

# HEALTHY RECIPE GUIDE





# SWEET EGG SCRAMBLE

## INGREDIENTS

- 3 egg whites
- ½ scoop vanilla protein
- $\frac{2}{3}$  cup frozen berries
- 2 Stevia packets
- ¼ tsp vanilla extract
- dash of cinnamon
- calorie-free pancake syrup
- choice of veggies

## DIRECTIONS

Grease skillet with pam and bring to medium heat

Whisk egg whites, protein, and extras together in a bowl and pour onto skillet

Once eggs are about halfway cooked, add the berries to the skillet and continue to cook (scrambling thoroughly) until eggs are fully cooked

Top with cinnamon or sugar-free pancake syrup and your choice of a veggie side



# SAVORY TURKEY BAKE

## INGREDIENTS

- 3 oz cooked ground turkey
- 3 egg whites
- 1 cup finely chopped cauliflower / broccoli
- ½ cup oats
- pinch of garlic salt

## DIRECTIONS

Preheat oven to 350-degrees

Combine ALL ingredients into a medium mixing bowl and whisk

Pour mixture into a single-serving-size oven-friendly dish (or two muffin tins) and place in preheated oven

Bake for 8-10 minutes, then remove and serve with your choice of hot sauce or seasoning

# BLUEBERRY OVERNIGHT OATS

## INGREDIENTS

- 1 ½ cup fat-free greek yogurt
- ¼ cup oats
- ¼ cup frozen berries
- 1 tsp vanilla extract
- 2 Stevia packets
- choice of side veggies or fruit (optional)

## DIRECTIONS

Mix greek yogurt, vanilla extract, and Stevia in a bowl

With a separate bowl, microwave oats with water until cooked

In an overnight jar, put oatmeal in first so it rests on the bottom. Then, add your frozen berries and top it with your greek yogurt, vanilla extract, and Stevia, mix

Place in refrigerator until morning

Enjoy with your side choice of fruit or veggie





# GUILT-FREE FRENCH TOAST

## INGREDIENTS

- 2-3 slices of Ezekiel Bread
- 1 ¼ cup egg whites
- 1 tsp vanilla extract
- dash of cinnamon
- dash of salt
- calorie-free pancake syrup
- choice of fruit topping

## DIRECTIONS

Lightly toast bread in a toaster oven

Mix egg whites with vanilla extract, cinnamon, and salt into a large shallow bowl

Soak bread slices into your egg mixture and place on a greased medium-heat skillet

Flip toast until eggs are thoroughly cooked. Then place on your plate

Top with calorie-free pancake syrup and your choice of fruit topping (optional)



# EGG WHITE MUFFINS

## INGREDIENTS

- 1 ¼ cup egg whites
- 1 leafy veggie
- 1 solid veggie of your choice (cooked prior)
- ½ cup oatmeal
- 1 tsp baking powder
- dash of salt
- sauce of your choice

## DIRECTIONS

Preheat oven to 350-degrees

Mix ALL ingredients into a single bowl

Pour evenly into 2-3 muffin tins

Bake for 10-12 minutes until cooked through the center of each muffin

Remove and top with sauce of your choice





# SAVORY BREAKFAST OATS

## INGREDIENTS

- ½ cup oatmeal
- 6 oz ground turkey
- 1 handful spinach
- ¼ cup water
- balsamic vinegar
- garlic salt to taste

## DIRECTIONS

Bring greased skillet to low-medium heat and add ground turkey

Once ground turkey is cooked ½ way, drizzle balsamic vinegar on top and add both oats and water

Continue cooking turkey until it's cooked thoroughly and the oat mixture thickens and sticks together

Add spinach and drizzle more balsamic vinegar on top

Once spinach shrivels, remove, top with garlic salt, and serve



# CAULIFLOWER BREAKFAST PIZZA

## INGREDIENTS

- 1 cup of finely diced cauliflower
- 1 ¼ cup egg whites
- ½ cup ground oats
- ½ small tomato
- oregano to taste
- salt to taste

## DIRECTIONS

Steam cauliflower until soft

Mix steamed cauliflower, oats, eggs, oregano, and salt in a bowl

Heat greased skillet to medium heat and add your egg mixture. Then, immediately lower heat to medium-low and top it with a lid to trap steam

Wait about 4-5 minutes, then flip mixture and cook until it's firm

Remove from skillet, top with sliced tomato, and enjoy



# BLUEBERRY CHEESECAKE BOWL

## INGREDIENTS

- 1 cup cottage cheese
- ½ scoop vanilla protein
- 1 ½ cup frozen berries
- 2 Stevia packets

## DIRECTIONS

Puree cottage cheese with protein powder and Stevia in a food processor

Add and blend frozen berries and serve

Or, for a thicker consistency, place in the freezer for 10-15 minutes before serving





# PROTEIN PANCAKES

## INGREDIENTS

- ½ cup oatmeal
- ½ cup cottage cheese
- 3 egg whites ( $\frac{2}{3}$  cup)
- 2 packets of Stevia
- cinnamon to taste
- calorie-free pancake syrup

## DIRECTIONS

Bring greased skillet to medium heat

Mix ALL ingredients in a bowl (or puree in a food processor)

Cook for about 2 minutes, then flip and cook until firm

Top with calorie-free pancake syrup with cinnamon and Stevia (optional)

# THE ULTIMATE BREAKFAST SANDWICH

## INGREDIENTS

- 2-3 slices Ezekiel bread
- 1 cup spinach
- 1 small sliced tomato
- 6 egg whites
- Sriracha

## DIRECTIONS

Toast slices of bread

Heat greased skillet to low-medium heat and sauté spinach and balsamic vinegar until spinach shrinks

Add egg whites and cook until done

Place cooked eggs between your slices of toasted bread and add tomato and Sriracha (optional)



# GARLIC SHRIMP

## INGREDIENTS

- 6 oz shrimp (tails removed)
- ½ tsp salt
- 2 tbsp minced garlic
- 1 cup cubed tomato
- ⅓ cup red wine vinegar
- 1 tsp dried basil
- ½ cup white rice

## DIRECTIONS

In a medium size bowl, combine salt, garlic, tomato, vinegar, and basil

Add the shrimp to the bowl and thoroughly coat

Heat greased skillet to medium heat and add coated shrimp

Cook until shrimp is fully colored then removed and serve on top of cooked white rice





# TURKEY TACOS

## INGREDIENTS

- 6 oz lean ground turkey
- 3-4 large pieces of romaine lettuce (taco "shells")
- ½ cup pico de gallo
- ½ cup wild rice
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 tsp onion powder
- 1 ½ tsp chili powder
- hot sauce (optional)

## DIRECTIONS

Heat greased skillet to medium-high heat and sauté turkey with listed spices

Cook thoroughly until done

Add pico de gallo and continue to sauté until fully mixed

Remove and add to cooked wild rice

Distribute evenly to your romaine lettuce (taco "shells") and add some hot sauce (optional)





## INGREDIENTS

- 6 oz cooked skinless chicken breast
- ½ cup cooked brown rice
- ½ cup snap peas
- ½ cup broccoli
- Bragg's Amino Acid Soy Sauce Alternative
- 1 tsp garlic powder
- 1 tsp onion powder
- red pepper flakes to taste

## DIRECTIONS

Chop veggies into small pieces and sautee in skillet at medium heat in Bragg's Amino Acid Soy Sauce Alternative, garlic powder, onion powder & red pepper flakes

Once thoroughly sautéed (about 3-4 minutes) add "shredded" chicken (torn apart into thin pieces) and rice to pan

Continue to mix so entire dish is coated in seasoning and sauce blend then remove from heat and enjoy. Add hot sauce for desired heat

# CHICKEN VEGGIE STIR-FRY

# SWEET SUMMER SALAD

## INGREDIENTS

- 6 oz cooked skinless chicken breast
- $\frac{2}{3}$  cup mixed berries
- 2 cups spinach
- handful of cherry tomatoes
- apple cider vinaigrette

## DIRECTIONS

Toss spinach, cherry tomatoes, and berries into a large bowl and mix

Spread on top of your cooked chicken breast and add apple cider vinaigrette for dressing





# LOADED BAKED POTATO

## INGREDIENTS

- 1 small baked potato (about  $\frac{2}{3}$  cup size)
- 6 oz nonfat cottage cheese
- $\frac{1}{2}$  cup pico de gallo
- $\frac{1}{4}$  cup chopped green onion

## DIRECTIONS

Bake potato in microwave until fully cooked (poking a fork through it for softness is a great way to test if it's done)

Add cottage cheese and place the potato under a broiler for 1 minute (if you prefer your cottage cheese melted)

Top with pico de gallo and green onion and serve





# GRILLED TUNA BURGER & SALAD

## INGREDIENTS

- 5 oz can of tuna
- 1 egg white
- ½ cup dry oats
- ¼ tsp oregano
- ¼ tsp onion and garlic powder
- ½ cup choice of mixed veggies
- 2 cups romaine lettuce
- choice of dressing

## DIRECTIONS

Mix egg white, tuna, oats, and spices into a bowl, then shape into burgers

Heat on greased skillet at medium heat for about 3 minutes per side until fully cooked

Serve with lettuce, mixed veggies, and dressing





# CHICKEN TACOS

## INGREDIENTS

- 6 oz cooked skinless chicken breast
- ½ cup black refried beans
- ¼ cup chopped green onion
- ½ cup pico de gallo
- 4 pieces romaine lettuce (taco "shells")
- ¼ tsp red pepper flakes
- dash of salt (optional)
- choice of sauce (optional)

## DIRECTIONS

Heat black beans in a sauce pan on medium-low heat until warm

Add and mix green onion, pico de gallo, and red pepper flakes

Slice your cooked chicken breast into thin slices

Add beans mix and chicken to your lettuce (taco "shells")

Throw on some salt or sauce for extra flavor

# HEALTHY FRIED RICE

## INGREDIENTS

- ½ cup cooked brown rice
- 3 oz cooked chicken
- 3 egg whites
- 1 cup mixed veggies
- 1 tsp onion powder
- 1 tsp chili powder
- Bragg's Amino Acid Soy Sauce Alternative

## DIRECTIONS

Heat greased skillet to medium heat

Cook eggs and continuously scramble while adding rice and veggies

Shred chicken and add with spices once the eggs, rice, and veggies are fully cooked

Sauté entire mixture with Bragg's Amino Acid Soy Sauce Alternative

Serve and enjoy





# QUINOA CHICKEN SALAD

## INGREDIENTS

- 1 small lemon
- 2 tbsp white wine vinegar
- 1 tsp ground cumin
- dash of salt
- dash of pepper
- 6 oz cooked skinless chicken breast
- ½ cup cooked quinoa
- ½ cup garbanzo beans
- 1 ½ cup fresh kale
- ¼ cup chopped red onion

## DIRECTIONS

Create your salad dressing by juicing and zesting lemon and mixing it with white wine vinegar, ground cumin, salt, and pepper

Mix your salad dressing with all of the chicken, quinoa, garbanzo beans, kale, red onion, and enjoy







# SEARED WHITEFISH WITH COUSCOUS SALAD

## INGREDIENTS

- 6 oz white fish
- 1 cup couscous
- 2 tbsp minced garlic
- 1 cup chopped cucumber
- ½ cup diced red onion
- 2 tbsp fresh lemon juice
- 2 tbsp fresh chopped mint leaves
- dash of salt
- dash of pepper

## DIRECTIONS

Add salt and pepper to each side of your white fish and sear in a skillet

Cook couscous in microwave. Then, stir in onion, mint, lemon, and cucumber

Serve couscous and seared white fish and enjoy



# THAI BEEF SALAD

## INGREDIENTS

- 6 oz lean steak
- 100 g baby cos lettuce hearts
- ¼ cup mint
- ¼ cup coriander
- ½ cup bean sprouts
- ½ cup tomato
- ½ cucumber, sliced
- ½ red onion, thinly sliced
- 1 tbsp fresh lime juice
- 1 tsp Bragg's Amino Acid Soy Sauce Alternative
- 1 tsp chili flake

## DIRECTIONS

Marinate steak in Bragg's Amino Acid Soy Sauce Alternative and lime juice

Cook steak for 2-3 minutes per side until cooked to your liking. Set aside

Mix tomato, bean sprouts, cucumber, onion, chili flakes, mint, and coriander in a bowl

Thinly slice cooked steak across the grain and serve on top of your salad mix

# AVOCADO TUNA SALAD

## INGREDIENTS

- ½ avocado
- 1 ½ cans tuna
- 1 cup diced tomato
- 1 ½ tbsp lime juice
- ½ tsp chili powder
- Sriracha chili sauce to taste

## DIRECTIONS

Mash avocado and mix in tuna and tomato

Once mashed and mixed, stir in the lime juice and chili powder

Then, top with Sriracha and enjoy





# SPICY THAI SHRIMP SALAD

## INGREDIENTS

- 6 oz jumbo shrimp (without tail)
- 1 tbsp lime juice
- 1 tsp fish sauce
- 2 tbsp coconut oil
- 2 Stevia packets
- ½ tsp crushed red pepper
- 2 handfuls of mixed greens and veggie of choice

## DIRECTIONS

Whisk lime juice, fish sauce, oil, Stevia, and crushed red pepper in a large bowl

Add shrimp, choice of veggie, and fresh herbs (optional) and stir

Toss with mixed greens to coat salad and serve





# THAI PEANUT CHICKEN

## INGREDIENTS

- 6 oz skinless chicken breast
- 2 tbsp peanut butter
- 2 tbsp Bragg's Amino Acid Soy Sauce Alternative
- 1 tbsp lemon juice
- 1 tbsp rice vinegar
- ¼ tsp cayenne pepper
- 1 cup choice of mixed veggies
- dash of salt

## DIRECTIONS

In a bowl, combine peanut butter (slightly warmed), Bragg's Amino Acid Soy Sauce Alternative, lemon juice, rice vinegar, cayenne pepper and whisk until thick

Shred chicken and add it with your choice mixed veggies into the peanut sauce

Top with salt and enjoy





# CRISPY CHICKEN & BRUSSELS SPROUTS

## INGREDIENTS

- 6 oz skinless chicken breast
- 1 cup brussels sprouts
- 2 tbsp coconut oil
- ¼ tsp garlic powder
- 1 tbsp lemon juice
- dash of salt

## DIRECTIONS

Mix brussels sprouts, coconut oil (1 tbsp), garlic powder, and salt in a bowl

Slice your chicken breast

Heat greased skillet to medium-high heat and fry chicken slices with other 1 tbsp of coconut oil until sides get crispy

Once chicken is done, add brussels sprouts mix to the skillet and sauté on medium-low heat while adding lemon juice