

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!

Let's get FIT-FOR-FALL!

FALL FRIENDLY FOODS

FALL IS HERE! WHAT'S A FALL ENTHUSIAST TO DO TO REALLY ENJOY THIS YUMMY TIME OF THE YEAR?

We've got some tips!

- 1) **EAT SOME APPLES!** Probably one of the most versatile fall foods around, nutrient- and fiber-rich apples can be used in everything from beverages to main courses to desserts. Apples are the perfect addition to your weight-loss plan.
- 2) **PICK A PUMPKIN!** They're not just for Halloween! Pumpkin is not only a super healthy treat, but its also one of the greatest weight-loss foods around. Low in calories, but full of fiber, vitamins, and minerals, pumpkin is also an excellent source of the important antioxidant beta-carotene.
- 3) **SPICE IT UP!** Cinnamon is loaded with manganese, fiber, calcium, and iron, making it the perfect spice to add to your meals. It's also a natural appetite suppressant that decreases blood sugar, manages insulin, and revs up your metabolism. **BONUS:** Add some garlic as it contains the compound allicin, which has anti-bacterial effects and helps reduce unhealthy fats and cholesterol.
- 4) **GET A DATE!** If the candy bowl is tempting you, try eating a few dates instead. You'll still enjoy a sweet, chewy snack, but you'll also load up on fiber, vitamin B6, magnesium, and potassium—all of which can increase energy and balance sodium levels.
- 5) **PERFECT PEARS!** Pears are high in fiber, which can help regulate your digestive system, and their pectin promotes fullness. At only about 100 calories per pear, this juicy, sweet fruit is great as a stand-alone snack, with a meal, or pureed into dessert.

BACK-TO-SCHOOL

NUTRITION TIPS

Review The Lunch Menu - Sit down with your child and review the weekly or monthly lunch menu. Discuss what foods your child likes and what their natural choices are, then make suggestions and adjustments accordingly based on nutritional value.

***TIP:** Accustom your kids to healthier foods by modeling nutritious choices yourself and preparing a variety of good-for-you foods!

Pack Your Child's Lunch - A method to tightly regulate what your child eats is by simply packing your child's lunch for them. Packing their lunch will allow you to avoid the high-calorie options and convenience foods around campus. Foods like wraps, sandwiches, almonds, fruit and veggies will be simple and easy meals that can last unrefrigerated until lunchtime.

***TIP** - Meal prep your kids' lunches for the week while you prep your own meals!

Breakfast is Important - When kids head back to school, breakfast can become challenging! Many kids want to use every last minute of the morning to sleep and that can leave very little time to get dressed, let alone eat a healthy breakfast. But, getting good carbohydrates and a source of protein in your child before school can be a key to their success in the classroom. The ideal breakfast has a mix of nutrient-dense foods such as good carbohydrates and protein.

***TIP:** Make a nutritious breakfast for you & your kids so you ALL get a healthy start!

Have Snacks on Hand - Always have a stash of healthy snacks to grab for school snack or the car. KIND bars, POPChips, Skinny Pop, dried fruit, etc. are all easy grab-n-go options. Make sure the snacks are healthy for YOU too!

***TIP:** Consider keeping a mini-cooler in your car for fresh veggies, fruit, string cheese and tiny bottled water!

Hydrate! - Avoid dips in blood sugar as that will result in low energy and difficulty in concentrating - and you don't want your kids struggling at school due to dehydration! As for you, consuming adequate amounts of water each day can also help to lower blood pressure, reduce the risk of heart attack and stroke, as well as reduce cholesterol levels.

***TIP:** Fill up water bottles the night before so they are ready to go & COLD!

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!

FIRST STEP!

CLEAN OUT YOUR KITCHEN

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

Sample Weekly Meal Plan

PLUG OUR 4 DAY MEAL PLAN INTO YOUR WEEK
REPEAT MEALS AS NEEDED OR USE OUR BONUS RECIPES!

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Cereal and Milk	Roasted Chicken Salad & Apple	Freezer Bean & Cheese Burritos	(1) Guacamole with Bell Pepper Dippers (2) Kefir Granola Snack
TUESDAY	Whole Grain Waffles with Berries & Chia Seeds	Bento Lunch	Vegan Buddha Bowl	(1) Tropical Fruit & Nuts Snack (2) Lime & Parmesan Popcorn
WEDNESDAY	Cereal and Milk	Turkey Wrap & Apple	Sheet Pan Mustard-Maple Salmon	(1) Cottage Cheese Pears/Peaches & Walnuts (2) Turkey Wrap & Apple
THURSDAY	Yogurt, Berries & Granola	Roasted Chicken Salad & Apple	Chickpea & Veggie Salad	(1) Hummus & Carrots (2) Dried Fruit & Nuts
FRIDAY	BONUS RECIPE: Simple Baked Eggs	BONUS RECIPE: Mediterranean Wrap	BONUS RECIPE: Veggie Loaded Pasta Salad	BONUS: (1) 100 Calorie Packs of Wonderful Pistachios (2) String cheese and a
SATURDAY	BONUS RECIPE: Scrambled Egg Tacos	BONUS RECIPE: Cucumber Lox Toast	BONUS RECIPE: Middle Eastern Chicken Burgers	piece of fruit BONUS: (1) Babybel cheese and carrots (2) Whole grain bread, PB and strawberries
SUNDAY	BONUS RECIPE: Healthy 5-Ingredient Granola Bar	BONUS RECIPE: Cowgirl Chicken Salad	BONUS RECIPE: Cheesy Twice-Baked Sweet Potatoes with Black Beans & Avocado	BONUS: (1) Almonds and fruit (2) Popcorn

Day 1

BREAKFAST: *CEREAL*

COMBINE 3/4 CUP BRAN FLAKES, 1 BANANA, AND 1 CUP FAT-FREE MILK IN A BOWL.

SNACK: *FRESH WATERMELON CHUNKS*

LUNCH: *BURRITO BOWL*

COOK 1/2 CUP CAULIFLOWER RICE IN 1 TSP AVOCADO OIL WITH 1 TSP CHOPPED GARLIC AND PINCH SALT AND CHILE POWDER UNTIL TENDER. STIR IN 1 TBSP CHOPPED CILANTRO. ADD TO A BOWL; TOP WITH 4 OZ CHOPPED ROASTED CHICKEN, 1/2 AVOCADO, SLICED, 2 TBSP SALSA AND 2 SLICED RADISHES. ADD HOT SAUCE, IF DESIRED.

SNACK: *LEMON-PARMESAN POPCORN*

ADD LEMON PEPPER AND PARMESAN CHEESE SPRINKLES

DINNER: *STEAK SALAD*

PAN-SEAR 1 STEAK IN 1 TBSP AVOCADO OIL WITH PINCH EACH SALT AND PEPPER; SLICE AND SERVE OVER 2 CUPS TORN ROMAINE TOSSED WITH 1 SLICED CARROT, 1/4 CUP CHOPPED FENNEL, 1/4 CUP SLICED ENGLISH CUCUMBER, 1 CHOPPED STALK CELERY AND 1 TBSP CHOPPED PITTED OLIVES. DRIZZLE WITH 1 TBSP DIJON DRESSING

Day 2

BREAKFAST: *VEGGIE-FILLED EGG MUFFIN*

*SEE RECIPE

SNACK: *HUMMUS, FETA & BELL PEPPER ON A CRACKER*

LUNCH: *TURKEY PITA*

BUILD A SANDWICH WITH 1 MINI WHOLE WHEAT PITA, 3 OUNCES TURKEY BREAST, 1/2 ROASTED PEPPER, 1 TEASPOON LIGHT MAYONNAISE, MUSTARD, AND LETTUCE. SERVE WITH 1 STICK PART-SKIM MOZZARELLA STRING CHEESE AND 2 KIWIS.

SNACK: *PEANUT BUTTER-BANANA CINNAMON ON TOAST*

DINNER: *HONEY LIME SHRIMP BOWL*

IN A SMALL SAUTÉ PAN, COOK ½ CUP CAULIFLOWER RICE IN 2 TSP AVOCADO OIL UNTIL WARMED THROUGH AND TENDER; SEASON WITH PINCH EACH SALT AND PEPPER. HEAT 1 TBSP AVOCADO OIL IN A SKILLET ON MEDIUM-HIGH. ADD 1 CUP CHOPPED BROCCOLI; SAUTÉ UNTIL BEGINNING TO GET TENDER AND LIGHTLY BROWNED. ADD 2 TSP MINCED GARLIC AND 5 OZ PEELED, DEVEINED SHRIMP; SAUTÉ UNTIL BEGINNING TO TURN PINK. ADD 1 TSP LIME JUICE, ¼ TSP HONEY AND 1 TBSP CHOPPED CILANTRO; SAUTÉ UNTIL SHRIMP IS COOKED THROUGH. SERVE OVER CAULIFLOWER RICE.

Day 3

BREAKFAST: *SWEET POTATO BREAKFAST BURRITOS*

*SEE RECIPE

SNACK: *BANANA & WALNUTS*

LUNCH: *CHILE CHICKEN WRAPS*

COOK 4 OZ CHICKEN, CUBED, IN 2 TSP AVOCADO OIL WITH PINCH EACH SALT, PEPPER AND CHILE POWDER. SERVE IN 2 LETTUCE LEAVES WITH ¼ AVOCADO, SLICED, 2 SLICED RADISHES, 1 TBSP CHOPPED CILANTRO AND HOT SAUCE, TO TASTE.

SNACK: *GRAPES & CHEESE*

DINNER: *SLOW COOKER MEXICAN CHICKEN*

INGREDIENTS:

3 TBSP. CLEAN EATING TACO SEASONING

2 LB. CHICKEN BREASTS (BONELESS, SKINLESS)

1 CUP CHICKEN BROTH (NO SUGAR ADDED)

DIRECTIONS:

PLACE ALL INGREDIENTS IN A SLOW COOKER AND STIR UNTIL THE CHICKEN BREASTS ARE WELL COATED IN THE SPICES.

ARRANGE THE CHICKEN BREASTS IN SUCH A WAY THAT THEY ARE AS CLOSE AS POSSIBLE TO BEING A SINGLE LAYER.

COOK ON LOW FOR 6-8 HOURS DEPENDING ON YOUR SLOW COOKER.

IF YOU ARE HOME, FLIP THE CHICKEN HALF WAY THROUGH ITS COOKING TIME AND ARRANGE IT INTO A SINGLE LAYER.

THE CHICKEN IS DONE WHEN IT EASILY FALLS APART.

Day 4

BREAKFAST: *YOGURT, BERRIES & GRANOLA*

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

SNACK: *CARROTS & AVOCADO DIP*

INGREDIENTS:

1 1/2 CUPS OF SNOW PEAS, SHELLED, STEAMED AND COOLED
1 AVOCADO, PEELED AND SEED REMOVED
1 CLOVE OF GARLIC, HALVED
1 TABLESPOON LIME JUICE
1/4 TEASPOON CAYENNE PEPPER

INSTRUCTIONS:

PLACE ALL THE INGREDIENTS INTO A FOOD PROCESSOR AND MIX TO THE CONSISTENCY YOU PREFER.

LUNCH: *SALMON SALAD*

TOSS 3 CUPS TORN LETTUCE, ½ CUP EACH GRATED CARROTS, CHOPPED CELERY AND SLICED CREMINI MUSHROOMS AND ¼ CUP CHOPPED TOMATO. WHISK TOGETHER 2 TBSP EVOO, 1 TBSP VINEGAR, 2 TSP MAPLE SYRUP AND PINCH EACH SALT AND PEPPER; DRIZZLE OVER SALAD. TOP WITH 1 FILLET

SNACK: *BANANA TOPPED WITH ALMOND BUTTER*

DINNER: *BRUSCHETTA CHICKEN*

*SEE RECIPE

Grocery List

PRODUCE:

BANANA	WATERMELON
CAULIFLOWER RICE	LETTUCE
CARROT	FENNEL
ENGLISH CUCUMBER	CELERY
PITTED OLIVES	CILANTRO
AVOCADO	RADISHES
SALSA	BELL PEPPERS
KIWIS	BROCCOLI
LIME JUICE	BERRIES
CREMINI MUSHROOM	SNOW PEAS
TOMATO	BASIL
ZUCCHINI	MESCLUN GREENS
SWEET POTATO	YELLOW ONION
BABY SPINACH	WHITE MUSHROOMS
GRAPES	

PROTEINS/NUTS:

STEAK
CHICKEN
ROSTED TURKEY
SHRIMP
WALNUTS
SALMON
PISTACHIOS

DAIRY: LOW-FAT MILK OR NON-DAIRY MILK,
½ GALLON
PART-SKIM MOZZARELLA STRING CHEESE
NONFAT PLAIN GREEK YOGURT
EGGS
GRATED MOZZARELLA
SHREDDED CHEDDAR CHEESE
FETA
PARMESAN CHEESE SPRINKLES

GRAINS:

WHOLE GRAIN CEREAL GRANOLA (<9G
SUGAR/SERVING)
WHEAT PITA
WHOLE GRAIN LIGHT BREAD
GRANOLA
WHOLE GRAIN BREAD CRUMBS
WHOLE WEHAT TORTILLAS
WHOLE GRAIN CRACKERS

PANTRY STAPLES:

*(YOU LIKELY HAVE MOST OF THESE
ALREADY!)*

AVOCADO OIL/OLIVE/COCONUT OIL
GARLIC
SALT & PEPPER
CHILI POWDER
DIJON DRESSING
HOT SAUCE
LIGHT MAYO
MUSTARD
PEANUT &/OR ALMOND BUTTER
CINNAMON
CHICKEN BROTH
TACO SEASONING
CAYENNE PEPPER
VINEGAR
NUTRITIONAL YEAST
ALMOND FLOUR
HUMMUS
AIR POPPED POPCORN
LEMON PEPPER
MUFFIN CUPS

*FAVORITE PACKAGED SNACKS

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 7 g

*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.

20 Packaged Snack Ideas

The Good Bean Roasted Chickpeas, Cracked Pepper
Wholly Guacamole and Wholly Salsa

Banana Chia Pods

S'mores Luna Bars

Mott's Healthy Harvest Granny Smith Apple Sauce

Mini Babybel Light Cheese Wheels

Siggi's Icelandic Style Skyr Plain 4% Whole-Milk Yogurt

Boom Chicka Pop Sea Salt and Vinegar Popcorn

RxBars

Sabra Hummus

Food Should Taste Good Original Sweet Potato Chips

Back To Nature Cashew Almond Pistachio Mix

Justin's Classic Almond Butter Squeeze Pack

Horizon Organic Mozzarella String Cheese

Beanitos Black Bean Chips

Pressed Bars by KIND

Bare Apple Chips

Harvest Snaps Snapea Crisps

Hardboiled Eggs

KIND Mini Cranberry Almond + Antioxidants



Veggie-Filled Egg Muffins

Looking for a healthy grab and go breakfast?
These mini frittatas can be made ahead and frozen.

INGREDIENTS:

8 tbsp almond flour
8 tsp coconut oil
2 cups sliced white mushrooms
1/4 cup chopped yellow onion
2 cups baby spinach
4 large eggs
4 large egg whites
5 tbsp plus 1 tsp grated Parmesan cheese, divided
1/8 tsp ground black pepper

PREPARATION:

Preheat oven to 350°F. Mist 8 cups of a standard muffin tin with cooking spray.

In a bowl, combine almond flour and coconut oil. Divide evenly among bottoms of the 8 prepared muffin cups and pat to flatten.

Bake until lightly golden, about 10 minutes.

Mist a medium nonstick skillet with cooking spray and heat on medium-high. Add mushrooms and onion and cook until soft, about 4 minutes. Add spinach and cook 1 minute more. Transfer cooked vegetables to a bowl; set aside to cool 5 minutes.

In a large bowl, whisk eggs, egg whites, 1/4 cup cheese and black pepper. Add vegetables to bowl and stir to combine. Divide egg mixture among prepared muffin cups, filling each about 3/4 full.

Sprinkle remaining 4 tsp cheese over top. Bake until puffed up and lightly golden, about 17 minutes.



Sweet Potato Breakfast Burritos

If you're in the habit of grabbing a hot egg sandwich on your way to work, this is the breakfast for you. Make these burritos in advance, then wrap them up and freeze. When you wake up in the morning, simply pop one in the oven to heat while you're getting ready, then take it with you on the go – it's genius!

INGREDIENTS:

- 2 tsp olive oil
- 1 small sweet potato, peeled and diced
- 1 small yellow onion, chopped
- $\frac{3}{4}$ cup frozen, sliced tricolor bell peppers, thawed
- 2 cups packed baby spinach, roughly chopped
- 1 tsp chile powder
- 2 large eggs, beaten
- 2 large egg whites, beaten
- 4 9- or 10-inch whole wheat tortillas
- 1 oz shredded cheddar cheese

PREPARATION:

In a medium skillet on medium, heat oil. Add potato, onion and bell peppers, and sauté for about 8 minutes, stirring occasionally, until potatoes are tender and onions are translucent. Add spinach and chile powder; sauté for 2 minutes more. Increase heat to medium high. Add eggs and egg whites. Cook for 3 minutes, stirring frequently, until eggs are cooked through. Turn off heat and let cool for about 10 minutes.

Tear off 4 16-inch rectangles of foil and lay 1 tortilla on top of each. Divide egg mixture evenly into the center of each tortilla. Sprinkle evenly with cheese. To wrap, fold edges in, then roll forward tightly. Wrap burrito tightly in foil. (NOTE: Alternatively, line with parchment paper and then wrap in foil.)

Place wrapped burritos in a large zip- top freezer bag and freeze for up to 3 months. To serve, preheat oven to 400°F. Place a burrito, still wrapped, on a baking sheet and bake for 35 minutes. Use tongs to transfer wrapped burrito to a paper bag and take on the go. (NOTE: Baked burritos will stay warm for 15 to 20 minutes; they can be eaten on the go or when you get to work. If reheating in the microwave, make sure to remove foil first.)



Pistachio Pesto Noodle Salad

Salad greens and zucchini noodles are tossed with a creamy, nutty and protein-rich pesto. Pistachios stand in for pine nuts (which are typically used to make pesto) and contain less fat, while creamy avocado adds a rich, velvety texture.

INGREDIENTS:

- 2 zucchini, trimmed (TIP: If you don't have a spiral slicer, try using 1 12-oz pkg kelp noodles or 3 1/2 oz brown rice pasta of your choice, cooked.)
- 2 cups spring or mesclun greens
- 1/2 cup raw unsalted shelled pistachios
- 1/2 tsp finely chopped garlic
- 1/4 tsp sea salt
- 1 lightly packed cup fresh basil leaves, plus additional chopped fresh basil leaves for garnish, optional
- 1/4 cup pitted, peeled and chopped avocado (about 1/4 avocado)
- 1 tbsp extra-virgin olive oil
- 1 1/2 tsp fresh lemon juice
- 12 cherry tomatoes, halved, optional
- 1/4 cup julienned carrots, optional

PREPARATION:

Working one piece at a time, secure zucchini into spiral slicer and turn crank to create angel hair noodles. (NOTE: Always read the directions for your spiral slicer as they vary by brand.) Transfer zucchini noodles to a large bowl. Add greens.

Prepare pesto: In a small food processor, process pistachios, garlic and salt until pistachios are finely ground. Add 1 cup basil, avocado, oil and lemon juice and process until well combined. Add 2 tbsp water and process until combined. Add additional 2 tbsp water and process until well combined. (TIP: If you prefer a thinner pesto, add water in 1-tbsp increments until desired consistency is reached.)

Add desired amount of pesto to zucchini and greens mixture and toss to coat. Divide among serving bowls. Garnish with tomatoes, carrots and chopped basil, if desired.



Bruschetta Chicken

This twist on a favorite contains all the same enticing flavors as regular bruschetta, but she's swapped out the refined white bread for protein-rich chicken to help keep blood sugar stable for sustained energy.

INGREDIENTS:

- 1 cup whole-grain bread crumbs
- ¼ cup nutritional yeast
- 1 large egg
- 4 6-oz boneless, skinless chicken breasts
- sea salt and ground black pepper, to taste
- 2 large tomatoes, seeded and finely chopped
- ¼ cup chopped fresh basil
- 1 clove garlic, minced
- ¾ tsp balsamic vinegar
- ¾ tsp olive oil
- 1⅓ cups grated mozzarella (goat cheese preferred)

PREPARATION:

1. Preheat oven to 425°F. Line a large baking sheet with parchment paper.
2. Mix bread crumbs and yeast on a plate. In a bowl, lightly beat egg. Sprinkle chicken with salt and pepper. Dip chicken into egg then coat with bread crumb mixture. Place on prepared sheet and bake for 15 minutes.
3. Meanwhile, prepare bruschetta: In a medium bowl, combine tomatoes, basil, garlic, vinegar and oil.
4. Top each breast with bruschetta and cheese. Bake until chicken is no longer pink inside and cheese has melted, 10 to 15 minutes more.



WIN ATHLETIC CLUB

*Bonus
Recipes*

POWER SCULPT FITNESS

Triple Coconut Pancakes

DESCRIPTION

Light and fluffy, these triple coconut pancakes are easy to make.

INGREDIENTS

- 4 large eggs
- 1 cup unsweetened coconut milk beverage (from a carton, not a can)
- $\frac{3}{4}$ cup almond flour
- $\frac{1}{2}$ cup coconut flour
- $\frac{1}{2}$ cup tapioca flour
- $\frac{1}{3}$ cup melted coconut oil
- $\frac{1}{4}$ cup shredded unsweetened coconut
- 2 tbsp organic evaporated cane juice
- 1 tbsp baking powder
- 1 tsp pure vanilla extract
- $\frac{1}{2}$ tsp sea salt

INSTRUCTIONS

1. To a blender, add all ingredients and blend until smooth and thoroughly mixed, scraping down sides if necessary with a rubber spatula.
2. Heat a nonstick griddle over medium-high and spray with cooking spray. Working in batches, pour a scant $\frac{1}{4}$ cup batter per pancake, making 3-inch circles; cook until small bubbles appear and burst on the surface and underside is golden brown, 2 to 3 minutes. Flip and cook until golden brown, $1\frac{1}{2}$ to 2 minutes more.
3. Serve warm with optional toppings such as sliced bananas, shaved dark chocolate and a drizzle of maple syrup, if desired.

NOTE: These pancakes are delicate, so take extra care if freezing. Use an airtight container with parchment paper between the layers. Reheat on a parchment-lined sheet in the oven at 300°F until warmed through, 5 to 8 minutes.



Gluten-Free Carrot Walnut Breakfast Loaf

DESCRIPTION

This is no ordinary loaf! For a gluten-free bake, we turned to green banana flour, which is traditionally used in Jamaican and African cuisine as a replacement for wheat flour.

INGREDIENTS

- 1 cup plain unsweetened almond milk
- ¼ cup coconut oil
- 2/3 cup packed Medjool dates, pitted (about 10 large dates)
- 1½ cups rolled oats
- ½ cup green banana flour (TRY: NuNaturals OrganicGreen Banana Flour)
- 2 tbsp chia seeds
- 1½ tsp ground cinnamon
- 1 tsp each baking powder and baking soda
- ¾ tsp sea salt
- ½ tsp ground ginger
- 1¾ cups grated carrots
- ½ cup finely chopped unsalted walnuts
- 1/3 cup shredded unsweetened coconut

INSTRUCTIONS

1. Preheat oven to 325°F. Spray a 9 x 5-inch loaf pan with cooking spray. Create a sling by lining bottom of pan crosswise with parchment paper, allowing extra parchment to hang over on either end.
2. In a small saucepan, warm almond milk and coconut oil on low, until oil is melted. Turn off heat and mix in dates. Let stand for 15 minutes to let dates soften.
3. Meanwhile, add oats to a blender, blend into a flour and transfer to a large bowl. Add banana flour, chia seeds, cinnamon, baking powder, baking soda, salt and ginger. Mix well.
4. Pour soaked dates and warm milk into blender and purée until smooth. Pour mixture into dry ingredients using a spatula to scrape out all the purée. Mix to form a thick dough. Fold in carrots, walnuts and coconut. Transfer dough to prepared pan. Press dough lightly into pan and use your fingers to form into a loaf shape with a smooth top. Bake on center rack of oven for 1 hour, 5 minutes to 1 hour, 10 minutes, or until a toothpick comes out mostly clean. Let stand for 5 minutes at room temperature, then lift parchment sling to transfer loaf from pan onto a baking rack to fully cool before cutting. Wrapped tightly, loaf will keep for up to 4 days.



Black Bean Toaster Tostadas

DESCRIPTION

Piled high with seasoned beans and veggies, these tostadas are more assembly than cooking. If you're inviting your floormates to your room for dinner or a late-night snack, you can get extra fancy and add a dollop of sour cream, fresh cilantro or a dash of hot sauce.

INGREDIENTS

- 2 6-inch corn tortillas
- 1 cup BPA-free canned black beans, drained and rinsed
- 1 clove garlic, minced
- ½ tsp ground cumin
- ¼ tsp each smoked paprika, sea salt and ground black pepper
- ¼ cup shredded cheddar cheese
- 1 cup shredded iceberg or romaine lettuce
- 1 Roma tomato, seeded and chopped
- 1 avocado, pitted, peeled and diced
- 1 green onion, thinly sliced
- 1 jalapeño chile pepper, seeded and thinly sliced, optional

INSTRUCTIONS

1. Place tortillas on rack in toaster oven and toast just until beginning to crisp, about 2 minutes.
2. Transfer tortillas to the small baking tray that comes with toaster oven; set aside. Heat toaster oven to 375°F.
3. In a small bowl, using a fork, mash beans until chunky. Stir in garlic, cumin, paprika, salt and pepper. Divide among tortillas, spreading to cover. Top with cheese. Return to oven and bake until bean mixture is heated through and cheese is melted, 5 to 7 minutes.
4. Transfer tostadas to plates. Top with lettuce, tomato, avocado, onion and jalapeño (if using).



Mediterranean Veggie Toast

DESCRIPTION

Ricotta cheese is blended with an all-natural purchased pesto for a punch of flavor with minimal effort. Layers of fresh zucchini, tomato and mushroom add a Mediterranean flair.

INGREDIENTS

- ½ cup thinly sliced zucchini
- ¼ tsp sea salt
- ½ cup whole-milk ricotta cheese
- 2 tbsp all-natural prepared pesto
- 2 slices whole-grain bread
- 2 Roma tomatoes, sliced
- 2 white mushrooms, thinly sliced
- ¼ tsp dried oregano

INSTRUCTIONS

1. Spread zucchini on a paper towel; sprinkle with salt. Let stand until slightly softened, 8 to 10 minutes. Blot dry with another paper towel.
2. In a small bowl, stir ricotta with pesto. Set aside.
3. In a toaster oven, toast bread on rack just until beginning to turn golden, about 45 seconds. Transfer to the small baking tray that comes with oven. Set toaster oven to 375°F.
4. Spread ricotta mixture over toast. Layer tomato, zucchini and then mushroom on top. Sprinkle with oregano. Bake until ricotta is warmed through and veggies are lightly browned, 7 to 10 minutes.



Spicy Sweet Chicken & Peach Salad

DESCRIPTION

Boston lettuce is tender and almost buttery, which is why it's also called butterhead lettuce. Here, it offers a delicate contrast to crunchy snap peas and pecans, soft peaches and tender red peppers. The sriracha-laced balsamic vinaigrette adds a lovely burst of heat that stands as a counterpoint to the sweet peaches.

INGREDIENTS

- 6 cups torn Boston lettuce
- 8 oz cooked chicken, sliced (grilled, roasted or rotisserie chicken)
- 1 cup sugar snap peas, trimmed
- ½ cup sliced roasted red pepper
- 1 large peach, pitted and thinly sliced (TIP: For added flavor, try grilling pitted peach halves, cool then slice.)
- ¼ cup Sriracha Balsamic Vinaigrette, or to taste
- ½ cup Honeyed Pecans
- ¼ cup shredded aged cheddar cheese

INSTRUCTIONS

In a large bowl, combine lettuce, chicken, peas, red pepper and peach. Drizzle with dressing and toss gently to coat. Divide among plates. Sprinkle with pecans and cheese.



Baked Chicken Fingers

DESCRIPTION

Your childhood favorite gets a clean eating makeover thanks to a lightly spiced, gluten-free coating and being baked instead of fried.

INGREDIENTS

1/2 cup rice flour
1 tsp paprika
1/2 tsp garlic powder
1/2 tsp salt
1/2 tsp pepper
2 eggs
2 chicken breasts, cut into strips

INSTRUCTIONS

1. In a bowl, combine 1/2 cup rice flour, 1 tsp paprika and 1/2 tsp each garlic powder, salt and pepper.
2. Place 2 eggs, whisked, in a separate bowl.
3. Cut 2 chicken breasts into strips. Coat in flour, shaking off excess. Dip in egg, then back in flour and place on a baking sheet. Bake at 425°F until no longer pink inside, flipping halfway, about 20 minutes.



Grilled Mixed Mushroom Flatbread

DESCRIPTION

Smothered in walnut-parsley pesto and topped with mushrooms, this meatless flatbread takes only 30 minutes to serve up, thanks to store-bought dough.

INGREDIENTS

2 cups loosely packed fresh flat-leaf parsley

2 tbsp chopped unsalted walnuts

1 clove garlic

½ tsp each sea salt and ground black pepper, divided

¼ cup olive oil, divided

2 shallots, thinly sliced

12 oz mixed mushrooms (such as oyster, cremini, shiitake), stemmed and sliced

1 1-lb pkg store-bought whole-grain pizza dough

⅓ cup coarsely grated Parmesan cheese

INSTRUCTIONS

1. Preheat a greased grill to medium-high heat.

2. Prepare pesto: In a food processor pulse parsley, walnuts, garlic and ¼ tsp each salt and pepper until finely chopped, scraping down sides of bowl as needed. With the motor running, slowly add 3 tbsp oil until just incorporated. Scrape mixture into a bowl and set aside.

3. In a large skillet on medium-high, heat remaining 1 tbsp oil. Add shallots and cook, stirring occasionally, until softened and golden, 1 to 2 minutes. Add mushrooms and remaining ¼ tsp each salt and pepper, stirring frequently, until mushrooms are lightly browned and softened, 5 to 7 minutes. Remove skillet from heat and set aside.

4. On a lightly floured board, roll out dough to ½-inch thickness (about a 12-inch circle). (NOTE: Dough can be rolled into a freeform rectangular shape, just do not roll too thin.) Lay dough on grill grates, cooking until grill marks form and dough lifts easily, 2 to 4 minutes. Using tongs, flip dough and cook other side until grill marks appear, 2 to 3 minutes. Turn off one side of grill to set up for indirect cooking. Transfer dough to board and spread pesto on top, leaving a ½-inch border. Top with mushrooms and cheese.

5. Return pizza to unheated side of grill; close lid. Cook until mushrooms are warmed through and cheese is softening, 3 to 6 minutes. Transfer to serving board and cut into slices.



Rosemary Dijon Pork Tenderloin with Roasted Apples & Cabbage

DESCRIPTION

Rosemary has been used for hundreds of years in folk medicine and aromatherapy to enhance memory and cognitive function. In cooking, its assertive flavor goes especially well with meat and root vegetables.

INGREDIENTS

- 2 small apples (preferably Braeburn, Fuji, or Honeycrisp), diced
- 3 packed cups thinly sliced purple cabbage
- 2 tbsp + 1 tsp apple cider vinegar, divided
- 2 tbsp olive oil, divided
- 6 sprigs + 1 tbsp finely chopped fresh rosemary, divided
- 1¼ tsp sea salt, divided + additional to taste
- ¾ tsp ground black pepper, divided + additional to taste
- 1 lb pork tenderloin, silver skin removed
- 1 cup roughly chopped fresh flat-leaf parsley
- ¼ cup toasted roughly chopped unsalted pecans
- 1 large shallot, finely chopped
- 1 cup unsweetened apple cider
- ½ cup low-sodium chicken broth
- 3 tbsp unsalted organic butter, cut into pieces
- 2 tsp Dijon mustard



INSTRUCTIONS

1. Place a rack in center of oven and preheat to 350°F. In a large bowl, toss apples, cabbage, 1 tbsp each vinegar and olive oil, 2 sprigs rosemary and ¼ tsp each salt and pepper; set aside.
2. Pat tenderloin dry and rub with 1 tbsp finely chopped rosemary, 1 tsp salt and ½ tsp pepper. In a large ovenproof skillet on medium, heat 2 tsp oil. Add tenderloin; cook 2 minutes, until browned. Turn the pork by one-quarter and sear 2 more minutes. Turn once more by one-quarter and sear 2 minutes. Turn off heat and transfer pork to a plate. Add cabbage mixture to skillet (reserve bowl) and place tenderloin on top, unseared portion facing down.
3. Roast tenderloin and cabbage mixture until pork registers 145°F in center on an instant-read thermometer, about 20 minutes. Place tenderloin on a cutting board and cover loosely with foil. Let rest 15 minutes.
4. Meanwhile, scrape cabbage mixture into reserved bowl; toss with parsley, pecans and 1 tsp vinegar. Taste and season with additional salt and pepper. Loosely cover bowl with foil and set aside.
5. Make pan sauce: In same skillet on medium-high, heat 1 tsp oil; add shallot and cook, stirring, for 1 minute. Add apple cider, broth and 4 rosemary sprigs. Cook -until mixture reduces to ½ cup. Remove from heat and discard rosemary. Stir in butter, mustard and remaining 1 tbsp vinegar. Season to taste with additional salt and pepper. Slice pork and serve with sauce and cabbage.

Yogurt and Granola Ice Pops

DESCRIPTION

Here's a radical idea: Instead of a yogurt, fruit and granola parfait in a bowl, why not freeze all those same ingredients into an ice pop? You can make a batch in advance then pull them out of the freezer when you're ready. One pop makes a great snack, but you may want a couple of them for breakfast.

INGREDIENTS

3/4 cup whole-milk plain Greek yogurt
2 tbsp whole-milk or non-dairy milk, or as needed
6 tbsp 100% fruit strawberry preserves
3 strawberries, hulled and thinly sliced (about 4 slices per berry)
6 tbsp all-natural granola (TIP: Avoid brands with dried fruit as it is hard to chew when frozen.)

INSTRUCTIONS

In a large cup with a spout, combine yogurt and enough milk to thin out the yogurt so it can be poured into the molds. Swirl strawberry preserves into yogurt mixture, taking care not to combine well.

Fill the molds one-third full with the yogurt mixture. Slide 2 strawberry slices into each. Add 1/2 tbsp granola to each. Next, fill up the mold almost to the top with more yogurt, leaving just a little room at the top.

Put an ice-pop stick in the center and add 1/2 tbsp of granola to each mold. Press granola into the yogurt so it adheres. Cover and freeze until solid, at least 2 hours, but preferably longer. When removing pops from molds, it is helpful to run tepid water on the outside of the mold for a few seconds first.

