

ALL IN

ADVOCARE[®] NATIONWIDE 24-DAY CHALLENGE[™]

RECIPE GUIDE





BREAKFAST

SKINNY MAPLE GRANOLA YOGURT

ingredients

- 3 cups rolled oats
- 2 tsp cinnamon
- 3/4 tsp nutmeg
- 1/2 tsp ground ginger
- 1/2 tsp salt
- 1/2 cup dried, unsweetened berries of your choice
- 1/3 cup chopped pecans
- 1/3 cup chopped almonds
- 1/2 cup honey
- 1 1/2 tsp vanilla extract
- 1/2 cup Greek yogurt, non-fat
- 1/2 cup canned pumpkin
- 1/2 cup apple sauce
- 1/2 banana or 1 cup fresh fruit of your choice
- **OPTIONAL** - 1/2 apple, sliced*

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 6 parfait cups
SERVING SIZE - 1 individual parfait cup

CALORIES	381 (PER SERVING)
TOTAL FAT	10 g
SATURATED FAT	1.5 g
CHOLESTEROL	2.5 mg
SODIUM	202 mg
CARBOHYDRATES	44 g
FIBER	7.7 g
SUGARS	13 g
PROTEIN	16.8 g

recipe & variations

GRANOLA (prep time - 12 minutes)

1. Preheat oven to 325°F and line baking sheet with parchment paper.
2. In a large bowl, mix oats, cinnamon, nutmeg, ginger and salt. Add in dried berries, pecans and almonds to bowl. Stir to combine.
3. In a medium bowl, whisk together raw honey, vanilla, pumpkin and apple sauce until evenly mixed.
4. Add wet ingredients to dry ingredients and stir until evenly coated. Spread granola in a thin layer over baking sheet lined with parchment paper.
5. Bake granola for about 40 minutes, or until golden brown, stirring occasionally while baking. Remove from oven and let cool before assembling parfaits.

ASSEMBLE PARFAITS (prep time - 15 minutes)

1. Slice banana into 1/2 inch slices and set aside. Place 1/2 cup of greek yogurt in glass and top yogurt with 1/4 cup of granola.

2. Add 2 to 3 slices of banana* and place another 1/4 cup granola on top of bananas. Add a tablespoon of yogurt on top of granola. Sprinkle a dash more of granola on top and add another 2 to 3 slices of banana.**

INCORPORATE VARIATIONS (see optional ingredients)

1. *Substitute bottom layer of banana slices with sliced apples for a tarter parfait.
2. **Drizzle 1 tsp honey on top of finished parfait cup.





PEANUT BUTTER, STRAWBERRY & BANANA QUESADILLAS

ingredients

- cooking spray
- 2 whole wheat 8-inch tortillas
- 1 large banana, sliced
- 4-5 strawberries, sliced
- 1/8 tsp cinnamon
- 2 tbsp natural creamy peanut butter
- **OPTIONAL** - 2 tbsp chocolate chips*
- **OPTIONAL** - chopped walnuts and/or pecans**

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 2 quesadilla, 4 slices per quesadilla

SERVING SIZE - 1 slice

CALORIES	70 (PER SERVING)
TOTAL FAT	13.5 g
SATURATED FAT	3.3 g
CHOLESTEROL	0 mg
SODIUM	386 mg
CARBOHYDRATES	32 g
FIBER	7.1 g
SUGARS	8.9 g
PROTEIN	8.5 g

recipe & variations

QUESADILLAS (*prep time - 20 minutes*)

1. Spray skillet with non-stick cooking spray and place over medium-high heat.
2. Spread 1 tbsp of peanut butter on each tortilla, then place banana and strawberry slices on top.*
3. Sprinkle fruit and add pinch of cinnamon on top of peanut butter and fruit, then fold tortillas in half, pressing down gently to stick edges together.
4. Place quesadillas in skillet and cook for 30 to 45 seconds, or until edges are golden brown.
5. Flip quesadillas and cook for another 30 to 45 seconds, or until undersides are golden brown.
6. Remove quesadillas from skillet to cool. Cut into halves or quarters to serve.**

INCORPORATE VARIATIONS (*see optional ingredients*)

1. *Add 1 tbsp of chocolate chips to each tortilla, along with fruit, peanut butter and cinnamon.
2. **Top with chopped walnuts and/or pecans.

PROTEIN PANCAKES

ingredients

- cooking spray
- 1/3 cup Greek yogurt
- 1/3 cup egg whites
- 1 tsp vanilla extract
- 1/2 cup oat flour
- 1 tsp agave nectar
- 1 serving AdvoCare Muscle Gain™ chocolate protein shake mix **OR** 1 serving AdvoCare Muscle Gain™ vanilla protein shake mix*
- 1 cup blueberries **OR** 1 cup berries of your choice**
- **OPTIONAL** - 1 tsp sugar-free maple syrup***
- **OPTIONAL** - 1 tsp honey***

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 5 medium pancakes
SERVING SIZE - 2 pancakes

CALORIES	116 (PER SERVING)
TOTAL FAT	6 g
SATURATED FAT	3 g
CHOLESTEROL	8.3 mg
SODIUM	644 mg
CARBOHYDRATES	31 g
FIBER	14.5 g
SUGARS	1 g
PROTEIN	15 g

recipe & variations

PANCAKES (prep time - 10 minutes)

1. In a medium bowl, whisk egg whites and add in yogurt. Stir until blended.
2. Add oat flour, vanilla-flavored AdvoCare Muscle Gain™ protein shake mix*, vanilla extract and agave nectar, mixing until batter is rich and thick.
3. Spray skillet with non-stick cooking spray and place over medium-high heat. Pour enough pancake batter for desired size into skillet and let cook for approximately 2 to 3 minutes, or until edges are golden brown.
4. Flip with spatula and cook for 2 to 3 minutes, or until bubbles have stopped.
5. Top with blueberries** and serve.***

INCORPORATE VARIATIONS (see optional ingredients)

1. *Substitute vanilla-flavored AdvoCare Muscle Gain™ protein shake mix with the chocolate equivalent.
2. **Substitute blueberries with strawberries, raspberries or blackberries.
3. ***Top with sugar-free maple syrup or honey drizzle.



OVERNIGHT OATMEAL POWER BOWL

ingredients

- 2/3 cup rolled oats
- 1 banana, mashed
- 2 tbsp chia seeds
- 1/4 tsp cinnamon
- 2/3 almond milk
- 1/3 cup water
- 1 tbsp ground flax seed
- **OPTIONAL** - 1 serving AdvoCare Muscle Gain™ protein shake mix (flavor of your choice)*
- **OPTIONAL** - chopped rasins, almonds and/or walnuts**

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 1 bowl

CALORIES	515 (PER SERVING)
TOTAL FAT	10 g
SATURATED FAT	0 g
CHOLESTEROL	0 mg
SODIUM	124.6 mg
CARBOHYDRATES	34.5 g
FIBER	15 g
SUGARS	12.8 g
PROTEIN	12 g

recipe & variations

THE NIGHT BEFORE (prep time - 10 minutes)

1. In a medium bowl or food processor, mash banana until smooth.
2. Stir in the chia seeds, oats, cinnamon, milk and water, and mix smooth.*
3. Cover bowl and refrigerate overnight.

THE FOLLOWING MORNING (cook time - 5 minutes)

1. Heat small sauce pan over medium-high heat. Pour oat mixture into pan and bring to a simmer.
2. Reduce heat immediately to medium-low and stir frequently until thick.
3. Before serving, add flax seed and let sit for about 10 seconds. Pour into a bowl and serve.**

INCORPORATE VARIATIONS (see optional ingredients)

1. *Add 1 serving AdvoCare Muscle Gain™ protein powder (flavor of your choice) to medium bowl and stir with other ingredients.
2. **Garnish oatmeal with desired amount of chopped rasins, almonds and/or peanuts.



BLACK BEAN & EGG WHITE BREAKFAST BURRITOS

ingredients

- 4 whole wheat 8-inch tortillas
- 1 can low-sodium black beans, rinsed and drained
- 6 large eggs, whites only
- 1 tomato, diced
- 2 garlic cloves, minced
- 1/2 white onion, chopped
- 4 ancho chiles, chopped
- 3 arbol chiles, chopped
- 1/2 tsp oregano
- 1/4 tsp cumin
- 1/4 tsp chili powder
- 1/4 tsp red pepper flakes
- salt to taste
- ground pepper to taste
- 3 cups water
- **OPTIONAL** - 1 avocado, diced*
- **OPTIONAL** - 1/3 cup reduced-fat colby jack cheese, shredded**

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 4 burritos
SERVING SIZE - 2 burritos

CALORIES	291 (PER SERVING)
TOTAL FAT	4 g
SATURATED FAT	0 g
CHOLESTEROL	10 mg
SODIUM	83.6 mg
CARBOHYDRATES	28.7 g
FIBER	3.8 g
SUGARS	10.5 g
PROTEIN	16 g

recipe & variations

RED ENCHILADA SAUCE (cook time - 45 minutes)

1. Put water in a large pot and heat to a boil.
2. Remove seeds and stems from chiles, then dice. Sauté with the onion and garlic over medium-low heat for 5 minutes, or until fragrant.
3. Add the chile mixture and tomato to the boiling water. Reduce heat and cook for 15 minutes.
4. Transfer to a blender/food processor and puree with oregano and cumin until smooth. Transfer back to pot and heat for another 15 minutes. Remove from heat and strain.

BURRITOS (prep time - 30 minutes)

1. Spray skillet with non-stick cooking spray and place over medium-low heat.
2. In a large bowl, whisk egg whites. Add egg whites to skillet and cook for 6 to 8 minutes, folding every few minutes while cooking, or until fluffy. Remove from heat and let cool.
3. In a large bowl, mix black beans, chili powder and red pepper flakes. Stir until combined.

4. Warm tortillas in microwave for 10 to 20 seconds, then lay out, and distribute egg whites and black bean* mixture evenly on each.** Drizzle red enchilada sauce, then tuck in tortilla ends and roll up to make burritos.

INCORPORATE VARIATIONS (see optional ingredients)

1. *Top egg whites and black bean mixture with diced avocado.
2. **Sprinkle shredded, reduced-fat colby jack cheese on top of egg, avocado and bean mixture before adding sauce for more flavor.



LUNCH

TURKEY ENCHILADAS

ingredients

- 6 whole wheat 8-inch tortillas
- 1 1/2 lb lean ground turkey
- 1 tbsp coconut oil
- 1 medium red onion, chopped
- 1/2 white onion, chopped
- 1 can fire-roasted chiles
- 1 anaheim pepper, chopped
- 4 ancho chiles, chopped
- 3 arbol chiles, chopped
- 4 garlic cloves, minced
- 2 tsp cumin
- 2 tsp chili powder
- 1/2 tsp oregano
- salt to taste
- ground pepper to taste
- 3 cups water

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 6 enchiladas
SERVING SIZE - 1 enchilada

CALORIES	284 (PER SERVING)
TOTAL FAT	6 g
SATURATED FAT	2 g
CHOLESTEROL	17.5 mg
SODIUM	443.9 mg
CARBOHYDRATES	27.6 g
FIBER	8.6 g
SUGARS	3.7 g
PROTEIN	11.5 g

recipe & variations

RED ENCHILADA SAUCE (*cook time - 45 minutes*)

1. Put water in a large pot and heat to a boil.
2. Remove seeds and stems from chiles, then dice. Sauté with the onion and garlic over medium-low heat for 5 minutes, or until fragrant.
3. Add the chile mixture and tomato to the boiling water. Reduce heat and cook for 15 minutes.
4. Transfer to a blender/food processor and puree with oregano and cumin until smooth. Transfer back to pot and heat for another 15 minutes. Remove from heat and strain.

ENCHILADAS (*prep time - 15 minutes*)

1. Preheat oven to 350°F.
2. Heat a skillet over medium-high heat and melt coconut oil. Add pepper, garlic, onion and chilis and sauté until onions are translucent.
3. Add ground turkey and cook until brown. Stir in cumin, chili powder, oregano, salt and pepper, 1/2 cup enchilada sauce and simmer over low heat, or until any extra liquid is

- evaporated.
4. Pour small amount of enchilada sauce into the bottom of an 8x8 pan. Fill one tortilla at a time with the meat mixture, roll and place seam side down into baking dish.
 5. Repeat with all tortillas until the pan is full. Pour remaining enchilada sauce over the enchiladas and bake for 15 minutes.

ORANGE CHICKEN STIR-FRY WITH ASPARAGUS

ingredients

- 1 1/2 boneless, skinless chicken breast, diced
- 1 tbsp vegetable oil
- 2 lb asparagus
- 1 small yellow onion, sliced into pieces
- 8 oz button mushrooms, sliced
- 1 tbsp ginger, peeled and grated
- 4 garlic cloves, minced
- 1/2 cup low-sodium organic chicken broth
- 2 oranges, juiced
- 2 tbsp honey
- salt to taste
- ground pepper to taste
- 2 tbsp ground flax seed **OR** wheat flour*
- **OPTIONAL** - 1 tbsp sesame seeds**

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 6 servings

CALORIES	130 (PER SERVING)
TOTAL FAT	3.9 g
SATURATED FAT	0 g
CHOLESTEROL	70 mg
SODIUM	53.2 mg
CARBOHYDRATES	20.2 g
FIBER	4.5 g
SUGARS	14 g
PROTEIN	29.6 g

recipe & variations

ORANGE CHICKEN (prep time - 10 minutes)

1. In a 12-inch non-stick wok, heat 1/2 tbsp oil over medium-high heat.
2. Once oil is hot, add diced chicken and season lightly with salt and pepper. Sauté for 5 to 6 minutes, or until cooked thoroughly, tossing occasionally.
3. Place chicken on a large plate and set aside. Reduce wok to medium-heat and add remaining oil.

ASPARAGUS (cook time - 10 minutes)

1. Once oil is hot, add asparagus, yellow onion and mushrooms, and sauté until tender-crisp, about 5 minutes, adding in garlic and ginger during the last minute of sautéing.
2. In a large mixing bowl, whisk together chicken broth, orange juice, honey and flax seed* until well blended.
3. Pour chicken broth mixture into skillet with veggies and season with salt and pepper to taste. Bring mixture to a light boil, stirring constantly until thickened.

4. Combine chicken with mixture and serve.**

INCORPORATE VARIATIONS (see optional ingredients)

1. *Substitute ground flax seed for whole wheat flour, whisk together with chicken broth, orange juice and honey until well blended.
2. **Garnish with a sprinkling of sesame seeds before serving.





LEAN TURKEY SLIDERS

ingredients

- cooking spray
- 8 whole wheat **OR** whole-grain rolls
- 1 lb lean ground turkey
- 8 slices low-fat mozzarella cheese
- 6-8 cherry tomatoes, sliced
- 8 large lettuce leaves
- 1 medium onion, grated
- 1/2 tbsp reduced-sodium soy sauce
- 1/4 tsp cinnamon
- 1/4 tsp ground black pepper
- **OPTIONAL** - 2 tsp low-sodium ketchup*

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 8 sliders

CALORIES	315 (PER SERVING)
TOTAL FAT	6.8 g
SATURATED FAT	3.1 g
CHOLESTEROL	45.6 mg
SODIUM	623 mg
CARBOHYDRATES	33.6 g
FIBER	7.8 g
SUGARS	11.3 g
PROTEIN	31.1 g

recipe & variations

TURKEY SLIDERS (prep time - 20 minutes)

1. In a large bowl, mix onion, turkey, soy sauce and spices.
2. Roll mixture into eight 2-inch patties and place on a tray.
3. Spray skillet with non-stick cooking spray and place over medium-high heat for 1 minute.
4. Add patties to skillet and cook for about 2 to 3 minutes per side, or until cooked thoroughly.
5. To assemble sliders, cut bread rolls in half, and place 1 patty on bottom bun. Top with cherry tomato slices, lettuce leaves and one slice of low-fat mozzarella cheese, followed by the top bun.*

INCORPORATE VARIATIONS (see optional ingredients)

1. *Serve with 1 to 2 tsp of low-sodium ketchup.

SPAGHETTI SQUASH WITH TURKEY MEATBALLS

ingredients

- 1 lb lean ground turkey
- 1 large egg
- 2 large squash
- 1/4 cup parmesan cheese
- 1/2 cup zucchini, shredded
- 1/2 cup carrot, shredded
- 1/2 cup whole wheat breadcrumbs
- 1 tbsp basil
- 1 tbsp parsley
- 2-3 garlic cloves, minced
- 2 cups low-sugar spaghetti sauce

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 6 servings

CALORIES	143 (PER SERVING)
TOTAL FAT	7.6 g
SATURATED FAT	2.3 g
CHOLESTEROL	71.9 mg
SODIUM	476.4 mg
CARBOHYDRATES	30.6 g
FIBER	8.2 g
SUGARS	8 g
PROTEIN	14.4 g

recipe & variations

SPAGHETTI SQUASH (cooktime - 35 minutes)

1. Pierce squash several times with a knife, creating holes to release steam.
2. Place whole squash in microwave-safe dish for 12 minutes, rotating halfway through, or until soft. Caution: squash will be hot.
3. Allow squash to cool slightly, then cut tops off the squash and split into two even halves. Remove the seeds.
4. Using a fork, scrape spaghetti strands from the inside of the squash into a colander.

TURKEY MEATBALLS (cook time - 20 minutes)

1. Preheat oven to 400°F.
2. In a medium bowl, delicately combine turkey, bread crumbs, egg, cheese, carrot, zucchini, basil, parsley and garlic. Fold ingredients together using your hands, Avoid over-mixing as meatballs could become tough.
3. Pour spaghetti sauce into a 9x13-inch baking dish.
4. Roll your meatballs into approximately 1"-thick balls, and distribute evenly throughout baking dish.
5. Bake until meatballs have reached internal temperature of 165°F.
6. Combine spaghetti squash with meatballs and serve.



SLOW-COOKER VEGETARIAN QUINOA & SWEET POTATO CHILI

ingredients

- 1 can pinto beans, drained and rinsed
- 1 can fire-roasted tomatoes, diced
- 4 tbsp tomato paste
- 2 cups sweet potatoes, cubed
- 1 cup dry quinoa
- 1 medium onion, diced
- 4 garlic cloves, minced
- 1 tbsp olive oil
- 1 1/2 tbsp chili powder
- 1 1/2 tsp cumin
- 1 tsp dried oregano
- 4 cups low-sodium vegetable broth

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 6 servings

CALORIES	141 (PER SERVING)
TOTAL FAT	7 g
SATURATED FAT	2 g
CHOLESTEROL	99 mg
SODIUM	160 mg
CARBOHYDRATES	26 g
FIBER	4 g
SUGARS	3 g
PROTEIN	42 g

recipe & variations

QUINOA & SWEET POTATO CHILI (prep time - 15 minutes)

1. Spray slow cooker with cooking spray.
2. Place all ingredients into slow cooker and stir.
3. Cook on low heat for 4 hours.





BUFFALO CHICKEN TACOS

ingredients

- 6 whole-wheat 8-inch tortillas
- 2 lb boneless, skinless chicken breast, diced
- 1 cup Greek yogurt
- 1/2 tbsp coconut oil
- 1/2 tbsp olive oil
- 1/4 tsp salt
- ground pepper to taste
- 1/4 cup cayenne pepper sauce
- 3 large carrots, shredded
- 1 head romaine **OR** 1 cup iceberg lettuce, shredded
- 3 cups water
- 3 oz blue cheese

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 6 tacos

CALORIES	322 (PER SERVING)
TOTAL FAT	7.1 g
SATURATED FAT	2.7 g
CHOLESTEROL	105 mg
SODIUM	292 mg
CARBOHYDRATES	23.3 g
FIBER	7.6 g
SUGARS	6 g
PROTEIN	47.4 g

recipe & variations

BUFFALO CHICKEN TACOS (*prep time - 20 minutes*)

1. Preheat large skillet on medium-high heat, add oil and swirl to coat. Add chicken and sprinkle with salt and black pepper.
2. Cook for about 8 minutes, stirring occasionally.
3. After 8 minutes, reduce heat to low-medium and cook for another 4 minutes; stirring more frequently. Chicken should be golden brown and cooked thoroughly.
4. In a small bowl, crumble blue cheese with a fork. Stir in yogurt, cayenne pepper, salt and black pepper; stir to combine. Set aside.
5. Pour cayenne pepper sauce over chicken in the skillet. Stir for 2 to 3 minutes. Taste and adjust spiciness to preference.
6. Place tortillas on a microwave-safe dish, cover with damp towel, and microwave for about 10 seconds. Place in skillet and cook on low-medium heat for about 1 minute on each side.
7. To serve, place desired amount of lettuce, carrots and chicken on each tortilla. Drizzle with blue cheese sauce and enjoy warm.



SPICY TURKEY PICADILLO

ingredients

- cooking spray
- 1 lb lean ground turkey
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 tsp salt
- 1 jalapeno, whole
- 1 lb potatoes, peeled and diced
- 1 can tomato sauce
- 2 tbsp chipotle peppers
- 1 bay leaf
- 1 tsp ground black pepper

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 6 servings

CALORIES	103 (PER SERVING)
TOTAL FAT	6.8 g
SATURATED FAT	3.1 g
CHOLESTEROL	45.6 mg
SODIUM	623 mg
CARBOHYDRATES	33.6 g
FIBER	7.8 g
SUGARS	11.3 g
PROTEIN	31.1 g

recipe & variations

TURKEY PICADILLO (prep time - 10 minutes)

1. Spray skillet with non-stick cooking spray.
2. Brown turkey in skillet over medium-high heat and cook until no longer pink. Add garlic and stir.
3. Blend together the tomato sauce and chipotle peppers, adding the peppers one at a time until desired spiciness is reached.
4. Add the turkey, remaining ingredients and tomato sauce mixture to the slow cooker. Cook on high for 4 hours, or on low for 8 hours.
5. Remove bay leaves before serving.

DINNER





HONEY-LIME SRIRACHA SALMON & COLD SESAME CUCUMBER SALAD

ingredients

- 1 1/4 lb salmon fillets
- 4 large cucumbers, peeled and spiralized
- 1 1/2 tsp water
- 3 tbsp freshly squeezed lime juice
- 1 1/2 tbsp honey
- 1 tbsp chili paste
- 1 tbsp Sriracha **OR** comparable chili sauce
- 5 tbsp low-sodium soy sauce
- 1 1/2 tsp ginger, grated
- 2 garlic cloves, minced
- 2 tsp sesame oil
- olive oil to taste
- **OPTIONAL** - 1 tsp honey*
- **OPTIONAL** - 1 small bag of spinach leaves**
- **OPTIONAL** - cilantro, green onions or chives, chopped***

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 4 servings

CALORIES	246 (PER SERVING)
TOTAL FAT	1.8 g
SATURATED FAT	1 g
CHOLESTEROL	137 mg
SODIUM	689 mg
CARBOHYDRATES	22.2 g
FIBER	1.7 g
SUGARS	11.6 g
PROTEIN	34.9 g

recipe & variations

SALMON (prep time - 1 hour, 30 minutes)

1. In a medium bowl, whisk honey, chili paste, sriracha, soy sauce, ginger, garlic and sesame oil until well combined.
2. Place salmon and combined ingredients into a large plastic bag to marinate, then refrigerate for 1 hour.
3. Preheat oven to 400°F.
4. Place salmon on a foil-lined baking sheet and bake for 15 to 20 minutes, or until salmon flakes easily with a fork.

CUCUMBER SALAD (prep time - 10 minutes)

1. Prepare the cucumber noodle salad using a spiralizer or vegetable peeler.
2. In a large bowl, whisk together garlic, ginger, sesame oil, soy sauce and water.*
3. Add cucumber noodles and stir to evenly coat the noodles; cover and place in fridge until ready to serve with salmon.
4. When salmon is done, place salmon on top of noodles,** and serve.***

INCORPORATE VARIATIONS (see optional ingredients)

1. *Whisk together an additional 1 tsp of honey along with the garlic, ginger, sesame oil, soy sauce and water for added sweetness.
2. **Place noodles on small bed of raw spinach for extra fiber.
3. ***Top salmon and cucumber salad with bits of cilantro, chopped green onions or chives for added flavor.



FISH TACO BOWLS

ingredients

- 4 cod fillets
- 1 red onion, diced
- 1 red bell pepper, diced
- 1 cup carrots, diced
- 1 can low-sodium black beans, rinsed and drained
- 2 cups brown rice
- 2 tsp chili powder
- 2 tsp cumin
- garlic powder to taste
- 2 tsp olive oil
- **OPTIONAL** - cilantro, lime juice and avocado, chopped*

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 4 bowls

CALORIES	281 (PER SERVING)
TOTAL FAT	7.8 g
SATURATED FAT	1 g
CHOLESTEROL	0 mg
SODIUM	107.5 mg
CARBOHYDRATES	26.8 g
FIBER	14.4 g
SUGARS	3.8 g
PROTEIN	13.4 g

recipe & variations

FISH TACO BOWLS (prep time - 15 minutes)

1. In a small bowl, combine chili powder, cumin and garlic powder. Sprinkle evenly over both sides of the fish and sprinkle salt and pepper to taste.
2. Coat a large non-stick skillet with olive oil over medium-high heat. Add the fish and cook undisturbed for several minutes per side. Fish should flake easily and be opaque throughout when done. Remove the fish from the pan and set aside.
3. If necessary, add another drizzle of olive oil to pan and add onion, pepper and carrots. Cook over medium-high heat, stirring occasionally until tender.
4. Add black beans and heat.
5. Layer rice, bean mixture and fish in a bowl,* and serve.

INCORPORATE VARIATIONS (see optional ingredients)

6. *Top bowls with avocado, cilantro and lime juice if desired.

TURKEY SLOPPY JOE BOWLS

ingredients

- 1 lb lean ground turkey
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1/2 cup barbeque sauce
- 1 tsp olive oil
- 1 tsp Worcestershire sauce
- 1 tsp chili powder
- 3 tsp tomato paste
- 1 tsp cayenne pepper sauce
- salt to taste
- ground pepper to taste
- red pepper flakes to taste
- **OPTIONAL** - 6 whole-wheat burger buns*

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 4 bowls

CALORIES	150 (PER SERVING)
TOTAL FAT	3.6 g
SATURATED FAT	0 g
CHOLESTEROL	78 mg
SODIUM	483 mg
CARBOHYDRATES	28.2 g
FIBER	3.7 g
SUGARS	13.6 g
PROTEIN	21 g

recipe & variations

SLOPPY JOES (prep time - 20 minutes)

1. Heat olive oil in large skillet over medium-high heat. Once oil is hot, add red bell pepper, onion and garlic. Cook for about 4 minutes or until the onion is translucent and garlic is fragrant. Transfer the vegetables to a bowl and set aside.
2. Cook ground turkey in same skillet over medium-high heat, season with salt and pepper and cook until the turkey is no longer pink.
3. In a small bowl, mix tomato sauce, barbeque sauce, Worcestershire, chili powder, tomato paste, cayenne pepper and a pinch of red pepper flakes until blended. Pour mixture into skillet with turkey.
4. Add vegetables to the skillet and stir to combine.
5. Reduce heat to medium-low and simmer 15 to 20 minutes. Adjust seasonings as necessary and serve.*

INCORPORATE VARIATIONS (see optional ingredients)

1. *Serve on whole-wheat hamburger buns.





SLOW-COOKER CILANTRO-LIME CHICKEN

ingredients

- 3 lb boneless, skinless chicken breasts
- 1 jar of salsa
- 1 small package of low-sodium taco seasoning mix
- 1 lime, juiced
- 3 tbsp fresh cilantro, chopped

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 6 servings

CALORIES	226 (PER SERVING)
TOTAL FAT	4.7 g
SATURATED FAT	1.3 g
CHOLESTEROL	117 mg
SODIUM	676 mg
CARBOHYDRATES	9.3 g
FIBER	1.3 g
SUGARS	3.4 g
PROTEIN	35.3 g

recipe & variations

CILANTRO-LIME CHICKEN (prep time - 10 minutes)

1. Place the salsa, taco seasoning, lime juice and cilantro into a slow cooker, stir to combine.
2. Add the chicken breasts and coat with the salsa mixture.
3. Cover the cooker, set to high for about 4 hours, or until chicken is very tender.*
4. Shred chicken using 2 forks to serve.

INCORPORATE VARIATIONS (see optional ingredients)

5. *Set cooker to low and cook 6 to 8 hours.



SLOW-COOKER BALSAMIC BROWN SUGAR PORK TENDERLOIN

ingredients

- 2 lb lean pork tenderloin
- 1/4 cup balsamic vinegar
- 1/2 cup low-sodium chicken broth
- 2 tbsp low-sodium soy sauce
- 2 tbsp brown sugar
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 tsp chili powder
- salt to taste
- ground pepper to taste

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 6 servings

CALORIES	166 (PER SERVING)
TOTAL FAT	4 g
SATURATED FAT	1 g
CHOLESTEROL	98 mg
SODIUM	393 mg
CARBOHYDRATES	9 g
FIBER	0 g
SUGARS	9 g
PROTEIN	32 g

recipe & variations

PORK TENDERLOIN (prep time - 10 minutes)

1. Combine the balsamic vinegar, chicken broth and soy sauce, and set aside.
2. In a separate bowl, combine brown sugar, cumin, garlic powder, chili powder, salt and pepper.
3. Rub the pork with the brown sugar mixture and place in the slow cooker. Pour vinegar mixture over top.
4. Cook on low for 6 to 8 hours, or until very tender.
5. If desired, top with balsamic glaze or reduce the liquid from the slow cooker by bringing to a boil in a sauce pan to create your own glaze.
6. For a crisp exterior, place tenderloin in oven and broil for 4 to 5 minutes.



CAJUN JUMBALAYA

ingredients

- 1/2 lb raw shrimp, peeled and deveined, tails intact
- 4 oz boneless, skinless chicken breast, diced
- 1 lb lean turkey, sliced
- 1/2 medium white onion, diced
- 1 medium green bell pepper, cored and diced
- 1 rib celery, diced
- 1 1/2 medium tomatoes, diced
- 1 1/2 tbsp low-sodium Cajun seasoning of your choosing
- 2 garlic cloves, minced
- 1 cup brown rice
- 1/2 cup low-sodium chicken broth
- salt to tast
- ground pepper to taste

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 6 bowls
SERVING SIZE - 1 bowl

CALORIES	141 (PER SERVING)
TOTAL FAT	3.1 g
SATURATED FAT	0 g
CHOLESTEROL	35.6 mg
SODIUM	789.8 mg
CARBOHYDRATES	23.7 g
FIBER	2.7 g
SUGARS	3.6 g
PROTEIN	12.9 g

recipe & variations

JUMBALAYA (cook time - 25 minutes)

1. Preheat oven to 400°F.
2. In a large mixing bowl, toss together all ingredients. Mix well.
3. Prepare 2 foil pouches and spray the inside of each pouch. Divide mixture evenly among both pouches and seal.
4. Place pouches on a baking tray and slide onto middle rack. Bake for 25 minutes or until rice is soft and proteins are fully cooked, or firm and opaque.
5. Carefully open 1 pouch and taste a few grains of rice from the center of the pouch to see if they’re cooked. If necessary, close pouch and cook for 5 more minutes.
6. Carefully open pouch and pour mixture into a large serving bowl. Serve immediately.

SLOW-COOKER ENCHILADA SOUP

ingredients

- 1 lb boneless, skinless chicken breast
- 1/2 tsp cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1 medium onion, diced
- 1 red pepper, diced
- 1 can enchilada sauce
- 3 garlic cloves, minced
- 1 can diced tomatoes with green chiles
- 6 cups low-sodium chicken broth
- 1 tbsp tomato paste
- 1 can black beans, drained and rinsed
- 1/4 cup corn meal
- 1/2 cup reduced-fat shredded cheese
- **OPTIONAL** - cilantro and avocado, chopped*
- **OPTIONAL** - 1 cup tortilla chips, crushed*

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 8 servings

CALORIES	196 (PER SERVING)
TOTAL FAT	3 g
SATURATED FAT	1 g
CHOLESTEROL	30 mg
SODIUM	250 mg
CARBOHYDRATES	31 g
FIBER	9 g
SUGARS	6 g
PROTEIN	26 g

recipe & variations

ENCHILADA SOUP (prep time - 5 minutes)

1. Combine the chicken breast, cumin, chili powder, garlic powder, garlic cloves, salt, onion, peppers and tomatoes with green chiles, enchilada sauce, chicken broth and tomato paste into slow cooker.
2. Cook on low heat for 4 hours. Remove the chicken and shred with fork. Return to soup and add beans.
3. Mix the corn meal with 1/4-1/2 cup of water (more if needed) until smooth. Add the soup and let cook for 30 more minutes. Top with cheese.*

INCORPORATE VARIATIONS (see optional ingredients)

1. *Garnish bowl with sliced avocado, crushed tortilla chips and cilantro.





SALADS



GRAPE, AVOCADO & ARUGULA SALAD

ingredients

SALAD

- 6 cups fresh arugula
- 2 cups red or green seedless grapes, halved
- 1 avocado, pitted and diced
- 1/2 cup goat cheese, crumbled
- 1/2 cup walnuts and/or pecans, chopped

VINAIGRETTE DESSING

- **OPTIONAL** - 1/3 cup extra virgin olive oil
- **OPTIONAL** - 3 tbsp white balsamic vinegar
- **OPTIONAL** - 2 tbsp honey
- **OPTIONAL** - 1/4 tsp sea salt
- **OPTIONAL** - 1/8 tsp ground pepper

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 3 servings

CALORIES	331 (PER SERVING)
TOTAL FAT	8 g
SATURATED FAT	0 g
CHOLESTEROL	175 mg
SODIUM	165.6 mg
CARBOHYDRATES	18 g
FIBER	4 g
SUGARS	8 g
PROTEIN	8.6 g

recipe & variations

SALAD (prep time - 15 minutes)

1. Combine arugula, grapes, avocado, nuts and red onion in a bowl and toss.
2. Sprinkle salad with crumbled goat cheese and serve immediately.*

OPTIONAL VINAIGRETTE DRESSING (prep time - 10 minutes) (see optional ingredients)

1. Whisk olive oil, balsamic vinegar, honey, sea salt and pepper together until well combined.
2. *Drizzle on top of salad and serve.



BLACKENED SKIRT STEAK BLT SALAD

ingredients

SALAD

- 1 lb skirt or flank steak, trimmed
- 4 slices turkey bacon, cooked and chopped
- 4 cups baby mixed greens
- 2 cups tomatoes, chopped
- 1/2 cup red onion, sliced
- 2 tsp dijon mustard
- 1 tbsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder

- 1 tsp dried oregano
- 1/2 tsp salt
- 1/2 ground pepper

VINAIGRETTE DESSING

- **OPTIONAL** - 1 tsp garlic, minced
- **OPTIONAL** - 3 tbsp red wine vinegar
- **OPTIONAL** - 4 tbsp extra virgin olive oil
- **OPTIONAL** -2 tsp dijon mustard

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 8 servings

CALORIES	146 (PER SERVING)
TOTAL FAT	12 g
SATURATED FAT	2 g
CHOLESTEROL	0 mg
SODIUM	165.5 mg
CARBOHYDRATES	15 g
FIBER	4 g
SUGARS	4.4 g
PROTEIN	18.5 g

recipe & variations

SALAD (cook time - 15 minutes)

1. Preheat broiler. Combine paprika, cumin, garlic powder, onion powder, oregano, salt and pepper in a small bowl.
2. Brush olive oil evenly over steak. Sprinkle both sides with spice mixture, rubbing into the meat.
3. Place on a broiler pan. Broil 4 inches from heat for 8-10 minutes, turning once. Remove from oven, and let stand 15 minutes before slicing.
4. Combine mixed greens, tomatoes, turkey bacon and red onion in a large bowl. Top salad with steak and serve.*

OPTIONAL VINAIGRETTE DRESSING (prep time - 10 minutes) (see optional ingredients)

1. In a separate bowl, combine vinegar, oil, mustard, garlic, salt and black pepper.
2. *Stir with a whisk and toss with salad mixture.

KALE, BLUEBERRY & CANDIED PECAN SALAD

ingredients

- SALAD**
 - 1 bunch kale, trimmed into pieces **OR** 1 small bag of whole spinach leaves
 - 2 cups blueberries, whole
 - 1 cup pecans, chopped
 - 1 tbsp honey
 - 3 oz goat cheese, crumbled
 - salt to taste
- VINAIGRETTE DESSING**
 - **OPTIONAL** - 1/3 up extra virgin olive oil
 - **OPTIONAL** - 3 tbsp white balsamic vinegar
 - **OPTIONAL** - 2 tbsp honey
 - **OPTIONAL** - 1/4 tsp sea salt
 - **OPTIONAL** - 1/8 tsp ground pepper

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 4 servings

CALORIES	181 (PER SERVING)
TOTAL FAT	8 g
SATURATED FAT	2 g
CHOLESTEROL	7.5 mg
SODIUM	108.3 mg
CARBOHYDRATES	21.7 g
FIBER	5 g
SUGARS	13 g
PROTEIN	6 g

recipe & variations

SALAD (*prep time - 15 minutes*)

1. In a large salad bowl, combine kale or spinach and blueberries. Set aside.
2. Preheat large skillet over low-medium heat, add pecans and roast for about 3 minutes, or until golden brown. Shake skillet occasionally to avoid burning. Drizzle honey and sprinkle salt over pecans and continue roasting until honey has caramelized, shaking skillet often.
3. When pecans are done roasting, pour over kale and blueberries.
4. Toss gently to combine. Add goat cheese and toss a few more times, plate and serve.*

OPTIONAL VINAIGRETTE DRESSING (*prep time - 10 minutes*) (*see optional ingredients*)

1. Whisk olive oil, balsamic vinegar, honey, sea salt and pepper together until well combined.
2. *Drizzle on top of salad and serve.





SALMON QUINOA SALAD

ingredients

- 1 cup dry quinoa, cooked
- 1/2 lb salmon
- 2 tbsp olive oil
- 1 cup red bell pepper, diced
- 1/2 cup feta cheese, crumbled
- 1/2 cup kalamata olives, sliced
- 1/4 cup scallions, chopped
- 2 tbsp fresh mint, chopped
- 1/2 fresh lemon, sliced
- salt to taste
- ground pepper to taste

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 4 servings

CALORIES	398 (PER SERVING)
TOTAL FAT	21.3 g
SATURATED FAT	3 g
CHOLESTEROL	28.4 mg
SODIUM	524 mg
CARBOHYDRATES	35 g
FIBER	4 g
SUGARS	1.5 g
PROTEIN	17.9 g

recipe & variations

SALAD (prep time - 15 minutes)

1. Season both sides of the salmon with some salt and pepper. Heat a splash of olive oil in a sauce pan over medium-high heat and add salmon. Cook about 3 to 5 minutes on each side, or until golden brown.
2. Remove from pan and let the salmon cool. When cooled, break apart with a fork.
3. In a large bowl, combine the salmon, quinoa and rest of the ingredients.
4. Store in the refrigerator in an airtight container until you're ready to eat. Enjoy within 2 days after preparing.



QUINOA & KALE SALAD WITH GRILLED CHICKEN & TURKEY BACON

ingredients

- cooking spray
- 1 cup dry quinoa
- 1 bunch kale, trimmed into pieces
- 1 lb boneless, skinless chicken breast, sliced
- 8-10 slices turkey bacon, cooked and chopped
- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup extra virgin olive oil
- 2 tbsp fresh lemon juice
- 1 shallot, diced
- 1/4 tsp garlic salt
- ground pepper to taste

estimated serving size & nutrition

SERVINGS PER RECIPE - makes 4 servings

CALORIES	583 (PER SERVING)
TOTAL FAT	14 g
SATURATED FAT	3 g
CHOLESTEROL	20 mg
SODIUM	686 mg
CARBOHYDRATES	24 g
FIBER	9 g
SUGARS	4.7 g
PROTEIN	39 g

recipe & variations

SALAD (prep time - 15 minutes)

1. Prepare and fluff quinoa with a fork, according to package. Transfer to a large serving bowl.
2. Spray a medium pan with non-stick cooking spray. Sauté shallots for approximately 3 minutes, or until fragrant.
3. Season chicken with garlic salt and pepper and carefully add chicken to the pan. Cook over medium-high heat for about 3 minutes on each side, letting each side brown. Toss with tongs a few times until chicken is cooked thoroughly.
4. Toss quinoa with the grilled chicken, turkey bacon, chickpeas, extra virgin olive oil, shallots, lemon juice and kale. Serve immediately and season with salt and pepper for taste.