



STRONGER TOGETHER

CHALLENGE

STRONG
NATION®



STRONGER TOGETHER CHALLENGE

This is a suggested calendar organized to meet the weekly workout requirements for this challenge.
You may organize your version to fit your class schedule.

WORKOUT CALENDAR AND TIPS FOR A POWERFUL JOURNEY

DAYS PER WEEK	TYPE OF ACTIVITY
3	STRONG Nation® Classes (30 min, 45 min, or 60 min)
3	7 Minutes to Stronger workouts on YouTube
1	Full Body Stretch and Mobility

NOTE

If there are no classes available in your area or there aren't three weekly STRONG Nation® classes at your gym, you can complement with the digital workouts linked to the calendar from our STRONG Nation® YouTube page.

Remember to consult your physician before beginning this or any fitness program.



STRONGER TOGETHER CHALLENGE CALENDAR

ENDURANCE AND CARDIOVASCULAR HEALTH

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>OR</p> <p>STRONG NATION® 1</p>	<p>7 MINUTES TO STRONGER HIIT 1</p>	<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>OR</p> <p>STRONG NATION® 2</p>	<p>7 MINUTES TO STRONGER AGILITY</p>	<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>OR</p> <p>STRONG NATION® 3</p>	<p>7 MINUTES TO STRONGER HIIT 2</p>	<p>20 MIN FULL BODY STRETCH AND MOBILITY</p> <p>OR</p> <p>CIRCU MOBILITY™</p> <p>FIND A CLASS HERE</p>

UPPER & LOWER BODY STRENGTH

WEEK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>STRONG NATION® 4</p>	<p>7 MINUTES TO STRONGER UPPER BODY</p>	<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>STRONG NATION® 5</p>	<p>7 MINUTES TO STRONGER LOWER BODY</p>	<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>STRONG NATION® 6</p>	<p>7 MINUTES TO STRONGER LOWER BODY 2</p>	<p>20 MIN FULL BODY STRETCH AND MOBILITY</p> <p>OR</p> <p>CIRCU MOBILITY™</p> <p>FIND A CLASS HERE</p>

COGNITIVE FUNCTION / FIGHTING ELEMENTS

WEEK 3

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>STRONG NATION® 1</p>	<p>7 MINUTES TO STRONGER PUNCH</p>	<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>STRONG NATION® 2</p>	<p>7 MINUTES TO STRONGER KICK</p>	<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>STRONG NATION® 3</p>	<p>7 MINUTES TO STRONGER KATA</p>	<p>20 MIN FULL BODY STRETCH AND MOBILITY</p> <p>OR</p> <p>CIRCU MOBILITY™</p> <p>FIND A CLASS HERE</p>

MOBILITY: BALANCE / STABILITY / CORE

WEEK 4

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>STRONG NATION® 4</p>	<p>7 MINUTES TO STRONGER ABS AND CORE</p>	<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>STRONG NATION® 5</p>	<p>7 MINUTES TO STRONGER MOBILITY</p>	<p>STRONG NATION®</p> <p>FIND A CLASS HERE</p> <p>STRONG NATION® 6</p>	<p>7 MINUTES TO STRONGER ABS AND CORE</p>	<p>20 MIN FULL BODY STRETCH AND MOBILITY</p> <p>OR</p> <p>CIRCU MOBILITY™</p> <p>FIND A CLASS HERE</p>

Remember to consult your physician before beginning this or any fitness program.



SPECIAL TIPS BY AI LEE SYARIEF

THE 5 KEY PILLARS OF HEALTH AND FITNESS

WATER



Drinking at least **6-8 glasses of water daily** is crucial for staying hydrated, particularly during workouts. Proper hydration boosts performance, maintains energy levels, and prevents fatigue. It also regulates body temperature, keeps joints lubricated, aids muscle recovery, and supports detoxification, all of which help reduce the risk of injury and improve flexibility. Since you lose fluids through sweat during exercise, replenishing them is vital for overall health, better digestion, and faster recovery.

MORNING START

Drink a glass of water as soon as you wake up to start your day hydrated.

USE A WATER BOTTLE

Carry a water bottle with you and set a goal to finish it by a specific time (e.g., by noon and again by dinner).

HABIT STACKING

Pair drinking water with a regular activity, like sipping water during work breaks or when checking emails.

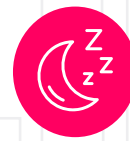
VISUAL CUES

Keep a water glass or bottle in sight, like on your desk or kitchen counter, to remind you to drink regularly.

REWARD YOURSELF

After drinking an entire bottle or hitting your 8-glass goal, reward yourself with something small to stay motivated.

SLEEP



Sleep is increasingly recognized as vital for overall health. Scientific studies show that approximately **8 hours of sleep each night** supports brain function, memory, and cognitive performance. During sleep, the body repairs muscles, strengthens the immune system, and regulates hormones - all essential for recovery and wellness. Conversely, inadequate sleep can lead to increased stress hormones, impaired decision-making, and negative impacts on metabolism and heart health. Research confirms that consistent, quality sleep is crucial for both mental and physical well-being, making it the “new biggest thing” in health optimization.

SET A CONSISTENT BEDTIME

Go to bed at the same time each night to regulate your body's internal clock and improve sleep quality (circadian rhythm).

LIMIT SCREEN TIME

Avoid screens (phones, TVs, etc.) at least 30-60 minutes before bed to reduce blue light exposure, which can disrupt melatonin production.

CREATE A RELAXING ROUTINE

Engage in calming activities such as reading, meditating, or stretching to signal your body it's time to wind down.

DARK, COOL ENVIRONMENT

Make your bedroom dark, quiet, and cool to create an ideal environment for deep, restful sleep.



SPECIAL TIPS BY AI LEE SYARIEF

THE 5 KEY PILLARS OF HEALTH AND FITNESS

NUTRITION



Macronutrition - focusing on proteins, carbs, and fats - is key for STRONG Nation® workouts because it fuels your body and helps you perform at your best. Proteins support muscle repair and growth after intense sessions, carbohydrates provide the energy needed to power through the workout, and healthy fats help sustain longer-lasting energy and support overall health. **Remember, you can't outwork a poor diet; nutrition is vital for optimal health.** A balanced diet is crucial not only for performance but also for recovery, energy, and long-term fitness success.

BALANCE YOUR MACRONUTRIENTS

Ensure a good balance of proteins, carbohydrates, and healthy fats in your meals to provide energy, support muscle growth, and maintain overall health.

FOCUS ON WHOLE FOODS

Prioritize nutrient-dense foods like vegetables, fruits, lean proteins, whole grains, and healthy fats for better nutrition and long-term health.

CONTROL PORTION SIZES

Eat appropriate portions to avoid overeating, which will help you manage your weight and sustain energy levels throughout the day.

LIMIT PROCESSED FOODS

Reduce intake of highly processed foods, added sugars, and unhealthy fats, as they can lead to weight gain and negatively affect overall health.

STRESS MANAGEMENT



Stress management is essential for the STRONG Nation® 4-Week Challenge because stress directly affects physical performance, recovery, and motivation. When you're stressed, your body releases cortisol, which can cause fatigue, poor sleep, and muscle breakdown - making it harder to achieve your fitness goals. Incorporating mindfulness, breathing exercises, or relaxation techniques helps you manage stress and maintain energy, focus, and endurance during your workouts. As a key pillar of health, stress management ensures your body and mind stay in sync for optimal performance and recovery throughout the challenge.

PRACTICE MINDFULNESS OR MEDITATION

Take 5-10 minutes daily to practice deep breathing or meditation, helping you stay calm, focused, and mentally prepared for your workouts.

ENGAGE IN ACTIVE RECOVERY

Incorporate activities like stretching, yoga, or walking on rest days to reduce tension, improve circulation, and manage stress without overloading your body.

SCHEDULE RELAXATION TIME

Add short breaks into your day for stretching, walking, or doing something enjoyable to help reduce stress and recharge.

STAY ORGANIZED

Create a clear workout and meal plan for the challenge, reducing uncertainty and making it easier to stay on track without feeling overwhelmed.



SPECIAL TIPS BY AI LEE SYARIEF

THE 5 KEY PILLARS OF HEALTH AND FITNESS

CREATING A HABIT



To create lasting habits after completing the **STRONG Nation® 4-Week Challenge**, start small and keep changes manageable, such as continuing with short daily workouts. Stay committed by visually tracking your progress, like using a habit tracker or calendar, to hold yourself accountable. Build systems that make success easier, such as preparing workout gear in advance or setting reminders so exercising becomes automatic. For extra motivation, share your progress with a friend or fitness community. Finally, embrace identity-based habits: see yourself as someone who prioritizes fitness. Each action you take reinforces that identity, making your habits more sustainable. Don't forget to reward yourself for milestones achieved, as positive reinforcement keeps you motivated to stay consistent.

START SMALL

Begin with short, manageable workouts (10-15 minutes) to make it easy to stay consistent without feeling overwhelmed.

SET A SPECIFIC TIME

Choose a consistent time each day (e.g., mornings or after work) to make workouts a part of your daily routine.

PREPARE IN ADVANCE

Lay out your workout clothes or equipment the night before, reducing friction and making it easier to start.

REWARD PROGRESS

Celebrate small wins, such as completing a week's worth of workouts, to reinforce the habit and maintain motivation.



FITNESS BIOMARKERS TRACKER

	RESTING HEART RATE	MAXIMUM HEART RATE (MHR)	VO2 MAX <small>VO2 Max = 15 x (HRmax / HRrest)</small>
Sample (40 Years old)	67	180	40.29850746
WEEK 1 / DAY 1			
WEEK 2 / DAY 1			
WEEK 3 / DAY 1			
WEEK 4 / DAY 1			
WEEK 4 / DAY 7			

HOW TO TRACK

If you don't have a wearable device with a Heart Rate monitor, you can track your Fitness Biomarkers Manually. Here's how:

RESTING HEART RATE

To measure your resting heart rate, sit down and relax for 5 minutes, and then check your pulse. Place your index and third fingers on your neck to the side of your windpipe. To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery – which is located on the thumb side of your wrist. When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by four to calculate your beats per minute.

MAXIMUM HEART RATE (MHR)

A common method for calculating your maximum heart rate (MHR) is subtracting your age from 220. For example, if you are 40 years old, your MHR would be 180 beats per minute (bpm).

VO2 MAX

Using the resting and max heart rate you already determined, you can plug those values into the formula and calculate your VO2 max: $VO2 \text{ Max} = 15 \times (HR_{\text{max}} / HR_{\text{rest}})$

Let's say your resting heart rate is 80 bpm and your max heart rate is 195 bpm. Plug in the values: $VO2 \text{ max} = 15 \times (195/80)$.

As you start your fitness journey and track your weekly VO2 Max, you will notice how it starts to improve.



VO2MAX CHARTS

VO2 max charts provide a general reference for fitness levels, but it's important to understand that these values can vary significantly from person to person, depending on factors like lifestyle, genetics, and training history. If your current VO2 max doesn't align with the chart, don't be discouraged! Consistent participation in STRONG Nation® classes and incorporating regular exercise into your routine will help you improve over time.

The information provided is for informational purposes only and you should consult your physician for personalized medical advice. Remember to consult your physician before beginning this or any fitness program.

VO2MAX CHART FOR WOMAN

AGE	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
≤ 29	≤ 23.9	24-30.9	31-38.9	39-48.9	49
30-39	≤ 19.9	20-27.9	28-36.9	37-44.9	45
40-49	≤ 16.9	17-24.9	25-34.9	35-41.9	42
50-59	≤ 14.9	15-21.9	22-33.9	34-39.9	40
60-69	≤ 12.9	13-20.9	21-32.9	33-36.9	37

VO2MAX CHART FOR MEN

AGE	POOR	FAIR	AVERAGE	GOOD	EXCELLENT
≤ 29	≤ 24.9	25-33.9	34-43.9	44-52.9	53
30-39	≤ 22.9	23-30.9	31-41.9	42-49.9	50
40-49	≤ 19.9	20-26.9	27-38.9	39-44.9	45
50-59	≤ 17.9	18-24.9	25-37.9	36-42.9	43
60-69	≤ 15.9	16-22.9	23-35.9	36-40.9	41

Keep in mind that these VO2max scores are for nonathletes.

*Taken from <https://inicyd.com/article/vo2max-charts-by-age-gender-sport/>



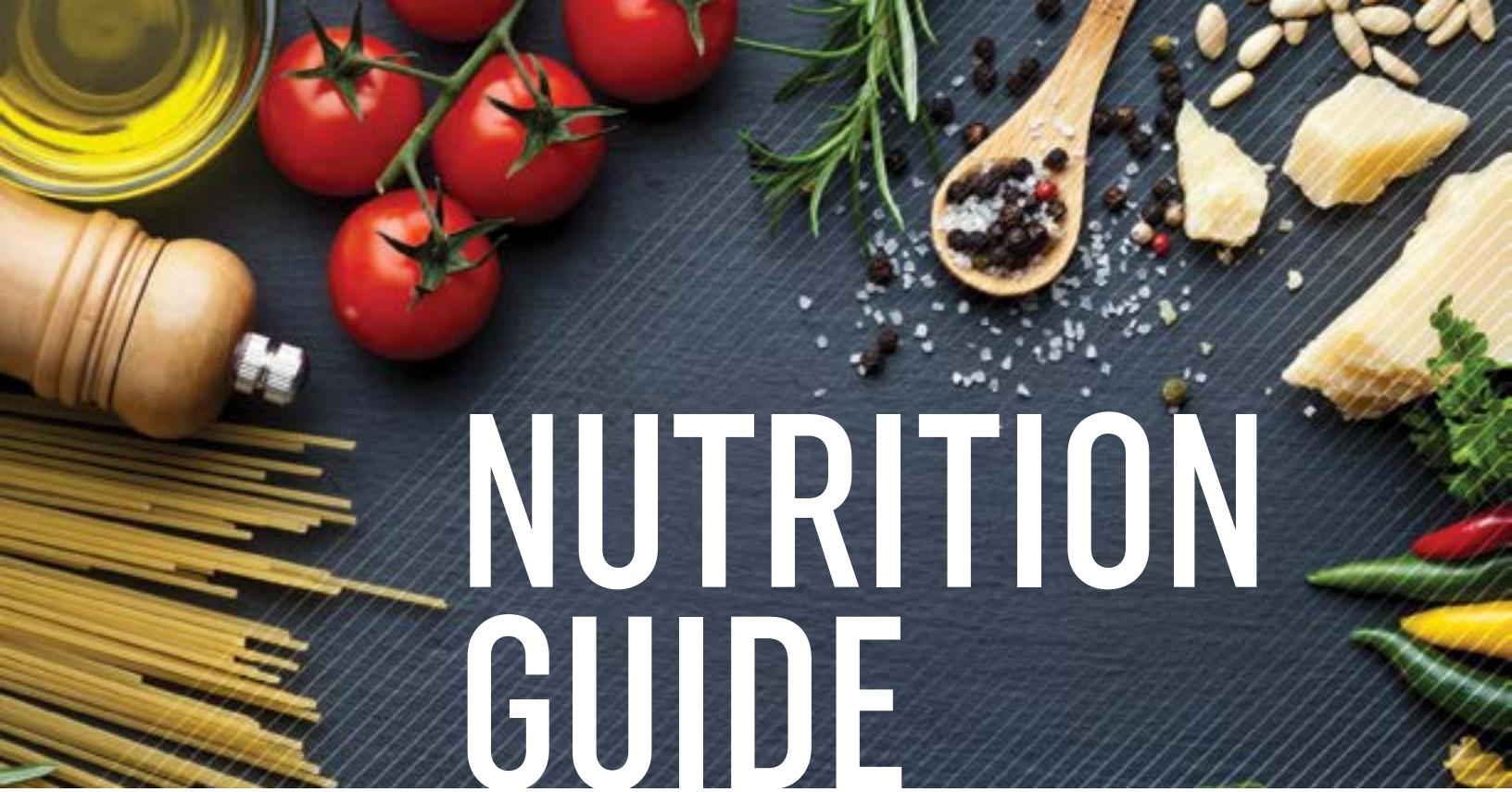
SYNC YOUR NUTRITION

Nutrition Guide
Dietitian-Curated Recipes & Tips

Monica Auslander Moreno, MS, RDN

ESSENCE
NUTRITION

STRONG
NATION®



NUTRITION GUIDE

Please keep in mind, every BODY is different. We all have unique nutrition needs. This plan is suitable for most, but you may require more or less based on your age, weight, metabolism, health, medical conditions, medications, activity level, fertility, etc. Please consult with your doctor before you begin any exercise or nutrition program. The information presented in this guide is in no way intended as a substitute for medical and/or nutritional counseling.

Monica Auslander Moreno, MS, RDN is the founder of Essence Nutrition, a group dietitian practice in Miami. Her practice serves private clients, corporate clients, and designs nutrition programming for various restaurants, facilities, and schools. Before opening her practice, Monica completed her undergraduate education at the University of Florida and earned her Master’s of Dietetics and Nutrition at Florida International University. Monica has spoken at national nutrition and wellness conferences, been featured in various print and media publications, and maintains membership within the Academy of Nutrition and Dietetics, Eating Disorder Dietitian Practice Group, and Weight Management Dietetic Practice Group.

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HUNGRY FOR FUEL?

LET'S GET COOKING

The 'SYNC Your Nutrition' book features registered dietitian Monica Auslander Moreno's curated recipes and recommendations to best support the physical demands of the STRONG Nation™ program. It is designed to be used in conjunction with STRONG Nation™ classes to fuel your nutrient needs and achieve your goals. This booklet can also serve as an educational resource for you and your students who want to streamline their intake to best accommodate their fitness journey.

Nutrition is complementary to fitness – the world's most elite athletes know their performance is highly dependent on food as fuel. STRONG Nation™ requires intense muscular demands in the form of weight-bearing exercise fused with calculated cardio – this places nutrient demands on the body that, if not met, will result in muscle mass loss. To adequately ensure muscle mass growth and replenish energy stores, consistent intakes of protein, carbohydrate, fat, fiber, and fluid are ideal. These recipes will help ensure nutrient needs are met to nourish you while propelling your STRONG Nation™ workouts.

You're welcome to customize recipes to your preference or for your medical or palate needs. You can even mix and match different dishes on different days. Allow this booklet to serve as a guide. It is by no means intended to be set in stone – you are encouraged to be flexible and honor your hunger, fullness, culture, social needs, and budget when you eat. Familiarize yourself with the concepts of Intuitive Eating and Mindful Eating and use these practices while following this plan.

This guide serves to develop long-term habits and attitudes towards food as opposed to short-term ones. Every eating experience is another opportunity to get to know your body better. Every meal is an opportunity to learn, reflect, evaluate, and grow. This is a long-term, involved process – this guide is simply the framework that seeks to develop the relationship you have with food over time. It is meant to start the path to healthy self-care, to finding joy in healthy foods, to banishing joyless diets, and to working with your personal needs to put you on a path to a better mind and body to best support your life with STRONG Nation™.

You'll notice that this plan emphasizes a variety of foods cooked and consumed in a variety of ways. Each food has a unique nutrient profile that delivers unique benefits. That is how you eat your vitamins rather than take your vitamins. Ideally, over the course of a week, you would eat a variety of food groups, ranging from fruits, vegetables, starches, grains, nuts, seeds, proteins, oils, spices, and dairy. That is how you harness the power of food to power you. While processed foods can be a satisfying treat, here we aim to power the body with the ultimate fuel: ingredients that grew in or walked on the Earth.

Your unique nutrient needs can only truly be accommodated by working with a registered dietitian. The information provided here is for informational purposes only, and is not intended to be a substitute for professional medical advice, diagnosis or treatment by a qualified medical professional. Any questions you may have concerning the diagnosis or treatment of a medical condition should be directed to your doctor or other qualified healthcare provider.



OWN THE KITCHEN

We know the kitchen can be a daunting place if you're not familiar with it.

Be **STRONG** –cook like no one is watching – and no one is judging! Cooking will ultimately save you time, money, and reduce food waste. If you have a family, share this booklet with them and ‘publish’ it in a visible place so they can feel involved and included – and join in on the fun!

SOME HELPFUL HINTS

PLAN TO PREP

Prep your meals in advance to make for shorter cooking times and an overall easier experience in the kitchen. First, build all your sauces and condiments for the week. You can arrange salads, but don't dress them until you're ready to eat them – soggy salads are not well-received.

READ YOUR RECIPES

Read recipes in their entirety – every word has its purpose! Plan out in advance what needs to go in the oven and on the stove first and forecast when you'll need to start preheating or prepping to ensure everything is ready at the same time.

For example: If your oven will be occupied with salmon, consider sautéing the veggies on the stove as it cooks. Proteins can take a while to thaw and cook.

CHEAT!

If you're too lazy to cook chicken – buy a rotisserie. Don't feel like sizzling a salmon? Hard boil a couple of eggs to get your protein for the day. Lop a hunk of burrata or mozzarella onto a salad. Invest in canned tuna, canned salmon, canned chicken, and sardines to easily combine with mustard or an avocado mayo for an easy ‘salad’ option. Buy canned beans and canned sweet potato puree. Opt for frozen fruits and vegetables – they're nutritionally the same, cheaper, and can last a long time (and can be easily zapped in the microwave!). You can even buy frozen pre-cubed sweet potatoes, squash, quinoa, and oatmeal. Keep a line of healthy sauces on hand if you don't feel like making your own, like mustard, miso, sauerkraut, kimchi, tamari, and no sugar added tomato sauce.

CREATE A STRONG PLATE

In general, try to fill up half your plate with veggies (cooked and/or raw), while reserving a quarter of the plate for protein and a quarter of the plate for a complex starch or grain. Sauces are welcome in any quadrant.

HYDRATE

You'll need a lot of fluids with **STRONG Nation™** workouts. Aim to drink half your weight in ounces of fluids each day. That means water, water, water! Cut back or eliminate soda, juice, tonics, and anything sweetened with artificial sweeteners.



GROUND RULES

Try to space out your meals in a way that works with your schedule, but try not to go more than four hours without eating something. This will keep your blood sugar stable and your metabolism running efficiently. If you prefer to fast before your morning workout, be sure to eat a nutritious breakfast within 30 minutes of ending your STRONG Nation™ class. There's no wrong time to work out or eat your Challenge-approved meals, but always make sure to eat when you're hungry and stop when you're full.

Eat at home and prepare your meals/snacks as often as possible. Restaurants are in the business of flavor, not health.

FLUIDS

NO JUICE. NO SODA. (And no, you don't get to cheat with artificial sweeteners.) You can have sparkling UNFLAVORED water, any tea, or any coffee (watch out for 'detox' drinks – they may contain laxatives).

To sweeten your tea/coffee: You may add Monk Fruit in the Raw or Stevia in the Raw. You can also add cashew or hemp milk (unsweetened); organic, grass-fed milk; turmeric, or cinnamon.

You may have 8 oz. of low-sugar kombucha per day (<2 grams of sugar per serving, like GT's Gingerade). ***Please be aware that kombucha does contain low levels of alcohol and may not be suitable for certain people with certain health conditions, on certain medications, or those under 21.***

TO CALCULATE YOUR FLUID NEEDS: Divide your weight in POUNDS by 2; that's how many OUNCES of fluid you need per day!

ALCOHOL

Stick to 2 servings per week, maximum (but ideally, zero!). Alcohol contributes to rapid fat storage, gastrointestinal irritation, dehydration, slowed metabolism, increased cravings and hunger, increased blood pressure, and inflammation. Your best bet is a clear spirit (vodka, gin) on the rocks or with some club soda and lemon.

SUGAR

Remember, sugar lurks EVERYWHERE. Always be on the lookout and assume it's sneaking into everything!

Only eat products labeled "Unsweetened" (nut butter, milk, nut milk, yogurt, kefir, oatmeal, etc.). If you're unsure, read the label! Make sure you buy raw nuts – no added flavors.

Sugar often hides under funky names. Watch out for: evaporated cane juice, maple syrup, molasses, sucrose, cane sugar, beet sugar, honey, agave, invert sugar, etc. Companies like to add sugar to whole wheat breads, canned beans, canned soups, oatmeal, granola, etc.



GROUND RULES

SAUCES:

Sugar lurks in virtually every sauce. You can NOT have ketchup, tomato sauce (unless it specifies 3 grams or less per serving on the label), honey mustard, sriracha, hot sauce, syrups, commercial salad dressings, thai chili sauce, eel sauce, spicy mayo, ponzu sauce, soy sauce, barbecue sauce, syrups, etc.

You CAN have: olive oil, vinegar, kimchi, mustard, sauerkraut, hummus, lemon or lime, spices, small amounts (<1 tsp) of hot sauce or Sriracha, Bragg's amino acids, San-J Tamari, wasabi, half-sour pickles, pickled ginger, guacamole, salsa, pico de gallo, salsa verde, chimichurri, and pesto.

FIBER

Fiber helps bind to blood sugar and cholesterol, helps keep us full, and promotes healthy bowel motility and a healthy bacterial environment in your body. Women: Aim for 25-28 grams of fiber per day. Men: Aim for 35-38 grams per day. Be sure to drink adequate fluid (above) with your fiber.

PROBIOTICS

Probiotics are species of live organisms that colonize different areas in and on our body and are essential for digestion, immunity, and weight control. Talk to your doctor or dietitian about probiotic supplementation but virtually everyone can consume fermented foods that have probiotics – it's encouraged for optimal health and weight control! Try kimchi, sauerkraut, kefir, yogurt, low-sugar kombucha, and pickled products.

VITAMINS / MINERALS

Everybody has unique vitamin/mineral needs. At your yearly physical, your doctor will determine if you need any kind of supplementation. A registered dietitian can also interpret your blood laboratory results and make this determination as well. Many people are deficient in iron, Vitamin D, and/or Vitamin B12 – but do NOT begin supplementation without having your levels tested first. You can get adequate vitamins and minerals from a balanced diet unless you have or are at risk for a deficiency.

CAFFEINE

Caffeine can slightly speed metabolism, suppress appetite, and aid in weight loss, but too much caffeine can lead to disturbances in blood pressure and gastrointestinal distress. It can also lead to dips in energy that can lead to cravings. Try to stick to < 3 caffeinated drinks per day if you are sensitive to caffeine. Caffeine is best consumed 20-30 minutes before a STRONG Nation™ workout.

SLEEP

Without adequate sleep (7-9 hours per night), the body's fat-storing hormones become more active and hunger/stress levels can increase.

BREAKFASTS

POWER OVERNIGHT OATS

Ingredients:

- $\frac{1}{3}$ - $\frac{1}{2}$ cup plain rolled oats
- 1 small apple (chopped)
- 1 tablespoon natural sunflower seed butter
- 1 teaspoon slivered almonds
- $\frac{1}{2}$ cup oats
- $\frac{1}{4}$ cup grass-fed whole milk or unsweetened cashew milk (or unsweetened nut milk of choice, or unsweetened oat milk / organic unsweetened soymilk)
- $\frac{1}{4}$ cup plain kefir or full-fat plain Greek yogurt
- $\frac{1}{4}$ teaspoon cinnamon
- 1 tablespoon chia seeds
- Dash of vanilla extract

Directions:

Combine all ingredients in a mason jar and close with lid. Refrigerate overnight to enjoy cold or warm in the morning. Top with chopped berries if desired. This version is unsweetened; but a dash of Manuka honey or real maple syrup is advisable if you'd like sweetener.

SWEET POTATO TOASTIES

Ingredients:

- 1 organic sweet potato
- 2 tablespoons tahini
- Dash of nutmeg
- 1 teaspoon cacao nibs
- 1 organic egg, cooked to preference in avocado oil (poached, scrambled, sunny side-up)
- $\frac{1}{4}$ avocado, mashed
- Dash of cayenne pepper or red pepper flakes

Directions:

Slice sweet potato lengthwise into $\frac{1}{4}$ inch thick slices. Place on a foil sheet in toaster oven or until insides of sweet potato are light brown. On Slice 1; smear tahini and top with nutmeg and cacao nibs (sweet option). On Slice 2; place cooked egg and smear avocado. Top with a dash of cayenne pepper or red pepper flakes.

BREAKFASTS

SHAKSHUKA

Ingredients:

- 2 tablespoons avocado oil
- 1 yellow onion, chopped
- ½ green pepper, chopped
- 3 garlic cloves, minced
- ¼ cup tomato paste
- 1 14-ounce can of crushed canned tomatoes
- 1 bay leaf
- 1 tablespoon kosher salt
- 1 teaspoon black pepper
- 1½ teaspoons paprika
- 1½ teaspoons cumin
- 2 cups chopped spinach (can use frozen and thawed or fresh)
- 4 organic eggs

Directions:

Heat oil in a large skillet. Add onion and sauté until clear; ~5-8 minutes. Add bell pepper and cook until softened. Stir in garlic and tomato paste for ~3 minutes. Add crushed tomatoes, bay leaf, salt, pepper, paprika, cumin, and sprinkle spinach on top. Cover and simmer for 20 minutes. Crack eggs directly into pot in four quadrants of the pan. Cover and simmer 10-15 minutes until yolks are at desired hardness. Note: this makes two servings; save the rest for another lunch or a friend! You can dip sprouted whole grain or local sourdough bread into this as well.

FIBER FUEL PANCAKES WITH CHIA JAM

Ingredients:

- 1 ½ cups blanched almond flour
- 2 tablespoons ground flaxseed
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- 3 large organic eggs, room temperature
- ¾ cup grass-fed whole milk (or unsweetened nut milk of choice, or unsweetened oat milk / organic unsweetened soymilk)
- 1 tablespoon coconut or avocado oil, melted
- 1 teaspoon Manuka honey or maple syrup
- 1 teaspoon pure vanilla extract
- ¼ teaspoon apple cider vinegar
- 1 cup spinach, pureed or pulsed in food processor

Chia Jam:

- ½ cup berries of choice
- 1 tablespoon chia seeds
- Lemon juice

Directions:

Whisk ingredients together; coat a pan lightly with oil and pour pancakes into 4-inch diameter circles; flip when golden on each side. Chia Jam: Melt ½ cup berries of choice in microwave (or saucepan) + 1 tablespoon chia + squeeze of lemon juice. Pour over pancakes.

BREAKFASTS

QUICHE AND CHOLINE MINI MUFFINS

Ingredients:

- 1 ¾ cups chickpea flour
- 6 organic eggs
- ¼ cup nutritional yeast
- 1 teaspoon baking powder
- 1 teaspoon garlic powder
- ¾ teaspoon kosher salt
- 1 bell pepper, color of choice, diced
- ¼ red onion, diced
- Handful of spinach or kale
- Chopped chives or scallions, for garnish

Directions:

Preheat oven to 375 °F. Mix all ingredients together and pour ¼ cup servings into greased muffin tins. Bake for 30-35 minutes.

SWEET POTATO HASH

Ingredients:

- 1 ½ tablespoons avocado oil
- 1 organic sweet potato, chopped into ½ inch wide cubes
- ½ onion, chopped
- 1 small bell pepper of color choice, chopped
- ¼ teaspoon paprika
- 2 organic eggs
- Kosher salt, to taste
- Optional: pinch red pepper flakes

Directions:

Preheat oven to 400 °F. Heat a large skillet over medium heat. Add 1 tablespoon of oil. Sauté onion and peppers until soft and fragrant. Add chopped sweet potatoes and stir. Add in salt, pepper, and paprika. Continue to stir and cook 7-10 minutes until sweet potatoes are softened. You may need to add additional oil. Create indent spaces for eggs on pan. Crack eggs into hash. Transfer mixture to oven and bake until eggs are cooked through; 10-15 minutes. Alternatively; reserve eggs in pan, cover, and simmer until eggs are cooked through. Garnish with red pepper flakes.

ELEVATED PB + J

Ingredients:

- 2 slices Ezekiel Food for Life Sprouted bread, toasted
- 2-3 tablespoons organic, unsweetened peanut butter (or sunflower seed butter or organic soy butter, if allergic)
- 2 tablespoons chia jam (found in previous fiber fuel pancakes recipe)
- Optional: cinnamon and 1 teaspoon chia seed, for crunch

Directions:

Assemble nut butter and chia jam on open-faced toast. Sprinkle with cinnamon and chia. Assemble sandwich and slice diagonally to serve.

BREAKFASTS

BROMELAIN BLAST SMOOTHIE

Bromelain is an enzyme implicated in muscle, tissue, and wound healing.

Ingredients:

- 1 cup frozen or fresh pineapple
- 2 fresh mint leaves
- 1 cup milk of choice (grass-fed whole milk or unsweetened nut milk of choice, or unsweetened oat milk / organic unsweetened soymilk)
- 6 raw cashews
- Optional: handful of raw spinach or kale, crushed ice, ground ginger

Directions:

Blend ingredients in blender until smooth.

FUELED-UP AVO TOAST

Ingredients:

- 2 slices Ezekiel Food for Life Sprouted bread, toasted or 100% whole wheat bread
- ½ avocado, scooped
- 1 teaspoon crumbled goat or feta cheese
- 1 organic egg, cooked as desired in avocado oil (scrambled, poached, sunny side up, etc.)
- Dash of paprika
- Dash of red pepper flakes
- Dash of sea salt
- Dash of pepper

Directions:

Assemble all ingredients atop toast. Carefully place in toaster oven until warm.

BURRITO FUERTE

Ingredients:

- 1 Siete Foods almond flour or cassava tortilla (or any brand of almond flour tortilla, cassava flour tortilla, or 100% whole wheat tortilla)
- ¼ cup black beans (from a can, rinsed and drained)
- ¼ cup pinto beans (from a can, rinsed and drained)
- ½ tomato, diced
- ¼ onion, diced
- ¼ cup purple cabbage
- ¼ avocado, cut into cubes
- ¼ cup full fat plain Greek yogurt (as a replacement for sour cream)
- 1 egg, cooked as desired in avocado oil (scrambled, poached, sunny side up, etc.) or alternative protein: 2 oz. organic tempeh, sauteed, or 1 oz. queso fresco
- Dash of paprika
- Fresh cilantro leaves, to taste

Directions:

Place tortillas in a hot skillet or oven set at 250 °F until warmed. Assemble all ingredients into burrito. Slice in half. Can dip into more Greek yogurt or any red or green salsa.

BREAKFASTS

CARROT CAKE OATMEAL CASSEROLE

Ingredients:

- 1 cup plain rolled oats
- 1 cup milk of choice (grass-fed whole milk or unsweetened nut milk of choice, or unsweetened oat milk / organic unsweetened soymilk)
- 2 eggs, whisked
- 2 teaspoons vanilla, divided
- $\frac{3}{4}$ cup shredded carrots
- $\frac{1}{2}$ cup walnuts, chopped
- 1 tablespoon ghee, clarified butter, organic butter, or grass-fed butter. If dairy-free, can use coconut oil.
- 1 teaspoon cinnamon

Icing:

- 1 $\frac{1}{2}$ cups plain Greek yogurt
 - 1 teaspoon vanilla
 - $\frac{1}{4}$ cup real maple syrup or Manuka honey.
- Alternatively, lightly sweetened vanilla yogurt like Siggis

Directions:

Preheat oven to 350 °F and grease a 9 x 13 baking dish with avocado oil.
Mix together all ingredients (except the icing) and pour into pan.
Bake for 50 minutes. Icing: Whip all ingredients until fluffy. Serve atop the squares.

BLISS BOWL

Ingredients:

- 1 frozen banana
- 1 handful spinach or kale
- 1 $\frac{1}{2}$ cups frozen mixed berries
- $\frac{1}{4}$ cup milk of choice
- 1 teaspoon cacao nibs
- 1 teaspoon chia seeds
- 1 teaspoon hemp seeds
- 1 teaspoon unsweetened coconut flakes or chips
- 1 teaspoon almond or cashew butter, melted

Directions:

Blend greens and a few splashes of milk in a blender. Add in mixed berries and banana. Pour into bowl. Create 'lines' and top with remaining dry ingredients. Drizzle with nut butter. Enjoy with a spoon.

BREAKFASTS

FARMHOUSE PARFAIT WITH BUCKWHEAT GRANOLA

Ingredients:

- ¾ cup full-fat plain Greek Yogurt
- ¼ cup diced strawberries
- ¼ cup diced blackberries
- ¼ cup diced blueberries
- Cinnamon, to taste
- 1 teaspoon vanilla extract

Buckwheat granola: (reserve extra for later; you'll use ¼ cup - ½ cup) cooked

- ½ cup buckwheat groats
- ½ cup rolled oats
- ¼ cup sunflower seeds
- ½ tablespoon chia seeds
- ½ teaspoon kosher salt
- 1 tablespoon honey
- ¼ teaspoon cinnamon
- 2 tablespoons avocado oil
- 2 tablespoons goji berries or raisins

Directions:

Granola: Preheat oven to 325 degrees. Toss all ingredients except dried fruit; spread on a lined baking sheet and bake until toasty (~30 minutes). Remove from oven and add dried fruit; mixing evenly. Store leftover granola in an airtight container in refrigerator.

Whisk vanilla, cinnamon, and yogurt. Layer yogurt, berries, and granola until top of a tall glass is reached.

NITRATE AND NIBS SMOOTHIE

Nitrates allow blood vessels to open and receive oxygen for enhanced athletic performance.

Ingredients:

- 1 cup milk of choice
- 2 tablespoons cacao nibs
- 1 celery stalk
- ½ cup beets (canned -- rinsed or drained, or freshly boiled)
- 1 frozen banana

Directions:

Blend all ingredients until smooth.



BREAKFASTS

BETTER BAGEL + LOX

Ingredients:

- 2 oz. smoked wild nova or lox salmon
- 2 tablespoons labneh cheese, or organic cream cheese
- 2 tablespoons diced onion
- 1 tablespoon capers
- ½ lemon, not juiced
- 2 tomato slices
- 2 tablespoons diced olives
- 1 Ezekiel Food for Life English Muffin or 100% whole wheat English muffin or 2 slices 100% whole wheat bread, or homemade bagel

Homemade Bagel:

- 4 eggs
- 3 tablespoons avocado oil
- 1 tablespoon apple cider vinegar
- 2 tablespoons chicken broth, bone broth, or veggie broth
- 1 ¼ cups almond flour
- ¼ cup tapioca flour or arrowroot flour
- 3 tablespoons coconut flour
- 1 teaspoon baking powder

Seasoning mix:

- ½ teaspoon sesame seed
- ½ teaspoon poppy seed
- ¼ teaspoon salt
- ⅝ teaspoon onion powder
- ¼ teaspoon garlic powder or garlic flakes

Directions:

Preheat oven to 350 °F. Grease a donut pan with avocado oil. Whisk eggs, oil, apple cider vinegar, and broth. Stir in almond flour, baking powder, tapioca flour, and coconut flour. Fill each donut mold with batter. Sprinkle seasoning on top to taste. Bake for 10-12 minutes. Toast muffin/bread/bagel in toaster oven. Layer labneh, lox, and vegetables onto muffin/bread/bagel. Squeeze lemon juice over both sides. Enjoy open faced or as a sandwich.



LUNCHES

CHARGED UP CAPONATA

Ingredients:

- 2 cups eggplant (diced)
- 2 teaspoons avocado oil
- 1 tablespoon raisins
- 1 tablespoon pine nuts or other chopped nut / seed
- 12 grape tomatoes (halved)
- ¼ of a medium onion (diced)
- 1 garlic clove (minced)
- ½ can chickpeas, drained and rinsed
- Option to add a trout filet here for more protein, if desired. If using, select 1 4-oz trout filet, de-skinned and deboned. You'll also need 2 extra teaspoons of avocado oil, some salt, and some pepper.

Directions:

Dice the eggplant into 1-inch pieces and steam for about 7 minutes or until tender. Add oil to the pan and cook the onion and garlic for 5 minutes, stirring continuously. If the mixture is too dry, add water 1 tablespoon at a time to prevent scorching. Add the rest of the ingredients to the pan and cook over medium-low heat for 10 minutes. Add salt and pepper to taste. Top with chickpeas (you can heat briefly in a saucepan or microwave to warm). If using fish, coat a separate pan with 1-2 teaspoons avocado oil and heat over medium heat until glistening. Season fish on both sides with sea salt and pepper (~½ tsp each). Cook filet in pan, about 3-5 minutes per side, until fish is opaque and flakes easily with a fork. Serve over caponata.

PORTOBELLO TACOS

Ingredients:

- 1 Ezekiel Food for Life tortilla or 100% whole wheat tortilla
- 1 portobello sliced ¼ inch thick
- 2 tablespoons mashed avocado
- 3 tablespoons salsa (tomato salsa or green salsa)
- 1 cup spinach
- 2 teaspoons avocado oil
- 1 oz. queso fresco or feta cheese

Directions:

Sauté mushroom in oil over medium-high heat on each side for about 3-5 minutes or until cooked through. Add salt and pepper to taste. Divide ingredients onto tortilla, sprinkle with cheese, and enjoy.



LUNCHES

QUINOA HASH

Ingredients:

- 2 oz. chicken breast (boneless, skinless)
- ½ cup cooked quinoa
- 1 tablespoon pistachios, diced
- 1 teaspoon extra virgin olive oil
- 2 teaspoons balsamic vinegar
- ½ sweet potato, pre cooked (pierce with fork, coat in avocado oil, bake for 45 minutes - 1 hour at 425 °F)
- 1 cup shiitake mushrooms

Directions:

Put the chicken breast in a pot and cover with water. Bring water to a boil, then lower the heat so the water is just barely simmering. Let the chicken cook for 5 minutes, turn off the heat and cover sauté the mushrooms over medium-high heat on each side for about 3-5 minutes or until cooked through. Add salt and pepper to taste. Dice cooked sweet potato and add to mixture. Layer the ingredients onto the sandwich bun, and drizzle with balsamic vinegar.

TRICOLOR SALAD

Ingredients:

- ½ cup edamame (shelled)
- ½ cup organic corn kernels
- 1 teaspoon extra virgin olive oil
- 2 teaspoons fresh lime or lemon juice
- 5 cherry tomatoes, halved
- 1 oz. goat cheese

Directions:

Defrost the edamame and corn, if frozen. Combine all ingredients in a bowl and add salt and pepper to taste. Top with goat cheese.

FIESTA SALAD

Ingredients:

- 2 oz. mahi-mahi or other firm white fish
- 2 cups spinach
- 1 clementine or ½ orange
- 12 pistachios or 6 chopped almonds
- ½ cup grapes, halved
- 1 teaspoon extra virgin olive oil
- 2 teaspoons vinegar or lemon juice

Directions:

Using a knife, cut diagonal slits into the fish. Do not cut all the way through the fish. Fill a saucepan with water and heat over medium. Do not bring to a boil. Add fish and let cook for 3-5 minutes or until cooked through. Remove fish from the water and blot off excess water. Combine all ingredients in a bowl, then add salt and pepper to taste. Combine the remaining ingredients and serve fish on top.



LUNCHES

SPINACH SALAD

Ingredients:

- 2 cups spinach
- 2 hard-boiled eggs, chopped
- ¼ cup chickpeas, drained and rinsed
- 8 almonds, chopped
- ½ of an apple, diced
- 1 teaspoon extra virgin olive oil
- 2 teaspoons vinegar or lemon juice

Directions:

Put all of the ingredients together in a bowl, toss, then add salt and pepper to taste.

QUESADILLAS

Ingredients:

- 2 teaspoons olive oil
- ¼ medium onion, sliced
- ¼ bell pepper, sliced
- Handful of spinach
- Handful of red cabbage
- ¼ cup diced tomato
- ¼ teaspoon cumin
- ¼ cup queso fresco or organic shredded cheese
- 3 oz. chicken breast, cubed
- 1 tablespoon Greek yogurt, plain
- 1 tablespoon avocado, mashed
- 1 Ezekiel Tortilla or Siete Foods or 100% whole wheat tortilla
- 3 tablespoons salsa (any)

Directions:

Heat 1 teaspoon of oil in a sauté pan over medium heat. Add the onions and cook for 5 minutes. Add the peppers, and cook for another 3 minutes and set aside. Sprinkle the cumin on the chicken. Add the remaining oil to the pan, and cook the chicken for about 5 minutes or until cooked through and set aside. Spread the cheese on 1 tortilla and avocado on the remaining tortilla. Place the tortilla with the cheese in the pan, top with onions, peppers and chicken, and top with the remaining tortilla. Cook for 1-2 minutes until quesadilla browns slightly, then carefully flip over to toast the other side. Cut into quarters and serve with salsa + Greek yogurt (instead of sour cream).



LUNCHES

TOMATO QUICHE

Ingredients:

Crust:

- 2 cups almond flour
- 3 garlic cloves, minced
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon fresh thyme or 1 teaspoon dried thyme
- ⅓ cup olive oil
- 1 tablespoon + 1 teaspoon water

Filling:

- 1 shallot, finely chopped
- 2 cups kale, finely chopped (optional)
- 2 large tomatoes, halved and thinly sliced
- ¼ cup fresh basil, thinly sliced
- 6 whole eggs
- ½ cup milk of choice
- 4 oz. crumbled goat cheese
- 1 tablespoon olive oil
- Pinch of salt

Directions:

Preheat oven to 400 °F. Grease a 10-inch cast iron skillet or pie pan with avocado oil. Combine the almond flour, garlic, salt, pepper, and thyme in a large bowl and stir together. Pour in the olive oil and water and stir together until a dough forms. Transfer the dough into the center of the pan and press into and up the sides. Bake in the oven for 16-18 minutes, until light golden brown. Remove from oven. Meanwhile, warm one tablespoon of olive oil in a skillet over medium heat. Add the shallot and the kale and cook for about 5-7 minutes, until kale has softened. Pour into crust. In a large bowl, whisk milk, eggs, basil, salt and goat cheese. Arrange the tomato slices in a circle on top of the kale until the entire perimeter is covered, then pour egg mixture on top. Bake for 30 minutes.

LUNCHES

TUNA WRAP

Ingredients:

- ¼ cup chickpeas
- 3 sun-dried tomatoes (rehydrated in 2 tablespoons hot water)
- 1 teaspoon olive oil
- 1 can wild chunk light tuna
- 2 tablespoons plain greek yogurt
- ½ stalk celery, diced
- 2 tablespoons onion, diced
- 10 grapes, chopped
- ¼ teaspoon black pepper
- ¼ cup shredded carrots
- 1 tablespoon vinegar or lemon juice
- 2 cups lettuce or spinach
- 1 tablespoon walnuts, chopped
- 1 Ezekiel or Siete Foods tortilla or 100% whole wheat tortilla

Directions:

Mash tuna with yogurt, pepper, celery, onion, and grapes. Puree the chickpeas and sun-dried tomatoes with the water until they have the consistency of hummus. Add water to thin, if necessary. Spread the chickpea puree on the tortilla, top with spinach and fish. Add remaining toppings. Fold the ends of the wrap in toward the middle and roll up.

CHILI

Ingredients:

- 1 tablespoon olive oil
- ½ medium onion, chopped
- 1 bay leaf
- ½ teaspoon ground cumin
- 1 tablespoon dried oregano
- 1 celery stalk, diced
- 1 red bell pepper, diced
- 2 garlic cloves
- 1 sweet potato, diced
- 1 28-ounce can of whole peeled tomatoes, crushed
- ¼ cup bone broth or veggie broth
- 1 15-ounce can of kidney beans (rinsed and drained)
- 1 15-ounce can of chickpeas
- 2 tablespoons chili powder
- 2 teaspoons ground pepper
- 1 teaspoon cayenne (optional)
- 3 oz. organic ground turkey

Directions:

Heat oil in a large pot over medium heat. Add the onion, and cook until softened, about 5 minutes. Add bay leaf, cumin, oregano, celery, bell pepper, garlic, and ground chili. Toss until browned/cooked through. Add sweet potatoes and 1/4 cup of broth. Cook until vegetables are tender, stirring occasionally, about 8 minutes. Add the tomatoes to the pot. Fill the empty tomato can with water and add to the pot. Add the beans, chickpeas, chili powder, ground pepper and cayenne, if desired. Bring the mixture to a boil, then reduce it to a simmer and continue cooking for 30 minutes. Add salt and pepper to taste.

LUNCHES

CHICKEN LETTUCE WRAPS

Ingredients:

- 2 teaspoons olive oil
- 4 oz. chicken breast, cubed
- ¼ cup mushrooms, roughly chopped
- ¼ cup water chestnuts, chopped
- ½ teaspoon ginger root, grated
- 1 small garlic clove, chopped
- 2 teaspoons rice wine vinegar
- 1 teaspoon tamari sauce
- 2 tablespoons scallions, chopped
- 1 teaspoon sesame seeds, toasted
- 1 cup cooked quinoa + riced cauliflower (half and half)
- Romaine or Bibb lettuce leaves

Directions:

Heat 1 teaspoon of oil in a sauté pan over medium heat. Add the chicken, and cook until it's no longer pink in the center, about 6 minutes. Set the chicken aside, and add the remaining oil to the pan. Add mushrooms, water chestnuts, ginger and garlic to the pan. Cook until fragrant, about 7 minutes. Combine rice wine vinegar and tamari. Toss chicken, vegetables, and riced cauliflower quinoa mix with tamari mixture. Divide into lettuce leaves, and top with scallions and sesame seeds.

SALMON PATTIES

Ingredients:

- 1 teaspoon olive oil
- ½ cup black beans, drained and rinsed
- 1 can wild salmon
- 1 scallion, chopped
- 2 teaspoons Dijon mustard
- 1 teaspoon rice wine vinegar
- 2 tablespoons oat flour
- ¼ teaspoon ground ginger
- 1 tablespoon chopped cilantro
- 1 100% whole-wheat hamburger bun
- Lettuce leaves
- Tomato slices
- 1 Pickle, diced (read label on pickle – look out for any artificial coloring or preservatives)

Directions:

Heat the oil in a sauté pan over medium heat. Combine all of the ingredients (except for the bun), and form into a patty. Cook the patty until browned on both sides, and cook to desired temperature, about 3 minutes on each side for medium-well. Serve the patty on the hamburger bun, and top with lettuce, pickle and tomato.



LUNCHES

SHRIMP BRUSCHETTA

Ingredients:

- 1 teaspoon olive oil
- 1 garlic clove, minced
- 4 large shrimp, deveined and cut into 1/2-inch pieces
- 10 grape tomatoes, halved
- 4 basil leaves, hand torn
- 2 slices Ezekiel bread or local sourdough, thick cut

Directions:

Heat the oil over medium heat in a sauté pan. Add garlic, and cook until lightly browned. Add shrimp to the pan, and cook until opaque, about 2-3 minutes. Combine shrimp, tomatoes and basil in a bowl, and season with salt and pepper to taste. Serve on top of toasted bread (can add ghee on bread + basil).

LENTIL MEATLOAF

Ingredients:

- 1 teaspoon olive oil
- ¾ cup lentils, cooked and divided, drained and rinsed
- ¼ medium onion, chopped
- ¼ cup rolled oats
- 3 tablespoons Parmesan cheese, grated
- 1 tablespoon egg (whisked)
- 2 tablespoons tomato puree
- 1 small garlic clove, chopped
- Dash of dried oregano
- 1 cup spinach
- 2 teaspoons extra virgin olive oil
- 1 tablespoon white vinegar
- ½ medium apple, chopped

Directions:

Preheat the oven to 350° F. Lightly spray 3 cups in a muffin pan with canola oil, or use a paper towel to grease the pan. Puree 3/4 of the lentils, and combine the remaining lentils and onions, oats, parmesan, egg, tomato puree, garlic and oregano in a bowl. Add salt and pepper to taste. Divide the mixture evenly into muffin tins, and bake until the top is browned, about 25-30 minutes. These can be served with a side salad, as a sandwich, with a side of sautéed spinach, etc. Combine spinach, oil, vinegar and apple. Serve alongside the meatloaf.

TACO NIGHT

Ingredients:

- 3 4-inch diameter whole wheat tortillas; or 1 large Siete Foods / Ezekiel Tortilla
- ½ bell pepper, chopped
- ¼ white onion, chopped
- ½ avocado, cubed
- ½ tomato, chopped
- ½ cup purple cabbage
- 1 oz queso fresco or organic shredded cheese
- 1 chicken breast
- Chopped cilantro, to taste
- 1 tablespoon olive oil
- Salt, to taste
- Plain Greek yogurt
- ½ can black beans or pinto beans, drained and rinsed

Directions:

Coat chicken breast in salt and heat oil in a medium heat skillet. Cook chicken until cooked through. Cube into pieces and set aside. Heat beans in a saucepan until warmed through. Warm tacos in oven. Roll taco(s) in aluminum foil and bake at 350 °F for 10-15 minutes. Stuff remaining ingredients into tacos. Dip into Greek yogurt (sour cream) or guacamole/ salsa.

FARRO RISOTTO

Ingredients:

- 1 lb mushrooms of choice, rinsed
- 1 quart chicken stock or vegetable stock
- 1 ½ cups farro (dried)
- 2 tablespoons olive oil
- ½ cup chopped onion
- Salt and pepper, to taste (~1-2 teaspoons salt)
- 2 large garlic cloves, minced
- 1 teaspoon dried rosemary
- ¼ cup - ½ cup parmesan
- ¼ cup chopped fresh parsley

Directions:

Place the farro in a bowl, and pour in enough hot water to cover by an inch. Soak for 10 minutes and then drain in colander. Heat the oil over medium heat in a large, heavy nonstick skillet. Add the onion. Cook, stirring, until it begins to soften, about three minutes. Add mushrooms. Cook, stirring, until they begin to soften. Add salt, rosemary, and garlic. Continue to cook, stirring often, until the mushrooms are tender, about five minutes. Add the farro. Cook, stirring continuously, for two minutes. Add all but about 1 cup of the stock, and bring to a simmer. Cover and simmer 50 minutes or until the farro is tender; stir every 5 minutes until liquid is mostly absorbed. Add the parmesan, parsley and pepper, and stir together.

STEAK MASH-UP

Ingredients:

- 1 12 oz. bag cauliflower florets
- 1 teaspoon rosemary
- Salt, to taste
- 1½ cups shredded cheese
- ¼ cup ghee
- 2 tablespoons chives
- Black pepper
- 4 round steaks (grass-fed preferred) ~ ½ inch thick
- 2 cloves garlic, chopped
- 8 oz. mushrooms, rinsed and chopped
- ½ cup chicken or veggie broth

Directions:

Combine 2 cups water, cauliflower, rosemary and 1/2 teaspoon salt in a pot and bring to a boil. Cover, reduce the heat to low and cook until the cauliflower is very tender, about 10 minutes. Drain and transfer to a food processor or blender. Add the cheese and 1 tablespoon ghee and blend. Transfer to a bowl and stir in the chives; season with salt and pepper. Cover to keep warm. Season the steaks on both sides with salt and pepper. Melt 1 tablespoon ghee in a large skillet over high heat for 1 minute. Add the steaks and cook until browned, about 1 1/2 minutes per side. Transfer steaks to plate. Add 1 tablespoon ghee to the skillet. Reduce the heat to medium high and add garlic. Cook, stirring, 30 seconds. Add the mushrooms and cook about 3 minutes. Add the chicken broth; cook until thickened, about 4 minutes. Add the steaks and any of their juices and the remaining 1 tablespoon ghee to the skillet. Cook, turning the steaks to coat for about one minute. Serve atop cauliflower puree.

PORTOBELLO KEBABS

Ingredients:

- 3 large portobello mushrooms, rinsed
- 1 tomato, sliced
- ½ onion, sliced
- ½ green bell pepper, chopped into 1-inch squares
- ½ red bell pepper, chopped into 1-inch squares
- ½ zucchini, sliced
- ¼ cup olive oil
- Salt + pepper

Directions:

Toss all ingredients with olive oil, salt, and pepper. Spear and arrange all vegetables onto wooden skewers. Grill for 10-12 minutes or bake in a 425 °F oven for 15-20 minutes.

EGGPLANT PARMESAN

Ingredients:

- 1 medium eggplant
- ½ teaspoon salt
- 1 large egg
- 1 tablespoon olive oil + more for sauteing
- 1 cup almond flour
- 1 cup mozzarella cheese
- 2 teaspoons garlic powder
- ½ teaspoon salt or to taste
- ½ teaspoon pepper
- 1 teaspoon Italian seasoning

Directions:

Slice eggplant into 1/3 inch thick slices and arrange in a single layer. Sprinkle with salt and let sit 30 minutes. Blot eggplant dry with a paper towel. In a shallow bowl, whisk egg. In a larger bowl, whisk together almond flour, Italian seasoning, mozzarella, garlic powder, salt and pepper. In a large skillet, heat 1 tablespoon oil over medium heat. Dip each slice of eggplant in egg, shaking off excess, then dredge in almond flour mixture and shake off excess. Working in batches, arrange eggplant slices in skillet and fry until coating is browned and crisp, a few minutes per side. Remove and let drain on a paper towel lined plate. Top with tomato sauce.

BAKED SNAPPER IN FOIL BED

Ingredients:

- 1 snapper or trout fillet
- 1 teaspoon black pepper
- ½ lemon, sliced
- ½ tablespoon avocado oil
- 1 teaspoon garlic salt or ½ teaspoon garlic powder and ½ teaspoon kosher salt
- Aluminum foil

Directions:

Preheat oven to 400 °F. Rinse fish and pat dry. Rub fillet with olive oil, garlic, salt, and pepper. Place fillet in aluminum foil on a baking sheet. Squeeze some leftover lemon over fish. Arrange lemon slices atop fillet. Seal fish in a 'bed' of aluminum foil (cover all around). Bake for 15-20 minutes until fish is cooked through.

BLACK BEAN CAKES

Ingredients:

- 3 teaspoons olive oil
- ½ small onion, chopped
- 2 garlic cloves, minced
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- Dash cayenne (optional)
- ¾ cup black beans (drained and rinsed), divided
- ½ cup oat flour
- 2 tablespoons milk of choice
- 1 cup of spinach or 100% whole wheat hamburger bun

Directions:

Preheat oven to 375° F. Add 1 teaspoon of oil to a sauté pan over medium heat. Sauté the onions and garlic until softened. Add the spices, and cook for 1 additional minute. Put the onion mixture and 3 tablespoons of beans into a food processor. Blend the mixture until it is almost smooth. Transfer the mixture to a bowl, and add the remaining beans. Add salt and pepper to taste. Put the flour, milk into three separate dishes. Form the bean mixture into 3 patties, and dip them in flour first, then milk, then oat flour. Heat 2 teaspoons of oil in a sauté pan over medium-high heat, and sear the patties for 1 minute on each side. Finish cooking the patties in the oven for 10 minutes. Optionally, serve over sauteed spinach or within a 100% whole wheat hamburger bun.

MISO STIR FRY

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon ginger, grated
- 1 garlic clove, minced
- 3 oz. chicken breast strips
- ½ cup miso paste
- 1 cup broccoli florets
- 1 cup snow peas
- 1 cup mushrooms, sliced
- 1 cup bell pepper, sliced
- ¼ cup water chestnuts
- 2 teaspoons tamari
- 2 tablespoons scallions, chopped
- ½ cup cooked brown rice and/or riced cauliflower, cooked. You can choose just the rice, just the cauliflower, or combine the two.

Directions:

Heat 1 teaspoon of oil over medium-low heat in a wok or sauté pan. Cook ginger and garlic until fragrant, about 2 minutes. Raise heat to medium, and add the chicken and miso. Sauté until cooked through, about 5 minutes, and set aside. Add remaining oil and broccoli to the pan. Cook 3 more minutes and then add the snow peas, mushrooms and sliced bell peppers. Cook for another 3 minutes. Add water chestnuts and chicken to the pan, and top with tamari. Toss well to combine. Serve on top of brown rice or riced cauliflower.

PESTO PEA PASTA

Ingredients:

- 1 box bean penne pasta / quinoa penne pasta / 100% whole wheat penne
- 2 oz. mint leaves
- ½ clove garlic, crushed
- ½ cup olive oil
- ½ lemon's juice
- 2.5 oz. pecorino or parmesan cheese, grated
- ½ cup peas, frozen and cooked or fresh
- 2 tablespoons pine nuts
- Sea or Kosher salt + pepper

Directions:

Cook pasta in boiling water until pasta is al dente per boxed instructions and drain. Blend or process pine nuts, garlic, peas and mint leaves until blended and slowly drizzle in olive oil. Continue to blend and add in cheese with a dash of salt + pepper. Pour mixture and pasta into a skillet; coat evenly. Cook on medium-high heat for 3-5 minutes as you add in lemon juice; you can also add in 1 tablespoon ghee here. Garnish with extra cheese.

SPAGHETTI SQUASH BOATS

Ingredients:

- ½ small spaghetti squash (seeds scraped out), sliced lengthwise
- 2 teaspoons olive oil
- 2 oz. ground turkey, organic
- ¼ medium onion, chopped
- 1 garlic clove, minced
- 1 small celery stalk, chopped
- 1 small carrot, chopped
- 1 tablespoon tomato paste
- ½ cup bone broth or veggie broth
- ½ cup diced canned tomatoes
- 2 tablespoons parsley, chopped
- Parmesan cheese, to taste

Directions:

Preheat the oven to 375° F. Put the spaghetti squash cut-side down on a parchment-lined or lightly sprayed baking sheet, and bake until tender, about 35-45 minutes. Heat 1 teaspoon of oil in a pan over medium-high heat. Add turkey to the pan, and cook until browned and set aside. Add the remaining oil and vegetables to the pan. Stir continuously to prevent burning. Once the vegetables are soft, add tomato paste to brown slightly, about 3 minutes. Add the broth and tomatoes, and stir to combine. Bring sauce to a simmer, add turkey to the pan and reduce the sauce to desired consistency. Add salt and pepper to taste. Stuff meat mixture into spaghetti squash, and top with parsley and Parmesan cheese, if desired.

MUSCLE MUSSEL BAKE

Ingredients:

- 2 teaspoons olive oil
- ¼ fennel bulb, chopped
- ¼ medium onion, chopped
- 1 garlic clove, minced
- 1 teaspoon tomato paste
- 1 pound mussels
- ½ cup white wine, water, vegetable or fish stock
- 1 pint (2 cups) Grape tomatoes
- 1-2 slices Ezekiel bread or local sourdough bread, toasted, can add ghee

Directions:

Heat oil in a sauté pan over medium heat. Add fennel, onion and garlic to the pan, and cook for 5 minutes, stirring occasionally. Add tomato paste to the pan, and cook for an additional 2 minutes, stirring continuously. Add mussels and wine to the pan and cover. Mussels will start to open quickly, in about 3 minutes. Remove the mussels from the pan as they begin to open, and set aside in a bowl. Continuously check the mussels to prevent over-cooking. Once all the mussels are cooked, season the remaining sauce in the pan with salt and pepper to taste. Pour the sauce over the mussels and serve with bread / sauteed tomatoes. To sauté tomatoes; Add olive oil to a skillet; toss ½ cup grape or cherry tomatoes with salt + basil seasoning (½ teaspoon). Cook until softened.

ZUCCHINI LASAGNA

Ingredients:

- 2 ½ tablespoons olive oil
- 1 small onion, chopped
- ½ teaspoon red pepper flakes
- 1 28-ounce can diced tomatoes
- 1 tablespoon dried oregano
- 2 teaspoons salt
- 2 medium zucchini
- 1 cup ricotta cheese
- ¼ teaspoon black pepper
- ½ cup grated parmesan cheese

Directions:

Preheat oven to 375 °F. In a large pan set over medium heat, heat 2 tablespoons of oil. Add onion and red pepper flakes and cook, stirring occasionally until the onion is tender, about 8 minutes. Add tomatoes and bring the mixture to a boil. Reduce the heat to medium and simmer until it thickens, about 20 minutes. Stir in the oregano and salt. Let cool. Slice the zucchini lengthwise into thin strips (about 1/8 inch thick) or use a spiralizer to create ribbons. Put 5 or 6 zucchini slices, overlapping slightly, in the bottom of an 8 x 8-inch baking dish. Top with 1 cup of the sauce. Dot with 1/4 cup of the ricotta. Repeat the layers twice, alternating the direction of the zucchini. Top with the remaining zucchini and brush the top with the remaining 1/4 teaspoon oil. Dot with the remaining 1/4 cup ricotta and season with the black pepper. Top with parmesan cheese. Bake for 50 to 60 minutes, until the lasagna is bubbling and top is toasted.

SWEET POTATO STEW

Ingredients:

- 2 medium organic sweet potatoes, cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon crushed red pepper flakes
- 1 15-ounce can navy beans or cannellini beans, rinsed and drained
- 1 cup bone broth or veggie broth
- ½ 14-ounce can of diced tomatoes
- ¼ cup fresh cilantro leaves, chopped
- Optional garnish: plain full fat Greek yogurt (dollop; ~ 2-3 tablespoons)

Directions:

Bring a large pot of water to a boil. Put the sweet potatoes into the water and cook until tender, about 7 minutes. Set aside. Heat oil over medium heat. Add garlic, cumin, cinnamon, and red pepper flakes. Cook for 30 seconds, stirring continuously. Add the beans, broth, and tomatoes and stir until well combined. Bring to a boil; reduce to a simmer and cook, stirring occasionally, for 7 minutes. Add potatoes and simmer, stirring occasionally, for 7 minutes. Stir in cilantro. Can garnish with a dollop of plain Greek yogurt.

SALMON MEATLOAF

Ingredients:

- 16 oz. canned wild salmon (can also use chunk light tuna)
- 1 ½ cup oat flour
- 2 eggs, whisked
- ½ cup plain greek yogurt
- 2 tablespoons melted ghee or olive oil
- 3 tablespoons chopped onion
- 1 tablespoon chopped fresh parsley
- 1 teaspoon dried dill (or can use 1 tablespoon fresh chopped dill)
- ½ teaspoon salt
- Pepper, to taste
- ½ tablespoon avocado oil, for greasing pan

Directions:

Preheat oven to 350 °F. Grease a loaf pan with avocado oil. Combine salmon and oat flour in a bowl with a fork and fluff. Whisk eggs with yogurt and melted ghee/oil and place into salmon and add the spices. Press mixture into loaf pan. Bake 45-55 minutes or until cooked through.

DINNERS

BAKED TROUT

Ingredients:

- 1 organic potato, diced into 1 inch cubes
- 2 teaspoons olive oil
- ¼ medium onion, thinly sliced
- ¼ bell pepper, chopped
- 1 tablespoon balsamic vinegar
- 2 cups kale, chopped
- 4 oz. wild trout (or halibut)
- Dash of thyme

Directions:

Preheat oven to 400 °F. Toss potatoes with 1 teaspoon of olive oil in a sauté pan over medium heat. Cover and cook for 7 minutes, stirring occasionally. Set aside. Heat 1 teaspoon of olive oil over medium-low heat in an oven safe skillet. Add onion, pepper, and vinegar, cover, and cook for 2-3 minutes or until tender. Add kale and the cooked potatoes into the mix and stir to combine. Nestle the trout in with the vegetables, add salt, thyme and pepper to taste. Cover and put the skillet in the oven. Cook until fish is cooked through, about 10 minutes.

KALE CHIPS + TZATZIKI SAUCE

Ingredients:

- 1 bunch kale
- 2 teaspoons avocado oil

Tzatziki Sauce:

- ½ cup diced cucumber
- ½ cup plain Greek yogurt
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons chopped fresh mint and or dill
- 1 ½ teaspoons lemon juice
- 1 medium clove garlic, pressed or minced
- ¼ teaspoon sea salt

Directions:

Preheat the oven to 350 °F. Remove the kale leaves from the stems, and tear or cut into 2-inch pieces. Wash and dry the kale thoroughly. Toss the kale with oil, and lay flat on a baking sheet lined with parchment paper. Add salt to taste. Try your favorite spices (garlic, cumin, smoked paprika, etc.) to add flavor. Bake for 10-15 minutes or until crisp.

Sauce: Blend all ingredients.

TOASTED CHICKPEAS + TURMERIC SPICE DIP

Ingredients:

- ½ cup chickpeas (drained and rinsed, if canned)
- ½ teaspoon avocado oil

Turmeric Dip:

- ½ teaspoon ground turmeric
- ¼ teaspoon paprika
- ½ teaspoon salt
- 3 tablespoons tahini
- Drop of olive oil
- Squeeze of lemon juice

Directions:

Preheat oven to 400 °F. Rinse and dry chickpeas. Toss the chickpeas with oil, and put on a baking sheet lined with parchment paper. Add salt to taste. Try your favorite spices (garlic, cumin, smoked paprika, etc.) to add flavor. Bake for 30-40 minutes until crunchy and browned. Be careful not to burn. Sauce: blend all ingredients.

SNACKS

PAPAYA BOATS

Ingredients:

- ½ papaya, sliced lengthwise
- ½ cup plain Greek yogurt
- 1 tablespoon almond butter, melted
- 1 teaspoon honey
- Dash cinnamon
- 1 teaspoon hemp seeds
- 1 teaspoon chia seeds
- 1 tablespoon diced walnuts
- ½ teaspoon vanilla extract
- ½ cup frozen cherries, thawed in microwave

Directions:

Whisk vanilla + yogurt. Scoop out seeds from papaya. Stuff yogurt into papaya core. Top with the hemp and chia seeds, cinnamon and nuts; drizzle with nut butter and honey. Enjoy with a spoon.

BEST BEAN DIP

Ingredients:

- ½ can black beans, drained and rinsed
- ½ can of pinto beans, drained and rinsed
- ¼ cup shredded cheese or queso fresco
- 1 teaspoon hot sauce (like Frank's) or 1/4 teaspoon cayenne pepper

Directions:

Place all ingredients into a blender. If the dip is too thick, add olive oil and blend to thin out. Serve with carrots, celery, or Siete foods chips or cassava chips/ kale chips (from the Snacks section).

EDAMAME HUMMUS

Ingredients:

- ¼ small onion, cut into chunks
- 1 garlic clove
- 1 teaspoon olive oil
- ¼ cup edamame
- 1 teaspoon lemon juice

Directions:

Place onion and garlic in a microwave-safe bowl with 1/4 cup water, cover and microwave on high for 4 minutes. Place all ingredients into a food processor, and pulse until smooth. Add salt and pepper to taste. Serve with sliced cucumber, carrots or other vegetables of choice. This can also be used as a spread on sandwiches or as a mayonnaise replacement.

SNACKS

MUSHY NUT MASH-UP

Ingredients:

- ¾ cup plain Greek yogurt
- ½ banana, sliced
- ½ cup frozen raspberries, thawed in microwave
- 1 tablespoon cashews
- 1 tablespoon chia seeds
- 1 tablespoon sunflower seed butter, melted
- Dash cinnamon
- 1 teaspoon unsweetened coconut flakes or chips
- Drizzle honey

Directions:

Place all ingredients into a bowl. Section them off by ingredient individually at first and then use a spoon to stir/mash them all together into a “mash up” if a mushy texture is preferred.

ROASTED CAULIFLOWER “WINGS”

Ingredients:

- 2 cups cauliflower florets
- 1 teaspoon olive oil
- Pinch of garlic powder
- ½ - 1 cup hot sauce

Directions:

Preheat oven to 425 °F. Toss cauliflower with oil and hot sauce and garlic powder. Place on a baking sheet lined with parchment paper for 45 minutes or until browned and crisp. Add salt and pepper to taste.

CACAO-DIPPED ORANGE WEDGES

Ingredients:

- ½ cup cacao nibs or 85% or higher dark chocolate chips
- 1 orange, peeled into wedges
- 1 tablespoon olive oil
- Chia seeds, chopped pecans / sunflower seeds, for rolling

Directions:

In a glass bowl, microwave oil and chocolate in 30 second increments, stirring in between, until melted. Remove and roll orange wedges until covered. Roll into chia seeds or chopped nuts/seeds. Place wedges on parchment paper-lined baking sheet and refrigerate for at least 2 hours or until hardened.



SNACKS

KEFIR PAPAYA EMULSION

Ingredients:

- ¾ cup plain kefir
- ¾ cup papaya, fresh or frozen
- 1 tablespoon ground flaxseed
- 1 teaspoon honey
- 3 mint leaves
- 1 teaspoon vanilla extract

Directions:

Stir or blend all ingredients until smooth.

FLEAS ON A LOG

The traditional “ants on a log” has raisins; this option provides more protein, fiber, and omega-3 fatty acids.

Ingredients:

- 1-2 stalks celery, chopped into 3 inch ‘logs’
- 2 tablespoons sunflower seed butter, almond butter, or nut butter of choice
- Dash of cinnamon
- ½ tablespoon chia seeds
- ½ tablespoon hemp seeds

Directions:

Stuff nut butter into celery divots. Top with cinnamon and seeds. Drizzle with honey if desired.

STUFFED STRAWBERRIES

Ingredients:

- 6 strawberries, hulled
- 2 tablespoons goat cheese
- 6 walnuts
- Cinnamon
- 1 teaspoon - 1 tablespoon balsamic reduction

Directions:

Stuff goat cheese and 1 walnut into center of strawberries. Sprinkle with walnuts. Drizzle with balsamic reduction.

SNACKS

BANANA SUSHI

Ingredients:

- 1 banana
- 2-3 tablespoons unsweetened peanut butter, or nut butter of choice
- Chopped pecans

Directions:

Smear nut butter all over banana and roll in nuts. Slice into “sushi” slices; enjoy with chopsticks. You can also dip these into melted dark chocolate and refrigerate.

PROTEIN APPLE SPICE MUG CAKE

Ingredients:

- $\frac{1}{4}$ cup almond flour
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon pumpkin pie spice
- 1 teaspoon olive oil
- 1 pinch kosher salt
- 1 teaspoon vanilla extract
- 1 egg, beaten
- 2 tablespoons chopped apple
- 1 teaspoon honey

Directions:

Whisk all ingredients together and pour into a microwave safe mug or deep ramekin. Microwave for 1-2 minutes. Top with extra diced apples and cinnamon if desired.

ZUCCHINI "FRIES" WITH EGGPLANT DIP

Ingredients:

- 1 egg, beaten
- ¼ cup oat flour
- 1 medium zucchini
- ¼ cup grated parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon Italian seasoning
- Avocado oil spray

Dip:

- 1 eggplant, cut in half long ways
- 2 teaspoons olive oil, divided
- 1 small onion, cut into chunks
- 4 garlic cloves
- 1 tablespoon lemon juice

Directions:

Preheat oven to 425 °F. Cut zucchini into 3 inch x 0.5 inch spears. Line a baking sheet with foil and oil. Combine all dry ingredients. Dip zucchini spears into egg, then dry ingredients, then lay on baking sheet. Coat with avocado oil spray. Bake fries for 22-25 minutes and turn halfway through.

Dip: Preheat oven to 450 °F. Brush the cut side of the eggplant with 1 teaspoon of oil. Toss the onion and garlic with the remaining oil. Roast the eggplant cut-side down on a baking sheet lined with parchment paper for 10 minutes. Add the onion and garlic to the baking sheet, and roast for an additional 10-15 minutes. Scoop the flesh of the eggplant into the bowl of a food processor. Combine additional ingredients in food processor and pulse until smooth. Add salt and pepper to taste. Serve with sliced cucumber, carrots or other vegetables of choice. This can also be used as a spread on sandwiches or as a mayonnaise replacement.

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