



Heart Healthy Recipe Bundle

NOURISH YOUR BODY WITH
BALANCED WHOLESOME
MEALS.



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Heart Healthy Breakfast

KICKSTART YOUR DAY



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Apple Pie Yogurt



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 4 MINUTES

INGREDIENTS

- 1 apple Apples
- 1 tbsp [14.8 g] Water
- 1 tbsp [16 g] Almond Butter
- 1 cup [240 g] Plain Non Fat Greek Yogurt
- 0.25 tsp [0.57 g] Cinnamon
- 1 tbsp, ground [7 g] Flaxseed Seeds

DIRECTIONS

1. Cut apple into cubes and put 1 tbsp of water into microwave safe bowl.
2. Cook in microwave for 2 minutes on high or until apples are cooked to desired tenderness.
3. Add 1 tbsp of almond butter while apples are hot and mix together.
4. Add Greek yogurt, flax seed and cinnamon to the top of the apple mixture.
5. Serve Warm.

NUTRITION INFO

Calories : 353.5

Fat : 12.73 g

Carbs : 37.98 g

Protein : 26.21 g

Fiber : 7.2 g

Cauliflower & Tomato Baked Eggs



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 cup, chopped or sliced [180 g] Tomatoes (*Chopped*)
- 1.5 cup [150 g] Cauliflower (*Chopped*)
- 1 tbsp [14 g] Olive Oil
- 1 tsp, ground [0.6 g] Oregano
- 1 cup [243 g] Egg White
- 2 large [100 g] Egg
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 tbsp chopped [3 g] Chives (*Optional*)
- 0.75 avocado [102 g] Avocado (*Peeled and chopped*)

DIRECTIONS

1. Preheat the oven to 400 F (205 C).
2. In a small oven safe baking dish, add tomatoes (chopped to your preference), cauliflower, olive oil, and oregano. Mix until combined.
3. Bake for 10-15 minutes or until the tomatoes begin to blister and cauliflower begins to soften.
4. Carefully remove from the oven and pour in egg whites and crack two eggs in to the vegetable mix. Season with salt and pepper.
5. Bake for another 10-12 minutes or until the eggs are cooked through.
6. Serve hot topped with chives and avocado.

NUTRITION INFO

Calories : 326.5

Fat : 20.51 g

Carbs : 13.92 g

Protein : 22.99 g

Fiber : 6.96 g

Chickpea Fried Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 2 large [100 g] Egg
- 0.5 tbsp [7 g] Olive Oil
- 0.75 cup [187.5 g] Chickpeas (canned and drained)
- 1 dash [0.1 g] Black Pepper
- 1 dash [0.4 g] Salt
- 1 tsp [4 g] Za'atar Seasoning
- 0.5 tsp [0.9 g] Red Pepper Flakes

DIRECTIONS

1. Toss Chickpeas in Za'atar Seasoning Mix and Chili Flakes.
2. Pan-fry Chickpeas in Olive Oil over medium heat.
3. When the Chickpeas start to brown, crack a fresh Egg on top of the Chickpeas.
4. Season egg with a pinch of Black Pepper and Kosher Salt.
5. Cook until the Egg reaches your desired doneness.

NUTRITION INFO

Calories : 437

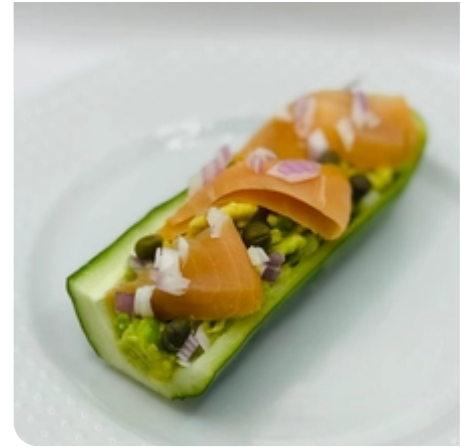
Fat : 19.74 g

Carbs : 42.54 g

Protein : 22.5 g

Fiber : 8.95 g

Cucumber Avocado Lox



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 medium (7" long) [201 g] Cucumber
- 4 oz, boneless [113.4 g] Smoked Salmon
- 1 tbsp, chopped [5 g] Red Onions
- 0.5 avocado [68 g] Avocado
- 1 tbsp, drained [8.6 g] Capers
- 0.25 tbsp [3.5 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Cut the Cucumber in half and, using a spoon, remove the seeds.
2. Smash Avocado with Lemon Juice, a pinch of Kosher Salt, and a pinch of Black Pepper.
3. Fill the center of the Cucumber with Avocado mixture.
4. Top with diced Red Onion, Capers, and Smoked Salmon.

NUTRITION INFO

Calories : 294.75

Fat : 16.37 g

Carbs : 13.57 g

Protein : 23.77 g

Fiber : 7.27 g

High Protein Banana Pancakes



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 large [50 g] Egg
- 1 medium (7" to 7-7/8" long) [118 g] Bananas
- 1.5 scoop (20 g) [30 g] Protein Powder
- 3 pumps [3 g] Avocado Oil Cooking Spray
- 1 tbsp [21 g] Honey
- 0.5 medium (7" to 7-7/8" long) [59 g] Banana *(For topping)*

DIRECTIONS

1. In a small bowl, combine the egg, ripe banana, and unflavored whey protein isolate. Stir until combined. If too thick, add 0.5 tbsp of water at a time and stir before adding more. Do not add water if batter is at desired thickness.
2. Heat a flat skillet over low-medium heat and spray with non-stick avocado oil spray.
3. Pour the batter onto the flat skillet and once the pancakes begin to bubble, flip and cook until the batter is no longer raw.
4. Top pancakes with honey and bananas.
5. Serve warm and enjoy!

NUTRITION INFO

Calories : 438.5

Fat : 7.31 g

Carbs : 57.81 g

Protein : 41.33 g

Fiber : 6.15 g

Mushroom & Spinach Oatmeal Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.5 tbsp [7 g] Olive Oil
- 1 cup [90 g] Brown Mushrooms (Crimini Italian)
- 2 cup [60 g] Baby Spinach
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 0.75 cup [67.5 g] Rolled Oats Gluten Free
- 1 tbsp [10 g] Hemp Hearts

DIRECTIONS

1. Heat a medium size skillet over low-medium heat.
2. Add olive oil to the skillet and once hot, add the mushrooms. Stir while cooking.
3. Once the mushrooms are cooked, add the spinach, salt and pepper and cook until the spinach is wilted.
4. Prepare the rolled oats per the directions on the packaging.
5. Once cooked, top the oatmeal with spinach and mushrooms. Season with salt and pepper to taste. Sprinkle with hemp hearts.
6. Serve hot and enjoy!

NUTRITION INFO

Calories : 382.75

Fat : 15.92 g

Carbs : 46.44 g

Protein : 16.75 g

Fiber : 8.23 g

Oat Berry Muffins



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1.5 cup [135 g] Rolled Oats Gluten Free
- 2 medium (7" to 7-7/8" long) [236 g] Bananas (*Ripe*)
- 0.25 cup [56 g] Olive Oil
- 0.25 cup [61 g] Unsweetened Applesauce
- 2 large [100 g] Egg
- 1 tsp [4.2 g] Vanilla Extract
- 1 tsp [5 g] Baking Powder (Low Sodium)
- 0.5 tsp [2.3 g] Baking Soda
- 0.5 tsp [1.15 g] Cinnamon
- 1 tbsp [14 g] Chia Seed
- 0.5 cup [72.5 g] Blueberries
- 0.5 cup [61.5 g] Raspberries
- 2 tbsp [32 g] Almond Butter

DIRECTIONS

1. Preheat oven to 350 degrees F (175 C).
2. In a food processor or blender, add the rolled oats and pulse until constancy is light and fluffy.
3. Remove oats from the food processor and add the bananas, olive oil, apple sauce, eggs, vanilla extract, baking powder, baking soda, cinnamon, and chia seeds. Pulse until smooth.
4. Combine the banana mixture with the oat flour in a large bowl. Stir until well blended.
5. Fold in the blueberries and raspberries.
6. In a non stick muffin tray (or lightly greased with oil) add the mixture to 8-10 muffin tins.
7. Bake for 17-22 minutes.
8. Spread with almond butter before serving.

NUTRITION INFO

Calories : 423.44

Fat : 24.19 g

Carbs : 44.04 g

Protein : 10.71 g

Fiber : 7.86 g

Pesto & Egg Whites on Sourdough



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 1 tsp [4.8 g] Olive Oil• 4 large [132 g] Egg White• 1 clove [3 g] Garlic (<i>Minced</i>)• 0.25 tsp [0.55 g] Turmeric (Ground)• 0.25 tsp [0.53 g] Black Pepper• 0.5 tbsp [7 g] Pesto Sauce• 1 large slice (5" x 2-1/2" x 1") [35 g] Sour Dough Bread• 0.5 cup [10 g] Microgreens• 0.75 cup [92.25 g] Raspberries• 1 teacup (6 fl oz) [178 g] Green Tea	<ol style="list-style-type: none">1. Heat olive oil in a skillet over medium heat. Add garlic and cook 1 minute.2. Whisk together egg whites, turmeric, and black pepper. Add egg whites to the skillet, stirring/flipping until cooked through.3. Warm the sourdough bread to your liking. Spread one slice of sourdough bread with pesto sauce. Top with cooked egg whites and micro greens.4. Serve egg white toast with green tea and raspberries.

NUTRITION INFO				
Calories : 313.35	Fat : 10.24 g	Carbs : 34.57 g	Protein : 21.24 g	Fiber : 7.94 g

Poached Eggs In Tomato Pepper Sauce



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 4 large [200 g] Egg
- 2 large [66 g] Egg White
- 1 cup, cubes [82 g] Eggplant (*Chopped*)
- 0.5 cup, chopped [80 g] Onions
- 0.5 cup, chopped [57 g] Red Bell Pepper
- 2 clove [6 g] Garlic
- 2 cup, chopped or sliced [360 g] Tomatoes (*Diced (fresh or canned)*)
- 1 tsp [2.1 g] Cumin
- 1 tsp [2.6 g] Chili Powder
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [7 g] Pumpkin Seeds
- 2 tbsp [2 g] Cilantro (*Chopped*)
- 0.5 avocado [68 g] Avocado (*Sliced*)

DIRECTIONS

1. Start by chopping the eggplant, pepper, onion, and garlic into equal size (medium to small dice) and set aside.
2. Next heat a cast iron or skillet with 2 tbsp (28 g) of olive oil and start sautéing onions, peppers and eggplant on medium heat for 5-6 minutes.
3. Add minced garlic and cook for 30 seconds.
4. Then add the cumin and chili powder and cook for an extra 10 seconds to add more aroma and flavor, next add the can of diced tomatoes.
5. Season with salt and pepper to taste.
6. Allow the sauce to cook for 3-4 minutes on low heat, and make a well in the sauce using a spoon and crack an egg in each well.
7. Cover the pan with a lid so the eggs can cook evenly for 10-15 minutes.
8. Once the eggs are cooked, top with chopped cilantro and sliced avocado. Garnish with pumpkin seeds as well!

NUTRITION INFO

Calories : 389.75

Fat : 25.32 g

Carbs : 21.76 g

Protein : 21.39 g

Fiber : 8.73 g

Throw Together Morning Meal



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [225 g] 1% Low Fat Cottage Cheese
- 0.25 cup, in shell, edible yield [14.5 g] Pistachio Nuts
- 1 cup, balls [177 g] Cantaloupe Melons
- 0.5 cup, whole [31.5 g] Snow or Sugar Snap Peas

DIRECTIONS

1. Serve all together and enjoy!

NUTRITION INFO

Calories : 315.5

Fat : 9.07 g

Carbs : 30.73 g

Protein : 29.46 g

Fiber : 3.9 g



Heart Healthy Lunch

RE-FUEL AND RE-ENERGIZE



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Chicken Caesar Wrap w/ Veggies



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [47 g] Romaine Lettuce (*Shredded*)
- 2 tbsp [10 g] Parmesan Cheese (*Shredded*)
- 4 oz [112 g] Skinless Chicken Breast (*Grilled/pre-cooked*)
- 1 tbsp [14.7 g] Caesar Dressing (*Clean brand: Primal Kitchen*)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 wrap [57 g] Wrap (*Whole grain or gluten free*)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Sliced*)

DIRECTIONS

1. In a large mixing bowl, combine romaine lettuce, parmesan cheese, grilled chicken, Cesar dressing, and salt and pepper.
2. Pour the mixture into a gluten-free wrap and fold over the top, tuck in the sides, and roll until the wrap is fully closed.
3. Clean and slice sweet peppers.
4. Serve the wrap and peppers cold and enjoy!

NUTRITION INFO

Calories : 392.5

Fat : 17.18 g

Carbs : 22.54 g

Protein : 41.65 g

Fiber : 11.25 g

Ginger Garlic Chicken Quinoa Bowl



SERVINGS: 2

PREP TIME: 20 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 0.5 cup [85 g] Quinoa (uncooked)
- 1 cup (8 fl oz) [243 g] Chicken Stock
- 10 oz [280 g] Skinless Chicken Breast
- 1 clove [3 g] Garlic
- 1 tsp [2 g] Ginger (*Grated*)
- 0.5 tbsp [6.8 g] Sesame Oil
- 0.5 tbsp [10.5 g] Honey
- 1 tbsp [14 g] Coconut Aminos
- 0.5 tbsp [3.4 g] Turmeric (Ground)
- 1 tbsp [1 8.5] Dry Roasted Cashew Nuts
- 0.25 cup [28.25 g] Shredded Carrots
- 0.5 avocado [68 g] Avocado
- 2 tbsp chopped [12 g] Scallions or Spring Onions
- 2 tbsp [2 g] Cilantro
- 1 fruit (2" dia) [67 g] Lime (*Optional*)

DIRECTIONS

1. First chop garlic and grate ginger and add it to a bowl with the chicken fillet.
2. Next add sesame oil, coconut aminos, honey and ground turmeric to the bowl and set aside on the counter for 15 minutes.
3. While that marinates, start to wash quinoa in a fine mesh strainer to any remove debris.
4. In a small pot add quinoa, water or broth and a pinch of salt. Bring to boil and reduce to a simmer for 10-15 minutes. Allow the quinoa to steam fully.
5. Next using a skillet, cook the chicken with 1/2 tbsp olive oil on medium to high heat and cover with a lid. After 7 minutes turn the heat down and flip chicken to cook for another 7 minutes.
6. While the chicken continues to cook, chop avocado and scallions.
7. Once everything is ready, assemble the bowl with quinoa, cooked chicken, avocado, scallions, carrots, roasted cashews and lime and cilantro (if using) Enjoy!

NUTRITION INFO

Calories : 477.88

Fat : 14.81 g

Carbs : 47.97 g

Protein : 40.39 g

Fiber : 7.18 g

Lentil Veggie Burger



SERVINGS: 2

PREP TIME: 20 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 0.25 cup [50 g] Brown Lentils
- 0.75 cup [177.75 g] Water
- 1 cup [120 g] Grated Carrots
- 2 tbsp chopped [20 g] Onions
- 2 clove [6 g] Garlic
- 0.33 cup [29.7 g] Rolled Oats Gluten Free
- 0.33 cup [36.96 g] Almond Flour
- 1 tbsp [7 g] Chopped Walnuts
- 1 large [50 g] Egg
- 0.25 tsp [0.45 g] Red or Cayenne Pepper
- 1 tsp, ground [1.8 g] Oregano
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 tbsp [14 g] Olive Oil
- 0.5 head (small) [47.5 g] Romaine Lettuce
- 1 small whole (2-2/5" dia) [91 g] Tomatoes (*Sliced*)
- 0.5 avocado [68 g] Avocado

DIRECTIONS

1. Start by rinsing the lentils in a fine mesh strainer and add to a small pot with 3/4 cup of water. Bring to a boil then gently simmer for 10-13 minutes or until water has evaporated.
2. While the lentils cook, chop the onion and garlic into a small dice and grate carrots. Set aside in a bowl.
3. Add egg, almond flour, chopped walnuts, rolled oats and spices into the bowl.
4. Once the lentils are cooked through add to the bowl and mix everything together.
5. Using a food processor or blender, add 75% of the mixture. If necessary add 1 tbsp. of water if the mixture doesn't come together.
6. The mixture should have a mushy like consistency which is good to form patties.
7. Add the blended mixture to the unblended mix and form 2 patties.
8. Heat a skillet to medium high heat with olive oil and cook 4-5 minutes per side.
9. Assemble the burger with your favorite toppings, lettuce, tomatoes, avocados, and onion.

NUTRITION INFO

Calories : 468.42

Fat : 26.45 g

Carbs : 40.93 g

Protein : 19.66 g

Fiber : 16.81 g

Mediterranean Tuna Salad w/ Lettuce Cups



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz [141.75 g] Tuna in Water (Canned)
- 0.25 cup, sliced [29.75 g] Cucumber (*Diced*)
- 0.25 cup, chopped or sliced [45 g] Tomatoes (*Diced*)
- 2 tbsp, chopped [10 g] Red Onions
- 0.25 avocado [34 g] Avocado
- 1 tbsp [15 g] Plain Non Fat Greek Yogurt
- 1 tsp [2.1 g] Paprika (*Smoked*)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 4 leaf, medium medium [30 g] Butterhead Lettuce (Includes Boston and Bibb Types)
- 1 apple Apples

DIRECTIONS

1. In a bowl, combine drained tuna fish, cucumber, tomatoes, red onion, avocado, Greek yogurt, paprika, salt and pepper. Mix until combined evenly and tuna fish is broken up and softened.
2. Wash and rinse lettuce cups.
3. Serve cold with an apple and enjoy!

NUTRITION INFO

Calories : 372.2

Fat : 7.56 g

Carbs : 37.26 g

Protein : 40.49 g

Fiber : 9.88 g

Mango & Shrimp Summer Rolls



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 large paper (12-3/8" dia) [34 g] Rice Paper
- 2 cups [113.4 g] Shredded Green & Red Cabbage with Carrots
- 0.5 cup, sliced [82.5 g] Mangos
- 4 oz, cooked [112 g] Shrimp (*Peeled*)
- 3 tbsp [3 g] Cilantro
- 1 tbsp [16 g] Almond Butter
- 1.5 tbsp [21 g] Coconut Aminos

DIRECTIONS

1. Place 1 sheet of rice paper in a bowl of room temperature for 20-30 seconds. Remove it from the water and place on a clean working surface.
2. Add carrots, red cabbage, mango, shrimp and cilantro to the rice paper.
3. Roll from the bottom toward the center, fold the sides, and continue rolling until you reach the top.
4. Mix almond butter and coconut aminos together until well blended and use for a dipping sauce.
5. Serve chilled and enjoy!

NUTRITION INFO

Calories : 498.25

Fat : 12.78 g

Carbs : 58.58 g

Protein : 36.53 g

Fiber : 5.99 g

Roasted Red Pepper Grilled Chicken Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 5 oz [140 g] Skinless Chicken Breast
- 1 tbsp [14 g] Olive Oil
- 1 tsp [2.2 g] Turmeric (Ground)
- 0.5 tsp [3 g] Sea Salt
- 0.5 tsp [1.05 g] Black Pepper
- 1 tsp [2.1 g] Paprika
- 1 tsp [2.8 g] Garlic Powder
- 1 cup [30 g] Baby Spinach
- 1 tbsp [10 g] Hemp Hearts
- 2 oz [56 g] Roasted Red Peppers
- 2 fruit [152 g] Kiwi Fruit
- 0.25 cup [5 g] Microgreens

DIRECTIONS

1. Season chicken breast with turmeric, salt, pepper, paprika, garlic powder, and 1/2 tbsp of olive oil (Meat can be tenderized).
2. Heat up a cast Iron pan or skillet on medium high heat.
3. Once the pan is heated, Place chicken on the pan to cook for about 5 minutes on each side.
4. While the chicken is cooking, put spinach, chopped roasted red pepper, hemp seeds and microgreens in a bowl.
5. Once chicken is done cooking (until internal temperature reaches 165°), Let cool and cut into strips.
6. Serve with a side of Kiwi.

NUTRITION INFO

Calories : 481.75

Fat : 21.97 g

Carbs : 34.69 g

Protein : 39.97 g

Fiber : 7.75 g

Roasted Vegetable “Baba Ghanoush”



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 60 MINUTES

INGREDIENTS

- 1 eggplant, unpeeled (approx 1.25 lbs) [548 g] Eggplant
- 1 medium [61 g] Carrots
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper
- 1 medium [114 g] Orange Bell Pepper
- 1 onion (small) [148 g] Red Onions
- 1 tbsp [8.4 g] Garlic Powder
- 1 tbsp [6.9 g] Paprika
- 0.5 tbsp [9 g] Salt
- 0.25 tbsp [1.6 g] Black Pepper
- 2 tbsp [28 g] Olive Oil
- 1 tbsp [8.5 g] Peanuts
- 4 large [200 g] Egg (*Hard boiled or poached*)

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cut eggplant into two-inch thick rounds.
3. Cut red bell pepper into quarters.
4. Peel and cut red onion and carrot in half.
5. Toss eggplant, red bell pepper, red onion, and carrots with half of the olive oil, garlic powder, paprika, salt, and black pepper.
6. Bake in large sheet pan (cookie sheet) for 45 minutes.
7. Add roasted vegetables to a food processor and pulse with remaining olive oil until pureed.
8. Cut orange bell pepper into spears.
9. Chop peanuts into small bits. Use as an optional garnish.
10. Serve baba ghanoush with orange pepper spears for dipping and with one cooked egg.

NUTRITION INFO

Calories : 429.25

Fat : 26.03 g

Carbs : 34.65 g

Protein : 18.84 g

Fiber : 16.59 g

Satisfying White Bean and Chicken Chili



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 210 MINUTES

INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast
- 1.25 cup [327.5 g] Navy Beans (Canned)
- 1 cup [169 g] Cooked Corn (from Frozen)
- 4 cup [972 g] Chicken Stock
- 0.5 cup [143.5 g] Pico de Gallo
- 1 tbsp [5.5 g] Italian Seasoning
- 1 leaf [0.6 g] Bay Leaf
- 0.5 avocado [68 g] Avocado
- 1 fruit (2" dia) [67 g] Lime
- 2 tbsp [2 g] Cilantro

DIRECTIONS

1. In a slow cooker add chicken, white beans, corn, chicken broth, bay leaf, Italian seasoning, and pico de gallo.
2. Cook on HIGH for 3.5 hours or LOW for 5 hours.
3. Remove chicken from the slow cooker and shred chicken using two forks. While chicken is removed, use a masher and lightly mash the beans and corn until desired consistency. Add chicken back to the soup.
4. Before serving, add the juice from one lime and top with avocado and fresh cilantro.

NUTRITION INFO

Calories : 517

Fat : 11.4 g

Carbs : 66.8 g

Protein : 43.85 g

Fiber : 14.93 g

Simple Grilled Salmon Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 2 cup [94 g] Romaine Lettuce (*Chopped*)
- 0.25 cup [37.25 g] Cherry Tomatoes (*Sliced*)
- 0.25 cup, sliced [29.75 g] Cucumber (*Chopped*)
- 0.25 cup [28.25 g] Shredded Carrots
- 0.5 avocado [68 g] Avocado
- 5 oz, boneless, raw [141.75 g] Salmon (*Grilled*)
- 0.5 tbsp [7 g] Olive Oil
- 1 tbsp [14 g] Red Wine Vinegar
- 1 tsp [5.5 g] Dijon Mustard
- 1 dash [0.4 g] Sea Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. In a large salad bowl, combine lettuce, tomatoes, cucumber, shredded carrots, avocado and top with grilled salmon.
2. In a small bowl, whisk together olive oil, red wine vinegar, Dijon mustard, salt and pepper to taste.
3. Dress the salad with the dressing mixture.
4. Serve cold and enjoy!

NUTRITION INFO

Calories : 427.5

Fat : 26.51 g

Carbs : 12.03 g

Protein : 34.15 g

Fiber : 7.4 g

Southwest Chicken Salad



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 12 oz [336 g] Skinless Chicken Breast (*Pre-cooked and shredded*)
- 1 cup [240 g] Black Beans (Canned)
- 5 stalk [75 g] Green Onions (*Chopped*)
- 4 tbsp [4 g] Cilantro (*Chopped*)
- 0.5 small lemon [15 g] Lemon Juice
- 0.5 lime yields [19 g] Lime Juice
- 0.25 cup [60 g] Plain Non Fat Greek Yogurt
- 0.5 tbsp [7 g] Olive Oil
- 0.25 tsp [0.53 g] Cumin
- 0.25 tsp [0.7 g] Garlic Powder
- 1 dash [0.4 g] Salt
- 2 14 chips [56 g] Grain Free Tortilla Chips (Siete)

DIRECTIONS

1. Add Shredded chicken, Black beans, Red Pepper, green onion and cilantro in a bowl and mix together.
2. In a separate bowl add Greek yogurt, oil, juice from lemon and lime, and seasonings and mix well together for dressing.
3. Add dressing to chicken bowl and mix together and divide into three separate bowls or containers.
4. Serve with one serving of tortilla chips per serving of chicken salad.

NUTRITION INFO

Calories : 487

Fat : 13.22 g

Carbs : 45.06 g

Protein : 50.93 g

Fiber : 12.22 g



Heart Healthy Dinner

FINISH STRONG



Lean Living Jax
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Blackened Salmon With A Tropical Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 5 oz, boneless, raw [141.75 g] Salmon
- 1 tsp [1.8 g] Red or Cayenne Pepper
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp, ground [1.8 g] Oregano
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 1 tsp [2.1 g] Black Pepper
- 2 tsp [12 g] Salt
- 1 tsp [4.67 g] Avocado Oil
- 1 cup, chopped [21 g] Kale
- 0.5 avocado [68 g] Avocado
- 0.25 cup, sliced [41.25 g] Mango
- 0.25 cup, sliced [29.75 g] Cucumber
- 0.5 tbsps [7 g] Olive Oil
- 1 tsp [4.7 g] Lemon Juice

DIRECTIONS

1. Start by patting the salmon dry so the seasoning will adhere best.
2. Mix the spices together in a small bowl, creating your own blackened seasoning.
3. Season the salmon with the blackened spice and allow to marinate for 5-10 minutes.
4. In a skillet on high heat with avocado oil place the salmon skin side down and cook for 6 minutes. Turn the heat to medium and flip the salmon, cook for an additional 5-6 minutes.
5. Allow the salmon to rest while making the tropical salad.
6. Tear the kale into pieces, leaving out the stem as this part is very bitter. Massage with olive oil and lime juice and place in a bowl.
7. Chop avocado and mango into a dice and slice cucumbers. Add to the kale mixture and season with salt and pepper.
8. Assemble the salad and place the cooked salmon on top and enjoy!

NUTRITION INFO

Calories : 500.75

Fat : 30.14 g

Carbs : 22.31 g

Protein : 34.25 g

Fiber : 8.72 g

Cajun Shrimp and Vegetable Sheet Pan Bake



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 6 oz [170.4 g] Shrimp
- 6 oz [170.1 g] Chicken Sausage
- 2 cup [220 g] Green String Beans
- 2 cup [298 g] Baby Carrots
- 2 ear, medium (6-3/4" to 7-1/2" long) [180 g] Yellow Sweet Corn
- 1 tbsp [8.4 g] Garlic Powder
- 1 tbsp [6.9 g] Onion Powder
- 1 tbsp [10.8 g] Creole Seasoning
- 1.5 tbsp [21 g] Olive Oil

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cut chicken sausage into one-inch rounds.
3. Toss chicken sausage rounds in 1/3 of the Olive Oil.
4. In a large sheet pan (cookie sheet), bake chicken sausage for 15 minutes.
5. Cut baby carrots in half. Cut corn on the cob into two-inch rounds.
6. Add baby carrots halves, corn on the cob rounds, green beans, shrimp, garlic powder, onion powder, creole Seasoning, and remaining olive oil to a large bowl. Toss until combined.
7. Remove partially cooked chicken sausage from the oven and add seasoned shrimp and vegetable medley to the sheet pan. Toss until combined.
8. Bake for 30 minutes.

NUTRITION INFO

Calories : 501.75

Fat : 21.82 g

Carbs : 45.22 g

Protein : 34.15 g

Fiber : 11.59 g

Curry Chicken & Vegetables w/ Basmati Rice



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 2 clove [6 g] Garlic
- 1 tbsp [15 g] Red Curry Paste
- 1 small [70 g] Onions
- 8 oz [224 g] Skinless Chicken Breast
- 1 cup, chopped [128 g] Carrots
- 1 cup, chopped [114 g] Red Bell Pepper
- 1 cup, chopped or sliced [180 g] Tomatoes (*Diced*)
- 1 cup [226 g] Light Coconut Milk
- 1 cup [243 g] Chicken Stock
- 1 tbsp [2.1 g] Basil (Dried)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.5 cup [92.5 g] White Rice (Uncooked)

DIRECTIONS

1. Cook rice according to package.
2. In a large sauté pan, heat olive oil over medium heat. Add garlic , curry paste, and onion and sauté until the onions are translucent, ~6-8 minutes.
3. Add the chicken to the pan and cook until the chicken begins to brown on all sides (does not have to be fully cooked through).
4. Add carrots, peppers, tomatoes, coconut milk, chicken stock, basil, salt and pepper to the pan. Simmer until the chicken is cooked through and the vegetables become soft, about 20 minutes.
5. Spoon curry over white rice.
6. Serve hot and enjoy!

NUTRITION INFO

Calories : 505.5

Fat : 17.4 g

Carbs : 57.33 g

Protein : 32.96 g

Fiber : 7.58 g

Garlic Basil Artichoke Chicken



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 3 clove [9 g] Garlic
- 0.5 tsp [3 g] Sea Salt
- 0.25 tsp [0.53 g] Black Pepper
- 0.5 cup [27 g] Sun-Dried Tomatoes
(Chopped)
- 0.5 cup, hearts [86.5 g] Cooked Artichoke (Canned) *(Chopped)*
- 2 cup, chopped or sliced [360 g] Tomatoes
- 0.5 cup (8 fl oz) [121.5 g] Chicken Stock
- 5 leaves [2.5 g] Basil *(Chopped)*
- 1 head, large (6-7" dia) [840 g] Cauliflower *(Steamed or riced)*
- 1 tbsp [14 g] Olive Oil

DIRECTIONS

1. Heat a large skillet over medium heat. Use the oil from the marinated sun-dried tomatoes to coat the pan. Add the minced garlic and cook 1 minute until fragrant.
2. Season the chicken breast with sea salt and black pepper and add to the pan.
3. Cook for approximately 5 minutes, until beginning to brown on one side.
4. Flip the chicken breast and add the sun-dried tomatoes, artichoke, chopped tomatoes, and chicken broth to the pan. Cook for approximately 10 minutes uncovered. Add the basil to the pan 1-2 minutes before removing from heat.
5. Allow the chicken dish to cool slightly for the sauce to thicken. Serving with mashed, riced, or steamed cauliflower and olive oil.

NUTRITION INFO

Calories : 425.38

Fat : 11.04 g

Carbs : 43.64 g

Protein : 46.34 g

Fiber : 16.88 g

Lamb Kebobs w/ Rice & Tzatziki



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 16 oz [453.6 g] Ground Lamb
- 0.25 cup [63.75 g] Teriyaki Sauce
- 3 clove [9 g] Garlic (*Minced*)
- 1 dash [0.4 g] Sea Salt
- 1 dash [0.1 g] Black Pepper
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper
- 1 onion (small) [148 g] Red Onions
- 4 tbsp [62 g] Tzatziki
- 1 cup [185 g] White Rice (Uncooked)

DIRECTIONS

1. Cook rice according to package.
2. In large large bowl, combine ground lamb, teriyaki sauce, garlic, salt and pepper. Mix until fully combined and roll into evenly shaped balls/logs.
3. Chop your red pepper and red onion into large pieces.
4. Assemble your skewers alternating the lamb mixture, red onion, and red peppers to your preference.
5. Cook over medium heat on a grill or a cast iron skillet for 8-10 minutes on each side before flipping and cooking on the other side.
6. Place over rice with a dollop of tzatziki.
7. Serve hot and enjoy!

NUTRITION INFO

Calories : 537.38

Fat : 28.27 g

Carbs : 44.28 g

Protein : 24.1 g

Fiber : 2.29 g

Peanut Crusted Crispy Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 0.5 cup [73 g] Dry Roasted Unsalted Peanuts
- 2 large [100 g] Egg
- 10 oz [283.5 g] Red Potatoes (Flesh and Skin)
- 8 oz [226.8 g] Asparagus
- 0.25 tbsp [4.5 g] Sea Salt
- 0.25 tbsp [1.6 g] Black Pepper
- 2 tsp [8 g] Green Goddess Seasoning Blend
- 1 tbsp [14 g] Olive Oil

DIRECTIONS

1. Preheat oven to 350 degrees F (175 C).
2. Cut baby potatoes into quarters.
3. Toss baby potato quarters and asparagus spears in 1/2 tbsp of olive oil, salt, and black pepper.
4. Bake baby potatoes and asparagus for 25 minutes.
5. Place chicken breasts in a large, disposable zip-lock bag and pound with the flat end of a meat tenderizer until thin.
6. Beat two eggs on a shallow plate.
7. Toss chicken breast in Green Goddess seasoning mix.
8. Dip chicken breast in beaten eggs.
9. Coat egg dipped chicken breasts in crushed peanuts until coated.
10. Pan-fry chicken breasts on medium heat in remaining olive oil until crispy. Flip the chicken breast every few minutes to prevent the peanuts from burning.

NUTRITION INFO

Calories : 628

Fat : 32.19 g

Carbs : 35.7 g

Protein : 52.7 g

Fiber : 8.04 g

Rustic Chicken and Mushroom Lentil Pasta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 8 oz [227.2 g] Ground Chicken
- 1.5 tbsp [21 g] Olive Oil
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 2 cup, pieces or slices [140 g] Mushrooms (*Button or cremini mushrooms*)
- 2 clove [6 g] Garlic (*Minced*)
- 1 tsp [1 g] Dill (*Dried*)
- 1 tsp, ground [1.4 g] Thyme (*Dried*)
- 1 cup [149 g] Cherry Tomatoes (*Halved*)
- 4 oz, dry [112 g] Red Lentil Pasta

DIRECTIONS

1. Cook lentil pasta as directed on the package.
2. In the mean time, heat 1/2 tbsp (7 g) oil over medium heat in a large skillet. Add ground chicken, salt, and pepper. Cook 5-8 minutes until cooked through, crumbling and turning as it cooks.
3. Transfer cooked chicken to a plate. Add garlic and 1 tbsp (14 g) olive oil. Cook 1 minute until fragrant.
4. Add mushrooms, thyme, dill, salt, and pepper. Cook mushrooms until desired consistency (usually 5-10 minutes).
5. Add tomatoes and spinach. Cook approximately 2 minutes, until spinach begins to wilt. Add chicken back to the skillet and warm.
6. Toss chicken and vegetables with cooked pasta.

NUTRITION INFO

Calories : 477.25

Fat : 19.94 g

Carbs : 40.29 g

Protein : 37.18 g

Fiber : 8 g

Sesame Tofu Stir Fry



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 3 oz [84 g] Firm Tofu
- 2 tbsp [28 g] Coconut Aminos
- 1 serving (19g) [19 g] Sesame Seeds
- 0.5 tbsp [7 g] Olive Oil
- 0.5 cup, whole [31.5 g] Snow or Sugar Snap Peas
- 0.5 cup chopped [45.5 g] Broccoli
- 0.5 cup, chopped [57 g] Red Bell Pepper
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.25 cup [46.25 g] White Rice (Uncooked)

DIRECTIONS

1. Cook rice according to package.
2. In a small bowl, combine tofu, coconut aminos and sesame seeds. Mix until combined and refrigerate for 30 minutes to allow the tofu to marinate.
3. In a medium size skillet, heat olive oil over medium heat and add the vegetables. Season with salt and pepper and allow to sauté until veggies begin to soften.
4. Once the veggies are about 75% cooked, add in the marinated tofu, including the residual sauce, and cook for an additional 8-10 minutes or until the tofu and veggies begin to crisp on the edges.
5. Pour tofu and veggies over a bed of cooked white rice.
6. Serve hot and enjoy!

NUTRITION INFO

Calories : 499.4

Fat : 20.49 g

Carbs : 65.22 g

Protein : 16.24 g

Fiber : 8.93 g

Sizzling Flavorful Cod Tacos



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.5 tsp [1.05 g] Paprika
- 0.5 tsp [1.2 g] Onion Powder
- 0.5 tsp [1.4 g] Garlic Powder
- 0.5 tsp, leaves [0.35 g] Basil (Dried)
- 0.25 tsp, ground [0.15 g] Oregano
- 0.25 tsp, ground [0.35 g] Thyme (Dried)
- 1 dash [0.1 g] Black Pepper
- 1 dash [0.4 g] Sea Salt
- 12 oz [336 g] Cod
- 0.5 tbsp [7 g] Avocado Oil
- 4 medium (approx 5" dia) [53.2 g] Taco Shell (grain free)
- 1 small whole (2-2/5" dia) [91 g] Tomatoes (*diced*)
- 0.5 cup [28.35 g] Shredded Green Cabbage
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper
- 0.5 avocado [68 g] Avocado
- 0.5 fruit (2" dia) [33.5 g] Lime (*juiced*)

DIRECTIONS

1. In a small bowl mix together the paprika, onion powder, garlic, basil, oregano, thyme, pepper, and salt.
2. Heat a medium skillet over medium heat.
3. Coat fish fillets with avocado oil and spice mixture.
4. Add the cod to the pan and cook for approximately 4 minutes per side, until cooked through.
5. In the meantime, mash the avocado and mix with lime juice and salt.
6. Warm tortillas in the oven or microwave. Then top the tortillas with mashed avocado, cooked cod, tomato, bell pepper, and green cabbage.

NUTRITION INFO

Calories : 390.55

Fat : 16.57 g

Carbs : 27.57 g

Protein : 33.96 g

Fiber : 8.38 g

Tempeh Bake



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 7 oz [198.45 g] Tempeh
- 1.5 cup [247.5 g] Fingerling Potatoes
- 1 cup [149 g] Cherry Tomatoes
- 1 onion (small) [148 g] Red Onions
(Chopped)
- 1 cup [149 g] Cherry Tomatoes
- 1 medium [196 g] Zucchini
- 1.5 tbsp [21 g] Avocado Oil
- 1 tsp [1.2 g] Rosemary (Dried)
- 1 tsp [2.8 g] Garlic Powder
- 0.5 tsp [1.05 g] Paprika
- 0.5 tsp [1.1 g] Turmeric (Ground)
- 0.5 tsp [1.05 g] Black Pepper
- 2 tbsp [28 g] Lemon Juice

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. In a large bowl mix together oil, rosemary, garlic powder, paprika, turmeric, and black pepper.
3. Add all cut vegetables and tempeh to the bowl and toss until well coated with the oil mixture.
4. Spread evenly on an oven safe pan and bake for 20 - 25 minutes.
5. Serve warm drizzled with lemon juice.

NUTRITION INFO

Calories : 464.25

Fat : 21.99 g

Carbs : 46.58 g

Protein : 24.5 g

Fiber : 8.18 g