

Everyday Recipes



By

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BRUSSEL SPROUTS FRIED RICE

INGREDIENTS

2 TSP MINCED GARLIC
2 TBSP TOASTED SESAME OIL
2 CUPS COOKED JASMINE RICE
2 CUPS SHREDDED BRUSSELS SPROUTS
1 SMALL ONION CHOPPED
2 TBSP SOY SAUCE
2 EGGS, BEATEN

INSTRUCTIONS

HEAT A LARGE SKILLET OR WOK TO MEDIUM HEAT. ADD SESAME OIL & MINCED GARLIC UNTIL FRAGRANT. ADD SHREDDED BRUSSELS SPROUTS. COOK FOR AT LEAST 30 SECONDS WITHOUT STIRRING UNTIL SLIGHTLY BROWNED. STIR. ADD ONIONS & COOKED RICE. LET SIT FOR 30 SECONDS BEFORE STIRRING. STIR MIXTURE AND LET COOK UNTIL ONION IS TENDER. STIR IN SOY SAUCE & COOK FOR 30 SECONDS MORE. PUSH FRIED RICE TO ONE SIDE OF THE PAN, ADD EGGS, SCRAMBLE AND STIR INTO RICE MIXTURE. SERVE HOT!






MOM'S HOMEMADE SPANISH RICE

INGREDIENTS

1 1/2 CUPS WHITE RICE
1 TBSP OLIVE OIL
CAN OF TOMATO SAUCE
2 GARLIC CLOVES
3 CUPS CHICKEN BROTH OR WATER
SALT TO TASTE

INSTRUCTIONS

LIGHTLY BROWN THE RICE IN OLIVE OIL. ONCE IT'S LIGHTLY BROWNEED, ADD YOUR WATER OR CHICKEN BROTH AND ADD YOUR TOMATO SAUCE FOR COLORING. ADD YOUR TWO GARLIC CLOVES AND SALT TO TASTE. COVER AND SIMMER FOR ABOUT 12-15 MINUTES ON LOW. TURN IT OFF AND LET IT COOK UNTIL READY TO SERVE!





MOM'S HOMEMADE GUACAMOLE (SHHHH THIS ONE'S A SECRET ;))

INGREDIENTS

3 AVOCADO'S
1 SMALL TOMATO (SLICED)
3 GARLIC CLOVES
1/4 CUP OF RED OR YELLOW ONIONS DICED
LEMON
SALT & PEPPER

INSTRUCTIONS

ADD ALL INGREDIENTS IN A BOWL, SQUEEZE A LITTLE BIT OF LEMON AND SALT/PEPPER TO TASTE. MASH EVERYTHING TOGETHER BUT DON'T OVERSMASH! SERVE WITH TORTILLA CHIPS OR ON TOP OF RICE BOWL!






PROTEIN FILLED BURRITO BOWL

INGREDIENTS

ROAST BELL PEPPERS & ONIONS IN THE OVEN
MOMS HOMEMADE SPANISH RICE
MOMS HOMEMADE GUACAMOLE
GROUND BEEF (I PREFER 96/4 BECAUSE IT'S LEANER)
TACO SEASONING, SALT, PEPPER
BLACK BEANS

INSTRUCTIONS

MAKE ALL NECESSARY ELEMENTS. HEAT YOUR CAN OF BLACK BEANS AND COOK YOUR GROUND BEEF WITH TACO SEASONING, SALT AND PEPPER. TO CREATE YOUR BOWLS: FIRST ADD RICE, THEN BEANS, GROUND BEEF, VEGGIES AND TOP WITH GUACAMOLE! ADD CHEESE IF YOU PREFER (I USUALLY GO WITH LOW-FAT MOZZARELLA FROM TRADER JOES!) ENJOY!






VEGETABLE FRITATTA

INGREDIENTS

4 EGGS + 184G EGG WHITES
HANDFUL OF SPINACH OR VEGGIE OF CHOICE
HANDFUL OF CHOPPED ONIONS
HANDFUL OF CHOPPED BELL PEPPERS
MINCED GARLIC
5ML OLIVE OIL

INSTRUCTIONS

WHISK TOGETHER EGGS, EGG WHITES, SALT AND PEPPER. HEAT OIL IN A NONSTICK SKILLET OVER MEDIUM HEAT. SAUTEE GARLIC. ADD SPINACH, ONIONS AND BELL PEPPER UNTIL TENDER. SPREAD OUT VEGGIES EVENLY OVER PAN AND POUR EGG MIXTURE OVER THEM. COVER SKILLET WITH TOP AND COOK ON LOW UNTIL COOKED THROUGH. SPLIT IN HALF TO SERVE TWO!





EGGS IN OATMEAL

HAVE YOU EVER TRIED COOKING EGGS IN OATMEAL? MAY SOUND GROSS BUT IT'S ACTUALLY ONE OF THE EASIEST WAYS TO GET IN A HEALTHY MIXTURE OF PROTEIN, CARBS AND FATS FOR BREAKFAST!

INGREDIENTS

1 EGG + 2 EGG WHITES

50G OATS

80G BANANA

30G BLUEBERRIES

10G PROTEIN POWDER OF CHOICE

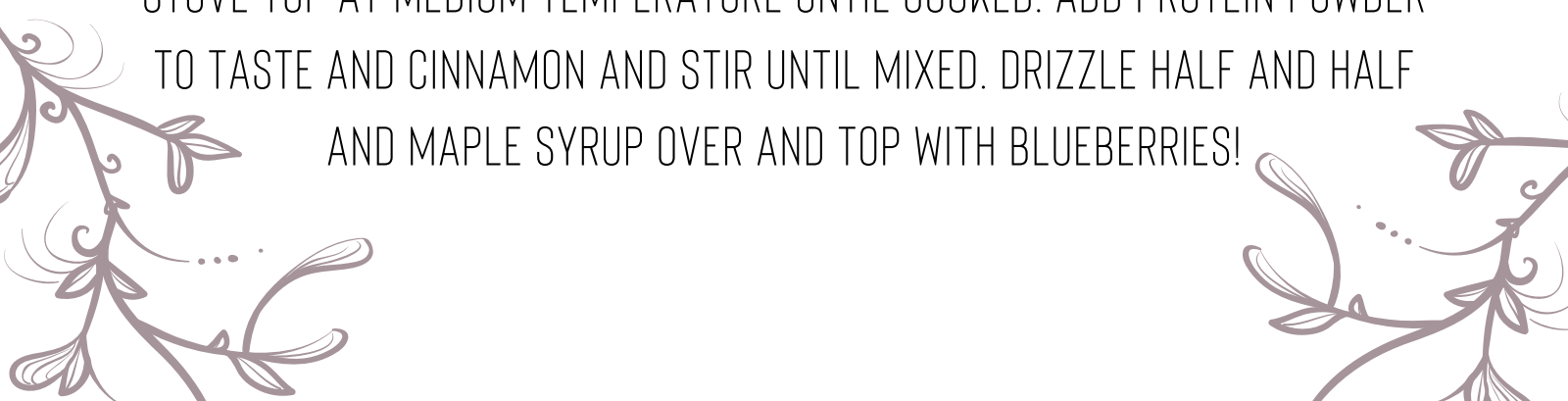
5G MAPLE SYRUP DRIZZLED ON TOP

30G HALF AND HALF DRIZZLED ON TOP

CINNAMON

INSTRUCTIONS

MASH BANANA. ADD BLUEBERRIES, BANANA AND OATS TO PAN. ADD JUST ENOUGH WATER TO COVER MIXTURE AND COOK AT LOW TEMP UNTIL OATMEAL IS COOKED THROUGH. MIX EGGS AND EGG WHITES IN OTHER BOWL WHILE OATMEAL IS COOKING AND THEN ADD TO OATS. KEEP STIRRING OVER STOVE TOP AT MEDIUM TEMPERATURE UNTIL COOKED. ADD PROTEIN POWDER TO TASTE AND CINNAMON AND STIR UNTIL MIXED. DRIZZLE HALF AND HALF AND MAPLE SYRUP OVER AND TOP WITH BLUEBERRIES!





GROUND BEEF PESTO PASTA

INGREDIENTS

1 PACKAGE GLUTEN FREE PASTA

6OZ 96/4 GROUND BEEF OR TURKEY

1/2 YELLOW ONION DICED

2 CLOVES GARLIC, MINCED

100G VEGAN KALE CASHEW & BASIL BUTTER FROM TRADER JOES OR ANY
PESTO SAUCE

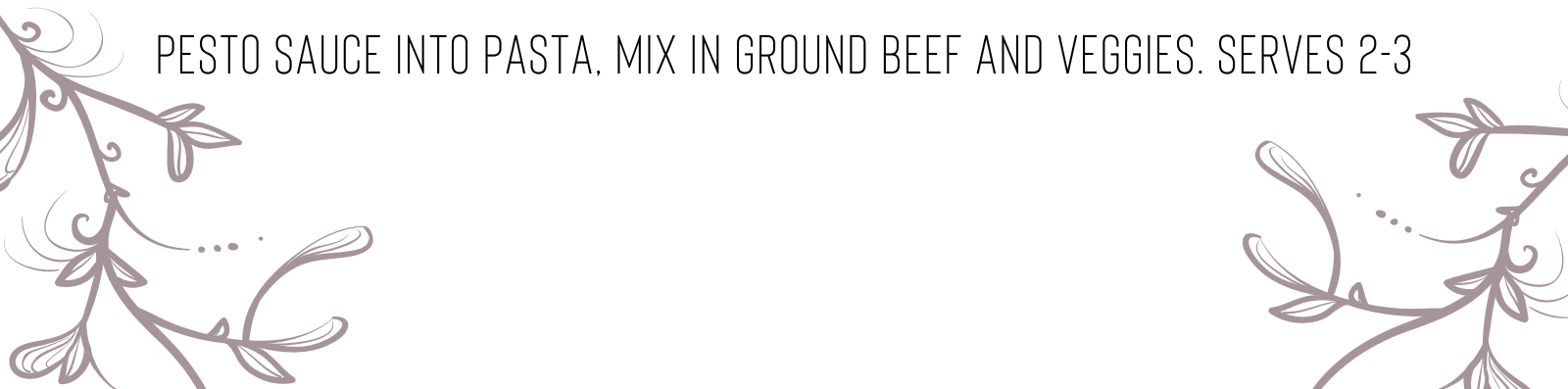
ONE BAG OF DELICATA SQUASH OR VEGGIE OF CHOICE (READY TO USE)

10ML OLIVE OIL

SALT & PEPPER TO TASTE

INSTRUCTIONS

PREHEAT OVEN TO 425. COAT SQUASH OR VEGGIE OF CHOICE WITH OLIVE OIL, SALT AND PEPPER AND COOK FOR 20 MINUTES UNTIL ROASTED. ADD GROUND BEEF, ONION AND SALT TO LARGE SKILLET. BRING TO MEDIUM HEAT AND SAUTE FOR 5 MINUTES OR UNTIL THE ONION IS SOFT AND BEEF HAS MOSTLY LOST PINK COLOR. ADD GARLIC AND SAUTE FOR 2 MORE MINUTES. COOK PASTA IN A LARGE POT OF WATER UNTIL DONE. DRAIN. IN A LARGE BOWL MIX PESTO SAUCE INTO PASTA, MIX IN GROUND BEEF AND VEGGIES. SERVES 2-3





BANANA PROTEIN PANCAKES

INGREDIENTS

200G BANANA

4 EGGS

40G VANILLA PROTEIN

120G OATS

1/4 CUP ALMOND MILK

INSTRUCTIONS

MIX ALL TOGETHER IN A BLENDER AND COOK ON A PANCAKE PAN ON MEDIUM HEAT. FLIP ONCE BUBBLES FORM AND COOKED ALL THE WAY THROUGH! ADD TOPPINGS OF CHOICE: HONEY, MAPLE SYRUP, BERRIES, WHIPPED CREAM! SO TASTY!





MATCHA PROTEIN LATTE

INGREDIENTS

1TSP ORGANIC GREEN MATCHA

8OZ HOT WATER

ALMOND MILK

PUORI VANILLA PROTEIN

INSTRUCTIONS

MIX THE MATCHA TEA WITH 8OZ OF HOT WATER. SEPARATELY WITH A FROTHER
(HERE'S MY FAVORITE) MIXES THE ALMOND MILK SLOWLY WITH THE PUORI
VANILLA PROTEIN AND ADD IT ON TOP!

