

SURVIVOR FITNESS



**A Collection of Our
Favorite Recipes**

Table of Contents

MEAL PREPPING.....	1
BALANCED BREAKFASTS.....	2
WHOLESOME LUNCHES.....	15
NOURISHED DINNERS.....	26
DELICIOUS DESSERTS.....	44
ENERGIZING SNACKS AND SIDES.....	59



Meal Prep

Meal prepping can be a great way to save time, money and energy when cooking healthfully at home. It is best to meal prep for 3-4 days at a time so you can avoid food going bad or losing some of its flavor and texture by the time you're ready to eat it. Many people find Sundays and Wednesdays to work well for meal-prepping days, and you can expect to spend 1-2 hours prepping. When first starting out, there are some tips to make meal-prepping feel less stressful:

- Have a plan for what you will prep and when you will prep it
- Make your grocery list based on the recipes you have planned for the week.
- Ease into meal prep by preparing lunch the night before, or making sure you have enough dinner for two nights
- Buy pre-cut veggies in the produce section when time is limited

Meal prepping can help ensure you always have nourishing, balanced meals ready to go for days when you're busy or low on energy. Having lean proteins, whole grains and some of your favorite vegetables prepped and ready to go can make all the difference between preparing a quick, healthy meal or resorting to fast food and less nourishing meals.

Meal prepping for breakfast is also a great idea! Make smoothies, overnight oats, hard-boiled eggs, quiche, or breakfast burritos ahead of time so you can grab a quick and nourishing breakfast on your way out the door.

Balanced Breakfasts





Chia Pudding Bowl

Dairy Free | Vegan
Recipe from [Mama Llama](#)

Ingredients

- 2 Tablespoons Chia Seeds
- ½ cup Almond Milk *or preferred nut milk*
- 1 teaspoon Maple Syrup or honey drizzled on top
- 2 Tablespoons Raspberry Preserves or fresh berries
- 1 Tablespoon Almond Butter optional
- 2 Tablespoons Hemp Hearts optional

Directions

*Add 1/2 cup of your choice of milk, almond, hemp, oat milk to a ball jar.
Add 2 Tablespoons of Chia Seeds to the milk. Stir a few times.
Let this sit for a minute, then stir again.
Place in your refrigerator overnight.
In the morning, add hemp hearts, a little honey, or maple syrup, nut butter, and your berries of choice. Fruit preserves will work as well if fresh berries are not in season. Mix it all together.
Great to eat cold in the warmer months, and warm in the colder months.
If you prefer, warm it up in the in the microwave for 2-3 minutes, or cook in a small pot on the stove top.*

Banana Bread Overnight Oats

Dairy Free | Vegan
Recipe from Lemons + Zest

Ingredients

1/2 Cup ripe banana, mashed
1/2 Cup rolled oats, regular or gluten-free
1/2 Cup milk of choice
2 Tablespoons chopped pecans or walnuts
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
Dash of salt
1 Tablespoon ground flax (optional)
2 teaspoons 100% pure maple syrup

Directions

Mash the banana in the bottom of a bowl or jar that can be sealed. Combine all other ingredients and stir well to combine.

Refrigerate overnight, or for at least 4 hours. Serve cold or heat in the microwave.

Garnish with sliced banana or more nuts, if desired.

Egg Feta Wrap

Vegetarian | Gluten Free
Recipe from [Eating Bird Food](#)

Ingredients

1 whole grain or grain-free tortilla
1-2 Tablespoons hummus, any flavor will work
1 egg
¼ Cup egg whites
½ Cup onion, chopped
2 button mushrooms, sliced
2 Cups baby spinach
1 Tablespoon crumbled feta
1 Tablespoon sun-dried tomatoes, chopped
Sea salt and fresh ground pepper, to taste

Directions

Spray skillet with cooking spray and sauté onion and mushrooms for 3-4 minutes or until fragrant. Add spinach and sauté for a few minutes longer, until spinach has wilted.

Add egg and egg whites to pan with veggies and cook for about 2 minutes or until eggs are cooked through. While cooking sprinkle on a little sea salt and ground pepper.

Easy Green Smoothie

Vegan | Dairy-Free | Vegetarian | Gluten Free

Recipe from [The Pretty Bee](#)

Ingredients

2 frozen bananas
1 Cup frozen pineapple
2/3 Cup fresh spinach packed
1 Cup non-dairy or dairy milk

Directions

Place the frozen fruit in a blender and let it thaw for 5-10 minutes. Add the spinach and milk. Blend on high speed until smooth and creamy.

Top with coconut flakes, or blueberries, or hemp seeds. (Leave the toppings off if serving to young children). Drink immediately.

Tofu Scramble

Vegan | Dairy-Free | Vegetarian | Gluten Free

Recipe from [A Couple Cooks](#)

Ingredients

12 to 14-ounce block extra firm tofu
4 Tablespoons olive oil
Heaping $\frac{1}{4}$ teaspoon turmeric
1 teaspoon [kosher salt](#)
Fresh ground pepper
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon cumin
 $\frac{1}{2}$ red onion
1 red pepper
2 handfuls baby greens

Directions

Make the tofu scramble: Drain the tofu container, then pat the tofu dry with a clean dish towel. Place the tofu in a large bowl and use your fingers to break the tofu into bite-sized irregular shaped pieces. (It might be a little cold on your hands: don't worry, it should only take a few seconds!) Stir in the olive oil, turmeric, salt and pepper.

Add the cumin and garlic powder to a dry skillet. Cook on medium heat for 1 minute until fragrant. Stir in the tofu and increase the heat to medium high. Cook for 5 minutes, stirring occasionally, until heated through and starting to lightly brown. Remove the heat and place it on the serving plates. Serve with toast, veggie saute (below), or if you want to get fancy, vegan bacon.

Make the veggie saute (optional): Meanwhile, thinly slice the onion. Thinly slice the bell pepper. Heat the olive oil in a separate large skillet over medium high heat. When hot, add the onion and peppers. Cook 4 to 6 minutes until just starting to brown, stirring occasionally. Add a pinch of salt and the baby greens. Cook for 30 seconds until wilted. Remove from the heat and serve alongside the tofu scramble

Lemon Blueberry Yogurt Bowl

Vegetarian | Gluten Free
Recipe from [The Clean Eating Couple](#)

Ingredients

1 teaspoon lemon zest
1/2 teaspoon honey
1 teaspoon toasted coconut
1/4 Cup blueberries
1 Cup 0% Plain Greek Yogurt

Directions

In a bowl, combine ingredients and swirl together.

Serve & enjoy!

Mango Coconut Smoothie

Vegetarian | Gluten Free

Recipe from Just One Cookbook

Ingredients

- 1 banana
- 1 Cup frozen mango (or fresh mango with 5 ice cubes)
- ¼ Cup non-fat Greek yogurt
- 1 teaspoon chia seeds
- 1 ¼ Cup coconut milk

Directions

Put the banana, frozen mango (or fresh mango + ice cubes), Greek yogurt, chia seeds, and coconut milk in an electric blender.

Blend until all the ingredients are combined and smooth. Pour into two tall glasses.



Oatmeal Breakfast Bowl

Dairy-Free | Gluten Free
Recipe from [Two Peas and Their Pod](#)

Ingredients

2 Cups water
1 Cup old-fashioned rolled oats
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1 teaspoon pure vanilla extract
1/3 Cup almond milk
1 to 2 Tablespoons pure maple syrup

Directions

In a small saucepan, bring the water to boil. Reduce the heat to a simmer and stir in the oats, cinnamon, and salt. Cook, stirring frequently, until the oats are thick and creamy, about 10 minutes. Turn off the heat and stir in the vanilla extract and milk. Stir in the maple syrup.

Divide the oatmeal into bowls and top with desired toppings (berries, nut butter, nuts.) Serve warm.



Roasted Squash Hash

Dairy-Free | Gluten Free
Recipe from [The Pioneer Woman](#)

Ingredients

1 Medium Acorn Squash, Washed, Seeds Removed, Cut Into 3/4-inch Cubes
2 Medium Red Potatoes, Washed And Cut Into 1/2-inch Cubes
1/2 Yellow Onion, Finely Diced
4 ounces Baby Bella Mushrooms, Sliced
Salt And Pepper, to taste
8 ounces weight Thin-cut Bacon, Chopped Into Medium Pieces
Butter, For Frying And Serving *We recommend using olive oil*

Directions

Preheat oven to 425°F.

Divide squash, potatoes, onion, and mushrooms evenly onto 2 rimmed baking sheets. Sprinkle with salt and pepper to taste. Sprinkle bacon pieces evenly over the top.

Bake in preheated oven until veggies are tender and bacon is getting crispy, about 45–50 minutes. Remove from oven, cool, and store in an airtight container in the refrigerator.

To serve, heat a good amount of butter in a cast iron skillet over medium heat. Add desired amount of roasted veggies and cook until hot and beginning to crisp up. Serve with a fried egg and extra butter.

Pumpkin Oatmeal Pancakes

Vegetarian | Gluten Free
Recipe from [Ambitious Kitchen](#)

Ingredients

¾ Cup pumpkin puree
2 large eggs
⅔ Cup unsweetened vanilla almond milk (or milk of choice)
2 teaspoons vanilla extract
1 Tablespoon pure maple syrup
1 ½ Cups old fashioned rolled oats, gluten free if desired
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon allspice
1/2 teaspoon nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon salt
Olive oil, for cooking

Directions

Add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute.

Lightly coat a griddle with coconut oil, vegan butter or olive oil and place over a medium heat. Once the pan is hot, add about 1/3 cup of the batter to the griddle for each pancake; the batter may be thick so you'll need to use a spoon to spread out the batter a bit. It will get thicker as it sits so be sure to cook these pancakes immediately after blending. Cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.

Flip cakes and cook until golden brown on underside. If you find that pancakes are browning too quickly, then you need to lower the heat. It is suggested to start on medium heat, then reduce to medium/low later so that pancakes don't burn. If at any point your griddle starts smoking, it means your pan is way too hot. Wipe skillet clean and repeat with more oil and remaining batter. Makes 6 pancakes total. Serves 3, 2 pancakes each.

Peanut Butter Banana Overnight Oats

Recipe from [Fit Foodie Finds](#)

Ingredients

1/2 medium banana, mashed
2 Tablespoons creamy peanut butter
1/4 Cup nonfat plain Greek yogurt
3/4 Cup unsweetened almond milk
1 Tablespoon honey
1 teaspoon vanilla extract
1 Cup rolled oats
1 Tablespoon chia seeds
1 teaspoon cinnamon

Directions

Mash the 1/2 banana in a large bowl. Next, stir in the peanut butter, Greek yogurt, almond milk, honey, and vanilla. Mix until smooth.

Stir in the rest of the ingredients and mix until combined.

Cover and place in refrigerator for at least 2 hours or overnight. Serve cold.

Note:

Overnight oats should stay good in the fridge for 3-4 days.



Egg Muffins

Vegetarian | Gluten Free
Recipe from [Well Plated](#)

Ingredients

1 Cup lightly packed baby spinach *chopped*
3/4 Cup finely diced red bell pepper *about 1 small pepper*
3/4 Cup finely diced green bell pepper *about 1 small pepper*
3/4 Cup quartered cherry tomatoes *or grape tomatoes, about 1 cup whole tomatoes*
6 Large eggs
4 Large egg whites
1/4 teaspoon kosher salt
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
Pinch ground black pepper *or cayenne pepper if you like a little kick!*
1/4 Cup crumbled feta cheese

Directions

Place a rack in the center of your oven and preheat to 350 degrees F. Lightly coat a standard 12-cup muffin tin with nonstick spray. Divide the spinach, red bell pepper, green bell pepper, and tomatoes among the cups (they will be about two-thirds of the way full).

In a large bowl or large measuring cup with a spout (my favorite because it makes the mixture easy to pour), briskly whisk together the eggs, egg whites, salt, basil, oregano, and pepper until well combined. Carefully fill each muffin cup three-quarters of the way to the top with the egg mixture. Sprinkle the feta evenly over the tops of the cups.

Bake for 24 to 28 minutes, until the egg muffins are set. Let cool for a few minutes, and then run a butter knife around the edges of each muffin to loosen it. Remove them from the pan and enjoy immediately, or let cool on a wire rack and refrigerate or freeze for later (see notes for more details).



Avocado Toast

Vegetarian | Vegan
Recipe from [Cookie & Kate](#)

Ingredients

1 slice of whole wheat bread
½ ripe avocado
Pinch of salt
Optional: Add 2 eggs as a protein source

Directions

Toast your slice of bread until golden and firm.

Remove the pit from your avocado. Use a big spoon to scoop out the flesh. Put it in a bowl and mash it up with a fork until it's as smooth as you like it. Mix in a pinch of salt (about ⅛ teaspoon) and add more to taste, if desired.

Spread avocado on top of your toast. Enjoy as-is or top with any extras offered in this post (I highly recommend a light sprinkle of flaky sea salt, if you have it).

Crustless Garden Vegetable Quiche

Dairy-Free | Gluten-Free
Recipe from [Savory Lotus](#)

Ingredients

2 Tablespoons ghee or avocado oil
2 small zucchinis, sliced thin into rounds
1/2 small onion, chopped
2 cloves garlic, minced
3 Cups baby spinach
1 1/4 Cup small tomatoes, sliced thins
1 Tablespoon fresh basil, minced + extra for garnish
8 eggs
1/4 Cup dairy free milk
1/2 teaspoon salt
Fresh ground pepper to taste

Directions

Preheat oven to 350°. Liberally grease a pie pan or quiche pan.

In a large skillet, melt one tablespoon of fat of choice over medium-high heat. Arrange zucchini rounds in a single layer in bottom of skillet and cook until starting to brown. Flip zucchini rounds and cook on other side. Remove from heat.

Lower heat to medium, add remaining tablespoon of fat and cook onions until translucent and beginning to brown, about 3-4 minutes. Add garlic and cook for one minute. Add baby spinach and cook until just wilted. Remove from heat.

Spread onion/spinach mixture evenly onto greased pan. Layer cooked zucchini rounds and tomato slices on top, reserving a handful of each for the top. Sprinkle on minced basil.

In a large bowl, whisk together eggs, dairy free milk, salt, and pepper. Pour mixture over the top of vegetables in quiche pan. Give a little shake to settle. Top with remaining zucchini and tomato slices.

Bake for 35-40 minutes, until center is set. Cool slightly before slicing into wedges. Garnish with fresh basil.



Cucumber-Lox Toast

Recipe from [My Recipes](#)

Ingredients

2 Tablespoons plain 2% reduced-fat Greek yogurt
1 teaspoon chopped fresh chives
1 slice whole grain bread, toasted
3 Tablespoons cucumber, thinly sliced
1 ounce cold-smoke salmon, thinly sliced

Directions

Combine Greek yogurt and chives in small bowl.

Spread yogurt mixture over toast; top with smoke salmon and cucumber slices.



Sweet Potato Breakfast Bowl

Vegan optional | Gluten-Free
Recipe from [The Bojon Gourmet](#)

Ingredients

1 Cup coconut bacon
3 medium garnet or jewel sweet potatoes
1 vegetable bouillon cube (or 2 cups vegetable broth)
2 Tablespoon salted or unsalted butter
Salt, as needed
Splash rice vinegar
3-4 Large eggs
1 Tablespoon toasted sesame oil, plus more for drizzling
3 medium scallions, washed and thinly sliced
6-8 Cups lightly packed baby spinach
Togarashi for sprinkling



Directions

Peel the sweet potatoes, cut into large cubes, and place in large saucepan. Add bouillon cube and cover with 1 inch of water. Bring to boil, then reduce heat to simmer until the potatoes are very tender, about 10 minutes. Reserve 1/2 cup of cooking liquid and drain the potatoes.

Return the cooked sweet potatoes to the saucepan, add the butter, and blend with an immersion blender until creamy, adding as much of the cooking liquid as you need to make a thick puree. Taste, adding salt or butter if you like. Cover to keep warm.

Fill a skillet with high sides with water, add a bit of salt, and bring to a simmer. Crack each egg into a small bowl or ramekin. Add a splash of vinegar to simmer water and carefully add each egg to the water, holding the bowl close to the surface of the water. Cook the eggs for 4 minutes for a medium poach. Remove with a slotted spoon to paper towels and trim away any wonky whites. Drain skillet and wipe dry.

Heat toasted sesame oil in the now empty skillet over medium heat. Add the scallions and spinach and cook, tossing, until wilted. Season with a few pinches of salt, to taste.

Spoon the whipped sweet potatoes into bowl, divide the spinach among them, top with the poached eggs, coconut bacon, a sprinkle of togarashi, and a drizzle of toasted sesame oil.

Cheesy Egg Bites

Vegetarian | Gluten-Free
Recipe from [Nourished Routes](#)

Ingredients

10 large eggs
2 Tablespoons milk
1/2 Cup red bell pepper, chopped
1/2 Cup white mushroom, chopped
1/4 Cup cherry tomatoes, quartered
1/4 Cup white onion, diced
1/2 Cup shredded cheddar cheese
Salt and pepper to taste

Directions

Preheat oven to 350°. Line a muffin tin with muffin cups.

In a small bowl, mix bell pepper, mushroom, tomatoes, onion, and cheese together.

Spoon one spoonful of mixture into each prepared muffin cup.

In a medium bowl, whisk together eggs and milk. Add salt and pepper.

Pour egg mixture over vegetable mixture until muffin cups are no more than 3/4 full.

Bake 20 minutes, until the eggs are set in the center and lose their shine on the top.

Enjoy while still hot, or place in refrigerator for up to 6 days or freeze for up to 3 months.

Other optional add-ins: bacon, ham, diced potatoes, spinach, pesto, garlic.

Savory Oatmeal Bowl

Vegetarian | Gluten-Free
Recipe from [Healthy Nibbles](#)

Ingredients

1/4 Cup dry quick-cooking steel cut oats
3/4 Cup water
Salt and Pepper
2 Tablespoons shredded white cheddar cheese
1 teaspoon coconut oil, divided
1/4 Cup diced red bell pepper
2 Tablespoons finely chopped white onion
1 large egg

Optional toppings:

Chopped walnuts
Sliced green onions
Za'atar



Directions

Bring water to a boil. Add oatmeal, reduce heat and let cook for 3 minutes, until liquid is absorbed. Turn off heat and add in cheese and a small pinch of salt and pepper.

Heat a nonstick pan with 1/2 teaspoon coconut oil over medium-high heat. Add vegetables and cook for 2-3 minutes, until softened. Spoon vegetables over cooked oats, reduce heat to medium. Add remaining 1/2 tsp of oil and fry egg. Cook until the whites are no longer translucent. Serve over oatmeal.

Top with walnuts, sliced green onions, and za'atar, if desired.

Southwest Tofu Scramble

Vegetarian | Gluten-Free
Recipe from [Minimalist Baker](#)

Ingredients

8 ounces extra-firm tofu
1-3 Tablespoons olive oil
1/4 red onion, thinly sliced
1/2 red pepper, thinly sliced
2 Cups kale, loosely chopped

Sauce

1/2 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon ground cumin
1/4 teaspoon chili powder
Water (to thin)
1/4 teaspoon turmeric

Servings (*optional*)
Salsa
Cilantro
Hot sauce
Breakfast potatoes

Directions

Drain tofu and wrap in an absorbent kitchen towel. Place on plate with something heavy on top, like a cast iron skillet. Let press for 15 minutes.

While tofu is draining, prepare sauce by combining dry spices in a small bowl and adding enough water to make a pourable sauce.

Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil, red onion, and pepper. Season with a pinch of salt and pepper. Cook until softened - about 5 minutes.



Add kale, season with a pinch more of salt and pepper. Cover and steam for 2 minutes.

In the meantime, unwrap the tofu and use a fork to crumble into bite-size pieces.

Use a spatula to move the veggies to one side of skillet. Add in crumbled tofu. Sauté for 2 minutes, then pour sauce over tofu. Stir immediately to disperse, and cook for 5-7 minutes.

Serve immediately with breakfast potatoes, toast, or fruit. Can be frozen for up to 1 month and reheated on stovetop or in microwave.



Shakshuka with Feta

Ingredients

- 3 Tablespoons olive oil
- 1 large onion, halved and sliced
- 1 large red bell pepper, seeded and sliced
- 4 garlic cloves, sliced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/8 teaspoon ground cayenne
- 1 Cup spinach
- 1 (28-oz) can whole plum tomatoes with juices, roughly chopped
- 3/4 teaspoon salt, plus more if needed
- 5 ounces feta cheese
- 6 large eggs

Vegetarian | Gluten-Free
Recipe from [Nourished Routes](#)

Directions

Preheat oven to 375°. Heat olive oil in a large skillet over medium heat. Add onion and bell pepper and cook until soft, about 15 minutes. Add garlic and cook until soft, 1-2 minutes. Stir in cumin, paprika, and cayenne, cook for 1-2 min. Pour in tomatoes and spinach and season with salt and pepper. Simmer until tomatoes have thickened, about 10 minutes. Taste and add more salt and pepper, if needed. Stir in feta.

Gently crack eggs into skillet over tomatoes. Season eggs with salt and pepper, if desired. Transfer skillet to oven and bake until eggs are just set, about 5 to 10 min. Sprinkle with cilantro.

Notes:

This would also make a great weekend brunch dish!



Strawberry Toast

Vegan

Recipe from [Girl Gone Gourmet](#)

Ingredients

- 1 Slice whole wheat bread
- 3 Fresh strawberries, diced
- 2 Tablespoons creamy peanut butter

Directions

Toast the bread.

Spread the peanut butter on the toast and top with diced strawberries.

Sausage and Veggie Egg Bake

Recipe from [The Clean Eating Couple](#)

Ingredients

10 large eggs
1/2 Cup milk of choice
1 teaspoon ground black pepper
1/4 teaspoon salt
1 teaspoon garlic powder
1 pound sausage links cut in 1/2 inch pieces
1 Cup bell pepper, diced
1 Cup onion, diced
1 Cup spinach, chopped



Directions

Preheat oven to 400°. Grease an 8x8 glass baking dish.

In a bowl, whisk together eggs, milk, and spices until smooth.

Chop sausage and veggies.

Stir the sausage and veggie mixture into egg mixture until combined.

Pour mixture into greased 8x8 glass baking dish.

Bake for 35 minutes.

Notes

You can use any veggies of your choose.

Instant Pot Steel Cut Oats

Vegan option - use plant-based milk
Recipe from [Cooking Light](#)



Ingredients

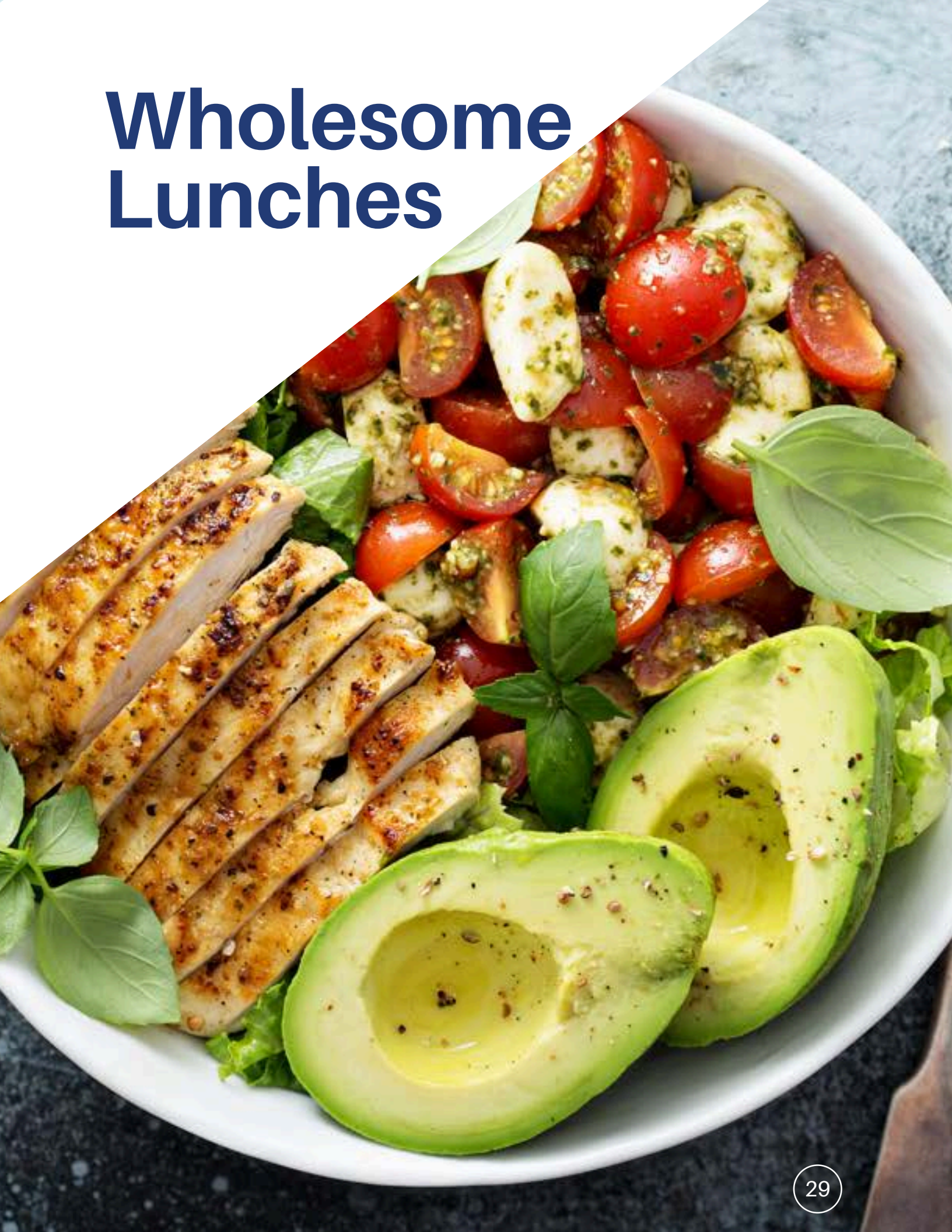
2 Cups water
2 Cups fat-free milk
2 Cups steel cut oats
1/2 Cup dried cherries, coarsely chopped
1/2 teaspoon kosher salt
5 Tablespoons light brown sugar, divided
1 Tablespoon unsalted butter
1/2 teaspoon vanilla extract
1/4 ground cinnamon
3 Tablespoons toasted chopped pecans

Directions

Stir together water, milk, oats, cherries, and salt in bowl of a 6-quart programmable electric pressure cooker, such as an Instant Pot. Cover and fasten lid. Lock and seal steam valve. Set to HIGH pressure for 4 minutes (the pot will take about 15 minutes to come up to pressure before beginning the cooking cycle). When program ends, carefully release pressure by turning pressure valve to vent.

Stir oats to incorporate any liquid on top. Stir in 4 Tbsp brown sugar, butter, vanilla, and cinnamon until full incorporated. Spoon about 3/4 cup oats into each of 6 bowls. Sprinkle evenly with pecans and remaining 1 Tbsp brown sugar. Serve immediately.

Wholesome Lunches



Mixed Greens Salad

Vegetarian | Gluten-Free

[Recipe from Simply Recipes](#)

Ingredients

4 large eggs hard boiled
4 slices (1/2-inch thick) rustic
sourdough bread
2 Tablespoons olive oil
About 1 pound mixed greens, such as
baby romaine, frisee, radicchio,
arugula, or baby kale
3 to 4 Tablespoons honey mustard
dressing, store-bought or homemade
(to taste)

Directions

Brush the bread slices on both sides with olive oil. Heat a cast iron pan or grill pan over medium-high heat until hot. Add the bread slices and cook for 1 to 2 minutes per side, or until browned and toasted on the outside but still chewy in the center. If using a grill pan, press the bread into the pan with a spatula to achieve grill marks.

In a large bowl, combine the greens. Toss with 3 to 4 tablespoons of dressing, or to taste. Divide among 4 plates and top each salad with 2 egg halves. Sprinkle the eggs with salt and pepper, and drizzle with a little more dressing. Serve with toasted bread, drizzled with more dressing, if you like.



Beet Salad with Spinach, Cashews, and Goat Cheese

Vegetarian | Gluten-Free
Recipe from [Julia's Album](#)

Ingredients

2 Beets, cooked and sliced
4 ounces baby spinach
1/2 Cup cashews, roasted
1/4 Cup dried cranberries
2 ounces goat cheese

Dressing:

1/4 Cup olive oil
2 Tablespoons honey
2 Tablespoons freshly squeezed
lemon juice

Directions

In a salad bowl, combine baby spinach, beets, cashews, and cranberries.

In a separate small bowl, combine olive oil, honey, and lemon juice. Whisk to combine

Add enough salad dressing over salad to coat. Taste and add more as desired. Top with crumbled goat cheese.



Tofu Stir Fry

Vegan | Dairy-Free | Vegetarian | Gluten-Free

Recipe from [Minamlist Baker](#)

Ingredients

3 Cups cauliflower rice or cooked grain
1 Cup extra firm tofu, pressed and crumbled or cubed*
1 Tablespoon coconut aminos
1 teaspoon chili garlic sauce
2 teaspoons sesame oil (if avoiding oil, sub water or use a non-stick pan)
2 Tablespoons peanut butter
2-3 Tablespoons coconut aminos / tamari
1 Tablespoons maple syrup
1 Tablespoon lime juice
1-2 teaspoons chili garlic sauce

continued

2 teaspoons sesame oil (*if avoiding oil, sub water or use a non-stick pan*)
1 Cup chopped shiitake mushrooms
1 Cup thinly sliced red cabbage
1 Cup thinly sliced red bell pepper
2 Cloves garlic, minced
1/4 Cup thinly sliced green onion



Tofu Stir Fry

Directions

Prepared cauliflower rice or cooked quinoa.

Add cubed or crumbled tofu to a plate or shallow dish along with coconut aminos and chili garlic sauce (optional) and gently toss/stir to coat. Set aside to briefly marinate. Next, prepare sauce by adding all ingredients to a mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more chili garlic sauce for heat, lime juice for acidity, maple syrup for sweetness, peanut butter to thicken, or coconut aminos for saltiness and depth of flavor. Set aside.

Heat a large rimmed skillet (or wok) over medium-high heat. Once hot, add sesame oil (or water) and marinated tofu (including any remaining coconut aminos) and cook until brown, gently flipping a few times to ensure even cooking. Remove from skillet and set aside.

Return the same skillet to medium-high heat. Once hot, add sesame oil, mushrooms, cabbage, and bell pepper and stir to sauté veggies. Cover and cook 2-3 minutes, stirring occasionally.

Next, add garlic, green onion, and ginger. Stir, cover, and cook for another 1-2 minutes.

Use a wooden spoon (or similar utensil) to move the veggies to one side of the pan. Add cauliflower rice (or cooked grains) to the other side of the pan. Cover and cook for 2 minutes or until slightly browned.

Return cooked tofu to the pan, add sauce, and stir-fry for a few minutes, tossing/stirring occasionally until sauce is well incorporated and all ingredients are hot.

Serve as is or garnish with lime wedges, freshly chopped cilantro, additional peanut sauce, and chili garlic sauce or sriracha (all optional). Best when fresh. Leftovers keep covered in the refrigerator up to 3-4 days. Reheat on the stovetop until hot.

Sheet Pan Chicken & Green Beans

Dairy-Free | Gluten-Free
Recipe from [That Low Carb Life](#)

Ingredients

½ Cup butter, melted
3 Cloves garlic, minced
1 teaspoon onion powder
1 Tablespoon parsley
1 pound green beans
1 ¼ pounds chicken breasts
½ teaspoon salt
1 teaspoon paprika

Directions

Preheat oven to 375 degrees.

Spray a rimmed half sheet pan with non-stick spray.

Add the butter to a small mixing bowl with the garlic, onion powder, parsley, and salt. Stir well and set aside.

Trim the ends of the green beans and place in a single layer on the sheet pan.

Top with the chicken breasts. Sprinkle the chicken breasts with paprika and salt on each side.

Pour the garlic butter evenly over the green beans and chicken.

Bake for 25 minutes or until the chicken is cooked through.

Serve hot.



Tarragon and Almond Chicken Salad

Recipe from [Laura Lea Balanced](#)

Ingredients

- 1 rotisserie chicken (cooled and shredded)
- 1 large ripe avocado
- 2 cloves garlic (peeled and roughly chopped)
- 1 Tablespoon Dijon mustard
- 1 teaspoon onion powder
- 1 Tablespoon raw honey
- 2 Tablespoon mayo
- 2 Tablespoon freshly chopped tarragon (sub 1 tsp dried)
- 2 Tablespoon fresh lemon juice
- 1 teaspoon sea salt
- Fresh black pepper (to taste)
- Water as needed
- 1/2 cup slivered almonds
- 2 stalks celery (sliced into 1/4 inch thick pieces)

Directions

Place shredded chicken in a large bowl.

Combine avocado, garlic, mustard, onion powder, honey, mayo, tarragon, lemon juice, sea salt and pepper in a high-speed blender and puree until smooth, adding water to achieve the texture of a thick sauce.

Pour sauce over chicken and stir to incorporate evenly. Add celery and sliced almonds. Refrigerate, covered, for at least 1 hour for best taste.



Farmer's Market Pasta with Walnut Pesto

Vegan
Recipe from [Pinch of Yum](#)

Ingredients

8 ounces pasta
6 Cups fresh, seasonal veggies
3 Cloves garlic
Drizzle of olive oil
Salt to taste

Dressing

1 Cup walnuts
1.5 Cups tightly packed basil or other greens
1/4 Cup olive oil
1 small clove garlic
Juice of 1 lemon
1/2 teaspoon salt



Directions

Preheat oven to 425°. Arrange veggies on a rimmed baking pan. Toss with a little bit of olive oil.

Peel garlic cloves. Place in the center of a small piece of foil, drizzle with olive oil, and wrap up. Place on baking pan with veggies. Roast for 20-30 minutes. When done, mash the garlic to form a paste.

While veggies are roasting, pulse pesto ingredients in a food processor and prepare pasta according to package directions.

Toss cooked noodles with roasted garlic and veggies. Add a scoop of pesto. Eat hot or cold.

Fresh Caprese Salad Quinoa Salad

Vegetarian | Gluten-Free
Recipe from [The Lemon Bowl](#)

Ingredients

2 Tablespoons extra virgin olive oil (divided)
1 Cup quinoa
2 Cups chicken broth (low sodium)
1 Cup cherry tomatoes (sliced in half)
1 Cup fresh mozzarella
10 leaves basil
2 Tablespoons lemon juice
Salt and pepper to taste



Directions

In a medium pan, heat half of the olive oil (one tablespoon) over medium-high heat, toast the quinoa for 3-4 minutes until lightly brown and fragrant.

Add the chicken broth and bring to a boil. Cover and reduce heat to low. Cook for 15 minutes then remove from heat. Fluff quinoa with a fork and set aside.

In a medium bowl, add cooked quinoa, cherry tomatoes, mozzarella, basil, lemon juice, remaining one Tablespoon olive oil and salt/pepper.

Toss salad to combine and check for seasoning before serving.

Hummus Veggie Sandwich

Gluten-Free | Vegan | Dairy-Free
Recipe from [Sweet Poppy Seed](#)

Ingredients

- 2 slices Multi Grain bread (gluten-free if desired)
- 2 Tablespoons hummus
- 8-10 thin slices cucumber
- Handful of arugula
- Pinch of crushed red peppers
- Pinch of Za'atar (optional)



Directions

Toast bread in a toaster.

Spread hummus on one side of each bread slice. Add cucumber slices over one slice with hummus, and crushed red pepper and za'atar to the other hummus slice. Pack with arugula and close sandwich.

Serve with a side or 2. *We recommend a side salad or fresh veggies.*

Chicken Avocado Caprese Salad

Gluten-Free
Recipe from [Cafe Delites](#)

Ingredients

Marinade/Dressing:

- 1/4 Cup balsamic vinegar
- 2 Tablespoons olive oil
- 2 teaspoons brown sugar
- 1 teaspoon minced garlic
- 1 teaspoon dried basil
- 1 teaspoon salt

Salad:

- 4 chicken thigh fillets, skin removed
- 5 Cups romaine lettuce leaves, washed and dried
- 1 avocado, sliced
- 1 Cup cherry tomatoes, sliced
- 1/2 Cup mini mozzarella cheese
- 1/4 Cup basil leaves, thinly sliced
- Salt and pepper, to taste



Directions

Whisk marinade ingredients together to combine. Place chicken in a shallow dish. Pour about 4 Tablespoon of the marinade mixture over the chicken and stir around to evenly coat. Reserve the rest of the marinade to use as dressing.

Heat about 1 teaspoon of oil in a large skillet over medium-high heat. Grill or sear chicken until golden, crispy, and cooked through. Once chicken is cooked, set aside and allow to rest.

Slice chicken into strips and prepare salad by mixing salad ingredients together. Top with basil strips and chicken strips. Drizzle with remaining dressing. Season with salt and pepper.



Farro Bowl with Rotisserie Chicken

Dairy-Free

Recipe from [Eating Well](#)

Ingredients

- 1 (8.5 ounce) package microwaveable Farro
- 1 (10 ounce) Mediterranean-style salad kit
- 1 Cup chopped Rotisserie Chicken

Directions

Microwave Farro according to package directions; set aside to cool slightly.

Toss together salad kit in a large bowl. Add chicken and the cooled farro; toss to combine.



Greek Cucumber and Chickpea Bowl

Vegetarian | Gluten-Free
Optional Dairy-Free
Recipe from [Nourished Routes](#)

Ingredients

1 Tablespoon extra-virgin olive oil
1 Tablespoon red wine vinegar
1/4 teaspoon black pepper
dash of salt
1 Cup unsalted canned chickpeas, rinsed and drained
4 Tablespoons sliced roasted red bell pepper
1 Cup cucumber, thinly sliced
4 Tablespoons crumbled feta cheese
4 teaspoons fresh dill, chopped

Directions

Combine the olive oil, red wine vinegar, black pepper, and salt in a medium bowl.

Add chickpeas, bell peppers, and cucumbers. Toss to combine.

Arrange chickpea mixture in a bowl and top with cheese and dill.

Greek-Yogurt Tuna Salad

Recipe from [Feel Good Foodie](#)

Ingredients

2 (5 ounce) cans white Albacore Tuna in water, drained
2 Celery stalks, minced
2 Tablespoons minced red onion
1/3 Cup 2% Greek yogurt
2 Tablespoons lemon juice
1 Tablespoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon black pepper
1 Tablespoon chopped parsley

Directions

In a mixing bowl, stir together the Greek yogurt, lemon juice, Dijon mustard, salt, pepper, and parsley until well combined.

Add the drained tuna on top, along with celery and red onions. Stir until well combined.

Serve on its own, in a sandwich, or on toast.





Shrimp And Veggies Meal Prep Bowls

Gluten-Free | Dairy-Free | Pescatarian

Recipe from [Primavera Kitchen](#)

Ingredients

3 teaspoons butter
1 teaspoon olive oil
1 pound large shrimp *tails off, peeled and deveined*
Salt and black pepper *to taste*
1 teaspoon Italian seasoning
3 Garlic cloves *minced*
2 Big Bell Peppers *diced*
1 medium Red Onion *chopped*
2 medium Zucchini *chopped*
Fresh Parsley for garnishing

Directions

Place the butter and olive oil in a large skillet and melt over medium high heat.

Add the shrimp and season with salt, pepper and Italian seasoning. Cook for 3 minutes, stirring occasionally, or until shrimp is pink.

Add garlic and cook for one more minute. Set shrimp aside.

If necessary add more olive oil in the skillet and sauté bell pepper, onions, zucchini and season with salt and pepper to taste. Cook for 3-5 minutes. I like my veggies tender, but if you prefer, you can cook them for 2 minutes more to be softer.



Hummus Veggie Wraps

Vegan
Recipe from [Foodie Crush](#)

Ingredients

1 flavored wrap or tortilla
1/3 Cup hummus
2 slices Cucumber, sliced lengthwise
Handful of fresh Spinach leaves
Sliced tomato
1/4 Avocado, sliced
Fresh Alfalfa or Broccoli sprouts
Fresh Microgreens
Basil Leaves, if desired

Directions

Spread the hummus on the bottom 1/3 of the wrap, about 12 inch from the bottom edge.

Layer the cucumber, spinach leaves, tomato slices, avocado slices, sprouts, microgreens, and basil.

Fold the wrap tightly, like a burrito, tucking in all of the veggies with the first roll then rolling firmly to the end. Cut in half and enjoy.



10-Minute No Cook Lunch Bowls

Vegan | Gluten-Free
Recipe from [Beauty Bites](#)

Ingredients

2 Lettuce Leaves, thinly chopped
4 Cherry Tomatoes, halved
1 Cucumber, cubed
1/2 Cup Arugula, chopped
2 Scallions
1 teaspoon Olive Oil
1/2 teaspoon Vinegar/Lemon Juice
1/2 Cup canned Chickpeas, rinsed and drained
2 teaspoons Hummus
2 Artichoke hearts from a jar
2 Roasted Peppers of choice
2-3 Radishes
1 teaspoon toasted sesame seeds
ground black pepper
1 slice of whole grain bread

In a small bowl mix lettuce, tomatoes, cucumber, arugula, scallions, olive oil, vinegar/lemon juice. Add a tiny pinch of salt.

In your lunch bowl arrange the salad, chickpeas, radishes, roasted peppers, artichokes and hummus.

Grind black pepper and sprinkle roasted sesame seeds.

Enjoy lunch with or without bread!

Meal Prep Lunchables

Recipe from Carmy.

Ingredients

100-150 grams Prosciutto
200 grams Cheese
150 grams Crackers
2 Cups seedless Grapes

Directions

Make sure your fruits are patted dry.
Place in a silicone cup if you wish.

Assemble by placing all the Lunchable components into an airtight container.

Store for up to 4 days in the fridge.

Savory Oat Bowl

Vegetarian | Gluten-Free
Recipe from [Healthy Nibbles and Bits](#)

Ingredients

1/4 Cup dry quick-cooking steel cut Oats
3/4 Cup water
Salt and Pepper
2 Tablespoons shredded white cheddar
Cheese, add more if you like
1 teaspoon coconut oil, divided
1/4 Cup diced red pepper
2 Tablespoons finely chopped onions
1 large egg

Directions

Bring water to boil. Add oatmeal, reduce heat a little and let it cook for about 3 minutes, until all liquid is absorbed. Turn off heat and stir in cheese, a small pinch of salt, and pepper.



Turkey Spinach Pinwheels

Recipe from [Damn Delicious](#)

Ingredients

1 slice Cheddar Cheese
2 ounces thinly sliced Turkey breast
1/2 Cup baby Spinach
1 (8-inch) spinach tortilla
6 baby Carrots
1/4 Cup Grapes
5 Cucumber slices

Directions

Place cheese, turkey, and spinach in center of tortilla. Bring the bottom edge of the tortilla tightly over the spinach, folding in the sides. Continue rolling to the top of the tortilla. Cut in sixths.

Place wraps, carrots, grapes, and cucumbers into meal prep containers.



Easy Fried Rice

Recipe from Chef Savvy.

Ingredients

2 Tablespoons butter divided
3 Eggs whisked
2 medium Carrots *small dice*
1 small Onion *small dice*
3 Cloves Garlic *minced*
1 Cup frozen Peas *thawed*
4 Cups cooked and chilled Rice (use white or brown rice)
3 Tablespoons low sodium Soy Sauce
2 Tablespoons Oyster Sauce
1 teaspoon Sesame Oil
Sliced green onions for garnish

Directions

Heat 1 Tablespoon of butter into a large skillet.

Add the eggs and scramble until fully cooked. Remove them from the pan and set aside.

Add the remaining tablespoon of butter into the pan. Add carrots and onion to the pan and cook until tender, 3-4 minutes. Stir in garlic and cook for an additional minute.

Add in the cold rice and peas and sauté for 3-4 minutes. The rice should brown up a bit.

Add the eggs back to the pan and stir in soy sauce, oyster sauce and sesame oil. Cook for 1-2 minutes to heat through. Serve immediately with green onions for garnish, if desired.

Southwest Kale Salad

Recipe from [Always Nourished](#)

Ingredients

5 Tablespoons extra virgin Olive Oil
Juice of 1 lime
1 small clove of Garlic, minced or grated
1/4 teaspoon Salt
1/4 teaspoon ground Cumin
1/4 teaspoon Chili Powder
Fresh ground Pepper, to taste
Pinch of Cayenne Pepper, or to taste (optional)
6 Cups Kale (gently packed), tough stems removed and finely chopped
2 Cups canned Black Beans, drained and rinsed well (from 1 19-oz can)
1/2 Cup fresh Parsley and/or Cilantro, roughly chopped
1/2 Cup canned Corn
1 Red Bell Pepper, finely chopped (about 1 cup; or use any color pepper)
1 Cup Cherry Tomatoes, halved or quartered
1/4 Cup Red Onion, finely chopped

Directions

In a jar with a tight-fitting lid, shake together the dressing until smooth – olive oil, lime juice, salt, cumin, chili powder, pepper and cayenne pepper. Season the dressing to taste, adding more salt or lime juice, if needed. Set aside.

To a large mixing bowl, add the kale. Drizzle half of the dressing over the kale and massage for a minute or two until the kale is wilted and softened.

Add the black beans, herbs, corn, bell pepper, tomatoes and onion to the kale. Pour the remaining dressing over top and mix well. Season with additional salt and pepper if needed.



ROASTED BEET AND KALE SALAD WITH MAPLE CANDIED WALNUTS

Dairy-Free | Vegetarian

Recipe from [The Endless Meal](#)

Ingredients

- 1 ½ pound Beets, *peeled and quartered (or cut into bite sized pieces if you're using large beets)*
- 1 teaspoon extra virgin Olive Oil
- 1 Cup Walnut halves
- 3 Tablespoons pure Maple Syrup
- ¼ teaspoon Sea Salt
- ⅛ teaspoon fresh cracked Pepper
- 4 packed Cups of curly Kale, *washed and torn into bite sized pieces*
- Optional: ¼ cup Goat or Boursin cheese*

Dressing

- 3 Tablespoons Apple Cider Vinegar
- 2 Tablespoons Honey, *use maple syrup for vegan*
- 1 teaspoons Balsamic Vinegar
- ½ teaspoon dijon Mustard
- 1 Clove garlic, *grated on a Microplane or very finely minced*
- A pinch of Sea Salt
- ¼ Cup extra virgin Olive Oil

Directions

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.

Place the beets on the prepared baking sheet and drizzle the oil over top. Use your hands to toss them in the oil. Cover the baking sheet with aluminum foil and bake in the oven for 30-40 minutes, or until they can be pierced using some pressure with a fork.

While the beets are roasting prepare the rest of the salad. Add the walnut halves to a small frying pan over medium-high heat. Let them cook until they are fragrant and start to brown in places, shaking the pan frequently. Pour over the maple syrup and sprinkle with sea salt and fresh cracked pepper. Let them cook, stirring constantly, until the maple syrup has almost evaporated, about 1 minute. Remove the walnuts from the pan and place them on a piece of parchment paper, separating them from each other as much as possible.

To make the dressing, combine all the ingredients EXCEPT the oil in a medium-sized bowl. Slowly add the oil in a thin steady stream while whisking the dressing constantly. If the oil starts to build up at all stop pouring it and whisk the dressing vigorously. It will take you about 1 minute to whisk in the oil. Taste the dressing and season it with extra salt, to taste.

Add the kale, candied walnuts, and, if using, the cheese or avocado to a large bowl. When the beets come out of the oven let them cool slightly then add them to the bowl too. Pour the dressing over top and toss well so that everything is coated.



Sheet Pan Lemon Rosemary Chicken

Ingredients

8 Bone-in, Skin-on Chicken Thighs
Kosher Salt and freshly ground black Pepper, *to taste*
4 Tablespoons Olive Oil, *divided*
1 ½ pounds Pee Wee Potatoes, *about 1/2 inch size*
3 Cloves garlic, *minced*
1 Tablespoon chopped Fresh Thyme leaves
1 Tablespoon chopped fresh Rosemary
1 Lemon, *sliced*
1 bunch Kale, *stems removed and leaves torn into bite-sized pieces*

Directions

Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

Season chicken thighs with 1 1/2 teaspoons salt and 1 teaspoon pepper. Heat 1 tablespoon olive oil in a large cast iron skillet over medium heat. Working in batches, add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side.

Place chicken in a single layer onto the prepared baking sheet.

Vegetarian

Recipe from [Damn Delicious](#)

In a large bowl, combine potatoes, garlic, thyme, rosemary, lemon and 2 tablespoons olive oil; season with salt and pepper, to taste.

Place potato mixture in a single layer around the chicken on the prepared baking sheet.

Place into oven and bake until the chicken is almost cooked through and the potatoes are almost tender, about 25-30 minutes.

In a large bowl, massage kale with remaining 1 tablespoon olive oil.

Remove sheet pan from oven; stir potatoes and add kale. Place into oven and continue to roast for an additional 10-12 minutes, or until the kale has crisped. Let stand 5 minutes.

Serve immediately.



Ingredients

6 ounces Soba Noodles
Sesame oil, for drizzling
2 Avocados, *sliced*
Squeeze of lemon
2 cups blanched Snap Peas
1/4 cup Edamame
1 Watermelon Radish or 2 red
Radishes, *thinly sliced*
1/4 cup fresh Mint leaves

Sesame dressing

1/4 cup Rice Vinegar
2 Tablespoons Tamari *+more for
serving*
1/2 teaspoon toasted Sesame Oil
1 teaspoon grated Ginger
1 Garlic Clove, minced
1/2 teaspoon Maple Syrup or Honey

Sesame Soba Noodles

Vegetarian
Recipe from [Love & Lemons](#)

Directions

In a small bowl, combine the sesame dressing ingredients and stir to combine. Set aside.

Bring an unsalted pot of water to a boil and cook the soba noodles according to package directions. Drain and rinse well in cold water.

Toss the noodles with the dressing and divide into 2 to 4 bowls. Squeeze fresh lemon juice onto avocado slices and add to bowls. Add snap peas, edamame, radish, mint, and sprinkle with sesame seeds. Drizzle with more tamari or sesame oil, if desired.



Ingredients

8 8-inch flour Tortillas
2 medium Portobello Mushrooms
(about 1/2 pound)
1 large Bell Pepper (*yellow, red or orange or a combo of all three*)
1/2 large yellow or red Onion (sliced)
1/4 Cup olive oil (divided)
1 teaspoon ground Cumin
1 teaspoon Chili Powder
1/2 teaspoon dried Oregano
1/4 teaspoon smoked Paprika
1/4 teaspoon Garlic Powder
1/2 teaspoon Kosher Salt
1 medium ripe Avocado (sliced)
1 fresh Lime (cut into wedges)

Portobello Mushroom Vegan Fajitas

Vegan | Dairy-Free | Vegetarian
Recipe from [Kitchen Treaty](#).

Directions

Preheat oven to 250 degrees Fahrenheit. Wrap tortillas in foil and place in oven to warm.

Twist the stem off of the mushrooms and wipe caps with a damp paper towel to clean.

Cut caps into 1/2-inch thick slices. Place in a medium bowl and drizzle with 2 tablespoons olive oil. Sprinkle with cumin, chili powder, oregano, smoked paprika, garlic powder, and salt. Toss gently with your hands to evenly coat the mushroom pieces.

Meal Replacement Smoothie

Vegan | Dairy-Free | Vegetarian
Recipe from [Simple Greens Smoothie](#)

Ingredients

1 Cup Kale or Spinach
1 Cup Almond Milk *unsweetened*
1 Cup Blueberries frozen
1 Banana
1 Tablespoon Almond Butter *or*
raw Almonds
2 Tablespoons Rolled Oats
1 serving Protein Powder

Directions

Blend kale and almond milk until smooth in a high speed blender.

Add remaining ingredients, and blend until smooth

Crackers and Cheese Lunchable

Vegan | Dairy-Free | Vegetarian

Recipe from [Hannah Magee RD](#)

Ingredients

1 serving whole grain Crackers
1.5 ounces Cheddar Cheese, *cut into cubes*
1/4 Cup Almonds
1 Cup sliced Vegetables, *like cucumber, carrots, celery and/or bell peppers*
1/2 Cup Grapes
2 Tablespoons Hummus or other dip, *optional*

Directions

Add all ingredients to a bento box-style lunch box, individual containers, or a plate.

Optional: serve with hummus or another dip of choice!

Strawberry Kale Smoothie

Vegan | Dairy-Free | Vegetarian | Gluten-Free
Recipe from [Jessica in the Kitchen](#)

Ingredients

2 Cups Kale, *stripped from stem & washed*
1 Cup Strawberries, *frozen*
1/2 Cup vegan Coconut Yogurt
1/2 Cup Almond Milk
3-4 teaspoons Maple Syrup

Directions

Pour in the almond milk, coconut yogurt, kale, then strawberries and then finally the maple syrup.

Blend in a blender (preferably a NutriBullet or a Ninja or a Vitamix) and blend until all the ingredients are completely blended together.

Taste and add maple syrup by the teaspoon to your preference.

Enjoy!



Spinach Greek Salad

Vegetarian | Gluten-Free
Recipe from [Ahead of Thyme](#)

Ingredients

3 Cups mixed Greens
1 (15 ounce) can Chickpeas, *rinsed and drained*
1 Cup Grape Tomatoes, *halved*
2 Persian Cucumbers, *halved and sliced*
½ Cup red Onion, *diced*
½ Cup Kalamata Olives, *pitted*
⅓ Cup Feta Cheese, *crumbled*
3 Tablespoons olive oil
Juice from ½ Lemon
¼ teaspoon dried Oregano
¼ teaspoon Salt (or to taste)
¼ teaspoon ground Black Pepper (or to taste)

Directions

In a large serving bowl, combine the salad ingredients including mixed greens, chickpeas, tomatoes, cucumbers, red onion, cucumber, olives and feta cheese.

In a small mixing bowl, make the dressing by whisking together olive oil, lemon juice, oregano, salt and pepper.

Pour Greek salad dressing over the salad and toss to combine. Add more salt and black pepper to taste.



Ingredients

8 8-inch flour Tortillas
2 medium Portobello Mushrooms
(about 1/2 pound)
1 large Bell Pepper (yellow, red or
orange- or a combo of all three)
1/2 large yellow or red Onion (sliced)
1/4 Cup Olive Oil (divided)
1 teaspoon ground Cumin
1 teaspoon Chili Powder
1/2 teaspoon dried Oregano
1/4 teaspoon smoked Paprika
1/4 teaspoon Garlic Powder
1/2 teaspoon Kosher Salt
1 medium ripe Avocado (sliced)
1 fresh Lime (cut into wedges)

Portobello Mushroom Vegan Fajitas

Vegan | Dairy-Free | Vegetarian

Recipe from [Kitchen Treaty](#).

Directions

Place a large skillet over medium heat. When hot, add 1 tablespoon olive oil. Add portobellos, being careful not to crowd (cook in two batches if necessary). Cook for 3-4 minutes, turning occasionally with tongs, until tender. Transfer to a plate.

Add 1 Tablespoon olive oil to skillet. Add onions and peppers along with a pinch of salt. Cook, tossing occasionally, until tender and browned in spots, 7-8 minutes.

To serve, place a couple of portobello slices along with a few pieces of onions and peppers in the middle of a flour tortilla.

Top with avocado and a squeeze of lime. Fold up and eat!

Nourishing Dinners





Roasted Vegetable Bowls with Green Tahini

Vegan | Gluten-Free
Recipe from [Pinch of Yum](#)

Ingredients

8 large Carrots, *peeled and chopped*
3 Golden Potatoes, *chopped*
1 head of Broccoli, *cut into florets*
1 head of Cauliflower, *cut into florets*
Olive Oil and Salt

Green Tahini

1/2 Cup Olive Oil
1/2 Cup Water
1/4 Cup Tahini
Big bunch of Cilantro and/or Parsley
1 Clove Garlic
1/2 Lemon
1/2 teaspoon Salt

Directions

Preheat oven to 425°.

Arrange your vegetables on a few baking sheets lined with parchment. Toss with olive oil and salt. Roast for 25-30 minutes.

While the veggies are roasting, blitz sauce in food processor or blender.

Portion and save for up to a week.

Notes: Serve with your favorite protein, such as a hard boiled egg, tofu, or chicken, as well as a whole grain such as brown rice or quinoa.

Crock Pot Tuscan Chicken

Ingredients

3 pounds Chicken Breast, *boneless, skinless*
6 cloves of Garlic, *minced*
1 teaspoon Salt
1/2 teaspoon Black Pepper
14 ounces canned Artichoke Hearts, *drained and quartered*
8 ounce jar Sun-Dried Tomatoes *packed in oil with herbs*
8 ounces Baby Spinach
1 Onion, *diced*

Dairy-Free | Gluten-Free

Recipe from [Easy Family Recipes](#)

Directions

Lay the chicken breast in the crock pot and season with salt, pepper and pressed garlic.

On top of the chicken combine the sun dried tomatoes (with oil and herbs,) artichoke hearts, and onion. Cook on high for 2.5-3 hours, or low for 3.5-4 hours.

Once the chicken is cooked through (165°F internal temp) open the crock pot and add the spinach on top. Leave the lid closed for 5-10 minutes to let the spinach wilt. Then stir it into the toppings.

Serve hot either as whole chicken breasts with the toppings, or shredded and mixed with the toppings.

Note: double the spinach, add your favorite veggies, and pair with a side of grains!





Three Bean 20- Minute Chili

Ingredients

Gluten-Free | Vegan | Dairy-Free
[Recipe from Healthy Girl Kitchen](#)

- 1/4 cup onion
- 1 15 ounce can kidney beans rinsed and drained
- 1 15 ounce can black beans rinsed and drained
- 1 15 ounce can northern white beans rinsed and drained
- 1 red bell pepper chopped
- 1 15 ounce can tomato sauce
- 1 15 ounce can diced tomatoes no salt added
- 1 teaspoon cumin
- 1.5 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1.5 cups water you can add more based on how thick/thin you like your chili

Directions

Saute onion in pan on medium heat with a little water until soft. Then, add the rest of the ingredients and bring to a boil.

Reduce to a simmer, cover for 20 minutes, stirring half way through.

Top with cilantro, chopped red onion and cashew sour cream!
Serve and enjoy!

BALSAMIC GLAZED TEMPEH SHEET PAN

Gluten-Free

Recipe from [Making Thyme for Health](#)

Ingredients

16 ounces Tempeh, *cut into 1-inch cubes*
16 ounces cubed butternut squash
1 red onion, *cut into 1-inch cubes*
12 ounces red potatoes, *cut into 1-inch cubes*
1 bunch kale, torn into bite size pieces (*or 8 ounces chopped brussel sprouts*)
2 Tablespoons dijon mustard
2 Tablespoons high heat oil
2 Tablespoons balsamic vinegar

FOR THE TAHINI BALSAMIC DRESSING

1/4 cup Tahini
2 Tablespoons dijon mustard
1 Tablespoon balsamic vinegar
1 teaspoon pure maple syrup

Directions

Preheat the oven to 400°F then line two baking sheets with parchment paper. Arrange the tempeh, squash, onion and potatoes on top then spray or toss with high heat oil. If using brussels instead of kale add them at this point as well. Bake in the oven for 10 minutes. Remove baking sheets from oven and set aside.

Meanwhile, whisk together the marinade in a measuring cup or small bowl. Using tongs, transfer the tempeh pieces to a large bowl then pour the marinade over top. Toss until evenly coated and allow to sit for at least 5 minutes.

Transfer marinated tempeh back to the baking sheets, add the kale (if using), then return the sheets to the oven for 15 minutes.

Prepare the tahini dressing as they continue to bake by whisking everything together in a measuring cup or small bowl. Add water as needed to thin. The amount will vary based on how thick your tahini is (about 3 Tablespoons).

Once the vegetables are golden and tender, remove from the oven. Serve veggies and tempeh warm, drizzle with tahini dressing and enjoy!



Cauliflower Pizza Crust

Gluten-Free

Recipe from [Nourished Routes](#)

Ingredients

2 cups finely grated cauliflower (you can also use a food processor)

½ cup shredded dairy cheese, or non-dairy cheese

2 eggs (or ½ cup egg whites if desired)

Salt, pepper, garlic seasoning, or any seasoning you like!

Directions

Preheat your oven to 400°.

Grate cauliflower or add to a food processor, and blend until finely grated. Transfer to a large bowl.

Add eggs, shredded cheese, and seasonings to cauliflower, and blend well. Transfer mixture to a baking sheet lined with parchment paper, and distribute the cauliflower dough evenly over the baking sheet.

Place in the oven at 400°F for 15-20 minutes, or until you notice golden brown edges forming.

Remove from the oven and flip the crust over. Place back in the oven for another 10-15 minutes.

Add ingredients of choice (pizza sauce, extra cheese, vegetables, and protein), and pop back in the oven to cook for another 10-15 minutes, or until the edges become crispy and the crust appears completely golden brown in color. Slice, and serve hot.

Sweet Potato Kale Salad

Vegan

Recipe from Whole and Heavenly Oven

Ingredients

Salad

- 2 medium sweet potatoes, peeled and cut into 1-in cubes
- 3 Tablespoons olive oil
- 4 cups chopped kale
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 Tablespoon minced fresh ginger
- 1/2 teaspoon ground cinnamon
- Salt and pepper to taste

Dressing:

- 1/4 cup Tahini
- 1 tablespoon Dijon mustard
- 1/4 cup lemon juice
- 1 Tablespoon honey
- 2 Tablespoons olive oil
- 1/2 cup toasted walnuts for topping

Directions

Toss sweet potatoes with 2 Tablespoons olive oil and spread in an even layer on a greased baking sheet. Sprinkle with salt and pepper to taste. Roast sweet potatoes at 400F 15-20 minutes until tender. Set aside.

Heat remaining 1 tablespoon olive oil in a medium skillet. Add kale and onion and saute several minutes until kale is just wilted. Reduce heat to medium, add garlic, ginger, cinnamon, and salt and pepper to taste and cook 1 additional minute.

Toss sweet potatoes into kale mixture and keep warm while you prepare the dressing. In a small bowl, whisk tahini, mustard, lemon juice, and honey until smooth.

Slowly drizzle in olive oil, whisking constantly until dressing is smooth. Season with salt and pepper to taste.

Toss sweet potato kale mixture with tahini dressing and top salad with toasted walnuts. Serve warm and enjoy!

Vegan Fried Rice

Vegan

Recipe from [Minimalist Baker](#)

Ingredients

1 cup extra-firm tofu (*8 ounces yields approximately 1 cup*)

1 cup long- or short-grain brown rice (*rinsed thoroughly in a fine mesh strainer*)

4 cloves garlic (*minced*)

1 cup chopped green onion

1/2 cup peas

1/2 cup carrots (*finely diced*)

Sauce

3 Tablespoons Tamari or soy sauce (*plus more for veggies and to taste*)

1 Tablespoon peanut butter

2-3 Tablespoons organic brown sugar, *muscovado sugar, or maple syrup*

1 clove garlic (*minced*)

1-2 Tablespoons chili garlic sauce (*more or less depending on preferred spice*)

1 teaspoon toasted sesame oil (*optional or sub peanut or avocado oil*)

Directions

Preheat oven to 400° and line a baking sheet with parchment paper (or lightly grease with non-stick spray).

In the meantime wrap tofu in a clean, absorbent towel and set something heavy on top (such as a cast iron skillet) to press out the liquid.

Once the oven is preheated, dice tofu into 1/4-inch cubes and arrange on baking sheet. Bake for 26-30 minutes. You're looking for golden brown edges and a texture that's firm to the touch. The longer it bakes, the firmer and crispier it will become, so if you're looking for softer tofu remove from the oven around the 26-28 minute mark.

While the tofu bakes prepare your rice by bringing 12 cups of water to a boil in a large pot. Once boiling, add rinsed rice and stir. Boil on high uncovered for 30 minutes, then strain for 10 seconds and return to pot removed from the heat. Cover with a lid and let steam for 10 minutes*.

While rice and tofu are cooking, prepare sauce by adding all ingredients to a medium-size mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more tamari or soy sauce for saltiness, peanut butter for creaminess, brown sugar for sweetness, or chili garlic sauce for heat.

Once the tofu is done baking, add directly to the sauce and marinate for 5 minutes, stirring occasionally.

Heat a large metal or cast iron skillet over medium heat. Once hot, use a slotted spoon to scoop the tofu into the pan leaving most of the sauce behind. Cook for 3-4 minutes, stirring occasionally, until deep golden brown on all sides (see photo). Lower heat if browning too quickly. Remove from pan and set aside.

To the still hot pan add garlic, green onion, peas, and carrots. Sauté for 3-4 minutes, stirring occasionally, and season with 1 Tablespoons Tamari or soy sauce (amount as original recipe is written, adjust if altering batch size).

Add cooked rice, tofu, and remaining sauce and stir. Cook over medium-high heat for 3-4 minutes, stirring frequently.

Serve immediately with extra chili garlic sauce or sriracha for heat (optional). Crushed salted, roasted peanuts or cashews make a lovely additional garnish. Leftovers keep well in the refrigerator for 3-4 days.

Pumpkin Seed & Garlic Zucchini Pasta

Vegan | Dairy-Free | Gluten-Free
[Recipe from DHerbs](#)

Ingredients

2 zucchini, spiralized
1/4 cup raw pumpkin seeds
2 Tablespoons nutritional yeast
2 garlic cloves, minced
1/4 cup basil leaves
2 Tablespoons Medjool dates,
pitted and chopped
1/2 cup homemade almond milk (or
more if necessary)
a handful of chopped raw almonds
(optional topping)



Directions

After spiralizing the zucchini, set the zoodles aside and add the pumpkin seeds, nutritional yeast, garlic, basil and raisins to a food processor.

Start blending the ingredients and slowly pour in the almond milk to create the sauce. You may only need the 1/2 cup, but set aside some extra just in case you want the sauce to be thinner.

Portion the zoodles out in separate bowls and dress them with you desired amount of sauce. Mix well and enjoy!

Unstuffed Turkey Pepper Bowls

Recipe from [Cooking Classy](#).

Ingredients

- 2 Tablespoons olive oil, divided
- 1 small yellow onion, diced (1 cup)
- 2 cups chopped bell pepper (any color)
- Salt and freshly ground black pepper, to taste
- 1 pound lean ground turkey
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- Few dashes cayenne pepper, (optional)
- 1 (14.5 ounce) can diced tomatoes, drained
- 3 Tablespoons minced fresh parsley
- 2 (10 ounce) packages frozen cauliflower rice, *cooked according to package instructions*
- 1 cup finely shredded cheddar cheese (optional)

Directions

Heat 1 Tablespoon olive oil in a 12-inch non-stick skillet over medium-high heat. Add onion and saute 2 minutes then add in bell peppers, season with salt and pepper and saute until softened, about 6 minutes.

Transfer pepper mixture to a plate. Heat remaining 1 Tablespoon olive oil in skillet over medium-high heat. Add in turkey in large crumbles, season with salt and pepper. Let rest, until golden brown on bottom, about 2 minutes then toss.

Continue to cook and break up turkey, about 2 minutes more, until almost fully cooked through, then add garlic, chili powder, cumin and cayenne.

Cook turkey through then stir in tomatoes and pepper mixture and warm through, about 1 minute. Stir in parsley.

Plate cauliflower rice, top with cheddar cheese (consider adding it in the middle layer so it melts nicely), then finish with ground turkey mixture, serve warm.



Photo from [Cooking Classy](#).



Ingredients

- 2 pounds skin-on chicken thighs, bones removed
- 1 pound small red potatoes, halved
- 1 teaspoon kosher salt, divided
- 2 Tablespoons freshly squeezed lemon juice
- 1 1/2 Tablespoons olive oil, divided
- 2 Tablespoons dried oregano
- 1 Tablespoon dried basil
- 1 clove garlic, minced
- 2 medium bell peppers sliced into 1/2-inch strips
- 1/4 teaspoon freshly ground black pepper

Sheet Pan Chicken Souvlaki

Recipe from [The Kitchn](#)

Directions

Arrange a rack in the middle of the oven and heat to 400°. Place a rimmed baking sheet in the oven while the oven is heating.

Season the chicken and potatoes with 3/4 teaspoon of the salt. Place the chicken skin-side down in the center of the hot baking sheet. Add the potatoes, cut-side down, around the edges of the baking sheet. Roast for 15 minutes.

Meanwhile, place the lemon juice, 1 Tablespoon of the oil, garlic, oregano, and basil in a small bowl and whisk to combine; set aside. Place the peppers with the remaining oil and remaining 1/4 teaspoon salt in a medium bowl and toss to combine; set aside.

Flip the chicken skin-side up. Brush the chicken with the lemon-herb mixture. Scatter the peppers around the chicken. Bake until the chicken and potatoes are crispy and the peppers are tender and browned around the edges, about 15 minutes more. Let cool on the baking sheet for 10 minutes before serving.



Ingredients

6–8 ounce stir fry noodles, Chinese egg noodles, or linguine in a pinch
2 cups edamame, *cooked*
2 cucumbers, *diced*
1 pound chicken breast, *cooked and diced* (optional: see notes)
Sesame seeds

Sauce:

1/4 cup sesame paste (or tahini)
1/4 cup warm water
3 Tablespoons soy sauce
1 Tablespoons sesame oil
1 Tablespoons rice vinegar
1 clove garlic, grated
Sriracha and sugar to taste

15-Minute Sesame Noodle Bowls

Recipe from [Pinch of Yum](#)

Directions

Sauce: Whisk all sauce ingredients together until smooth (or you can run it through the food processor, or shake it up in a jar).

Noodles: Cook noodles a few minutes LESS than package instructions. If your noodles seem very sticky, rinse them in cold water. Toss noodles with about half of the sesame sauce.

Bowls: Divide noodles, edamame, cucumber, and chicken into containers. Drizzle with a little extra sauce and sprinkle with sesame seeds. Store in the fridge for 3-4 days. Eat hot or cold.

HEALTHY GRILLED TURKEY BURGERS

Dairy-free
Recipe from [Meals with Maggie](#)

Ingredients

- 1 egg
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon Worcestershire sauce
- 2 teaspoons extra virgin olive oil
- ½ cup plain breadcrumbs
- 1 pound ground turkey



Directions

In a large bowl, beat egg with a fork or whisk. Add in garlic, onion, salt, pepper, worcestershire sauce and extra virgin olive oil. Mix until combined.

Add in breadcrumbs and mix. Using your hands, crumble ground turkey over mixture and combine. Form mixture into 6 patties and refrigerate while you prep the grill.

Grill for 2-3 minutes on medium/high heat with grill closed. Flip burgers and cook for another 5 minutes or until internal temperature reaches 165F.

CREAMY CHICKEN ENCHILADA SOUP

Gluten-Free
Recipe from [Healthy Fitness Meals](#)

Ingredients

1 Tablespoon Butter or Ghee or avocado oil
1 Medium Onion diced
2 Celery Stalks sliced
1 Medium Carrot thinly sliced
1 Large Red Bell Pepper diced
2-3 Garlic Cloves chopped
1½ Tablespoon Ground Cumin
1 Tablespoon Chili Powder
1 Tablespoon Dried Oregano
15 ounces Diced fire-roasted Tomatoes *1 can*
¼ Cup Tomato Paste
4 Cups Low Sodium Chicken Broth
14.5 ounces Red Kidney Beans *drained and rinsed, 1 can*
14.5 oz Black Beans *drain and rinsed, 1 can*
1 Cup Fresh or Frozen Sweet Corn
2 Cups Shredded Cooked Chicken
1 Cup Mexican Shredded Cheese Blend *for garnishing*
Salt and pepper, *to your taste*



Directions

Melt butter or ghee (add avocado oil if using) in a large stockpot over medium-high heat.

Add onion, celery, carrots, bell pepper, garlic and cook until softens, about 5-6 minutes.

Stir in seasonings, diced tomatoes, tomato paste, and chicken broth and bring to a boil. Lower the heat and simmer for about 10-15 minutes, or until veggies are very tender.

Remove from heat and using a hand blender, blend the soup until smooth and creamy. Place the soup back over medium heat and add in beans, corn and shredded cooked chicken.

Stir to combine and boil for a couple of minutes, just to heat it all up.

Then pour into bowls and top with shredded cheese or your favorite toppings.

Enjoy!

CHICKEN SWEET POTATO CURRY

Gluten-Free
Recipe from Abbey's Kitchen

Ingredients

1 Tablespoon extra virgin olive oil *plus 2 teaspoons divided*
8 boneless skinless chicken thighs (*fat trimmed*)
Pinch each of salt and pepper
1 small onion finely diced
3 cloves garlic minced
4 teaspoons ginger grated
3 Tablespoons curry powder
1 Tablespoon cumin
1 Tablespoon dried coriander
1/4 teaspoon sea salt
1/4 teaspoon cayenne
1 bottle 680 mL tomato passata sauce/tomato puree
1 medium sweet potato *peeled and diced into 1/3-inch cubes*
1 can of lite coconut milk *400 ml can*
1 medium head cauliflower *cut into small florets (about 6-8 cups)*
1 head rainbow chard ribs removed and cut into 3/4 inch (*2 cm pieces and leaves thinly sliced into ribbons*)



1/2 cup frozen shelled edamame optional
Sea salt and cayenne pepper *to taste*
1/4 cup pistachios (*crushed, if desired as garnish*)
1/4 cup golden raisins *if desired as garnish*
Cilantro *if desired as garnish*
Quinoa *optional (for serving)*

CHICKEN SWEET POTATO CURRY

Gluten-Free
Recipe from Abbey's Kitchen

Directions

Preheat a large nonstick skillet over medium high heat and add in one teaspoon of oil. Season the chicken with a pinch each of salt and pepper and sear on both sides until golden brown, about 3 minutes per side. Once golden brown, transfer to a plate and set aside.

Return the pan to medium heat and add in the additional teaspoon of oil. Add the onion and sauté until it begins to soften, about 5-7 minutes. Add in the garlic, ginger, curry, coriander, cumin, cayenne, salt and pepper to taste, and stir until fragrant, about 30 seconds. Next, add in the tomato sauce and the sweet potatoes, cover the pan with a lid and simmer for 7-8 minutes, until the sweet potato pieces begin to soften.

Then nestle in the chicken thighs. Add the cauliflower, rainbow chard stems and then pour in the coconut milk. Season with salt and pepper. Cover the pan with a lid and cook until the cauliflower and sweet potato softens, and the chicken thighs are cooked to an internal temperature of 165- 175 F, about 5-7 minutes.

Remove the lid and stir in the frozen edamame and rainbow swiss chard leaves. Taste, and season with salt and pepper, if desired. Cover the pan with the lid again, until everything wilts down. Lay on a bed of quinoa, and garnish with golden raisins, crushed pistachios and coriander.

Sheet-Pan Pork Chops With Apples

Dairy-Free
Recipe from [Delish](#)

Ingredients

1/4 cup extra-virgin olive oil
1 1/2 Tablespoon balsamic vinegar
2 teaspoons maple syrup
2 teaspoons whole-grain mustard
Kosher salt
Freshly ground black pepper
1 medium red onion, *halved and sliced in 1/4"-thick wedges*
2 sweet-tart apples (*such as Honeycrisp or Pink Lady*), *cored and cut into 8 wedges each*
4 (1"-thick) boneless pork chops (*about 1 1/2 pounds total*)
4 sprigs fresh rosemary

Directions

Preheat oven to 425° and place racks in the center and upper third of the oven. In a small bowl, whisk olive oil, balsamic, maple syrup, mustard, and 1/4 teaspoon each salt and pepper.

Add onion and apple to a rimmed baking sheet. Drizzle with half of the balsamic mixture and toss to combine. Season with 1/4 teaspoon each salt and pepper.

Season the pork chops on both sides with 1 teaspoon salt and 1/4 teaspoon pepper.

Nestle the pork chops among the onions and apples. Brush the remaining half of the balsamic mixture on both sides of each chop. Top each chop with a rosemary sprig. Place in the center rack of the oven and bake until apples and onions are softened, about 15 minutes.

Directions



Increase oven temperature to a high broil. Discard rosemary and place the sheet pan on the rack in the upper third of your oven and broil until chops are slightly caramelized, 3 to 5 minutes, depending on the strength of your broiler. Let pork rest at least 5 minutes before slicing. Serve pork with apples and onions with any pan juices spooned over top.

Sheet Pan Salmon and Asparagus with Potatoes

Recipe from [Crem de la Crumb](#)

Ingredients

4 salmon fillets
1 pound asparagus, ends trimmed
2 pounds red or gold potatoes, quartered
3 Tablespoons olive oil
Salt and pepper *to taste*
2 teaspoons Italian herb blend
1 teaspoon garlic powder
2 Tablespoons butter melted
2 Tablespoons honey
1 teaspoon dijon mustard
1/2 teaspoon Italian herb blend
1/2 lemon, *thinly sliced*



Directions

Preheat oven to 400°. Toss potatoes with 2 Tablespoons olive oil, salt and pepper to taste, garlic powder, and 2 teaspoons Italian herb blend. Arrange on a large sheet pan and bake in preheated oven for 10 minutes.

Arrange salmon fillets and asparagus on the sheet pan. Whisk together melted butter, honey, dijon mustard, and 1/2 teaspoons remaining Italian herb blend. Brush onto salmon fillets.

Drizzle asparagus with remaining 1 Tablespoon olive oil, season with salt and pepper to taste and place lemon slices between the asparagus spears.

Bake for 15 minutes until asparagus and potatoes are fork-tender and salmon is cooked through. Serve immediately.

Chipotle Portobello Tacos (Vegan!)

Dairy-Free Vegan | Dairy-Free
Recipe from [Feasting at Home](#)

Ingredients

2 extra large portobello mushrooms
1 red bell pepper
1/2 an onion
4 tortillas, *toasted*
14-ounce can refried black beans
1 Tablespoon oil
2 Tablespoons canned Chipotle in Adobo sauce (SAUCE ONLY)
1 minced garlic clove (or 1/2 teaspoon *granulated garlic*)
1/2 teaspoon cumin
1/2 teaspoon coriander

Directions

Preheat oven to 425F

Slice the portobellos into 1/2-inch thick wedges and slice the bell pepper into 1/2 thick strips, cut the onion into 1/2-inch thick rings or half moons. Place all on a parchment-lined sheet pan.

Mix marinade ingredients together in a small bowl.

Brush both sides of mushrooms liberally with the marinade, then remaining red bell pepper and onion lightly. Sprinkle portobellos with salt. Roast 20 minutes or until portobellos are fork-tender.

While this is roasting, heat the beans and prep any additional garnishes.

Pickled onions and Vegan cilantro Crema both take about 10 minutes to make. Or simply use avocado slices.

When ready to serve, warm the tortillas (over a gas flame on the stove, or in a toaster oven) and spread them generously with the refried black beans.

Divide chipotle portobellos and peppers (and onions if used) among the tortillas. Top with Cilantro Crema, Poblano Salsa, or avocado, fresh cilantro and optional pickled onions.

Creamy Tomato Salmon Skillet

Gluten-free
Recipe from [Eating Well](#)

Ingredients

- 1 ¼ pounds salmon fillet, *skinned and cut into 4 portions*
- ¼ teaspoon salt, *divided*
- ¼ teaspoon ground pepper, *divided*
- 2 Tablespoons olive oil, *divided*
- 1 medium zucchini, halved lengthwise and thinly sliced
- ½ cup chopped onion
- ⅓ cup dry white wine
- 1 (15 ounce) can no-salt-added diced tomatoes
- 2 ounces cream cheese, cut into cubes
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ cup chopped fresh basil



Directions

Pat salmon dry and sprinkle with 1/8 teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the salmon and cook until the underside is browned and releases easily from the pan, 3 to 4 minutes. Flip the salmon and continue to cook until opaque in the center, another 2 to 3 minutes. Transfer to a plate.

Meanwhile, add the remaining 1 Tablespoon oil, zucchini and onion to the pan. Cook, stirring, until starting to soften, about 3 minutes.

Increase heat to medium-high and add wine. Cook, stirring, until the liquid has mostly evaporated, about 2 minutes. Add tomatoes, cream cheese, Italian seasoning, garlic powder and the remaining 1/8 teaspoon each salt and pepper. Bring to a simmer and cook, stirring, until the cream cheese is melted, 4 to 5 minutes. Return the salmon to the pan and turn to coat with the sauce. Serve topped with basil.

Curried Lentil Soup

Vegan | Dairy-Free
Recipe from [Taste of Home](#)

Ingredients

4 cups water
1 can (28 ounces) crushed tomatoes
3 medium potatoes, peeled and diced
3 medium carrots, thinly sliced
1 cup dried lentils, rinsed
1 large onion, chopped
1 celery rib, chopped
4 teaspoons curry powder
2 bay leaves
2 garlic cloves, minced
1-1/4 teaspoons salt

Directions

In a 4- or 5-qt. slow cooker, combine the first 10 ingredients. Cover and cook on low for 8 hours or until vegetables and lentils are tender. Stir in salt. Discard bay leaves.



Oven Roasted Mahi Mahi

Pescatarian | Gluten-free | Dairy-free
Recipe from [Sweet Savory Meals](#)

Ingredients

2 Tablespoons Olive oil for brushing and oiling the pan
2 pounds mahi mahi fillets (about 5 fillets 5-6 ounces each, fresh or thawed if frozen)
2 lemons
2 Tablespoons grated lemon zest
8 garlic cloves (minced)
Salt and pepper (to taste)
1 cup grape tomatoes
2 pounds fresh thin asparagus
Fresh thyme

Directions

Preheat an oven to 400°F. Lay the bottom of a baking sheet pan with parchment paper and brush with olive oil, then add the fish fillets to the pan. Brush the fish fillets all over with olive oil, rub in the lemon zest and garlic, then squeeze the juice from 1 lemon over the fish. Season with sea salt and fresh ground pepper. Toss the grape tomatoes in 1 teaspoon of olive oil, a pinch of salt and pepper and add to the pan. Top fish fillets with fresh thyme and roast until the fish fillets are just opaque in the center, about 10-15 minutes, depends how thick are the fillets. Snap off the woody ends of the asparagus and discard. In another baking sheet pan, add the asparagus, drizzle with olive oil, juice of half lemon, sea salt and pepper. Toss the asparagus to evenly coat with oil. Roast on the top rack of the oven for just 10-15 minutes for a mildly cooked asparagus. Remove fish from oven, discard the thyme sprigs and top with fresh thyme sprigs for serving and juice from the remaining half lemon.

10-Minute Sausage Skillet with Cherry Tomatoes and Broccolini

Recipe from [Epicurious](#)

Ingredients

- 1 Tablespoon olive oil
- 12 ounces fully cooked Italian sausage (about 4 links), sliced into 1/4"-thick coins
- 2 pints cherry tomatoes
- 2 garlic cloves, pressed or finely chopped
- 4 sprigs thyme
- 2 bunches broccolini (about 1 pound), *trimmed, halved lengthwise*
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 Tablespoons unsalted butter, *cubed*
- Crusty bread (*for serving; optional*)

Directions

Heat oil in a large skillet over medium-high. Add sausage and cook, stirring occasionally, until lightly browned, about 2 minutes. Add tomatoes, garlic, and thyme, stir to combine, and cook, pressing down on some of the tomatoes with the back of a wooden spoon to encourage bursting, 2 minutes. Add broccolini; season with salt and pepper. Cook, covered, 2 minutes. Remove from heat and stir in butter until melted.

Divide sausage mixture among plates. Serve with bread alongside, if desired.



Quinoa Bowl with Grilled Chicken, Goat Cheese

Recipe from [Run. Eat. Snap.](#)



Ingredients

- 1 pound chicken breasts
- 3/4 cup quinoa, dry
- 1 green bell pepper
- 1 red bell pepper
- 1/2 white onion
- 1 large head of broccoli
- 3 zucchini
- 1/4 cup goat cheese
- 2 Tablespoons olive oil

Directions

Prepare the chicken breasts using whatever seasoning you prefer (salt, pepper, and garlic powder is great). Bake for 20 minutes at 450°. Cook the quinoa according to package instructions (about 15-20 minutes).

Dice the bell peppers, onion, broccoli, and zucchini and sauté in olive oil until heated through.

Once the chicken is cooked, cut into small pieces. Combine chicken, quinoa, veggies, and top with goat cheese. Drizzle with olive oil or lemon juice, as desired.

Butternut Squash Tacos

Vegetarian, Vegan optional | Recipe from
Chelsea's Messy Apron

Ingredients

5 cups butternut squash, cut evenly into 1-inch cubes
2 Tablespoons olive oil
1/2 teaspoon fine sea salt
1/2 teaspoon chili powder
1/2 teaspoon paprika
1/2 teaspoon cumin
1/2 teaspoon garlic powder
1/4 teaspoon freshly cracked pepper
1 (15 ounce) can black beans, drained and rinsed

Sauce

1/2 cup full-fat regular mayo*
1/8 teaspoon ground cumin
1/4 teaspoon paprika
1/2 teaspoon chili powder
1 teaspoon Siracha or hot sauce
pinch of salt and ground black pepper
*make vegan by using vegan mayo

Directions

Preheat the oven to 425°. Peel the squash and chop into bite-sized (1-inch) even cubes. Toss the squash with the 2 Tbsp olive oil, 1/2 tsp (each) of salt, chili powder, paprika, cumin, garlic powder and 1/4 tsp pepper. Spread evenly on a very large sheet pan. You don't want squash pieces overlapping each other or they'll steam instead of roast, so use 2 sheet pans if needed.

Place the sheet pan(s) of squash in the oven for 10-15 minutes. Remove from oven, toss around and return for another 10-15 minutes or until caramelized and crisp tender.

Meanwhile, drain and rinse the beans. Once the squash is tender, remove the sheet pan and mix the drained beans with the squash. Toss to combine and warm the beans.

While the squash is baking you can also prepare the sauce. In a small bowl add mayo, cumin, paprika, and chili powder. Add 1 tsp Siracha and a generous pinch of salt and pepper. Whisk together with a fork until smooth.

Char, grill, or warm tortillas and top with whatever toppings you'd like (we recommend kale or coleslaw, avocado, and cilantro!). Drizzle on fresh lime if desired and add a few spoonfuls of the sauce to each taco. Enjoy while hot!

Healthyish BBQ Chicken

Recipe from Bon Appetit

Ingredients

2 Tablespoons extra-virgin olive oil

3 garlic cloves, crushed

6 Tablespoons double-concentrated tomato paste

½ cup pure maple syrup

¼ cup soy sauce

¼ cup Worcestershire sauce

2 Tablespoons unseasoned rice vinegar

4 teaspoons Sriracha or other hot sauce

Vegetable oil (for grill)

1 3½–4-pound whole chicken, cut into 6–8 pieces, or whatever bone-in cut of chicken you feel like cooking.

Kosher salt

Directions

Heat olive oil in a small saucepan over medium until hot. Cook garlic, turning occasionally, until golden brown all over, 4–5 minutes. Add tomato paste and cook, stirring constantly and scraping bottom of pot, until paste darkens, 3–4 minutes. Add maple syrup, soy sauce, Worcestershire sauce, vinegar, and Sriracha. Bring to a boil, then reduce heat to medium-low and simmer to let flavors meld, about 1 minute. Remove from heat. Transfer about half of barbecue sauce to a heatproof bowl; reserve for serving.

Prepare a grill for medium-high indirect heat (for a charcoal grill, bank coals on one side of grill; for a gas grill, leave one or two burners off); oil grates. Season chicken generously with salt. Grill chicken over direct heat, turning every minute, until browned on all sides, 5–6 minutes. Move chicken over indirect heat and continue to grill, keeping grill covered as much as possible and turning every 5 minutes or so, until an instant-read thermometer inserted into thickest part registers 140°–145°, 18–25 minutes depending on size. Begin basting with barbecue sauce, turning chicken occasionally, until an instant-read thermometer inserted into thickest part registers 160° for breast and 165° for dark meat, about 10 minutes longer.

Transfer chicken to a platter. Serve with reserved sauce alongside.

Slow-Cooker Chicken Noodle Soup

Recipe from [Fit Foodie Finds](#)



Ingredients

- 4 medium carrots, diced (1.5 cups)
- 4 large celery stalks, diced (1 cup)
- 3 cloves garlic, minced
- 1/2 medium yellow onion, finely diced
- 1.5 pounds boneless, skinless chicken breast
- 1 teaspoon Italian seasoning
- 1 teaspoon dried minced garlic
- 1 teaspoon dried minced onion
- 1 teaspoon red pepper flakes
- 1 teaspoon dried red and green pepper (optional)
- 6 sprigs of fresh thyme
- 6 sprigs of fresh rosemary
- 1 Tablespoon Franks hot sauce (or white vinegar)
- 8 cups chicken broth
- 1/4 teaspoon salt
- 3 cups egg noodles
- *optional: fresh parsley for topping

Directions

Begin by creating an herb bundle by tying a piece of string around your fresh thyme and rosemary.

Then, place all raw ingredients (minus the egg noodles) inside of your crockpot and stir. Make sure your chicken breasts are fully submerged in liquid.

Set crock pot to high and cook for 3-4 hours OR set crock pot to low and cook for 6-8 hours.

Once your chicken is tender and fully cooked, remove and slice into small chunks OR shred with 2 forks. Put the chicken breast back into soup and mix.

Add 3 cups of egg noodles to the slow cooker and mix again. Place the top back on your slow cooker and let sit for 10 minutes in order to cook the noodles.

Serve with a sprinkle of fresh parsley.

Grilled Shrimp Skewers

Dairy-Free | Pescatarian
Recipe from Feel Good Foodie



Ingredients

1 pound large shrimp *peeled and deveined*
3 Tablespoons olive oil
2 Tablespoons lemon juice
½ teaspoon salt
¼ teaspoon black pepper
1 teaspoon oregano
½ teaspoon paprika
½ teaspoon garlic powder
Chopped parsley *for serving*
Lemon slices *for serving*

Directions

Place the olive oil, lemon juice, salt, pepper, oregano, paprika and garlic powder in a large bowl; whisk to combine.

Add the shrimp to the bowl and toss gently to coat evenly with the marinade. Marinate for at least 15 minutes or up to 2 hours max.

Skewer 4-6 shrimp on each soaked skewer and place on a plate while skewering the remaining shrimp.

Heat a grill or grill pan over medium high heat and cook the shrimp for 2-3 minutes on each side until the color is pink and shrimp is opaque. Serve warm with fresh parsley and lemon slices, if desired.

Mexican Beef Skillet

Recipe from [Fit Foodie Finds](#)



Ingredients

- 1 Tablespoon olive oil
- 1 Tablespoon minced garlic
- 1/2 medium yellow onion, minced
- 2 large bell peppers, diced
- 1 pound lean ground beef
- 3 Tablespoons taco seasoning
- 1/2 cup tomato sauce
- 2 Tablespoons green chiles
- 1 (15 ounce) can black beans, *drained and rinsed*
- 1 cup quick-cooking brown rice (quick-cooking white rice works too!)
- 1 1/2 cups beef broth
- 1/2 cup Mexican shredded cheddar cheese

Directions

Heat olive oil over medium/high heat in a large nonstick skillet. When olive oil is fragrant, add garlic, onion, and bell pepper. Saute for 3-5 minutes.

Move veggies to the side and add in ground beef. Saute ground beef for 7-9 minutes, or until fully cooked. Mix everything together in the pan. Once the beef is fully cooked, add taco seasoning, tomato sauce, green chiles, and black beans and cook for a few minutes. Then, add in quick-cooking rice and broth. Bring to a boil over medium/high heat.

Once boiling, turn down to low and cover. Let simmer for around 20 minutes or until the rice has softened and absorbed the majority of the liquid.

Sprinkle cheese on top of skillet and either let melt naturally or pop it in the oven at 400° for a few minutes to fully melt cheese.

Photo from [Fit Foodie Finds](#)

Garlic Butter Turkey Meatballs with Lemon Zucchini Noodles

Recipe from [Eat Well 101](#)

Ingredients

1/2 pound ground turkey meat
1/2 pound ground pork meat (optional, see recipe notes)
1/2 cup shredded mozzarella
4 cloves garlic, grated + 2 cloves garlic, minced
1 teaspoon Italian seasoning
1/2 teaspoon red crushed chili pepper flakes, *optional*
1 crumbled bouillon cube, *optional*
Salt and fresh cracked black pepper, to taste
1 cup fresh chopped cilantro (or parsley), divided
3 Tablespoons butter
4 medium zucchini, *spiralized*
Juice of 1/2 lemon
1 Tablespoon hot sauce of your choice (we used Sriracha)

Directions

In a large bowl, combine ground turkey and ground pork, cheese, grated garlic, Italian seasoning, bouillon cube, red chili pepper flakes, chopped cilantro and black pepper. Mix well with your hands or fork and form medium balls. Arrange the turkey meatballs on a plate and set aside.

Melt 2 Tablespoons butter in a large skillet over medium-low heat. Cook the turkey meatballs for 8 – 10 minutes on all sides, until browned and cooked through. While cooking, baste the meatballs with the mix of butter and juices. Remove to a clean plate and set aside.

In the same skillet melt remaining tablespoon butter; then add lemon juice, hot sauce, minced garlic, and red pepper flakes (if you want). Add the zucchini noodles and cook for 3 or 4 minutes, stirring regularly, until zucchini is done but still crisp and juices have reduced a bit. Adjust seasoning with salt and pepper and garnish with more cilantro or parsley if you like.

Push zucchini on one side of the skillet and add the turkey meatballs back to the pan and reheat for a minute or two. Serve the garlic butter turkey meatballs with lemon zucchini noodles immediately with a lemon slice on the side.

Delicious Desserts



Apple Crisp Stuffed Apples

Recipe from [Nourished Routes](#)

Ingredients

1 stick butter, unsalted
1 teaspoon vanilla extract
1/2 cup packed light brown sugar
1/2 cup all purpose flour
3/4 cup old fashioned oats
1 teaspoon ground cinnamon
4 apples
3/4 cup hot water



Directions

Preheat oven to 375°.

In a medium sized bowl, melt butter. Add in brown sugar, flour, oats, cinnamon, and vanilla and stir until well combined.

Slice each apple in half and remove the stems. Using a spoon, scoop out the core of each apple.

Pour the hot water into the bottom of your 9×13 pan and place the apples inside, with the cut side up. Sprinkle with extra cinnamon. Then, stuff each apple with mixture until all apples are stuffed.

Cover with foil and bake for 20 minutes. Remove the foil and bake for another 35 minutes.

Notes:

Serve with yogurt-based ice cream!



Chunky Monkey Smoothie

Vegan | Gluten-Free
Recipe from [Vegan Huggs](#)

Ingredients

- 1 cup coconut milk, more as needed (*or any plant-based milk*)
- 2 large bananas, frozen
- 2 Tablespoons peanut butter (*sub almond butter*)
- 2 Tablespoons raw cacao powder (*or unsweetened cocoa powder*)
- 1 Tablespoon chia seeds (*sub flax seeds*)

Directions

Add all the ingredients to a blender, and blend on high until smooth & creamy. The consistency should be thick, but if it's too thick, add a few splashes of milk. If it's too thin, add more frozen banana.

Pour into your favorite glass and serve. Enjoy!

Peanut Butter Banana "Nice Cream"

Vegan | Gluten-Free
Recipe from [Nourished Routes](#)

Ingredients

4 large ripe bananas
2 Tablespoons peanut butter

Directions

Peel and slice bananas into 1/2 inch discs. Arrange slices into a single layer on a large baking sheet to freeze for 1-2 hours.

Place the banana slices in a food processor and puree until the mixture is creamy and smooth. Add the peanut butter and puree to combine.

Serve immediately for soft-serve ice cream consistency!

*If you have a hard time creating a creamy consistency, you can add 1-2 tablespoons of water or milk to help puree!



Black Bean Brownies

Dairy-Free | Gluten-Free
Recipe from [Minimalist Baker](#)

Ingredients

2 large flax eggs (2 heaping Tablespoons flaxseed meal + 6 Tbsp water // *or sub chicken eggs with varied results if not vegan*)
1 (15 ounce) can black beans, well rinsed and drained
3 Tablespoons coconut oil, melted
3/4 cup cocoa powder
1/4 teaspoon sea salt
1 teaspoon pure vanilla extract
1/2 heaping cup organic cane sugar (*slightly ground or pulsed in a food processor or coffee grinder for refined texture*)
1 1/2 teaspoon baking powder

Directions

Preheat oven to 350°. Lightly grease a 12-slot standard size muffin pan.

Prepare flax egg by combining flax and water in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes. Add remaining ingredients (besides walnuts or other toppings) and puree – about 3 minutes – scraping down sides as needed. You want it pretty smooth. If the batter appears too thick, add a Tbsp or two of water and pulse again.

Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your finger. Optional: Sprinkle with crushed walnuts, pecans or chocolate chips.

Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides.

Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very fudgy, so don't be concerned if they seem too moist – that's the point. Plus, they're vegan so it doesn't really matter.

Store in an airtight container for up to a few days. Refrigerate to keep longer.

Strawberry Oatmeal Bars

Recipe from [Well Plated by Erin](#)

Ingredients

1 cup old-fashioned rolled oats, gluten free if needed
3/4 cup white whole wheat flour or substitute all-purpose flour or 1:1
Baking flour to make gluten free
1/3 cup light brown sugar
1/4 teaspoon ground ginger
1/4 teaspoon kosher salt
6 Tablespoons unsalted butter melted (*or substitute melted coconut oil to make vegan/dairy free*)
2 cups small-diced strawberries about 10 ounces, divided
1 teaspoon cornstarch
1 Tablespoon freshly squeezed lemon juice from about 1/2 small lemon
1 Tablespoon granulated sugar divided

For optional vanilla glaze

1/2 cup powdered sugar sifted
1/2 teaspoon pure vanilla extract
1 Tablespoon milk any kind you like

Directions

Place a rack in the center of your oven and preheat to 375 F°. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.

In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.

Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.

Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely (you can speed this process along in the refrigerator).

While the bars cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla, and milk until smooth. Feel free to add more milk if a thinner consistency is desired. Using the parchment-paper handles, lift the bars from the pan. Drizzle with glaze, slice, and serve.

Chunky Monkey Oatmeal Bars

Recipe from [The Baking Chocolatess](#)



Ingredients

2 cups old-fashioned rolled oats or for gluten free option, use gluten free rolled oats

1/2 cup peanut butter or any nut butter you prefer

2 large ripe bananas, mashed

1-3 Tablespoons maple syrup or brown sugar or sugar of choice

1/4 cup walnuts roughly chopped

Optional 1/4 teaspoon cinnamon, 1/4 cup chocolate chunks or chips of choice

optional -for vegan option use vegan chunks or chips

Directions

Preheat the oven to 350 F°.

Line an 8 x 8-inch pan with parchment paper and spray with non-stick cooking spray and set aside.

In a med-large mixing bowl, mix together the oats, mashed banana, peanut butter, maple syrup and walnuts until fully incorporated.

Transfer the batter in the prepared pan and spread out on an even layer.

Top with chocolate chunks or chips, then bake for 20-25 minutes until golden. Allow the bars to cool in the pan, before transferring to a wire rack to cool completely.

Pumpkin Chocolate Chip Oatmeal Bars

Recipe from [Sally's Baking Addiction](#)

Ingredients

3 cups old-fashioned whole oats or quick oats (not instant)*
1 teaspoon baking powder
1 teaspoon pumpkin pie spice*
1 teaspoon ground cinnamon
1/2 teaspoon salt
1 cup fresh or canned pumpkin puree
1/3 cup unsweetened applesauce*
1/3 cup melted coconut oil
1/3 cup pure maple syrup
1/4 cup coconut sugar (or packed light or dark brown sugar)
1 teaspoon pure vanilla extract
3/4 cup semi-sweet chocolate chips, plus a few to press into the top

Directions

Preheat oven to 350°. Line the bottom and sides of an 8-inch or 9-inch square baking pan with parchment paper, leaving an overhang on the sides to lift the bars out (makes cutting easier). Set aside.

Pulse the oats in a food processor or blender until they're slightly broken up. (For whole oats, about 10 pulses. For quick oats, about 5-6 pulses.) Pour into a large bowl and add the remaining ingredients. With a rubber spatula or large spoon, stir together until combined. Mixture/dough will be very heavy and thick.

Spoon mixture into prepared pan. Using the back of a flat spatula or a spoon, spread and press it tightly down into the pan. Make sure it's flat and very compact, which helps guarantee the bars hold their shape. Dot a few chocolate chips into the top— this is optional and only for looks! I usually use about 1-2 Tablespoons on top.

Bake for 25-28 minutes or until the edges are very lightly browned and the center appears set. Avoid over-baking, which dries the bars out.

Remove from the oven and cool in the pan at room temperature for 30-60 minutes. After that, place the pan in the refrigerator for 1-2 hours until chilled.

Remove bars from the pan using the overhang on the sides then cut into squares.

Cover leftover bars tightly and store at room temperature for up to 3 days or in the refrigerator for up to 10 days.



Coconut Brownie Energy Bites

Recipe from [Laura Fuentes](#)

Ingredients

- 1 cup raisins, packed
- 1 cup cashews
- $\frac{1}{4}$ cup cocoa powder
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon salt
- Pinch cinnamon
- $\frac{1}{3}$ cup shredded coconut

Directions

Place raisins in a medium bowl and cover with hot water. Let soak for 5 minutes to soften then drain.

Add raisins and all remaining ingredients, except the shredded coconut, into a food processor and pulse until mixture turns into the consistency of sand. Remove blade from the unit.

Using your hands, scoop out dough and form into balls on the palms of your hands. Roll each brownie bite on the shredded coconut and set aside.

Chill for 30 minutes and enjoy. Store in an airtight container in the fridge for one week.

Apple Pie Crumble

Recipe from [Laura Lea Balanced](#)

Ingredients

Filling:

- 4 small or 3 large organic red apples, chopped into 3/4" pieces
- 6 large or 9 small medjool dates, pitted & diced into 1/4" pieces
- 3/4 teaspoon ground cinnamon
- 2 Tablespoons fresh lemon juice (Approx 1 medium lemon)
- 1 1/2 Tablespoons arrowroot starch (sub cornstarch)
- 1/4 cup monkfruit sweetener (sub coconut sugar)

Crumble

- 4 Tablespoons 1/2 stick unsalted, melted butter (sub melted coconut oil)
- 1/2 cup plain/unsweetened applesauce (sub another 4 oz melted butter or coconut oil)
- 1 1/2 teaspoons vanilla extract
- 1/2 cup blanched & fine ground almond flour
- 1 1/2 cups rolled oats
- 1/4 cup monkfruit sweetener (sub coconut sugar)
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon sea salt

Directions

Preheat oven to 325°. Line an 8x8 inch or similar-sized baking dish with nonstick parchment paper, using binder clips to hold parchment to the sides.

Combine all filling ingredients in a large mixing bowl and toss to coat. You may need to use your fingers to break up the date pieces so they're dispersed throughout. Add filling to your baking dish and spread in an even layer.

Using the same mixing bowl, combine all crumble ingredients and stir until evenly incorporated. Spread evenly over apple mixture.

Bake crumble for 45-50 minutes, until the edges are golden-brown and apples are fork-tender. Allow to cool 15 minutes before enjoying. Leftover crumble will keep tightly sealed (once cooled completely) in the fridge for 5 days or frozen 4-6 months.

Two-Ingredient Fudge Bars



Recipe from [Chocolate Covered Katie](#)

Ingredients

8 oz chocolate chips (or sugar free chocolate chips)

1/2 cup peanut butter or allergy friendly sub (sunbutter, coconut butter, almond butter, etc.)

Optional chopped walnuts, shredded coconut, chia seeds, etc.

Directions

Line an 8×8 pan with parchment or wax paper, and set aside. If nut butter is not stir-able, gently warm it until soft. Melt the chocolate chips (Google how to melt chocolate if unsure, as it's easy to burn). Stir together all ingredients until smooth. Pour into the pan and spread out evenly. Freeze 10 minutes or until firm enough to slice. The bars can stay out at room temperature if you're serving them, especially if it's not too warm outside or in your home. Store leftovers in the fridge or freezer.

Energizing Snacks and Sides





Honey Lime Broccoli

Recipe from [Laura Lea Balanced](#)

Ingredients

- 2 medium heads broccoli, diced into approx. 1 1/2" florets (approximately 10 cups)
- 1 Tablespoon avocado oil or olive oil
- 1/2 teaspoon sea salt, plus more to taste
- 1/4 teaspoon black pepper
- 1 packed Tablespoon lime zest (approximately 2 medium limes)
- 2 Tablespoons lime juice (approximately 1 medium lime)
- 2 Tablespoons melted butter (sub 1 tablespoon olive oil)
- 1 large or 2 small garlic cloves, finely minced
- 1 1/2 Tablespoons honey

Optional: 1/3 cup roasted salted pistachios for garnish

Directions

Make sure oven racks are situated in the middle. Preheat oven to 400° and line 2 baking sheets with nonstick parchment paper. Alternately, Silpats work in place of parchment.

To a large mixing bowl, add broccoli florets, avocado oil, salt and pepper. Toss to coat, then spread in even layers over the baking sheets. Roast broccoli for 23-27 minutes, until tender and golden brown around the edges.

While broccoli is roasting, whisk all remaining ingredients together in a small bowl. As soon as broccoli comes out of the oven, drizzle each baking sheet with half of the lime mixture and use a spatula or spoon to evenly coat. Taste for salt and add accordingly, then serve immediately with pistachios, if using!

Leftover broccoli will keep tightly sealed in the refrigerator up to 3 days.



Ingredients

2.5 cups cooked chickpeas (1 19 ounce can, drained and rinsed)
1 Tablespoon olive oil
3 cloves garlic, minced
1/2 a medium white onion, diced
2 cups sliced white mushrooms
1 1/2 teaspoon paprika
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon oregano
1/2 teaspoon black pepper
1/2 teaspoon sea salt
1/2 teaspoon chili powder
1/4 teaspoon thyme

Spiced Skillet Chickpeas

Recipe from [Running on Real Food](#)

Directions

Heat the olive oil in a pan over medium heat or omit the oil and use a splash of water or vegetable broth.

Add the onions, garlic and mushrooms and cook for 6 or 7 minutes, stirring every couple minutes to allow them to start to brown.

Add all the spices and cook for a few more minutes, stirring often.

Add the chickpeas and continue cooking and stirring for 5-10 minutes until heated through and browned.



Air Fryer Sweet Potato

Ingredients

Recipe from [Wholesome Yum](#)

- 2 pounds sweet potatoes (*4-5 medium, unpeeled*)
- 2 Tablespoons olive oil (*or avocado oil*)
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 3/4 teaspoon sea salt (*plus more to taste at the end*)
- 1/4 teaspoon black pepper

Directions

Wash the potatoes and pat dry with paper towels (drying is important so they can get crispy). Cut into wedges of similar size.

In a large bowl, combine the sweet potato wedges, olive oil, and seasonings. Toss to coat.

Arrange the sweet potato wedges in the air fryer basket in a single layer, leaving space between them. (Cook in batches if needed to avoid crowding the basket; mine required 3 batches.)

Cook sweet potatoes in the air fryer at 390 degrees F (199 degrees C) for 20-25 minutes, shaking the air fryer basket every 8-10 minutes, until golden and crisp. Remove the basket and sprinkle the wedges with additional salt and pepper to taste.



Peanut Butter Chunky Monkey Baked Oats

Ingredients

3 ripe bananas, mashed
2 eggs
2 teaspoon vanilla extract
1 (15 ounce) canned coconut milk
2 Tablespoons pure maple syrup or honey
2 1/4 cups oats
2 teaspoons baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
1/3 cup unsweetened coconut flakes (can omit)
1/3 cup chocolate chips (can omit)
1/4 cup peanut butter, melted in the microwave (can omit)

Recipe from [Nourished Routes](#)

Directions

Preheat oven to 350 degrees F. Grease an 8×8 pan with oil.

In a large bowl, mix together mashed banana, eggs, vanilla, canned coconut milk, and maple syrup/honey. Then, add oats, baking powder, cinnamon, and salt and mix to combine. Then, add add-ins including pecans, coconut flakes, and chocolate chips.

Pour mixture into prepared pan. You can add any toppings (choc chips, coconut flakes, or chopped nuts) on top, if you desire. Bake for about 35 minutes, until edges are browned.

Top with a drizzle of peanut butter and fresh banana slices and enjoy!

Med-South Caviar

Dairy-Free | Vegetarian
Recipe from [The Cancer Dietitian](#)

Ingredients

3 Roma tomatoes seeds removed, diced
2 ripe avocados diced
1/3 cup red onion diced
1 (15 ounce) can black beans rinsed and drained
1 (15 ounce) can black eyed peas rinsed and drained
1 ½ cups frozen sweet corn thawed
1 bell pepper diced
1 jalapeno pepper seed removed, diced
½ cup cilantro finely chopped

Sauce

1/3 cup olive oil
2 Tablespoons lime juice
2 Tablespoons red wine vinegar
1 teaspoon sugar
½ teaspoon salt
½ teaspoon pepper
¼ teaspoon garlic powder or 2 cloves of garlic, *minced*



Directions

Combine tomatoes, avocados, black beans, black eyed peas, corn, jalapeño, bell peppers, cilantro, salt and pepper.

Mix together olive oil, lime juice, red wine vinegar, sugar, and garlic powder or garlic into a dressing.

Pour dressing over vegetables and stir.

AIR FRYER GREEN BEANS WITH PARMESAN

Gluten-Free | Vegetarian
Recipe from The Recipe Critic

Ingredients

1 pound green beans
2 Tablespoons olive oil
2 Tablespoons lemon juice
1/4 cup grated parmesan
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a bowl, add the green beans, olive oil, lemon juice, parmesan, garlic powder, salt, and pepper.

- Stir everything together until combined. Add it to your air fryer basket and cook at 370 degrees for 5 minutes

Shake the basket, then cook for another 5 minutes or until golden and tender.



5-Ingredient PB&J Energy Bites

Dairy-Free | Vegetarian | Gluten-Free Option
Recipe from [Laura Lea Balanced](#)

Ingredients

3/4 cup raw almonds
3/4 packed cup medjool dates, pitted
1/4 cup all fruit strawberry jam (sub your favorite fruit)
1/4 cup organic unsalted peanut butter (creamy or chunky)
1/2 cup rolled oats (look for certified GF, if needed)

Directions

Place all ingredients in a food processor and process until incorporated. The mixture will stick together when pinched and there will be no whole oats visible.

With a small bowl of water nearby, roll the dough into 1 1/2 inch balls. Keep fingertips wet to prevent sticking. Place on a sheet tray or platter, cover and refrigerate 20 minutes before serving.



Maple Pecan Pie Balls

Dairy-Free | Vegetarian | Gluten-Free Option

Recipe from [Laura Lea Balanced](#)

Ingredients

- 1 1/4 cups raw pecans
- 1 1/2 cups medjool dates, pitted
- 1/4 cup raw rolled oats gluten-free
- 1/2 teaspoon sea salt
- 1 teaspoon cinnamon
- 1 teaspoon maple extract



Directions

Place all ingredients in a food processor and process until incorporated. The mixture will stick together when pinched and there will be no whole oats visible.

With a small bowl of water nearby, roll the dough into 1 1/2 inch balls. Keep fingertips wet to prevent sticking. Place on a sheet tray or platter, cover and refrigerate 20 minutes before serving.

Summer Squash Salad

Gluten-Free | Dairy-Free | Vegetarian
Recipe from [Taste of Home](#)

Ingredients

4 cups julienned zucchini
4 cups julienned yellow squash
2 cups sliced radishes
1 cup canola oil
1/3 cup cider vinegar
2 Tablespoons Dijon mustard
2 Tablespoons snipped fresh parsley
1-1/2 teaspoons salt
1 teaspoon dill weed
1/2 teaspoon pepper



Directions

In a large bowl, toss the zucchini, squash and radishes. In a small bowl, whisk the remaining ingredients. Pour over vegetables. Cover and refrigerate for at least 2 hours. If desired, top with additional snipped fresh parsley.

Chia, Quinoa, and Banana Granola Bars

Gluten-Free | Dairy-Free | Vegetarian
Recipe from [Ambitious Kitchen](#)

Ingredients

1 cup gluten free rolled oats
1/2 cup uncooked pre-rinsed quinoa
2 Tablespoons chia seeds
1/4 teaspoon salt
1 teaspoon cinnamon
2 ripe bananas, mashed (about 3/4 cup)
1/2 teaspoon vanilla extract
1/4 cup roughly chopped almonds
1/4 cup chopped pecans
1/3 cup dried fruit (*raisins or cranberries work well*)
1/4 cup natural creamy almond butter
2 Tablespoons honey or pure maple syrup



Directions

Preheat oven to 350°. Line an 8x8 inch baking pan with parchment paper to prevent bars from sticking.

In a large bowl, combine oats, uncooked quinoa, chia seeds, salt and cinnamon. Stir in mashed banana and vanilla. Fold in almonds, pecans (or walnuts) and dried fruit.

Place a small saucepan over low heat; add in almond butter and honey (or maple syrup) and stir until warm and almond butter is melted. Fold into granola bar mixture until well combined. Pour into prepared pan and press down firmly with hands or with a measuring cup to help bars stay intact. Bake for 25 minutes or until edges turn golden brown. Allow to cool completely before cutting into 10 bars.

Garlic Herb Cauliflower Rice

Gluten-Free | Dairy-Free | Vegetarian

Recipe from [Inspired Kitchen](#)

Ingredients

- 1 medium head cauliflower *or 16 ounces store-bought cauliflower rice*
- 1/2 cup sliced almonds
- 2 Tablespoons butter *or substitute extra virgin olive oil*
- 2 cloves garlic, minced
- 1/4 teaspoon fine sea salt
- Freshly ground black pepper, *to taste*
- 3/4 cup chopped fresh herbs *like parsley, dill, cilantro, and basil*
- 1 Tablespoon lemon juice or more to taste

Directions

To turn a head of cauliflower into rice, there are two options. Use a food processor or use a box grater. If using a food processor, cut the head of cauliflower into medium chunks and remove the core. Working in batches, add the cauliflower to the bowl of a food processor and pulse until the cauliflower is broken down into very small bits that resemble rice (see photo above).

If using a box grater, cut the head of cauliflower into quarters and remove the core. Use the medium-sized holes to grate each quarter into small bits resembling rice. Add the almonds to a large skillet over medium heat. Stir the almonds around the pan until they are fragrant and lightly toasted, about 3 minutes. Keep a close eye on the nuts since they do toast quickly. Transfer the toasted almonds to a bowl and save for later.

Return the skillet to the heat and add the butter. When the butter is melted and bubbling, stir in the garlic. Cook the garlic, stirring it around the pan, until fragrant, about 30 seconds.

Add the cauliflower rice, salt, and a few grinds of black pepper. Cook, stirring every once and a while, until the cauliflower rice is crisp-tender and starts to turn light brown in places, 7 to 10 minutes.

Take the skillet off of the heat, and then stir in the fresh herbs, lemon juice, and toasted almonds. Taste then adjust with additional salt, pepper or lemon juice.

Lemon Energy Date Balls

Gluten-Free | Vegan
Recipe from [Bless this Mess](#)

Ingredients

1 cup dates
1 cup cashews
1/2 cup shredded coconut
Zest from one large lemon
Juice from one large lemon
Pinch of sea salt

Directions

Add all of the ingredients to the bowl of your food processor and blend until the nuts are well chopped and a thick “dough” starts to form, about 3-5 minutes of processing. If the ingredients are chopped into super small pieces but the dough isn’t coming together, try adding a teaspoon of water at a time (up to a tablespoon or two) to encourage everything to come together.

When the ingredients are well incorporated, remove the blade from the food processor.

Take 1 large Tablespoon of the “dough” and roll it into a ball in between your hands. Repeat with remaining dough. Keep the balls in the fridge for up to a month or in the freezer much longer.



Cucumber Tomato Salad

Gluten-Free | Vegan | Dairy-Free
Recipe from [Spend with Pennies](#)

Ingredients

- 1 long English cucumber sliced
- 2-3 large tomatoes diced
- ½ red onion sliced
- 1 Tablespoon fresh herbs parsley, *basil and/or dill, optional*
- 2 Tablespoons olive oil
- 1 Tablespoon red wine vinegar
- Salt & pepper *to taste*

Directions

Combine all ingredients in a bowl and toss well.
Refrigerate at least 20 minutes before serving.



Roasted Zucchini

Gluten-Free | Vegan | Dairy-Free
Recipe from [Well Plated](#)

Ingredients

4 small zucchini ends trimmed, quartered lengthwise
1/3 cup freshly grated Parmesan
1 teaspoon Italian seasoning
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1 1/2 Tablespoons extra-virgin olive oil
1 Tablespoon freshly squeezed lemon juice
2 Tablespoons chopped fresh herbs

Directions

Preheat the oven to 400 degrees F. Coat a cooling rack with nonstick spray and place on a rimmed baking sheet.

In a small bowl, stir together the Parmesan, Italian seasoning, salt, and pepper.

Place the zucchini in a large bowl. Drizzle with the oil and sprinkle with the Parmesan mixture. Toss to coat, then arrange the zucchini on top of the cooling rack on the prepared baking sheet, being careful not to overlap the spears.

Place in the oven and bake until the zucchini is tender, about 12 to 15 minutes. Turn the oven to broil. Cook until the Parmesan is lightly crisp on top, about 2 to 3 minutes. Don't walk away! The second you stop watching the cheese, it will decide to burn.

Remove the zucchini from the oven and immediately squeeze the lemon juice over the top. Sprinkle with herbs. Enjoy warm or at room temperature.



Mediterranean Quinoa Salad

Gluten-Free | Vegan
Recipe from [Choosing Chia](#)

Ingredients

2 cups quinoa, cooked (about 1 cup uncooked)
1 red bell pepper, chopped
1/2 cucumber, chopped
1 cup chickpeas
1/2 small red onion, finely chopped
1/2 cup kalamata olives, cut in half
1/4 cup sundried tomatoes, finely chopped
1/3 cup fresh basil, finely chopped
1/4 cup crumbled feta cheese (**use vegan feta cheese if needed*)

Directions

To prepare the salad mix all the ingredients together in a large bowl. If there is any ingredient you like more of feel free to add more!

Mix all the salad dressing ingredients together in a small jar. Cover with the lid and shake until incorporated.

Pour half the salad dressing onto the quinoa salad and give it a taste. If you like more dressing, add more. Otherwise reserve leftover dressing for other salads.

Ingredients

2 Tablespoons lemon juice
1 Tablespoon white wine vinegar (or *red wine vinegar*)
1/3 cup olive oil
1 Tablespoon dijon mustard
1 teaspoon maple syrup
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder
1/4 teaspoon ground cumin
Salt & pepper to taste

Dairy-Free Herb Potato Salad

Gluten-Free | Vegan
Recipe from [Cookie & Kate](#)

Ingredients

2 pounds small red potatoes, scrubbed and sliced into ¼-inch thick rounds
1 Tablespoon fine sea salt
¼ cup olive oil
⅓ cup lightly packed fresh flat-leaf parsley, roughly chopped, *plus about 2 tablespoons more for garnish*
⅓ cup roughly chopped green onions, *plus about 2 Tablespoons thinly sliced for garnish*
2 Tablespoons fresh lemon juice
2 teaspoons Dijon mustard
2 cloves garlic, roughly chopped
Freshly ground black pepper, to taste
3 stalks celery, chopped

Directions

In a large saucepan or Dutch oven combine sliced potatoes and salt. Cover with water by 1 inch. Bring to a boil over high heat, then reduce heat to medium-low and cook until potatoes are easily pierced by a paring knife and pulled out with little resistance, about 5 to 6 minutes.

Reserve ¼ cup cooking water, then drain. Transfer the potatoes to a large mixing bowl. In a small food processor or blender, combine the olive oil, ⅓ cup parsley, ⅓ cup green onions, lemon juice, Dijon mustard, garlic and freshly ground black pepper. Process until the herbs and garlic have been chopped into little pieces. Then, while running the food processor, pour in the reserved cooking water and process just until blended. (If you don't have a food processor or blender, just finely chop the parsley and onions and whisk the dressing together until the oil is fully incorporated.)

Drizzle the potatoes with the herbed olive oil mixture and gently mix to combine. (It will look like you've poured in too much dressing, but don't worry, the potatoes will soak it up!) Let the potatoes rest for ten minutes, gently tossing every few minutes. Add the celery to the bowl, along with a couple tablespoons each of additional chopped parsley and green onions. Toss again. Season generously to taste with salt and pepper. Serve immediately, or cover and refrigerate until you're ready to serve. This salad is best served within a few hours, but will keep in the refrigerator for about three days.

Grilled Veggies

Vegetarian | Gluten-Free
Recipe from [Foodie Crush](#)



Ingredients

2 portabello mushrooms
1 eggplant
1 zucchini
1 yellow squash
1 onion
1 bunch thick asparagus
1 red bell pepper
2 Tablespoons extra virgin olive oil
1 Tablespoon kosher salt
1 Tablespoon freshly ground black pepper

Directions

Prepare the grill with clean grates and preheat to medium heat, 350°F to 450°F.

Trim the ends of the eggplant, zucchini, yellow squash and onion and cut into $\frac{1}{3}$ " to $\frac{1}{2}$ " slices. Seed the red bell pepper and cut into quarters. Trim the ends of the asparagus.

Drizzle the vegetables with olive oil and sprinkle evenly with salt and pepper. Grill the vegetables with the lid closed until tender and lightly charred all over, about 8 to 10 minutes for the bell peppers, onion, and mushroom; 5-7 minutes for the yellow squash, zucchini, and eggplant and asparagus.

Serve warm or at room temperature.

Cucumber Hummus Bites

Vegan | Dairy-Free | Gluten-Free
Recipe from [Noshing with the Nolands](#)



Ingredients

1 English cucumber sliced
½ cup hummus (you can use the original flavor or your favorite flavor)
9 cherry tomatoes cut in half
¼ cup feta cheese crumbled
Fresh parsley to Taste
Salt and pepper to taste

Directions

Wash and dry the cucumber and tomatoes.

Slice the cucumber in slices, about ¼ inch, and cut the tomato in half.

Spread about 1 teaspoon of hummus on the cucumber slices.

Add one-half of tomatoes on top of each slice.

Sprinkle with crumbled feta and fresh parsley.

Add salt and pepper to taste. I also now like to sprinkle on Za'atar. It gives the Cucumber Hummus Bites that extra bit of flavor and it is so good.

Citrus-Goat Cheese Toppers

Vegetarian
Recipe from [Snack Works](#)



Ingredients

8 crackers of choice
3 Tablespoons goat cheese
16 arugula leaves
4 blood orange slices, peeled, cut in half

Directions

Spread crackers with cheese.
Top with remaining ingredients.



Apple Nachos

Vegan | Gluten-Free
Recipe from [Nourished Routes](#)

Ingredients

1 Apple (choose the variety of your preference)

2 Tablespoons peanut butter

1/4 cup granola

Optional: 1 Tablespoon mini chocolate chips

Directions

Simply slice your apple into thin slices and distribute across a snack plate.

Melt peanut butter in the microwave for approximately 30 seconds, or until runny. Pour melted peanut butter over your apple nachos (slices).

Sprinkle your granola on top and top with mini chocolate chips, if desired. Enjoy!

Almond Coconut Granola Bars

Gluten free
Recipe from Cookie and Kate

Ingredients

1 cup chopped almonds
1 ¾ cups quick-cooking oats (or old-fashioned oats, pulsed briefly in a food processor or blender to break them up)
1 cup large, unsweetened coconut flakes (shredded coconut should work, too)
½ teaspoon ground cinnamon
½ teaspoon salt
1 cup creamy almond butter or peanut butter
½ cup honey or maple syrup
1 ½ teaspoons vanilla extract

Directions

Line a 9x9 pan with two strips of criss-crossed parchment paper, cut to fit neatly against the base and up the sides. Toast the almonds for maximum flavor (you can skip this step, but your bars won't be quite as tasty).

To the mixing bowl, add the oats, coconut flakes, cinnamon and salt. Stir until blended.

In a 2-cup liquid measuring cup, measure out 1 cup almond butter. Top with ½ cup honey, followed by the vanilla extract. Whisk until well blended. Pour the liquid ingredients into the dry ingredients. Use a big spoon to mix them together until the two are evenly combined and no dry oats remain. The drier the mixture, the more firm the bars will be, so stir in extra oats if the mixture seems wet. Transfer the mixture to the prepared square baker. Use your spoon to arrange the mixture fairly evenly in the baker, then use the bottom of a flat, round surface (like a short, sturdy drinking glass) to pack the mixture down as firmly and evenly as possible. (If the mixture keeps sticking to the glass, cover the base of the glass with a small square of parchment paper.)

Cover and refrigerate for at least one hour, or overnight. When you're ready to slice, lift the bars out of the baker by grabbing both pieces of parchment paper on opposite corners. Use a sharp chef's knife to slice the mixture into 4 even rows and 4 even columns.

Stovetop Popcorn

Recipe from [Simply Recipes](#)

Ingredients

3 Tablespoons coconut oil
or *extra virgin olive oil*
1/3 cup of high quality
popcorn kernels
1 Tablespoon or more (to
taste) of butter (optional)
Salt to taste



Directions

Heat the oil in a 3-quart thick-bottomed saucepan on medium high heat.

Put 3 or 4 popcorn kernels into the oil. Wait for the kernels to pop. When the kernels have popped, add the rest of the 1/3 cup of popcorn kernels to the saucepan in an even layer.

Cover the pot, remove from heat, and count for 30 seconds. This is done to allow the oil to heat to the right temperature and bring all the kernels to a popping temperature, so once they are returned to heat they will all pop around the same time.

Return the pan to the heat. The popcorn should begin popping soon, all at once. Once the popping starts in earnest, gently shake the pan by moving it back and forth over the burner. While the popcorn is popping, keep the lid slightly ajar to let steam release.

Once popping slows to several seconds between pops, remove the pan from heat, remove lid, and dump popcorn into a wide bowl.

Melt the butter in the now-empty hot pan. Drizzle melted butter over the popcorn and toss to distribute. Sprinkle with salt to taste.

Other fun toppings: smoked paprika, nutritional yeast (gives a slightly cheesy flavor), cayenne pepper, chili pepper, curry powder, cumin, or grated Parmesan cheese.

Avocado Blueberry Smoothie

Recipe from [I Heart Vegetables](#)

Ingredients

- 1 cup frozen blueberries
- 1/2 cup ice cubes
- 1/2 cup almond milk
- 1/2 cup chopped frozen cauliflower
- 1/4 avocado (about 3 Tbsp)
- 1 Tablespoon hemp seeds or chia seeds



Directions

Add all the ingredients to your NutriBullet or blender and blend until smooth. Pour it into a glass or a bowl and sprinkle with extra chia seeds, if you like!

Notes: If you don't have a high-powered nutrition extractor like the Nutribullet, use riced frozen cauliflower, as it will be easier to blend into a smoother consistency.

Vegan Protein Ball

Vegan | Dairy-Free | Gluten-Free
Recipe from [Joyful Dumplings](#)

Ingredients

$\frac{2}{3}$ cup Peanut Butter smooth, at room temperature

$\frac{1}{4}$ cup Maple Syrup

1 cup Rolled Oats

$\frac{1}{2}$ cup Hemp Seeds

$\frac{1}{2}$ cup Vegan Dark Chocolate Chips

$\frac{1}{2}$ teaspoon Vanilla Extract

A pinch Salt

Water if needed

Directions

In a large mixing bowl, combine fresh peanut butter, vanilla extract and maple syrup. (Peanut butter need to be at room temperature, or you can do hot a quick water bath to soften it a bit). Stir in the rest of the ingredients: rolled oats, hemp seeds, vegan dark chocolate chips, and a pinch of salt.

Use a spatula stir and mix everything together. If the dough is too dry, add a little bit of water until the dough can stick tougher and not fall apart.

The no-bake protein ball mixture should be consistent, and slightly sticky, but you should be able to shape it into balls easily. Use a small ice cream scoop to scoop out the mixture evenly. (I use a 20g sized scoop), you should be able to get 28-30 pieces out of this recipe.

Roll the balls between your palms to make them smooth on the surface. Add in more vegan dark chocolate chips on the surface if desired (optional) Refrigerate for 15 minutes to firm up.

5-Ingredient Granolar Bar

Vegan | Dairy-Free | Gluten-Free
Recipe from [Minimalist Baker](#)

Ingredients

1 heaping cup packed dates (pitted // deglet noor or medjool)*
1/4 cup maple syrup or agave nectar (or honey if not vegan)
1/4 cup creamy salted natural peanut butter or almond butter
1 cup roasted unsalted almonds (loosely chopped // see instructions for roasting nuts)
1 1/2 cups rolled oats (gluten-free for GF eaters)
Chocolate chips, dried fruit, nuts, banana chips, vanilla, etc.

Directions

Process dates in a food processor until small bits remain (about 1 minute). It should form a "dough" like consistency. (Mine rolled into a ball.)

Optional step: Toast your oats (and almonds if raw) in a 350-degree F (176 C) oven for 10-15 minutes or until slightly golden brown. Otherwise, leave them raw – I prefer the toasted flavor.

Place oats, almonds and dates in a large mixing bowl – set aside.

Warm maple syrup (or agave or honey) and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.

Once thoroughly mixed, transfer to an 8×8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. (A loaf pan might work, but will yield thicker bars // adjust size of pan if altering batch size).

Press down firmly until uniformly flattened – I use something flat, like a drinking glass, to press down and really pack the bars, which helps them hold together better.

Cover with parchment or plastic wrap, and let firm up in fridge or freezer for 15-20 minutes.

Remove bars from pan and chop into 10 even bars (or 9 squares // as original recipe is written). Store in an airtight container for up to a few days. I kept mine in the freezer to keep them extra fresh, but it isn't necessary.

Homemade Trail Mix

Gluten-Free
Recipe from [Healthy Maven](#)

Ingredients

3/4 cup raw pecans
3/4 cup raw cashews
1/2 cup raw sunflower seeds
1/2 cup raw pumpkin seeds
1/2 cup unsweetened cherries
1/2 cup unsweetened raisins
1/2 cup chopped 82% dark chocolate
1/4 teaspoon sea salt
1/2 teaspoon cinnamon
Pinch of nutmeg



Directions

Combine all ingredients in a large bowl and mix well.

Store in a ziploc bag or mason jar.

Will keep for up to one month.

Hard Boiled Egg

Dairy-Free | Gluten-Free
Recipe from [Simply Recipes](#)

Ingredients

6 to 12 large eggs, straight from the fridge

Directions

Fill a saucepan about a quarter of the way with cold water. Place the eggs in a single layer at the bottom of the saucepan. Add more water so that the eggs are covered by at least an inch or two of water.

The more eggs that are crowding the pan the more water you should have over the eggs. 6 eggs should be covered by at least an inch, 7 to 12 eggs, 2 inches.

Leave the pan uncovered. Turn the heat to high and bring the water to a rolling boil.

Depending on how cooked you like your hard boiled eggs, the eggs should be done perfectly after sitting for 10-12 minutes. That said, depending on your altitude, the shape of the pan, the size of the eggs, and the ratio of water to eggs, it can take a few minutes more.

Or if you like your eggs not fully hard cooked, it can take a few minutes less. When you find a time that works for you, given your preferences, the types of eggs you buy, your pots, stove, and cooking environment, stick with it.

I also find that it is very hard to overcook eggs using this method. I can let the eggs sit, covered, for up to 15-18 minutes without the eggs getting overcooked.

Baked Sweet Potato Fries

Recipe from [I Heart Naptime](#)

Ingredients

4 medium sweet potatoes (*peeled and washed*)
2 Tablespoons oil (canola or olive oil)
1/2 teaspoon kosher salt
1/4 teaspoon pepper
1/4 teaspoon garlic powder
1/4 teaspoon paprika or chili powder
(*optional*)

Directions

Preheat the oven to 415°. Line a baking sheet with nonstick foil or parchment paper. If using foil, lightly spray with non-stick cooking spray.

Cut the sweet potatoes into thin wedges (about 1/4" x 3").

Place in a single layer on the prepared baking sheet. Toss with olive oil. Then bake for 15 minutes. Mix together the seasonings and sprinkle evenly over the fries. Then flip them and bake an additional 10-15 minutes, or until crisp. Enjoy fries while hot!

Notes:

For extra crispy fries: Soak uncooked fries in ice cold water for 30 minutes. Pat dry and then place in a zip top bag with 2 teaspoons of cornstarch and shake until evenly coated. Use canola oil.

For sauce: Combine 1/4 cup mayo and 1 1/2 Tablespoons ketchup. Add a dash of seasoned salt.





SURVIVOR FITNESS

Survivor Fitness Foundation is a 501(c)3 nonprofit that helps cancer survivors take the necessary steps to regain their health and wellness.

For more information, visit our website at

www.survivorfitness.org

or email info@survivorfitness.org

*Thank you
to our generous sponsors, Taylor Farms!*

