

EMBRACE IT

FITNESS CHALLENGE

RECIPES
WEEK 1



Breakfasts

Breakfast Muffins

INGREDIENTS

Butter or cooking spray, for greasing the pan

1/2 cup almond meal

1/2 cup flaxseed meal

1/2 cup oat bran

1/2 cup spelt flour

1/2 cup whole wheat flour

1/3 cup brown sugar

2 teaspoons baking soda

1 teaspoon baking powder

1 egg

1 egg white

3/4 cup (plus or minus) buttermilk

1/2 cup Applesauce, recipe follows

2 ripe bananas, mashed

1 cup walnuts, chopped

1/2 cup raisins



INSTRUCTIONS

Preheat the oven to 350 degrees F. Thoroughly grease a 12-count muffin pan with butter or cooking spray. In a large bowl, mix together the almond meal, flaxseed meal, oat bran, spelt flour, whole wheat flour, brown sugar, baking soda and baking powder. In a separate bowl, beat the egg and egg white together. Add the egg mixture to the dry ingredients with the buttermilk, Applesauce and bananas. Stir together but avoid over-mixing. Stir in the walnuts and raisins. Scoop the batter into the muffin cups and bake until set, 18 to 20 minutes. Applesauce: Throw the apples, apple juice and lemon juice into a pan and bring it to the boil over medium-high heat. Lower the heat and simmer until the apples are soft, about 15 minutes. Stir through the sugar and mix until melted. Add the cinnamon and stir through. Puree the mixture in a food processor, blender or food mill. If not using right away, leave to cool and then refrigerate.

Strawberry Banana Smoothie

INGREDIENTS

1 1/2 cup raspberries
1 cup strawberries
1/2 frozen banana
1/2 cup of plain greek yogurt
1 cup almond milk, or oat milk
1 tablespoon honey or maple syrup
1 1/2 cups ice
Handful of mint or basil, optional



INSTRUCTIONS

Fill your blender with fruit, almond milk, ice, and a little sweetener if you like. Blend! If your smoothie is too tart, add a little more honey or maple syrup

Smoothie Recipe Tips:

For a thick smoothie, use frozen fruit.

For a thicker smoothie, start with less almond milk, you can always add more as you blend.

Lunches

Spicy Tuna Wrap

INGREDIENTS

2 (5 oz) cans Solid White Albacore Tuna, drained
1 avocado
2 Tbsp Sriracha
1 Tbsp Dijon mustard
2 to 3 Tbsp celery, chopped
2 Tbsp red onion, chopped
2 green onions, chopped
1 Tbsp fresh cilantro, chopped
Salt and pepper, to taste
2 heaping cups leafy green lettuce
1 cup matchstick carrots
4 (10 inch) whole wheat tortillas



INSTRUCTIONS

In a medium bowl, mash together tuna and avocado until combined. Add in the rest of the ingredients through the salt and pepper, mixing well. To assemble, top each tortilla with a 1/2 cup leafy greens, 1/4 cup matchstick carrots and divide the tuna mixture evenly among the wraps. Tightly roll up the tortilla, slice and enjoy!

Slow Cooker Tortilla Soup

INGREDIENTS

3 chicken thighs, skin removed
10-ounce can diced tomatoes with green chiles
1 1/2 cups cooked black beans or canned
1 1/2 cups chicken broth
1 1/2 cups water
1 yellow onion, finely chopped
3 garlic cloves, finely minced
1 jalapeno, finely chopped
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
Juice of 1/2 lemon
20 tortilla chips
3 tablespoons finely chopped fresh cilantro
1/2 cup shredded Monterey Jack cheese



INSTRUCTIONS

Place the chicken, tomatoes (and juices), beans, broth, water, onion, garlic, jalapeno, cumin, and chili powder in a slow cooker. Cover and cook on high for 3 to 4 hours or on low for 6 to 8 hours. Uncover the slow cooker and use tongs to remove the chicken from the pot. Once cool enough to handle, remove the meat from the bones and shred, then return the meat to the pot. Stir in the lemon juice. Crumble a few tortilla chips into each bowl and cover with some soup. Serve sprinkled with cilantro and grated cheese.

Dinner's

Herbed Chicken Marsala

INGREDIENTS

4- 4-ounce boneless, skinless chicken breast cutlets
Kosher salt and freshly ground black pepper
1/3 cup whole wheat flour
1 1/2 tablespoons extra-virgin olive oil
3/4 cup low-sodium chicken broth
1/3 cup sun-dried tomatoes (not packed in oil; not rehydrated), finely chopped or very thinly sliced
1/2 tsp finely chopped rosemary
10 ounces white button mushrooms, sliced
1/3 cup sweet marsala wine
2 teaspoons unsalted butter
1-2 tbsp. parsley



INSTRUCTIONS

Place the chicken cutlets between 2 pieces of plastic wrap and pound with a meat mallet (or the flat side of a chef's knife) until about 1/3-inch thick. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.

Put the flour on a medium plate. Heat the oil in a large nonstick skillet over medium-high heat. Dredge the chicken in the flour to fully coat, shaking off any excess. Add the chicken to the skillet and fry until fully cooked and golden brown, about 4 minutes per side. Transfer to a platter and tent with foil to keep warm.

Add 1/2 cup of the broth, the sun-dried tomatoes and rosemary to any remaining drippings in the skillet and cook, stirring frequently, for 1 minute to plump the tomatoes. Add the mushrooms, 1/4 teaspoon salt and 1/2 teaspoon pepper and cook until the mushrooms are soft, about 5 minutes. Add the marsala and bring to a boil. Add the remaining 1/4 cup broth and the butter and simmer until the butter is fully melted, about 30 seconds.

Spoon the mushroom mixture and sauce over the chicken, sprinkle with the parsley and serve..

Kale Salas w/ Carrot Ginger Dressing

INGREDIENTS

Carrot Ginger Dressing :

½ cup chopped roasted carrots, from ¾ cup raw carrots

1/3 to ½ cup water

¼ cup extra-virgin olive oil

2 tablespoons rice vinegar

2 teaspoons minced ginger

¼ teaspoon sea salt

Salad:

1 batch Roasted Chickpeas

1 bunch curly kale, stems removed, leaves torn

1 teaspoon lemon juice

½ teaspoon extra-virgin olive oil

1 small carrot, grated

1 small red beet, grated*

½ watermelon radish, very thinly sliced

1 avocado, cubed

2 tablespoons dried cranberries

¼ cup pepitas, toasted

1 teaspoon sesame seeds

Sea salt & Freshly ground black pepper



INSTRUCTIONS

Make the dressing and roast the chickpeas: Preheat the oven to 400°F and line a large baking sheet with parchment paper. Toss the chickpeas with a drizzle of olive oil and sprinkle with pinches of salt and pepper. Place the carrot pieces for the dressing in their own corner on the baking sheet to roast alongside the chickpeas. Roast for 25 to minutes, or until the chickpeas are browned and crisp and the carrots are soft. Set the roasted chickpeas aside. Transfer the carrots to a blender and add the water, olive oil, rice vinegar, ginger, and salt. Blend the dressing until smooth and chill in the fridge until ready to use. Place the kale leaves into a large bowl and drizzle with the lemon juice, ½ teaspoon of olive oil, and a few pinches of salt. Use your hands to massage the leaves until they become soft and wilted and reduce in the bowl by about half. Add the carrot, beet, watermelon radish, half of the cubed avocado, cranberries, pepitas, a few more good pinches of salt and a few grinds of pepper, and toss. Drizzle generously with the carrot ginger dressing. Top with the remaining avocado, more dressing, the roasted chickpeas and sprinkle with the sesame seeds. Season to taste and serve.

#BecauseLife

Snickers with a Twist

INGREDIENTS

2 tbsp coconut oil
2 pitted Medjool dates
1/2 cup (50g) raw cacao
1 cup (90g) desiccated coconut
240ml rice malt syrup
400g can chickpeas, rinsed, drained
1/3 cup (95g) good-quality peanut butter with no added oil or sugar
2 tsp vanilla bean paste
1 1/2 cups (225g) roasted salted peanuts
40g unsalted butter
200g dark chocolate, chopped



INSTRUCTIONS

Grease and line a 20cm square pan with baking paper. To make date base, melt 1 tbs coconut oil in a small saucepan over low heat. Add the dates and stir to warm through. Transfer to a food processor with cacao, desiccated coconut and 1 tbs rice malt syrup, and whiz until combined. Spread over base of pan and firmly pack using your hands. Chill until needed. 2. To make peanut butter filling, wipe clean food processor, then whiz the chickpeas, peanut butter, vanilla and 1/4 cup (60ml) rice malt syrup until thick and smooth. Spread over date base, smoothing surface with a spoon. Chill for 1 hour. 3. To make peanut caramel, place peanuts, butter and remaining 2/3 cup (160ml) rice malt syrup in a saucepan over low heat and stir until melted and combined. Cool slightly, then spread over peanut butter filling, pressing to create an even surface. Freeze for 1 hour to set. 4. Melt chocolate in a heatproof bowl set over a pan of gently simmering water (don't let the bowl touch the water). Cool slightly, then pour over peanut caramel, tilting pan to completely cover. Chill for 1 hour or until chocolate is set, then slice into bars and serve.