

Use **NourishID** to replace any meal (no more than 1x a day.)
Recipe yields 1 serving unless noted otherwise.



Breakfast

You need one serving of **NurishID** each day the first 15 days. Breakfast is the perfect time to enjoy it, so that you feel the benefits of the fiber helping to keep you full. Simply mix with water or try it in a recipe.

PANCAKES:
 2 scoops NurishID protein
 1 egg
 1 tsp baking powder
 Splash of water (depends on consistency you'd like)
 Top with berries and dab of nut butter of choice

PROTEIN POWER OATS:
 ½-½ cup of oatmeal + 1 cup water
 Microwave for 3 minutes
 Add in 1 scoop of NurishID
 1 tsp of Chia Seed
 1 tsp of cinnamon
 1 tsp of turmeric
 1 tbsp of flax seed
 ¾ cup frozen blueberries
 Serve with egg whites topped with salsa

AVOCADO TOAST:
 Sourdough toast
 Eggs
 Avocado
 Top with pico

SAUSAGE AND VEGGIES:
 Roast sweet potatoes, carrots, cauliflower (toss in olive oil in Italian seasoning)
 Scrambled eggs

SOUTHWEST BOWL:
 Diced potatoes (can buy frozen)
 Handful of spinach
 Olive oil (for sauteing potatoes and spinach)
 Black Beans
 Egg whites
 Shredded cheese
 Salsa
 Avocado
 Salt & pepper to taste

FRUITY-FRESH:
 Diced strawberries and blueberries
 Crushed walnuts
 Oatmeal
 Hard-boiled eggs

OVERNIGHT OATS:
(Yields 5 / Serving 1)
 1 scoop Vanilla Cookie NurishID
 2 cups unsweetened almond milk
 1.5 cups old fashioned oats
 3 TBSP chia seeds
 12 diced strawberries →



Lunch

3 TBSP all-natural PB
 Mix all ingredients together. Divide amongst 5 containers and store in fridge.
 Enjoy with a veggie omelette to boost protein.

MEXICAN FIESTA: (Yields 4 / Serving 1)
 1 Low-sodium taco packet
 1 lb lean ground beef
 1 diced zucchini
 1 diced squash
 1 can black beans, drained and rinsed
 Brown meat with taco packet. In a separate skillet, saute diced veggies with a small amount of oil. Combine meat and veggies and simmer on low to lock in flavor.

POWER BOWL:
 Chicken breast (4-6 oz)
 ½ cup of brown rice
 Handful of spinach
 1/2 cup of cucumbers
 ½ cup of diced peppers
 ½ avocado

EGG SALAD SANDWICH:
 2 hard-boiled eggs
 ¼ cup of plain, non-fat Greek yogurt
 ¼ cup of diced onion
 ¼ cup of celery
 2 slices of whole wheat bread
 Pepper and salt to taste

TURKEY WRAP:
 Whole wheat tortilla
 Turkey (4oz)
 Spinach
 Tomato
 ½ avocado
 1 slice of watermelon

SALMON BOWL:
 ½ cup of wild rice
 Salmon (4-6oz)
 Handful of spinach
 ½ cup of roasted brussels sprouts
 Sprinkle with 10 crushed almonds

SWEET-N-SAVORY LUNCH:
 1 slice of whole wheat bread - toasted
 Top with ½ cup of plain, non-fat Greek yogurt
 Top with ½ cup of sliced strawberries
 Drizzle with 1 tsp honey
 1 slice of whole wheat bread - toasted
 Top with ½ cup cottage cheese
 Top with sliced cucumber
 Sprinkle with fresh dill

SHRIMP BOWL:
 1 cup of quinoa
 Handful of Spinach
 Granny Smith apple - diced
 Cajun spiced shrimp 4-6oz
 Balsamic vinaigrette

CHILI TATER: (Yields 4 / Serving 1)
 4 sweet potatoes
 1 lb of ground meat of choice
 Low-sodium chili seasoning packet
 Plain, fat-free Greek yogurt
 Rinse sweet potatoes and place in crockpot on high for 4 hours or low for 6 hours (no other seasonings or water).
 Cook meat with chili packet. Serve with a dollop of yogurt.
 Top with cilantro or green onions or jalapenos.

GREEK PITA:
 Whole wheat pita
 Chicken
 Diced cucumber
 Diced red grape tomatoes
 Diced yellow grape tomatoes
 Diced red onion
 Oregano
 Feta cheese
 Olives (optional)
 Mix all diced veggies in olive oil, red wine vinegar, and oregano. Prepare chicken, and stuff into pita with veggies.
 Top with feta.

TUNA MELT:
 1 slice Ezekiel sprouted 100% whole grain bread
 1 tbsp plain, non-fat Greek yogurt
 100g tuna
 1/4 cup shredded sharp cheddar cheese
 Serve with a side of veggies (cucumbers, celery, etc)
 Toast bread. Mix tuna with Greek yogurt. Season generously with salt and pepper to taste. Top the toasted bread with tuna and sprinkle with shredded cheese.
 Place on a baking sheet. Set the oven to broil on "high". Bake the tuna melt for about 2-4 minutes or until the cheese is melted.

BURGER:
 Burger patty
 Whole grain bun
 Lettuce, tomato, onion, pickle (load up those veggies)



Snacks

Protein + Fat Examples - Be mindful of your serving size and have fun with seasonings.

- Beef jerky and almonds
- Non-fat plain Greek yogurt with powdered PB
- Tuna pack with avocado and "Everything But The Bagel" seasoning
- Grilled chicken with guacamole
- Hard boiled eggs & walnuts

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- Turkey slices rolled & dipped in tahini
- Chicken salad (shredded chicken, avocado mayo, celery, and seasonings)
- Celery sticks with nut butter and hard-boiled egg whites
- Turkey roll up (deli turkey with avocado and salsa rolled up)
- Protein salad (diced cucumbers, diced cherry tomatoes, diced deli meat with olive oil and fresh cracked pepper)

Protein + ½ Complex Carb Examples - be mindful of your serving size and have fun with seasonings.

- Non-fat Greek yogurt with berries
- Fresh deli meat on a Wasa cracker
- Open faced tuna sandwich
- Non-fat cottage cheese with pineapple or strawberries
- Fresh deli meat and an unsalted rice cake
- Apple and hard-boiled egg
- Turkey roll ups (deli turkey with red or yellow peppers and hummus)
- Mini burrito (ground beef, small tortilla, diced peppers)
- Steamed edamame and berries
- Fresh deli meat and grapes
- Tuna with salsa on an unsalted rice cake
- Low fat string cheese and cantaloupe
- Non-fat Greek yogurt with fruit and a drizzle of honey



Dinner

- COBB SALAD:**
- 2 cups romaine lettuce
 - 1/2 cup chopped red bell pepper
 - 1 egg, hard boiled
 - 1/2 cup grape tomatoes
 - 1/4 cup cucumber, chopped
 - 1/2 avocado
 - 1 slice crispy bacon
 - 4 oz cooked chicken breast, cubed
 - 1/4 cup red onion
 - 2 TBSP sunflower seeds

- TACOS:**
- Lean ground meat of choice
 - Cauliflower rice (microwavable bag)
 - Salsa
 - Cheese
 - Bolthouse farm cilantro/ranch dressing
 - Diced tomato
 - Serve on a bed of lettuce or use lettuce wraps

- CHEESEBURGER SALAD:**
- Lean ground meat of choice
 - Cheese
 - Pickles
 - Lettuce
 - Onion
 - Tomato
 - Mustard
 - Bolthouse ranch dressing

- SPAGHETTI:**
- Lean ground meat of choice
 - Lower sugar spaghetti sauce
 - Spaghetti squash
 - Paired with a salad or green beans

- CHICKEN STIR FRY:**
(Yields 2 / Serving 1)
- 3 trimmed chicken breast cut into 1 inch cubes
 - Salt & pepper
 - Garlic powder
 - 2 TBSP honey
 - Liquid amino acids (Brags brand found by the Soy Sauce)
 - Bag of frozen stir fry veggies
 - Bag of frozen cauliflower rice
 - Cook chicken in olive oil, honey and 2 TBSP liquid aminos. Fix other microwave veggies. Season veggies to taste and add a little more liquid amino if desired. Combine veggies with chicken.

- 7 SAINTS SALAD:**
- 2 cups of Spinach
 - 4 oz Grilled Tri-Tip Steak
 - 1/4 cup Cashews
 - 1 Jalapeño (seeded and finely chopped)
 - Drizzle Sesame Oil, Fresh Lime Juice, Toss and enjoy!

- GRILLED STEAK:**
- Lean cut of steak
 - Veggie of choice (asparagus, broccoli, green beans)
 - PORK CHOP
 - Baked pork chop
 - Veggie of choice

- BBQ CHICKEN LETTUCE WRAPS:**
(Yields 4 / Serving 1)
- Remove meat from 1 Rotisserie chicken, discard skin, then shred
 - ¾ cup low-sugar BBQ sauce
 - 2 avocados, sliced
 - Bibb lettuce leaves
 - 2 TBSP finely chopped red onion
 - Cilantro (optional)
 - Lime (need the juice)
 - Mix chicken, BBQ sauce, onion and lime juice. Scoop chicken mixture into each leaf and top with avocado.

- ZESTY BUN-LESS BURGERS:**
(Yields 4 / Serving 1)
- 1 to 1.5 lbs very lean ground turkey
 - 2 cloves minced garlic
 - 1 TBSP very finely minced onion
 - 1 cup salsa
 - Mix the raw ground meat, onion, and garlic in a bowl. Cover and marinate in refrigerator for 30 minutes. Form meat into patties and grill. To serve, top each burger with salsa and wrap in lettuce.

- TURKEY STUFFED PEPPERS:**
(Yields 4 / Serving 1)
- 1lb ground turkey
 - 1 packet of low-sodium taco seasoning
 - 4 large green bell peppers
 - 1/2 cup diced onions
 - Brown turkey; add in taco seasoning. Add in diced onions and simmer on low. Hollow out 4 peppers; stuff meat into peppers. Cook for 45-60 minutes on 350.



NourishID Recipes

- PANCAKES:**
- 2 scoops NourishID protein
 - 1 egg
 - 1 tsp baking powder
 - Splash of water (consistency you'd like)
 - Top with berries and dab of nut butter of choice.

- BIRTHDAY CAKE TRUFFLES:**
(Yields 16 / Serving 2)
- 2 scoops vanilla NourishID
 - ½ cup PB
 - 1 TBSP agave
 - 2 TBSP water
 - Almond extract, few drops
 - Butter extract, few drops
 - Sprinkles for fun
 - Mix well and scoop out with melon scooper. Freeze for 15 minutes until firm. Makes approximately 16 truffles.

- STRAWBERRY CHEESECAKE ICE CREAM:** (Yields 8 / Serving 1)
- 32 ounces Too Good Vanilla Greek Yogurt
 - 16 ounces fat-free cottage cheese
 - 4 scoops vanilla NourishID
 - 2 cups fresh strawberries
 - 6 gluten-free graham crackers, broken into pieces
 - Blend cottage cheese, yogurt, NourishID, and 1 cup of strawberries until smooth. Chop remaining berries and fold into mixture along with graham cracker pieces. Put in freezer-safe container and freeze until firm. This freezes harder than normal ice cream since there is such little fat. Allow to sit on counter to soften before trying to scoop.

- CHOCOLATE PROTEIN BITES:**
(Yields 12 / Serving 1)
- 2 scoops Brownie Batter NourishID
 - 2 scoops oats (use NourishID scoop)
 - ½ cup chocolate chips (Lilly's or Enjoy Life brand)
 - ¼ cup honey
 - ¼ cup chocolate PB
 - 1 TBSP water
 - 1 tsp vanilla
 - Sprinkle of sea salt
 - Combine protein powder, oats and chocolate chips. Stir in honey, PB, water, vanilla and sea salt. Roll into 12 balls.

- MUG CAKE:**
- 2 scoops NourishID
 - 2 TBSP coconut flour
 - ½ tsp baking powder
 - 1 XL egg
 - ¼ cup water
 - Bowl 1: whisk 2 scoops NourishID + 2 TBSP coconut flour + 1/2 tsp baking powder
 - Bowl 2: whisk 1 XL egg + 1/4 cup water
 - Add wet to dry and mix well. Be sure there's enough room for batter to elevate 1 inch. Microwave 1 min 40 sec. Serve as is or flip onto plate. Optional garnishes: fresh fruit, dollop of jam, whip cream, etc. Note: your wattage will determine if you need to add 15 sec. Cake should be set, not running in center... unless you want lava style.

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Breakfast

Sausage Bake: (Yields 9 / Serving 1)
 1 pound humanely raised pork breakfast sausage
 8 eggs
 ¾ cup almond meal
 3 Tbsp ground flax
 1 Tbsp ghee
 1 green onion, chopped
 ½ tsp garlic powder
 ½ tsp baking powder
 ¼ tsp sea salt
 Pinch pepper
 1 Tbsp nutritional yeast
 Preheat oven to 350°F. Brown sausage. Set aside, reserving 2 tablespoons or so of the grease. In a stand mixer, add the eggs and mix on medium speed for 1 minute. Add almond flour, flax, ghee, green onion, garlic powder, baking powder, salt and pepper and mix for 20 seconds. Add sausage and grease and mix until well-combined. Pour into a greased 9-by-9-inch baking dish. Sprinkle with nutritional yeast. Bake for 40 minutes, or until set. Top with hot sauce if desired.

FRITTATA: (Yields 8 / Serving 1)
 4 slices bacon
 ½ cup onion diced
 1 tsp minced garlic
 4 cups vegetables of choice bell peppers, broccoli, zucchini, etc.
 10 eggs
 ¼ cup milk
 ½ tsp sea salt
 ¼ tsp freshly ground black pepper
 ¼ tsp paprika
 1 cup shredded Cheddar cheese
 Preheat oven to 425 degrees F. In a large bowl, whisk together eggs. Add milk, sea salt, pepper, paprika and whisk until combined. Add cheese and stir to combine. Set aside.
 In a 10" cast iron skillet over medium heat, cook bacon, onion and garlic until bacon just begins to brown. (about 5 minutes) Add vegetables, cover and cook until vegetables are soft and bacon is browned, stirring occasionally. (about 5 minutes) Turn heat down to medium, add egg mixture, and quickly stir it into the bacon/vegetables in the skillet until everything is evenly distributed. Cook on medium heat for about 4-5 minutes, until the edges are set. Transfer the frittata to the preheated oven. Bake for 7-10 minutes or until the top is lightly browned and set. Remove from oven and let cool for 10 minutes. (The frittata will puff in the oven. Do not worry, it deflates as it cools.)

SLOW COOK VEGGIE OMELETTE: (Yields 8 / Serving 1)
 7 eggs whites, 4 egg yolks
 1/2 cup unsweetened almond milk
 1/4 tsp salt
 fresh ground pepper, to taste
 Cook in large mixing bowl combine eggs, milk, salt, pepper, garlic

powder and chili powder; Whisk until well combined. Add broccoli florets, sliced peppers, onions and garlic to the slow cooker with egg-mixture. Cover and cook on HIGH for 2 hours. Start checking at 1 hour 30 minutes. Cut the omelette into 8 wedges. Garnish with feta, chopped tomatoes, chopped onions and fresh parsley.

VEGGIE PACKED EGG WHITE MUFFINS: (Yields 8 / Serving 1)
 7 egg whites
 1 egg
 ½ cup red bell pepper, diced
 1 cup spinach, chopped
 1 green onion, chopped (green parts only)
 1 Tbsp nutritional yeast
 ½ tsp sea salt
 Preheat oven to 350°F. Coat 8 muffin cups with nonstick cooking spray. Whisk ingredients together. Pour into muffin cups and bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked through.

BREAKFAST CASSEROLE: (Yields 12 / Serving 1)
 5 slices bacon diced
 1 cup onion finely chopped
 1 tsp minced garlic
 1 medium red bell pepper diced (about 1 cup)
 1 medium green bell pepper diced (about 1 cup)
 12 eggs beaten
 ½ tsp sea salt
 ¼ tsp pepper
 1 cup shredded cheddar cheese
 Preheat oven to 350. Grease a 9x13" baking dish, set aside. In a large skillet over medium heat, cook diced bacon until it just starts becomes soft. Add minced garlic and onion and cook until bacon begins to brown. Add red pepper and green pepper, cover and cook for 5-10 minutes or until the veggies are soft and bacon is browned, stirring occasionally. Remove from heat and let cool. In a medium bowl, whisk together eggs. Add sea salt and pepper and whisk to combine. Add cooled bacon/veggie mixture to the beaten eggs and stir to combine. Add cheese. Stir to combine. Pour into prepared baking dish and spread the mixture evenly in the dish. Bake in preheated oven for 25-30 minutes, or until top is set and slightly browned. Cool for 5 minutes and serve warm.

CHIA SEED PUDDING: (Yields 2-4 / Serving 1)
 1 cup milk (unsweetened almond milk, cashew milk, or coconut milk)
 3 Tbsp honey (or maple syrup) – to taste
 1 tsp pure vanilla extract
 pinch fine sea salt
 ¼ cup chia seeds
 Optional toppings: fresh berries, sliced bananas, nut butter
 In a large bowl, whisk together milk, honey, vanilla and sea salt until combined it's easier to incorporate honey if the milk is room temperature). Add chia seeds and whisk to combine. Place the large bowl in the refrigerator to chill for 30 minutes, stirring once halfway (through. Transfer mixture into 2-4

glass jars with lids. Chill overnight in the refrigerator, or for at least 8 hours. Once chilled, serve plain or with desired toppings. Make sure to have a couple hard-boiled eggs with pudding to get adequate protein.

FETA AND VEGGIE EGG MUFFINS: (Yields 12 / Serving 2)
 1 cup lightly packed baby spinach, chopped
 3/4 cup finely diced red bell pepper, about 1 small pepper
 3/4 cup finely diced green bell pepper, about 1 small pepper
 3/4 cup quartered cherry tomatoes,, about 1 cup whole tomatoes
 6 large eggs
 4 large egg whites
 1/4 tsp kosher salt
 1/4 tsp dried basil
 1/4 tsp dried oregano
 Pinch ground black pepper or cayenne pepper if you like a little kick
 1/4 cup crumbled feta cheese plus additional to sprinkle on top
 Optional toppings: avocado salsa, hot sauce, freshly chopped parsley
 Place a rack in the center of your oven and preheat to 350. Lightly coat muffin tin with nonstick spray (makes 12 muffins). Divide the veggies among the cups (they will be about two-thirds of the way full). In large measuring cup with a spout, briskly whisk together the eggs, egg whites, salt, basil, oregano, and pepper until well combined. Fill each muffin cup three-quarters of the way to the top with the egg mixture. Sprinkle the feta evenly over the tops of the cups. Bake for 24 to 28 minutes, until the egg muffins are set.

BREAKFAST BURRITOS: (Yields 4 / Serving 1)
 4 ounces red potatoes, cubed
 4 Sugarhouse Maple Breakfast Chicken Sausages or Applegate Sausage Links
 1/2 cup diced yellow onion
 1/2 cup diced red bell pepper
 2 cups spinach, chopped
 4 large eggs
 1 cup of liquid egg whites from a carton
 1 tsp garlic powder
 1/2 tsp onion powder
 Salt + Pepper to taste
 4 large tortillas
 In a large skillet sprayed with nonstick cooking spray, sauté potatoes for about 3-5 minutes and until soft. Chop chicken sausage and add onion and bell pepper to the skillet. Continue to cook for a minute or two and then add in spinach. Once veggies are tender and sausage is browned, add eggs, egg whites and seasonings. Fill tortillas evenly with 1/4 of the egg mixture and any other toppings you prefer (avocado, salsa, etc). Fold in the sides of the tortilla over the filling and tuck in the edges as you go. Spray cleaned skillet with cooking spray and set the heat to medium. When the skillet is hot, add the burritos, seam side down. Cook, covered, until the bottom of the burritos are golden brown, about 3 minutes. Flip the burritos over and continue cooking, covered, until golden, a few minutes more. Serve warm. NOTE: The burritos may be assembled ahead of time, wrapped tightly in plastic wrap and refrigerated, before cooking. To reheat leftover burritos, wrap in foil and warm in a 350°F oven for about 15 minutes. (They won't be as crisp as they are fresh out of the pan, but they reheal well).



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Lunch

CHICKEN PHILLY PITA:
(Yields 4 / Serving 1)
 Avocado oil
 4 whole wheat pitas
 1 lb chicken
 1 small container of mushrooms, diced
 2 green peppers, diced
 ½ white onion, diced
 3 TBSP Bragg's liquid aminos
 Optional: shredded mozzarella cheese and hot sauce
 Sauté veggies in avocado oil until tender. In separate skillet, cook chicken (season to your liking). Combine and simmer on low. Can be served in a pita, wrap, or on a bed of rice.

CREAMY CHICKEN CHILI:
(Serving 1.5 cups)
 1 lb chicken tenderloins
 3 cans NO SALT ADDED rotel
 1 can diced tomatoes (can opt for spicier option)
 1 packet of Hidden Valley Ranch mix
 1 can black beans, rinsed and drained
 1 block reduced fat cream cheese
 Toss all ingredients into Instant Pot EXCEPT cream cheese. Hit poultry. Manually release steam when done. Shred chicken and stir in cream cheese. Can also cook in crockpot on low for 4 hours.

CROCKPOT SAUSAGE & VEGGIES:
(Yields 5 / Serving 1)
 1 pack clean turkey kielbasa sausage
 1 red pepper, diced
 ½ white onion, diced
 Roughly 10 small golden potatoes, chopped
 1 TBSP olive oil
 Salt, pepper, and paprika
 Optional: jalapenos
 Toss all ingredients in crockpot and drizzle olive oil. Sprinkle with salt, pepper, and paprika. Cook on low for 6 hours.

CHICKEN FRIED RICE:
(Yields 6 / Serving 1)
 4 TBSP olive oil
 1/2 small yellow onion, diced
 4 scallions, diced, white and green parts separated
 2 large eggs
 1.5 lbs chicken breast, cubed
 1/2 tsp salt
 1/4 tsp ground pepper
 4 TBSP coconut aminos (or liquid aminos)
 2 medium carrots, diced
 3/4 cup frozen peas
 2 cups basmati rice, cooked
 In large pan, heat 2 TBSP olive oil over medium-high heat. Add onion and white parts of scallions and sauté for 2 minutes. Push onions to the side and crack in eggs. Scramble until cook; then mix with the onion/scallions. Push to the side; add in chicken and season with salt and pepper. Cook for 3 minutes, add 2 TBSP coconut aminos, and then cook another 4 minutes.

Add carrots, peas and green parts of scallions. Stir for 2 minutes. Add in cooked rice, 2 TBSP olive oil and remaining 2 TBSP coconut aminos. Stir and remove from heat.

CHICKEN TACO SOUP:
(Serving 1.5 cups)
 1 lb of chicken tenderloins
 1 can black beans, rinsed and drained
 1 can diced tomatoes (opt for spicy if you like a little kick)
 ½ white onion, diced
 ½ packet low-sodium taco seasoning
 1 box chicken broth
 Pour all ingredients into InstaPot and hit poultry. You can also cook in a crockpot on low for 4 hours. Once cooked, shred the chicken.

SHEET PAN FAJITAS:
(Yields 5 / Serving 1)
 1 pound chicken breasts - sliced thinly
 1 red pepper - sliced
 1 green pepper - sliced
 1 yellow pepper - sliced
 1 in onion - halved and cut slices
 1/4 cup olive oil
 2 tsp chili powder
 1 tsp cumin
 1/2 tsp garlic powder
 Pinch of chili flakes
 1 tsp salt
 1/2 tsp ground pepper
 Rice or tortillas (chose complex carb)
 Preheat oven to 400. In small bowl combine oil, chili powder, cumin, chili flakes, garlic, salt and pepper. Toss chicken, veggies and oil mixture together on a large sheet pan with one inch edge. Spread out evenly. Bake for 25-30 minutes until chicken is cooked and the veggies are soft with a crispy edge.

EGG, ASPARAGUS, AND BACON SALAD:
 1 large hard boiled egg, peeled and sliced
 1 2/3 cups chopped asparagus
 2 slices cooked and crumbled center cut bacon
 1 tsp Dijon mustard
 1 tsp extra virgin olive oil
 1 tsp red wine vinegar
 pinch salt and pepper, to taste
 Whole grain bread or crackers (you pick complex carb)
 Bring a pot of water to a boil, add the asparagus and cook 2 to 3 minutes, until tender yet firm. Drain and run under cold water to stop it from cooking further. Set aside. In a small bowl mix the Dijon, oil, vinegar and a pinch of salt and pepper. Arrange the asparagus on a plate, top with egg and bacon and drizzle with the vinaigrette. Serve on whole grain bread or crackers.

TURKEY SAUSAGE PENNE PASTA:
(Yields 6 / Serving 1)
 1 package clean turkey kielbasa sausage
 2 lite laughing cow wedges
 2 cups whole wheat penne pasta
 1 can diced tomatoes (seasoned with Italian spices)
 3 cups chicken broth
 ½ diced red onion
 2 handfuls of spinach

Everything But the Bagel Seasoning
 Dice sausage, sprinkle with EBTB seasoning and cook in air fryer for 5-8 minutes on 380.
 Sauté onion until fragrant; add broth and diced tomatoes and bring to a boil. Add penne and cook until tender. Slowly stir in 2 handfuls of spinach. Stir in cheese wedges and sausages.



Dinner

SPAGHETTI PIZZA PIE:
(Yields 9 / Serving 1)
 1 large spaghetti squash
 1 pound Italian sausage
 1/2 yellow onion, diced
 1 cup pizza sauce (no sugar added)
 1 tsp dried basil
 salt and pepper, to taste
 3 eggs, whisked
 (optional: add anything you like with pizza: veggies, basil, even a little cheese)
 Preheat oven to 400 F. Cut spaghetti squash in half lengthwise. Place squash cut-side down on baking sheet and bake for 20-25 minutes or until the skin of the squash gives when you press it. Reduce oven heat to 350 degrees. Once squash is done, thread squash and place in an 8x8 greased baking dish. Place a large skillet over medium heat. Add Italian sausage and onion. Cook until pink no longer remains in the sausage and it is broken into pieces. Add pizza sauce, dried basil and salt and pepper to the pan and mix well. Add sausage mixture to the 8x8 dish and mix well with squash threads. Add whisked eggs to the baking dish and mix until you can no longer see the eggs. Bake for 55-60 minutes. Let rest for 5 minutes before serving.

FOIL PACK CHICKEN & VEGGIES:
(Yields 4 / Serving 1)
 2-3 boneless skinless chicken breasts cut into 1-inch pieces
 1 large zucchini chopped
 2 cups broccoli florets
 1 bell pepper chopped
 2 cloves garlic minced
 2 TBSP olive oil
 1 tsp EACH garlic powder cayenne pepper, paprika, ground, oregano, black pepper, salt Pre-heat oven to 450F. Cut 4 sheet of foil into long rectangles (about 12"x12"). Set aside. Combine all the ingredients in a large bowl. Spoon mixture evenly onto the 4 foil sheets. Fold and seal foil. Place foil packs on a cooking sheet and bake 20-25 minutes.

15 MINUTE GARLIC RANCH CHICKEN & VEGGIES:
(Yields 4 / Serving 1)
 2 large boneless skinless chicken breasts
 2 bell peppers colors of choice
 ½ small red onion
 1 medium zucchini

Recipe continued on the next page

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15 MINUTE GARLIC RANCH CHICKEN & VEGGIES: continued

1 cup broccoli florets
 3 cloves garlic crushed or minced
 2 TBSP olive oil
 2 TBSP Hidden Valley® Original Ranch Seasoning
 Preheat oven to 500. Spray a large baking sheet with cooking spray or line with parchment paper or foil. Chop all the veggies into large pieces. On a separate plate or cutting board chop all the chicken in large cubes. Place the chicken and veggies on the prepared baking sheet. Add garlic, olive oil, and Ranch seasoning. Toss to combine. Bake for 15 to 20 minutes or until the veggies are charred and chicken is cooked through.

4 INGREDIENT CHICKEN GARLIC ZOODLES: (Yields 2 / Serving 1)

2 medium chicken breasts cut into 1/2 inch pieces
 2 TBSP olive oil
 4 cloves garlic minced or crushed
 3 zucchini spiralized
 1/2 tsp red pepper flakes optional
 Salt & pepper to taste
 Heat a large skillet to medium/high heat. Add olive oil and minced garlic. Cook garlic for 30 seconds to 1 minute or until fragrant. Be careful not to burn the garlic. Add chicken, red pepper flakes and salt & pepper. Cook chicken for 5-6 minutes or until golden and cooked through. Toss in spiralized zoodles and cook for 1 minute then turn off heat.
 Sprinkle with a dash of parmesan.

TURKEY CAULIFLOWER MASH: (Yields 4 / Serving 1)

1 lb lean ground turkey
 1 bag frozen cauliflower rice
 Mincing garlic
 1 small onion
 2 TBSP avocado oil
 Optional: spinach, pico de gallo, boiled eggs, balsamic vinegar
 Sauté chopped onions in Avocado oil until translucent. Add in 2 teaspoons of minced garlic and sauté for a few minutes. Add in turkey and sauté until browned. Add the frozen cauliflower bag and sauté until the rice is steamed. You can split this up into 4 portions, and there are several options to make variety dishes! One portion you can throw over raw spinach leaves with 1/4 avocado sliced and brag liquid aminos. Hard boil or soft boil 2 eggs and slice up on top and toss a few dashes of brag liquid amino. Lastly, throw in 2 TBSP of pico de gallo and 1-2 TBSP balsamic vinegar and enjoy.

EGG ROLL IN A BOWL: (Yields 4 / Serving 1)

1 package of broccoli slaw
 1 lb of lean beef, turkey, or deer
 1/2 onion, diced
 Bell pepper (any variety of pepper you like), diced
 1 cup bone or chicken broth
 2 TBSP coconut oil
 Sauté onion and peppers in coconut oil until translucent. Add in meat and sauté until browned. Open the package of broccoli slaw and throw in with the meat. Add in the chicken broth and bring to a boil. Reduce heat and simmer.

SMOKEY BEEF AND BACON CHILI: (Serving 1.5 cups)

2 lbs ground sirloin
 6 slices nitrate-free bacon
 1 onion, chopped
 4 cloves garlic, chopped
 2 TBSP chili powder
 1 teaspoon dried oregano
 1 teaspoon smoked paprika
 3 cups beef broth
 2 large peeled carrots, diced
 14.5oz can fire-roasted diced tomatoes (with juice)
 1 TBSP cocoa powder
 1 TBSP apple cider vinegar
 Preheat oven to 400. Lay bacon slices on a baking sheet and bake bacon for 15 minutes, until crispy. Remove bacon from the pan and pour bacon drippings into a large pot. Over medium heat, add the chopped onion and bacon into the pot with the bacon drippings and stir. When onions are semi-translucent add garlic and stir. Cook a few minutes longer. Add ground sirloin to pan and cook over medium low heat until brown.
 Add spices, water or broth, tomatoes, and carrots and stir well to combine. Cover and simmer over low heat for 1 hour, stirring occasionally to prevent sticking. Add vinegar and cocoa powder and stir well. Simmer uncovered another 20 minutes. Season to taste with salt and pepper.

BACON & CHICKEN RANCH MEATLOAF: (Yields 6 / Serving 1)

1 lb extra-lean ground chicken
 1/2 cup almond flour
 1 tablespoon garlic powder
 3 tablespoons Cholina sauce
 1 TBSP dairy free ranch (Tessemæ's is a great brand)
 1 egg, beaten
 1/2 medium red bell pepper, chopped
 1/2 medium red onion, chopped
 2 strips nitrate free bacon, chopped
 Preheat oven to 350. Coat a medium loaf pan with nonstick cooking spray and set aside. Heat a skillet over medium heat. Once hot, add bacon, peppers and onions and cook until vegetables are soft and bacon is cooked, about 5 minutes. In a large bowl, mix together ground chicken, almond flour, garlic powder, cholina, ranch, egg and bacon/vegetable mixture with your hands until combined. Do not over mix or chicken will be tough. Spread mixture into prepared loaf pan. Bake for 50 minutes, or until chicken is cooked through. Let cool and top with additional cholina for flavor (optional). Cut into 6 slices, serve and enjoy!

ASIAN LETTUCE WRAPS: (Yields 5 / Serving 1)

4 boneless skinless chicken breasts
 5 cloves chopped garlic
 1 small onion, finely chopped
 1/4 cup Liquid Aminos (healthier substitute for soy sauce)
 1/4 cup low sodium chicken broth
 1/2 tsp ground ginger
 1 dash allspice (or a dash each of ground cloves, cinnamon, and black pepper)
 2 TBSP apple cider vinegar
 Large leafy lettuce for wrapping
 Place chicken in a slow cooker. Add onions and garlic. Mix the liquid and spices together and pour over chicken. Cook on low about 4 hours. Shred chicken in slow cooker and serve on lettuce.

PRIMAVERA STUFFED CHICKEN: (Yields 4 / Serving 1)

4 boneless, skinless chicken breasts (about 1 1/2 pounds)
 1 zucchini, halved lengthwise and thinly sliced into half-moons
 3 medium tomatoes, halved and thinly sliced into half-moons
 2 yellow bell peppers, thinly sliced
 1/2 red onion, thinly sliced
 2 TBSP extra-virgin olive oil
 1 tsp Italian seasoning
 Kosher salt
 Freshly ground black pepper
 1 cup shredded mozzarella
 Freshly chopped parsley, for garnish
 Optional: zucchini for zoodles
 Preheat oven to 400. Make slits in each chicken breast, being careful not to cut through completely, and stuff with zucchini, tomatoes, bell peppers, and red onion. Drizzle with oil and season with Italian seasoning, salt, and pepper. Sprinkle with mozzarella. Bake until chicken is cooked through and no longer pink inside - approximately 25 minutes. Garnish with parsley. Serve as is or over zucchini noodles (zoodles).

SAUSAGE AND VEGGIES: (Yields 5 / Serving 1)

12 ounces nitrate free chicken sausage, sliced
 1 TBSP olive oil
 1 bunch asparagus, woody ends removed and cut into 1 inch pieces
 6 ounces sweet mini peppers, sliced
 1/2 cup onion, diced
 sea salt & fresh ground pepper to taste
 In a 12-inch skillet over medium-high heat, cook the sausages until they start to brown and are heated through. Place the sausages on a plate and cover with foil. In the same skillet, saute mini peppers and onion in olive oil. Sprinkle with sea salt and pepper and cook until the veggies start to soften - approximately 4-6 minutes. Place the sausages back in the pan with the veggies and toss to combine. Remove from heat and serve immediately. Serve nicely with rice for lunch the next day.

CHICKEN ZUCCHINI MEATBALLS: (Yields 18-20 / Serving 4)

1 cup finely shredded zucchini
 1/4 tsp salt
 1 lb ground chicken
 1 egg, lightly beaten
 1/2 cup panko
 1/2 cup parmesan cheese
 2 cloves garlic, minced
 1 TBSP parsley
 2 tsp basil, crushed
 1/4 tsp crushed red pepper
 Additional zucchini if you want zoodles
 Preheat oven to 350. Line a 15x10 inch baking pan with foil; spray with non-stick spray.
 Grate the zucchini until you have 1 cup. Spread the grated zucchini on a plate and dab with a paper towel to absorb moisture. Sprinkle with salt and allow zucchini to sit for 20 minutes. Combine all ingredients in a large bowl. Form into small meatballs, place into pan and cook for 25 minutes. Pairs well with zucchini noodles sautéed in pesto.