

IFIT<sup>®</sup>



# JANUARY JUMPSTART

14-day Meal Guide

*Jumpstart your New Year with a healthy diet! This guide will start you off on the right foot with filling meals, healthy snacks, and lots of seasonal veggies.*

## INTRODUCTION

If you're looking at this meal plan, it means you're ready to make a change for the New Year. And whether that change is weight loss or just getting out of an eating rut, this meal plan is for you. My name is Megan Ostler, iFit's resident RDN (Registered Dietitian Nutritionist), and I created this meal plan to jumpstart your healthy lifestyle change. Notice that I didn't use the word "diet." That's because I believe in making *lifestyle* changes, and "diets" or "cleanses" should only include habits that are sustainable, enjoyable, and will help you make positive changes for life. So let's get started!

Although this meal plan is only for two weeks, it's designed to give you recipes and ideas that you can use for life. This meal plan focuses on whole foods, including lots of fruits and vegetables, in combination with whole grains and lean proteins. It's full of big meals with low calories, so although you'll only be eating about 1,500 calories a day, you will be doing lots of chewing and enjoying large, flavorful meals. The lean protein combined with lots of fiber from fruits, vegetables, and whole grains will keep you full and satisfied, making it easier to resist eating that leftover plate of Christmas cookies out of boredom. Plus, our recipes are taste tested and family friendly, so you don't have to make two dinners to reach your nutrition goals.

I know it's winter, but you still need to drink lots of water. Your needs depend on your size, gender, exercise habits, and climate, but aim for at least half an ounce of water per pound of body weight. By staying hydrated, you can avoid eating when you're just thirsty, and you'll keep your body in good working condition.

Whether you're a novice or a very experienced cook, these recipes are easy-to-follow, healthy, delicious, and will be great additions to your recipe box!



## TIPS FOR SUCCESS

- + If you have a dietary restriction to gluten, modify as needed.
- + Different recipes call for different types of milk. Feel free to substitute the percent or type, if you prefer.
- + Feel free to add extra spices, but use salt sparingly.
- + Many of these recipes can be prepared or made ahead of time if you have a busy day.
- + Check your pantry before going grocery shopping. You might already have many ingredients on hand that you'll need for the week.
- + If you're dying for something sweet, eat 1 hard candy, such as a jolly rancher. Since a single candy is only about 25 calories, it's a good, quick fix for a sweet tooth.

## WANT LESS PREP OR COOKING?

- + The salads in this meal plan all have easy, homemade dressings, but you can also purchase low-calorie vinaigrettes at the store.
- + If you're really pressed for time, use pre-washed and pre-cut vegetables and fruit.

## MEAL PLAN

Day 1

BREAKFAST	LUNCH	DINNER
Brussels Sprouts Sweet Potato Breakfast Hash*	Grilled Chicken Breast (4 ounces, cooked)  Kale Conversion Bowl* (1½ servings)	Pasta Fagioli*
SNACK: Apple, string cheese, and baby carrots (3 ounces)		

Day 2

BREAKFAST	LUNCH	DINNER
Green Protein Smoothie*	Pasta Fagioli (leftovers)	Slow Cooker Beef and Broccoli*
SNACK: Baby carrots (3 ounces), Cottage Cheese Avocado Toast*		

Day 3

BREAKFAST	LUNCH	DINNER
Cherry Pistachio Quinoa Breakfast* (2 servings)	Lightened Tuna Salad* Whole wheat bread (2 slices)  Baby carrots (3 ounces)	Chipotle Butternut Squash Chili* (2 servings)
SNACK: Soy Berry Smoothie*		

Day 4

BREAKFAST	LUNCH	DINNER
Salad-stuffed Omelette*	Chipotle Butternut Squash Chili* (2 servings, leftovers)	Pecan-crusted Salmon Quinoa* (½ cup)  Winter Poppyseed Salad*
SNACK: Orange, apple, string cheese		

\*Refer to the included recipes.

# MEAL PLAN

Day 5

BREAKFAST	LUNCH	DINNER
Breakfast Egg Cups* (2 servings)	Peanut Butter Apple Wrap*	Stuffed Italian Steak* (2 servings) Steamed broccoli (2 cups)
SNACK: Cottage Cheese Avocado Toast,* orange		

Day 6

BREAKFAST	LUNCH	DINNER
Good Morning Muffins* (2 muffins, freeze leftovers for week 2) Milk (8 ounces, 1%)	Shredded Brussels Sprouts Salad* (3 cups)	Rustic Irish Potato and Cabbage Soup* (2 cups) Whole wheat bread (1 slice)
SNACK: Orange, apple, string cheese		

Day 7

BREAKFAST	LUNCH	DINNER
Protein Breakfast Salad*	Rustic Irish Potato and Cabbage Soup* (2 cups, leftovers) Whole wheat bread (1 slice)	Dijon Chicken with Brussels Sprouts*
SNACK: Soy Berry Smoothie,* apple, string cheese		

# GROCERY LIST Week 1



## FRESH PRODUCE

---

- Apple juice, unfiltered
- Apples (5)
- Avocados (2)
- Bananas (5—freeze 2 when you get home)
- Basil
- Broccoli florets (6 cups)
- Brussels sprouts (3 pounds)
- Butternut squash (3 cups)
- Carrots (1 pound)
- Carrots, baby (9 ounces)
- Carrots, shredded (2 cups)
- Celery (2 cups, chopped)
- Cilantro
- Garlic cloves (10)
- Ginger root
- Green cabbage (8 cups)
- Green onion (1)
- Jalapeño
- Kale, baby (6 cups)
- Lime
- Onions, sweet (3)
- Onion, red
- Oranges (3)
- Orange juice (1½ cups)
- Pomegranate
- Red bell pepper (2)
- Red cabbage (1 head)
- Roma tomato
- Rosemary
- Shallots (3)
- Spinach (12½ cups)
- Sweet potatoes, chopped (2 cups)
- Yukon potatoes (1½ pounds)
- Zucchini (1 small)

## DAIRY

---

- Cottage cheese, fat free (½ cup)
- Eggs (22)
- Feta cheese (¾ cup)
- Goat cheese (2 ounces)
- Milk (5 cups)
- Parmesan cheese, grated (½ cup)
- Plain Greek yogurt, fat free (1¼ cups)
- String cheese (4)
- Tofu (1 pound)
- Vanilla yogurt (½ cup)

## MEAT, POULTRY, AND FISH

---

- Bacon (1 pound)
- Chicken breasts (2½ pounds)
- Flank steak (2 pounds)
- Ground beef (2 pounds)
- Ground Italian sausage (1 pound)
- Ham, deli (12 ounces)
- Salmon fillets (2 pounds)
- Skirt steak (2 pounds)

## FROZEN

---

- Berries (2 cups)

## GRAINS

---

- Old-fashioned oats (½ cup)
- Quinoa (5¼ cups)
- White rice (1½ cups)
- Whole wheat bread (6 slices)
- Whole wheat flour (1 cup)
- Whole wheat pasta (1 cup)
- Whole wheat tortillas

## CANNED GOODS

---

- Beef broth, low sodium (3 cups)
- Black beans (15 ounces)
- Cannellini beans (15 ounces)
- Chicken broth (10 cups)

- CChipotle chilies in adobo sauce (1 teaspoon)
- Diced tomatoes, no salt added (30 ounces)
- Fire-roasted tomatoes (14½ ounces)
- Mandarin oranges (½ cup)
- Pumpkin purée (½ cup)
- Sun-dried tomatoes (1 cup)
- Tuna (12 ounces)

## BAKING, BULK, AND SNACK

---

- 6 Almond meal (¼ cup)
- Applesauce
- Baking soda
- Brown sugar
- Cornstarch
- Dark chocolate chunks (1 tablespoon)
- Dried cherries (½ cup)
- Dried cranberries (¾ cup)
- Olive oil
- Peanut butter, unsalted
- Pecans, chopped (¾ cup)
- Pistachios (¼ cup)
- Powdered peanut butter
- Protein powder (I recommend iFit Nourish)
- Shredded almonds (1 cup)

## SPICES AND SEASONINGS

---

- Black pepper
- Chili powder
- Cinnamon
- Cloves
- Crusted red pepper
- Cumin
- Garlic powder
- Italian seasoning
- Nutmeg
- Onion powder
- Oregano
- Parsley
- Poppy seeds
- Salt
- Thyme
- Vanilla

## STAPLE FOODS & CONDIMENTS

---

- Apple cider vinegar
- Balsamic vinegar
- Dijon mustard
- Honey
- Maple syrup, pure
- Mayonnaise (with olive oil)
- Pickles
- Salsa
- Sesame oil
- Soy sauce, low sodium (⅔ cup)
- Sriracha
- Tahini sauce (¼ cup)
- Teriyaki sauce, low sodium (⅔ cup)

## MEAL PLAN — WEEK 2

Day 8

BREAKFAST	LUNCH	DINNER
Spinach Breakfast Burritos* (2)	Sweet Potato Power Bowl*	Tilapia Tacos with Cabbage Slaw*
SNACK: Cottage Cheese Avocado Toast,* apple, string cheese		

Day 9

BREAKFAST	LUNCH	DINNER
Refrigerator Oatmeal*	Shredded Brussels Sprouts Pomegranate Salad* (2 servings) Grilled chicken breast (4 ounces, cooked)	Honey Sriracha Chicken Rice Bowl*
SNACK: Apple, string cheese		

Day 10

BREAKFAST	LUNCH	DINNER
Brussels Sprouts Sweet Potato Breakfast Hash*	Asian Chicken Wrap*	Slow Cooker Creamy Chicken Wild Rice Soup* (3 cups)
SNACK: Soy Berry Smoothie,* apple, string cheese		

Day 11

BREAKFAST	LUNCH	DINNER
Protein Breakfast Salad*	Slow Cooker Creamy Chicken Wild Rice Soup* (2 servings, leftovers)	Korean Pork Tacos*
SNACK: Orange, baby carrots (3 ounces), apple, string cheese		

## MEAL PLAN — WEEK 2

Day 12

BREAKFAST	LUNCH	DINNER
Salad-stuffed Omelette*	Korean Pork Veggie Quinoa Bowl* (use leftover pork from day 11's dinner)	Lemon Orzo Soup* (2 cups)
SNACK: Soy Berry Smoothie,* Cottage Cheese Avocado Toast,* orange		

Day 13

BREAKFAST	LUNCH	DINNER
Good Morning Muffins* (2 muffins, leftovers) Milk (8 ounces, 1%)	Lemon Orzo Soup* (2 cups, leftovers)	Cilantro Lime Chicken and Couscous*
SNACK: Apple, string cheese, Soy Berry Smoothie,* baby carrots (3 ounces)		

Day 14

BREAKFAST	LUNCH	DINNER
Green Chili Breakfast Bake* (1½ servings)	Crunchy Apple Ham Sandwich*	Easy Honey Soy Chicken* Brown rice (½ cup) Green beans (2 cups)
SNACK: Orange, baby carrots (3 ounces)		

\*Refer to the included recipes.

\*Refer to the included recipes.

A close-up photograph of a white bowl filled with a healthy meal. The bowl contains cooked quinoa, black beans, sliced avocado, and lime wedges. The quinoa is a golden-brown color, the black beans are dark and glossy, the avocado is bright green, and the lime is a vibrant green. The bowl is set on a light-colored surface with a teal cloth visible in the bottom left corner.

# GROCERY LIST

## Week 2

## FRESH PRODUCE

---

- Apples (6)
- Arugula (½ cup)
- Avocados (5)
- Banana (3—freeze when you get home)
- Broccoli slaw mix (12 ounces)
- Broccoli florets (5 cups)
- Brussels sprouts (8 cups)
- Butternut squash (2 cups, chopped)
- Cabbage (½ head)
- Carrots, baby (9 ounces)
- Carrots, large (8)
- Carrots, shredded (½ cup)
- Cauliflower florets (3 cups)
- Celery (1 bunch)
- Cilantro
- Garlic cloves (13)
- Ginger
- Green beans (2 cups)
- Green onions (3 bundles)
- Kale, baby (4 cups)
- Lemons (5)
- Limes (8)
- Onions (2)
- Oranges (3)
- Orange juice (2¼ cups)
- Pomegranate
- Red bell peppers (4)
- Red onions (1)
- Roma tomato
- Shallots (2)
- Snow peas (1 cup)
- Spinach (5½ cups)
- Sweet potatoes (5 cups, chopped)
- Yellow bell pepper

## MEAT, POULTRY, AND FISH

---

- Bacon (½ pound)
- Chicken breasts (9 pounds)
- Deli ham (2 ounces)
- Pork loin (2 pounds)
- Tilapia (1 pound)
- Turkey breakfast sausage (1 pound)

## DAIRY

---

- Butter (2 tablespoons)
- Colby Jack cheese, shredded (½ cup)
- Cottage cheese, fat free (17 ounces)
- Eggs (33)
- Feta cheese (2 ounces)
- Greek yogurt, nonfat (½ cup)
- Half-'n-half, fat free (1 cup)
- Milk (2 cups)
- Mozzarella cheese, part skim, shredded (1½ cups)
- Muenster cheese (1 ounce)
- String cheese (5)
- Tofu (1½ pounds)

## FROZEN

---

- Berries (3 cups)

## GRAINS

---

- Brown rice (2½ cups)
- Corn tortillas, 6-inch (8)
- Old-fashioned oats (⅓ cup)
- Orzo pasta (1½ cups)
- Quinoa (5½ cups)
- Whole wheat bread (3 slices)
- Whole wheat couscous (1 cup)
- Whole wheat tortillas (24)
- Wild rice (1 cup)

## CANNED GOODS

---

- Black beans (15 ounces)
- Chicken (12½ ounces)
- Chicken broth, fat free, low sodium (16 cups)
- Green chilies (8 ounces)
- Tomato paste (1 tablespoon)

## BAKING, BULK, AND SNACK

---

- Almonds, slivered (2 tablespoons)
- Baking powder
- Chia seeds (2 tablespoons)
- Cranberries, dried (1 cup)
- Pecans (½ cup)
- Whole wheat flour (¾ cup)

## SPICES AND SEASONINGS

---

- Bay leaves
- Black pepper
- Chili powder
- Crushed red pepper
- Cumin
- Curry powder
- Garlic powder
- Ginger
- Mustard powder
- Parsley
- Salt
- Thyme

## STAPLE FOODS & CONDIMENTS

---

- Balsamic vinegar
- Chili paste
- Cornstarch
- Dijon mustard
- Hoisin sauce
- Honey
- Maple syrup
- Olive oil
- Rice vinegar
- Salsa
- Sesame oil
- Soy sauce, low sodium
- Sriracha

# RECIPES



## ASIAN CHICKEN WRAPS

*Makes 4 servings*

### INGREDIENTS

12½ ounces canned chicken, drained

½ cup carrots, shredded

2 green onions, sliced

1 teaspoon fresh ginger

¼ teaspoon garlic powder

½ teaspoon chili paste

½ teaspoon sesame oil

2 teaspoons low-sodium soy sauce

2 tablespoons slivered almonds

2 teaspoons honey

4 whole wheat tortillas

### DIRECTIONS

1. Combine all ingredients, except for the tortillas, in a large bowl.
2. Fill the tortillas with the chicken mixture, wrap up, and enjoy!

## BREAKFAST EGG CUPS

Makes 12 servings

### INGREDIENTS

12 ounces sliced ham

12 eggs

1 teaspoon fresh pepper

### DIRECTIONS

1. Grease a muffin tin and preheat the oven to 400°F.
2. In a 12-cup muffin tin, line each cup with one ounce of ham. Crack an egg in each cup, then top with fresh pepper.
3. Bake for 15 minutes, or until the eggs are thoroughly cooked.

*\*These can also be frozen and reheated for a quick, protein-packed breakfast!*

## BRUSSELS SPROUTS SWEET POTATO BREAKFAST HASH

Makes 4 servings

### INGREDIENTS

5 thick slices of bacon, cut into 1-inch pieces

1 shallot, diced

2 garlic cloves, chopped

2 cups sweet potatoes, chopped

3 cups Brussels sprouts, halved

½ cup dried cranberries (unsweetened for paleo)

4 large eggs

Black pepper, to taste

### DIRECTIONS

1. Preheat oven to 400°F.
2. In a large, 12-inch cast iron skillet, cook the bacon over medium-high heat until crispy.
3. Remove the bacon and set aside, but leave the rendered bacon fat.
4. Add the shallot and garlic to the pan and cook until fragrant.
5. Add the sweet potatoes and Brussels sprouts to the pan and cook the sweet potatoes until they're soft and the Brussels sprouts have a few brown spots. This can take several minutes.
6. Stir in bacon and cranberries, then remove the pan from heat.
7. Make 4 wells in the cooked mixture, breaking one egg into each.
8. Place the skillet in the oven.
9. Bake for 10 minutes, or until the eggs are set, but the yolk is still runny. (If you're camping, cooking time may be longer over a fire. Be sure to keep it covered for best results.)
10. Sprinkle with black pepper.
11. Serve immediately!



## CHERRY PISTACHIO QUINOA BREAKFAST

Makes about 5 servings

### INGREDIENTS

- 2 cups 1% milk
- 1 cup of quinoa, uncooked and rinsed
- ½ cup dried cherries
- ¼ cup pistachios
- ½ teaspoon cinnamon
- 1 tablespoon honey (more or less to taste)
- ⅛ teaspoon vanilla

### DIRECTIONS

1. Combine milk and quinoa in a medium saucepan.
2. Bring to a boil, lower heat to a simmer, then cover.
3. Cook for about 20 minutes until most of the liquid has been absorbed.
4. Remove from heat and mix in the other ingredients.
5. Enjoy warm and add additional milk, if desired.

## CHIPOTLE BUTTERNUT SQUASH CHILI

Makes 7 servings

### INGREDIENTS

- 1 pound ground beef
- 1 medium sweet onion
- 1 red bell pepper
- 3 cloves garlic, minced
- 2 tablespoons chili powder
- 1 tablespoon dried oregano
- ½ teaspoons ground cumin
- 3 cups butternut squash
- 1 (15-ounce) can black beans
- 1 (14½-ounce) can fire-roasted, diced tomatoes
- 1 (14½-ounce) can low-sodium beef broth (gluten-free, if needed)
- ¼ teaspoons kosher salt
- 1 teaspoon black pepper
- ⅓ cup fresh cilantro, chopped
- 1 jalapeño, sliced

### DIRECTIONS

1. Cook beef in a large pot over medium-high heat for about 8 minutes, or until it crumbles and is no longer pink. Remove the beef, then set aside.
2. Add the onion, pepper, and garlic. Cook for 7 minutes.
3. Add the beef back into the pot. Stir in the spices, squash, beans, tomatoes, broth, salt, and pepper.
4. Bring to a boil, then reduce heat to low.
5. Simmer for 25 minutes, or until the squash is tender.
6. While the soup is simmering, make the **Chipotle Cream**.\*
7. Stir together the yogurt, chipotle chilies, lime zest, and lime juice.
8. Serve warm, topped with fresh cilantro, jalapeño slices, and chipotle cream.

## CHIPOTLE CREAM

Makes 7 servings

### INGREDIENTS

- 1 cup fat-free, plain Greek yogurt
- 1 teaspoon canned, minced chipotle chiles in adobo sauce
- 2 teaspoons fresh lime zest
- 1 tablespoon fresh lime juice

### DIRECTIONS

1. Stir together the yogurt, chipotle chiles, lime zest, and lime juice.
2. Serve with **Chipotle Butternut Squash Chili**.\*



## CILANTRO LIME CHICKEN WITH COUSCOUS

Makes 4 servings

### INGREDIENTS

- 2 tablespoons unsalted butter
- 1 pound trimmed chicken, sliced into 4 thin pieces
- 1½ cups low-sodium chicken broth
- 3 tablespoons freshly-squeezed lime juice
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 cup whole wheat couscous

**Cilantro lime sauce\***

### DIRECTIONS

1. In a large skillet, melt the butter.
2. Add the chicken.
3. Cook over medium heat for about 5 minutes on each side until it just starts to brown.
4. Remove from pan, then set aside.
5. In the same skillet, add the chicken broth, lime juice, garlic powder, and black pepper.
6. Bring to a boil.
7. Gently stir in couscous.
8. Place chicken on top.
9. Cover, then remove from heat.
10. Set aside for 5 minutes to allow couscous to cook.
11. While couscous is cooking, make the **Cilantro Lime Sauce**.\*
12. Drizzle sauce over the chicken and couscous.
13. Garnish with limes and cilantro, if desired. Enjoy!

## CILANTRO LIME SAUCE

Makes 4 servings

### INGREDIENTS

---

1 avocado

1 tablespoon freshly-squeezed lime juice

¼ cup milk

½ cup cilantro

¼ teaspoon garlic powder

¼ teaspoon salt

### DIRECTIONS

---

1. Place all of the ingredients in a food processor and blend until smooth.
2. Serve with **Cilantro Lime Chicken with Couscous**.\*

## COTTAGE CHEESE AVOCADO TOAST

Makes 1 serving

### INGREDIENTS

---

1 slice whole wheat bread

¼ cup fat-free cottage cheese

½ avocado

Sprinkle of freshly-ground black pepper

2 tablespoons herbs of choice (I like chives, cilantro, or basil)

### DIRECTIONS

---

1. Toast bread.
2. Top with cottage cheese, avocado, pepper, and herbs.
3. Enjoy!



## CRUNCHY APPLE HAM SANDWICH

Makes 1 sandwich

### INGREDIENTS

---

1 tablespoon Dijon mustard

2 slices whole wheat bread

2 teaspoons honey

½ sweet apple, thinly sliced

½ cup arugula

1 ounce Muenster cheese

2 ounces deli ham

### DIRECTIONS

---

1. Spread the Dijon on one slice of the bread.
2. Drizzle honey on top.
3. Layer the rest of the ingredients on the bread, then top with the remaining slice of bread.
4. Enjoy cold or cook in a panini press until cheese is melted.

## DIJON CHICKEN WITH BRUSSELS SPROUTS

Makes 4 servings

### INGREDIENTS

---

4 (6-ounce) skinless, boneless chicken breasts, trimmed

¼ teaspoon salt

¼ teaspoon black pepper

16 ounces Brussels sprouts, trimmed and halved

¾ cup low-sodium chicken broth

¼ cup unfiltered apple juice

2 tablespoons apple cider vinegar

2 tablespoons Dijon mustard

2 tablespoons olive oil

2 tablespoons fresh rosemary, chopped

### DIRECTIONS

---

1. Preheat oven to 450°F.
2. Place the chicken in a large bowl, then sprinkle with salt and pepper.
3. Add the Brussels sprouts, then add the remaining ingredients.
4. Toss together.
5. Transfer the chicken and Brussels sprouts to a greased baking sheet.
6. Bake for 20–25 minutes, or until chicken is cooked through.

## EASY HONEY SOY CHICKEN

Makes about 4 servings

### INGREDIENTS

1½ pounds boneless, skinless chicken tenders

3 tablespoons olive oil

¼ cup low-sodium soy sauce (gluten-free, if needed)

¼ cup honey

1 teaspoon garlic powder

½ teaspoon ginger

### DIRECTIONS

1. Preheat oven to 425°F.
2. Line a 9x13" pan with foil. Make sure there are no rips, otherwise the dressing will get on the bottom of the pan and cause a sticky mess.
3. Spray the foil-lined pan with non-stick cooking spray.
4. Spread the chicken tenders out evenly in the pan.
5. Mix olive oil, soy sauce, honey, garlic powder, and ginger in a small bowl, then pour the mixture over the chicken.
6. Bake for 25 minutes.
7. Flip the chicken over and bake for another 15 minutes.

## GOOD MORNING MUFFINS

Makes 12 servings

### INGREDIENTS

2 large, ripe bananas, mashed

½ cup unsweetened applesauce

½ cup brown sugar

½ cup pumpkin purée

2 large carrots, grated

2 eggs

1 cup whole wheat flour

½ cup old-fashioned oats

1 teaspoon baking soda

1 teaspoon cinnamon

½ teaspoon nutmeg

¼ teaspoon ground cloves

½ teaspoon salt

### DIRECTIONS

1. Preheat oven to 375°F.
2. In a large mixing bowl, mix bananas, applesauce, and brown sugar.
3. Add pumpkin, carrots, and eggs.
4. Stir in the dry ingredients until they're just combined.
5. Line a muffin pan with muffin liners and fill them about ¾ full with batter.
6. Bake for 20 minutes, or until you can insert a fork and it comes out clean.
7. Allow to cool for 10 minutes. Serve.
8. You can either freeze these for long periods of time or store them in an airtight container for up to 2 days.

## GREEN CHILI BREAKFAST BAKE

Makes 12 servings

### INGREDIENTS

1 pound turkey breakfast sausage

12 eggs

1½ cups part-skim mozzarella cheese, shredded and divided

16 ounces low-fat cottage cheese

6 green onions, chopped

1 (8-ounce) can chopped green chilies

¾ cup whole wheat flour

1 teaspoon baking powder

½ teaspoon salt

½ teaspoon freshly-ground black pepper

3 tablespoons olive oil

### DIRECTIONS

1. Cook the sausage, then set aside.
2. Beat together the 12 eggs and stir in ¾ cup mozzarella cheese, cottage cheese, green onions, green chilies, flour, baking powder, sausage, salt, pepper, and oil.
3. Pour into a greased 9x13" dish. You can allow it to rest in the refrigerator for up to 8 hours (I recommended it for the flavors to meld).
4. Just before baking, sprinkle with the remaining ¾ cup cheese.
5. Bake at 350°F for 60–75 minutes.
6. Allow to cool for 5 minutes.
7. Cut into 12 equal portions, then enjoy!

## GREEN PROTEIN SMOOTHIE

Makes about 3 servings

### INGREDIENTS

1½ cups milk of choice

2 scoops vanilla Nourish protein powder (or any other you like)

5 cups spinach, loosely packed

2 frozen bananas

½ cup vanilla yogurt

3 tablespoons powdered peanut butter

2 cups ice cubes

### DIRECTIONS

1. Mix milk and protein powder together until well incorporated.
2. Add to a blender with additional ingredients (except ice) and blend until spinach is completely mixed in. (This can take about 2 minutes on a higher speed.)
3. Add ice, blend, and enjoy!



## HONEY SRIRACHA CHICKEN RICE BOWL

Makes 4 bowls

### INGREDIENTS: SALAD

3 cups broccoli florets

2 cups brown rice, cooked

3 cups Honey Sriracha Chicken\*

### INGREDIENTS: HONEY SRIRACHA CHICKEN

2 pounds chicken breasts

1 cup water

½ cup low-sodium, fat-free chicken broth

1 teaspoon olive oil

⅓ cup honey

3 tablespoon Sriracha sauce

1 tablespoon tomato paste

1 teaspoon garlic powder

3 teaspoons cornstarch, divided

### DIRECTIONS

1. First, make the Honey Sriracha Chicken. Trim chicken and place in slow cooker.
2. Combine remaining sauce ingredients, reserving 1 teaspoon of cornstarch for later.
3. Cook on low for 6 hours or on high for 4 hours.
4. If desired, to thicken the sauce, remove 1 cup of the sauce. Whisk in remaining tablespoon of cornstarch and microwave for 30 seconds.
5. Whisk so that no clumps remain, then add to the slow cooker and allow to thicken.
6. Steam broccoli while sauce thickens until tender.
7. Shred chicken and assemble bowls with ½ cup rice, ¾ cup broccoli, and ¾ cup chicken.

## KALE CONVERSION BOWL

Makes about 7 servings

### INGREDIENTS

2 cups carrots, shredded

4 cups kale, chopped

⅔ cup low-sodium teriyaki sauce (gluten free, if needed)

⅓ cup water

2 cloves garlic, minced

1 tablespoon fresh ginger, grated

1 cup shredded almonds

4 cup quinoa, cooked

¼ cup tahini sauce

### DIRECTIONS

1. Mix carrots and kale in a large bowl, then set aside.
2. Mix teriyaki sauce, water, garlic, and ginger.
3. Add almonds and let soak.
4. Fluff the cooked quinoa, then add it to the kale and carrots.
5. Add soaked almonds along with the sauce and stir thoroughly.
6. Add tahini sauce and mix again until well incorporated.
7. Enjoy at room temperature.

## KOREAN PORK TACOS

Makes 12 servings

### INGREDIENTS: KOREAN SHREDDED PORK

2 pounds boneless pork loin

$\frac{2}{3}$  cup hoisin sauce

2 tablespoons soy sauce

1 tablespoon rice vinegar

1 tablespoon fresh ginger

4 garlic cloves, minced

$\frac{1}{4}$  cup sliced green onions

### INGREDIENTS: ASIAN BROCCOLI SLAW

12 ounces broccoli slaw mix

2 tablespoons low-sodium soy sauce

2 tablespoons rice vinegar

1 teaspoon sesame oil

$\frac{1}{2}$  teaspoon crushed red pepper

12 whole wheat tortillas

### DIRECTIONS

1. Lay the pork loin in the bottom of a slow cooker.
2. Whisk together the hoisin sauce, soy sauce, vinegar, ginger, garlic, and green onions.
3. Pour on top.
4. Place the lid on top. Cook on high for 6 hours or low for 8 hours.
5. Shred the pork prior to serving.
6. Toss the broccoli with the soy sauce, rice vinegar, sesame oil, and red pepper.
7. Top each tortilla with pork and slaw. Enjoy!

## KOREAN PORK VEGGIE QUINOA BOWL

Makes 4 servings

### INGREDIENTS

1 cup quinoa, uncooked

2 cups water

1 tablespoon sesame oil

2 cloves garlic, minced

2 cups broccoli, chopped

1 yellow pepper, sliced

1 red pepper, sliced

2 carrots, chopped

1 cup snow peas

$\frac{1}{4}$  red onion, sliced

2 cups **Korean Shredded Pork\***

### DIRECTIONS

1. Bring the quinoa and 2 cups of water to a simmer in a medium saucepan.
2. Cover and reduce the heat.
3. Cook until all of the liquid is absorbed and the quinoa is cooked—about 20 minutes.
4. In a wok or a skillet, heat the sesame oil over medium heat.
5. Add the 2 garlic cloves and remaining vegetables.
6. Cook for 5–10 minutes or until tender.
7. Divide the quinoa among four bowls. Top with  $\frac{1}{2}$  cup reheated, leftover Korean Shredded Pork and  $\frac{1}{4}$  of the stir-fried vegetables.
8. Leftover pork can be used for tacos, burritos, rice bowls, etc.

## LEMON ORZO SOUP

Makes about 8 servings

### INGREDIENTS

---

1 tablespoon olive oil

1 white onion, diced

2 cloves garlic, minced

2 cups carrots, chopped

2 cups celery, chopped

8 cups low-sodium, fat-free chicken broth

2 lemons, (zested, then juiced)

1 bay leaf

1½ cups orzo pasta, dry

2 cups chicken, cooked and shredded

½ teaspoon salt

½ teaspoon black pepper

### DIRECTIONS

---

1. In a large pot, heat olive oil.
2. Add onion, garlic, carrots, and celery.
3. Sauté until vegetables are tender and the onions start to turn translucent.
4. Add chicken broth, lemon zest, lemon juice, and bay leaf.
5. Heat to a boil.
6. Add orzo and cook on high for about 8–10 minutes or until orzo is tender.
7. Add the chicken and cook for another 5–10 minutes.
8. Remove bay leaf, then season with salt and pepper. Enjoy!

## LIGHTENED TUNA SALAD

Makes about 5 servings

### INGREDIENTS

---

12 ounces canned tuna (in water), drained

2 cups green cabbage, chopped

1 green onion, chopped

2 tablespoons olive oil mayonnaise

¼ cup nonfat, plain Greek yogurt

1 teaspoon Dijon mustard

¼ cup pickles, diced

¼ teaspoon salt

¼ teaspoon black pepper

### DIRECTIONS

---

1. Break tuna up with a fork.
2. Mix all ingredients together until well blended.
3. Serve on bread or wrap in lettuce.
4. This can be made ahead of time and stored in the fridge.

## PASTA FAGIOLI

Makes 8 servings

### INGREDIENTS

1 pound ground Italian sausage

1 onion, chopped

2 cups celery, chopped

2 cups carrots, chopped

2 teaspoons garlic powder

2 teaspoons Italian seasoning

½ teaspoon crushed red pepper

2 (15-ounce) cans no-salt-added, diced tomatoes

1 cup chicken broth

1 (15-ounce) can cannellini beans, drained and rinsed

1 cup whole wheat pasta (shape of choice)

1 cup water

1 cup zucchini, chopped

1 cup spinach, chopped

½ cup Parmesan cheese, grated

### DIRECTIONS

1. Brown sausage in a large soup pot.
2. Add onions, celery, and carrots.
3. Cook until onions are translucent.
4. Add garlic, Italian seasoning, red pepper, tomatoes, and broth.
5. Simmer for 25 minutes.
6. Stir in beans, pasta, and extra water. Cook until pasta is tender.
7. Stir in zucchini and spinach. Heat until spinach is wilted.
8. Serve hot, topped with 1 tablespoon Parmesan cheese for each serving.

## PEANUT BUTTER APPLE WRAP

Makes 1 wrap

### INGREDIENTS

1 tablespoon unsalted peanut butter

1 whole wheat tortilla

½ apple, thinly sliced

½ teaspoon cinnamon

1 tablespoon dark chocolate chunks

### DIRECTIONS

1. Spread the peanut butter evenly on the wrap.
2. Top with apple slices.
3. Sprinkle the cinnamon and chocolate chunks on top.
4. Roll up and enjoy!



## PECAN-CRUSTED SALMON

Makes 8 servings

### INGREDIENTS

---

- 2 pounds salmon fillets
- 2 tablespoons Dijon mustard
- 2 teaspoons olive oil
- 2 teaspoons pure maple syrup
- ¼ cup almond meal
- ⅓ cup pecans, finely-chopped
- 1 teaspoon dried parsley
- ½ teaspoon salt

### DIRECTIONS

---

1. Preheat the oven to 400°F.
2. Arrange salmon fillets on a greased baking sheet.
3. Stir together the Dijon, olive oil, and maple syrup.
4. Brush the salmon with the mixture.
5. In a separate bowl, combine the almond meal, pecans, parsley, and salt.
6. Pat the brushed fillets with the mixture and bake for about 15 minutes, or until the fish flakes with a fork.
7. Cooking time will vary on the thickness of the fillets.

## PROTEIN BREAKFAST SALAD

Makes 1 serving

### INGREDIENTS

---

- 1 tablespoon olive oil
- 1 ounce low-sodium smoked ham or bacon, chopped (optional)
- ¼ large red pepper, diced
- 2 cups baby kale
- ¼ cup quinoa, cooked
- 1 tablespoon balsamic vinegar
- 1 egg (cooked to your liking)
- 1 ounce feta cheese (optional)
- ⅓ teaspoon salt
- ⅓ teaspoon pepper

### DIRECTIONS

---

1. Heat the olive oil in a skillet.
2. Add ham, pepper, and kale.
3. Cook the mixture until the kale begins to wilt.
4. Stir in the quinoa and cook until it's heated thoroughly.
5. Stir in the balsamic vinegar.
6. Transfer to a plate, then top with the egg, feta cheese, salt, and pepper.

## REFRIGERATOR OATMEAL

*Makes 1 serving*

### INGREDIENTS

½ cup 1% milk

½ cup fat-free Greek yogurt

⅓ cup old-fashioned oats (gluten free, if needed)

2 tablespoons chia seeds

½ cup fresh or frozen fruit

Splash of vanilla

### MIX-INS

Sunflower seeds

Flax seeds

Unsweetened coconut

Dark chocolate

Chopped nuts

Lemon or orange zest

### DIRECTIONS

1. Mix together all ingredients, plus 1 tablespoon total from the mix-ins of your choice.
2. Pour into a sealed container and refrigerate for 6 hours or more.
3. Enjoy your refrigerator oatmeal!

## RUSTIC IRISH POTATO CABBAGE SOUP

*Makes 10 servings*

### INGREDIENTS

1 large, sweet onion, diced

1 tablespoon olive oil

1 garlic clove, minced

6 cups (about 1 head) green cabbage, cored and chopped

2 cups carrots, chopped

1½ pounds Yukon gold potatoes, peeled and chopped into small chunks

1 pound lean ground beef, browned

8 cups chicken broth

2 teaspoons thyme

1 teaspoon salt

2 teaspoon freshly-ground black pepper

### DIRECTIONS

1. In a large soup pot, sauté the onions for 3–4 minutes in olive oil.
2. Add the minced garlic and cabbage.
3. Stir and cover for ten minutes, or until cabbage softens.
4. Once cabbage has softened, add the carrots, potatoes, browned beef, chicken broth, thyme, salt, and pepper.
5. Simmer for about 20 minutes, or until potatoes and carrots are cooked.
6. Serve warm.

## SALAD-STUFFED OMELETTE

Makes 8 servings

### INGREDIENTS

---

1 egg

2 egg whites

1 tablespoon 1% milk

1½ cups spinach, chopped

½ avocado, chopped

¼ teaspoon salt

¼ teaspoon pepper

½ Roma tomato, diced

2 tablespoons salsa (optional)

### DIRECTIONS

---

1. Mix egg, egg whites, and milk in a small bowl.
2. Pour into a heated frying pan.
3. When bottom side of eggs are cooked, add the spinach and avocado.
4. Fold eggs over.
5. Flip and press together the edges of the egg with the spatula.
6. Season with salt and pepper, then top with fresh tomato and salsa, if desired.

## SHREDDED BRUSSELS SPROUTS POMEGRANATE SALAD

Makes 4 servings

### INGREDIENTS: SALAD

---

1 pound Brussels sprouts (5 cups)

1½ cups pomegranate seeds

½ cup dried cranberries

½ cup toasted pecans

1 avocado, diced

### INGREDIENTS: DRESSING

---

¼ cup fresh lemon juice

¼ cup extra virgin olive oil

1 tablespoon shallots, minced

1 tablespoon maple syrup

½ teaspoon Dijon mustard

¼ teaspoon salt

¼ teaspoon pepper

### DIRECTIONS

---

1. Using a food processor or a mandolin, shred the Brussels sprouts.
2. Place them in a medium bowl, then top with the pomegranate seeds, cranberries, pecans, and avocado.
3. Set aside.
4. In a small bowl, combine all of the ingredients for the dressing.
5. Whisk until well combined.
6. Toss the salad with the dressing. Enjoy!

## SHREDDED BRUSSELS SPROUTS SALAD

Makes 8 servings

### INGREDIENTS: SALAD

12 ounces Brussels sprouts

¼ cup dried cranberries or cherries

¼ cup pecans, chopped

1 tablespoon extra virgin olive oil

2 shallots, thinly sliced

2 ounces goat cheese

### INGREDIENTS: MAPLE BALSAMIC VINAIGRETTE

3 tablespoons extra-virgin olive oil

3 tablespoons balsamic vinegar

1½ tablespoon pure maple syrup

1½ teaspoons Dijon mustard (gluten free, if needed)

¼ teaspoons salt

¼ teaspoons pepper

### DIRECTIONS

1. In a small bowl, combine all of the vinaigrette ingredients and whisk until smooth. Set aside.
2. Shred Brussels sprouts (this is easiest in a food processor).
3. Place the shredded Brussels sprouts, cranberries, and pecans in a large bowl.
4. In a large skillet, heat up the olive oil.
5. Add the shallots, then cook until light golden brown.
6. Remove, then place on a paper towel to absorb the excess oil.
7. Add the shallots and goat cheese to the salad.
8. Drizzle the salad with the vinaigrette.
9. Toss until everything is well combined.
10. Serve immediately or cover and store in the fridge.

## SLOW COOKER BEEF AND BROCCOLI

Makes about 6 servings

### INGREDIENTS

1 cup beef broth

⅔ cup low-sodium soy sauce (gluten free, if needed)

⅓ cup brown sugar

1 tablespoon sesame oil

1 teaspoon garlic powder

½ teaspoon Sriracha (more or less to taste)

2 pounds flank steak

4 cups broccoli florets, cut into bite-sized pieces

2 tablespoons cornstarch

¼ cup cold water

3 cups white rice, cooked

### DIRECTIONS

1. Mix beef broth, soy sauce, brown sugar, oil, garlic powder, and Sriracha in a small bowl until smooth.
2. Cut steak into thin slices and place in slow cooker.
3. Pour sauce over beef and cook on high for 3 hours.
4. 30 minutes before serving, mix cornstarch and cold water in a small bowl until smooth.
5. Add to slow cooker to thicken.
6. 20 minutes before serving, place broccoli in the slow cooker and stir.
7. Cover and continue to cook.
8. Serve over rice.

## SLOW COOKER CREAMY CHICKEN AND WILD RICE SOUP

Makes 8 servings

### INGREDIENTS

- 1 onion, diced
- 4 carrots, diced
- 2 stalks celery, diced
- 2 cups butternut squash, cubed
- 3 cloves garlic, minced
- 2 bay leaves
- 1 teaspoon dried thyme
- ½ teaspoon dried mustard powder
- 2 teaspoons dried parsley
- 2 teaspoons salt
- 1 teaspoon curry powder
- 6 cups low-sodium chicken broth
- 2 cups water
- 2 pounds chicken breasts
- 1 cup uncooked wild rice
- 1 cup fat-free half-'n-half

### DIRECTIONS

1. In a large, 6-quart slow cooker, combine all ingredients (except for the half-'n-half).
2. Cover and set on low for 6–8 hours or high for 4–6 hours.
3. 30 minutes before serving, remove and shred the chicken.
4. Return to the slow cooker, then stir in the half-'n-half.
5. This soup freezes well!

## SOY BERRY SMOOTHIE

Makes 1 smoothie

### INGREDIENTS

- ½ pound (½ carton) silken tofu
- ½ frozen banana
- 1 cup frozen berries
- ¾ cup orange juice

### DIRECTIONS

1. Blend until smooth.
2. Enjoy!



## SPINACH BREAKFAST BURRITOS

Makes 8 servings

### INGREDIENTS

8 egg whites

4 eggs

¼ teaspoon chili powder

½ teaspoon salt

1 red pepper, diced

4 cups spinach

8 whole wheat tortillas

½ cup shredded colby Jack cheese

### DIRECTIONS

1. Whisk together the eggs with the egg whites, chili powder, and salt.
2. In a large skillet, sauté the red pepper for 5 minutes.
3. Pour in the eggs.
4. Scramble by stirring slowly, scraping the bottom of the pan as you go.
5. Add the spinach.
6. Distribute the egg mixture evenly into the 8 tortillas, top with cheese, and enjoy!
7. To make ahead of time, wrap individual burritos in foil and store in a plastic bag in the freezer. To reheat, bake in the oven at 375°F for 20 minutes, or cover with a damp paper towel and microwave for 3–4 minutes or until thoroughly heated.

## STUFFED ITALIAN STEAK

Makes 8 servings

### INGREDIENTS

2 pounds skirt steak

2 cloves garlic, minced

½ cup feta cheese

1 cup sun-dried tomatoes

½ cup fresh basil, chopped

2 tablespoons balsamic vinegar

1 tablespoon olive oil

Pepper, to taste

### DIRECTIONS

1. Preheat the oven to 425°F.
2. Lay the steak out so it's in a rectangle. You'll need to overlap the steak.
3. Flatten it out, then spread the garlic on top.
4. Sprinkle the feta, sun-dried tomatoes, and basil leaves on top.
5. Drizzle with balsamic vinegar.
6. Roll the steak up, then tie with cooking twine or insert skewers at 2-inch intervals.
7. Rub the outside with olive oil, then sprinkle with pepper to taste.
8. Roast the steak for 15 minutes, then turn the oven up to broil for 5 minutes.
9. Remove from the oven, then let rest for 10–15 minutes.
10. Slice into 8 servings.

## SWEET POTATO POWER BOWL

Makes 8 servings

### INGREDIENTS

3 cups sweet potatoes, peeled and cubed

3 cups cauliflower florets

1 red onion, chopped

2 tablespoons olive oil

½ teaspoon chili powder

1 teaspoon cumin

1 teaspoon salt

¼ teaspoon black pepper

4 cups quinoa, cooked

1 (15-ounce) can black beans, drained and rinsed (about 1½ cups)

2 avocados

2 limes, juiced

½ cup cilantro, chopped

Salt, to taste

Pepper, to taste

### DIRECTIONS

1. Preheat oven to 400°F.
2. In a large bowl, toss the sweet potatoes, cauliflower, red onion, olive oil, and spices.
3. Pour onto a parchment-lined baking sheet, then bake for 30 minutes, or until veggies are tender.
4. Assemble your bowls with quinoa, black beans, and veggies.
5. Top with avocados, lime juice, cilantro, salt, and pepper.

## TILAPIA TACOS WITH CABBAGE SLAW

Makes 4 servings

### INGREDIENTS: FOR THE FISH

1 pound tilapia

1 teaspoon garlic powder

½ teaspoon cumin

¼ teaspoon chili powder

2 tablespoons olive oil, divided

⅓ cup fresh lime juice

### INGREDIENTS: FOR THE SLAW

½ head cabbage

¼ cup cilantro, chopped

2 tablespoons fresh lime juice

2 teaspoons olive oil

½ teaspoon salt

8 (6-inch) corn tortillas

### DIRECTIONS

1. For the fish, combine tilapia, garlic powder, cumin, chili powder, 1 tablespoon olive oil, and ⅓ cup lime juice in a plastic bag.
2. Marinate at room temperature for no more than 30 minutes.
3. Preheat the grill to medium heat, then use the other tablespoon of olive oil on the grates.
4. Grill the fish for about 3–4 minutes on each side, or until it easily flakes with a fork.
5. For the slaw, combine cabbage, cilantro, 2 tablespoons lime juice, 2 teaspoons olive oil, and salt. Allow to rest for 10 minutes.
6. If desired, grill the tortillas.
7. Assemble each taco with about 2 ounces of fish and ½ cup slaw.



