

# **Power Sculpt Fitness**

## **January Jumpstart Meal Plan**

Week 2 Recipe Supplement

## Tropical Carrot, Ginger, and Turmeric Smoothie

Serves: 2

### Ingredients

- 1 **navel orange** *navel orange, peel and white pith removed*
- 1 large **carrot** *scrubbed, coarsely chopped*
- ½ cup **frozen mango chunks**
- ⅔ cup **coconut water**
- 1 tablespoon **shelled raw hemp seeds**
- ¾ teaspoon **finely grated peeled ginger**
- 1 ½ teaspoons **finely grated peeled turmeric**
- Pinch **cayenne pepper**
- Pinch **kosher salt**

### Directions

Using smoothie or ice crush setting, pulse orange, carrot, mango, coconut water, hemp seeds, ginger, turmeric, cayenne, salt, and 5 cup ice in a blender until smooth.

Note: flax or chia seed can be substituted for hemp seeds. Sub 1/2 teaspoon dry turmeric for fresh.

Source: [www.bonappetit.com](http://www.bonappetit.com)

## Quick Crunchy Black Bean Tacos

Prep 5 min Cook 5 min Total 10 min

Serves: 4

### Ingredients

- 3 **spicy black bean burgers** *such as Morningstar Farms brand*
- 8 **whole-grain corn taco shells**
- 1 ½ cups **shredded lettuce**
- ⅓ cup **shredded cheddar cheese blend**
- ¼ cup **plain Greek yogurt**
- ¼ cup **salsa**

### Directions

Cook black bean burgers according to package directions. Coarsely chop.

Cook taco shells according to package directions.

Fill taco shells with crumbled burgers, lettuce, and cheese. Top with yogurt and salsa.

Source: [www.eatingwell.com](http://www.eatingwell.com), adapted

## Loaded Slow Cooker Pulled Pork Baked Sweet Potatoes

Serves: 8

### Ingredients

- 2.5 lb **boneless pork loin roast** (*center cut, trimmed of all fat*)
- 2 tsp **red wine vinegar**
- 2 tsp **Hickory liquid smoke\***
- 1 tsp **garlic powder**
- 1 tsp **kosher salt**
- 1 cup **low-sodium bbq sauce**
- 8 medium **sweet potatoes** *baked*
- 4 large **green onions** *thinly sliced*
- 1 cup **shredded sharp cheddar cheese**
- 1 cup **corn tortilla chips, crushed** *optional*

### Directions

Place pork in the slow cooker and season with salt, vinegar, garlic powder and liquid smoke.

Cover and set to high 6 hours.

Remove pork and transfer onto a large dish; reserve all the liquid into a cup and set aside.

Shred the pork with two forks and put it back into the slow cooker along with about 3/4 cup of the reserved liquid and the BBQ sauce (for every 3 oz cooked pork, I used 2 tbsp BBQ sauce).

Cook on high one more hour.

To serve: Split sweet potatoes and top with pork. Garnish with green onions, cheese and tortilla chips, if using.

\*Can substitute 1 teaspoon smoked paprika for liquid smoke

Adapted from the recipe Slow Cooker Pulled Pork by [sara26](#)

**Source:** [www.skinnytaste.com](http://www.skinnytaste.com)

## Roasted Zucchini & Squash

**Prep** 10 min **Cook** 20 min **Total** 30 min

**Serves:** 4

### Ingredients

- 2 medium **zucchini**
- 2 medium **yellow squash**
- 1 tablespoon **olive oil**
- 1 teaspoon **salt**
- $\frac{1}{4}$  teaspoon **cracked black pepper**
- 1 teaspoon **fresh lemon zest**
- 1 tablespoon **fresh lemon juice**

### Directions

1. Place a large baking sheet in the oven and preheat to 450°F.
2. Cut zucchini and squash into 1-inch pieces. Transfer to a bowl and add the oil, salt and pepper and toss to coat.
3. Remove baking sheet from the oven and pour squash onto pan. Spread out evenly onto pan using a wooden spoon or spatula.
4. Roast until softened and browned, about 20 minutes, stirring once halfway through cooking time.
5. Top with lemon zest and lemon juice and toss.

## Flourless Blender Zucchini Muffins

Serves: 12

### Ingredients

- 1 **S cups rolled oats** (*see Tip*)
- 1 teaspoon **baking powder**
- ½ teaspoon **ground cinnamon**
- ¼ teaspoon **baking soda**
- ¼ teaspoon **salt**
- 1 medium **zucchini** *shredded (about 1 1/2 cups)*
- 2 large **eggs**
- ⅓ cup **packed brown sugar**
- 3 tablespoons **canola oil**
- 1 teaspoon **vanilla extract**
- ½ cup **mini chocolate chips**

### Directions

Preheat oven to 350 degrees F. Coat a 24-cup mini muffin tin with cooking spray.

Pulse oats in a blender until finely ground. Add baking powder, cinnamon, baking soda and salt; pulse once or twice to blend. Add zucchini, eggs, brown sugar, oil and vanilla; puree until smooth. (The batter will be wet.)

Stir in chocolate chips, if using. Fill the prepared muffin cups.

Bake until a toothpick inserted in the center comes out clean, 15 to 17 minutes. Cool in the pan on a wire rack for 5 minutes, then turn out to cool completely.

Source: [www.eatingwell.com](http://www.eatingwell.com)

## Quick Breakfast Taco

Serves: 1

### Ingredients

- 2 **corn tortillas**
- 1 tablespoon **salsa**
- 2 tablespoons **shredded cheddar cheese**
- ½ cup **liquid egg substitute** *such as Egg Beaters*

### Directions

Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.

Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat, add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

Note: May sub other cheese for cheddar and 3 large egg whites or 2 whole large eggs for liquid egg substitute. Sub pico de gallo for salsa.

Source: [www.eatingwell.com](http://www.eatingwell.com)

## Roasted Chickpea Curry Bowl

Serves: 4

### Ingredients

- 2 tablespoons **olive oil**
- 1 tablespoon **curry powder**
- ½ teaspoon **salt plus 1/4 tsp. divided**
- 1 medium head **cauliflower** (1 3/4 lbs.) *cut into florets (8 cups)*
- 1 (15 ounce) can **no-salt-added chickpeas** *rinsed*
- 1 **j cups water plus 2 Tbsp. divided**
- 2/3 **cup quinoa** *rinsed*
- 4 cups **baby spinach** *coarsely chopped*
- 2 tablespoons **tahini**
- 1 teaspoon **lime zest plus 1 Tbsp. lime juice**
- 1 clove **garlic** *minced*
- 1/8 teaspoon **ground pepper**

### Directions

Preheat oven to 425 degrees F. Coat a large rimmed baking sheet with cooking spray.

Whisk oil, curry powder, and 1/2 tsp. salt in a large bowl. Add cauliflower and chickpeas; toss to coat. Spread evenly on the prepared baking sheet. Roast, stirring once, until tender and browned in spots, about 20 minutes.

Meanwhile, combine 1 1/4 cups water, quinoa, and the remaining 1/4 teaspoon salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 12 to 15 minutes. Remove from the heat and fluff the quinoa with a fork. Stir in spinach, cover, and let stand for 5 minutes.

Meanwhile, whisk tahini, lime zest, lime juice, garlic, pepper, and the remaining 2 Tbsp. water in a small bowl. Divide the quinoa mixture among 4 dinner bowls. Top with the cauliflower-chickpea mixture and a drizzle of the tahini dressing.

**Source:** [www.eatingwell.com](http://www.eatingwell.com)

## Baked Frittata with Butternut Squash, Kale & Sage

Serving: 6

### Ingredients

- 1 tablespoon **olive oil**
- 2 cups **diced butternut squash** (*3/4-inch; 10 oz.*)
- 1 **shallot** *minced*
- 4 cups **thinly sliced stemmed kale** *preferably lacinato*
- 1 tablespoon **water**
- 8 large **eggs**
- 3 large **fresh sage leaves** *minced, plus extra for serving*
- ¼ teaspoon **salt**
- ¼ teaspoon **ground pepper**
- ¼ cup **crumbled goat cheese**
- 6 slices **whole-wheat bread** *toasted*

### Directions

Preheat oven to 400 degrees F.

Heat oil in a medium nonstick ovenproof or cast-iron skillet over medium-high heat. Add squash and cook, stirring occasionally, until just fork-tender, about 10 minutes. Add shallot; cook for 1 minute. Stir in kale by the handful. Add water; cover and reduce heat to medium-low. Cook until the kale is tender, about 5 minutes.

Remove from heat; spread the mixture evenly in the pan.

Whisk eggs, sage, salt, and pepper in a large bowl. Pour the egg mixture over the squash and kale in the pan. Sprinkle evenly with cheese. Bake until set in the center, 8 to 12 minutes.

Holding the pan over a cutting board and using a large spatula, lift and slide the frittata out of the pan and onto the cutting board. Cut into wedges and sprinkle with sage. Serve with toasts.

Source: [www.eatingwell.com](http://www.eatingwell.com)

## Bell pepper, hummus & pita snack

Serves: 1

### Ingredients

- ½ cup **sliced bell peppers**
- ½ **whole wheat pita** *cut into wedges*
- ¼ cup **hummus**

### Directions

Enjoy all as a snack!

## Whole grain waffles & cinnamon apples

**Prep** 3 min **Cook** 2 min **Total** 5 min

**Serves:** 1

### Ingredients

- ½ **small apple**
- ¼ teaspoon **ground cinnamon**
- ½ teaspoon **honey**
- 2 **whole grain freezer waffles**
- 1 tablespoon **almond** *or peanut butter*

### Directions

Dice the apple and place in a microwave-safe bowl. Add the cinnamon, honey, a pinch of salt and 2 teaspoons water. Cover and microwave on high for 30 second increments until apple is softened.

Toast waffles then top with almond butter and apple.

## Almonds & Apricots

**Serves:** 1

### Ingredients

- 1 ounce **almonds**
- ¼ cup **unsweetened, dried apricots**

### Directions

Eat and enjoy!

Note: 1 ounce almonds is about 23 nuts.



## Lunch Harvest Salad with Chicken

Prep 5 min Total 5 min

Serves: 1

### Ingredients

- 1 ½ teaspoon **apple cider vinegar**
- ½ teaspoon **honey**
- ½ teaspoon **dijon mustard**
- 1 tablespoon **extra virgin olive oil**
- 2 cup **lightly packed mixed baby lettuce**
- ½ each **apple** *or pear, cored and sliced*
- 2 tablespoon **crumbled goat cheese** *(or feta cheese)*
- 2 tablespoon **toasted pecans**
- 1 tablespoon **dried cherries**
- ¼ each **red bell pepper** *thinly sliced*
- **kosher salt and freshly cracked black pepper** *to taste*
- 1 cup **cooked rotisserie chicken** *shredded*

### Directions

In the bottom of a medium bowl, whisk together the vinegar, honey and mustard. Whisk in the olive oil. Add the lettuce, pear, goat cheese, pecans, cherries and peppers to the bowl and toss to combine. Season with salt and black pepper, to taste. Top with chicken and enjoy.

NOTE: Vegan or vegetarian? Swap in 1/2 cup cooked beans or 1 cup diced, cooked tofu in place of the chicken.

**Source:** Sara

## Vegan Superfood Buddha Bowls

Serves: 4

### Ingredients

- 1 cup **1 (8 ounce) pouch microwavable quinoa**
- ½ cup **hummus**
- 2 tablespoons **lemon juice**
- 1 (5 ounce) package **baby kale**
- 1 (15 ounce) can **1 (8 ounce) package refrigerated cooked whole baby beets** *sliced (or 2 cups from salad bar)*
- 1 cup **frozen shelled edamame** *thawed*
- 1 medium **avocado** *sliced*
- ¼ cup **unsalted toasted sunflower seeds**

### Directions

Prepare quinoa according to package directions; set aside to cool.

Combine hummus and lemon juice in a small bowl. Thin with water to desired dressing consistency. Divide the dressing among 4 small condiment containers with lids and refrigerate.

Divide baby kale among 4 single-serving containers with lids. Top each with 1/2 cup of the quinoa, 1/2 cup beets, 1/4 cup edamame and 1 tablespoon sunflower seeds.

When ready to eat, top with 1/4 avocado and the hummus dressing.

**Source:** [www.eatingwell.com](http://www.eatingwell.com)

## Sheet Pan Chicken Tacos

Prep 15 min Cook 20 min Total 35 min

Serves: 4

### Ingredients

- 2 Tbsps + 1 tsp extra virgin olive oil
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- ½ tsp salt *divided*
- 1 red bell pepper *sliced*
- 1 small red onion *sliced*
- 1 ¼ lbs chicken breast *cut into 1/4-inch strips*
- 1 (15 oz) can black beans
- 1 medium zucchini
- 1 tsp lime zest
- 1-2 Tbsp fresh lime juice
- 8 each corn or whole grain tortillas, warmed
- *Toppings*
- ¼ cup plain lowfat Greek yogurt
- 1 ripe avocado *sliced*
- ¼ cup salsa

### Directions

Preheat the oven to 425°F. Place a large, rimmed baking sheet in the oven while it preheats.

Whisk 2 Tbsps olive oil, chili powder, cumin, garlic powder and salt together in the bottom of a mixing bowl. Add the bell pepper, red onion and chicken. Toss to combine.

Pull pan from the oven and carefully spread the chicken mixture out onto the pan. Bake 15 minutes. Toss black beans & zucchini with remaining oil and salt. Remove pan from the oven, add the zucchini and black beans and stir. Cook until zucchini crisp-tender and beans are warmed, about 6 to 8 minutes. Remove from oven and toss with lime zest and lime juice.

Serve chicken and veggies in warmed tortillas and top with yogurt, avocado and salsa.

Source: [www.sarahaasrdn.com](http://www.sarahaasrdn.com)

## Creamy Avocado-Lime Slaw

Serves: 4

### Ingredients

- ½ cup **chopped fresh cilantro**
- 1 clove **garlic**
- ¼ cup **plain lowfat Greek yogurt**
- ½ **avocado**
- 1 teaspoon **lime zest**
- 2 tablespoons **lime juice**
- 2 tablespoons **water**
- 4 cups **shredded cabbage** (*green and/or red*)
- 1 cup **shredded carrot**

### Directions

Combine the cilantro, garlic, yogurt, avocado, lime juice, and water in a blender or food processor. Puree until smooth. Transfer to a large bowl. Stir in lime zest and the remaining 1/4 teaspoon salt. Add cabbage and carrot and toss to combine. Season to taste with salt and black pepper.

**Source:** [www.eatingwell.com](http://www.eatingwell.com). Adapted from the recipe Cilantro Bean Burgers with Creamy Avocado-Lime Slaw by sara26

## Cucumber Tzatziki Snack

Prep 10 min Total 10 min

Serves: 2

### Ingredients

- 2 **Persian cucumbers** *divided*
- 1 clove **garlic powder**
- ½ cup **lowfat plain Greek yogurt**
- ⅛ teaspoon **black pepper**
- ½ teaspoon **lemon zest**
- 1 tablespoon **fresh lemon juice**
- 1 **whole wheat pita** *cut into wedges*

### Directions

1. Finely grate and drain 1 of the cucumbers then add to a small mixing bowl. Add grated garlic, yogurt, pepper, salt, zest and lemon juice and stir to combine.

2. Serve with sliced cucumbers and pita wedges.

NOTE: Consider warming or toasting pita before enjoying.

NOTE: You can substitute 1 small English cucumber for the 2 Persian cucumber. Use half for grating and the other half for dipping.

## 15-Minute Shrimp & Veggie Stir-Fry

Prep 7 min Cook 3 min Total 10 min

Serves: 4

### Ingredients

- ¼ cup **water**
- 3 tablespoons **tamari** or soy sauce
- 1 tablespoon **minced fresh ginger** or grated
- 1 tablespoon **sambal oelek** or Asian chile-garlic sauce
- 2 teaspoons **toasted sesame oil**
- 2 medium **bell peppers**
- 8 ounces **snow peas** (about 2 cups)
- 1 pound **raw peeled and deveined medium shrimp** thawed if frozen
- **Kosher salt**
- 2 tablespoons **canola** or vegetable oil, divided
- 1 teaspoon **toasted sesame seeds** (optional)
- 4 cups **cooked brown rice**

### Directions

Make the sauce:

Stir ¼ cup water, 3 tablespoons tamari or soy sauce, 1 tablespoon grated peeled ginger, 1 tablespoon sambal oelek or Asian chile-garlic sauce, and 2 teaspoons toasted sesame oil together in a small bowl and set aside.

Make the stir-fry:

Cut 2 medium bell peppers into 1/2-inch wide strips. Trim 8 ounces snow peas. Pat 1 pound raw and peeled shrimp dry with paper towels and season lightly with kosher salt.

Heat a flat-bottomed wok or large frying pan over medium-high heat until a drop of water vaporizes immediately on contact. Drizzle in 1 tablespoon canola or vegetable oil, add the shrimp, and spread into a single layer. Cook undisturbed until browned on the bottom, 1 to 2 minutes. Transfer to a plate or bowl -- the shrimp will not be cooked through at this point.

Drizzle 1 tablespoon oil in the pan, add the bell peppers and snow peas, season with salt, and stir-fry until softened and tender-crisp, 1 to 2 minutes. Return the shrimp and any accumulated juices to the pan, add the sauce, and stir-fry until the shrimp are just cooked through and the sauce reduces and coats everything in the pan, 1 to 2 minutes. Garnish with 1 teaspoon toasted sesame seeds and serve over rice.

### Prep Notes

**1 day before:** Cook brown rice.

Source: [www.thekitchn.com](http://www.thekitchn.com)

## Avocado-Egg Breakfast Toast

Prep 5 min Cook 4 min Total 9 min

Serves: 1

### Ingredients

- 1 cup **baby lettuce**
- 1 teaspoon **fresh lemon juice**
- $\frac{1}{4}$  teaspoon **fresh lemon zest**
- 2 teaspoons **olive oil** *divided*
- $\frac{1}{8}$  teaspoon **salt**
- $\frac{1}{8}$  teaspoon **cracked black pepper**
- **1 egg, large**
- $\frac{1}{4}$  **avocado** *sliced*
- 1 slice **crusty whole grain bread** *toasted*
- $\frac{1}{8}$  teaspoon **crushed red pepper** *(or more, to taste)*

### Directions

Toss the lettuce with lemon juice, lemon zest and 1 teaspoon of the olive oil.

Heat the remaining 1 teaspoon oil in a small nonstick pan set over medium heat. Add the egg and season with salt and pepper. Cook 2 minutes. Cover with foil and cook an additional 2-3 minutes or until desired doneness.

Smash the avocado onto the toasted bread. Top with the egg, then sprinkle with crushed red pepper and garnish with dressed greens.

**Source:** Sara Haas