Recipe Guide for Weight Loss Program

**Breakfast**

**Berry Banana Smoothie**

1 cup berries

¼ banana

10-20 grams protein powder\*

8 oz almond milk

3 finger pinch of spinach or kale

¼ avocado

1 T hemp or chia seed

**\*Protein powder recommendations**: *Sun Warrior* Warrior Blend, Nutiva Hemp Protein 15 grams, Jarrow Organic Whey, Tera’s Organic Grass-fed Whey

Place all ingredients into a high speed blender. Whirl until completely combined.

**Easy Eggs & Avo**

1 tsp olive oil or butter

2 organic Eggs, lightly beaten

¼ Avocado, cubed

Salt and pepper

Warm oil or butter in a small skillet over medium/low heat. Move pan back and forth to evenly distribute the oil. When warm, pour in eggs. Continue to move eggs gently with a spatula until they come together in moist curds. Remove from pan and top with avocado chunks. Season with salt and pepper to taste. Serve with 1 piece of whole grain toast or ¼ cup black beans and sliced tomato or 1 cup fruit

**Greek Yogurt Parfait**

6 oz organic Greek-style PLAIN yogurt

1 cup fresh berries or other chopped fruit (grapes and cantaloupe are great)

1 T hemp seeds

2 teaspoons cacao nibs (optional but great if you like chocolate)

Top yogurt with fruit, hemp seeds, and cacao nibs if you are using them. Dig in.

**Perfect Hardboiled Eggs**

6 whole eggs (use more if you want to batch this task)

Place eggs in a large saucepan. Cover with cold water. Set pan to high heat; bring to a boil. Once a boil begins, set a timer to 1 minute. After a minute of boiling, turn off heat, and cover eggs. Let sit for 10 minutes. Place in ice water bath for 5 minutes. Peel and eat! Store in the fridge for up to 1 week.

**Lunch/Dinner**

**Squash noodles**

serves 4

fast

4 summer squash, such as zucchini or yellow squash (1 per person)

2 Tablespoons olive oil

salt

1. Using a vegetable peeler, take the skin off of your squash, and discard. Now continue to peel squash as if you were taking off the skin, making long squash ribbons. Turn the squash on all sides when peeling the squash. Stop peeling when you reach the core of seeds. Set squash ribbons aside on a stack of paper towels or a kitchen towel.

2. Heat oil in a large skillet over medium-high heat. When hot, place squash ribbons in skillet. Sprinkle with salt and saute for about 2 minutes. You do not want the squash to brown or turn mushy. Remove from pan.

3. Top as you would with pasta. Be sure to serve with protein such as turkey meatballs, beef marinara, or roasted chicken.

**Easiest Lentil Salad**

serves 2 as entree

super fast

2 cups cooked lentils (pre-cooked lentils can be found at most grocery stores)

2 Tablespoons of your favorite vinaigrette

juice from ½ lemon

salt and pepper to taste

1. Combine lentils, lemon juice, and dressing in a bowl. Season with salt and pepper to taste. Choose your favorite add-ins to make your salad complete!

optional add-ins:

* Arugula
* Spinach
* Sun dried tomatoes
* Walnuts
* Toasted sunflower seeds
* Sprouts
* Cucumber
* chopped chicken (makes the salad more fulfilling)

**Southwest Chicken Salad**

**serves 2 as entree**

Dressing

* ⅓ cup chopped fresh cilantro
* 2/3 cup plain yogurt
* 1 Tablespoon minced chipotle chile, canned in adobo sauce
* 1 teaspoon ground cumin
* 1 teaspoon chili powder
* 4 teaspoons fresh lime juice
* ¼ teaspoon salt

Salad

* 4 cups lettuce (romaine works great)
* 2 cups chopped chicken (for a time saver, use shredded rotisserie chicken)
* 1 cup cherry tomatoes, halved
* ½ cup diced avocado
* ⅓ cup red onion, sliced very thin
* 2 cups black beans
* 1 ½ cups yellow corn (can use frozen corn, thawed under warm water)

In a large bowl, combine all dressing ingredients and mix well. Next, add all salad ingredients to bowl. Toss to combine, until salad is evenly coated. Serve and enjoy. If you know you will have leftovers, keep dressing on the side. Mix when ready to eat.

**Black Bean Salad**

**4-6 servings**

2- 15 oz cans black beans (BPA free cans)

1 bell pepper, diced

½ cup red onion, diced

2 cups cherry tomatoes, cut in half

1 T olive oil

1 T balsamic vinegar

1 teaspoon ground cumin

½ avocado, cubed

Mix all ingredients, except avocado, into a bowl. Chill several hours. Top salad with avocado right before serving. Serve with chopped chicken to ensure adequate protein.

**Shrimp with Creamy White Beans & Greens**

**serves 2**

2 teaspoons olive oil or butter

½ pound shrimp, pre-cooked and peeled

1 cup cannellini beans

4 cups raw spinach

2 teaspoons fresh lemon juice

1 teaspoon parsley, finely chopped

salt and pepper

Heat oil in a large skillet. Add shrimp, beans, and spinach. Stir until spinach wilts and beans and shrimp are heated through. Add lemon juice and parsley, cook for 1 more minute. Salt and pepper to taste.

**Pumpkin Turkey Chili**

**4 servings**

1 Tablespoon olive oil

1 yellow onion, chopped

1 yellow or orange bell pepper, chopped

1 ½ Tablespoons chili powder

1 clove minced garlic

1 pound ground turkey

salt and pepper

1 14.5 ounce canned diced tomatoes

1 can pumpkin puree

1 can white beans (cannellini or garbanzo), drained and rinsed

Heat oil in large soup pot over medium heat. Add onions, pepper, and chili powder. Sautee until onion softens, about 7 minutes. Add garlic and cook for 15 seconds. Add turkey along with a few grinds of salt and pepper. Brown turkey meat until it is no longer pink, chopping it up with your spatula as you go. Stir in tomatoes + juices, pumpkin, and white beans. Simmer at least 20 minutes over medium/low heat.

**Mediterranean Chicken Salad**

serves 4

**Tomato Basil Dressing**

1 pint grape or cherry tomatoes, halved

½ cup fresh basil, minced

⅓ cup thinly sliced red onion

⅓ cup olive oil

**Salad**

3 cups cooked chicken (rotisserie chicken works great), cut into small pieces

14 oz jar of artichoke hearts, drained

14 oz can cannellini beans, drained and rinsed

1 large celery stalk, sliced thin

1 small tub of marinated bocconcini (bite size mozzarella), halved

¼ cup red wine vinegar

olive oil

salt and pepper

Make dressing first by combining all ingredients in a small bowl. Season generously with salt and pepper. Let sit for 30 minutes.

While dressing sits, assemble all salad ingredients in a large bowl.

Dress salad with tomato-basil mixture, adding more oil and vinegar to suit taste. Season with salt and pepper.

**Easiest Roasted Salmon**

**serves 1**

1 salmon filet (4 to 6 ounces)

sea salt

pepper

lemon slice

Preheat oven to 400 degrees Fahrenheit. Place salmon filet on a baking pan lined with foil. Sprinkle generously with salt and pepper. Place a thin lemon slice on top. Place in oven for 12 minutes. Serve with steamed broccoli and baked sweet potato fries.

**Taco Bowl**

4 servings

**Taco Meat**

1 Tablespoon olive oil

1 onion, chopped small

3 garlic cloves, minced

2 Tablespoons chili powder

1 teaspoon cumin

1 teaspoon coriander

½ teaspoon oregano

salt

1 pound 100% grass fed beef

½ cup canned tomato sauce

½ cup water

2 teaspoons cider vinegar

**Toppings**

1 can black beans

1 avocado (use ¼ whole for each bowl)

4 cups chopped lettuce (1 small head)

Salsa

Heat the oil in a medium skillet over medium-high heat. Add onions and cook until softened, about 5 minutes. Stir in garlic and spices and 1 teaspoon salt. Cook about 1 minute more. Add ground beef, breaking it into pieces as it browns. Cook until no longer pink. Add tomato sauce, water, and vinegar and simmer about 10 minutes until thickened.

Assemble your taco bowl: ¼ cup black beans, a large scoop of taco meat, salsa, avocado, and lettuce. Enjoy!

**Quick and Easy Recipes for Amazing Vegetables**

Yes, vegetables can taste good! These recipes will make you want to have vegetables every night for dinner.

**Broiled Asparagus**

serves 4

time: about 15 minutes start to finish

1 pound Asparagus Spears, tough ends cut off

1 Tablespoon Olive Oil

salt

pepper

fresh lemon juice

1. Move oven rack so it is 6 inches from broiler. Turn broiler on high.

2. On a rimmed baking sheet, toss asparagus with oil until evenly coated. Sprinkle with salt and pepper.

3. Broil the asparagus, shaking the baking sheet from time to time to ensure even browning. Asparagus is done when browned and tender, about 10 minutes.

4. Squeeze fresh lemon juice before serving.

Chill leftover asparagus in the fridge and use on your lunch salad the next day!

**Roasted Broccoli**

serves 4

time: about 20 minutes start to finish

1 bunch broccoli, chopped into 1 inch pieces

½ cup water

2 Tablespoons olive oil

3 garlic cloves, minced

red pepper flakes

Salt

Pepper

fresh lemon juice (juice of 1 lemon)

1. Combine broccoli pieces and water in a large skillet. Cover and cook on high until water is simmering and broccoli turns bright green (about 3 minutes). Uncover and cook until all the water is evaporated and broccoli has softened slightly (about 7 minutes).

2. Make a clearing in the center of the pan. Add oil and garlic to center of the pan, and cook for about 15 seconds. Then stir everything together in the pan.

3. Turn off the heat and stir in fresh lemon juice.

4. Season with salt, pepper, and a pinch of red pepper flakes.

**Sauteed Zucchini**

serves 4

total time: 10 minutes start to finish

4 small zucchini, cut into thin rounds (about 1/8 inch thick)

1 Tablespoon olive oil

1 clove garlic, minced

red pepper flakes, 1 pinch

fresh lemon juice, from ½ lemon

salt

pepper

1. Pat zucchini rounds a few times with paper towels to get as dry as possible.

2. Heat oil in large skillet over medium-high heat.

3. Add pepper flakes to oil and stir for 30 seconds. Add the garlic, stir, and then add the zucchini. Stir and sautee for 3 to 4 minutes.

4. Turn off heat, stir in lemon juice, and season with salt and pepper to taste.

**Sweet Potato Fries**

**2 servings**

1 medium/large sweet potato, washed, peeled and cut into fry shape

olive oil (about 2 teaspoons)

salt and pepper

Preheat oven to 400 degrees Fahrenheit. Place sweet potato pieces in a medium bowl. Drizzle lightly with olive oil. Toss to coat all pieces evenly in oil. Transfer to baking sheet or baking pan. Sprinkle with sea salt and pepper. Bake for 20-30 minutes, depending on your desired crispness. Stir occasionally to avoid dark browning on one side.

**“I Don’t Have Any Time” Vegetables**

**1 serving**

Organic, frozen broccoli/cauliflower medley

water

grass-fed butter such as Kerry Gold

salt

pepper

lemon wedge (optional)

Place an inch of water in the bottom of a medium saucepan. Cover and bring to a boil over high heat. Place 1-2 large handfuls of frozen veggies in the pan. Keep heat on high. Recover. Steam for 5 minutes. Drain veggies, place on plate, top with 1 teaspoon butter. Salt, pepper, and lemon juice to taste.

**Snacks**

**Traditional Hummus**

1 15 ounce can chickpeas (about 2 cups), drained and rinsed

½ teaspoon salt

4 Tablespoons extra virgin olive oil

2 Tablespoons water

1 garlic clove, crushed (optional)

juice from 1 lemon

2 Tablespoons tahini

½ teaspoon ground cumin

Combine all ingredients in a food processor or high power blender. Whirl until well combined and smooth. Add additional salt if needed. Serve with sliced cucumber, carrots, and/or bell pepper slices.

**Creamy White Bean Dip**

2 cups cannellini beans, drained and rinsed

1 garlic clove, crushed

¼ cup fresh parsley, chopped

4 Tablespoons extra virgin olive oil

2 Tablespoons fresh lemon juice (usually 1 whole lemon)

salt and pepper

Combine all ingredients in a food processor or high power blender. Whirl until creamy and well mixed. Depending on the beans, sometimes you need a little extra olive oil to make it come together. Add slowly if needed. Salt and pepper to taste. Serve with sliced cucumber, carrots, and/or bell pepper slices.

**Popcorn**

3 Tablespoons coconut oil or canola oil

⅓ cup popcorn kernels (organic if possible)

salt to taste

Heat the oil in a 3 quart saucepan over medium-high heat. Put 2 or 3 popcorn kernels in the pan and cover it. When you hear the kernels pop, add the remaining kernels to the pan. Cover pan, keeping lid slightly ajar if possible. Begin moving the pot gently over the flame to get the kernels evenly coated in hot oil. Continue to move the pan back and forth while the popcorn pops. When the popping slows, remove from heat, but keep the lid on for a bit to let any stray kernels continue to pop. Put in bowl and salt to taste. 1 serving of popcorn = 3 cups.

**Other Snack Ideas:**

* Apple with 2 Tablespoons nut butter (almond, peanut, pecan)
* 1 cup of grapes with a small handful of cashews
* 2 hardboiled eggs
* ½ banana with a small handful of walnuts
* Plain organic yogurt with blueberries or raspberries

**Smart Sweets**

**Nutrient Rich Chocolate Pudding**

6 ½ cup servings

3/4 cup raisins, unsweetened

¾ cup almond milk, unsweetened

1 ripe avocado, peeled, pit removed

1 large, ripe banana broken into chunks

3 Tablespoons unsweetened cocoa powder

2 teaspoons honey

Place raisins in a food processor, whirl for a few seconds until they are ground. Add almond milk and process for 30 seconds more. Add avocado, banana, cocoa powder, and honey. Continue to blend until smooth. Spoon into a large tupperware container, cover and refrigerate at least 30 minutes before serving.

**Chocolate Fruit Dip**

10 servings

1 ⅓ cups raw almonds

1 cup unsweetened almond milk

1 teaspoon vanilla extract

1 Tablespoon cocoa powder

⅔ cups dates pitted, roughly chopped

Add all ingredients to a food processor or high powered blender. Blend until smooth and creamy - adding more milk if needed. Serve with sliced apples or fresh strawberries.

**Banana Ice Cream**

serves 2

2 ripe bananas, sliced into thin rounds

¼ cup unsweetened almond milk

½ teaspoon vanilla extract

1 teaspoon honey

Freeze banana slices on a lined tray. When completely frozen (at least an hour), combine all ingredients in a food processor or high power blender. Whirl until smooth and creamy. It takes a bit for it to come together. Top with roasted, salted almonds.

**Chocolate Fudge Almond Truffles**

**makes 4 truffles**

⅓ cup almond butter

2 inches of banana

1 heaping Tablespoon of cocoa powder

1 Tablespoon of oats

1 teaspoon maple syrup

1 Tablespoon cacao nibs (optional)

Add the ingredients to a small mixing bowl. With the back of a fork, mash everything together, making sure that everything gets incorporated and well combined (this takes a minute or so). Form into balls, place on small plate and put truffles in the freezer for 15 to 20 minutes.