



THREE SQUARE MEALS

& everything before,
after, & in between

Energize 

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Project Coordination — *Jacqueline Bourgeois*

Graphic Design — *Elaine Haapanen*

We'd like to recognize those who participated.

Recipes submitted by:

- Brain Food Bowl — Steve Wagner
- 4-Ingredient Energy Bites — Jacqueline Bourgeois
- Greek Panzanella — Danielle Gianino
- Effortless Spinach Salad — Patrizia Rinko
- Multigrain Sourdough — David Reinfeld
- Healthy & Deliciously Stuffed Mushrooms — Elaine Haapanen
- Turkey Tacos — John Vieira
- Maple Salmon — Heather Takle
- Not-So-Guilty Pleasure Funfetti Cookies — Angela Franca



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SPAGHETTI SQUASH PANCAKES

DIRECTIONS

1. Preheat oven to 275 degrees. In a large nonstick skillet, heat 1 tablespoon oil over medium-high. Add onion, jalapenos, and ginger and cook, stirring, until softened, 3 minutes. Stir in cumin and coriander and cook for 1 minute. Remove skillet from heat and scrape mixture into a large bowl.
2. Add squash, eggs, coconut flour, salt, and pepper to the large bowl. Mix well.
3. Add another tablespoon of oil to the nonstick skillet and heat to medium.
4. In batches, add batter in 1/4 cupfuls to skillet. Cook for 3 to 4 minutes on one side, then flip and cook another 3-4 minutes so each side is golden brown. Transfer pancakes to a parchment lined baking pan in oven to keep warm.
5. Continue cooking pancakes until all remaining batter is used. Add oil in teaspoon-sized increments when required during cooking.
6. Serve pancakes warm from the oven with a dollop of yogurt, if desired.

INGREDIENTS

EXTRA VIRGIN OLIVE OIL

2 tablespoons, plus extra as needed

YELLOW ONION

1/4 cup, minced

SMALL JALAPENOS

2, seeded and minced

PEELED FRESH GINGER

3 tablespoons, minced or microplaned

CUMIN

3/4 teaspoon, ground

CORIANDER

3/4 teaspoon, ground

SPAGHETTI SQUASH

3 cups roasted, and patted dry with paper towels

EGGS

2 large sized, lightly beaten

COCONUT FLOUR

3 tablespoons

KOSHER SALT

1 teaspoon

GROUND PEPPER

1/2 teaspoon

GREEK YOGURT

Plain, nonfat (optional)





HIGH-PROTEIN BANANA OAT MUFFINS

DIRECTIONS

1. Preheat oven to 350°. Spray muffin tray with cooking spray.
2. Blend all ingredients together until smooth and divide among sockets in tray (usually 12.)
3. Bake until you can insert a fork and remove it without anything sticking, about 17 minutes. Top muffins with Greek yogurt.

Makes 12 servings.



INGREDIENTS

BANANA

1 peeled

EGG WHITES

3/4 cup

GREEK YOGURT

1/2 cup low-fat, plain

OATS

3/4 cup

PROTEIN POWDER

2 scoops vanilla whey

SUGAR SUBSTITUTE

1/4 cup

BAKING POWDER

1 teaspoon

BAKING SODA

1 teaspoon





BAKED EGG WHITE CASSEROLE CASSEROLE

DIRECTIONS

1. Preheat the oven to 375 degrees. Line a 7-by-11-inch baking dish with parchment.
2. Heat a large skillet over medium heat. Add 2 tablespoons of vegetable broth or water, the mushrooms, Simply Organic seasoning, and optional jalapeños. Cook, stirring occasionally, until the vegetables are nearly tender, about 3 minutes.
3. Add the spinach. Cook until the spinach is cooked down and bright green, about 1 minute. Remove the pan from the heat. Stir in the turkey bacon, and season to taste with salt and pepper.
4. Spread the spinach mixture evenly on the bottom of the prepared baking dish. Whisk the egg whites, then pour them over the spinach mixture. Scatter the green onions on top.
5. Bake until the egg whites are set, about 25 minutes. Test by poking a small sharp knife into the middle of the casserole and taking a peek — it should be moist inside, but not liquidy.
6. Let the casserole sit for about 5 minutes, and then cut into pieces and serve.

INGREDIENTS

CREMINI MUSHROOMS

6 ounces sliced

WATER

2 tablespoons

SEASONING

2 teaspoons, simply organic all-purpose

JALAPENOS

2 teaspoons, minced (optional)

SPINACH

2 1/3 cups packed fresh & chopped

TURKEY BACON

4 ounces, cooked and chopped

GREEN ONIONS

3, thinly sliced

EGG WHITES

9

BLACK PEPPER

Freshly ground

SEA SALT





OPEN-FACED BREAKFAST SANDWICH

DIRECTIONS

1. Coat both sides of bread with cooking spray and toast until lightly golden using your preferred method (broil, toaster or grill)
2. Arugula mixture: Combine the arugula with 2 teaspoons oil, juice, 1/8 teaspoon salt, and 1/4 teaspoon pepper; toss gently.
3. Cook the eggs: In a nonstick sauté pan over medium heat, add 1 teaspoon of olive oil. Crack eggs into pan and cook for 2 minutes. Cover and cook for an additional 2 minutes or until whites are set. Remove from heat.
4. Ricotta mixture: Combine 1/4 teaspoon salt, ricotta, Parmigiano-Reggiano, and thyme.
5. Assemble sandwich: On the toast add a layer of ricotta mix and arugula salad, top with cooked egg, add salt & pepper to taste.
6. Serve immediately.

INGREDIENTS

WHOLE WHEAT COUNTRY BREAD

4 (ounce) slices

ARUGULA

2 cups

EXTRA-VIRGIN OLIVE OIL

1 tablespoon

FRESH LEMON JUICE

1 1/2 teaspoons

SALT

1/2 teaspoons

BLACK PEPPER

1/2 teaspoon freshly ground

EGGS

4 large sized

RICOTTA CHEESE

1/4 cup grated, fresh

PARMESAN CHEESE

3/4 cup part-skim

THYME

1 teaspoon chopped, fresh





SWEET POTATO, BLACK BEAN & AVOCADO **BREAKFAST BURRITOS**

DIRECTIONS

1. Cook sweet potatoes: Pierce sweet potatoes with fork a few times. Place in microwave and microwave on high for 4-6 minutes or until cooked though. This may take up to 10 minutes depending on how thick your sweet potatoes are. Alternatively you can roast them in the oven at 400 degrees for 45 minutes. Once sweet potatoes are cooked, remove the skins and place potatoes in a medium bowl. Mash with a fork; set aside.
2. In a separate large bowl, add black beans, cumin, chili powder and red pepper flakes if desired. Stir to combine then set aside.
3. In a separate medium bowl, beat egg whites together. Spray a skillet with nonstick cooking spray and place over medium-low heat. Add in egg whites and cook. Fold every few minutes to get fluffy eggs. Once cooked, remove from heat.
4. To assemble burritos, make sure you have warm tortillas; it makes them easier to roll. You can warm them up for 10-20 seconds in the microwave before assembling. Lay out warm tortillas and evenly distribute and spread mashed sweet potato on each. Evenly distribute egg whites, diced avocado, black beans, and shredded cheese on each tortilla. Next drizzle about tablespoon of enchilada sauce in each. Season with salt and pepper, if desired. Tuck ends in, then roll up burritos. To warm up: Place on baking sheet in oven at 300 degrees for 5-10 minutes or simply microwave them for a minute or two. Serve with sour cream, greek yogurt, salsa, or hot sauce.

Makes 6 burritos.

INGREDIENTS

WHOLE WHEAT TORTILLAS

6, low carb

SWEET POTATOES

3, medium sized

BLACK BEANS

1-15 oz can, rinsed and drained

CUMIN

1/4 teaspoon

CHILI POWDER

1/4 teaspoon

RED PEPPER FLAKES

A few dashes

EGG WHITES

8, large

AVOCADO

1, died

MEXICAN CHEESE

1/2 cup, reduced fat

RED ENCHILADA SAUCE

1/3 cup





BRAIN FOOD BOWL

DIRECTIONS

1. Add the lentils to a saucepan with the broth, shallots and thyme over medium high heat and bring to a boil. Reduce heat and simmer, partially covered, until the lentils are soft and cooked through, 30 to 40 minutes. Remove the shallots and thyme.
2. Preheat the oven to 400°F. Remove the beets greens and set them aside for later. Place the whole beets on a foil-lined baking sheet and drizzle with olive oil. Season with salt and pepper. Place in the oven until cooked, about 50 minutes. Remove the sheet from the oven, let cool, peel off the skins, and then cut the beets into quarters.
3. MAKE THE DRESSING: Add all of the dressing ingredients to a food processor or blender and pulse until smooth.
4. MAKE THE EGGS: Place a large saucepan over medium high heat and add the coconut oil. Crack four eggs into the pan, making sure the yolks are unbroken and cover the pan with a lid. Let the eggs cook until the whites are set and the yolks are beginning to firm up, about 1 minute. Remove the eggs from the pan.
5. ASSEMBLE THE BOWLS: Divide the spinach and beet greens evenly between each bowl. Add the lentils, beets and avocado. Drizzle the dressing over top and toss to combine. Top each bowl with a coconut-fried egg.



SNACK RECIPE

INGREDIENTS

BELUGA LENTILS

1 cup, rinsed and sorted

VEGETABLE BROTH

3 cups

SHALLOTS

2, peeled

THYME

3 sprigs

BEETS

2, medium sized, with leaves attached

BABY SPINACH

4 cups, loosely packed

AVOCADOS

2 ripe, peeled, and sliced

EGGS

4 Medium

COCONUT OIL

1 tbsp

SALT & PEPPER

DRESSING INGREDIENTS

WALNUTS

1/2 cup

MEDJOL DATE

1, pitted

DIJON MUSTARD

1/4 teaspoon

WARM WATER

1 tablespoon

THYME

1/4 teaspoon

BALSAMIC VINEGAR

1/4 cup

OLIVE OIL

1/2 cup





HONEY LIME QUINOA FRUIT SALAD

DIRECTIONS

1. Rinse and prepare the quinoa according to package. Let quinoa cool to room temperature.
2. In a large bowl, combine quinoa, strawberries, blueberries, and mango.
3. To make the glaze: In a small bowl combine the honey and lime juice. Drizzle over the fruit salad and toss to coat. Garnish with fresh basil.

INGREDIENTS

QUINOA

1 cup, uncooked

STRAWBERRIES

1 1/2 cup, sliced

BLACKBERRIES

1 cup

BLUEBERRIES

1 cup

MANGO

1, diced

GLAZE INGREDIENTS

HONEY

1/4 cup

LIME JUICE

2 tablespoons

BASIL (GARNISH)

1 tablespoon chopped basil





CRISPY CAULIFLOWER CHIPS

DIRECTIONS

1. Pre-heat oven to 200 degrees F.
2. Empty the packet of cauliflower onto a cutting board. Slice some pieces and chop others into quarters.
3. Load the cut cauliflower into a zippered plastic food bag, and add the lemon juice and olive oil. Close securely and shake well to coat the cauliflower.
4. Dump the cauliflower on a baking tray lined with parchment paper or foil and spread the pieces out evenly. Sprinkle with salt, pepper, and a pinch of garlic powder.
5. Bake for approximately 1 hour or until crispy and golden. Best enjoyed with ketchup or the following tahini sauce!



INGREDIENTS

CAULIFLOWER

1 package, pre-cut (or 1 small head cauliflower, washed, drained, and broken into large florets)

LEMON

1, freshly juiced

OLIVE OIL

1 tablespoon

GARLIC POWDER

SALT & PEPPER

SAUCE INGREDIENTS

TAHINI/SESAME PASTE

3 tablespoons

LEMON JUICE

1/2 cup

WATER

2 tablespoons

SALT & PEPPER





FOUR INGREDIENT ENERGY BITES

DIRECTIONS

1. Mix all ingredients in a large mixing bowl
2. Place mixing bowl in refrigerator for 30 minutes to 1 hour
3. Roll mixture into equal size bites
4. Store in refrigerator until ready to eat.

INGREDIENTS

OATS

1 cup, dry

PEANUT BUTTER

1/4 cup, natural

HONEY

3 tablespoons

DARK CHOCOLATE CHIPS

2 tablespoons





MANGO AVOCADO SALSA

DIRECTIONS

1. Place all ingredients in a bowl, stirring to combine.
2. Refrigerate for approximately 20 minutes to allow juices and flavors to organically mix.
3. Serve over meats or rice/grain dishes or eat by itself

INGREDIENTS

MANGO

1, diced

AVOCADO

1, diced

TOMATO

1, diced

YELLOW ONION

2 tablespoons, diced

LIME

1, juiced



APPETIZER RECIPE



GREEK PANZANELLA SALAD

DIRECTIONS

1. Heat 3 tablespoons olive oil in a large sauté pan. Add the bread cubes and sprinkle with salt; cook over low to medium heat, tossing frequently, for 5 to 10 minutes, until nicely browned. Add more olive oil as needed.
2. Place the cucumber, red pepper, yellow pepper, tomatoes and red onion in a large bowl.
3. For the vinaigrette, whisk together the garlic, oregano, mustard, vinegar, 1 teaspoon salt and the pepper in a small bowl. While still whisking, add the olive oil and make an emulsion. Pour the vinaigrette over the vegetables.
4. Add the feta, olives and bread cubes and mix together lightly. Set aside for 30 minutes for the flavors to blend. Serve at room temperature.



INGREDIENTS

SMALL FRENCH BREAD OR BOULE

Cut into 1 inch cubes (6 cups)

HOTHOUSE CUCUMBER

1 unpeeled, seeded, and sliced 1/4 inch thick

KOSHER SALT

RED BELL PEPPER

1 large, diced

YELLOW BELL PEPPER

1 large, diced

CHERRY OR GRAPE TOMATOES

1 pint, halved

RED ONION

1/2, sliced in half rounds

FETA CHEESE

1/2 pound feta cheese, cut in 1/2 inch cubes

CALAMATA OLIVES

1/2 cup, pitted

GOOD OLIVE OIL

VINAIGRETTE INGREDIENTS

GARLIC

2 cloves, minced

OREGANO

1 teaspoon, dried

DIJON MUSTARD

1/2 teaspoon

RED WINE VINEGAR

1/4 cup

SALT

1 teaspoon

GROUND BLACK PEPPER

1/2 teaspoon

GOOD OLIVE OIL

1/2 cup good



APPETIZER RECIPE

SPINACH BARS

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Melt butter in a 9 x 13 inch baking dish.
3. In a large bowl, whisk together the eggs, milk, flour, salt, pepper, baking powder, and garlic until blended.
4. Add mushrooms, spinach, and cheese and stir to blend evenly.
5. Tip the baking dish to coat with melted butter, then pour the spinach mixture into the pan.
6. Bake for 30 minutes until firm and golden.
7. Cut into bars and serve warm.



INGREDIENTS

BUTTER

3 tablespoons

EGGS

3

MILK

1 cup

FLOUR

1 cup, all-purpose

SALT

1 teaspoon

GROUND BLACK PEPPER

1/2 teaspoon

BAKING POWDER

1 teaspoon

GARLIC

1 1/2 teaspoon, minced

MUSHROOMS

1/2 cup, fresh and chopped

ONION

1 small, chopped

CHEDDAR CHEESE

4 cups, reduced fat

FROZEN CHOPPED SPINACH

1 (10 oz) package, thawed and drained





EFFORTLESS SPINACH SALAD

DIRECTIONS

1. Wash and clean spinach. Tear into bite size pieces and place in a serving bowl. Add half of the feta or goat cheese and onion; toss to combine.
2. Combine dressing ingredients in a small mixing bowl. Pour over salad and toss to coat. Sprinkle with remaining cheese. Top with dried cranberries and almonds. Serve immediately.

Makes 4 servings.



INGREDIENTS

FRESH SPINACH

8 ounces

FETA OR GOAT CHEESE

1/2 cup, crumbled

RED ONION

1/4 small, thinly sliced

DRIED CRANBERRIES

1/2 cup

TOASTED SLICED ALMONDS

2 tablespoons, toasted

DRESSING INGREDIENTS

BALSAMIC VINAIGRETTE DRESSING

1/2 cup

ORANGE JUICE

2 tablespoons

ORANGE ZEST

1 teaspoon (optional)





SIMPLE & SPICY CHICKPEA DIP

DIRECTIONS

1. Place all ingredients in a food processor and process for approximately 45-60 seconds.
2. Add bread or your favorite vegetables to dip.
3. Enjoy!



INGREDIENTS

ORGANIC CHICK PEAS

1 BPA-free can, drained & washed

GARLIC

1 large clove

SEA SALT

1/2 teaspoon

CAYENNE PEPPER

1/2 teaspoon

RED PEPPER FLAKES

1/2 teaspoon

BLACK PEPPER

1/4 teaspoon

OLIVE OIL

1/4 cup





TURKEY BACON SPLIT PEA SOUP

DIRECTIONS

1. Place split peas in a medium pot and add twice amount of cold water. Soak overnight or for at least 4 hours. Drain the water and rinse/drain a few times with cold water.*
2. Add 6 cups of water and bay leaves to the pot with split peas and bring to a boil. Cover, reduce heat to low and cook for 45 minutes.
3. While split peas are cooking, on medium heat preheat large frying pan and spray with cooking spray. Add onions and saute until translucent, stirring occasionally. Transfer to a small bowl and set aside.
4. Return frying pan to medium-high heat and add ground turkey. Cook the meat until golden brown, about 15 minutes, breaking into bite-size pieces with spatula and stirring occasionally. Transfer to a pot with split peas along with previously cooked onion, carrot, liquid smoke, salt and black pepper. Cover and cook for another 20 minutes or until carrots are soft. Discard the bay leaves. Serve hot with sprouted bread toast.

* Note: Alternatively, if you forgot/don't have time to soak the split peas, place the peas into a pot with 7 cups of water, bring to a boil, cover and cook for 45 minutes. Remove from heat and let stand covered for an hour. Then proceed to step 2 but do not add another 6 cups of water.

INGREDIENTS

SPLIT PEAS

1 1/2 cup

WATER

6 cups water (& more for soaking)

GROUND TURKEY

1 pound, extra lean

ONION

1 large, minced

CARROT

1 large, diced

LIQUID SMOKE

1 teaspoon

BAY LEAVES

2

SALT

3/4 teaspoon

BLACK PEPPER

1/2 teaspoon, freshly ground

COOKING SPRAY





PARMESAN ROASTED ACORN SQUASH

DIRECTIONS

1. Preheat oven to 400 degrees F (200 degrees C).
2. Toss squash slices, Parmesan cheese, thyme, olive oil, salt, and pepper together in a bowl until the squash is evenly coated; spread into a jelly roll pan.
3. Roast in preheated oven until golden brown and tender, 25 to 30 minutes.



INGREDIENTS

ACORN SQUASH

1 (approx. 2 pound) halved lengthwise, seeded, and cut into 3/4-inch slices

PARMESAN CHEESE

1/4 cup grated

FRESH THYME

8 sprigs

OLIVE OIL

2 tablespoons

KOSHER SALT

1/2 teaspoon

GROUND BLACK PEPPER

1/4 teaspoon





PARMESAN & GARLIC BUTTER SWEET POTATOES

DIRECTIONS

1. Pre-heat your oven to broil (or grill) settings to high heat. Trim off the ends of the sweet potatoes. Cut each sweet potato into quarters (or 1½ - inch pieces).
2. Place sweet potatoes in a large pot of salted water. Bring to the boil; cook, covered for 20 -25 minutes or until just fork-tender. Drain well.
3. Bake sweet potato pieces for 25-30 minutes, or until they are fork tender. Allow to cool for about 5 minutes, or until you can handle them without burning your hands.
4. Lightly grease a large baking sheet or tray with cooking oil spray. Arrange sweet potatoes onto the sheet and use a fork to LIGHTLY flatten each piece (they will be soft, so try not to press too hard or they will end up breaking and mashed).
5. Mix together the butter, garlic and parsley. Pour the mixture over each sweet potato. Sprinkle with salt and pepper and lightly spray with olive oil spray.
6. Broil (or grill) until they are golden and crispy (about 15 minutes). Remove from oven, sprinkle over the parmesan cheese and return to the oven until the cheese is melted.
7. Season with a little extra salt and parsley, and serve immediately.

Notes
*The boil method is preferred first, as they seem to almost caramelize in their own natural sweetness, before baking. But either method works.

INGREDIENTS

SWEET POTATOES

3 (large)

OLIVE OIL

a light spray

GARLIC

4 crushed cloves

PARSLEY

1 tablespoon, fresh chopped

KOSHER SALT

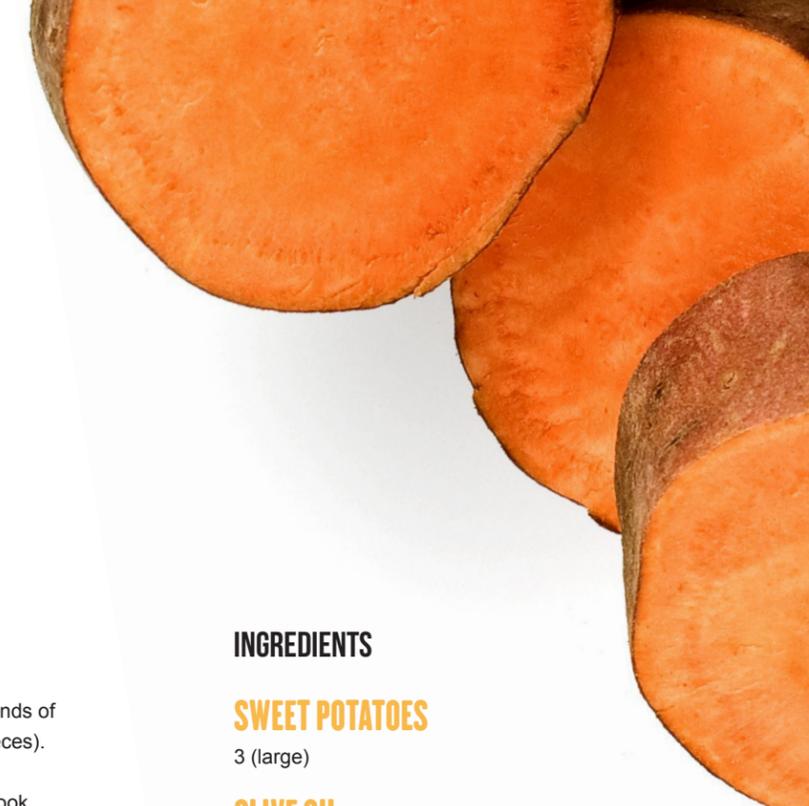
a few dashes to taste

BLACK PEPPER

a few dashes to taste

PARMESAN CHEESE

2 tablespoons





MULTIGRAIN SOURDOUGH

DIRECTIONS

1. Using a stand mixer fitted with the dough hook (or a large bowl and wooden spoon), mix together the water, whole-wheat flour, buckwheat flour, and 3 cups all-purpose flour on low speed for about 1 minute, or until you have a “shaggy” stiff dough.
2. Cover the bowl with a piece of plastic wrap and let it sit for about 10 minutes.
3. On medium-low speed, add the bread sponge, honey, and salt.
4. Mix for 3-4 minutes or until incorporated and the dough is sticky but smooth. (Joanne describes the texture here to feel like an earlobe. If it’s stiffer than that, slowly add a little water. If it’s looser than that, slowly add a little flour.)
5. Once this consistency is reached, add the millet, sunflower seeds, and flaxseeds mixing together for another 2-3 minutes or until the seeds are evenly distributed.
6. Lightly cover the dough (still in the bowl) with an oiled piece of plastic wrap or a kitchen towel. Place the bowl in a warm place for 3-4 hours.
7. Flour your hands and work surface and turn the dough out of the bowl.
8. Divide the dough in half with a knife.
9. Shape each half into a ball by tucking the edges of the dough underneath and then continuing to tuck the edges underneath until the dough naturally gathers into a ball with a taut surface. (At this point the dough can be covered and refrigerated overnight. Remove them the next day and proceed as directed.)
10. Sprinkle the cornmeal on a baking sheet to keep the loaves from sticking, and place the loaves on the baking sheet at least 3 inches apart.
11. Cover them loosely but completely with plastic wrap and let them sit at room temperature for 2-3 hours.
12. Position a rack in the center of the oven, and preheat to 500°.
13. Sprinkle the tops of the loaves with 2-3 tablespoons of all-purpose flour.
14. Slash the tops of the loaves with a knife to form an X. Place the baking sheet in the oven.
15. Place a rimmed baking sheet with 2 cups of water on the oven rack below the bread.
16. The steam from the water will create a moist atmosphere for the bread to grow.
17. Bake for about 30 minutes or until the loaves are golden brown on top and make a hollow sound when you thump them on the bottom.
18. Let the loaves cool on the baking sheet on a wire rack for 15-20 minutes. Then transfer the loaves to the rack for at least 2 hours before serving.

INGREDIENTS

WATER

1 1/2 cups water, body temperature

WHOLE-WHEAT FLOUR

3/4 cup

BUCKWHEAT FLOUR

3/4 cup

MEDIUM-COARSE YELLOW CORNMEAL

1 handful for the baking sheet

UNBLEACHED ALL-PURPOSE FLOUR

3 cups, plus 2-3 tablespoons for baking

BREAD SPONGE

12 ounces

SUNFLOWER SEEDS

1/3 cup

KOSHER SALT

1 tablespoon

MILLET

1/3 cup

HONEY

1/3 cup

FLAXSEEDS

1/3 cup





BACON-WRAPPED ASPARAGUS

DIRECTIONS

1. Preheat oven to 385 degrees F.
2. Prepare your asparagus stalks by washing/rinsing and cutting off ends.
3. Group 4 asparagus stalks together and secure by wrapping a piece of bacon around the stalks and securing with a toothpick.
4. Place on a foil-lined baking pan and sprinkle sea salt, black pepper and onion powder on asparagus/bacon "packs" to taste.
5. Bake for 10-12 minutes until bacon is fully cooked.
6. Allow to cool slightly. Serve warm.

INGREDIENTS

FRESH ASPARAGUS

24 stalks

BACON

3 pieces, cut in half

SEA SALT

coarse grind

BLACK PEPPER

coarse grind

ONION POWDER





SIDE RECIPE

HEALTHY & DELICIOUSLY STUFFED MUSHROOMS

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place mushrooms on a baking sheet.
3. Cut up 2 of the mushrooms into diced pieces. (or remove stems from mushrooms and cut into small diced pieces.
4. In a medium skillet add oil, garlic, diced mushrooms and saute until tender, about 8-10 minutes.
5. Add spinach and balsamic vinegar and saute until wilted.
6. Remove from heat and add the feta cheese.
7. Stuff the mushrooms with the mixture, placing on a baking sheet.
8. Bake for 25-30 minutes minutes.
10. ENJOY warm or colk



INGREDIENTS

COCONUT OIL

1 tablespoon

MUSHROOMS

12 ready to stuff

GARLIC

3 cloves, minced

BABY SPINACH

1 cup, cut into small pieces

BALSAMIC VINEGAR

1 tablespoon

BLACK PEPPER

1/4 teaspoon

LOW FAT FETA CHEESE

1/4 cup





MAPLE SALMON

DIRECTIONS

1. In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat oven to 400 degrees F (200 degrees C).
4. Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

INGREDIENTS

MAPLE SYRUP

1/4 cup

SOY SAUCE

2 tablespoons

GARLIC

1 clove, minced

GARLIC SALT

1/4 teaspoon

GROUND BLACK PEPPER

1/8 teaspoon

FRESH SALMON

1 pound





TURKEY TACOS

DIRECTIONS

1. Prep all the peppers and onions by dicing them up to desired sizes. Cut the jalapenos into skinny circles. Keep Onions separate because they will cook first.
2. Put 2 tablespoons in each frying pan, set heat to high for the bigger pan to heat up the oil.
3. Put turkey meat into the bigger of the two pans and then bring heat down to medium/high heat. Quickly pull the turkey into smaller parts and keep flipping until broken up. Continue to monitor, pull apart, and flip until all the meat is lightly browned while starting step 4.
4. Set heat to high for the second pan, and then dump in the onions and spread until the pan is covered. Slightly reduce the heat, the goal is to caramelize the onions. Reduce the heat to medium/low and flip when they are about there.
5. When the meat is lightly browned, put the lid on the top of the meat pan leaving a small opening that the meat can't escape and drain the fat and oil out into the sink.
6. Add the 3/4 of the taco seasoning to the meat and stir until it is all evenly distributed.
7. Add the diced peppers and the remaining 1/4 of taco seasoning into the pan with the onions and stir until all of it is mixed together well. Turn up the heat slightly.
8. Add the can of diced tomatoes and the 1/2 cup of marinara sauce to the meat and mix well, turning up the heat slightly.
9. Turn on your oven to 410 and throw in the desired amount of wraps you want to make.
10. When the vegetables reach the desired firmness, dump and mix the vegetables into the meat. Bring to low heat and let simmer. The meal is ready to serve.
11. Take out the wraps, put sour cream, then salsa, then cheese, then layer the meat and vegetables on top and roll into a burrito shape.
12. Enjoy & repeat. Serves 4-6



ENTREE RECIPE

INGREDIENTS

GROUND TURKEY

1 pound (preferably 93% - 97% lean)

DICED TOMATOES

1 can - (fire roasted preferred)

MARINARA SAUCE

1/2 cup

OLIVE OIL

4 tablespoons

TACO SEASONING

1 packet (preferred Trader Joe's)

RED PEPPER

1 regular size

YELLOW PEPPER

1 regular size

ORANGE PEPPER

1 regular size

JALAPENOS PEPPERS

2-3 (can substitute regular green pepper)

ONION

1 onion (yellow or sweet)

SOUR CREAM

SALSA

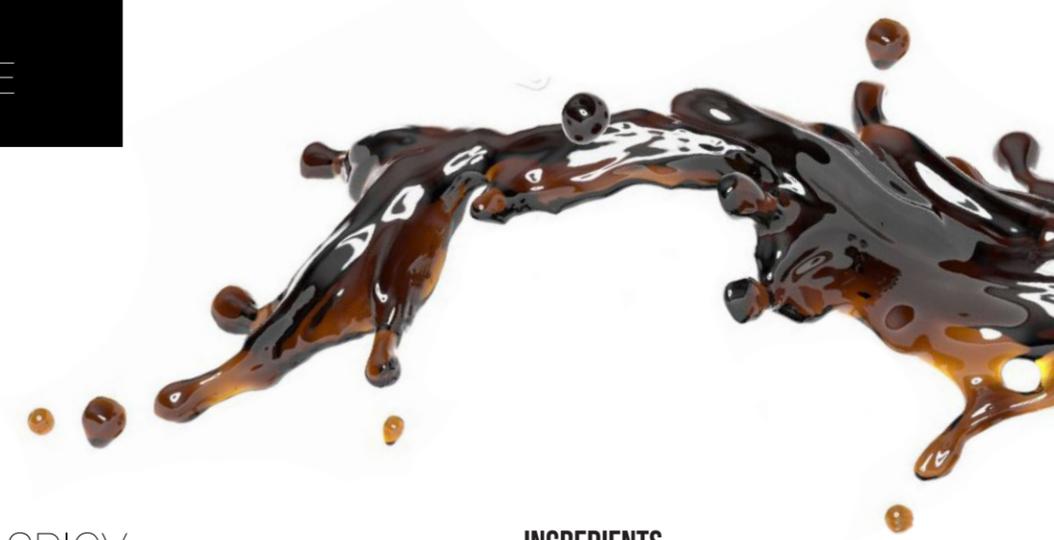
MEXICAN CHEESE BLEND

WHOLE WHEAT WRAPS





ENTREE RECIPE



SOY AND LIME SPICY GRILLED SHRIMP

DIRECTIONS

1. Combine all the ingredients except the shrimp in a bowl and whisk to combine. Taste to ensure that the seasoning and spice is to your liking.
2. Place the marinade into a zip-lock bag or a bowl and add the shrimp. Toss everything well so that the shrimp are completely covered.
3. Do not allow the shrimp to stay in the marinade for longer than 45 minutes.
4. Grill or broil for 3 minutes on the first side and 3 minutes on the second side. Serve with lime wedges.

Notes

1. If you need there is not enough of the marinade, just add in a bit of water to stretch it a bit without concentrating the flavor.
2. If you are not a fan of the chili flakes feel free to leave them out entirely.
3. Do NOT leave the shrimp in the marinade any longer than 45 minutes or you will run the risk of turning the shrimp into ceviche.

INGREDIENTS

WILD-CAUGHT SHRIMP

1 pound of 8-10 size

GARLIC

3 cloves, minced on a microplaner

RED CHILLI FLAKES

1/2 teaspoon

HONEY

2 tablespoons

SOY SAUCE

3 tablespoon

SALT

1 teaspoons

BLACK PEPPER

1/2 teaspoon

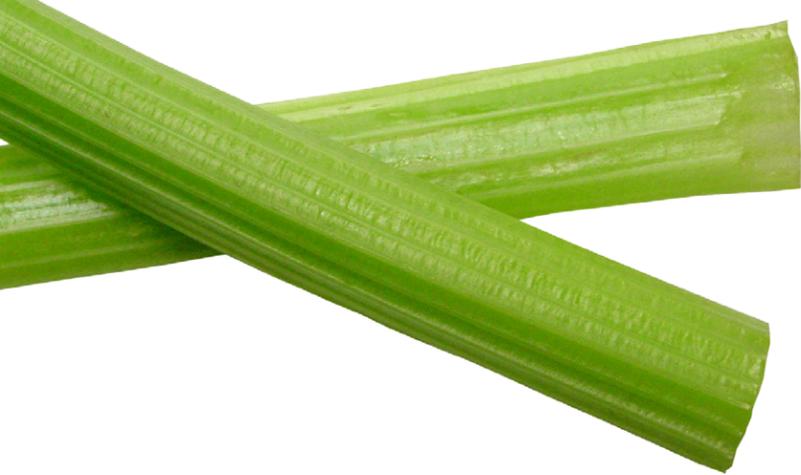
SCALLIONS

2 finely minced

LIME

zest and juice of 1





CAULIFLOWER FRIED RICE

DIRECTIONS

1. Prepare all vegetables as directed above.
2. Pulse cauliflower florets in a food processor until finely chopped but not pureed. You should end up with 4 or more cups of cauliflower "rice." Set aside 4 cups; measure any leftover "rice" into a freezer container; date, label, and freeze for another recipe.
3. Beat together eggs, water, and salt in a small bowl.
4. Heat a large cast iron pan or wok over medium-high until hot. Add 2 teaspoons oil and swirl to coat. Add egg mixture to pan and cook, pushing eggs toward center of pan to form large, soft curds, for about 30 seconds. Transfer eggs to a plate.
5. Add 2 tablespoons oil to pan. Add carrots, celery, and onion; cook 3 to 4 minutes until softened and beginning to brown.
6. Add red pepper, garlic, ginger, and sambal oelek; cook and stir until fragrant, 1 minute.
7. Add 4 cups riced cauliflower to pan; cook, stirring and scraping the bottom of the pan, until just barely tender (approx. 2 minutes).
8. Remove pan from heat. Quickly add eggs, soy sauce/amino, toasted sesame oil, sherry, and green onions; mix well. Transfer fried rice from pan to a large serving bowl. Season with salt and pepper, if desired.



ENTREE RECIPE

INGREDIENTS

CARROTS

1 cup, peeled and diced

CELERY

1 cup, thinly sliced on the diagonal

YELLOW ONION

1 cup, chopped

RED OR ORANGE PEPPER

1 medium, diced

GARLIC

3 cloves, minced

GINGER

1 tablespoon, minced or microplaned

GREEN ONION

3 stalks, both white & green parts, sliced thin

CAULIFLOWER

1 head, cored & broken into florets

EGGS

3 large

WATER

1 tablespoon

KOSHER SALT

a pinch

SAFFLOWER OIL

2 tablespoons plus 2 teaspoons

SAMBAL OELEK OR CHILI GARLIC SAUCE

1 tablespoon

SOY SAUCE

1/4 cup, low-sodium

TOASTED SESAME OIL

2 teaspoons

DRY SHERRY

1 tablespoon

SALT & PEPPER





SOUTHWESTERN CHICKEN SKILLET

DIRECTIONS

1. In a small bowl combine cumin, chili powder, garlic powder, salt, and cayenne. Sprinkle seasoning over chicken, toss to coat.
2. Heat 1 tbsp of olive oil in a large skillet over medium high heat.
3. Add chicken to pan in a single layer. Brown chicken and continue to cook until cooked through, about 3-4 minutes; transfer to bowl and cover to keep warm.
4. Add 1 tbsp of olive oil to skillet over medium heat.
5. Add garlic and bell pepper to pan. Sauté for 1 minute.
6. Return chicken to the pan, add the beans, corn, and water. Stir to combine.
7. Cook until beans and corn are heated through.
8. Stir in cilantro.
9. Serve on flour tortillas and top with Monterey Jack cheese.

INGREDIENTS

CHICKEN BREASTS

2 boneless, trimmed and cubed into 1 inch pieces

GROUND CUMIN

1 teaspoon

CHILI POWDER

1 teaspoon

GARLIC POWDER

1/2 teaspoon

KOSHER SALT

1/2 teaspoon

CAYENNE PEPPER

1/4 teaspoon

OLIVE OIL

2 tablespoons, divided

GARLIC

2 cloves, pressed

RED BELL PEPPER

1 medium sized, diced

BLACK BEANS

1 can, reduced sodium, drained & rinsed

FROZEN CORN

1 cup

WATER

1/3 cup

CILANTRO

1 cup, chopped

MONTEREY JACK CHEESE

FLOUR TORTILLAS





DESSERT RECIPE



COCONUT CREAM GRILLED PEACHES

DIRECTIONS

1. Place peaches on the grill with the cut side down first. Grill on medium-low heat until soft, about 3-5 minutes on each side. Remove from grill and plate.

2. Scoop cream off the top of the can of chilled coconut milk. Whip together coconut cream and vanilla with handheld mixer. Drizzle mixture over each peach. Dust with cinnamon, drizzle honey, and sprinkle mixed nuts on top to garnish.

Note: No grill? Roast the peaches cut side down, on a baking sheet lined with parchment paper, in your oven for 20-30 minutes at 375 degrees.

INGREDIENTS

RIPE PEACHES

3 medium sized, cut in half & pit removed

VANILLA

1 teaspoon

COCONUT MILK

1 can refrigerated overnight

MIXED NUTS

1/4 cup

CINNAMON

a few pinches

HONEY





DESSERT RECIPE

NOT-SO-GUILTY PLEASURE FUNFETTI COOKIES

DIRECTIONS

1. Preheat the oven to 375 degrees F.
2. Combine cake mix with yogurt and eggs (or egg whites), mix well being sure to eliminate any lumps.
3. Drop tablespoons onto a greased cookie sheet (or tin foil lined.)
4. Bake for 10-11 minutes until bottom starts to brown (they're prettier if the tops don't brown.)
5. Let cool before removing from the cookie sheet, they're delicate when still hot.

Notes: these cookies don't rise much, so be sure to shape the dough on the cookie sheet close to the same shape you'd like the cookies to come out. If you prefer large cookies, use 1-1/2 to 2 tbs per and you'll get 1 dozen big beautiful cake-like cookies. Otherwise you can get 2 dozen smaller (equally delicious) cookies to share.



INGREDIENTS

FUNFETTI CAKE MIX

1 box

VANILLA YOGURT

1/2 cup fat-free (not greek!)

EGGS

2 (or 3 egg whites)





PEANUT BUTTER BANANA OATMEAL COOKIES

DIRECTIONS

1. Preheat heat oven to 350 degrees.
2. In a large bowl, mix mashed banana & peanut butter until completely combined then add in the applesauce, vanilla protein powder & the extract(s) - mix again until all are completely combined.
3. Add in the oatmeal & nuts to the banana mixture & combine. Add chips.
4. Let dough rest for 10 minutes.
5. Drop cookie dough, by spoonfuls, onto a parchment paper lined cookie sheet & flatten cookies into circles.
6. Bake cookies approx. 20-30 minutes (some like their cookies less cooked, some cooked more - try it both ways to find which works best for your tastes) or until golden brown & done. Remove from oven & let rest on cookie sheet for 5 minutes, then move to cooling rack. (if you want the traditional fork tong marks on the cookies, use a pizza cutter or sharp knife to score the tops of the cookies while they're still warm)



INGREDIENTS

BANANAS

2 mashed until smooth & creamy

PEANUT BUTTER

1/3 cup (creamy or chunky)

UNSWEETENED APPLESAUCE

2/3 cups

VANILLA PROTEIN POWDER

1 scoop

VANILLA EXTRACT

1 teaspoon

BUTTER FLAVOR EXTRACT

1 teaspoon

QUICK OATMEAL

1 1/2 cups uncooked (or use old fashioned oats for more oatmeal texture)

CHOPPED NUTS

1/4 cup chopped nuts
(peanut, walnut, or your favorite)

CAROB OR CHOCOLATE CHIPS

1/4 cup





FROZEN NUTTY BANANA

DIRECTIONS

1. Cut banana in half and peel.
2. Arrange on a small baking sheet or freezer-safe plate and spread each half with 1 tablespoon of almond butter evenly on the sides, and then strawberry yogurt - not touching the plate.
3. Stick toppings of your choice onto the yogurt.
4. Insert a Popsicle stick or skewer into the cut end of each half and freeze until solid (at least 2-3 hours.)



INGREDIENTS

BANANA

1 firm, yet ripe

ALMOND BUTTER

1 tablespoon

STRAWBERRY YOGURT

1/2 cup

COCONUT SHAVINGS

(optional)

GRANOLA

(optional)

CHOPPED NUTS

(optional)





LEMON POPPY SEED PROTEIN SQUARES

DIRECTIONS

1. Preheat oven to 350F and spray a 9x9" baking dish with oil or cooking spray.
2. Combine first 4 ingredients in one bowl and all remaining ingredients in another.
3. Pour the bowl of wet ingredients into the dry bowl and stir until smooth.
4. Pour the batter into the prepared baking dish. Bake for 40 minutes, at which point the outsides should be golden in colour.
5. Remove the baking dish from the oven and allow it to cool completely before attempting to flip the squares out.
6. Cut into 16 squares and enjoy!
7. These will keep in the fridge for about 1 1/2 weeks, and become lovely and dense when cool. If you won't be eating them all in about 10 days, wrap them individually and store in the freezer.



DESSERT RECIPE

INGREDIENTS

OAT FLOUR

3/4 cup (made by pulsing about 1 cup of oats in your food processor until they form a flour)

VANILLA WHEY PROTEIN POWDER

3/4 cup (3 average-sized scoops)

BAKING SODA

1/2 teaspoon

POPPY SEEDS

2 teaspoons

STEVIA

1 packet

EGG WHITES

1/2 cup

UNSWEETENED APPLESAUCE

1 cup

PLAIN FAT-FREE YOGURT

1/2 cup

LEMON JUICE

1/4 cup

LEMON ZEST

1 tablespoons + 2 teaspoons

VANILLA EXTRACT

2 teaspoons





THREE SQUARE MEALS | & everything before, after, & in between

The food you eat greatly impacts how you feel on a daily basis but starting, or even maintaining, a new healthy lifestyle can be difficult. That's why we took the time to create this healthy cookbook.

There are many reasons to start eating healthy. Maybe your doctor told you that you need to lose weight. Maybe you're sick and tired of being the self-deprecating big guy/girl in your group of friends. Maybe you just had your first kid and realized you need to be there for him growing up. Maybe you woke up this morning, looked in the mirror, and finally came to the realization that it's time to start taking care of yourself. Whatever your reason may be, this cookbook is sure to help you make a change.

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and stabilizing your mood.

If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. But by utilizing these simple recipes, you can cut through the confusion and learn how to create a tasty, varied, and healthy diet that is as good for your mind as it is for your body.

All the recipes are made up of real food. You know, things that grew in the ground, on a tree, came out of the sea, ran on the land, or flew through the air. Meat, fish, eggs, vegetables, fruits, nuts are all great examples of REAL food.

We hope this book helps you make a positive change, or is a great addition to an already healthy lifestyle.

Energize 

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