

Sculpt-to-Summer Challenge

NUTRITION

CLEAN OUT YOUR KITCHEN

FIRST STEP!

EAT/DRINK LESS OF THESE FOODS:

- PROCESSED MEAT - THINK HOTDOGS, SOME DELI MEATS, ETC
- SODA - REGULAR AND DIET
- FOODS LOADED WITH ADDED SUGAR - COOKIES, CAKES, ICE CREAM, ETC
- CHIPS - THAT INCLUDES CHEESY PUFFS AND NACHO CHEESE TORTILLA CHIPS
- WHITE BREAD/PASTA/CRACKERS
- ARTIFICIAL SWEETENERS
- ALCOHOL
- JUICE/DRINKS WITH ADDED SUGAR
- HIGH SALT FOODS - FROZEN MEALS, SOME CANNED FOODS, SOME SNACK FOODS

EAT/DRINK MORE OF THESE FOODS:

- PLANT-BASED PROTEINS - BEANS, LENTILS, NUTS, SEEDS, SOY
- WATER (SPARKLING OR FLAT)
- FOODS WITHOUT ADDED SUGAR: THINK NATURALLY SWEET FRUIT!
- WHOLE GRAIN CRACKERS, BREADS AND PASTAS
- VEGETABLES
- HEALTHY FATS - OLIVE OIL, AVOCADO, NUTS, ETC
- LOW-FAT DAIRY INCLUDING YOGURT

FOODS TO ALWAYS HAVE ON HAND

Fridge:

- Veggies - carrots, bell peppers, cucumbers, celery, leafy greens (really any vegetables!)
- Fruits - apples, grapes, melons, oranges, berries, pineapple (again, really any fruit!)
- Dairy - milk or milk alternative, plain yogurt, cheddar cheese, parmesan cheese, feta cheese, eggs
- Other - hummus

Freezer

- Frozen fruits: cherries, blueberries, strawberries (your favorites!)
- Frozen veggies: corn, edamame, mixed veggies, spinach (your favorites!)

Pantry:

- Produce: bananas, potatoes (sweet), garlic
- Canned goods: tomatoes (crushed, diced, paste), canned fruit in its own juice, canned pumpkin
- Grains: whole grain pasta (spaghetti and at least one type of shape), oats, whole grain crackers, whole grain cereal, whole grain bread, quinoa, brown rice
- Condiments: peanut butter (any nut butter), honey, jelly, mustard, soy sauce, tahini
- Beans & Nuts: garbanzo beans, black beans, walnuts, pistachios, peanuts
- Granola Bars
- Dried fruit (unsweetened)



EATING OUT TIPS

1. Drink before you go. No, I don't mean pre-partying with margaritas, I mean hydrating with water. Any kind of water will work as long as it's not sweetened water. If you can fill your belly with a little bit of water and adequately hydrate yourself before the meal, you won't be as inclined to eat half the basket of tortilla chips that show up on your table pre-meal.

2. Skip the basket. Speaking of that basket, why not ask for them to wait to bring it until your meal appears? No need to load up on empty calories before the really good stuff arrives, know what I mean. So ask them to keep the bread, tortilla chips, etc back in the kitchen until the real food shows up.

3. Order some veggies. It might not be too much of a surprise, but most of us don't eat enough veggies. So why not include more when you're dining out? Get that salad and order a side of veggies to go with your main meal.

4. Share with a friend. Restaurant meals these days can be HUGE! Enough to feed a small family, in fact. So why not pick a dish to share? That way you'll be getting a more appropriate portion size and won't have to worry about leftovers.

5. Choose before you dine. It's always wise to look at the menu before you get there. Make the choice regarding what you'll have ahead of time, that way you won't succumb to a last minute "hangry" food choice.

6. Keep to 1 glass. Total buzz kill, I know, but do your best to stick with a 1 alcoholic drink maximum. Remember, alcohol equals calories. Sip that water instead!



WIN ATHLETIC CLUB

4 Day
Meal
Plan

POWER SCULPT FITNESS

Welcome!

We are so excited you are here!

The provided 4 day meal plan and grocery list is ready for you, but feel free to customize to suit your personal needs/budget.

You'll see some repeats, but if you need to keep the repeating going, that's totally fine. Most of the dinners are designed to serve 4, perfect for families, or you may have leftovers, which is always awesome!

We have included a lot of variety to inspire you, so don't be surprised when you see that grocery list FULL of stuff. Again, pick what you like, move things around, do what you need to do to make it work for you!

Day 1

BREAKFAST: *CEREAL & MILK*

1 CUP CEREAL WITH 1 CUP MILK/MILK ALTERNATIVE AND 1 BANANA
(HOW TO CHOOSE A GREAT CEREAL)

SNACK: *GUACAMOLE WITH BELL PEPPER DIPPERS*

ENJOY ¼ CUP GUACAMOLE TOPPED WITH 1 TEASPOON SALTED
PEPITAS. SERVE WITH 1 CUP SLICED BELL PEPPERS

LUNCH: *ROASTED CHICKEN SALAD & APPLE*

SERVE 1 CUP SHREDDED, ROTISSERIE CHICKEN ON 2 CUPS OF
LETTUCE. TOP WITH 2 TBSP CRUMBLLED FETA CHEESE, HANDFUL
OF CHERRY TOMATOES, 4-5 BLACK OLIVES AND 1 TABLESPOON
SALAD DRESSING OF YOUR CHOICE. ADD COOKED GRAINS OR
BEANS FOR AN EXTRA FIBER/PROTEIN BOOST.

SNACK: *KEFIR GRANOLA SNACK*

PLACE 1/4 CUP LOW-SUGAR (LESS THAN 9G/SERVING) GRANOLA IN A
BOWL. TOP WITH 1/2 CUP PLAIN, LOW-FAT KEFIR AND 2 TEASPOONS
GROUND FLAX SEED. ENJOY WITH A SPOON.

DINNER: *FREEZER BEAN & CHEESE BURRITOS*

Day 2

BREAKFAST: *WHOLE GRAIN WAFFLES WITH BERRIES & CHIA SEED*
TOAST TWO WHOLE GRAIN FROZEN WAFFLES. WHILE WAFFLES ARE TOASTING, PLACE 1/2 CUP MIXED UNSWEETENED FROZEN BERRIES IN A MICROWAVE-SAFE BOWL AND COOK ON HIGH FOR 30 SECONDS, STIR AND COOK ANOTHER 30 SECONDS. STIR IN 1 TEASPOON CHIA SEEDS. SPREAD 1 TABLESPOON PEANUT BUTTER OVER WAFFLES AND TOP WITH BERRY-CHIA MIXTURE. SERVE WITH 1 CUP LOW-FAT MILK.

SNACK: *TROPICAL FRUIT AND NUTS SNACK*

ENJOY 10 ROASTED, UNSALTED CASHEWS WITH ¼ CUP DRIED APRICOTS AND 1 TABLESPOON SHREDDED, UNSWEETENED COCONUT

LUNCH: *BENTO LUNCH*

ENJOY 1 CUP FRUIT, 2 CUPS MIXED VEGGIES (CHERRY TOMATOES, BABY CARROTS, PEPPER SLICES, ETC), 1 OUNCE CHEESE CUBES, AND 1 SERVING WHOLE GRAIN CRACKERS.

SNACK: *LIME AND PARMESAN POPCORN*

PLACE 2 CUPS OF FRESHLY POPPED, AIR-POPPED POPCORN IN A BOWL. SPRAY LIGHTLY WITH NON-STICK COOKING SPRAY THEN ADD THE ZEST OF HALF A LIME (ABOUT 1 TEASPOON), A PINCH OF SALT, 1 TABLESPOON OF GRATED PARMESAN CHEESE AND A DASH OF CHILI POWDER. STIR THOROUGHLY TO MIX.

DINNER: *VEGAN BUDDHA BOWL*

Day 3

BREAKFAST: *CEREAL & MILK*

1 CUP CEREAL WITH 1 CUP MILK/MILK ALTERNATIVE AND 1 BANANA

SNACK: *COTTAGE CHEESE, PEARS/PEACHES AND WALNUTS*

TOP 1/2 CUP 2% COTTAGE CHEESE WITH 1/2 CUP CANNED DICED PEARS (OR PEACHES), PACKED IN 100% JUICE, AND 4 CHOPPED WALNUT HALVES.

LUNCH: *TURKEY WRAP & APPLE*

SPREAD 1 TABLESPOON PLAIN (OR FLAVORED HUMMUS) DOWN THE MIDDLE OF A 6-INCH WHOLE GRAIN TORTILLA. TOP WITH 3 OUNCES DELI TURKEY, LETTUCE, ONION AND OTHER VEGGIES OF YOUR CHOICE. ENJOY WITH AN APPLE.

SNACK: *TURKEY WRAP & APPLE*

SPREAD 1 TABLESPOON PLAIN (OR FLAVORED HUMMUS) DOWN THE MIDDLE OF A 6-INCH WHOLE GRAIN TORTILLA. TOP WITH 3 OUNCES DELI TURKEY, LETTUCE, ONION AND OTHER VEGGIES OF YOUR CHOICE. ENJOY WITH AN APPLE.

DINNER: *SHEET PAN MUSTARD-MAPLE SALMON*

Day 4

BREAKFAST: *YOGURT, BERRIES & GRANOLA*

1 CUP NONFAT PLAIN GREEK YOGURT, ¼ CUP GRANOLA, ½ CUP BERRIES

SNACK: *HUMMUS & CARROTS*

2 TBSP HUMMUS WITH 3 MEDIUM CARROTS OR 1 CUP BABY CARROTS

LUNCH: *ROASTED CHICKEN SALAD*

SERVE 1 CUP SHREDDED, ROTISSERIE CHICKEN ON 2 CUPS OF LETTUCE. TOP WITH 2 TBSP CRUMBLED FETA CHEESE, HANDFUL OF CHERRY TOMATOES, 4-5 BLACK OLIVES AND 1 TABLESPOON SALAD DRESSING OF YOUR CHOICE. ADD COOKED GRAINS OR BEANS FOR AN EXTRA FIBER/PROTEIN BOOST.

SNACK: *DRIED FRUIT & NUTS*

8 DRIED APRICOTS AND 8 WALNUT HALVES

DINNER: *CHICKPEA & VEGGIE SALAD*

- 2 CUPS MIXED GREENS
- ¾ CUP VEGGIES OF YOUR CHOICE (TRY CUCUMBERS AND TOMATOES)
- ½ CUP CHICKPEAS, RINSED
- ½ TBSP. CHOPPED WALNUTS
- 1 TBSP. CRUMBLED FETA CHEESE

COMBINE INGREDIENTS AND TOP SALAD WITH 1 TBSP. EASY RED-WINE VINAIGRETTE

Grocery List

PRODUCE:

- AVOCADO, 1
- APPLES, 2
- BANANAS, 2-3
- BELL PEPPERS, 2
- LETTUCE, 2 BAGS PRE-CUT, ANY KIND
- GRAPES, 1 BUNCH
- BERRIES, 1 PINT, ANY KIND
- CHERRY/GRAPE TOMATOES, 2 PINTS
- BABY CARROTS, 1 BAG
- CLEMENTINES, 2
- CUCUMBER, 1
- LIME, 1 EACH
- LEMON, 1 EACH
- GARLIC, 1 HEAD
- SCALLIONS, 1 BUNCH
- SWEET POTATO, 1 MEDIUM
- ASPARAGUS, 1 BUNCH
- FINGERLING POTATOES, 8 OUNCES
- CILANTRO, 1 BUNCH
- BONUS VEGGIES OF YOUR CHOICE

PROTEINS:

- DELI TURKEY, 6 OUNCES
- ROTISSERIE CHICKEN, 1 EACH
- HUMMUS, PLAIN, 1 CONTAINER
- PISTACHIOS, 1 SMALL BAG
- WALNUTS, 1 SMALL BAG
- CASHEWS, 1 SMALL BAG
- 4 (6-OUNCE) SKIN-ON SALMON FILLETS

DAIRY:

- LOW-FAT MILK OR NON-DAIRY MILK
- ½ GALLON FETA CHEESE CRUMBLES
- 1 CONTAINER KEFIR, PLAIN
- 1 CONTAINER SHARP CHEDDAR CHEESE BLOCK
- 1 EACH SHREDDED CHEDDAR CHEESE
- 2 CUPS GRATED PARMESAN CHEESE
- 1 SMALL CONTAINER 2% SMALL CURD COTTAGE CHEESE
- 1 SMALL CONTAINER NON-FAT PLAIN GREEK YOGURT
- 1 SMALL CONTAINER GUACAMOLE
- 1 SMALL CONTAINER (OR BUY AND AVOCADO
- LIME AND JALAPEÑO AND MAKE YOU'RE OWN!)

Grocery List

PANTRY STAPLES:

(YOU LIKELY HAVE MOST OF THESE ALREADY!)

PEANUT BUTTER, NATURAL, 1 CONTAINER

DRIED APRICOTS, 1 BAG

GROUND FLAX SEED, 1 BAG

SHREDDED, UNSWEETENED

COCONUT, 1 SMALL BAG

CHIA SEED, 1 BAG

CHILI POWDER

GROUND CUMIN

MAPLE SYRUP

DIJON MUSTARD

APPLE CIDER VINEGAR

KOSHER SALT

BLACK PEPPER

OLIVE OIL

TAHINI

QUINOA, 1 BAG

GRAINS:

WHOLE GRAIN CEREAL GRANOLA

(<9G SUGAR/SERVING) WHOLE

GRAIN WAFFLES, 1 PACKAGE

WHOLE GRAIN CRACKERS AIR-

POPPED POPCORN, 1 BAG

(CHOOSE OLIVE OIL) WHOLE

WHEAT TORTILLAS/WRAPS (ABOUT

6-INCHES), 2 PACKAGES

CANNED GOODS:

BLACK OLIVES, 1 JAR

SALAD DRESSING, 1 CONTAINER

(CHOOSE VINAIGRETTE-BASED)

CANNED PEARS OR PEACHES, PACKED

IN 100% JUICE, 1 LARGE CAN

NO SALT ADDED CHICKPEAS, 2 CANS

NO SALT ADDED PINTO BEANS, 1 CAN

NO SALT ADDED BLACK BEANS, 1 CAN

PICKLED JALAPEÑOS, 1 SMALL JAR

Picking a Cereal

Between packing lunches, walking the dog, showering & just trying to get out the door on time, cooking breakfast can easily fall by the wayside. Americans' easy answer is breakfast cereal. We buy more than 2 billion boxes of the stuff every year.

Here's how to pick a healthy cereal.

Breakfast-cereal eaters are more likely to hit their recommended daily requirement for fiber (25 to 38 grams for adults, depending on age and gender), according to a 2014 scientific review. Some brands use added fiber, such as inulin, aka chicory root, which is similar to the quality of the fiber you'd get from grain. But eating whole grains can have additional benefits, such as lower BMI & improved cholesterol levels. Look for whole grains as an ingredient at the top of the list. (All of our picks have a whole grain listed first.)

Along with the more recognizable ingredients—oats, grains, corn—there are a few additives that you may spot that you might not be familiar with. One is the preservative BHT. While considered safe by the FDA, it has been linked with cancer in some studies and lands on approach-with-caution lists by watchdog groups (even when it's just in the packing, as it can migrate into food). A replacement for BHT is mixed tocopherols (vitamin E), a preservative that gets safer ratings.

One more common ingredient to watch for is barley malt extract. That's just another name for sugar—don't let the word "barley" confuse you.

Get Bowled Over: Our Picks

- ♥ Kashi Organic Sprouted Grains
- ♥ Kellogg's Raisin Bran
- ♥ Wheaties
- ♥ Trader Joe's Triple Berry-O's
- ♥ 365 Organic Bran Flakes
- ♥ Uncle Sam Original Wheat Berry Flakes
- ♥ Qi'a Cocoa Coconut Superflakes
- ♥ Barbara's Original Multigrain Spoonfuls

Numbers to Look For

Per 3/4-cup serving - Fiber \geq 3g - Sodium \leq 200mg - Sugars* \leq 7g

*Our sugars cap for cereals made with raisins or dates is 16g to account for their natural sugars. Dried cranberries and dehydrated fruits contain very little natural sugar, so this higher parameter does not apply to these cereals. Read on to find out how to identify natural sugar and added sugar on nutrition labels.

Frozen Burritos

This copycat version of store-bought frozen burritos is perfect for meal prepping. Make a big batch to store in the freezer for healthy packable lunches or a quick campsite meal.

INGREDIENTS:

- 1½ cups chopped grape tomatoes
- 4 scallions, chopped
- ¼ cup chopped pickled jalapeño peppers
- 2 tablespoons chopped fresh cilantro
- 2 (15 ounce) cans low-sodium pinto beans, rinsed
- 4 teaspoons chili powder
- 1 teaspoon ground cumin
- 2 cups shredded sharp Cheddar cheese
- 8 8-inch whole-wheat tortillas, at room temperature

PREPARATION:

Combine tomatoes, scallions, jalapeños and cilantro in a medium bowl.

Mash beans with chili powder and cumin in a large bowl with a fork or potato masher until almost smooth. Add cheese and the tomato mixture and stir until combined.

Spread about ½ cup of the filling mixture on the bottom third of each tortilla. Roll snugly, tucking in the ends as you go. Wrap each burrito in heavy-duty foil. Freeze for up to 3 months.

To heat in the microwave: Unwrap a burrito and place on a microwave-safe plate. Cover with a paper towel and microwave on High until steaming hot throughout, 1½ to 2½ minutes.

To heat over a campfire: Place foil-wrapped burrito on a cooking grate over a medium to medium-hot fire. Cook, turning once or twice, until steaming hot throughout, 5 to 10 minutes if partially thawed, up to 15 minutes if frozen.

To make ahead: Freeze for up to 3 months; defrost for up to 1 day in a refrigerator or cold cooler.

Vegan Buddha Bowl

This easy grain bowl has so much to love—sweet potatoes, protein-packed chickpeas, creamy avocado and homemade tahini dressing. Make the full recipe on the weekend and pack into individual serving containers for ready-to-go lunches for work all week.

INGREDIENTS:

- 1 medium sweet potato, peeled if desired, cut into 1-inch chunks
- 3 tablespoons extra-virgin olive oil, divided
- 1 tablespoon lemon juice
- 1 small clove garlic, minced
- 2 cups cooked quinoa
- 1 15-ounce can chickpeas, rinsed
- 1 firm ripe avocado, diced
- ¼ cup chopped fresh cilantro or parsley

PREPARATION:

Preheat oven to 425°F.

Toss sweet potato with 1 tablespoon oil and ¼ teaspoon each salt and pepper in a medium bowl. Transfer to a rimmed baking sheet. Roast, stirring once, until tender, 15 to 18 minutes.

Meanwhile, whisk the remaining 2 tablespoons oil, tahini, water, lemon juice, garlic and the remaining ¼ teaspoon each salt and pepper in a small bowl.

To serve, divide quinoa among 4 bowls. Top with equal amounts of sweet potato, chickpeas and avocado. Drizzle with the tahini sauce. Sprinkle with parsley (or cilantro).

Sheet Pan Salmon

Want a simple way to make salmon even more delicious? Spicy Dijon mustard, maple syrup, and a splash of apple cider vinegar join forces to turn basic salmon fillets into a flavorful dinner that will far exceed your weeknight expectations.

And since this whole meal of fish, crispy potatoes, and asparagus cooks on a single sheet pan, you won't be staring down a sink full of dishes later.

INGREDIENTS:

- 1/4 cup maple syrup
- 3 tablespoons Dijon mustard
- 1 tablespoon apple cider vinegar
- 1 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- 4 (6-ounce) skin-on salmon fillets, preferably about 1 1/4 inches thick
- 1 tablespoon olive oil
- 1 bunch asparagus (about 1 pound), trimmed
- 8 ounces fingerling potatoes, halved lengthwise

PREPARATION:

Arrange a rack in the middle of the oven and heat to 425°F. Place a rimmed baking sheet in the oven while the oven is heating. Meanwhile, marinate the salmon.

Whisk the maple syrup, mustard, vinegar, 1/2 teaspoon of the salt, and pepper together in a shallow container large enough to hold all the pieces of salmon in one layer. Arrange the salmon on the marinade, skin-side up. Cover and refrigerate for about 10 minutes.

Carefully remove the hot baking sheet from the oven. Place the asparagus and potatoes on the baking sheet, and drizzle with olive oil and sprinkle with the remaining 1/2 teaspoon of salt. Stir to coat with a wooden spoon or silicon spatula, arrange the potatoes to be cut-side down, and move the vegetables to the edges of the baking sheet. Place the salmon fillets on the center of baking sheet, skin-side down (discard remaining marinade in the container).

Roast until the salmon is cooked through and flakes easily, 8 to 12 minutes. An instant-read thermometer into the middle of the thickest fillet should read 120°F to 130°F for medium-rare or 135°F to 145°F if you prefer it more well-done. Total cook time will depend on the thickness of salmon, based on the thickest part of the fillet.



SCULPT - TO - SUMMER

*Bonus
Recipes*

POWER SCULPT FITNESS | WIN ATHLETIC CLUB

Veggie-Loaded Pasta Salad

DESCRIPTION

A veggie-inspired meal that comes together quickly! You'll love this Veggie Loaded Pasta Salad recipe!

INGREDIENTS

1 pound whole wheat (or other whole grain or GF) radiatore pasta

For the Dressing:

1 tablespoon Dijon mustard

3 tablespoons red wine vinegar

1 garlic clove, minced

1-2 teaspoons Italian seasoning

1/4 cup + 2 tablespoons olive oil

For the Salad:

1 14 ounce can artichoke hearts, drained, rinsed and chopped

3 cups baby spinach, sliced thin

1 cup chopped red, yellow or orange bell pepper

1 cup shredded carrot

1/2 cup shredded Parmesan cheese

freshly cracked black pepper, to taste

kosher salt, to taste

INSTRUCTIONS

For the Pasta:

Cook the pasta according to package directions. Once cooked, drain and rinse under cool water. Drain thoroughly and spread out on a baking sheet to dry while you make the dressing.

To Make the Dressing:

In the bottom of a large mixing bowl, whisk together the mustard, vinegar, garlic and Italian seasoning. Once combined, whisk in the olive oil.

For the Salad:

Add the cooled, cooked pasta to the bowl with the dressing along with the artichoke hearts, spinach, bell pepper, carrots and parmesan cheese. Toss to combine. Season with kosher salt and black pepper to taste.

Recipe Notes from Sara:

- Serve with a big bowl of fruit salad. Slice up your family's favorite fruits and toss

Middle Eastern Chicken Burgers

INGREDIENTS:

Burgers:

2 teaspoons extra-virgin olive oil	1 large onion, finely chopped
1 teaspoon ground cinnamon	1 teaspoon ground coriander
1/4 teaspoon red pepper flakes	1 1/2 teaspoons kosher salt
Freshly ground black pepper	2 cloves garlic, minced
1/4 cup chopped flat-leaf parsley	1 pound ground lean chicken
1/4 cup plain yogurt	
3 tablespoons pomegranate molasses, for brushing	

Fixings:

4 whole wheat buns, toasted	1 tomato, thinly sliced
1 English cucumber, thinly sliced	1 small red onion, sliced
Lettuce	

DIRECTIONS:

Heat the olive oil in a skillet, add the onion, cinnamon, coriander, pepper flakes, and season with salt and pepper. Cook until onions are tender, about 5 minutes. Stir in the garlic and parsley and cook until garlic is fragrant, about 1 more minute. Transfer to a large bowl and let cool slightly. Stir in the chicken and yogurt until the onion are evenly mixed. Season with salt and pepper. Shape into 4 1/2-inch thick patties.

Cook in a nonstick skillet over medium heat until browned and cooked through, about 5 minutes on each side, or until an instant-read thermometer inserted into the sides of the burgers registers between 165 and 170 degrees F. Brush burgers with the pomegranate molasses and set aside to rest for 5 minutes. Serve on toasted buns with fixings.

Recipe Notes from Sara:

- Serve burgers topped with tzatziki sauce and then use additional tzatziki as dip for vegetables to enjoy as a side dish. For the vegetables, try cucumber slices, baby carrots and bell pepper strips.
- If you'd like a starchy side, I would recommend buying frozen fries to go with these. Alexa is a good brand and they have some yummy sweet potato fries.

Cheesy Twice-Baked Sweet Potatoes

INGREDIENTS:

¼ cup raw pepitas 3 tablespoons plus 1 tsp. olive oil, divided 1¼ teaspoons kosher salt, divided Freshly ground black pepper 4 medium-size sweet potatoes (about 2¾ lb.), halved lengthwise 1 15.5-oz. can black beans, drained and rinsed 6 ounces pepper Jack cheese, grated (about 1½ cups) 1 ripe avocado, chopped

PREPARATION:

Step 1: Preheat oven to 425°F. Toss pepitas with 1 teaspoon of the oil, ¼ teaspoon of the salt, and several grinds pepper on a rimmed baking sheet. Rub potatoes with remaining 3 tablespoons oil and place cut side down on a second rimmed baking sheet. Add a few grinds of pepper. Transfer both baking sheets to oven.

Step 2: Bake pepitas until golden, 5 to 6 minutes. Remove from oven. Continue baking potatoes until very tender, 22 to 28 minutes more. Let cool slightly, about 5 minutes, then scoop potato flesh into a large bowl. Return potato skins to baking sheet.

Step 3: Increase oven temperature to broil and position top rack 6 inches from heat. Broil potato skins until crispy, 1 to 2 minutes.

Step 4: Add black beans, a few grinds pepper, 1 cup of the cheese, and remaining 1 teaspoon salt to sweet potato flesh and stir to combine. Divide mixture among skins and top with remaining ½ cup cheese. Return to oven and broil until cheese is melted, 2 to 3 minutes. Top with avocado and pepitas.

Recipe Notes from Sara:

- Serve with either fruit (grapes are always easy!) or fruit salad.
- Serve with salsa of your choice.
- This one is already a pretty full meal, but you could always add some additional veggies too. Maybe keep it easy by tossing some baby lettuce with lime juice and a little olive oil and use it as a topping for the potatoes.

Mediterranean Wraps

INGREDIENTS:

- ½ cup water
- ⅓ cup couscous, preferably whole-wheat
- 1 cup chopped fresh parsley
- ½ cup chopped fresh mint
- ¼ cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 teaspoons minced garlic
- ¼ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 1 pound chicken tenders
- 1 medium tomato, chopped
- 1 cup chopped cucumber
- 4 10-inch spinach or sun-dried tomato wraps or tortillas

PREPARATION:

Bring water to a boil in a small saucepan. Stir in couscous and remove from the heat. Cover and let stand for 5 minutes. Fluff with a fork. Set aside.

Meanwhile, combine parsley, mint, lemon juice, oil, garlic, ⅛ teaspoon salt and pepper in a small bowl.

Toss chicken tenders in a medium bowl with 1 tablespoon of the parsley mixture and the remaining ⅛ teaspoon salt. Place the tenders in a large nonstick skillet and cook over medium heat until cooked though, 3 to 5 minutes per side. Transfer to a clean cutting board. Cut into bite-size pieces when cool enough to handle.

Stir the remaining parsley mixture into the couscous along with tomato and cucumber.

To assemble wraps, spread about ¾ cup of the couscous mixture onto each wrap. Divide the chicken among the wraps. Roll the wraps up like a burrito, tucking in the sides to hold the ingredients in. Serve cut in half.