



— ANYTIME FITNESS —

A CLEAN PLATE

— 21-DAY —
TRANSFORMATION

Meal Prep Guide
and Recipe e-book



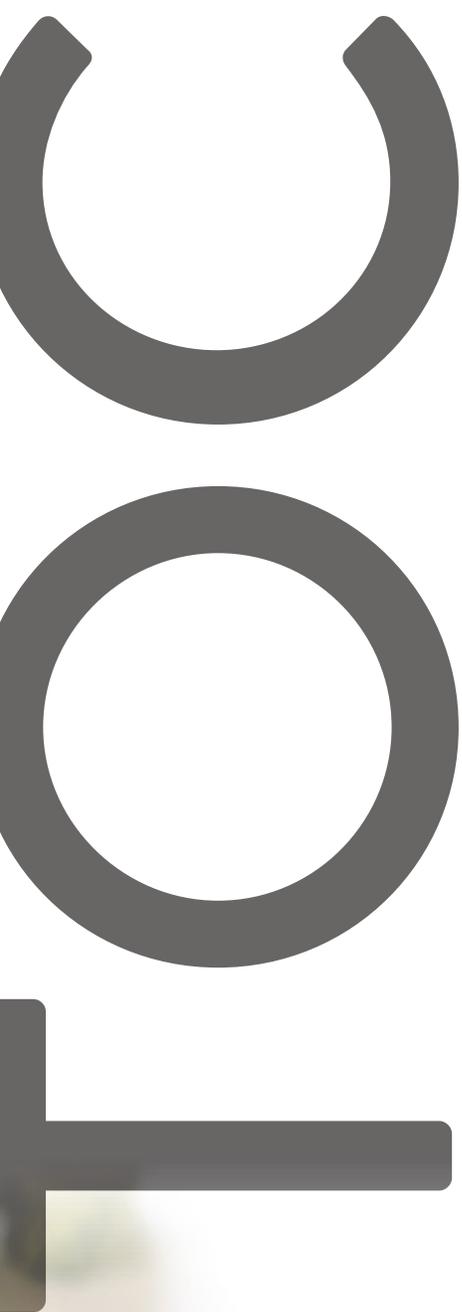


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HOW TO GET STARTED

This e-book is full of easy recipes and food combinations to keep you fueled and happy while you complete the 21-Day Transformation. We know you'll find it useful, but nutrition is not a one size fits all. We get it! This 21-Day guide was designed to accommodate many different food preferences. All ingredients should also be easy to source no matter your location + accommodate one grocery store trip.

Use this as a guide! Learn as you go and set up the meals as you would like. Make changes that you need based on food preference.

It may be easiest to follow the meal plan as it is shown on pages 6, 9, 12, since there are directions and repeat meals based on prep.

However, if there is a recipe you like best and it's not on the plan-go with it! Eat what you like!

Prepare a plan each week for all meals. Even if you don't prep a lot -use the blank meal plan (at the end) and write up your week.

If you are choosing to mix and match your recipes: use the recipe categories and choose what you like best from each category.

Follow this template:

AM	Breakfasts
AM	Snacks
Midday	Lunches or Dinners
PM	Snacks
PM	Dinners or lunches
Treat	Optional treat list

Feel free to repeat meals not listed on the example plan! If you find a lunch you like you can absolutely eat it all 3 weeks.

Dedicate a chunk of time each week to grocery shop and prepare your food.

Stock up on food storage!

21 DAYS TO A _____ HEALTHIER YOU



Plan guidelines

- 1** Eat consistently throughout the day and take note how hungry/full you're getting. If you need to adjust anything in terms of portion sizes, no problem.
- 2** PLAN. GROCERY SHOP.
- 3** Eat whole unprocessed food while taking part in the 21-Day Transformation. It's 21 Days! You've got this.
- 4** Make a commitment to cook your food. Follow instructions and give it a try! Come out of the 21-Day Transformation with some new experiences and confidence.

Goal prep

- Create new daily habits
- Learn about yourself and what you can accomplish
- Increase your confidence preparing healthy recipes on a regular basis



WEEKLY PLANS



WEEK ONE

LET'S DO THIS!

MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Sweet Berry & Cream Oatmeal Bake	2 Eggs + piece of toast + piece of fruit (or 1/2c)	Sweet Berry & Cream Oatmeal Bake	2 Eggs + Piece of toast + Piece of fruit (or 1/2c)	2 Eggs + Piece of toast + Piece of fruit (or 1/2c)	Sweet Berry & Cream Oatmeal Bake	Simple Poached Egg + Avocado Toast
SNACK	Green Apple + Almonds (15-20)	Super Simple Green Smoothie	Peanut Butter Superfood Energy Bites	Green Apple + Almonds (15-20)	Green Apple + Almonds (15-20)	Super Simple Green Smoothie	Carrots (1/2c) + Hummus (1/4c)
LUNCH	Healthy Chicken and Sweet Potato Bake	Healthy Chicken and Sweet Potato Bake	Leftovers from Dinner	Sweet Potato + Chicken + Veggie Bake	Leftovers from Dinner	Loaded Med Turkey Sandwich + Sliced Veggies	Protein-Packed Greek Grain Bowl
SNACK	Carrots (1/2c) + Hummus (1/4c)	Peanut Butter Superfood Energy Bites	Carrots (1/2c) + Hummus (1/4c)	Peanut Butter Superfood Energy Bites	Carrots (1/2c) + Hummus (1/4c)	Celery + Nut Butter (1.5tbsp)	Peanut Butter Superfood Energy Bites
DINNER	Comforting Enchilada Skillet	Turkey Taco Chili	Sheet Pan Meal (Your Choice)	Sheet Pan Garlic Salmon + Veggies	Protein-Packed Greek Grain Bowl	Slow Cooker Chicken Tacos	Sweet Potatoes with Chicken Taco Meat + 1c Veggies

WEEK ONE ---

LET'S DO THIS!

The 21-Day Transformation plan includes a few prepped meals on Sunday. This helps ease the cooking burden for the remainder of your week. You'll find the week one grocery list to be the longest and might be a bit more expensive than weeks 2 + 3. However, consider what you'll save on going out to eat! You'll stock up on essentials that you may not already have. Prepping can also take more time on week one and that's OK! Once you get into a groove, it will be easy-peasy.

PRE-SHOP LIST

- Review all meals you want to eat this week.
- Use the provided grocery lists + modify with anything you like.
- Take note of what you've already got in your fridge/pantry so you don't over buy.

PRE-MAKE THESE MEALS

- **Sweet Berry & Cream Oatmeal Bake**
- **Healthy Chicken and Sweet Potato Bake**
- **Peanut Butter Superfood Energy Bites**

PREP NOTES

1. Start with your sheet pan recipes as they take the longest.
2. Prepare your oatmeal bake and have it ready while lunch is in the oven.
 - Start PB energy bites if you have time.
3. Remove chicken + roasted veggies and adjust your oven temperature.
 - Work on your PB energy bites while you wait.
4. Once your oven temp is right put in your oatmeal bake to cook.
5. Finish PB Bites + transfer to the fridge.
6. Transfer your slightly cooked chicken + veggies to individual containers.
7. Pull out your oatmeal bake and allow it too cool for a few minutes before transferring to fridge.
8. Cut up fruits or veggies you want for snacks + portion those out to bags or containers.
9. Clean up and Done!

COOKING NOTES

- Use the sheet pan section to select an additional sheet pan meal you want to cook and eat. Don't be intimidated they are all easy! Go with the flavor profile that you want.
- Don't make grains twice! Make extra brown rice or quinoa for one meal and save for future ones later in the week!

WEEK TWO ---

CREATE POSSIBILITY MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Grab 'N Go Mini Quiches	Grab 'N Go Mini Quiches	Chocolate Protein Overnight Oats	Grab 'N Go Mini Quiches	Heavenly Chocolate Protein Overnight Oats	Grab 'N Go Mini Quiches	Ultimate Protein-Packed Pancakes
SNACK	Celery + Nut Butter	Green Apple + 15-20 Almonds	Hard Boiled Egg + Carrots	Carrots + Hummus	Hard Boiled Egg + Carrots	Apple + Nut Butter	Carrots + Hummus
LUNCH	Easy Avocado & Chicken Egg Salad Sandwich+ 2 Slices Sprouted Bread	Easy Avocado & Chicken Egg Salad Sandwich+ 2 Slices Sprouted Bread	Leftovers From Dinner + 1/2C Brown Rice	4 oz. Ground Turkey + Cucumber Tomato Salad + 1/2C Brown Rice	4 oz. Ground Turkey + Cucumber Tomato Salad + 1/2C Brown Rice	Loaded Med Turkey Sandwich + Tomato Cucumber Salad	Loaded Med Turkey Sandwich + Tomato Cucumber Salad
SNACK	Green Apple + 15-20 Almonds	Celery + Nut Butter	Green Apple + Almonds	Celery + Nut Butter	Green Apple + Almonds	Green Smoothie	Green Smoothie
DINNER	Asian Chicken and Quinoa Lettuce Wraps	Sheet Pan Meal-Your Choice!	Build Your Own Dinner Salad	Protein-Packed Greek Grain Bowl	Build Your Own Dinner Salad	Avocado Chicken Salad + Cucumber Tomato Salad	5 Ingredient Black Bean Burgers + Roasted Veggie

WEEK TWO ---

CREATE POSSIBILITY

You made it! One week down. That wasn't so hard was it? You still got more in you, we know it. Let's prep for week two.

PRE-MAKE THESE MEALS

- Grab 'n Go mini quiches
- Avocado chicken salad
- Chocolate protein overnight oats
- Ground turkey for lunches later in the week

PREP NOTES

1. Prepare the quiches first and get them in the oven.
2. Clean up a bit + make the chicken salad. Transfer to 3 individual containers for meals.
3. Remove the mini quiches. Cool + transfer 2-3 quiches per container. You'll have 4-6 meals out of these. Share them with friends!
4. The overnight oats can be prepped the night before you eat them or during your meal prep session. It's up to you since they only take a few minutes. Pop them in the fridge to enjoy later in the week.
5. You can cut up some fresh veggies + fruits for snacks if you'd like to have on hand.
6. Clean up and DONE!

The quiches are fun and portable. If you prefer, this recipe can be cooked up as an egg bake and cut into individual portions. Mix it up by adding your favorite meat and veggies. The combinations are endless with this batch cooking method!

COOKING NOTES

TIP: Use Monday night's dinner and cook up extra ground turkey for lunches later in the week.

TIP: Use the sheet pan section to select an additional sheet pan meal you want to cook and eat. Don't be intimidated they are great for beginners.

TIP: Don't make grains twice! Make extra brown rice or quinoa for one meal and save for future ones later in the week.

WEEK THREE —————

YOU GOT THIS!

MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1.5C Cooked Oats + Strawberries 2 Hard Boiled Eggs	1.5C Cooked Oats + Strawberries 2 Hard Boiled Eggs	Hard Boiled Egg + Avocado Toast	1.5C Cooked Oats + Strawberries 2 Hard Boiled Eggs	Hard Boiled Egg + Avocado Toast	Ultimate Protein-Packed Pancakes	Ultimate Protein-Packed Pancakes
SNACK	Fresh Veggies + Hummus Or Cheese	Mouth-Watering Watermelon Salad	Peanut Butter Superfood Energy Bites	Fresh Fruit + 15-20 Nuts	Fresh Veggies + Hummus Or Cheese	Peanut Butter Superfood Energy Bites	Fresh Fruit + 15-20 Nuts
LUNCH	5-Ingredient BBQ Black Bean Burger + Roasted Veggie	5-Ingredient BBQ Black Bean Burger + Roasted Veggie	Sheet Pan Leftovers + 1.5C Brown Rice	Sheet Pan Leftovers + 1.5C Brown Rice	Leftovers From Dinner + 1.5C Brown Rice	Ultimate Veggie Power Bowl + Add Protein (Optional)	Healthy Sandwich: Protein Leftover + Veggie + 2 Pieces Sprouted Bread
SNACK	Mouth-Watering Watermelon Salad	Peanut Butter Superfood Energy Bites	Mouth-Watering Watermelon Salad	Peanut Butter Superfood Energy Bites	Fresh Fruit + 15-20 Nuts	Fresh Veggies + Hummus Or Cheese	Fresh Veggies + Hummus Or Cheese
DINNER	Slow Cooker Chicken Tacos	Sheet Pan Meal Of Choice	Potato Of Choice Topped with Taco Meat	Roasted Fish Of Choice + Simple Salad	Vegetarian Power Salad Grain Bowl	Comforting Enchilada Skillet	Salad: Protein + Leftover Veggies + Easy Dressing

WEEK THREE —————

YOU GOT THIS!

By far the easiest meal prep comes from leftovers. Cook once and eat many times. This week is meant to guide you to use what you have on hand in your kitchen and continue to eat great versus going for something “more convenient.” Hello! Leftovers are the ultimate in convenience and economically smart. Try it this week!

PRE-MAKE THESE MEALS

- Cook oats: make ahead 3 portions for breakfasts
- Hard boil eggs—you'll need about a dozen
- Watermelon salad
- Crockpot chicken tacos (optional for Monday's dinner + meals during the week)
- Peanut butter superfood protein bites

PREP NOTES

1. Make these two recipes on the stove first: oatmeal + hard boiled eggs. Cook and transfer to individual containers.
2. Prepare watermelon salad and keep in a large container in your fridge—portion out as needed this week.
3. Prepare your peanut butter bites.
4. The crockpot chicken can be prepared early or the night you want to eat it.
5. You can cut up some fresh veggies + fruits for snacks if you'd like to have on hand.
6. Clean up and DONE!

COOKING NOTES

TIP: Use the sheet pan section to select an additional sheet pan meal you want to cook and eat.

TIP: Don't make grains twice! Make extra brown rice or quinoa for one meal and save for future ones later in the week!

TIP: the DIY dinner salad is your opportunity to use up the veggies you have left for the week! You can eat them fresh or cook them for a different flavor profile.

RECIPES

BREAKFAST

LUNCH

DINNER

SIDES + SNACKS



Sweet Berries and Cream OATMEAL BAKE



COOK TIME
25 MINUTES



SERVES
SIX



TAKE TO
WORK



INGREDIENTS//

2C rolled oatmeal
2 large bananas
1.5C milk (almond, soy, cows)
1C berries, fresh or frozen
1.5C water
1/4C honey (to taste)
1 large egg
1/4C walnuts, chopped

PREPARATIONS//

1. Preheat oven to 350 degrees and spray an 8×8 pan with non-stick cooking spray.
2. Line the bottom of your pan with sliced banana.
3. Then, evenly spread on 2C rolled oatmeal.
4. Next, sprinkle on 1C of berries.
5. In a medium sized bowl, mix together 1.5C milk, 1.5C water, 1/4C honey, and 1 egg. Then, pour on top of oats.
6. Finally, garnish the top with chopped walnuts.
7. Bake for 20-25 minutes, or until the oatmeal bake begins to firm up. (If you are using a glass pan, a good indicator that it is finished cooking is that the sides are bubbling.)

Ultimate Protein-Packed QUICK PANCAKES



COOK TIME
12 MINUTES



SERVES
9 CAKES



POST
WORKOUT



INGREDIENTS//

1 medium banana, mashed
2 eggs, large
1/4C almond meal
1 scoop protein powder
Optional: 1/2 tsp.
Baking powder

OPTIONAL ADD-INS:

Vanilla extract, flax,
pumpkin, nut butter

PREPARATIONS//

1. Thoroughly mix all ingredients together in a small bowl
2. Heat a pan over medium heat and spray with non-stick cooking spray.
3. Pour batter onto pan (~2 Tbsp. per cake). The batter will be a little bit thinner than normal pancakes, so you don't need as much to make one pancake.
4. Let cook for about a minute, and then flip. Cook for an additional minute on the other side.

Grab-N-Go

MINI QUICHES



COOK TIME
30 MINUTES



SERVES
12 MUFFINS



ON THE
GO



INGREDIENTS//

12 eggs
3 cups chopped veggies & meat (Example uses red and green pepper, mushroom & ham)
1/2 cup shredded cheese
(optional)
1/4 tsp pepper
1/2 tsp salt

PREPARATIONS//

1. Crack and whisk eggs together in a bowl.
2. Add filling (veggies and meat), cheese, salt and pepper.
3. Mix well.
4. Pour evenly into a 12-cup muffin tin.
5. Bake at 350 for 25 minutes.

COOKING TIPS + STORING//

- Chop up the veggies and meat into small pieces for more even cooking and to avoid overflowing the batter in your muffin tin.
- Add dashes of other seasonings as desired. Ideas: red pepper flakes, parsley, chives.
- Store extra quiches in the fridge (not freezer)
- Wrap quiches in a paper towel when you reheat in microwave about 20-30 seconds.
- Top with salsa or hot sauce if you want more flavor.

Heavenly Chocolate Protein OVERNIGHT OATS

Are you ready for a budget-friendly, make ahead breakfast? Look no further! This oatmeal bake is full of healthy whole-grain oats that are chalk full of fiber!



TAKE TO
WORK



TOTAL TIME
5 MINUTES +
OVERNIGHT



SERVES
4

Ingredients

3/4C oats
1 Tbsp chia seeds
1 scoop chocolate protein powder
1C milk (almond, soy, coconut, cow)
1 banana, chopped

Topping ideas:

nut butter
coconut flakes
sliced bananas
blueberries

Preparations

1. Mix the oats, chia seed, and chocolate powder in a small bowl with a whisk.
2. Pour in milk and whisk until clumps are gone.
3. Place into about 3-4 individual servings and store in the fridge for 1-2 hours or overnight.

Healthy Chicken & SWEET POTATO BAKE



COOK TIME
35 MINUTES



SERVES
3-4



FAMILY
FRIENDLY



INGREDIENTS//

1 lb. boneless, skinless
chicken breast or thighs,
cubed
3-4C broccoli florets
1 large sweet potato, ¼ inch
small cubes-small cubes are
key (~1 1/2C cubed)
2/3C red onion, chopped
2 cloves garlic, minced
1/4C dried cranberries
1/3C olive oil
1 ½ tsp Italian seasoning
1/2 tsp sea salt
¼ tsp pepper

PREPARATIONS//

1. Preheat oven to 400 °F.
2. Line a baking sheet with parchment paper.
3. On the pan, combine the broccoli, sweet potato, onion, garlic, and cranberries. Drizzle with oil, add seasonings, salt and pepper and toss to coat. Spread evenly amongst the pan, cover with foil and bake for 12 minutes.
4. After the 12 minutes remove from oven, add chicken, toss and place back in oven to bake for another 15-20 minutes or until chicken is cooked through and sweet potatoes are soft.

Protein Packed GREEK GRAIN BOWL



COOK TIME
55 MINUTES



SERVES
4 BOWLS



KITCHEN
CLEAN-OUT



INGREDIENTS//

2C broccoli
1C carrots, diced
1/2C red onion, diced
1 can garbanzo beans
2 Tbsp olive oil
1/2 tsp salt
1/2 tsp pepper
1 tsp rosemary
2C quinoa, dry and rinsed
Nonstick cooking spray
4 eggs, fried
2 Tbsp plain Greek yogurt
(optional)

PREPARATIONS//

1. Preheat oven to 400F and line a baking sheet with foil. Next, place broccoli, carrots, onion, and garbanzo beans on baking sheet and pour on 2 Tbsp. of olive oil, and toss. Season with salt, pepper, and rosemary and toss again. Bake for 20 minutes, or until the broccoli turns golden brown.
2. In a medium sized pot, bring 2 cups of quinoa and 4 cups of water to a rolling boil. Reduce heat to low and cover for about 12 minutes, or until all of the water has absorbed. Set aside to cool.
3. Spray a small fry pan with non-stick cooking spray and turn heat to medium. Cooking one egg at a time, crack the egg into the pan and let cook for about 2 minutes. Before flipping, season with salt and pepper. Then, flip egg and cook for about a minute.
4. Assemble each bowl with: 1 cup cooked quinoa, 1 cup roasted veggies, and 1 fried egg. Top off with plain Greek yogurt.

Loaded Mediterranean TURKEY SANDWICH



TAKE TO
WORK



TOTAL TIME
10 MINUTES



SERVES
1

Ingredients

2 slices sprouted grain or Ezekiel bread
2 slices deli smoked turkey
2 Tbsp hummus
1/3C fresh spinach or greens
½ Avocado (sliced)
3-4 rings red onion
½ apple (sliced)

Preparations

1. Lay slices of bread on plate or cutting board and spread with hummus.
2. Layer turkey with spinach, sliced avocado, red onion rings, and apple slices.
3. Cut in half and enjoy with a side of sliced red and green peppers.

Vegetarian Power SALAD GRAIN BOWL



COOK TIME
35 MINUTES



SERVES
1 BOWL



KITCHEN
CLEAN-OUT



INGREDIENTS//

2 handfuls of baby spinach
½ avocado
1 hard boiled egg
¼C brown rice (cooked)
6 grape tomatoes
1 oz. goat cheese
¼C garbanzo beans
(canned)

FOR THE SIMPLE BALSAMIC VINAIGRETTE

½ Tbsp olive oil
½ Tbsp balsamic vinegar
salt and pepper (to taste)

PREPARATIONS//

1. Begin by prepping ingredients. Rinse spinach, tomatoes, and garbanzo beans. Then pat dry. Slice avocado and peel and slice hard boiled egg. Portion out brown rice, garbanzo beans, and goat cheese.
2. Next, prepare balsamic vinaigrette. In a small bowl, whisk together ½ tablespoon olive oil, ½ tablespoon or balsamic vinegar, and a pinch of salt and pepper.
3. In a large salad bowl, place 2 handfuls of baby spinach. Then, assemble the rest of your salad on top. Pour on dressing and eat!

Easy Avocado & Chicken EGG SALAD SANDWICH



COOK TIME
10 MINUTES



SERVES
4



POST
WORKOUT



INGREDIENTS//

2 hard boiled eggs, chopped
2 hard boiled egg whites,
chopped
2 small avocados, pitted and
peeled
1 cooked shredded chicken
breast -OR- 1 can of chunked
chicken
1 Tbsp plain Greek yogurt
1 Tbsp fresh lemon juice
2 Tbsp chopped green onion
1/4 tsp Dijon mustard
Salt and freshly ground black
pepper, to taste

PREPARATIONS//

1. In a medium bowl, combine the hard boiled eggs and egg whites, chicken, avocado, Greek yogurt, lemon juice, green onion, and mustard. Mash with a fork. Season with salt and pepper, to taste.
2. Serving suggestions: Spread between two slices of bread OR enjoy on cut-up veggies.

Cucumber & TOMATO SALAD



COOK TIME
5 MINUTES



SERVES
2 SIDES



GREAT FOR
LEFTOVERS



INGREDIENTS//

1 medium cucumber, peeled, quartered, and sliced

3 large tomatoes, mixed colors, chopped and seeded

1/3 cup fresh oregano, chopped

1 Tbsp extra virgin olive oil or avocado oil

Salt and pepper, to taste

PREPARATIONS//

1. Combine all ingredients in a medium-size bowl. Toss to mix. Serve immediately.
2. Cook's Note: Feel free to experiment with the fresh herbs that you like the best. Parsley, cilantro, dill, basil, chives (or a combination of) are all great in place of the basil!

Filling Turkey TACO CHILI

This chili will be a go-to in your house. If you take the time to make your own taco seasoning, you'll be looking at the perfect healthy meal!



FAMILY
FRIENDLY



TOTAL TIME
60 MINUTES



SERVES
8

Ingredients

1 Tbsp olive oil
3 stalks celery, diced
1 large onion, diced
2 cloves garlic, minced
2 lbs. ground turkey
2-14 oz. cans kidney beans,
drained and rinsed
1-28 oz. can crushed
tomatoes
1-16 oz. jar of salsa
1-8 oz. can of tomato paste
2 C frozen corn
1 pkg. taco seasoning
1 Tbsp cumin
1 Tbsp chili powder

Preparations

1. Heat the olive oil in a large Dutch oven or soup pot over medium-high heat.
2. Add in the celery and onion, and cook until just tender and fragrant, about five minutes.
3. Add in the garlic and ground turkey. Cook until turkey is browned, about five more minutes. Don't drain it.
4. Add kidney beans, crushed tomatoes, salsa, tomato paste, corn, taco seasoning, cumin and chili powder.
5. Bring to a boil, reduce heat and simmer for 30-45 minutes, or until thick and bubbly.
6. Serve with your favorite chili toppings.

To make in the slow cooker: Put all ingredients in the slow cooker on Low for 6-8 hours or High for 4-6, making sure you stir it a few times during cooking to break up the ground turkey.

Asian Chicken and Quinoa LETTUCE WRAPS



COOK TIME
45 MINUTES



SERVES
4



POST
WORKOUT



INGREDIENTS//

1 lb chicken breasts; marinated, sautéed and shredded

2 Tbsp olive oil

3 Tbsp soy sauce (gluten-free if you'd prefer)

2 garlic cloves, minced

¼ tsp dried ginger powder

½ Tbsp sesame oil

FOR WRAPS:

1 head of bibb lettuce

2C cooked quinoa

1 medium or 3 small cucumbers, thinly sliced

1 - 2 large carrots, sliced into matchsticks

FOR PEANUT SAUCE:

2/3C olive oil

¼C rice vinegar

2 Tbsp sesame oil

2 Tbsp soy sauce (gluten-free if you'd prefer)

1 Tbsp coconut sugar

2 Tbsp creamy peanut butter

1/3C chopped peanuts

PREPARATIONS//

1. In a bowl mix together marinade ingredients and pour over chicken breasts. Set aside for 20 minutes.
2. While chicken is marinating, wash and dry lettuce, wash and thinly slice cucumbers, and peel and thinly slice carrots into matchsticks.
3. Cook 1 cup of dry quinoa in 2 cups of water over medium heat for ~15-20 minutes with lid on saucepan.
4. Place chicken and marinade in skillet over medium heat until cooked thoroughly (165 degrees Fahrenheit). Once cooked, use a fork and knife to shred chicken breast.
5. To make peanut sauce, combine ingredients in order above in a cup or bowl. Use fork or wire whisk to combine ingredients thoroughly.
6. To assemble lettuce wraps, start with a lettuce leaf, add a couple spoonfuls of quinoa, several shreds of chicken, slices of cucumber, and slices of carrot. Wrap lettuce around ingredients and hold with toothpick if desired. Drizzle with peanut sauce or dip wrap into serving dish.

Easy Slow Cooker CHICKEN TACOS



COOK TIME
10 MINUTES
+ 4 HOURS



SERVES
6-8



FAMILY
FRIENDLY



INGREDIENTS//

2 lbs boneless, skinless
chicken breasts
1.5C salsa (mild, medium, or
scorching hot)
1/4C water
12-16 small tortillas (white,
whole wheat, or corn)

OPTIONAL HEALTHY TOPPINGS:

Black beans
Salsa
Corn
Avocado
Plain Greek yogurt

PREPARATIONS//

1. Coat a large crock pot with nonstick cooking spray. Then, place chicken breasts inside crock-pot and top with salsa and water. Close lid and let cook on high for about 4 hours or on low for about 8 hours.
2. Once the chicken is tender and fully cooked (you can check by slicing a chicken breast in half), use 2 forks to shred the chicken. I like to shred the chicken outside of the crock pot on a large plate. Once you've shredded the chicken place back in the crockpot and mix in juices. Let cook for about 10 more minutes.
3. Dress your tacos with slightly warm tortillas, low fat cheese, black beans, and salsa (or any other topping you prefer!).

20-Minute Comforting ENCHILADA SKILLET



COOK TIME
20 MINUTES



SERVES
4-5



GREAT FOR
LEFTOVERS



INGREDIENTS//

- 1 Tbsp. olive oil
- 1 cooked + shredded chicken breast -OR- can of cooked chunked chicken
- 1C enchilada sauce
- 4 small zucchini (or two large)
- 4 small corn tortillas
- 1C shredded cheddar cheese (or use chopped avocado for dairy free)
- 3 green onions sliced

PREPARATIONS//

1. Preheat broiler.
2. Chop zucchini into thin disks and tortilla into ½ inch wide pieces.
3. In your skillet combine chicken enchilada sauce, zucchini, tortilla strips, and green onion.
4. Place skillet on the stove-top and cook under medium heat for 5-6 minutes.
5. If using cheese, top the mixture with shredded cheese and place in the oven to broil for 4-5 minutes. If not using cheese, top with avocados and additional green onions to serve.

Equipment: a cast iron skillet or skillet with an all metal handle required!

5-Ingredient BBQ BLACK BEAN BURGERS



COOK TIME
20 MINUTES



SERVES
3 large
burgers



KITCHEN
CLEAN-OUT



INGREDIENTS//

1 15oz can black beans,
drained and rinsed
1/4C of your favorite barbecue
sauce
1 tsp garlic powder
1 tsp onion powder
2/3C quick cooking oats

PREPARATIONS//

1. Preheat oven to 400°. Line a small baking sheet with parchment paper or a silicone baking mat and set aside.
2. In a medium-size mixing bowl, mash the black beans with a fork until you have a chunky paste (you'll want to leave some of the bean chunks for texture).
3. Add in the barbecue sauce, garlic powder, and onion powder. Stir until well-combined.
4. Add in the oats, and stir until well-combined. You don't want any lumps of oats.
5. With wet hands, form the mixture into three even-sized patties. Place on the prepared baking sheet. Bake in preheated oven for 15 minutes, flip over, and then bake an additional 10 minutes or until the patties are slightly brown, beginning to crack on the edges, and feel solid.
6. Serve immediately on whole grain buns with your favorite burger toppings.
7. Whole wheat burger buns and burger toppings, for serving.

Easy sheet pan CHICKEN FAJITAS



COOK TIME
30 MINUTES



SERVES
3-4



TAKE TO
WORK



INGREDIENTS//

1 lb. boneless, skinless
chicken breasts or thighs,
sliced

4 bell peppers, any color,
sliced

1 pkg. of your favorite taco or
fajita seasoning

¼ tsp sea salt

⅛ tsp black pepper

1 Tbsp olive oil

PREPARATIONS//

1. Preheat oven to 375. Line a large rimmed baking sheet with parchment paper.
2. In a mixing bowl, coat the chicken, peppers, onions, with the seasoning.
3. Spread evenly onto baking sheet.
4. Bake for 20-22 minutes or until chicken is cooked through and vegetables are tender.
5. Serve with 2 corn tortillas for a meal or use as a topper for brown rice, quinoa, cauliflower rice, or a sweet potato.

Sheet Pan Garlic SALMON & VEGGIES



COOK TIME
45 MINUTES



SERVES
4



FAMILY
FRIENDLY



INGREDIENTS//

- 1 1/2 lbs salmon fillets, cut into 4 portions
- 2 lbs fresh Brussel sprouts, stemmed and cut in half
- 2 lbs red or fingerling potatoes, quartered
- 3 Tbsp olive oil
- 1-2 cloves of garlic, minced and divided
- 1 1/4 tsp of sea salt, divided
- 1/2 tsp ground black pepper
- 1 sliced lemon (optional)

PREPARATIONS//

1. Preheat oven to 450F and line a baking sheet with parchment paper or cooking spray.
2. Arrange salmon pieces onto baking sheet and drizzle with olive oil, sprinkle garlic, salt, and pepper. Top with lemon slice if desired.
3. In a large bowl combine the vegetables with oil, salt, pepper, and remaining garlic and toss to coat.
4. Spread veggies evenly onto to baking sheet around the salmon pieces.
5. Bake for 15 minutes and remove the salmon.
6. Continue to cook the veggies for an additional 20 min until sprouts are crispy and potatoes are fork tender.

Flavorful Vegetable STEAK FRITES BAKE



COOK TIME
60 MINUTES



SERVES
4-6



GREAT FOR
LEFTOVERS



INGREDIENTS//

2 lbs baby red potatoes
1 large bunch fresh asparagus,
cut in half
1 container cherry or grape
tomatoes
2 Tbsp olive oil
3 cloves garlic, minced
1 tsp dried thyme
Kosher salt and freshly
ground black pepper, to taste
2 lbs (1-inch-thick) top sirloin
steak, patted dry

PREPARATIONS//

1. Preheat oven to broil. Lightly oil a baking sheet or coat with non-stick spray or use foil.
2. Place potatoes and broccoli in a single layer onto the prepared baking sheet. Add olive oil, garlic and thyme; season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and cook veggies for 20 minutes. Season steaks with salt and pepper, to taste, and add to the baking sheet with the tomatoes.
4. Place into oven and broil until the steak is browned and charred at the edges, about 20 minutes to desired doneness.

Easiest Homemade Dressing + DIY DINNER SALAD

Build your salad with what you've got on hand! An easy meal to put together anytime and a great way to use up leftovers.

EASIEST HOMEMADE DRESSING

1 part olive oil + 1 part Balsamic vinegar + Dijon mustard + salt/pepper



KITCHEN
CLEAN-OUT



TOTAL TIME
10 MINUTES



SERVES
1

Protein

Chicken
Steak
Tuna
Hard-boiled eggs
Poached eggs
Soft-boiled eggs
Chickpeas
Black beans
Tofu
Shrimp
Scallops
Salmon
Sliced turkey

Vegetables

Spinach
Arugula
Kale
Romaine lettuce
Bell peppers
Cucumbers
Tomatoes
Broccoli
Carrots
Beets
Red onion
Asparagus
Corn
Mushrooms
Radishes
Celery

Toppings

Sunflower seeds
Walnuts
Pecans
Almonds
Pine nuts
Pepitas
Hazelnuts
Cashews
Dried cherries
Dried cranberries
Olives
Quinoa
Farro
Barley
Shredded cheese
Herbs (Basil/mint/chives)

Peanut Butter Superfood ENERGY BITES



COOK TIME
15 MINUTES



SERVES
12 BITES



POST
WORKOUT



INGREDIENTS//

1C oats
1/4C chia seeds
1/3C sunflower seeds
1/3C chocolate chips
1/4C honey
1/2C peanut butter
1/4C coconut oil
1/3C protein powder

PREPARATIONS//

1. Microwave peanut butter and coconut oil for 30-60 seconds.
2. Combine all ingredients and mix evenly.
3. Form into golf ball size balls and refrigerate for at least 2 hours to overnight.
4. This recipe makes approximately 12 large bites with a serving size of 2 bites.

Mouth-watering WATERMELON SALAD



COOK TIME
15 MINUTES



SERVES
6



FAMILY
FRIENDLY



INGREDIENTS//

2 avocados, pitted and cut into cubes
1 seedless watermelon cut into 1-inch cubes
2 Tbsp fresh lime juice
1/3C freshly chopped cilantro
Salt to taste

PREPARATIONS//

1. In a large bowl, lightly combine the avocados and lime juice (You don't want to mash up the avocado.).
2. Add watermelon cubes.
3. Sprinkle with cilantro.
4. Salt to taste.

Super simple GREEN SMOOTHIE



COOK TIME
10 MINUTES



SERVES
2-3



ON THE
GO



INGREDIENTS//

1 large banana, peeled
1 ½C milk of choice (almond,
soy, coconut, cow)
2C fresh spinach
1 scoop vanilla protein
powder of choice
5-6 ice cubes

PREPARATIONS//

1. Combine all ingredients and blend until very smooth.
2. Serve cold.

MEAL PLAN _____

WRITE YOUR OWN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

