alternatively, if making the poached eggs for meal prep or ahead of time, transfer the cooked poached eggs to an ice water bath and refrigerate for a couple of days. When ready to serve, add boiling water to a bowl, then add the cold poached egg and submerge for 20-30 seconds or until warmed through. Remove the poached egg with a slotted spoon, dab dry and serve immediately.

GREEK YOGURT PARFAIT

This delicious, healthy Greek Yogurt Parfait is the perfect light breakfast or snack that will satisfy your sweet tooth. It's easy to make and a great way to start your teen athlete's day.

Ingredients

- ◈ 2 cups of plain Greek yogurt
- ◈ ½ cup granola
- ◈ ¼ cup honey
- ◈ 1 cup blueberries (or any fruit of your choice)
- ◈ ½ teaspoon of cinnamon (optional)

Instructions

- ◈ In a bowl, mix the yogurt, granola, honey and cinnamon until everything is well combined.
- ◈ Layer the mixture into two glasses or bowls and top each with ½ cup of blueberries.



Lunch RECIPES

WHOLE-GRAIN SMOKED TURKEY SANDWICH

This Whole-Grain Smoked Turkey Sandwich is ideal for busy weeknights when you want your athlete to have a quick and nutritious meal that is sure to satisfy.

Ingredients

- ◈ 1 whole wheat buns
- ◈ Lettuce
- ◈ ½ tomatoes slice
- ◈ 1 avocado
- ◈ 2 slices smoked turkey breasts

Instructions

- ◈ Spread ketchup on the bottom slices.
- ◈ Rinse the lettuce leaves and pat dry.
- ◈ Rinse the tomatoes, remove the cores and slice.
- ◈ Peel the avocado, cut in half, remove the pit and cut into wedges.
- ◈ Top the slice with lettuce, avocado, tomato and turkey breast. Cover it with another slice and serve it.



MINI PIZZA QUICHE

These little bites of deliciousness are a great way to enjoy a classic Italian dish, without compromising on taste or allergen safety. Plus, they're easy to make and everyone in the family will love them.

Ingredients

- ❖ 2 cups gluten-free flour
- ❖ 1/4 cup olive oil
- ❖ 8 tablespoons cold water
- ❖ Pinch of salt
- ❖ 1 teaspoon sugar
- ❖ 4 tablespoons dairy-free butter (or margarine)
- ❖ ¾ cup shredded vegan cheese (optional)
- ❖ 3 ounces tomato paste
- ❖ ½ teaspoon oregano
- ❖ Your favorite toppings such as mushrooms, bell peppers, or olives

Instructions

- ❖ Preheat the oven to 350°F and lightly grease a muffin tin with butter or margarine.
- ❖ In a large bowl, mix together the gluten-free flour, olive oil, cold water, salt and sugar until combined. Using a fork, press the dough into the greased muffin tin until it forms an even layer across all 12 cavities.
- ❖ In a separate small bowl, melt the dairy-free butter and combine with tomato paste and oregano. Spoon this mixture onto each mini quiche and top with your favorite toppings (optional).
- ❖ Bake in a preheated oven for 20 minutes or until golden brown on top. Allow to cool before serving. Enjoy.



Dinner RECIPES

TERIYAKI CHICKEN BOWL

This teriyaki chicken bowl is a delicious and easy-to-make dish that will have your teen athlete's taste buds singing

Ingredients

- ◈ 1 boneless skinless chicken breast
- ◈ ½ tbsp. olive oil
- ◈ 1/2 tbsp. low sodium soy sauce
- ◈ 1/2 cup water
- ◈ 1 tbsp. packed light brown sugar
- ◈ 1/2 tbsp. sesame oil (optional)
- ◈ ½ tbsp. ground ginger
- ◈ ½ tbsp. minced garlic
- ◈ 1 tbsp. cornstarch

Instructions

- ◈ Heat oil in a large skillet on medium high heat.
- ◈ Add cubed chicken until cooked through and it is no longer pink.
- ◈ While Chicken is browning, prepare your teriyaki sauce! In a medium size mixing bowl whisk together soy sauce, water, honey, brown sugar, sesame oil, ginger, garlic, and cornstarch.
- ◈ Once Chicken is browned and cooked through, add your homemade teriyaki sauce to your skillet and continue to cook stirring until the sauce has thickened.
- ◈ Serve immediately with white rice and vegetables of your choice. Garnish with green onions



TUNA SANDWICH

This recipe is perfect for a quick and easy lunch. It's packed with protein and flavor from the tuna, making it a delicious and healthy option.

Ingredients

- ❖ 1 (4 oz) can chunk white albacore tuna, packed in water, drained
- ❖ 2 slices of bread
- ❖ 2 tomato slices
- ❖ 2 lettuce leaves such as red leaf or romaine
- ❖ 1 tsp. of ketchup or Mayonnaise(whichever you like)

Instructions

- ❖ In a bowl, add the drained tuna mix together.
- ❖ Spread one side of each slice of bread with ketchup or Mayonnaise
- ❖ Spread the tuna on bread. Cut tomato slices in half and place on top of the tuna. Top each with lettuce and place the remaining slices on top. Cut in half and serve or wrap in plastic wrap and pack for lunch.



CHIA SEED PUDDING

This delicious Chia Seed Pudding is a simple and nutritious dessert that can be enjoyed any time of day. It's a great option for those looking to get more chia seeds in their diet – packed with fiber, protein, and omega-3 fatty acids.

Ingredients

- ❖ 4 Tablespoons chia seeds
- ❖ 1 cup milk of your choice
- ❖ ½ Tablespoon maple syrup or honey
- ❖ ¼ teaspoon vanilla extract, optional
- ❖ Toppings of choice: fresh berries or other fruit, granola, nut butter, etc.

Instructions

- ❖ In a bowl or mason jar, stir together chia seeds, milk, maple syrup and vanilla, if using. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.
- ❖ Pour milk into a mason jar with chia seeds to make chia pudding.
- ❖ Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set" for 1-2 hours or overnight. The chia pudding should be nice and thick, not liquidy. If it's not thick enough, just add more chia seeds (about 1 Tablespoon), stir and refrigerate for another 30 minutes or so.
- ❖ Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator.



RECIPES

for

**GLUTEN
FREE DIET**

Breakfast **Recipes**

AVOCADO TOAST

This delicious Avocado Toast is an easy and healthy breakfast option. To make it, you will need the following ingredients:

Ingredients

- ❖ 1 ripe avocado
- ❖ 2 slices of whole grain bread(Gluten Free)
- ❖ 1 small tomato, chopped
- ❖ 1/4 teaspoon garlic powder
- ❖ Salt and pepper to taste

Instructions

- ❖ To put it all together, start by mashing up the avocado in a bowl.
- ❖ Add in the chopped tomato, garlic powder, salt and pepper and mix everything together until smooth.
- ❖ Spread this mixture over each piece of toast and voila! Your Avocado Toast is ready for consumption. Enjoy your healthy breakfast.



PROTEIN BALLS RECIPE

Super easy and mouth-watering no-bake protein balls! Not only are they bursting with delicious flavor, they only take 10 minutes to make and are packed with protein, oats, and nut butter to ensure a healthy protein breakfast or snack.

Ingredients

- ❖ 1 cup quick cook oats certified gluten-free
- ❖ 1 cup vanilla protein powder
- ❖ ½ cup peanut butter or almond butter
- ❖ ⅓ cup maple syrup or honey
- ❖ 1 tablespoon chia seeds
- ❖ ¼ teaspoon cinnamon
- ❖ pink Himalayan salt pinch of
- ❖ 1 tablespoon water plus more if needed which depends on the type of protein powder used (see notes below)
- ❖ ½ cup mini chocolate chips

Instructions

- ❖ Line a large baking pan with parchment paper.
- ❖ In a large bowl combine the oats, protein powder, peanut butter, maple syrup, chia seeds, vanilla extract, cinnamon, and a pinch of salt and mix well. Add 1 tablespoon at a time of water (up to about 3-4 tablespoons total - see notes below) until the consistency is like a dough and all the oats are coated. Mix in the chocolate chips.
- ❖ Using a tablespoon cookie scoop, scoop out the dough onto the cookie sheet. Using your hands, roll each ball of the dough into smooth balls and set each back on the parchment paper. Store in the refrigerator in an airtight container for up to 1 week.

NOTES

Adding water with the type of protein powder:

The consistency of these protein balls will vary depending on what protein powder is used. Some powders are more moist, where others like whey may require more water. Start with 1 tablespoon and work your way to about 3-4 tablespoons depending on how the protein powder absorbs it.



Alternative food processor method:

You can also grind the ingredients (except chocolate chips) in a food processor to smooth the oats and make the consistency smooth. When doing this method just add 1 tablespoon of water and after the dough is processed check the consistency to see if it needs more. Then fold in the chocolate chips and roll the dough into balls.

Servings:

I usually end up eating about 4 of these which is about 400 calories and 20 grams of protein. Each 100 calorie snack has about 5 grams of protein.

Tip:

If using a plain protein powder add 1 teaspoon of vanilla extract to the recipe.



Lunch RECIPES

BEEF STUFFED BELL PEPPERS

Beef Stuffed Bell Peppers are an easy to make and hearty dish that is full of flavor. This classic dish is the perfect balance of savory ground beef, flavorful vegetables, and creamy cheese all stuffed in a colorful bell pepper.

Ingredients

- 2 bell peppers cut in half lengthwise
- and seeds removed
- 1 tablespoon olive oil (separated)
- 1 clove garlic, minced
- 1/4 onion, diced
- 5 oz ground beef
- 2 oz diced tomatoes
- 1 cup cooked rice
- 1/2 tsp. Italian seasoning
- 1/2 cups baby spinach, roughly chopped
- 1 oz cheddar cheese
- Chopped parsley, for garnishing

Instructions

- Preheat your oven to 350 degrees Fahrenheit.
- Cut the bell peppers in half lengthwise and remove seeds and membrane. Drizzle with a little olive oil and rub both the inside and outside to coat them. Arrange them upside down in two baking pans or one half sheet pan and pre-bake for about 15 minutes, while you're making the stuffing.
- In a large skillet over medium high heat, drizzle olive oil and saute the garlic and onions for one minute.
- Add the ground beef and cook until the beef is browned, breaking it up with a spatula as needed.
- Drain off any excess liquid from the beef and stir in the diced tomatoes, rice, spinach, Italian seasoning, salt, and pepper. Stir for a minute or two, or until the spinach is wilted.
- Remove the bell peppers from the oven and use tongs to flip them over.
- Fill the peppers with the beef mixture and top with a sprinkle of cheese. Place them back in the oven and bake for 20 minutes, or until the peppers are soft.
- Top with fresh parsley and serve.



KOREAN CHICKEN

Korean chicken is a classic Asian dish that has been part of the culinary landscape for centuries. This savory and flavorful recipe is made with an array of traditional Korean spices, creating a unique flavor profile that will tantalize your teen athlete's taste buds

Ingredients

- ◈ 5 oz of chicken
- ◈ Salt to taste
- ◈ Half tbsp Chilli flakes
- ◈ Half tbsp Paprika powder
- ◈ 1 tbsp Garlic paste
- ◈ 1 tbsp Yogurt
- ◈ 1 tbsp Oil
- ◈ Half tbsp Corn flour
- ◈ Half tbsp Sesame seeds
- ◈ 1 tbsp of hot sauce
- ◈ 1 ½ tbsp of soy sauce

Instructions

- ◈ Marinate the chicken with salt, chili flakes, paprika powder, garlic paste, half tbsp and yogurt. Heat the pan and add 1 ½ tbsp of oil into it, now add chicken and cook it on medium to low heat on both sides.
- ◈ Now add half tbsp of oil in another pan add half tbsp of garlic paste, sauté it for 5 to 10 sec add hot sauce and soya sauce and sesame seeds, ¼ cup of water. Add cooked chicken into it, cook on medium to high flame for 1 min and serve it.



CHICKEN STRIPS WITH CORN, SAUTÉ VEGGIE AND SWEET POTATO FRIES

This unique and delicious dish is sure to be a hit with the whole family! Combining succulent chicken strips, corn, sautéed vegetables, and sweet potato fries, this nutritious meal is full of flavor.

FOR CHICKEN

Ingredients

- ◈ 5 oz of chicken strips
- ◈ Salt and chili flakes to taste
- ◈ 1 tsp of garlic paste
- ◈ Soya sauce
- ◈ Chili sauce
- ◈ Pinch of black pepper
- ◈ 2 pinches of garam masala powder
- ◈ 2 tbsp of yogurt
- ◈ 1 tsp of dijon or honey mustard
- ◈ Half tsp of olive oil

Instructions

- ◈ To marinate the chicken strips, combine all of the ingredients in a bowl. Mix them together until the chicken is evenly coated. Let it sit for at least 20 minutes so that the flavors can properly infuse into the chicken.
- ◈ Heat the pan and add oil and half hour marinated chicken. Cook it until it's done.

For sweet potato

- ◈ Take half a medium sized sweet potato. Peel and cut it.
- ◈ Boil the water into the pan. When boiling, add sweet potato. Boil it until it's half done and can be poked through with a fork, drain the water.
- ◈ Add sweet potato into the mixing bowl, add a pinch of salt and 1/4th tsp of butter, mix it and microwave it for 4 to 5 mins. Have it.

For corn

- ◈ Add 1/4th tsp of butter and pinch of salt into the pan. Now add half a cup of corn, mix it well and cook for 30 seconds and have it.



SAUTE VEGGIES

This Saute Veggies recipe is an easy and healthful way to make a flavorful side dish. With the combination of onions, peppers, garlic, and herbs, it's a great way to add a variety of vegetables to your teen athlete meal in one simple step.

Ingredients

- ❖ Veggies 2 cups
- ❖ {Carrots,Julienne, onion rings, olives sliced,corns boiled,cabbage, broccoli and peas}
- ❖ Garlic 2 cloves crushed
- ❖ Soya sauce 1 tbsp
- ❖ Chili sauce half tsp
- ❖ Half tsp paprika powder
- ❖ Pinch of oregano / mixed herbs
- ❖ Salt and black pepper per taste
- ❖ Half tsp of desi ghee or butter

Instructions

- ❖ Add desi ghee or butter into the pan.
- ❖ Add garlic in crushed form
- ❖ Saute it a little, like 10 to 15 sec.
- ❖ Add veggies and salt into the pan
- ❖ Add paprika powder.
- ❖ Simmer the water on med to high flame..
- ❖ Add soy sauce and chili sauce,mixed herbs/oregano and pepper.

Note... (cook the veggies on medium to high flame... it is important that you keep checking them to make sure they don't go soft n soggy.. keep them crunchy n crispy



SWEET POTATO FRIES

These sweet potato fries are an indulgent treat that is sure to please your teen athlete's taste buds. Crispy on the outside yet soft and fluffy on the inside, they have all the flavor of a classic French fry but with some added health benefits.

Ingredients

- ❖ 1 medium sweet potatoes peeled
- ❖ 1 teaspoon olive oil
- ❖ ¼ teaspoon salt
- ❖ Pinch of garlic powder
- ❖ 2 pinches of paprika
- ❖ ⅛ teaspoon black pepper

Instructions

- ❖ Preheat the air fryer to 380°F. Peel the sweet potatoes, then slice each potato into even ¼ inch thick sticks.
- ❖ Place the sweet potatoes in a large mixing bowl, and toss with olive oil, salt, garlic powder, paprika and black pepper.
- ❖ Cook in 2 batches, depending on the size of your basket without overcrowding the pan until they're crispy. I recommend 12 minutes, turning half way. This may vary based on your air fryer.
- ❖ Serve immediately.



Dinner RECIPES

FOIL CHICKEN

Chicken cooked in foil is a delicious, convenient way to get a satisfying meal on the table without too much fuss. It's easy to prepare and takes minimal effort

Ingredients

- ❖ 5 oz Chicken
- ❖ Salt to taste
- ❖ 1 tbsp Ginger garlic paste
- ❖ 1 tbsp Black pepper freshly crushed
- ❖ 1 tbsp Red chili powder
- ❖ 2 tbsp Yogurt
- ❖ 1 tbsp Butter
- ❖ Lemon juice
- ❖ 2 cups MixVeggies(bell pepper/corn/mushrooms/sweet potatoes/broccoli/peas/corns)
- ❖ Aluminum foil

Instructions

- ❖ The first step is to marinate the chicken with salt, ginger garlic paste, black pepper and red chili powder. After that, add yogurt and butter; mix together until all of the ingredients are combined and leave it for 1 hour.
- ❖ Preheat the oven at 180°C. Half boiled the veggies. After boiling add a little bit of salt, black pepper and butter.
- ❖ Spread an aluminum foil on a worktop. Place marinated chicken and top with half boiled vegetables. Wrap to seal from all sides. Place wrapped chicken on a baking tray, place the tray in a preheated oven and bake for 15-20 minutes or till the chicken is fully cooked.
- ❖ And serve it with ketchup.

BREAST FILETS WITH BAKED POTATO

This recipe for Breast Filets with Baked Potato is a delicious combination of juicy and tender chicken breasts served alongside fluffy and flavourful potatoes. A healthy and hearty meal that can be prepared in just 40 minutes, it's an ideal option for busy weeknights or relaxed entertaining.

Ingredients

- ◈ 5 oz Chicken filets
- ◈ 1 tbsp garlic paste
- ◈ Salt as per taste
- ◈ 1 tbsp Black pepper.
- ◈ 1 tbsp soya sauce
- ◈ ½ tbsp of chili sauce
- ◈ 1 ½ tbsp of olive oil
- ◈ Half tbsp of mixed herbs
- ◈ ¼ tbsp. of mustard paste
- ◈ 2 tbsp. yogurt
- ◈ ¼ tbsp of chili flakes
- ◈ Half tbsp of cumin seeds

Instructions

- ◈ Marinate the chicken filets with all the ingredients instead of oil.
- ◈ Heat the oil in a pan.
- ◈ Add chicken filets and cook both sides, until chicken is done. Grill the chicken into the grill pan on both sides.



BACON, EGG, AND POTATO CASSEROLE

This is super easy to make. You can make it ahead and put it in the fridge till you're ready to bake or cook it and eat on it for a few days! It's gluten-free too!

Ingredients

- 1lb nitrate free bacon. Cut into bit sized pieces
- 12 large eggs
- 1C whole, organic milk
- 3C diced frozen potatoes
- 1 ½ tsp salt
- ½ tsp pepper
- 2C shredded cheese

Instructions

- Cook bacon until cooked through, set on paper towels to drain.
- Preheat oven to 350 degrees
- Whisk eggs, whole milk, salt, and pepper together.
- Grease 9X13" baking dish with butter.
- Spread out frozen potatoes, bacon, and 1 ½ C cheese in a pan.
- Cover with egg mixture.
- Add remaining cheese to top.
- Bake for 20 minutes so the eggs are starting to set up and cheese is browning up.

VARIATIONS:

- Green Onions-chopped
- Yellow onion-diced
- Red and yellow bell peppers-diced
- Spinach
- Garlic-2-3 cloves minced through the garlic press
- Broccoli pieces
- Ham instead of bacon
- Chorizo instead of bacon
- No meat at all for a vegetarian version
- Non-dairy cheese for a non-dairy version



SMOOTHIES RECIPES

Protein-rich smoothies are a great way for teenage athletes to enjoy a delicious and nutritious snack without feeling guilty. Not only do they provide essential nutrients, but they also help to keep the body fueled before and after strenuous workouts. Whether you're looking for an energy boost or just something tasty to satisfy the sweet tooth of your teen athlete, these recipes will help you get the most out of the smoothie experience.

ALMOND, BANANA AND AVOCADO SMOOTHIE

Ingredients

- ◈ 1 banana
- ◈ ½ an avocado
- ◈ ¼ cup almonds
- ◈ 1 teaspoon honey (optional)
- ◈ 1 cup milk of your choice

Instructions

- ◈ Put all the ingredients into a blender and blend until smooth. Add milk to reach the desired consistency.

COCONUT CHIA SMOOTHIE

Ingredients

- ◈ ¾ cup coconut milk
- ◈ 2 tablespoons chia seeds
- ◈ 1 scoop of vanilla protein powder
- ◈ ½ banana

Instructions

- ◈ Place all the ingredients into a blender and blend until smooth. Adjust the consistency with more coconut milk if desired.



CHOCOLATE PEANUT BUTTER PROTEIN SMOOTHIE

Ingredients

- ◈ 1 scoop cocoa powder
- ◈ 1 tablespoon peanut butter
- ◈ ¼ cup oats
- ◈ 1 teaspoon honey (optional)
- ◈ ½ banana
- ◈ 1 scoop of chocolate protein powder

Instructions

- ◈ Put all the ingredients in a blender and blend until smooth. Add more almond milk to reach the desired consistency.

BLUEBERRY HEMP PROTEIN SMOOTHIE

Ingredients

- ◈ ½ cup blueberries
- ◈ 2 tablespoons hemp seeds
- ◈ 1 scoop whey protein powder
- ◈ 1 banana
- ◈ ¾ cup almond milk

Instructions

Put all the ingredients in a blender and blend until smooth. Add more almond milk to reach the desired consistency.



GREEN PROTEIN SMOOTHIE

Ingredients

- ◈ 1 handful spinach leaves
- ◈ ½ an avocado
- ◈ 2 tablespoons flaxseed meal
- ◈ 1 scoop of vanilla protein powder
- ◈ 2 cups milk of your choice
- ◈

Instructions

- ◈ Put all the ingredients in a blender and blend until smooth. Add more almond milk to reach the desired consistency.

BLUEBERRY HEMP PROTEIN SMOOTHIE

Ingredients

- ◈ ½ cup blueberries
- ◈ 2 tablespoons hemp seeds
- ◈ 1 scoop whey protein powder
- ◈ 1 banana
- ◈ ¾ cup almond milk

Instructions

Put all the ingredients in a blender and blend until smooth. Add more almond milk to reach the desired consistency.



BASIC GREEN SMOOTHIE RECIPE

Instructions

- ◈ 2C liquid: water, milk of your choice, bone broth, coconut milk
- ◈ Greens, 2-4 types: spinach, collards, chard, Kale, boc choy, red cabbage, celery, beet greens, dark green leafy lettuce, arugula.
- ◈ Fruit, 2-3 types: Apples, citrus fruits, bananas, peaches, etc.
- ◈ Super foods(if possible): Aloe Vera, Turmeric, Cacao, Bee Pollen, Garlic, Sprouted Flax, Cayenne, Ginger, Goji Berries
- ◈ Fats(optional): Flax oil, Coconut Oil, Palm Oil, Avocado
- ◈ Protein Powder of your choice: Add 2-4 scoops (optional)

SNACK RECIPES

Bread

Put all the ingredients in a blender and blend until smooth. Add more almond milk to reach the desired consistency.

Easy Sandwich Bread

- ❖ 2 ½ tbsp active dry yeast
- ❖ 3 C warm water- warm enough to feel warm, but not hot enough to hurt(I always test when it's running over the inside of my wrist Too hot and you'll kill the yeast, too cool and it won't activate.
- ❖ 1 tbsp granulated sugar
- ❖ 2/3C honey
- ❖ 6 C bread flour
- ❖ 1 C whole wheat flour
- ❖ 4 tbsp melted salted butter
- ❖ 1 tsp salt- preferably Himalayan

You can use a KitchenAid mixer or do it all by hand. Personally, I usually just do it all by hand.

Instructions

- ❖ In your mixing bowl add yeast, sugar, and warm water. Stir well. Let sit till its foamy on top. The foam means the yeast is doing its thing! I usually wait 5-10 minutes for this. If it doesn't foam up, don't keep going, start again.
- ❖ Stir in honey, butter, and salt. Mix well.
- ❖ Add all of the bread flour and mix until well incorporated.
- ❖ Add a cup of whole wheat flour. If your dough is still super sticky add 1/4 C more. You want to keep adding flour until you can poke it without it sticking to you.
- ❖ Pour dough onto a floured surface to knead. Or kneed in your Kitchen Aid bowl with the dough paddle.
- ❖ Mix or knead for 2-3 minutes until the dough is smooth in appearance. Place into a buttered bowl. (I rub butter all over the inside of the bowl so the dough doesn't stick.



- ◈ Cover with a clean dish towel and set aside in a warm location. If it's cool out or the AC is on, I might place the bowl on top of the stove and turn on the oven to generate some heat to help it rise.
- ◈ Let dough double in size- usually 30-45 minutes.
- ◈ Put dough back onto the floured surface and knead again for a minute then divide into 3 equal parts.
- ◈ Form into loaves and place in a buttered loaf pan.
- ◈ Cover again and let rise for about an hour or until they have doubled in size again.
- ◈ Bake in the oven at 350 degrees for 20-25 minutes until the top is golden brown.

ENJOY!

BANANA CHOCOLATE CHIP MUFFINS

I adapted this recipe from one I saw in a magazine. My family LOVES these muffins. I'm convinced they wouldn't eat the last 4 bananas in the bunch so I'd make muffins. Yea... they're pretty clever like that! PS- you can easily divide this recipe or multiply if needed.

Ingredients

- ◈ 1/2C plus 2 TBSP Vanilla Yogurt
- ◈ 2 tsp baking soda
- ◈ 1C butter
- ◈ 2C sugar- if your vanilla yogurt is sweet you can cut this down easily.
- ◈ 4 eggs
- ◈ 2 tsp vanilla
- ◈ 4C mashed ripe banana- about 4
- ◈ 4C whole wheat flour
- ◈ 1 tsp baking powder
- ◈ 2C chocolate chips

Instructions

- ◈ Preheat oven to 350 degrees
- ◈ Combine yogurt, baking soda, baking powder, and vanilla in bowl.
- ◈ Cream butter and sugar in separate bowl, beat in eggs, bananas, and your yogurt mixture.
- ◈ Stir in flour. Batter will be pretty sticky.
- ◈ Stir in chocolate chips
- ◈ Grease muffin tins or loaf pans.
- ◈ Bake until golden brown- about 25 minutes

Variations:

- ◈ Raisins instead of chocolate chips
- ◈ Add nuts of your choice
- ◈ Throw in some hemp protein
- ◈ Add in some vanilla protein powder
- ◈ Add some seeds like sunflower



CHOCOLATE CHIP COOKIES

Ingredients:

- ◈ 1C butter
- ◈ 3/4C granulated sugar
- ◈ 3/4C brown sugar
- ◈ 1 tsp baking soda
- ◈ 2 1/4C flour
- ◈ 2C chocolate chips
- ◈ 2 eggs

Instructions

- ◈ Pre-heat oven to 350 degrees
- ◈ Cream butter and sugars together until smooth
- ◈ Add in eggs and vanilla
- ◈ Add flour mix one cup in a time. If the dough is too thin add another 1/4C flour
- ◈ Add in chocolate chips
- ◈ Place parchment paper on cookie sheets
- ◈ Scoop dough out and onto the parchment paper. You can decide how to big to make the cookies. I roll my cookies into a ball so they're more uniform in shape.
- ◈ Bake 8-15 minutes until golden brown.

Variations:

- ◈ Add raisins too
- ◈ Add seeds like sunflower
- ◈ Add some protein powder
- ◈ Add some hemp protein powder



BRAZILIAN CHEESE BREAD

I LOVE these rolls. They're hardy and delish! Plus they are gluten-free! Honestly, I would make these every day! You can make them in a pop-over pan or muffin pan.

Ingredients

- ◈ 2C tapioca flour
- ◈ 1C whole, organic milk
- ◈ 2 large eggs
- ◈ 1/3C vegetable oil, OR avocado oil, OR light olive oil
- ◈ 1/2C shredded cheddar cheese- I like sharp cheddar
- ◈ 1/2C shredded mozzarella cheese
- ◈ 1 tsp salt

Instructions

- ◈ Preheat oven to 400 degrees
- ◈ Mix all ingredients in a blender until smooth.
- ◈ Generously grease the muffin tins with cooking spray or non-stick oil.
- ◈ Pour batter into muffin tins trying to keep all wells with the same amount.
- ◈ Bake for 18-22 minutes

Variations:

- ◈ Change up the type of cheese. How about pepper jack?
- ◈ You can add a savory middle. Cook sausage or chorizo- let cool. Then
- ◈ pour in ½ the batter. Add the sausage, then cover up and bake.
- ◈ You can even add some savory herbs like rosemary, parsley, or basil.



COCONUT CHOCOLATE PUDDING

This was a staple when the kids were home. It's delicious, full of healthy fats, and did I mention it was delicious?

Ingredients

- ❖ 1 Can Full Fat Coconut Cream
- ❖ Cocoa Powder to taste
- ❖ Honey to taste

Instructions

- ❖ In a bowl stir up coconut cream until smooth
- ❖ Add cocoa powder- start with a couple of Tablespoons.
- ❖ Add honey- start with 1/4C
- ❖ Taste it-Want it chocolatier? Add more cocoa. Sweeter? Add more honey- (remember my Sicilian grandmother)
- ❖ Once you have the flavor you like, cover the bowl and refrigerate until ready to eat.

ZUCCHINI FRITTERS

Every summer I grow a vegetable garden. If you can't have a garden, see if you can find a farmers market near you. They are one of the best places to find fresh, organic produce at reasonable prices. Zucchini are one of my personal favorites to grow and eat. I've made a million different things with zucchini- zucchini boats with ground beef, onion, tomato paste, and cheese. Zucchini bread, zucchini lasagne, zucchini sauteed, baked, and fried. Seriously, zucchini is my favorite! This fritter recipe is amazing. I make it with those zucchini that seemingly grew a foot overnight. I usually make up a huge batch, eating many while cooking, then putting the rest in the fridge or freezer.

Ingredients

- ❖ 2C Grated zucchini- just use the large holes on your cheese grater. Squeeze some of the
- ❖ liquid out so the water in the zucchini doesn't spatter when you cook it in the oil.
- ❖ 3 TBSP cooking oil- I use avocado or you can use light olive oil
- ❖ 1C Panko bread crumbs
- ❖ 2 eggs
- ❖ 1/3C shredded parmesan cheese
- ❖ ¼ C Shredded mozzarella cheese
- ❖ 2 garlic cloves minced
- ❖ ½ tsp salt
- ❖ ¼ tsp pepper

Instructions

- ❖ Whisk eggs together
- ❖ Add in all other ingredients and mix well.
- ❖ Form into patties about palm-sized
- ❖ Cook in medium heat oil, flip to the other side until golden brown. Usually about 5 min/side
- ❖ Drain on paper towels
- ❖ Eat when cool enough to handle
- ❖ Refrigerate or freeze the rest- I froze my extras and then warmed them up in the air fryer.

