

Cucumber, Tomato, Avocado Salad



INGREDIENTS:

- 1 lb Roma tomatoes
- 1 cucumber
- ½ medium red onion, sliced
- 2 avocados, sliced
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- ¼ cup cilantro, chopped
- ¾ tsp salt
- ½ tsp black pepper

STEPS:

1. Chop tomatoes, cucumber, red onion, avocados and place in bowl.
2. Drizzle with olive oil and lemon juice.
3. Toss and add salt and pepper.



Strawberry, Avocado, Spinach Salad

INGREDIENTS:

- 1 avocado, sliced
- 5 strawberries, sliced
- 5 cups of spinach
- ¼ cup feta cheese
- ⅛ tsp black pepper

DRESSING:

- ¼ cup extra virgin olive oil
- 1 tbsp balsamic vinegar
- ¼ tsp salt
- ¼ tsp pepper

STEPS:

1. Mix spinach, avocado, strawberries, feta cheese in bowl.
2. Mix olive oil, balsamic vinegar, salt, and pepper.
3. Drizzle salad with dressing.



25 Minute Orange Chicken

INGREDIENTS:

Boneless, skinless chicken breast
2 tbsp vegetable oil

MARINADE:

¼ cup soy sauce
¼ cup cornstarch
2 tbsp water

ORANGE SAUCE:

1 tbsp vegetable oil
¾ cup pulp free orange juice
concentrate
3 tbsp barbecue sauce

STEPS:

1. Cut chicken into 1-inch chunks.
2. Mix together marinade and place chicken in, making sure it is coated.
3. Combine orange sauce ingredients and mix well.
4. Heat oil in skillet and add chicken into skillet.
5. Stir-fry chicken on medium heat for 5-7 minutes.
6. Add orange sauce and cook for 4-6 minutes.
7. Serve over rice or noodles.



Shrimp Boil Packets

INGREDIENTS:

1 ½ lbs large shrimp, peeled

1 (12.8-oz) package smoked
andouille sausage, sliced

2 ears corn, cut crosswise into
4 pieces

1 lb baby red potatoes, halved

2 tbsp olive oil

4 tsp Cajun seasoning

salt and pepper



STEPS:

1. Preheat oven to 425 degrees.

2. Cut 12-inch sheets of foil.

3. Place shrimp, sausage, corn, and
potatoes into the center of the sheet.

4. Add olive oil, salt, pepper, and Cajun
seasoning to taste.

5. Fold sides of foil over, cover completely,
and seal packet closed.

6. Cook for 15-17 minutes.



Carrot Cake Overnight Oats

INGREDIENTS:

1 cup rolled oats

½ cup carrot, finely grated

1 tsp cinnamon

¼ tsp allspice

1 tbsp chia seeds

3 tbsp rasins

1 tsp vanilla extract

3 tbsp maple syrup

1 ¼ cup almond milk,
unsweetened

STEPS:

1. Mix all dry ingredients in a large bowl.

2. Add in wet ingredients and mix again.

3. Place in the refrigerator, covered,
for at least 2 hours or overnight.
Serve cold.

4. Top with Greek yogurt
and pecans.



Tropical Smoothie Bowl

INGREDIENTS:

1 banana, sliced

1 cup frozen mango chunks

1 cup frozen pineapple chunks

1 cup almond milk

TOPPING INGREDIENTS:

¼ cup blueberries

1 kiwifruit sliced

½ banana sliced

STEPS:

1. Pulse in blender.

2. Pour into bowl.

3. Top with blueberries, kiwifruit,
and banana.



Spaghetti Squash Carbonara

INGREDIENTS:

1 large spaghetti squash

2 tbs olive oil

1 tsp salt

¼ tsp black pepper

STEPS:

1. Preheat oven to 400 degrees.
2. Line baking sheet with aluminum foil.
3. Cut spaghetti squash in half lengthwise, scrape out seeds, drizzle with olive oil and sprinkle salt and pepper.
4. Place spaghetti squash cut side down and bake for 45 minutes or until tender.
5. Scrape out shreds of squash with a fork.
6. Serve with olive oil, salt, and pepper, or sauce of choice.



Eggplant Pizza Bites

INGREDIENTS:

2 large eggplants, cut into
½-inch rounds

Extra-virgin olive oil, for brushing

Salt and black pepper

1 cup marinara

1 cup shredded mozzarella

½ cup mini pepperoni

½ cup shredded Parmesan

¼ cup finely sliced basil



STEPS:

1. Preheat grill to medium-high.
2. Brush both sides of eggplant with olive oil, sprinkle with salt and pepper.
3. Grill until tender, 3-4 minutes per side.
4. Top with marinara, mozzarella, and pepperoni.
5. Keep on grill for 30 seconds to allow cheese to melt.
6. Top with parmesan and basil.

Zucchini Noodles with Avocado Pesto

INGREDIENTS:

6 large zucchini, spiraled

1 tbsp olive oil

INGREDIENTS FOR SAUCE:

2 avocados

1 cup basil leaves

3 cloves garlic

¼ cup pine nuts

2 tbsp lemon juice

½ tsp salt

3 tbsp olive oil

Black pepper



STEPS:

1. Spiralize zucchini and set aside on paper towels to soak up water.
2. Add avocados, basil leaves, pine nuts, lemon juice, and salt into a food processor until finely chopped. Add olive oil while on low until creamy.
3. Drizzle olive oil in skillet over medium heat then add zucchini noodles. Cook for 1-2 minutes until tender.
4. Add noodles to bowl and toss with sauce.
5. Add pepper and Parmesan.