

Recipes

Chocolate Peanut Butter Freeze

Make this shake thick enough to eat with a spoon, and it will feel like an ice cream treat.

Almond Milk- vanilla unsweetened
 Orgain Chocolate Protein Powder (or your choice)
 Dried Peanut Butter with Chocolate (PB2)

Add all ingredients to blender. Start blender and slowly add ice until desired thickness. If you add it in the beginning, it stays icy instead of creamy. Blend until desired thickness. You can add stevia if you need it a little sweeter.

Mango, Pineapple and Kale Smoothie

Almond Milk- vanilla unsweetened
 Orgain Vanilla Protein Powder (or your choice)
 Frozen Mango chunks
 Frozen Pineapple tidbits
 Frozen chopped kale

Add all ingredients to blender. Start blender and slowly add ice until desired thickness. If you add it in the beginning, it stays icy instead of creamy. Blend until desired thickness. You can add stevia if you need it a little sweeter.

Thai Coconut Chicken Soup

Chicken breast- diced	1 large
Chicken stock	2 cups
Onion- chopped	.25 cup
Kaffir lime leaves (optional)	1 leaf
Lemon grass	1 stalk
Lime	.5 medium
Coconut milk- canned	.5 cup
Seaweed snacks	1 package
Cilantro- chopped	.25 cup

Cook chicken breast and onion in chicken stock over medium heat until done.
 Add lemon grass, leaf the juice of the lime. Heat for 3-5 minutes. Add the coconut milk, and seaweed and heat for 5 more minutes.
 Spoon into bowls and top with chopped cilantro.

Spaghetti Squash Bolognese

Spaghetti squash
 Laura's Lean Ground Beef
 Onion
 Pepper
 Garlic (minced)
 Muir glen tomato sauce
 Muir Glen fire roasted tomatoes
 Basil
 Oregano
 Crushed red pepper (optional)
 Salt and Pepper

Preheat oven to
 Pierce the spaghetti squash and place in oven for
 Brown the ground beef, onion, pepper, and garlic in a skillet or
 sauce pan, until the onions are translucent, and the meat is cooked through.
 Drain if necessary. Add other ingredients to the meat mixture and simmer
 for at least 10 minutes.
 When squash is done, remove from oven, split and remove seeds. Use a fork
 to separate the strings of the squash into noodle like portions.
 Top with meat sauce and serve.

Crustless quiche cups

Large eggs
 Assorted mixed vegetables (spinach, peppers, tomatoes,
 etc.)
 Milk (splash) or water

Preheat oven to 350F
 Use spray oil to grease a muffin pan. Combine eggs, vegetables and milk or water.
 Beat well. Pour into muffin pan. Bake 15-20 minutes or until a toothpick stuck
 in the center comes out clean.
 Can be frozen.

Chia Seed Vanilla Pudding

(makes 4- 1/2 cup servings)

Almond milk (vanilla unsweetened)	2 cups
Chia seeds	.5 cup
Stevia	to taste
Vanilla	1 tsp

Combine everything in a mason jar or container with a lid. Shake well.
 Refrigerate 5 minutes. Shake the jar again. Refrigerate 5 more minutes.
 Shake again. Refrigerate again until the mixture is set 5-10 more minutes.

Cauliflower Mashed Potatoes

Bag of frozen cauliflower	1-12-14 oz bag
Instant organic mashed potatoes	1tbsp
Butter, cream or sour cream	1-2tbsp as needed

Boil cauliflower until well done. Drain. Place in food processor, and puree.
 Add 1 tbsp. of mashed potatoes. Blend.

Wasabi option- add 1 tsp of wasabi powder to the potatoes and blend.

Seared tuna

Tuna steaks- fresh or thawed frozen
Teriyaki sauce
Soy or tamari sauce
Whole Black pepper

Marinate your tuna steaks in soy sauce and 1/2 the teriyaki sauce for 1 hour or longer. Crush the peppercorns and coat the tuna steaks.
 Heat a grill or grill pan until hot. Add the tuna to the pan and cook for 3 min each side. This will produce a medium rare result.
 Slice the tuna against the grain, serve on wasabi mash and a bed of sautéed spinach and drizzle with the additional teriyaki.

Chicken and "Rice" soup (makes 2 servings)

Chicken broth	3 cups
Chicken breast -cooked diced-(can use rotisserie)	1 large
Frozen mixed vegetables without potatoes	1 package (12-14 oz)
Miracle Noodle Shirataki rice (drained and rinsed)	1 package
Oregano	.5 tbsp
Salt and Pepper	to taste

Combine all and bring to a boil.

Caesar Salad

Romaine lettuce bite size pieces	3 cups
Bolthouse Farms Yogurt Caesar Dressing	2 tbsp.
Shredded Parmesan Cheese	1 oz

Put all in container with a lid & shake well. Serve.