

Week 3: Fine Tune Recipes

Strawberry-Kiwi Smoothie

1 c non-dairy milk
1/2-1 banana
6 frozen strawberries (keep the tops on for extra greens)
1-2 kiwi, peeled and cut up
1 c kale, de-stemmed
1 pkt stevia, opt
1/2-1 scoop vanilla protein powder, opt

Blend in a blender until smooth and creamy.

Portobello Sandwich

2 Portobello mushrooms
alfalfa sprouts
sliced cucumber
sliced tomato
sliced bell peppers
2 oz sliced or shredded chicken, opt
mustard

Remove stems from mushrooms and clean thoroughly.

Spread mustard on the inside of both mushrooms.

Layer veggies (and chicken if desired) onto one mushroom and top with the other.

Protein Shake

1 c non-dairy milk or water
1 scoop protein powder
1 piece fruit, opt
1 c greens, opt

Blend together until smooth and creamy.

(Chicken &) Black Bean Enchiladas

(serves 4)

1 15-oz can black beans, drained and rinsed

2 boneless, skinless chicken breasts (omit if vegan)

1 large bunch cilantro

1 lime, quartered

1 tsp ground cumin

salt and pepper to taste

2 tsp olive oil (omit if vegan)

1 jar salsa verde OR 1 can green enchilada sauce

4-6 6-inch flour or corn tortillas

½ c shredded Monterey jack cheese (or vegan cheddar cheese), opt.

salt and pepper to taste

Preheat oven to 450 degrees F.

Pick cilantro leaves off stems, discard stems and roughly chop the leaves.

Season the chicken breasts with salt and pepper on both sides. In a medium pan, heat 2 tsp olive oil on medium-high until hot. Add the seasoned chicken and cook, loosely covered with a lid until browned and cooked throughout (about 4-6 minutes each side). Transfer the cooked chicken to a plate and allow to cool for 5 minutes; shred using 2 forks.

In a medium bowl, combine the black beans, cumin, shredded chicken, half the cilantro, and the juice of 2 lime wedges. Season with salt and pepper and stir to combine.

Spread a thin layer of salsa verde/green enchilada sauce onto the bottom of a baking dish. Divide the chicken-bean mixture between the tortillas. Roll each filled tortilla tightly and place in the baking dish, seam side down. Pour the remaining salsa verde over the enchiladas, then sprinkle with cheese.

Bake 15 minutes or until cheese is browned and bubbling. Allow to stand for 2 minutes before serving. Garnish with the remaining cilantro and lime wedges.

*You can freeze leftovers in serving-sized containers so they are ready to pull out and heat up at any time!

Protein Pancakes

2 egg whites

1 banana

1/2 tsp vanilla

1 Tbsp flax seed, opt

1/4 tsp cinnamon, opt

1 tsp oil (coconut or avocado) OR spray oil

berries, applesauce, or banana (for topping)

Heat oil in a small fry pan over medium heat.

Blend ingredients together in a blender (or mash it all together with a fork).

Fry in fry pan, flipping gently when browned. Top with berries, applesauce or mashed banana.

*You could triple this recipe and have all of your pancakes pre-made for the week.

**Vegan option: Omit eggs and use 1/2 c oats, 1/4 c non-dairy milk, 1/2 tsp baking powder in addition to everything else.

Mexican Quinoa

1 Tbsp olive oil

2 cloves garlic, minced

1 jalapeno, minced

1 c quinoa

1 c vegetable or chicken broth

1 (15-oz) can black beans, drained and rinsed

1 (14.5-oz) can fire-roasted diced tomatoes

1 c corn kernels

1 tsp chili powder

1/2 tsp cumin

salt and pepper to taste

1 lime, juiced

2 Tbsp cilantro, chopped

1 avocado, diced (1/4 each day you eat it)

Heat olive oil in a large skillet over medium-high heat. Add garlic and jalapeño; cook, stirring frequently, about 1 minute.

Stir in cumin and chili powder for 30 seconds until fragrant.

Stir in quinoa, broth, beans, tomatoes and corn; season with salt and pepper.

Bring to a boil, cover, reduce heat, and simmer 15 minutes. Remove from heat and allow to stand 5 minutes. Stir in lime juice and cilantro.

Allow to cool and divide into 4 equal portions (since you're not eating it all right away).

Serve over chopped greens (lettuce, kale, chard) if desired and top with 1/4 diced avocado.

Cherry-Berry Ice Cream

2 frozen bananas
1/2 c frozen cherries
1/2 c frozen triple berry blend
1/4 c non-dairy milk (opt)

Blend in a high-powered blender until smooth and creamy, scraping down sides as needed.

*This is where the tamper on the Vita-Mix comes in REALLY handy!

Tomato-Cucumber Salad

2 c cherry tomatoes, halved or quartered
2 c chopped cucumbers
fresh basil (opt but very yummy)
1 Tbsp good balsamic vinegar (or ½ -1 lemon, juiced)
salt and pepper to taste
1/2 c garbanzo beans (opt)
2-3 oz diced, cooked chicken (opt)

Place all ingredients in a bowl and stir gently to combine. Cover and refrigerate for several hours or over night to allow the flavors to fully blend!

Brocco-Berry Smoothie

1 c water
1 c non-dairy milk
1 c broccoli, chopped small (or more if you dare) (or less if you're timid)
1 c blueberries
1 banana
1 pkt stevia (opt)
1/2-1 scoop vanilla protein powder (opt)

Blend in a high-powered blender until smooth and creamy.

Super Simple Stir-Fry

1 c rice
2 c water
2 bags stir-fry veggies
2 tsp sesame oil
Bragg's Liquid Aminos
Cubed, cooked chicken, shrimp or tofu (opt)

Simmer the rice in the water for 15 min. Remove from heat and allow to steam 5+ minutes. Heat sesame oil over medium-high heat. Add veggies (and protein if using) and stir-fry until crisp-tender, about 3-5 minutes. Divide into 4 portions, spritz with Bragg's Liquid Aminos. Cool and store in fridge or freezer. (You'll eat the rest of these next week)

Peaches n' Cream Ice Cream

2 frozen bananas
1 c frozen peaches
stevia (if desired)

Blend in a high-powered blender until smooth and creamy, scraping down sides as needed.

*This is where the tamper on the Vita-Mix comes in REALLY handy!

Tropical Chard Smoothie

1-2 c water or non-dairy milk
1/2 c frozen pineapple
1/2 c frozen mango
1/2-1 bunch swiss chard
2 tsp flax seeds
1/2-1 scoop vanilla protein powder (opt)

Blend in a high-powered blender until smooth and creamy.

Roasted Tomato-Basil Soup

(I don't remember where I found this recipe, but I LOVE it!)

6 lbs tomatoes (plum, large slicing, even cherry tomatoes)

2-3 Tbsp olive oil, divided

1/2-1 Tbsp salt

1/2 medium onion, chopped

1 lg clove garlic, minced

1 tsp red pepper flakes

2 c fresh basil leaves (one 2-oz bag) OR 1/2 c dried basil

1/2 tsp dried thyme

1 c water

Preheat oven to 400 degrees F.

Arrange cut tomatoes on 2 baking sheets. Drizzle tomatoes with olive oil and sprinkle with salt. Toss with your hands until the tomatoes are evenly coated, then arrange them cut-side up. Place in oven and roast the tomatoes for 50 minutes. Remove pan from oven and set aside.

Warm 1/2-1 Tbsp olive oil in a large saucepan over medium heat. Add the onion and sauté until soft and slightly golden, about 10 minutes. Add garlic and pepper flakes and sauté for one more minute. Carefully pour in all the tomatoes and their juices. Add the basil, thyme, and 1 c water (you may need more if the tomatoes are dry). Simmer for 15 minutes. Remove from heat and allow to cool slightly.

Blend the soup in batches in a blender, pouring finished soup into a clean saucepan. You may want to strain the soup to remove any remaining skin or seeds, depending on the strength of your blender.

You can refrigerate or freeze leftovers and save it for another day. But my family always devours this whenever I make it...

Strawberry Ice Cream

2 frozen bananas

1 c frozen strawberries

stevia (if desired)

Blend in a high-powered blender until smooth and creamy, scraping down sides as needed.

*This is where the tamper on the Vita-Mix comes in REALLY handy!

Egg Salad Wraps

Lettuce: romaine, green leaf, kale, or swiss chard

3-4 hard boiled eggs

1/2-1 Tbsp mustard (let's be honest, I just squeeze it on and don't measure...)

diced celery

diced onion

alfalfa sprouts (opt)

bell pepper strips (opt)

Wash and de-stem the greens if necessary (like kale).

Remove the yolks from some or all of the eggs and mash in a bowl. Add mustard, celery, and onion. The veggies give it a nice crunch!

Spoon a bit of the egg mixture onto a lettuce leaf, add any other veggies, roll it up and enjoy!

*If you really need some creaminess, you could also try adding some plain Greek yogurt, hummus, or avocado.

Easter Dinner Ideas

3 oz Grilled/Broiled Chicken or Fish

Mashed Cauliflower

Roasted Vegetables

Large Salad

Fruit Salad

Key Lime Mousse

Mashed Cauliflower

1 head cauliflower, trimmed and chopped

1/4 c non-dairy milk (or reserved cooking liquid)

1-2 tsp olive oil or coconut oil

salt and pepper to taste

Steam cauliflower until tender, about 10 minutes. Place in food processor or blender and pulse, adding liquid a little at a time. Stir in oil, salt and pepper.

Key Lime Mousse (serves 8)

2 avocados

1 c cashews

4 limes

zest of 1 lime

1 tsp vanilla

1/4 tsp salt

4 pkts stevia

Blend it all in a blender until smooth and creamy. Spoon into small dessert cups. Garnish with more lime zest if desired.

*You could add crushed graham crackers to the bottom of each dish to make them like mini pies.