



BONUS RECIPES

SCULPT-TO-SPRING CHALLENGE





BREAKFAST

BLUEBERRY COCONUT OATMEAL

by Marla Meridith

Ingredients

OATMEAL

1 1/2 cups (260 g) steel cut Irish oats

1/2 teaspoon ground ginger

1/2 teaspoon fine sea salt

1 teaspoon baking powder

4 cups (950 ml, 32 ounces) unsweetened

vanilla almond milk

2 cups (480 ml, 16 ounces) light unsweetened

coconut milk

1 1/2 (240 grams) cups fresh blueberries

(frozen OK too, do not thaw first)

1/4 cup (47 g) unsweetened dried blueberries

1/4 cup (22 g) unsweetened coconut flake

use pure maple syrup, honey or your favorite
natural sweetener to taste

BLUEBERRY SAUCE

2 cups (360 grams) fresh or frozen blueberries

OPTIONAL TOPPINGS

toasted nuts

coconut flake

whipped cream (vegan or not)

extra dried and fresh blueberries

coconut milk

Directions

OATMEAL

Pre heat oven to 350 degrees F with the rack in the center. Lightly coat a 13X9X2" inch baking dish with cooking spray. Combine all ingredients in a large bowl adding blueberries and coconut last. Sweeten to taste. Bake for about one hour. The oatmeal will appear not done when you take it out of the oven. Remove from the oven and let it cool to room temperature. Then put it in your refrigerator overnight for best results. It will thicken nicely as it cools.

BLUEBERRY SAUCE

Heat the blueberries with a splash of water over medium high heat. When you hear them sizzle reduce heat to medium and cook for about 5 minutes until saucy. Mash the blueberries against the side of the pan with a spatula.

Serve oatmeal with some almond or coconut milk and blueberry sauce.

PREP: 5 MINS

COOK: 1 HR

YIELDS: 8-10 SERVINGS



BREAKFAST

BREAKFAST TACOS

by Julia Gartland

Ingredients

4 corn tortillas
4 eggs
1 jalapeño, minced
2 scallion stalks, sliced
thin (green & white)
2 radishes, sliced thin
1 avocado, sliced
Cilantro for garnishing
Hot sauce for serving
1 lime, quartered

Directions

In a large skillet, char tortillas over medium heat until each side is browned. Wrap tortillas in foil to keep warm and set aside. Whisk together 4 eggs with jalapeno and scallion. Season with salt and freshly ground pepper. Heat a skillet over medium low heat. Add in your eggs and let them cook slowly without stirring too much. This is what gives scrambled eggs that custard-y texture.

Keep cooking over low heat, carefully folding eggs over for even cooking. Once eggs are cooked, but not browned, remove from heat.

Divide eggs evenly over the four corn tortillas. Top with radishes, sliced avocado and fresh cilantro to garnish. Season with flaky sea salt, freshly ground pepper and your favorite hot sauce. Squeeze lime juice over each taco before eating.

PREP: 5 MINS

COOK: 10 MINS

YIELDS: 2-3 SERVINGS



BREAKFAST

PALEO BLUEBERRY MUFFINS

by Cook Eat Paleo

Ingredients

200 grams fine almond flour
about 2 cups
1/2 teaspoon baking soda
1/8 teaspoon fine sea salt
3 eggs
1/4 cup honey
2 tablespoons ghee or
coconut oil, melted
1 tablespoon lemon juice
1 teaspoon organic vanilla
extract
1 cup fresh blueberries

Directions

Preheat oven to 325 degrees and
grease or line muffin tin.
Combine dry ingredients in large bowl.
Combine wet ingredients in medium
bowl. Stir wet ingredients into dry
ingredients, then fold in blueberries.
Using a large scoop, fill muffin cups 3/4
full.
Bake for 20 - 25 minutes, until golden
brown and toothpick inserted in center
comes out clean. Cool on wire rack.

PREP: 10 MINS

COOK: 25 MINS

YIELDS: 8-9 MUFFINS



BREAKFAST

CRUSTLESS VEGGIE QUICHE

by Sally's Baking Addiction

Ingredients

1 and 1/2 cups sliced yellow squash (2 small or 1 very large)

1 and 1/2 cups sliced zucchini (2 small or 1 very large)

1 large orange bell pepper, chopped (or any color)

2 cloves roasted garlic, chopped

1 Tablespoon ground thyme (or fresh chopped)

3 large eggs

3 large egg whites

3/4 cup milk

3/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

2/3 cup shredded cheese

2 Tablespoons grated parmesan cheese

PREP: 25 MINS

TOTAL: 1 HOUR 25 MINS

YIELDS: 6 LARGE SERVINGS

Directions

Heat a large skillet over medium-high heat. Spray with nonstick spray and add sliced squash and zucchini, chopped pepper, roasted garlic, and thyme. A little pinch of salt and pepper, too. (The rest of the salt and pepper called for in the recipe goes into the egg mixture, so just use a pinch here). Stirring frequently, cook for 6-7 minutes or until veggies are tender. Spoon into a bowl and allow to cool as you prepare the egg mixture.

Preheat oven to 350F degrees. Spray a 9-inch pie pan or square pan with nonstick spray. Set aside. In a large bowl, whisk the eggs, egg whites, milk, salt, and pepper together until thoroughly combined. Arrange veggies into the prepared pan. Top with shredded cheese, then pour the egg mixture on top. Sprinkle with grated parmesan cheese.

Bake for 45 minutes or until filling is set and no longer jiggles. Cool for 10 minutes on a wire rack before slicing and serving. This quiche makes great leftovers! Store tightly covered in the refrigerator for up to 4 days.

Make it ahead: Baked quiche freezes well, up to 2 months. Thaw overnight and bake at 350F to warm up for 20 minutes, give or take.

APPLE OAT BUCKWHEAT MUFFINS

by Warm Vanilla Sugar

Ingredients

1 cup almond flour
1 cup rolled oats
2/3 cup buckwheat flour
2 tbsp cornstarch
1 1/2 tsp baking powder
1 tsp baking soda
1 tsp ground cinnamon
1 tsp ground cardamom
1/2 tsp ground ginger
1/2 tsp kosher salt
2/3 cup plain Greek yogurt
1/3 cup vegetable oil
1/3 cup pure maple syrup
3 large eggs
1/4 cup + 2 tbsp unsweetened apple sauce, divided
3 small apples*, divided

Directions

- Preheat the oven to 400 degrees F. Grease and flour a muffin tin or line it with cupcake liners.
- Add the almond flour, rolled oats, buckwheat flour, cornstarch, baking powder, baking soda, cinnamon, cardamom, ginger and salt to a high-speed blender (or food processor) and blend on high speed until the oats turn into a coarse flour and all ingredients are mixed.
- In a medium bowl, whisk together the Greek yogurt, vegetable oil, maple syrup, eggs, and 1/4 cup of apple sauce.
- Add the dry ingredients to the wet ingredients and stir until just combined, making sure not to overmix. Grate two of the apples (leaving the skin on is fine) and fold them into the batter.
- Divide the batter in your muffin pan, filling them only half way up. Drop a teaspoon of apple sauce in the middle of each muffin and then cover with some more batter to fill the muffin cups. Slice the remaining apple thinly and place one or two slices on top of each muffin, pressing them down slightly (you might have leftover apple. Just save it for later)!
- Bake for about 18-20 minutes. Remove muffins to a wire rack and cool for at least 5 minutes. Serve warm or at room temperature.

PREP: 10 MINS

COOK: 25 MINS

YIELDS: 8-9 MUFFINS



LUNCH

RAW SPICY ZOODLE BOWL

by The Glowing Fridge

Ingredients

INGREDIENTS

- 1 large zucchini, spiralized or peeled
- 2 large carrots, spiralized or peeled
- 1 red bell pepper, sliced thin (any color is good)
- 1 cup purple cabbage, chopped into small strips
- 1 cup fresh corn (optional)
- 1/2 cup celery, chopped small
- 1/4 cup fresh cilantro, chopped
- 2-3 tablespoons sesame seeds

SPICY DRESSING

- 1-inch piece of fresh ginger, peel removed
- 1/4- 1/2 inch chunk of jalapeño
- 1/2 of an avocado
- fresh juice from 1 lime
- 1/4 - 1/3 cup of water
- 2 teaspoons maple syrup (or your favorite sweetener)
- 1/2 tablespoon raw, unrefined, organic coconut oil
- 1/4 teaspoon fine-grain sea salt
- pepper, to taste

Optional add-ins: cashews, peanuts, edamame, green onions, hemp hearts

Directions

Spiralize or peel zucchini and carrots. Add to a large bowl along with the red pepper, purple cabbage, corn, celery, cilantro and sesame seeds. Mix well.

FOR THE DRESSING

In a blender, combine all of the dressing ingredients and blend until smooth.

Pour dressing over salad, mix well and serve!

NOTE

Makes 2 large servings. If you don't like spicy, you can use less jalapeño or omit altogether. If you think you will have leftovers, you can always keep the dressing separate and add as needed so the veggies don't become soggy in the refrigerator. Will keep in the refrigerator up to 2 days.

PREP: 15 MINS

SERVINGS: 2



LUNCH

CRUNCHY DETOX SALAD

by The Harvest Kitchen

Ingredients

2 cups cauliflower
2 cups broccoli
1 cup red cabbage, roughly chopped
1 cup carrots, roughly chopped
1-1/2 cups fresh parsley
2 celery stalks
1/2 cup almonds
1/2 cup sunflower seeds
1/3 cup organic raisins

FOR THE VINAIGRETTE

3 Tbsp olive oil
1/2 cup lemon juice
1 tablespoon fresh ginger, peeled and
grated
2 tablespoons clover honey
1/2 teaspoon sea salt

Directions

Either chop the ingredients using a good sharp knife, or toss them individually in a food processor and quickly process until they're finely chopped.
Add all of the salad ingredients to a large bowl and toss with the vinaigrette.

FOR THE VINAIGRETTE

Place the ingredients for the vinaigrette in a jar with a lid. Place the lid on the jar and shake the ingredients. Or place all of the ingredients in a small bowl and whisk to incorporate well. Best if refrigerated for up to an hour before use.

PREP & COOK: 30 MINS

SERVINGS: 6



LUNCH

BLACK BEAN LETTUCE WRAPS

by Ruffles & Truffles

Ingredients

¾ cup jasmine rice
1 cup water
1 can (15 ounces) black beans, rinsed & drained
3 tablespoons tomato salsa
Juice from ⅓ of a lime
½ cup fresh cilantro, chopped
Bibb lettuce leaves (or iceberg)
1 cup corn salsa
½ cup guacamole (or 1 Haas avocado)

FOR THE SALSA

4 ears corn (grilled and stripped)
2 tbsp olive oil (for grilling corn)
½ cup red onion, diced
1 jalapeno, diced
14.5 oz petite diced tomatoes
½ cup fresh cilantro
Juice from ½ of a lime
Salt and pepper, to taste

Directions

Prepare the jasmine rice according to package directions (bring rice and water to a boil, stir, then cover and reduce heat to low for 20 minutes. Remove from heat for 5 minutes).

Open the can of black beans and pour into a colander – rinse and drain. Add beans to a small pot over low heat and add the tomato salsa. Stir to combine. Heat through, stirring occasionally (about 8-10 minutes). Chop the fresh cilantro leaves. Reserve a few pinches for garnish (if desired), then add the cilantro to the cooked rice along with the lime juice. Stir to combine.

To put a wrap together: begin with a Bibb lettuce leaf. Add a scoop of cilantro lime rice, followed by a scoop of the black beans, and corn salsa. Sprinkle with reserved cilantro leaves, sliced avocado, or guacamole. Fold into a taco-like shape and take a bite – enjoy!

PREP & COOK: 30 MINS
SERVINGS: 4



LUNCH

STRAWBERRY AVOCADO SPINACH SALAD

by Gimme Some Oven

Ingredients

SALAD INGREDIENTS:

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, peeled, pitted and diced (or you can double this to 2 avocados!)
- 4 ounces crumbled gorgonzola or blue cheese
- 1/4 cup sliced almonds, toasted
- half a small red onion, thinly sliced
- 1 batch poppyseed dressing (recipe below)

POPPYSEED DRESSING INGREDIENTS:

- 1/3 cup avocado oil (or any oil, such as olive oil)
- 3 Tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 tablespoon poppy seeds
- pinch of ground dry mustard (optional)
- salt and pepper

Directions

TO MAKE THE SALAD:

Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.

TO MAKE THE POPPYSEED DRESSING:

Whisk all ingredients together until combined. Add a pinch of salt and pepper, or more to taste.

PREP & COOK: 15 MINS
SERVINGS: 4-6



LUNCH

BLACK BEAN & QUINOA CROCKPOT CHILI

by Simply Quinoa

Ingredients

3 cups diced sweet potato (about 1 large)

1 cup diced red onion (about 1 medium)

1 cup diced bell peppers (about 1 large)

3 garlic cloves, minced

1 (15 oz) can organic black beans

1 (28 oz) can of fire roasted tomatoes

3 - 4 cups vegetable broth

2 tablespoons tomato paste

1/2 cup uncooked quinoa

1 - 1 1/2 tablespoons chili powder

2 teaspoons cumin

2 teaspoons paprika

1 teaspoon coriander

1/2 teaspoon cayenne (more or less to taste)

Salt & pepper to taste

Directions

Add all ingredients into a crock pot (starting with just 3 cups of broth).

Turn on high and cook for 4 hours, turn down to low and continue to cook until ready to serve. If too thick, stir in another 1/2 - 1 cup of water.

Serve with diced avocado (or guac) and tortilla chips. It's such a good combo!

PREP: 15 MINS

SLOWCOOKER: 4 HOURS

SERVINGS: 8



DINNER

CALIFORNIA AVOCADO & CHICKEN BOWL

by Half Baked Harvest

PREP: 25 MINS
COOK: 25 MINS
SERVINGS: 4

Ingredients

CHICKEN

1 pound boneless skinless chicken breast or tenders
cubed if using skewers, leave whole if not
1/4 cup olive oil
4 cloves garlic minced or grated
1/2 teaspoon onion powder
1/2 teaspoon pepper
1/4 teaspoon cayenne
1/2 teaspoon smoked paprika
1/4 cup fresh parsley chopped (or 1 tablespoon dried)
1/4 cup fresh basil chopped (or 1 tablespoon dried)

THE RICE + VEGGIES + AVOCADO

1 1/2 cups jasmine or basmati rice
3 cups water
2 red pepper cut into fourths
1 inch zucchini sliced into 1/4 rounds
1 tablespoon olive oil
salt + pepper
2 avocados mashed very well
juice of 1 lemon
1/2 cup fresh parsley chopped
1 clove garlic minced or grated
salt + pepper to taste
1 pint grape tomatoes halved
1/4 cup walnuts toasted

Directions

At least 30 minutes before grilling, soak your skewers (if they are bamboo) in water for 30 minutes to prevent them from charring.

In a large bowl combine the olive oil, garlic, onion powder, pepper, cayenne, smoked paprika, parsley and basil. Add the chicken and toss well. Cover and place in the fridge while you prepare the rest of the meal. Make the rice. Add the water to a medium size pot. Bring to a low boil and then add the rice. Stir to combine and then place the lid on the pot and turn the heat down to the lowest setting possible. Allow the rice to cook ten minutes on low and then turn the heat off completely and let the rice sit on the stove, covered for another 20 minutes (don't take any peeks inside!). After 20 minutes remove the lid and fluff the rice with a fork. Note that rice can cook differently for everyone, this is just what works for me.

Pre heat the grill to medium high heat.

Add the red pepper and zucchini to a gallon size ziplock bag. Add 1 tablespoon of olive oil and a pinch of salt and pepper. Seal the bag and shake well so the veggies are coated with olive oil

Remove the chicken from the fridge and if using skewers, skewer the chicken (or if you do not have skewers you can leave the chicken whole and cut after grilling).

Grill the chicken for 3-4 minutes per side, gently flipping 2-3 times until chicken is cooked through and has light char marks. While the chicken is grilling grill the zucchini for about 4 minutes on each side, or until tender and the red peppers for about 5 minutes flipping once or twice during cooking. You may also use a grill pan to do this or even just cook everything on the stove.

Remove everything from the grill and let cool 5 minutes. Once cool slice the red peppers into strips and if you have whole chicken breast cut those into cubes.

Add the mashed avocados to a bowl. Stir in the lemon juice, parsley, garlic and salt and pepper to taste. Mix well.

To assemble the bowls, divide the rice among 4 bowls or plates. Top each bowl of rice with equal amounts of chicken, grilled peppers and zucchini. Add a large dollop of the avocados and then add the fresh tomatoes and walnuts. Serve warm.



DINNER

MEXICAN QUINOA SALAD

by Minimalist Baker

Ingredients

SALAD

- 5-6 cups mixed greens
- 1 cup cooked quinoa (red or white)
- 1/2 cup fresh or canned corn
- 1 cup cooked black beans (seasoned with equal pinches sea salt, cumin, chili, + garlic powder)
- 1/4 cup red onion, diced
- 1 orange, segmented
- 1/2 ripe avocado, chopped
- 1/4 cup fresh cilantro, chopped or torn

DRESSING

- 1/2 ripe avocado
- 1 large lime, juiced (~4 Tbsp)
- 3 Tbsp orange juice
- 1-2 tsp sweetener of choice (maple syrup, agave, cane sugar, etc.)
- 1-2 tsp hot sauce
- 1/4 tsp cumin powder
- 1/8 tsp chili powder (or sub extra hot sauce or chipotle powder)
- Healthy pinch each sea salt and black pepper
- optional: 1 Tbsp fresh minced cilantro
- 3-4 Tbsp extra virgin olive oil or avocado oil

Directions

Begin preparing quinoa first by thoroughly rinsing 1/2 cup quinoa in a fine mesh strainer then bringing to a boil with 1 cup water in a small saucepan. Once boiling, reduce heat to simmer, cover and cook on low for 15-20 minutes.

Meanwhile, prepare salad ingredients by chopping vegetables, segmenting orange, and warming black beans and seasoning with salt, cumin, chili and garlic powder.

Prepare dressing by adding all ingredients to a blender or food processor and blending until creamy and smooth, scraping down sides as needed. Taste and adjust seasonings as needed. I added more hot sauce, orange juice and salt. TIP: if you prefer a vinaigrette, leave out the avocado and simply whisk all ingredients together in a bowl. Taste and adjust seasonings as needed.

Either plate salad and serve with dressing on the side, or toss with dressing before serving. Pairs well with salsa, fresh lime juice and tortilla chips.

Leftovers keep for up to a few days, though best when fresh.

PREP: 15 MINS

COOK: 15 MINS

SERVINGS: 2-3



DINNER

SLOW COOKER BALSAMIC CHICKEN

by SkinnyMs.

Ingredients

4-6 boneless, skinless, chicken breasts
(about 40 ounces)

2 14.5 oz can diced tomatoes

1 medium onion thinly sliced (Not
chopped)

4 garlic cloves

1/2 cup balsamic vinegar (for gluten-
free use White Balsamic Vinegar which
doesn't have caramel coloring)

1 tbsp. olive oil

1 tsp each: dried oregano, basil, and
rosemary

1/2 tsp thyme

ground black pepper and salt to taste

Directions

Pour the olive oil on bottom of slow
cooker, add chicken breasts, salt
and pepper each breast, put sliced
onion on top of chicken then put in
all the dried herbs and garlic
cloves. Pour in vinegar and top with
tomatoes.

Cook on high 4 hours, serve over
angel hair pasta or zoodles.

PREP: 15 MINS

COOK: 4 HOURS

SERVINGS: 10



DINNER

PESTO RED RICE

by Amie Valpone

Ingredients

1 1/2 cups uncooked red rice
2 cups broccoli florets
1 lb. asparagus, cut into 1 inch pieces
2 cloves garlic, peeled
2/3 cup pine nuts, toasted, plus more for serving
3/4 tsp sea salt
1/2 tsp freshly ground black pepper
Juice of 1 lemon
1/4 cup extra virgin olive oil
1 cup dairy-free plain yogurt
1 yellow bell pepper, diced
3 chives, finely chopped

PREP: 10 MINS

COOK: 10 MINS

SERVINGS: 6

Directions

COOK red rice according to package directions.

As rice cooks, STEAM the broccoli and asparagus. Then, bring 1 cup water to a boil in a large pot. In small batches, add broccoli and asparagus to pot, cover and cook for 1 minute or until bright green and crunchy. Drain the vegetables in a colander and run under cold water. Repeat with remaining broccoli and asparagus. Set aside.

To make the pesto, COMBINE cooked broccoli, asparagus, garlic, pine nuts, sea salt, pepper and lemon juice in a food processor. Drizzle in olive oil and spoon in yogurt; pulse until smooth.

TOSS cooked red rice with the pesto mixture. Thin with warm water for desired consistency.

SERVE topped with additional pine nuts, diced yellow bell pepper and chives.



DINNER

SALMON WITH AVOCADO SALSA

by Becky Hardin

Ingredients

2 lbs salmon, cut into 4 pieces
1 tbs olive oil (try light extra virgin olive oil)
1 tsp salt
1 tsp ground cumin
1 tsp paprika powder
1 tsp onion powder
1/2 tsp ancho chili powder
1 tsp black pepper

For the Avocado salsa:

1 avocado, sliced
1/2 small red onion, sliced
Juice from 2 limes
1-2 tbs finely chopped cilantro
(depending on how big of a cilantro lover you are)
Salt to taste

Directions

Mix the salt, chili powder, cumin, paprika, onion and black pepper together, rub the salmon fillets with olive oil and this seasoning mix
Refrigerate for at least 30 minutes.
Pre-heat the grill.
Combine the avocado, onion, cilantro, lime juice, and salt in a bowl and mix well, chill until ready to use.
Grill the salmon to desired doneness. (takes only about about 5 minutes)
Top with avocado salsa and enjoy!

PREP: 40 MINS

COOK: 10 MINS

SERVINGS: 4



SNACK

CHOCOLATE OAT ENERGY BARS

by detoxdiy

Ingredients

1&1/2 cups rolled oats
½ cup dry pitted dates, soaked in
purified water for at least 1 hour
1 tbsp raw cacao powder
4 tsp coconut oil
1 tbsp cacao butter
2 tsp raw agave nectar
Tahini, to garnish

Directions

In a food processor add the drained dates and
2 tsp coconut oil, and pulse to obtain a puree.
Add the oats and pulse to incorporate.
Line a small pan with parchment paper and
spread the oats mixture into ½ inch layer.
In a small sauce pan add the coconut butter,
the rest of the coconut oil, raw cacao powder
and place over low heat, mixing continuously to
homogenize.
Remove from the heat, add the agave nectar,
mix to incorporate, then pour over the oats
layer.
Set aside to cool, drizzle with tahini, then cover
with plastic foil and freeze for at least two
hours.
Remove from the freezer, cut into slices and
serve or keep into an airtight container for up
to two weeks in the refrigerator.

PREP: 20 MINS

SERVINGS: 6-8 BARS



SNACK

SWEET POTATO FRIES

by detoxdiy

Ingredients

3 medium sweet potatoes, peeled

1 tbsp coconut oil, melted

1 tbsp cornmeal

½ tsp sea salt

1 bunch fresh parsley, finely chopped

1 ripe avocado

2 limes, juice only

1 garlic clove, minced

Directions

Preheat the oven 350°F/180°C.

Cut the sweet potatoes in ¼ – ½ inch slices and place on a baking sheet lined with parchment paper.

Add the cornmeal, coconut oil and sea salt, and toss well to combine.

Roast for 10 minutes, then remove, toss and roast 10 more minutes, to bake them uniformly.

While the potatoes are cooking, prepare the avocado dip – place avocado, lime juice and garlic clove in a food processor and pulse to obtain a smooth sauce.

Remove the sweet potatoes from the oven, sprinkle with fresh parsley and serve them hot with avocado dip sauce.

PREP: 20 MINS

COOK: 20 MIN

SERVINGS: 2

A close-up photograph of several thin, light-brown apple slices with reddish-brown skin, arranged on a wooden surface. A solid purple rectangular box is overlaid on the top center of the image.

SNACK

A series of white diagonal lines on a dark green background, separating the title from the ingredients section.

APPLE CHIPS

Ingredients

2 apples, cored and thinly sliced

Cinnamon to taste


Directions

Preheat oven to 275 degrees.

Line a cookie sheet with parchment paper and place the pieces of sliced apple on top.

Sprinkle with cinnamon (to taste).

Bake at 275 degrees for two hours. After 60 minutes, turn them over so they bake evenly. You should check on them after 60 minutes and every 30 minutes after that because oven cook times vary and you don't want to burn them. Once they look nice and crispy remove them from the oven and allow to cool.

A series of white diagonal lines on a dark green background, separating the directions from the bottom of the page.



SNACK

ASIAN LETTUCE WRAPS

Ingredients

1 pound skinless, boneless chicken breasts, cut into strips

2 tablespoons canola oil

1/2 red bell pepper, cut into strips

1-inch knob ginger root, peeled and minced

2 garlic cloves, minced

1 carrot, peeled and sliced into thin strips

For the dressing

2 tablespoons sesame oil

1/3 cup rice wine vinegar

2 tablespoons lite soy sauce, optional Tamari or coconut aminos

1 tablespoon of sesame seeds, toasted

1/16 teaspoon cayenne pepper (optional)

For serving:

6 large butter lettuce leaves, washed and dried

2 green onions, sliced

COOK: 30 MINS

SERVINGS: 6

Directions

Toast sesame seeds in a dry pan over low to medium heat for 1- 2 minutes, stirring constantly just until golden and fragrant. Set aside.

For the Dressing:

In a medium bowl, whisk together the dressing ingredients.

Add 1 tablespoon canola oil to a large sauté pan over medium heat. Once oil is hot (shimmering but not smoking) add chicken strips. Cook until the chicken is golden on all sides and cooked through.

Remove chicken strips and set aside. Add to the skillet remaining oil, carrots, red pepper strips, and ginger. Cook until veggies are only slightly tender and still on the crisp side. During the last 30 seconds add the minced garlic and cook just until fragrant. Return chicken to the skillet with the veggies and add dressing, toss to coat.

To assemble:

Assemble wraps by laying down lettuce leaf, add the chicken and veggies. Top each wrap with sliced green onions.

The image is a horizontal banner at the top of the page. It is divided into two equal halves. The left half shows a close-up of a bowl filled with popcorn that has been coated in a golden-brown, crumbly seasoning, likely cayenne pepper. The right half shows a white plate with several thin, crescent-shaped slices of green apple. Next to the apple slices is a small, light blue ceramic bowl filled with a thick, smooth, light brown spread, which is almond butter. A solid purple rectangular box is overlaid on the top right of the popcorn image, containing the word 'SNACK' in white, uppercase, sans-serif font.

SNACK

QUICK SNACKS

POPCORN WITH CAYENNE PEPPER

Cayenne pepper is great for kick-starting your metabolism and digestion to help cleanse the body. Spice up your popcorn with cayenne pepper for a healthy snack that takes minutes to make.

APPLES WITH ALMOND BUTTER

Apples are full of phytochemicals and soluble fiber that aid digestion and detox the body. Pair them with creamy almond butter for a dose of healthy fats to stabilize your blood sugar.



SNACK

10 QUICK PACKAGED SNACKS

Fresh fruits and veggies make the perfect grab-n-go snacks, but if you're craving something more, check out these options!

RX BARS

BOOM-CHICKA-POP POPCORN

BEANITOS BLACK BEAN CHIPS

SQUARE BARS

BARNANA BANANA BITES

PURE CRIPSY CLUSTERS

LARA BARS

SIGGI'S LOWFAT YOGURT TUBES

CHIA POD

YASSO FROZEN GREEK YOGURT BARS

Look for snacks with very few ingredients and stay away from anything that includes items on our 'avoid list'!



SNACK

DETOX SMOOTHIES

Green Protein Detox Smoothie

½ cup unsweetened almond milk
1 tablespoon almond butter
1 banana
2 cups mixed greens (i.e. kale, chard
and spinach)

Apple Berry Detox Smoothie

1 cup mixed berries (like raspberries,
strawberries, and blueberries)
1 large apple
2 cups spinach
1 cup water (or unsweetened almond
milk)

PREP: 5-10 MINS

SERVINGS: 1

Glowing Green Detox Smoothie

1 kiwi
1 banana
¼ cup pineapple
2 celery stalks
2 cups spinach
1 cup water

Pineapple Banana Detox Smoothie

1 cup pineapple
1 banana
1 apple
2 cups spinach
1 cup water

*If you want a cold smoothie, freeze the
fruit, or buy frozen fruit or add 1/2 a cup
of ice.