

Sweet Potato Waffles



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 2 cups old-fashioned oats
- 1 ½ cup shredded sweet potatoes
- 2 eggs
- 2 tsp baking powder
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 cup unsweetened vanilla almond milk
- ½ tsp almond extract
- Olive oil or cooking spray

INSTRUCTIONS

1. Grind the oats in a spice grinder or food processor
2. Place the oats, sweet potatoes, eggs, baking powder, baking soda, cinnamon, almond milk, and almond extract in a blender. Process until smooth
3. Grease the waffle iron with olive oil and preheat
4. Ladle 1/3 cup of the mixture into each section of the iron
5. Cook until golden brown, ~5-7 mins

SERVING SIZE

Recipe yields 6 waffles + makes 3 servings



Cauliflower Rice Stir Fry



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 1 medium head of cauliflower, roughly chopped
- 1 tbsp olive oil
- 2 tsp fresh ginger
- 3 medium carrots, diced
- 1 small red onion, diced
- 1 ½ cups shredded rotisserie chicken
- ¼ cup tamari
- 1 tbsp sriracha
- 1 tbsp sesame oil
- 1 tbsp sliced scallion greens

INSTRUCTIONS

1. Process the cauliflower into rice-sized pieces in a food processor fitted with a shredding blade
2. Heat olive oil in a large skillet over medium heat. Add the ginger and stir for 1 min
3. Add the carrots and onions; sauté for 5 mins
4. Stir in the chicken and cook for 2 mins
5. Add the tamari, sriracha, and sesame oil to the pan; stir for 1 min
6. Remove the mixture with a slotted spoon and transfer to a large bowl
7. Add the cauliflower to the pan and cook through
8. Stir the chicken mixture back into the pan and toss with the cauliflower
9. Garnish with scallions.

SERVING SIZE

Recipe makes 4 servings



Crockpot Creamy Lemon Chicken



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 6 tbsp unsalted butter, divided
- 1 tbsp olive oil
- 4 boneless chicken breasts
- 2 tsp Italian seasoning
- 1 tsp lemon pepper
- ½ cup chicken broth
- 2 lemons, zested and juiced
- 1 cup half and half
- ½ tsp kosher salt
- 1 tbsp cornstarch
- 1 tbsp water

INSTRUCTIONS

1. In a large skillet, heat 1 tbsp butter with the olive oil over medium heat. When the mixture is hot, add the chicken breasts to the pan. Season with Italian seasoning and lemon pepper
2. Cook for 5 mins on each side
3. Place chicken in the bottom of a slow cooker. Cut remaining butter into 1-inch pieces, and dot chicken with them
4. Deglaze the pan by adding in the chicken broth and lemon juice to the skillet. Make sure to scrape up all of the browned bits. Pour mixture over the chicken
5. Cover and cook on low for 4 hours, or on high for 2 hours
6. Remove chicken from the slow cooker with a slotted spoon and tent with foil
7. Add the half and half to the slow cooker and season with salt. Cook covered on high for 15 mins. When the mixture is hot, whisk together the cornstarch and water. Drizzle into the hot half and half and stir well. Bring to a light simmer and add the chicken back to the slow cooker
8. Cook for an additional 20-30 minutes, or until mixture is thickened
9. Serve chicken with sauce



Asian Pasta Salad



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 8 oz. linguine
- 3 medium “pickling” cucumbers, diced
- 1 red bell pepper, diced
- 2 scallions, thinly sliced
- ¼ cup olive oil
- 2 tbsp tamari
- 1 tsp sesame oil
- 1 tsp grated fresh ginger

INSTRUCTIONS

1. Cook linguine according to package directions. Drain, and rinse under cold water
2. Place pasta, cucumbers, bell pepper, and scallion in a large bowl
3. In a small bowl, whisk together olive oil, tamari, sesame oil, and ginger
4. Drizzle over the salad and toss well to coat

Double Chocolate Brownies



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- ¼ cup coconut oil, melted and lightly cooled
- ¼ cup unsweetened applesauce
- 2 large eggs
- ½ tsp vanilla extract
- ¾ cup wheat flour
- ½ cup unsweetened cocoa powder
- ¼ cup sucanat sugar or coconut sugar
- ¼ cup granulated sugar
- ½ cup chocolate chips

INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Line an 8x8 baking pan with parchment
3. In a large bowl, combine coconut oil, applesauce, eggs, and vanilla extract
4. In a medium bowl, whisk the flour, cocoa, sucanat, and granulated sugar together
5. Add the dry ingredients to the wet ingredients and stir well. When combined, fold in chocolate chips
6. Pour mixture into the prepared pan and smooth with an offset spatula
7. Bake for 15 minutes or until a toothpick inserted into the middle comes out clean
8. Place pan on a cooling rack for 15 minutes. Remove brownies in parchment and place directly on the cooling rack
9. Cool for an additional 30 mins and slice into 12 pieces.

SERVING SIZE

Recipe yields 12 brownies + makes 6 servings

