



Recipes





Smoothies



SMOOTHIES



MORNING Vida



- 1 cup kale (frozen)
- ¼ cup pineapple (frozen)
- ½ green apple (frozen)
- 1 tsp chia seeds
- 2 tbsp almond butter
- 1 cup unsweetened coconut milk
- 1 scoop vanilla protein powder
- 5-7 ice cubes

CINNA-Bomb

- ½ baked sweet potato (skinless)
- ½ tsp cinnamon
- 2 tbsp almond butter
- 1 scoop vanilla protein powder
- 1 cup unsweetened coconut milk
- 5-7 ice cubes



CHOCO-Boost



- ½ hass avocado
- ¼ tsp cinnamon
- 1 tbsp raw cacao powder
- 2 tbsp almond butter
- 1 scoop chocolate protein powder
- 1 cup unsweetened coconut milk
- 5-7 ice cubes

PRO-Boost

- 1 cup unsweetened coconut milk
- 1 scoop protein powder
- Mix the ingredients in a blender ball cup and shake vigorously or make in blender
- 5-7 ice cubes





Recipes





VEGGIE *Dishes*



VEGAN Quinoa Bowl

INGREDIENTS:

1/4 cup pre-cooked quinoa
1/4 cup black beans (low sodium, rinsed)
2 carrots
1 beet
½ hass avocado (or 1/4c guacamole)
1 bell pepper
3-5 cherry tomatoes (diced)
1 ½ cups leafy greens
2 tbsp pure olive oil
Balsamic Vinegar
1-2 sliced lime wedges

DIRECTIONS:

1. Dice bell pepper, beet, tomatoes and shred the carrots
2. Layer them over a bed of greens
3. Mix the quinoa with black beans, place in the bowl with the greens and veggies
4. Add either sliced avocado or guacamole
5. Optional: add pre-cooked chicken (4-6ounces)
6. Drizzle with olive oil, balsamic vinegar and squeeze lime over as dressing



GARDEN Salad

INGREDIENTS:

1/4 cup kale
1/4 cup spinach
1/4 cup cooked broccoli (steamed or baked)
1 medium sized carrot (peeled)
1 small tomato (diced)
1/2 red bell pepper (sliced)
10-15 raw almonds
2tbsp pure olive oil
2 tbsp balsamic vinaigrette
1/2 tsp Honey Dijon
Black pepper

DIRECTIONS:

1. Wash and pat dry baby kale and spinach
2. Layer the broccoli, carrot, tomato, pepper slices and almonds over the greens
3. Mix the balsamic vinaigrette with honey Dijon and black pepper in a bowl
4. Whisk thoroughly and drizzle over salad



BAKED *Spaghetti Squash*

INGREDIENTS:

1 baked spaghetti squash

DIRECTIONS:

1. Pre-heat oven 400* F
2. Cut the spaghetti squash down the center (top to bottom)
3. Remove the seeds
4. Place on a baking sheet face up
5. Bake 40-50 minutes
6. Remove and allow to cool 10-15 minutes
7. Hold one squash up with one hand over a bowl as you scoop it out with a fork



BAKED Broccoli

INGREDIENTS:

2 cups fresh or frozen broccoli
Mrs. Dash garlic & herb
Balsamic Vinegar
Pure olive oil
Black pepper
½ lemon

DIRECTIONS:

1. Preheat the oven to 425°F
2. Break up the broccoli into chunks, place them in a bowl
3. Add the olive oil, balsamic vinegar and seasonings into the bowl
4. Mix well to coat evenly
5. Coat a large, flat baking pan with olive oil, spread the broccoli pieces evenly on it
6. Bake ~20 minutes or until crispy



BAKED *Asparagus*

INGREDIENTS:

1 handful fresh asparagus
1 tbsp Pure Olive Oil
1 tbsp balsamic vinegar
1/2 lemon
Mrs. Dash Garlic & Herb
Black pepper

DIRECTIONS:

1. Preheat oven 350° F
2. Wash asparagus and pat dry with paper towel
3. Cut off the stems of each asparagus, optional to also cut them in half
4. Coat a baking tray with a light layer of olive oil
5. In a bowl mix seasonings and olive oil
6. Place the asparagus in the bowl and mix thoroughly
7. Lay the asparagus on the baking tray, space evenly
8. Bake for about 18-20 minutes or until crispy



OVEN ROASTED *Brussel Sprouts*

INGREDIENTS:

2 cups fresh Brussel sprouts
3 tbsp Pure Olive Oil
2 tbsp Balsamic vinegar
1/2 lemon
Garlic powder
Onion powder
Black pepper
Mrs. Dash - Garlic & Herb

DIRECTIONS:

1. Preheat oven 375° F
2. Thoroughly rinse the Brussel sprouts in water, pat dry and set aside
3. On a cutting board, slice the ends off of each then slice in half or fourths & place in dish
4. Drizzle olive oil, balsamic vinegar, lemon juice and coat them with each seasoning
5. Stir them with a spatula so they are evenly mixed with the seasonings
6. Bake for 25 minutes, or until the edges have browned



VEGGIE *Stir-Fry*

INGREDIENTS:

1 cup fresh or frozen broccoli (diced)
1 cup fresh or frozen sliced mushrooms
½ white onion (finely diced)
1-2 Tbsp coconut oil
Turmeric
Black pepper
Garlic powder
Mrs. Dash Original

DIRECTIONS:

1. Heat a medium sized pan until hot, add coconut oil
2. Add the broccoli, mushrooms and onion
3. Season with turmeric, black pepper, garlic powder, Mrs. Dash Original – one coat of each
4. Stir and lower to low-medium, cover
5. Cook ~8-10 minutes, remove from heat and serve



TOMATO AND *Avocado* Salad

INGREDIENTS:

2/3 cup cherry tomatoes
1 hass avocado
1 Tbsp pure olive oil
Balsamic vinegar
Mrs Dash - Garlic & herb
Black pepper

DIRECTIONS:

1. Wash cherry tomatoes and cut in half, place in a bowl
2. Cut the avocado in half, remove the pit and with a knife, slice across 1/2 inch thickness
3. Cut from top to bottom, and create small slices going down the avocado halves from left to right
4. With a spoon, scoop out the avocado into the bowl
5. Add seasonings, olive oil and a splash of balsamic vinegar, mix well
6. Serve cold



PROTEIN *Dishes*



CHICKEN Stir-Fry

INGREDIENTS:

2 organic or kosher chicken breasts
2 tbsp olive oil
1/4 sweet onion
1 minced garlic clove
1/2 cup spinach
1/4 cup carrots
1/2 cup broccoli
1/2 cup brown mushrooms (diced)
Onion powder
Garlic powder
Black pepper
Ginger powder
Mrs. Dash original seasoning
Salt-free oriental seasoning (frontier brand)
Hemp seeds

DIRECTIONS:

1. Preheat a medium skillet with olive oil over high heat
2. Add garlic and onion – sauté for about 5 minutes
3. Lower the heat to low-medium (3/4 out of 10)
4. Dice the chicken and place in the skillet
5. Season generously with the following: garlic, onion, ginger, oriental, Mrs. Dash, black pepper
6. Cook over low-medium heat for ~1 minutes
7. Add spinach, carrots, broccoli and mushrooms and cover
8. Cook another 8-10 minutes (until carrots are soft) stirring every few minutes
9. Remove from heat, sprinkle hemp seeds on top



CHICKEN *Marinara*

INGREDIENTS:

2 chicken breast
2 tbsp olive oil
3c low sodium marinara sauce
1/2 yellow bell pepper
1/2 red bell pepper
3 asparagus stalks
1 cup spinach
2 minced garlic cloves
1 small white onion
Italian seasoning (salt free)
Garlic powder
Black pepper
Himalayan salt

DIRECTIONS:

1. Preheat a medium sized skillet with olive oil over medium-high heat
2. Add garlic and onion – sauté for about 5 minutes
3. Lower the heat: low-medium
4. Dice the chicken and place in the skillet
5. Add the peppers, asparagus, spinach, and seasonings (1 layer of each seasoning)
6. Pour the marinara sauce and cover
7. Cook for ~15 minutes (until the chicken is done)
8. Optional: Serve over 1 cup baked spaghetti squash



BAKED ~~Chicken (3 Varieties)~~

INGREDIENTS:

4-6 servings

3 chicken breasts
2-3 tbsp pure olive oil
Onion powder
Garlic powder
Mrs. Dash (original flavor)
Paprika powder
Black pepper
Curry powder
Ginger powder
Chili powder

DIRECTIONS:

1. Preheat the oven 350° F
2. Use a large baking dish, coat the bottom with pure olive oil
3. Place the raw or thawed chicken over a large cutting board, butterfly the chicken breasts (cut in half through the center, opening them up into 2 thinner slices)
4. Place each piece aside and repeat until all are done – you should have 6 chicken pieces
5. Season all chickens with Mrs. Dash, garlic and onion powder
6. Season 2 breasts with paprika and black pepper
7. Season the other 2 breasts with curry and ginger spice
8. Season the last 2 breasts with chili powder
9. Bake about 35 minutes or until the chicken reaches 180° F
10. Store and save for a variety of recipes!



CHICKEN *Salad*

INGREDIENTS:

1 chicken breast
1/4 diced sweet onion
2 tbsp tahini
1 tbsp Dijon mustard
Mrs. Dash – Original flavor
Black Pepper
Garlic powder
2-3Tbsp pure olive oil

DIRECTIONS:

1. Preheat a medium sized skillet with olive oil over medium-high heat
2. Add the diced onion, stir for ~5 minutes
3. Reduce the heat to medium
4. Dice the chicken breast, place in the skillet
5. Add seasonings (1 layer of Mrs. Dash, black pepper + garlic powder)
6. Lower the heat: low-medium
7. Dice the chicken and place in the skillet
8. Cover and cook ~10 minutes
9. Lower the heat to LOW
10. Pour the tahini and Dijon mustard
11. Stir the chicken until it is layered with the dressings
12. Remove from heat and allow to cool
13. Serve over tomato + avocado salad (as pictured) or over any starch/vegetable dish



BAKED *Salmon*

INGREDIENTS:

2 fillets (about the size of your palm, or 4-6 ounces) wild caught salmon
1/2 lemon
2 Tbsp Pure Olive Oil
Black Pepper
Mrs. Dash - Original flavor

DIRECTIONS:

1. Preheat oven 425° F
2. Using a 9x9 glass dish, coat with olive oil
3. Carefully remove any spines in the salmon, if any
4. Sprinkle a layer of black pepper and Mrs. Dash evenly over each fillet
5. Squeeze the lemon over the fillets
6. Bake ~35 minutes, remove from oven
7. Allow to cool before cutting into 3-4 slices



BAKED Whitefish

INGREDIENTS:

2 wild-caught cod fillets
½ lemon
2 Tbsp Pure Olive Oil
Black Pepper
Mrs. Dash – original blend

DIRECTIONS:

1. Preheat oven 400° F
2. In a baking dish add a light drizzle of olive oil in it
3. Place the fillets in the dish, season evenly with black pepper & Mrs. Dash
4. Squeeze the lemon juice over the fillets
5. Place in the oven and bake ~25-30 minutes



Starches



BAKED SWEET *Potato Fries*

INGREDIENTS:

- 1 sweet potato
- 2 tbsp pure olive oil
- 1 tbsp Mrs. Dash garlic & herb
- 1 tbsp cinnamon
- 1 packet stevia (optional)

DIRECTIONS:

1. Preheat oven 450° F
2. Scrub the sweet potato with a brush in water, rinse, pat dry & place on a cutting board
3. With a large knife, slice the potato from top to bottom (through the middle)
4. Cut each half into thin slices about 1-2cm thick
5. Turn the slices over and cut again 1-2 cm thick into fries
6. In a large bowl combine Olive oil, Mrs. Dash, Cinnamon and Stevia
7. Place the sweet potato fries in the bowl and mix well, coat them evenly with the oil
8. Lay the sweet potatoes down on the baking sheet (make sure they do not overlap and are spaced out)
9. Bake ~20 minutes
10. Remove the fries from the oven, turn them over with a spatula and re-coat with a little olive oil
11. Place them back in the oven another 15-18 minutes
12. Remove the tray from the oven and allow to cool before serving



MASHED SWEET *Potato Crunch*

INGREDIENTS:

1 sweet potato
2 tbsp coconut oil
2 tbsp raw walnuts
Cinnamon

DIRECTIONS:

1. Scrub the sweet potato with a brush in water, rinse, pat dry & place on a cutting board
2. Slice the potato in half and poke with a fork or knife around the potato
3. If microwaving: wrap the potato in a moist paper towel, cook ~ 8 minutes
4. If baking: preheat oven 425° F, wrap in foil and cook ~ 45 minutes
5. Allow to cool once removed from cooking
6. Scoop out the insides of the potato (leaving the skin behind) and place the insides in a bowl
7. Add cinnamon and ½ packet stevia (optional)
8. Mash well with a fork, top with crushed walnuts



SWEET Potato Wedges

INGREDIENTS:

1 sweet potato
1-2 tbsp coconut oil
Garlic powder
Cinnamon

DIRECTIONS:

1. Preheat oven 425° F
2. Scrub the sweet potato with a brush in water, rinse, pat dry & place on a cutting board
3. Cut the ends off the potato (top and bottom)
4. Slice the potato in half, then cut each half into halves - you should have 4 pieces
5. Coat the pan with a thin layer of coconut oil, add the potato wedges facing up
6. Sprinkle cinnamon and garlic powder generously, make sure to coat all corners
7. Drizzle coconut oil on top (melt the oil and pour it with a spoon for a thin drizzle across)
8. Bake ~40 minutes
9. Allow to cool once removed from cooking



QUINOA

INGREDIENTS:

1 cup uncooked quinoa
2 cups water
Veggie cube (organic)

DIRECTIONS:

1. Combine water and vegetable cube in a medium sized pot, bring to boil
2. Sit in quinoa, cover and reduce heat to low
3. Cook for ~15-20 minutes, or until all of the water is fully absorbed and it is fluffy
4. Remove from heat and fluff with fork



BAKED *Cauliflower*

INGREDIENTS:

1 entire cauliflower
½ cup pure olive oil
Mrs. Dash original
Italian seasoning
Black pepper

DIRECTIONS:

1. Preheat the oven to 425°F
2. Cut the base of the cauliflower off
3. Break up the cauliflower chunks into smaller pieces, place them in a bowl
4. Add the olive oil and seasonings into the bowl, mix well to coat evenly
5. Coat a large, flat baking pan with olive oil, spread the cauliflower pieces evenly on it
6. Bake ~20 minutes or until crispy brown



Snacks





BLACK Bean Dip

INGREDIENTS:

1 can low sodium black beans
1 fresh steak tomato
1/2 white onion, minced
Mrs. Dash - Garlic & Herb
Garlic powder
Onion powder
Black Pepper

DIRECTIONS:

1. Preheat the oven to 225° F
2. Open the black bean cans and rinse out liquid thoroughly, place beans in a large bowl
3. Wash and pat dry the tomato, then dice and add into the bowl
4. Wash, pat dry the onion (remove outer layer) and mince, then add into the bowl
5. Coat the entire bowl with garlic powder, onion powder, Mrs. Dash & black pepper
6. Mix thoroughly and place in a glass bowl coated with olive oil
7. Bake ~15 minutes
8. Serve with fresh celery, carrot, pepper and zucchini slices
9. Cover and refrigerate for up to 4 days



VEGGIE Juice

INGREDIENTS:

1 lemon
1 cucumber
2-3 carrots
1 beet
1/3 cup ginger
¼ cup turmeric
1 orange
1 green apple
2-3 celery stalks

DIRECTIONS:

1. Place all fruits and vegetables in juicer
2. Cover and refrigerate
3. Good for up to 3 days



GUACAMOLE

INGREDIENTS:

1 avocado
1-2 tbsp pure olive oil
Mrs. Dash garlic & herb
Black pepper
Turmeric
½ lemon

DIRECTIONS:

1. Slice the avocado down the middle, remove the pit and toss
2. Scoop the avocado out into a medium sized bowl
3. Add olive oil, lemon juice and seasonings (generously) over the avocado
4. Mash the avocado with a fork and stir until you reach a chunky consistency
5. Cover and store for up to 3 days