








**SERVING SIZE**  
 Recipe yields 12 muffins  
 + makes 4 servings

## Lemon Poppy Protein Muffins

				
Protein	Fats	Carb	Vegetables	Extras

### INGREDIENTS

- 2 cups all-purpose flour
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp kosher salt
- 2 eggs
- 2/3 cup lemon Greek yogurt
- ½ cup granulated sugar
- ½ cup olive oil or vegetable oil
- ¼ cup sucanat or brown sugar
- ¼ cup melted coconut oil, cooled slightly
- 1 ½ tbsp lemon juice
- 1 tsp vanilla extract
- 1 tbsp poppy seeds

### LEMON DRIZZLE INGREDIENTS

- 1 cup powdered sugar
- 1 tbsp lemon juice

### INSTRUCTIONS

1. Preheat oven to 425 degrees
2. In a large mixing bowl, whisk together the flour, baking powder, baking soda, and salt
3. In a medium bowl whisk the eggs well. Stir in the yogurt, sugar, oil, sucanat, coconut oil, lemon juice, vanilla, and poppy seeds
4. Add the dry ingredients to the wet ingredients and stir well
5. Divide mixture between a 12 cup muffin pan, fitted with paper liners
6. Bake for 5 mins, and reduce heat to 350. Bake for an additional 10-12 mins, or until a toothpick inserted into the center comes out clean
7. Let cool on a cooling rack
8. In a small bowl, whisk together the powdered sugar and lemon juice; drizzle over muffins

# Mediterranean Chicken with Salsa Fresca



Protein



Fats



Carb



Vegetables



Extras

## CHICKEN INGREDIENTS

- 1 tbsp olive oil
- 1 tsp blackening seasoning
- 1 tsp paprika
- 1 tsp ground cumin
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp kosher salt
- ¼ tsp lemon pepper
- 4 boneless chicken breasts, pounded out to equal thickness (approximately 1-inch thick)
- 2 tsp dried parsley

## CHICKEN INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat. Add the paprika, cumin, onion powder, garlic powder, salt and pepper; stir well
2. Add chicken, and cook for 7 min. Flip, and cook for an additional 5-7 mins or until chicken registers 165 degrees with a meat thermometer. Garnish with dried parsley

## SALSA INGREDIENTS

- 1/3 English cucumber, diced
- ¼ orange, yellow, or red pepper, diced
- 2 tbsp roughly chopped green olives
- 2 tbsp diced red onion
- 1 tbsp olive oil
- 1 tbsp lemon juice

## SALSA INSTRUCTIONS

1. In a medium bowl, combine all of the salsa ingredients
2. Serve over chicken

## SERVING SIZE

Recipe makes 4 servings



# Instant Pot Chicken Risotto



Protein



Fats



Carb



Vegetables



Extras

## INGREDIENTS

- 2 tbsp olive oil
- 1 large chicken breast, cubed into 1-inch pieces
- 2 tsp dried oregano
- 2 tsp dried parsley
- 1 tsp dried rosemary
- 1 tsp lemon pepper
- ½ tsp kosher salt
- 1 medium red onion, diced
- 1 cup arborio rice
- 2 cups chicken broth
- ½ cup frozen baby peas
- ¼ cup shredded parmesan

## INSTRUCTIONS

1. Turn instant pot to "sauté" mode
2. Add olive oil, and heat until hot
3. Toss the chicken in a large, resealable plastic bag with oregano, parsley, rosemary, lemon pepper, and salt. Work with your hands to coat the chicken
4. Add the chicken to the instant pot, and cook until browned 3-4 mins. Flip, and cook for 2 min. Remove chicken with a slotted spoon
5. Add the onion and rice to the instant pot and sauté for 2 mins
6. Pour in the broth, and add the chicken back to the pot. Stir very well to deglaze the pot
7. Turn the instant pot off
8. Cover, and lock the lid. Turn the vent to the "sealing" position
9. Turn the "manual" setting on, and set it for 3 minutes
10. When the alarm sounds, let the machine sit for 7 minutes, and manually release any remaining pressure
11. Remove lid, and stir in frozen peas. Stir well. Let sit for 2-3 mins, or until cooked through
12. Stir in parmesan and serve

## SERVING SIZE

Recipe makes 4 servings



**SERVING SIZE**  
Recipe yields 8 servings

## Chicken Caesar Pasta Salad



Protein



Fats



Carb



Vegetables



Extras

### CAESAR DRESSING INGREDIENTS

- $\frac{3}{4}$  cup mayonnaise
- $\frac{1}{2}$  cup Greek yogurt
- 2 tbsp shredded parmesan
- 2 tbsp lemon juice
- 1  $\frac{1}{2}$  tsp Worcestershire sauce
- 1 garlic clove, pressed
- $\frac{1}{4}$  tsp kosher salt

### SALAD INGREDIENTS

- 1 lb. small pasta shells
- 1  $\frac{1}{2}$  cups diced tomato
- $\frac{1}{4}$  cup diced red onion
- $\frac{1}{2}$  cup shredded parmesan cheese
- 2  $\frac{1}{2}$  cups shredded rotisserie chicken
- 1  $\frac{1}{2}$  cups herbed croutons
- 1  $\frac{1}{2}$  cups baby greens

### INSTRUCTIONS

1. Whisk together the dressing ingredients, and refrigerate for 30 mins
2. Cook pasta according to package directions, drain and rinse under cold water
3. Place pasta in a large bowl and stir in tomatoes, onion, parmesan, and chicken. Stir the dressing over the salad, and stir well to coat. Top with croutons
4. Divide salad over greens



SERVING SIZE  
Recipe yields 2 servings

## Chocolate Mousse



Protein



Fats



Carb



Vegetables



Extras

### INGREDIENTS

- ½ cup unsweetened almond milk
- 1 tbsp dark cocoa powder
- 1 ¾ cups full fat Greek yogurt
- 1 tbsp honey
- ½ tsp vanilla extract
- 2 tbsp dark chocolate chips

### INSTRUCTIONS

1. Heat the milk in a small saucepan over medium-low heat. When it is just warm, add the cocoa powder and whisk well
2. When the cocoa powder is completely dissolved, remove from heat for 5 mins
3. Gently fold in the yogurt, honey, and extract; stir well to combine
4. Divide between 2 ramekins and refrigerate overnight
5. Top with chocolate chips