

Power Sculpt Fitness

January Jumpstart Meal Plan

Week 1 Recipe Supplement

Mini DIY Frittatas

Prep 10 min Cook 24 min Total 34 min

Servings: 6, 2 bites each

Ingredients

- 12 large eggs
- ¼ cup cream (*or milk*)
- ½ tsp salt
- ⅛ tsp black pepper
- Filling options: cooked veggies, cheese, bacon, spinach, etc

Directions

1. Preheat oven to 350°F. Spray muffin tin cups with a generous coating of non-stick cooking spray or use a silicone muffin tin.
2. Whisk eggs together with cream, salt and pepper.
3. Fill prepared cups with about 1-2 Tbs filling of your choice (see below. Pour egg mixture evenly over the tops, about ¾ full. Bake until eggs are set, about 20-24 minutes.
4. Let cool slightly then remove from pan and enjoy!

Filling option ideas:

bacon, bell peppers & cheddar cheese
spinach, roasted red peppers & feta cheese
red onion, sweet potatoes & ham
rosemary, vidalia onion & red potatoes

Source: www.sarahaasrdn.com

Baja Black Bean Bowl with Charred Jalapeño Dressing

Prep 15 min Cook 10 min Total 25 min

Servings: 4

Ingredients

- ½ jalapeño, roughly chopped
- 1 garlic clove smashed
- 1 teaspoon avocado oil
- 4 cups chopped lettuce (I like romaine)
- 1 ¾ cup black beans (about one 14.5 ounce can, drained and rinsed)
- 2 cups cooked quinoa
- 1 cup cooked sweet corn
- 1 ripe tomato, diced
- 1 avocado, diced
- 2 tablespoons fresh lime juice
- ½ cup lowfat plain Greek yogurt
- ⅛ teaspoon kosher salt
- 1 tablespoon water
- 1 cup corn chips or tortilla chips, (broken up)
- ½ cup crumbled feta cheese or cojita cheese

Directions

1. Preheat the broiler. Place the jalapeño and garlic clove on a piece of foil and drizzle with oil. Broil, checking after 5 minutes. If jalapeño is sufficiently charred, remove it, along with the garlic from the broiler. If it's not, leave the jalapeño on the foil, but remove the garlic so that it doesn't burn. Broil 5 minutes more. Set aside to cool
2. Divide the lettuce among the bowls, then do the same with the black beans, quinoa, corn, tomatoes and avocado.
3. Place the charred jalapeño and garlic in a small food processor or container designed for a stick blender, along with the lime juice, yogurt, salt and water. Puree until smooth, adding more water, if needed, to reach desired consistency.
4. Drizzle dressing over the bowls and garnish with corn chips and cheese.

NOTE: Substitute half of a small poblano for jalapeño for less heat. Or omit altogether and prepare dressing by mincing garlic and mixing with lime juice, yogurt, salt and water as listed in ingredients.

Source: www.sarahaasrdn.com

White Chicken Chili

Cook 25 min Total 25 min

Serves: 4

Ingredients

- 1 tablespoon olive oil
- ½ onion, diced
- ½ jalapeno, minced
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 garlic clove, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 ¼ teaspoons salt
- ¼ teaspoon cayenne pepper
- ½ cup frozen corn kernels (*no need to thaw*)
- 2 (15-ounce) cans white beans (*such as Great Northern or cannellini*), drained and rinsed
- 1 ¾ cups low-sodium chicken broth

Toppings

- Chopped cilantro
- lowfat plain Greek yogurt
- grated Monterey Jack cheese (or other cheese)
- diced avocado

Directions

1. In a medium soup pot, heat the olive oil over medium heat. Add the onion and jalapeno and cook, stirring, until the onion has softened, 2 to 3 minutes.
2. Add the chicken and cook, stirring occasionally, until it is lightly browned on the outside and no longer pink on the inside (add more olive oil if the pot starts to dry out), 4 to 5 minutes.
3. Toss the minced garlic and spices into the pot and turn a few times to coat the chicken evenly. Add the corn, beans, and chicken broth and bring to a boil. Reduce the heat to low and simmer, about 20 minutes.
4. Break up some of the beans with the back of a wooden spoon to help thicken the chili. Stir in the Greek yogurt, garnish with the desired toppings, and serve!

Source: www.epicurious.com Adapted from epicurious

Fruity Overnight Oats

Prep 5 min **Total** 5 min

Serves: 1

Ingredients

- ¼ cup rolled oats
- ¼ cup unsweetened almond milk (*or cow's milk*)
- ½ tsp honey *or agave*
- 1 tsp chia seeds
- Pinch salt
- ⅛ teaspoon ground cinnamon

Toppings:

- ½ cup frozen unsweetened berries, thawed
- 2 Tbsps sliced almonds (*or other nut*)
- 2 Tbsps lowfat plain Greek yogurt

Directions

Place all ingredients, except toppings, in a mason jar and stir to combine. Cover with lid and refrigerate overnight or for at least 6 hours. Remove lid, stir again, add toppings and enjoy.

Source: www.sarahaasrtn.com

Kale Turkey Wraps

Total 10 mins

Serves: 1

Ingredients

- 1 tablespoon cranberry sauce or other jam/jelly such as cherry or apricot
- 1 teaspoon Dijon mustard
- 3 medium lacinato kale leaves
- 3 slices deli turkey (*about 3 ounces*)
- 6 thin slices red onion
- 1 firm ripe pear, cut into 9 slices

Directions

Mix cranberry sauce and mustard in a small bowl. Spread on kale leaves. Top each leaf with a slice of turkey, 2 slices red onion and 3 slices pear. Roll each leaf into a wrap. Cut each wrap in half, if desired.

Source: www.eatingwell.com

Sheet-Pan Ratatouille Bruschetta

Prep 20 min **Cook** 1 hr **Total** 1 hr 20 min

Serves: 4

Ingredients

- 1 large (1 lb.) eggplant, unpeeled and cut into 1-in. chunks (5 cups)
- 2 medium zucchini, unpeeled and chopped (2 3/4 cups)
- 2 medium red bell peppers, chopped (2 cups)
- 1 medium yellow onion, chopped (1 1/2 cups)
- 5 medium garlic cloves, peeled
- 5 medium plum tomatoes, roughly chopped (5 cups)
- 1/4 cup olive oil
- 1 teaspoon kosher salt
- 1/4 cup balsamic glaze
- 4 ounces goat cheese crumbled (about 1 cup)
- 2 tablespoons chopped fresh basil
- 4 slices crusty whole grain bread toasted

Directions

1. Preheat oven to 425 degrees F with rack in middle position.
2. Toss together eggplant, zucchini, bell peppers, onion, and garlic in a large bowl. Place tomatoes on a baking sheet and spread in an even layer. Place eggplant mixture on a separate baking sheet and spread in an even layer. Drizzle vegetables evenly with oil; sprinkle with salt.
3. Place baking sheets on middle rack in preheated oven; roast until vegetables are browned and softened, 40 to 45 minutes, tossing once halfway through the bake time.
4. Transfer vegetables from baking sheets to a large bowl; toss gently to combine. Spoon mixture evenly over bread slices. Drizzle evenly with balsamic glaze; sprinkle with goat cheese and basil.

Source: www.eatingwell.com

Lemon Tuna Pasta

Active 10 mins **Total** 10 mins

Serves: 4

Ingredients

- 2 tablespoon extra-virgin olive oil
- 4 cups spiralized zucchini (*see Tip*)
- 4 cups baby spinach
- 2 (5 ounce) can unsalted light tuna packed in water, drained and flaked
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 cups cooked whole-wheat spaghetti
- ½ cup grated Parmesan cheese
- 4 teaspoon grated lemon zest
- ¼ cup fresh lemon juice
- ¼ cup panko breadcrumbs *toasted (see Tip)*

Directions

1. Heat oil in a large nonstick skillet over medium heat. Add zucchini; cook for 1 minute. Add spinach and tuna; cook for 1 more minute. Season with salt and pepper; remove from heat. Add cooked spaghetti, Parmesan, lemon zest, and lemon juice; toss to combine.
2. Sprinkle with toasted panko and serve.

Tips: Make your own zucchini noodles with a spiralizer; you'll need 1 small zucchini (about 2 oz.) for 1 cup of zoodles. Or look for a package of fresh zucchini noodles in the produce department.

To toast panko breadcrumbs: Set a small skillet over medium heat. Add panko and cook, stirring often, until golden, about 2 minutes. For extra flavor, melt 1 tsp. butter in the pan before toasting the breadcrumbs. Note that you can do this step first, using the same pan you'll use to prepare the rest of the recipe.

To make ahead: Cook pasta up to 1 day ahead and refrigerate.

Avocado Egg Salad Sandwiches

Active 20 mins **Total** 20 mins

Serves: 2

Ingredients

- ½ ripe avocado
- 2 teaspoons lemon juice
- 1 teaspoon Dijon mustard
- 3 hard-boiled eggs, chopped
- 1 teaspoon celery seed (*about 1 stalk*)
- 1 tablespoon chopped fresh chives
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 4 slices whole-wheat sandwich bread, toasted
- 4 leaves lettuce

Directions

Scoop the flesh from the avocado half into a medium bowl. Add lemon juice and mustard and mash until mostly smooth. Add chopped eggs, celery seed, chives, salt and pepper and stir to combine. Divide the mixture between 2 slices of toast. Top each with a few lettuce leaves and another slice of toast.

Source: www.eatingwell.com, adapted

Everything Bagel Avocado Toast

Active 5 mins **Total** 5 mins

Serves: 1

Ingredients

- $\frac{1}{4}$ avocado *sliced*
- 1 slice sprouted whole-wheat bread (or other bread) *toasted*
- $\frac{1}{4}$ cup thinly sliced cucumber
- 1 tablespoon finely chopped red onion
- 1 teaspoon everything bagel seasoning

Directions

Smash avocado onto toasted bread slice. Top with cucumber and red onion then sprinkle with everything bagel seasoning.

NOTE: Need more protein? Top with a poached or fried egg.

Source: Sara Haas

Easy Lunch Salad

Active: 5 mins **Total:** 5 mins

Serves: 1

Ingredients

- 2 cups baby spinach
- 1 cup shredded carrot
- 1 cup shredded cabbage
- ½ cup canned garbanzo beans *drained and rinsed*
- ½ cup cooked quinoa
- ¼ cup toasted walnuts
- 2 tablespoons crumbled feta cheese
- 1 teaspoon balsamic vinegar
- 2 teaspoons olive oil
- black pepper *to taste*
- salt *to taste*

Directions

Place spinach, carrot, cabbage, beans and quinoa in a bowl. Top with walnuts and feta cheese. Drizzle with vinegar and oil. Season with salt and pepper. Toss to coat.

Source: Sara Haas

Roasted Red Pepper Flatbread Pizza

Prep 10 min **Cook** 10 min **Total** 20 min

Serves: 6

Ingredients

- 1 jarred roasted red bell pepper
- 1 tablespoon extra virgin olive oil
- 1 garlic clove
- ½ teaspoon Italian seasoning
- ⅛ teaspoon kosher salt
- ⅛ teaspoon freshly cracked black pepper
- 1 each thin whole wheat pizza crust
- 2 cups baby spinach
- ¼ cup thinly sliced red onion
- 1 cup shredded mozzarella cheese
- ¼ cup crumbled feta cheese

Directions

1. Preheat oven to 375 degrees F. Place pizza crust on an ungreased baking sheet; set aside.
2. Slice half of the pepper into strips and reserve. Combine remaining 5 pepper with the olive oil, garlic and Italian seasoning in a small food processor and puree until smooth.
3. Spread red pepper sauce over crust then top with spinach, roasted red pepper slices and red onion. Sprinkle with mozzarella then feta cheese.
4. Bake for 10 minutes or until heated through. Cut into 12 wedges to serve.

Source: www.sarahaasrtn.com

Simple Side Salad

Prep 10 min **Total** 10 min

Serves: 4

Ingredients

- 4 teaspoons Dijon mustard
- 4 teaspoons red wine vinegar
- 1 teaspoon dried oregano
- ¼ cup extra virgin olive oil
- 8 cups lettuce (*any mix of baby lettuces*)
- 2 cups cherry tomatoes
- 1 green bell pepper, thinly sliced
- ½ red onion, thinly sliced
- 1 cup shredded carrot
- Salt *to taste*
- Black pepper *to taste*

Directions

Whisk together the mustard, vinegar, oregano and oil in the bottom of big salad bowl. Add the lettuce, cherry tomatoes, bell pepper, onion and carrot. Toss with the dressing. Season lightly to taste with salt and black pepper.

Source: Sara Haas

Pineapple Green Smoothie

Prep 5 min Total 5 min

Serves: 1

Ingredients

- ½ cup unsweetened almond milk
- ⅓ cup lowfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices (about 1 medium banana)
- ½ cup frozen pineapple chunks
- 1 tablespoon chia seeds
- 1-2 teaspoons pure maple syrup or honey, (optional)

Directions

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia and sweetener (if using); blend until smooth.

Source: www.eatingwell.com