

Basil Pesto Zoodles



Protein



Fats



Carb



Vegetables



Extras

PESTO INGREDIENTS

- 2 cups roughly chopped fresh basil
- ½ cup olive oil
- 1/3 cup shredded parmesan
- 2 tbsp pine nuts
- 1 ½ tbsp lemon juice
- ½ tsp kosher salt
- ½ tsp black pepper

INSTRUCTIONS

1. Place all of the ingredients in a mini-food processor and process until smooth

*you may also use a store-bought pesto

ZOODLE INGREDIENTS

- 1 tbsp olive oil
- 2 medium zucchini, spiralized or thinly sliced into "noodles"
- ½ tsp kosher salt
- ½ tsp black pepper
- 1 cup shredded rotisserie chicken

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat until it shimmers
2. Add the zucchini, and season with salt and pepper
3. Sauté for 3-5 minutes, or until softened. Mix in rotisserie chicken, stir until warm
4. Serve with pesto

SERVING SIZE

Recipe makes 2 servings



Stuffed Mushrooms



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 1 tbsp olive oil
- ½ medium red bell pepper, diced
- 1 large shallot, diced
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp kosher salt
- ½ tsp black pepper
- 1 ½ cups roughly chopped baby spinach
- ¼ cup panko breadcrumbs
- ¼ cup shredded parmesan
- 1 (8 oz.) package baby bella mushrooms, stems removed and thinly diced

INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Heat the olive oil in a large skillet over medium heat until it shimmers
3. Add bell pepper and shallot to the pan; season with oregano, basil, salt, and pepper. Sauté for 5 mins
4. Add the spinach, and cook until it's wilted. Stir in the panko and parmesan
5. Fit a large, rimmed sheet pan with parchment
6. Divide mixture between the mushrooms. Bake for 15-17 mins, or until mushrooms are cooked through and the filling is hot

SERVING SIZE

Recipe makes 3 servings



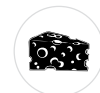


SERVING SIZE
Recipe serves 2-4

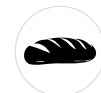
Quinoa Enchilada Casserole



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 (10 oz.) can enchilada sauce
- 1 (4.5 oz.) can diced chilies
- ½ cup shredded rotisserie chicken (optional)
- ½ cup drained and rinsed canned black beans
- ½ cup frozen corn
- ½ cup shredded taco cheese, divided
- ½ orange, red, or yellow diced bell pepper
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- 2 tablespoons roughly chopped cilantro

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Bring the quinoa and vegetable broth to a boil in a medium saucepan over medium heat.
3. Cover, and reduce heat to low. Simmer for 15 minutes.
4. Remove from heat, and let steam for 15 minutes.
5. Grease an 8x8 baking pan with nonstick spray.
6. In a large bowl combine the quinoa, enchilada sauce, chilies, chicken if using, black beans, corn, ¼ cup cheese, bell pepper, cumin, and oregano.
7. Spoon into the prepared dish.
8. Top with remaining cheese.
9. Cover tightly with aluminum foil, and bake for 15 minutes.
10. Remove foil, and bake for another 12-15 minutes, or until browned.

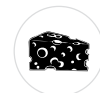


SERVING SIZE
Recipe serves 4

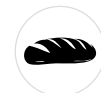
Chicken and Waffles



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 2 large organic eggs
- 1 ½ cups panko
- 1 ½ teaspoons dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 lb. chicken tenders

WAFFLE INGREDIENTS

- 1 package 100% Whole Grain Kodiak Flap Jack and Waffle Mix
- Maple syrup

INSTRUCTIONS

1. Cook waffles according to package instructions
2. Serve with chicken, and maple syrup

INSTRUCTIONS

1. Preheat oven to 375 degrees
2. In a separate pie plate, whisk together the eggs.
3. In a large pie plate whisk together panko, parsley, garlic powder, onion powder, paprika, salt and pepper
4. Fit a large, rimmed baking sheet with parchment
5. Dredge the chicken through the eggs, and then into the panko mixture
6. Place the chicken on the prepared pan
7. Bake for 20-25 minutes, or until chicken registers 165 with a meat thermometer

SWEETS

Pear and Banana Ice Cream



Protein



Fats



Carb



Vegetables



Extras

INGREDIENTS

- 4 frozen bananas, thawed
- 1 Bartlett pear, peeled and diced
- ¼ cup plain or vanilla almond milk
- 1/8 tsp vanilla extract

INSTRUCTIONS

1. Place all of the ingredients in a blender and process until smooth
2. Freeze overnight
3. Let thaw for 30 minutes before serving

SERVING SIZE

Recipe yields 2 ½ cups + makes 4 servings

