

# WWL

## *WARRIOR LIFESTYLE*

### MEAL PLAN

---

MONTH 2

MEAL PLAN: Breakfast/Lunch/Dinner/Snacks

The Warrior Lifestyle Meal Plan is designed to supplement your learning modules and home-based workouts with an exciting, balanced list of meals that you can choose from in order to help improve your health, lose weight and inches, and get SNATCHED.

To complete our program's meal plan, you must first figure out which weight category you would fall within. Our weight categories range from people who weigh 100-122 lbs. to people who weigh over 330 lbs., so there's a category for most all size and body types.

Current Weight In lbs	Current Weight In kg's	Calories Per Day
100-122 lbs	45-55 kg's	1200 Calories
122-155 lbs	55-70 kg's	1300 Calories
155-188 lbs	70-85 kg's	1400 Calories
188-220 lbs	85-100 kg's	1500 Calories
220-265 lbs	100-120 kg's	1600 Calories
265-330 lbs +	120 - 150 kg's +	1700 Calories

2 Once you find your weight, the next step is identifying the associated number of daily calories that you will be allotted. For example, a 160 lb. person would be allotted 1400 daily calories as their weight falls between the range of 155lbs188lbs.

Now that you know where you fall within the number of daily calories, you have to pick a day each week to select which meals add up to the correct amount of daily calories and then select your weekly shopping list based on those meals. For the 160lb person, a great breakfast, lunch, and dinner can consist of:

Breakfast: Breakfast Recipe 2 - Veggie Muffin Omelet (387 Calories)

Lunch: Lunch Recipe 3 - Romaine Lettuce Boats w/ Chicken (400 Calories) Dinner:

Dinner Recipe 4 - Tuscan Tuna Swiss Wrap (400 calories)

If your breakfast, lunch, dinner, and snacks do not total up to your allotted number of calories for that day, you can then use our 100-calorie snack list to fill in the gaps and get to your daily allotted amount of calories. With the example above, our three main meals add up to approximately 1200 calories, meaning we need about 200 more calories to be within our daily range. Now let's look at the 100-calorie snack list. You may want to keep it simple and opt for 1 KIND Bar Mini and 1 banana (~100 calories each) to help fill out your additional 200 calories. These snacks can be eaten between your meals (with a tall glass of water!) to help keep hunger at bay and keep you within your calorie guidelines for the day.

**\*Please Note\*** These plans are set at caloric deficits, which are for individuals intending on losing weight, and not for individuals seeking to maintain or gain weight.

The meals given within our meal plan allow for a variety of healthy dishes meant to be prepared in advance and packaged for you to easily grab throughout your

weekly routine. Using our supplied calendar, choose one or two days (a “rest day” is a good day for this) and allow those to be your shopping days. Looking through our meal list, you can then build your own personal shopping list using our curated list of breakfasts, lunches, dinners, and snacks similarly to the example above. With the supplied calendar, total your daily target calories for each day to be sure that you will not go over your allotted number of calories by a large amount.

The Warrior Lifestyle meal plan is based on controlling caloric intake, which is the first step in rebuilding your body from the ground up. Please do not forget that controlling caloric intake is a mental process as much as it is physical, which means that there will be times when you won't want to follow the plan. This is completely normal when forming habits, but the key to it is to actually form good habits. Unless there is a medical or otherwise harmful issue, we urge you to continue on your path of total mind and body fitness. Long distance runner Steve Prefontaine said it best “to give anything less than your best is to sacrifice the gift”. We've got you though Warriors! Please know that we are here with you every step, helping you to use the keys to unlock the body and life you WANT.

## Month 2 Challenge

For the second month of the Warrior Lifestyle Program, we are looking to kick things up a notch and really help you transform from the inside out! Studies have shown that diets consisting of high amounts of processed red meats can increase your risk for certain illnesses like cancer and even death! More daily issues arising from processed meat consumption include fatigue, insomnia, and irritability. I bet you didn't know that cheeseburger could have been the reason why you had an attitude problem the other day!

Month 2 will feature a TWO WEEK No Meat Challenge that will change how you interact with food around you. We want you to choose meals from our list of breakfasts, lunches, and snacks that include NO MEAT for TWO WEEKS. We know you love that chicken sandwich as much as we do, but your body will THANK YOU SO MUCH for choosing yourself over your cravings. After two weeks, you can slowly incorporate meat back into your diet. However, after losing as many inches as you will during these two weeks, you may want to continue with your own no meat challenge!

# BREAKFAST



## Breakfast Recipe 1

### Toasted Avocado Bread with egg and fresh fruit (393 Calories)

- 1 Slice of Ezekiel Sprouted Bread (Cinnamon raisin Ezekiel bread is fine too)
- 1/4 Avocado
- Pink Himalayan Sea Salt
- 2 Teaspoons Coconut/ Olive Oil
- Coarse Black Pepper
- Boiled Egg
- 1/2 Cup Blueberries
- 1/2 Grapefruit

Method: Toast the bread. Mash Avocado on top of toast. Sprinkle with oil and slice and season boiled egg with salt and pepper. Serve with blueberries and Grapefruit. Note: Avocados can be substituted for raw almond butter

## **Breakfast Recipe 2**

### **Veggie Muffin Omelet (387 Calories)**

- 2 eggs beaten in bowl
- Veggie Prep Ziplock Bag of Spinach, Roma tomatoes, and mushrooms
- Olive oil 2 teaspoon divided
- Fat Free Cooking Spray
- Pink Himalayan sea salt
- Coarse Black Pepper
- 1/2 Roma Tomato
- Spinach leaves (handful shredded)
- 1/4 Cup low-fat Cheese (optional)
- 1 Slice of Ezekiel toast

Method: Scramble eggs in bowl and add Ziplock of prepared veggies. Season with salt and black pepper. Using a muffin tin, spray with cooking spray and pour mixture into muffin molds. Preheat oven to 355 and cook for 15 minutes or until done all the way. Top with cheese. Serve with roasted Ezekiel bread and drizzle olive oil over toast. Serve 2 muffins with 1/2 Grapefruit.

Note: You can double or even triple this recipe, if you'd like to have this breakfast for a few days out of the week. The egg muffins hold up well in the refrigerator and can be reheated with ease. This is the perfect breakfast for that "Always on the Go" person. Just grab your container, reheat and be on your way.



### **Breakfast Recipe 3:**

#### **Breakfast BLT Salad (402 Calories)**

- 1 Cup Shredded Kale or spinach
- 2 teaspoons Olive Oil
- Pink Sea Salt
- Coarse Black Pepper
- 2 Large Boiled eggs (already prepared with breakfast prep)
- 4 strips turkey bacon (already prepared with breakfast prep)
- 10 grape tomatoes, halved
- 1/8 Avocado

Method: Massage salt and olive oil into Kale to soften. Sauté a few minutes until it wilts. Place in a bowl/Meal Prep container Retrieve boiled eggs (cut in half) tomatoes and avocado from the refrigerator and place on top of kale. Crumble the turkey bacon on top and season Kale with pink salt and pepper. Enjoy.





#### **Breakfast Recipe 4:**

##### **Green Citrus Energy Smoothie (390 Calories)**

- 2 handfuls baby spinach
- 4 TB hemp protein powder
- 2 Large Mandarin Oranges and 1 Grapefruit already prepped in Ziplock bags)
- 1 Tb chia Seeds
- 1 1/2 Cups water

Method: Blend all ingredients in a blender, pour into a shaker cup and be on your way. Note: All ingredients except protein powder can be stored in advance in Ziplock bags for a easy, grab and go breakfast that will start your day off with high energy.



### **Breakfast Recipe 5:**

#### **Banana Protein Pancakes (399 Calories)**

- 1 Large Ripe banana mashed
- 2 eggs
- 1/4 Scoop Vanilla Whey Protein Isolate
- 1/8 teaspoon baking powder
- 2 Tablespoons Pure Maple Syrup

Method: Warm a skillet on the stovetop with non-stick cooking spray. Mix all ingredients together, except maple syrup. Pour small amounts of pancake batter into hot pan and wait 20 to 30 seconds before flipping. Drizzle with maple syrup.

Note: This recipe makes 3 servings of pancakes, 6 pancakes total. These can also be made ahead of time and placed in containers, for easy grab and go.

## **Breakfast Recipe 6**

### **Apple Cinnamon Oatmeal w/ flaxseed (317 Calories)**

- 1/3 Cup plain rolled oats
- 1 medium apple sliced
- 1 TB ground flaxseed powder
- 1 TB Pure Maple Syrup
- 1 teaspoon Ground Cinnamon
- 1/2 Grapefruit

Method: Cook the oats with water, according to directions on packaging. Stir in flaxseed and top with apple slices. Drizzle with Maple Syrup over it and sprinkle with cinnamon. Serve with Grapefruit.

Note: Eating 1/2 a grapefruit twice a day can help you to lose up to 1 lb or more a week. However, if you have a history of high blood pressure, it is not recommended for you to have grapefruit on a daily basis. Instead, opt for other fruits that are allowed and remember to always consult your physician before beginning any diet/exercise regimen.

## **Breakfast Recipe 7 Vegan Option**

### **Cucumber Avocado Toast (242 Calories)**

**Serving size 1** Ingredients:

- 2 Slices Whole Wheat Bread
- 1/4 Avocado
- 1 teaspoon Lemon Juice
- 1 Cucumber, sliced
- A Few Basil Leaves, chopped • Pink sea Salt and pepper, to taste

Method:

1. Mix mashed avocado with lemon juice.
2. Slather mashed avocado on each bread slice.
3. Place chopped basil leaves and cucumber slices.
4. Sprinkle salt and ground black pepper.
5. Eat either that way or sandwich the two bread slices.

## **Breakfast Recipe 8 Vegan Option Fluffy Vegan**

**Pancakes (225 Calories) Serving Size: 3 Ingredients:**

- 1/2 cup unsweetened applesauce
- 1 1/4 cup oat flour (rolled oats ground in a blender)
- 1/2 cup non-dairy milk
- 2 tsps lemon juice
- 2 tbsps maple syrup
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp pink sea salt
- 1 tsp vanilla extract

Method:

1. Combine all ingredients in a blender.
2. Blend till combined. Don't over blend.
3. Heat a non-stick skillet over medium-high heat.
4. Pour about 1/3 cup of batter into the pan. Since it is quite thick, spread/smooth into a circle.
5. Cook for 2-3 minutes on the first side. When you can easily slide a spatula under, flip. Cook for another 2-3 minutes. Remove from pan.
6. Repeat until all the batter is gone.
7. Top with maple syrup.

## **Breakfast Recipe 9 Vegan Option**

### **Healthy Breakfast Sandwich (323 Calories)**

**Serving Size: 1**

#### **Ingredients:**

- 1 vegan sausage patty (We recommend Morning Star or GimmeLean vegan sausage)
- 1/2 a whole wheat English muffin
- A handful of kale
- 1 Teaspoon Olive Oil
- Lemon juice (small squeeze)
- Small piece of Shallot (optional)
- Pink sea salt and black pepper
- Slice of tomato

#### **Method:**

1. Heat 1 vegan sausage patty on stove top according to package.
2. Chop kale and shallot and sauté in 1 teaspoon of olive oil, until wilted
3. Mix 1/8 of an avocado with a squeeze of lemon juice (1TB) and season with pink sea salt and black pepper
4. Spread avocado mixture on the muffin, add cooked vegan sausage patty, tomato slice and the kale mixture. Enjoy!

## **Breakfast Recipe 10 Vegan Option breakfast**

### **burrito (428 Calories)**

**Serving Size: 1**

#### **Ingredients:**

- Vegan four tortilla
- Sliced Portabella mushroom
- 1/4 cup of cooked (prepared) brown rice
- 1/2 Cup Red peppers, onions and bell pepper slices
- 3TBSP salsa
- 1/8 Avocado
- 1/2 cup Spinach Leaves
- Vegan sausage/bacon (morning star or preferred brand) (optional)
- 1TSP Olive Oil
- 1-2 TBSP Lime Juice
- Pink sea salt and black pepper

#### **Method:**

1. Heat olive oil in a skillet and add peppers, onions, and mushrooms and allow to cook down until tender.
2. Add cooked rice to the mixture and spinach leaves.
3. Squeeze lime juice over reduced mixture. (If adding a vegan meat substitute, heat the patty at this time according to package directions and set to the side)
4. Remove and place all ingredients in a vegan wrap (if you have leftovers, keep this for your prep for another day).
5. Top with salsa, pink sea salt and avocado. Roll up and enjoy. Mixture can be prepared ahead and just fill the burrito the morning of, to make more time in the mornings.



### **Breakfast Recipe 11 Vegan Option Jar O'**

**Oats (389 Calories) Serving Size 1 Jar**

Ingredients:

- $\frac{1}{3}$  cup homemade muesli, or  $\frac{1}{3}$  cup old-fashioned oats plus  $\frac{1}{4}$  teaspoon ground cinnamon
- 1 tablespoon chia seeds
- 1 tablespoon almond butter or peanut butter
- $\frac{1}{2}$  cup milk of choice for a very thick consistency, or up to  $\frac{2}{3}$  cup milk for a lighter consistency



- ½ cup fruit (I like fresh or frozen blueberries or raspberries, or sliced fresh strawberries)
- Drizzle of maple syrup or honey, if desired

#### Method:

1. In a jar or small bowl (a small container or 1-pint mason jar is perfect), mix the muesli (or old-fashioned oats and cinnamon), chia seeds and nut butter. Add a splash of milk and mix the nut butter with the oats. Mix in the rest of the milk and stir.
2. Toss your fruit of choice on top.
3. Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup or honey if you'd like, and enjoy chilled.

#### Notes:

Gluten Free Option: Use gluten-free oats.

Vegan Option! Choose one of the dairy-free milk options listed above. If adding additional sweetener, use maple syrup instead of honey.

Make it without nuts! Substitute the nut butter with sunbutter.

Heat it up! If you prefer warm oats, you can warm them up in the microwave. Just use a microwave-safe jar and stir frequently while you're heating them.



### **Breakfast Recipe 12 Vegan Option**

#### **Light & Bright Blueberry Muffins (106 Calories) Serving Size: 1 Muffin**

Ingredients:

- 1  $\frac{3}{4}$  cups plus 1 teaspoon white whole wheat flour or regular whole wheat flour
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon fine sea salt
- $\frac{1}{4}$  teaspoon ground cinnamon (optional)
- $\frac{1}{3}$  cup melted coconut oil or extra-virgin olive oil
- $\frac{1}{2}$  cup honey or maple syrup
- 2 eggs, preferably at room temperature

- 1 cup plain Greek yogurt\*
- 2 teaspoons vanilla extract
- 1 cup (6 ounces) blueberries, fresh or frozen
- 1 tablespoon turbinado sugar (also called raw sugar), for sprinkling on top

#### Method:

1. In a jar or small bowl (a small container or 1-pint mason jar is perfect), mix the muesli (or old-fashioned oats and cinnamon), chia seeds and nut butter. Add a splash of milk and mix the nut butter with the oats. Mix in the rest of the milk and stir.
2. Toss your fruit of choice on top.
3. Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup or honey if you'd like, and enjoy chilled.

#### Notes:

Gluten Free Option: Use gluten-free oats.

Vegan Option! Choose one of the dairy-free milk options listed above. If adding additional sweetener, use maple syrup instead of honey.

Make it without nuts! Substitute the nut butter with sunbutter.

Heat it up! If you prefer warm oats, you can warm them up in the microwave. Just use a microwave-safe jar and stir frequently while you're heating them.

# LUNCH

## Lunch Recipe 1

### Chicken Avocado BLT Wraps (350 Calories)

- Avocado
- 1 8 inch Low Carb, Whole Wheat Tortilla
- 2/3 Cup baby Spinach Leaves
- 2 ounces Cooked Chicken Breast (already proportioned in Ziplock bags)
- 4 Cherry tomatoes halved
- 2 slices turkey bacon (already prepared and stored in Ziplock bags)
- 1/2 Cup Grapes, already stored

Method: Spread avocado on tortilla, top with spinach, chicken, tomatoes and bacon. Serve with grapes.

## Lunch Recipe 2

### Salad

- 3 Cups Chopped Romaine lettuce
- 1 Cup sliced cucumbers
- 1/2 Cup diced low-fat Swiss Cheese (2 ounces)
- 6 Cherry tomatoes halved
- 2 ounces of pre portioned shredded chicken

Assembly: Toss lettuce and cut bets in a bowl w/ 1 Tb dressing. Top with chicken and tomatoes.

### **Lunch Recipe 3**

#### **Romaine Lettuce Boats w/ Chicken (400 Calories)**

- 4 ounces shredded chicken (already prepared and portioned in Ziplock bags)
- 3 Romaine hearts
- Greek Goddess Dressing (already prepared and stored in Ziplock bags)
- 10 Cherry tomatoes
- Low-fat Swiss
- Black Pepper
- Pink sea salt
- Oregano
- 1 Clementine

Method: Divide shredded Chicken on Romaine hearts and assemble, tomatoes, cheese, oregano, black pepper, dressing 1 TB divided, and pink sea salt on top of lettuce boats. Serve with 1 clementine. Note: Any of the protein in these recipes can be substituted for your protein of choice. The hope is to give you a variety of options and healthy alternatives and allow you to create your own magical recipes, using these ingredients as a calorie counting blueprint.

## Lunch Recipe 4

### Southwest Chipotle Salad bowl (350 Calories)

- Kale (3 Cups)
- Grape Tomatoes or store brought Salsa
- Roasted Bell Peppers and red onions
- Brown Rice 1/2 Cup
- Lime the juice of 1 whole
- Corn (2 fresh cobs, shucked off the ear)
- 1 Tb Greek yogurt
- 7 oz. grilled Shrimp
- 1/4 Cup of shredded low-fat cheddar cheese
- Avocado 1/4 sliced
- Black Beans (Tb)

Method: Grill Shrimp in 1 teaspoon olive oil and set to the side. Heat corn and black beans over heat in a pan until corn has blackened spots. Squeeze lime juice over the brown rice and place on the bottom of bowl/ container. Top with a handful of kale, 2 TB of roasted corn and Black Beans. Place Grilled shrimp on top and top with salsa (tomatoes) 1 Tb Greek yogurt, 1 Tb Cheese and roasted red peppers. Enjoy.

Note: This recipe can be prepared in advance and stored in airtight containers for easy grab and go throughout the week.

## **Lunch Recipe 5**

### **Caesars Shrimp & Spinach Salad (380 Calories)**

- 4 Ounces of shrimp
- 2 cups of spinach
- 1/4 Avocado
- Pink sea salt
- Coarse Black pepper
- Light Caesar Dressing 2 TB
- Grape tomatoes
- Sweet potato 4. Ounces

Method: remove and warm roasted sweet potatoes (already prepared and stored in Ziplock bags) Season shrimp and sauté Using 1 TB Light Caesar Dressing until cooked.

Toss spinach, grape tomatoes, pink sea salt and black pepper in remaining dressing and top with avocado and shrimp. Serve with sweet potato.

## **Lunch Recipe 6**

### **Baked Lemon & Herb Salmon with Avocado and Red potato (400 Calories)**

- Salmon 4 oz.
- Fresh dill and parsley chopped
- Medium red potato
- 1 teaspoon coconut oil
- Lemon 1/4
- Pink sea salt
- Coarse Black Pepper
- Avocado 1/8

Method: Preheat oven to 350. Season Salmon with salt, pepper, squeezed lemon and chopped herbs (1-2Tb). Place fish in the oven for 15 minutes. While fish is cooking, cook potato in microwave. Remove fish from the oven when it flakes with a fork. Cut open medium red potato and drizzle with coconut oil and avocado. Enjoy.



## **Lunch Recipe 7 Vegan Option**

### **Crispy Vegan “fish” tacos (320 Calories (Recipe makes 6, you can store leftovers for later meal lunch prep))**

#### **Serving size 2** Ingredients:

- 1 pkg. Gardein fishless filets
- 1 tsp. oil or lime juice
- 6 medium-sized corn tortillas
- 1/4 avocado, sliced
- Diced onion (optional)
- chopped cilantro (optional)
- jalapeño slices (optional)
- lime juice (optional)

#### Method:

- Cook the fishless fillets according to package directions.
- Warm the oil in a pan over medium heat. Place a tortilla in the pan and cook, turning once, until softened.
- Remove from the pan and spread with 1 tablespoonful of the guacamole. • Cut the cooked fishless fillets into strips and place 3 strips on the tortilla. If desired, top with diced onion, chopped cilantro, and jalapeño slices and drizzle with lime juice.
- Repeat with the remaining tortillas.
- Serve with salsa, vegan sour cream, or vegan tartar sauce.
- Makes six tacos total, additional tacos can be stored safely and eaten later

## **Lunch Recipe 8 Vegan Option**

### **Rice, Bean and Kale Bowl with Lemon Dill Tahini (469 Calories)**

#### **Serving size 1** Ingredients:

- 1/4 can black beans
- 1/4 cup tahini or hummus
- 2 TB lemon juice
- 1 Tbsp fresh dill
- 1/2 cup cooked brown rice
- 1 bunch kale, steamed • 1 Tsp vegan Parmesan(optional) Method:
- Heat the black beans in a medium saucepan on medium heat.
- Mix the tahini, lemon juice, and dill together in small container until the consistency resembles dressing.
- Layer the cooked brown rice, black beans, and steamed kale in a bowl and top with the tahini dressing. Sprinkle with vegan Parmesan and enjoy!

## **Lunch Recipe 9 Vegan Option**

### **Vegan Greek Salad (151 Calories)**

**Serving size 4** Ingredients:

- 1/2 red onion
- 1 cucumber
- 1 green pepper
- 4 tomatoes
- Vegan tofu Feta cheese
- 40 black olives
- 1 tbsp oregano
- Extra virgin olive oil
- Salt and pepper to taste (optional)

Method:

Toss all ingredients together with desired amount of extra virgin olive oil, salt and pepper, until well mixed.

## **Lunch Recipe 10 Vegan Option**

### **Yummy Vegan Sandwich (336 Calories)**

**Serving size 1** Ingredients:

- 2 slices of sprouted whole-grain bread
- 2 tablespoons hummus
- 3 thin slices of cucumber
- 2 thin slices of tomato
- 3 slices of avocado
- 1/4 cup alfalfa sprouts
- 1/4 cup grated carrots

Method:

1. Toast your bread (Watching your carb intake? Substitute bread for Romaine lettuce boats)
2. Spread one tablespoon of hummus on each slice of bread, layer up your veggies, and enjoy!

## Lunch Recipe 11 Vegan Option

### Fall Rolls with Zesty Peanut Sauce (418 Calories) Serving Size 2 Rolls Ingredients:

#### *Zesty Peanut Sauce*

- ½ cup roasted peanuts (unsalted or lightly salted)
- ½ cup light coconut milk
- 2 tablespoons lime juice (the juice of less than 1 lime)
- 1 tablespoon agave nectar
- 1 tablespoon reduced sodium tamari (or other soy sauce)
- about 5 cloves garlic (to taste)
- pinch of red pepper flakes

#### *Fall Rolls* • 1 (14-ounce) package extra-firm tofu

- 1+ tablespoon sesame seeds
- 2 heaping cups arugula, roughly chopped
- 3 big carrots, cut into matchsticks
- 4 Persian cucumbers, cut into matchsticks (or about 2 regular cucumbers)
- 2 red or orange bell peppers, top and bottom removed and sliced into thin strips
- 1 jalapeño, cut into matchsticks (optional)
- 3 green onions, sliced into thin rounds
- ⅓ cup chopped fresh cilantro
- ⅓ cup chopped fresh mint
- 8 sheets rice paper (8 to 10 inches in diameter)
- Sriracha hot sauce, for serving with assembled spring rolls (optional)

## Method:

1. In a food processor, process all of the dipping sauce ingredients for a couple of minutes, until smooth. Transfer to a small bowl or divide into individual ramekins.
2. Drain the water from the tofu and very gently squish some of the water out of the tofu. Slice the tofu into two slabs by cutting lengthwise through the center. Wrap the slabs in a clean tea towel or paper towels. Stack the slabs on top of each other and place a heavy saucepan or a plate and cans on top to help press out more of the moisture.
3. Prepare the arugula, herbs and vegetables as directed in the ingredients list above. Set them aside.
4. Remove the towels from the tofu and slice each slab into about 7 equal-sized strips (less than ½-inch in width). Gently roll the tofu strips in sesame seeds on a plate.
5. Fill a bowl or baking pan with warm water. Place one rice paper in the water and let it rest for about twenty seconds. The paper should be soft enough to give to touch but not super floppy. Lay it on the towel.
6. Top the rice paper in a lengthwise orientation with a sprinkle of arugula, one strip of tofu, a few strips of carrot, cucumber, bell pepper and jalapeño. Sprinkle with some chopped green onion, cilantro and mint.
7. Fold over one long side to enclose the filling, then fold over the short sides like you would a burrito, and lastly, roll it up, stretching the remaining long side around the roll to seal it.
8. Serve the rolls whole or cut in half, with dipping sauce on the side.

## Notes:

Gluten Free Option! Use tamari instead of soy sauce.

## Lunch Recipe 12 Vegan Option

### BBQ Cauliflower Nuggets Bowl (312 Calories Per Serving) Ingredients:

#### *Cauliflower Nuggets*

- 1 head cauliflower, chopped into bite sized pieces (gives about 4 cups)
- 1 cup BBQ sauce (homemade one linked here, or use store bought to make it super easy)

#### *Avocado Slaw*

- $\frac{3}{4}$  - 1 cup avocado, about 1 average sized avocado
- 4 cups shredded cabbage, can use a mix of red and green or a prepackaged mix too
- 1 tablespoon lime juice
- $\frac{1}{2}$  teaspoon sea salt

#### *Cilantro Lime Quinoa:*

- $\frac{3}{4}$  cup water, could also use broth if you prefer
- $\frac{1}{2}$  cup uncooked quinoa (see note)
- $\frac{1}{4}$  cup chopped cilantro, divided (can use more if you love cilantro)
- $\frac{1}{4}$  teaspoon sea salt
- 1 tablespoon lime juice

## Method:

1. Preheat oven to 450 F
2. If you're making quinoa, mix the quinoa, water, 2 tablespoons of the chopped cilantro and salt in a small pot.
3. Place on stove top on high heat and bring to a boil (about 5-7 minutes).
4. Once boiling, cover, turn down the heat and cook an additional 12-15 minutes until the water is absorbed.
5. Once done remove from heat and let sit until you're done with everything else.

If using ready rice, follow the instructions in the notes.

6. Meanwhile, mix the chopped cauliflower with the BBQ sauce in a bowl.
7. Spread on a parchment lined cookie sheet.
8. Bake for 20-25 minutes, until brown and sticky. Bake less if you like your cauliflower al dente, and more if you like it more cooked.
9. While it is baking, mix all slaw ingredients together to make tangy avocado slaw.
10. Don't forget to watch the quinoa as the cauliflower is baking as well.
11. When the cauliflower is done, fluff the quinoa with a fork, and add the other 2 tablespoons of cilantro and the lime juice. Add all ingredients to a bowl and enjoy!



# DINNER

## Dinner Recipe 1 (4 Servings)

### 15 minute Chicken Shawarma Bowls

- 12 ounces skinless, boneless rotisserie chicken breast, shredded (about 3 cups)
- 2 teaspoons olive oil
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon cumin, divided
- 1/8 teaspoon paprika
- 1/2 cup plain 2% reduced-fat Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon tahini (sesame seed paste)
- 1 teaspoon minced garlic 1 (8.5-oz.) pkg. precooked farro
- 2 cups chopped English cucumber
- 2 cups halved cherry tomatoes
- 1 (15-oz.) can unsalted chickpeas, rinsed and drained
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon freshly ground black pepper

## Method:

Place chicken and oil in a large bowl; toss to coat. Combine 1/2 teaspoon salt, 1/4 teaspoon cumin, and paprika in a bowl. Add spice mixture to chicken mixture; toss to coat.

Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon cumin, yogurt, lemon juice, tahini, and garlic in a small bowl. Set aside.

Heat farro according to package directions. Place 1/2 cup farro in each of 4 bowls. Top each serving with about 3/4 cup chicken mixture, 1/2 cup cucumber, 1/2 cup tomatoes, about 1/3 cup chickpeas, and 2 1/2 tablespoons Greek yogurt mixture. Top with parsley and black pepper.

Note: The above recipe has a detailed list of ingredients. However, the serving size is for 4 bowls, so it's well worth the effort, seeing as though you'd have 4 different Dinner/Lunch meals already prepared.



## Dinner Recipe 2

### Turkey Stuffed Peppers (375 Calories)

- 4 large multicolored bell peppers, (tops cut off diced and set to the side) peppers hollowed and seeded
- 1-pound lean ground turkey
- 3/4 cup cooked brown rice
- 1/3 cup seasoned breadcrumbs
- 3/4 cup reduced-sodium marinara sauce,
- 1/4 cup minced onion
- ounce grated Parmesan cheese (about 1/4 cup)
- 3 tablespoons chopped parsley
- 2 teaspoons tomato paste

- 1/4 teaspoon pink sea salt
- Coarse Black pepper
- 1 large egg, beaten
- 1 garlic clove, minced
- 1/2 cup water
- 1-ounce shredded mozzarella cheese (about 1/4 cup)

Method: Combine chopped pepper tops with ground turkey, cooked brown rice, breadcrumbs, 1/4 cup marinara sauce, onion, Parmesan cheese, parsley, tomato paste, salt, black pepper, egg, and garlic. Mix thoroughly. Stuff about 1 cup ground turkey mixture into each pepper. Pour 1/2 cup water into bottom of baking pan. Stand stuffed peppers upright on the tray. Cover each pepper top with 2 tablespoons marinara sauce. Cover and cook on broil. Watch carefully, 15 minutes. Open the oven and top with mozzarella cheese and remove when it's nice and bubbly.

Note: This recipe makes 4 Peppers at 380 calories a piece. You can either cut each one in half and see if it's filling enough to enjoy and serve with a nice Kale salad on the side or simply enjoy the fact that this is a low carb recipe.

### **Dinner Recipe 3**

#### **Greek Chopped Pita Salad (400 Calories)**

- 2 cups romaine lettuce
- 2 tablespoons crumbled feta cheese
- 1/2 cup canned garbanzo beans, rinsed and drained
- 1/2 cup cucumber, sliced
- 1 whole wheat pita, chopped
- 2 tablespoons low-fat vinaigrette
- 3 ounces of grilled protein of choice

Method: combine all ingredients in a bowl and enjoy.

### **Dinner Recipe 4**

#### **Tuscan Tuna Swiss Wrap (400 calories)**

- 3 ounces light tuna, drained
- 2 tablespoons fresh parsley, chopped
- 1/2 lemon, juiced
- 1 tablespoon olive oil
- 1/2 cup diced tomatoes
- Dash of salt and pepper
- 2 whole wheat low carb tortillas
- 1/2 cup baby spinach
- 2 slices of low-fat Swiss cheese

Method: Combine tuna with parsley, lemon, oil, tomatoes, salt, and pepper. Wrap in tortillas, with sliced cheese and top with spinach. This makes two whole tortilla wraps (2 servings). You can eat one and serve with Progresso light canned soup in order to stay under 400 calories.

## Dinner Recipe 5

### Ranch Chicken Chipotle Flatbread (773 Calories)

#### Serving Size: 2 Ingredients:

- 1 large flatbread (I prefer fat out, this brand can be found at Kroger's and other local markets)
- 2 teaspoons olive oil
- 1/2 cup shredded low fat mozzarella cheese (or any other favorite cheese such as Monterey jack or pepper jack for a spicier version)
- 1 boneless skinless chicken breast, pounded flat
- salt and pepper, to taste
- 2-3 slices cooked bacon chopped (pork or turkey optional)
- 1/2 avocado, sliced or diced
- 1/2 red pepper, diced
- 1 tablespoon cilantro leaves, chopped
- 1/4 cup light ranch dressing
- 1 teaspoon chipotle seasoning

Method: Preheat oven to 350 degrees. Season chicken with salt and pepper to taste. Cook in a pan or skillet on the stove over medium-high heat for about 3-4 minutes each side or until cooked through. Dice chicken and set aside. Brush flatbread with teaspoon olive oil. Sprinkle with shredded cheese. Top with chicken, red peppers, and bacon. Place on a lightly greased sheet of foil and bake on the oven rack for 10-15 minutes until cheese is completely melted. While flatbread is baking, whisk together ranch dressing and chipotle seasoning. When flatbread is finished baked, top with avocado, cilantro, and crushed red pepper flakes. Drizzle with chipotle ranch dressing and serve immediately.

## **Dinner Recipe 6**

### **Chili Lime Chicken Bowl (562 Calories)**

**Serving Size: 6 servings with 4 oz. of chicken each** Ingredients:

- 3 lbs. Boneless Skinless Chicken Breasts, cut into cubes
- 6 tbsp. Olive Oil
- 3 tbsp. Red Wine Vinegar
- Juice From 2 Limes
- 2 tsp. Chili Powder
- 1 tsp. Paprika
- 1 tsp. Garlic powder
- 1 tsp. Kosher Salt
- Fresh Cracked Pepper, to taste

#### Method:

In a large resealable bag, combine olive oil, vinegar, lime juice, chili powder, paprika, garlic powder, salt and pepper. Cut chicken into cubes and add to marinade once cooled. Marinate for 2 hours or up to overnight. Preheat oven to 400F. Pour marinated chicken onto baking sheet and bake in preheated oven for 20 minutes, or until chicken is cooked through. Serve with ½ cup cooked brown rice and cup of steamed broccoli (or other green vegetable, do not add butter to vegetables)

## Method:

1. Prepare your chicken by cutting it into strips, and place into a Ziplock bag. In a small bowl, whisk together the ingredients for your marinade, then pour finished marinade over your chicken.
2. Seal Ziplock bag and set chicken aside.
3. On a clean cutting board, prepare your peppers and onions. In a large non-stick skillet, heat 1 Tbsp. of olive oil and add in your prepared peppers and onion, cooking on medium/high heat until peppers are tender, and onion is turning translucent.
4. Remove finished peppers from skillet and place into a large mixing bowl.
5. In the same skillet, cook chicken over medium-high heat for 6 minutes or until no longer pink.
6. Return pepper mixture to pan to heat through.
7. Serve fajitas as is, or use romaine lettuce leaves in place of tortillas or low carb wraps work well (by Mission)
8. Top with salsa and freshly chopped cilantro (optional)

Note: If you wanted to make this recipe simpler, look for a low sodium searing pack of taco seasoning and substitute for all the above seasonings. This recipe can also, be prepared in advance and will last through the week for the perfect meal prep to go!



## **Dinner Recipe 7 \*\*Vegan Option\*\***

### **Vegetarian West African Peanut Soup (400 Calories)**

#### **Serving size 4** Ingredients:

- 6 cups low sodium vegetable broth
- 1 medium red onion, chopped
- 2 tablespoons peeled and minced fresh ginger
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 bunch collard greens (or kale), ribs removed, and leaves chopped into 1-inch strips
- ¾ cup unsalted peanut butter (chunky or smooth)
- ½ cup tomato paste\*
- Hot sauce, like sriracha (AKA rooster sauce)
- ¼ cup roughly chopped peanuts, for garnish

#### Method:

1. In a medium Dutch oven or stock pot, bring the broth to a boil. Add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes.
2. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Stir in the collard greens and season the soup with hot sauce to taste.
3. Simmer for about 15 more minutes on medium-low heat, stirring often. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

## **Dinner Recipe 8**

### **Lemon Baked Swai, Sweet Potatoes and Brussel Sprouts (338 Calories)**

- Serving size: 1
- Ingredients:
- 4 oz. Swai or of fish of choice
- 4oz. one sweet potato
- 1 lemon
- 1 tsp paprika
- 1 tsp lemon pepper seasoning
- 1 tsp pink sea salt
- 5 Brussel sprouts
- 1tbsp olive oil

#### Method:

1. Preheat oven to 425 F and bake sweet potato for 25-40 minutes or until tender.
2. Rinse and cut Brussel sprouts in half. Season with pink sea salt, paprika and lemon pepper seasoning. drizzle with olive oil and turn face down on baking sheet, then place in oven.
3. Season fish with lemon pepper seasoning, paprika and pink sea salt.
4. Bake fish in the oven at 425 F for 15-20 minutes or until fish flakes with fork.
5. Remove fish squeeze lemon over the top.

## **Dinner Recipe 9**

### **Peppered Beef and Broccoli (686 Calories)**

**Serving size 4** Ingredients:

- 4 oz. of steak
- 2 cloves of garlic
- 1 tbsp brown sugar
- 1 tbsp soy sauce (or liquid amino acids)
- 1/2 cup of steamed rice
- 1 cup of steamed broccoli
- 1 tsp olive oil
- pink sea salt
- black pepper

Method:

1. Preheat oven to 425.
2. Season steak with black pepper and pink sea salt. In medium pan add olive oil and steak, cook until brown. Add broccoli to skillet and combine sugar, soy sauce and garlic, reduce down.
3. Serve over steamed ½ a cup cooked rice.

## **Dinner Recipe 10 \*\*Vegan Option\*\***

### **Crockpot Veggie Chili (375 Calories)**

**Serving size 6** Ingredients:

- 6 cups low sodium vegetable broth
- 1 medium red onion, chopped
- 2 tablespoons peeled and minced fresh ginger
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 bunch collard greens (or kale), ribs removed, and leaves chopped into 1-inch strips
- ¾ cup unsalted peanut butter (chunky or smooth)
- ½ cup tomato paste\*
- Hot sauce, like sriracha (AKA rooster sauce)
- ¼ cup roughly chopped peanuts, for garnish

Method: In a medium pot, bring the broth to a boil. Add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes. In a medium-sized, heat-safe mixing

bowl, combine the peanut butter and tomato paste, then 1 to 2 cups of the hot stock from the pot to the bowl. Whisk the mixture together until smooth, then pour the

peanut mixture back into the soup and mix well. Stir in the collard greens and season the soup with hot sauce to taste. Simmer for about 15 more minutes on medium-low

heat, stirring often. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.

## **Dinner Recipe 11 \*\*Vegan Option\*\***

### **Hummus Quesadillas (400 Calories)**

**Serving size 2 or 3** Ingredients:

- One 8-inch whole grain tortilla (or gluten-free tortilla for gluten-free quesadillas)
- ¼ to ⅓ cup hummus of choice
- Fillings of your choice example: a handful of sautéed spinach in olive oil, rinsed oil-packed sun-dried tomatoes, and some thinly sliced Kalamata olives) • Extra-virgin olive oil, for brushing

Method:

Spread hummus generously over your tortilla. Lightly cover one-half of the tortilla with fillings of your choice. Fold the blank half over to create a half-moon shape. Repeat if you'd like to make more than one quesadilla; you can cook up to two at a time in the same skillet. Warm a medium skillet and brush one side with 1 tsp olive oil, cook on low, until golden and browned and flip and repeat on the other side until it is lightly golden and crisp. Serve immediately.

## **Dinner Recipe 12 \*\*Vegan Option\*\***

### **Veggie Crockpot Chili (523 Calories)**

**Serving size: 6** Ingredients:

- whole yellow onion
- 1 can black beans
- 2 cans red kidney beans
- 1 can pinto beans
- 1 bag frozen chopped corn
- 2 cans diced tomato
- 2 green peppers
- 4 cloves garlic
- Low-fat Sour cream
- 1 green onion bunch
- Vegan cheese

Method:

Sauté onion, garlic, and peppers (diced) together in pan with light olive oil. Add all ingredients to crock pot with Veggie Stock Low Sodium (Using low sodium beef stock will add more flavor) Season with chili powder, oregano leaves, garlic powder, little bit of cumin. Top with low-fat sour cream, green peppers, and light cheese. Cook on crock-pot on medium-high for 4-5 hours.

## **Dinner Recipe 13 Vegan Option**

### **Spaghetti Squash with Roasted Mushrooms (249 Calories)**

**Serving size 2 or 3**

Ingredients:

- 2 pounds spaghetti squash
- 2 tablespoons extra virgin olive oil
- 2 cups button mushrooms (chopped bite size)
- 2 cloves garlic (finely chopped)
- 1 tablespoon fresh thyme
- 1/4 cup Parmesan cheese (grated)
- handful flat leaf parsley (finely chopped)
- salt and pepper (to taste)

Method:

1. Preheat oven to 375F
2. In a or large pan add olive oil, garlic and thyme. Cook for 2 minutes over high heat and add mushrooms. Cook until mushrooms are golden brown (about 7-8 minutes). Turn off the heat and set aside.
3. Wash the spaghetti squash under water and dry it. Put the spaghetti squash on a baking tray and pierce the skin a few times using a knife. Bake for about 1 hour, until squash can be pierced with a knife. Alternatively, you can microwave the spaghetti squash. Instructions are at the bottom.

4. Take the squash out of the oven and let it cool to room temperature for about 15 minutes. Cut in half and get rid of the seeds. Use a fork to scrape the squash into strings.
5. Add the spaghetti squash strings to the skillet (or pan), turn the heat to high and quickly fry with mushrooms. Sprinkle parmesan while sautéing for a minute.
6. Turn the heat off, top with parsley and season with salt and pepper. Serve.

#### INSTRUCTIONS FOR MICROWAVING SPAGHETTI SQUASH:

Place the spaghetti squash on a microwave safe plate or other microwave safe container covered with a damp cloth or paper towel. Place the cut side down (skin facing up). Microwave on high for 10 minutes. Take the spaghetti squash out of the microwave and shred with a fork. If the squash is still hard, microwave for an additional 2-3 minutes, or until tender.



## Dinner Recipe 14 Vegan Option

### Quinoa Chickpea Taco Bowls (375 Calories)

**Serving size: 1** Ingredients:

- 1 Cup 1 cup dry quinoa cooked according to package directions
- 15 ounces chickpeas rinsed and drained
- 1 tbsp olive oil
- 1 tbsp lime juice
- 1 tbsp cumin
- 1 tsp Chili Powder
- 1 tsp paprika
- 1/2 tsp Sea Salt
- 1/2 tsp onion powder
- Ingredients (Pico De Gallo)
- 2 large tomatoes diced
- 1/2 cup cilantro chopped
- 3 tbsp onion finely minced
- 1-2 tbsp lime juice to taste
- 1 Jalapeno minced or to taste
- 1/4 tsp Sea Salt

Method:

Preheat oven to 400 degrees F. Rinse and drain chickpeas, and then add to a bowl. Drizzle with olive oil and lime juice, and then sprinkle on the spices. Mix to combine and evenly coat the chickpeas. Spread chickpeas out on a baking tray and bake for 20 minutes. Prepare pico de gallo by mixing together all ingredients. Adjust salt, lime and jalapenos to taste. Prepare meals by layering quinoa, chickpeas, and pico de gallo, and any other healthy vegetable toppings as desired.

## Dinner Recipe 15 Vegan Option Asian

### Veggie Rice (400 Calories) Serves 3

#### Ingredients:

- 1 1/2 teaspoons + 2 tablespoons avocado oil or safflower oil, divided
- 2 eggs, whisked together
- 1 small white onion, finely chopped (about 1 cup)
- 2 medium carrots, finely chopped (about 1/2 cup)
- 2 cups additional veggies, cut into very small pieces for quick cooking (see photos for size reference; options include snow peas, asparagus, broccoli, cabbage, bell pepper, and/or fresh or frozen peas—no need to thaw first)
- 1/4 teaspoon salt, more to taste
- 1 tablespoon grated or finely minced fresh ginger
- 2 large cloves garlic, pressed or minced
- Pinch of red pepper flakes
- 2 cups cooked brown rice (\*see notes!)
- 1 cup greens (optional), such as spinach, baby kale or tatsoi
- 3 green onions, chopped
- 1 tablespoon reduced-sodium tamari or soy sauce\*\*
- 1 teaspoon toasted sesame oil
- Chili-garlic sauce or sriracha, for serving (optional)

## Method:

1. Before you get started, make sure that all of your ingredients are prepped and within an arm's reach from the stove. Also have an empty bowl nearby for holding the cooked eggs and veggies. Start at medium-high heat, but if you smell the oil or food burning, reduce the heat to medium.
2. Warm a large cast iron or stainless-steel skillet over medium-high heat until a few drops of water evaporate within a couple of seconds. Add 1 1/2 teaspoons of oil and swirl the pan to coat the bottom. Add the scrambled eggs and swirl the pan so they cover the bottom. Cook until they are just lightly set. Transfer the eggs to a bowl and wipe out the pan with a heat-proof spatula.
3. Return the pan to heat and add 1 tablespoon of oil. Add the onion and carrots and cook, stirring often, until the onions are translucent, and the carrots are tender, about 3 to 5 minutes.
4. Add the remaining veggies and salt. Continue cooking, stirring occasionally, until the veggies are cooked through and turning golden, about 3 to 5 more minutes. In the meantime, use the edge of your spatula or a spoon to break up the scrambled eggs into smaller pieces.
5. Use a big spatula or spoon to transfer the contents of the pan to the bowl with the cooked eggs. Return the pan to heat and the remaining 1 tablespoon oil. Add the ginger, garlic and red pepper flakes, and cook until fragrant while stirring constantly, about 30 seconds. Add the rice and mix it all together. Cook, stirring occasionally, until the rice is hot and starting to turn golden on the edges, about 3 to 5 minutes.
6. Add the greens and green onions and stir to combine. Add the cooked veggies and eggs and stir to combine. Remove the pan from the heat and stir in

the tamari and sesame oil. Taste, and add a little more tamari if you'd like more soy flavor (don't overdo it or it will drown out the other flavors) or salt, if the dish needs an extra boost of overall flavor.

7. Divide into bowls and serve immediately. Leftovers store well in the refrigerator, covered, for 3 to 4 days.

Notes:

Rice Notes: You'll need to cook about 1 cup dry rice to yield enough for this recipe; be sure not to over-cook it or it will stick to the pan. Day-old leftover, refrigerator rice is great, too. Just break up any clumps of rice before you add it to the pan.

Gluten Free Option: Be sure to use gluten-free tamari, not regular soy sauce.

Make it Vegan! Omit the eggs and the 1 1/2 teaspoons oil that goes with them.

For extra protein, you could mix in 1 cup edamame.

# SNACKS

## 100(ish) Calorie Snack Ideas

- 1 oz. Mozzarella Cheese + 1 Small Tomato + 1 tsp. Balsamic Vinegar =100 Calories
- 5 Celery Sticks + 1 tsp Peanut Butter/Almond Butter = 171 Calories
- 2 oz. Sliced Deli Turkey + 8 Green Apple Wedges = 157 Calories
- 3 oz. Cooked Shrimp + 1 TBSP Cocktail Sauce = 100 Calories
- 1/2 Cup Sliced Fresh Peaches + 10 oz. Prosciutto =100 Calories
- 1 Tsp Nutella + 1 Rice Cake + 1/2 Small banana = 100 Calories
- 2 Cups Popcorn (kernels placed in a brown paper bag and microwaved) + Pink Sea Salt + 1 Square of Real Dark Chocolate 85% Cacao= 100 Calories
- KIND Bar Mini, Peanut Butter Dark Chocolate = 100 Calories
- 1 Banana = 105 Calories
- 1 Toasted Piece of Wheat Bread + 1 TBSP Honey Mustard + 2 Slices of Turkey = 100 Calories
- 1 cup of mixed berries (try raspberries, blueberries or blackberries) =100 calories
- 6 saltine crackers with 2 teaspoons of peanut butter
- 1 apple= 116 calories
- 1peach=59 calories
- 1pear=80 calories
- 1orange=86 calories

- 1 mango=202 calories
- 15 strawberries=58 calories
- 1 serving natural-style beef jerky=70 calories
- 1 lettuce roll-up stuffed with a single slice of ham or beef and cabbage, carrots, or peppers=100 calories
- 1 small tomato salad: cubed tomato, sliced cucumber, sprinkled with feta, salt, and pepper=100 calories
- 4-5 cucumber slices topped with cottage cheese and salt and pepper=100 calories

## Snack Recipe 1 Vegan Option

### Power Balls

#### Ingredients:

- 1 cup dry oats
- 1 cup ground flax seed
- 1/2 cup of crunchy peanut butter
- 1/4 cup of agave
- 1 tsp vanilla
- 1/2 cup of chocolate chips

#### Method:

1. Mix all ingredients together in a bowl with your hands (use gloves for easy clean up.)
2. Using a large spoon for measuring, scoop up the mixture and place in the palm of your hand and squeeze rotating your hands in a cupping action.
3. Allow to sit in freezer for 30 mins to form or overnight.

#### Notes:

Should yield a dozen

Keeps for two weeks in the fridge

DO NOT ROLL between your hands as the heat will further melt the peanut butter and agave and make it harder to form. Crunchy Peanut butter works best. Add dried fruit extra yumminess! Role the balls in shredded coconut for extra flavor.

## **Snack Recipe 2 Vegan Option**

### **Island Dream Nice Cream** Ingredients:

- 1 cup of 100% Soursop pulp
- 2-3 ripe bananas

### Method:

1. Add ingredients and blend!
2. Garnish with fresh fruit. That Simple!

### Notes:

I've used other frozen fruits like strawberries, mango, pineapple and even cocoa for chocolate. Chop & freeze the bananas. The riper the banana, the sweeter! The use of 2 or 3 bananas determines on how tart you want your treat.

Goes great layered with the Black Bean Brownie.

## **Snack Recipe 3 Vegan Option Sugar-Free**

### **Black Bean Brownies** Ingredients:

- 1 16oz can black beans
- 2 lrg flax eggs (for vegan) \*
- 3 Tbsp Coconut oil
- 1 C cocoa powder
- 1.5 Tbsp vanilla extract
- 1/2 C chocolate chips (optional)\*
- 1 C Splenda (for sugar free) \*
- 1 tsp baking powder (NOT soda)
- 1/4 cup water



## Method:

1. Pre-heat oven to 350
2. Line muffin tin with liners. You should yield a dozen.
3. Rinse black beans using a strainer to get rid of excess water
4. FOR FLAX EGG - Pulse 2 Tbsp ground flax seed and 4 Tbsp of water in food processor and let it sit for a few minutes.
5. Add the remaining ingredients to the food processor adding the beans first, coconut oil second and then the remaining ingredients - EXCEPT Chocolate chips and the water.
6. Pulse till all are mixed and resemble fudge. Add half the water and check the consistency until it resembles a frosting like texture. It should not be runny.
7. Fold in the chocolate chips if your using them.
8. Fill the cups about 3/4 full as it will expand slightly. Use a big spoon and drop the batter straight down with the tip of the spoon angle straight down.
9. Bake 350 degrees for about 25-30 mins. until toothpick comes clean.
10. Cool at least an hour or 30 mins in the fridge. If you want the yummy gooey effect microwave for 12 seconds.

## Notes:

Pre-measure all ingredients before starting. If you let the flax sit too long, it will dry and affect the outcome. If you are not a Splenda fan you can try monk fruit, coconut or cane sugar. Stay away from refined (white) sugar. Remember using anything other than Splenda will increase calories. Garnish with berries & agave.