

# MUSCLE BUILDING RECOVER SMOOTHIE

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Drink this smoothie after a workout to optimize recovery.

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## INGREDIENTS

1 frozen banana  
1/2 cup frozen cherries  
1/4 cup frozen cauliflower  
1 serving protein powder  
1-2 dates (pitted)  
1 handful spinach  
2 tbsp almond butter  
2 tbsp cacao  
2 tbsp chia seeds  
2 tsp maca  
Milk of choice

## INSTRUCTIONS

1. Add all of the ingredients to a blender. The more milk you add, the more liquidy your shake will be.
  2. Blend until smooth. Enjoy!
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# ALMOND BUTTER PROTEIN OATS

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Make as overnight oats, or as fresh oatmeal in the AM.

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## INGREDIENTS

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 2 tsp maple syrup
- 1 tbsp protein powder
- 1 tbsp almond butter
- 1/4 teaspoon cinnamon
- 2/3 cup almond milk

## INSTRUCTIONS

1. Add all of the ingredients to a bowl. Stir well to combine, until all the protein powder has dissolved. Seal container with a lid and place in the fridge overnight.
  2. Serve with toppings of choice. To serve warm, heat the oats up in a small pot on medium heat.
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# SPINACH AND MUSHROOM EGG BAKE

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Make this for the week, and reheat for a quick brekkie!

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## INGREDIENTS

- 1 tbsp olive oil
- 16 ounces cremini mushrooms, sliced
- 4 cups packed spinach leaves
- 3 cloves garlic, minced
- salt and black pepper, to taste
- 2 green onions, sliced
- 4 ounces goat cheese (or cheese of choice)
- 18 large eggs
- 1/2 cup milk of choice
- Freshly chopped chives for garnish, optional

## INSTRUCTIONS

1. Preheat oven to 350 degrees.
  2. In a large skillet, heat olive oil and mushrooms, cook until tender. Stir in the spinach and garlic. Cook for 3 minutes or until the spinach is wilted. Season with salt and black pepper, to taste.
  4. Spread vegetable mixture into the bottom of a greased pan. Sprinkle sliced green onions evenly over the vegetables. Layer half of the cheese over the vegetables.
  5. In a large bowl, whisk together the eggs and milk. Season with salt and black pepper, to taste. Pour egg mixture over the veggies and cheese. Layer the remaining cheese over the eggs.
  6. Bake for 30 - 40 minutes until eggs are set and slightly golden around the edges. Remove from oven and let cool for 5 minutes. Serve with avocado toast.
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# PEANUT CHICKEN WRAPS

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Make the coleslaw mix ahead of time for a quick lunch!

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## INGREDIENTS

3 cups coleslaw mix  
1 cup shredded carrots  
1/3 cup roasted peanuts  
1/4 cup chopped fresh cilantro  
2 cooked chicken breasts, chopped or sliced  
Peanut sauce (make your own or check ingredients. I recommend WATCHAREE From WHole Foods)  
Wraps (I recommend Siete wraps from Whole Foods)

## INSTRUCTIONS

1. Add the cabbage, carrots, cilantro, and peanuts to a bowl. Pour the sauce over the mixture and stir. Let this sit while you prepare the tortillas and chicken.
  2. Heat up the tortillas for about 10 seconds in the microwave to make them easier to work with. Divide the chicken and coleslaw between each tortilla
  3. Roll tightly, securing with toothpicks if necessary.
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# SOUTHWEST SALAD

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A delish, midday feast!

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## INGREDIENTS

2 cups mixed greens  
1/3 cup cherry tomatoes halved  
1/2 cup black beans (rinsed)  
1/2 bell pepper (sliced)  
1/2 cup cooked quinoa  
1/4 purple onion  
1 hand full fresh cilantro  
1 avocado  
1 tbsp hemp seeds  
6-8 oz shredded chicken- cooked

Dressing:

Trader Joe's Spicy Cashew

## INSTRUCTIONS

1. Assemble the salad by adding the greens, tomatoes, beans, peppers, quinoa, chicken, and onion. Toss in a small amount of the dressing.
  2. Top with fresh cilantro, hemp hearts, avocado, and any additional dressing you desire.
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# ITALIAN CHICKEN BAKE

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Love an easy, throw-in-the-oven dinner. Enjoy with a side salad!

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## INGREDIENTS

1 lb cooked chicken or uncooked boneless chicken strips \*\*

1/3 cup sour cream or mayo

1 tbsp Italian seasoning

1 to 2 cups zucchini, sliced in 1/4" rounds

2 cups spinach

1.5 cups fresh cherry tomatoes, diced. Drain excess tomato juice before using.

Salt and black pepper, to taste

Nutritional Yeast

## INSTRUCTIONS

1. Preheat oven to 350°F
2. Add chicken to sour cream/mayo and Italian seasoning. Mix and set aside.
3. Next, layer zucchini and spinach at the bottom of the casserole dish.
4. Place chicken mixture on top of spinach and zucchini.
5. Lastly, spoon diced tomatoes on top of the chicken.
6. Add extra spinach, salt +pepper, and nutritional yeast on top.
7. Bake for 25-30 minutes or until the top is golden brown.

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\*\*If using uncooked chicken strips, first heat skillet on medium high heat with 1 tbsp oil. Place chicken strips in pan and cook, flipping every 2-3 minutes, until chicken is cooked, about 10 to 15 minutes.

# EGG ROLL IN A BOWL

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Serve with a side of rice or cauliflower rice.

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## INGREDIENTS

### BASE:

2 tbsp olive oil  
1/2 cup thinly sliced yellow onion  
(white or red works, too)  
1 pound ground chicken breast  
(or ground turkey)  
1 (14-ounce) bag coleslaw mix  
pinch of sea salt

### SAUCE:

4 tbsp tamari sauce (OR low sodium soy  
sauce, or coconut aminos)  
3/4 tsp toasted sesame oil  
2 tsp honey  
2 cloves garlic, minced  
1 tsp freshly grated ginger  
(more or less to taste)  
Optional: a dash of hot sauce or 1/2  
chopped jalapeño for heat

## INSTRUCTIONS

1. Mix the sauce ingredients in a bowl and let sit while cooking the meat.
  2. Preheat a large skillet with high sides (or a dutch oven) over medium-high heat. Add the olive oil and sliced onion. Cook 2-3 minutes until the onion starts to soften
  3. Add the ground chicken and break it up with a wooden spoon as it cooks. Sprinkle the chicken with a pinch of salt. Cover and cook until the meat is cooked through and opaque, about 10 minutes. It should slightly brown but turn the heat down if it gets too brown too fast
  4. Once the meat is opaque, add the entire bag of slaw. (It will look like a lot but it will cook down!) Immediately pour all of the sauce all over the slaw and chicken, then stir to combine. Cook another 5-10 minutes until the slaw is nicely cooked down and wilted but still has some texture to it.
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# CILANTRO LIME GRILLED CHICKEN

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Serve with grilled tricolor peppers, rice, and guacamole

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## INGREDIENTS

1.5 lb. boneless chicken breast

1/4 cup lime juice

2 tbsp olive oil

1/4 cup fresh cilantro

1/2 tsp ground cumin

1/4 tsp salt

3 bell peppers

1 clove garlic (minced)

Rice

Salt + pepper to taste

## INSTRUCTIONS

1. Cook rice according to package instructions.
  2. To a small bowl, add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 teaspoon of salt. Whisk until mixed.
  3. Add chicken and marinade to a large ziplock bag.  
Let chicken marinate for 15 minutes.
  4. While the chicken is marinating, wash and slice bell peppers. Sauté peppers in oil and garlic until tender. Add salt/pepper to taste.
  5. Preheat grill to medium-high heat (about 400°F).
  6. Place chicken on grill and grill each side for 4-6 minutes, until chicken is no longer pink. Remove and let sit.
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