

EMBRACE IT

FITNESS CHALLENGE

RECIPES
WEEK 3



Breakfasts

Breakfast Burrito

INGREDIENTS

2 eggs
1 jalapeno, slices
1 tbsp light cream cheese
1 tbsp tomato paste
1 garlic clove (optional)
1/3 cup spinach (washed)
1/4 avocado, large
1 scallion, thinly sliced
2 heaping tbsp mozzarella cheese
2 tsp olive oil
sausage (optional)
tortilla, large



INSTRUCTIONS

Scramble the eggs lightly in a non-stick pan.

Mix the tomato paste, 1 tsp olive oil, the cream cheese and garlic (optional) to form a creamy spread. Spread this over the tortilla. If desired cook a sausage as well. Tip: wipe the pan clean, so that you can use it to toast the burrito.

Put all the rest of the ingredients in the tortilla, except olive oil and wrap the burrito.

Toast on the folded side first at medium high heat with olive oil, so that the ends "seal". Do this until golden brown, flip and toast on the other side as well.

Transfer to a cutting board and slice carefully in the middle. Serve immediately!

Cookie Dough Overnight Oats

INGREDIENTS

2 Tbsp Natural creamy peanut butter
1 1/2 Tbsp Coconut sugar *brown sugar works too*
1/2 Cup + 1 Tbsp Vanilla Greek yogurt *divided*
1/2 Tbsp Mini chocolate chips + additional for serving *optional*
1 Cup Quaker® Old Fashioned Oats
1/2 tsp Cinnamon
1 Cup 1% Dairy milk



INSTRUCTIONS

In a medium bowl, beat together the peanut butter and coconut sugar using an electric hand mixer until well combined. *

Add 1 Tbsp of Greek yogurt to the mixture and beat until well combined and the mixture starts to come together like dough. Stir in the chocolate chips.

Divide the cookie dough between two cups, pressing down into the bottom. Spread 1/4 cup of Greek yogurt on top of each cookie dough layer.

In a medium bowl stir together the oats and cinnamon. Pour in the milk and stir until the oats are evenly soaked. Divide the oats between the two cups and place into the refrigerator overnight.

In the morning, sprinkle with additional chocolate chips, if desired, and DEVOUR.

Lunches

Zucchini Pizza Bites

INGREDIENTS

2 large zucchini
½ cup low carb pizza or tomato sauce
1 teaspoon oregano
2 cups mozzarella cheese
¼ cup parmesan cheese
pizza toppings as desired



INSTRUCTIONS

Preheat oven to 450°F. Line a baking pan with foil and set aside.
Slice Zucchini ¼" thick and arrange on prepared baking sheet.
Top zucchini slices with pizza sauce, oregano, cheese and your favorite pizza toppings.
Bake 5 min or until zucchini is tender. Broil 5 min or until cheese is bubbly and melted.

Mediterranean Broccoli Salad

INGREDIENTS

1 lb ground turkey
1 tablespoon fresh ginger minced or grated
4 cloves fresh garlic minced or grated
1 large egg
3/4 cup panko bread crumbs
1 teaspoon sesame oil
4 tablespoons soy sauce, divided
2 tablespoons hoisin
fresh diced scallions
sesame seeds



INSTRUCTIONS

Pre-heat oven to 400 degrees and lightly grease a large baking sheet. In a large bowl, add turkey and garlic and ginger and mix well. Then add egg, panko, sesame oil, and 1 tablespoon of soy sauce and mix well. Roll out 1 1/2 - 2 inch meatballs and place on baking sheet. (Approximately 20) Bake for 10 mins and then rotate pan and bake for another 10 minutes. Heat a large sauté pan to medium. Transfer meatballs to a large sauté pan that will fit them all. In a small bowl mix the remaining 3 tablespoons of soy sauce and 2 tablespoons of hoisin. Coat and turn meatballs in sauce as it bubbles and thickens and let cook for a couple of minutes. Remove meatballs, add to a bowl and pour remaining sauce on meatballs. Serve as an appetizer or over a bed of rice.

Dinner's

Mexican Quinoa Bowl

INGREDIENTS

1 cup cooked quinoa
1/2 cup canned black beans
1/4 cup cooked yellow corn
1/4 cup jarred salsa
1/4 of an avocado
Cilantro to garnish



INSTRUCTIONS

Add your quinoa and water to a small saucepan. Bring the water to a boil, then reduce to simmer, cover and allow the quinoa to cook for 15 minutes.

Remove the pan from the heat, remove the lid and fluff the quinoa with a fork.

Allow to cool completely before storing for later!

To assemble your bowls, follow this "loose" formula. Add 1 cup of cooked quinoa into each bowl. Top with your ingredients and then finish with salsa.

Spinach + Avocado Chicken Burgers

INGREDIENTS

1 lb ground chicken
1/2 cup spinach, finely chopped
2 tbsp cilantro, finely chopped
2 tbsp coconut flour (optional- acts as a binder)
1 tbsp avocado oil (or any oil)
2 tsp garlic powder
2 tsp onion powder
1 tsp sea salt
1/2 tsp black pepper (omit for AIP)
Juice of one lime
1 small avocado (or half a large avocado), diced into chunks
Butter lettuce leaves (optional)



For the avocado mayo :

2 medium avocados
4 tbsp avocado oil
Juice of one lime
1/4 tsp sea salt
1/8 tsp black pepper

INSTRUCTIONS

For the avocado mayo, combine all of the ingredients in a high-speed blender until smooth. Set aside.

Prepare either a grill or a grill pan and set to high heat. Add avocado oil to the grill pan if using.

Mix the ground chicken with the seasonings, spinach, coconut flour, lime juice, and avocado oil until well combined.

Very gently fold in the avocado slices, being careful to not smash them.

Form the chicken into 4-5 burgers, spacing out the avocado to make sure it's evenly dispersed.

Grill the burgers on the grill surface (using extra avocado oil if frying in a pan) for about 5 minutes on each side, or until internal temperature reaches 165 F.

Top with optional avocado mayo and serve in lettuce cups like a bun, or enjoy the burgers on their own.

#BecauseLife

Strawberry Lemon Cookie Bars

INGREDIENTS

For the cookie:

- 3/4 cup tapioca starch
- 1/2 cup tigernut flour
- 1 tbsp gelatin
- 1/2 tsp baking soda
- 1/4 cup maple syrup
- 1/3 cup palm shortening
- 1/2 tsp vanilla extract
- 2 tsp lemon zest

For the frosting & topping:

- 1/3 cup palm shortening
- 1/4 cup coconut cream
- 2 tsp lemon juice
- 2 tsp light-colored honey
- 1/2 cup strawberries, sliced
- 2 tsp lemon zest



INSTRUCTIONS

For the cookie:

Preheat the oven to 350 F and line a baking sheet with parchment paper. Very lightly grease with coconut oil or other. Set aside. Using a large mixing bowl, combine the dry ingredients. In a separate bowl, cream together the palm shortening and maple syrup. Add the mixture into the flour mixture and stir in the vanilla extract until the ingredients are combined and a dough is formed. Add the dough to the baking sheet and form it into a large rectangle that's about 1/4" thick. Bake in the preheated oven for 12-13 minutes or until the edges are lightly golden brown. Remove from the oven and allow to cool completely before frosting.

For the toppings:

Combine the palm shortening, coconut cream, lemon juice, and honey. Mix well. Use a spoon or rubber spatula to evenly frost the cookie. Use a knife to very carefully slice into 9 cookie bars, and arrange the strawberries over each cookie bar. Top with lemon zest and serve.