



## 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 tbs 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



### THE CLASSIC:

Veggie omelette  
Whole-grain toast  
Dab of grass-fed butter



### FRUITY-FRESH:

Diced strawberries and blueberries  
Crushed walnuts  
Oatmeal  
Hard-boiled eggs



### OVERNIGHT OATS (makes 5 servings):

1 scoop Vanilla Cookie NurishID  
2 cups unsweetened almond milk

1.5 cups old fashioned oats  
3 TBSP chia seeds  
12 diced strawberries  
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.



## Lunch



### MEXICAN FIESTA:

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:

½ cup of quinoa  
Handful of Spinach  
Granny Smith apple - diced  
Cajun spiced shrimp 4-6oz  
Balsamic vinaigrette



### CHILI TATER:

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 tbs plain, non-fat Greek yogurt  
100g tuna  
¼ 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"



## NurishID Recipes

- The Bagel" seasoning
- Grilled chicken with guacamole
  - Hard boiled eggs & walnuts
  - 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)

### Protein + ½ Complex Carb

**Examples** - be mindful of your serving size and have fun with seasonings.

- and fresh cracked pepper)
- 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



### 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:

- 3 trimmed chicken breast cut into 1 inch cubes
- Salt & pepper
- Garlic powder
- 2 TBSP honey
- Liquid amino acids (Braggs 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:

- 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:

- 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:

- 1 lb 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.

### PANCAKES:

- 2 scoops NurishID 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:

- 2 scoops vanilla NurishID
- 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:

- 32 ounces Too Good Vanilla Greek Yogurt
- 16 ounces fat-free cottage cheese
- 4 scoops vanilla NurishID
- 2 cups fresh strawberries
- 6 gluten-free graham crackers, broken into pieces
- Blend cottage cheese, yogurt, NurishID, 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:

- 2 scoops Brownie Batter NurishID
- 2 scoops oats (use NurishID scoop)
- ½ cup chocolate chips (Lilly's or Enjoy Life brand)
- ¼ cup honey
- ½ 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 NurishID
- 2 TBSP coconut flour
- ½ tsp baking powder
- 1 XL egg
- ¼ cup water
- Bowl 1: whisk 2 scoops NurishID + 2 TBS 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.



## Breakfast

### SAUSAGE BAKE:

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:

4 slices bacon  
½ cup onion diced  
1 tsp minced garlic  
4 cups vegetables of choice bell peppers, broccoli, zucchini, etc.  
10 eggs  
¾ 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:

7 eggs whites, 4 egg yolks  
½ cup unsweetened almond milk  
¼ tsp salt  
fresh ground pepper, to taste  
1/8 tsp garlic powder, or to taste  
1/8 tsp chili powder, or to taste  
1 cup broccoli florets  
1 red bell pepper, thinly sliced  
1 small yellow onion, finely chopped  
1 garlic clove, minced  
optional garnish: low fat feta cheese, chopped tomatoes, chopped onions, fresh parsley

Lightly grease inside of slow cooker/crock pot with cooking spray. 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):

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:

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:

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:

1 cup lightly packed baby spinach, chopped  
¾ cup finely diced red bell pepper, about 1 small pepper  
¾ cup finely diced green bell pepper, about 1 small pepper  
¾ cup quartered cherry tomatoes, about 1 cup whole tomatoes  
6 large eggs  
4 large egg whites  
¼ tsp kosher salt  
¼ tsp dried basil  
¼ tsp dried oregano  
Pinch ground black pepper or cayenne pepper if you like a little kick  
¼ 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:

4 ounces red potatoes, cubed  
4 Sugarhouse Maple Breakfast Chicken Sausages or Applegate Sausage Links  
½ cup diced yellow onion  
½ 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  
½ 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 ¼ of the egg mixture and any other toppings you prefer (avocado, salsa, etc). Fold in the sides of the tortilla over the filling and roll, tucking 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 reheat well)




**Lunch**

**CHICKEN PHILLY PITA:**

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:**

1 lb chicken tenderloins  
3 cans NO SALT ADDED rotel  
1 can diced tomatoes (can opt for spicy 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:**

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:**

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:**

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  
1 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:**

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 (choose 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  
1/2 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:**

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:**

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:**

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:**

2 large boneless skinless chicken breasts  
2 bell peppers colors of choice  
½ small red onion  
1 medium zucchini  
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:

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:

1 lb lean ground turkey  
1 bag frozen cauliflower rice  
Minced 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:

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:

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:

1 lb extra-lean ground chicken  
1/2 cup almond flour  
1 tablespoon garlic powder  
3 tablespoons Cholula 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, cholula, 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 cholula for flavor (optional). Cut into 6 slices, serve and enjoy!

#### ASIAN LETTUCE WRAPS:

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:

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:

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. Serves nicely with rice for lunch the next day.

#### CHICKEN ZUCCHINI MEATBALLS:

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.