



Tone It Up RECIPE GUIDE

VEGETARIAN



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MEAL GUIDE

The following pages contain all of the information you need to follow your Nutrition Plan while enjoying delicious food all day long!

Following this simple graphic guide will ensure that the meals you choose fit perfectly with the stage of the plan you are on, what meal of the day you are on, and what you feel like eating

INGREDIENTS

The ingredients used in the recipes in this meal plan may not work for everyone. We understand that allergies and the specific dietary requirements of individuals might limit what you are able to eat. If you are allergic to an ingredient in a recipe please don't eat it! Try replacing non-essential ingredients with something that will work with your specific needs.

We also have fun making substitutions. Try switching out ingredients to make new recipes!

LEFTOVERS

So many people pass on leftovers. Learn to love them and they'll make your life a lot easier!

You can cook bigger portions instead of cooking everyday to save yourself time spent in the kitchen. Plus, the best way to eat healthy at work or school is to take home-cooked food with you.

GET CREATIVE!

One of the best ways to keep yourself motivated to stick to a healthy lifestyle is to make it a fun, learning experience. Start by making some of the recipes in this guide and then branch out! Try switching non-essential ingredients out with other items that still fit with the plan. Experiment with cooking techniques you learn making these meals to make healthier versions of some of your own favorite recipes. Once you get comfortable with your new found healthy cooking skills, don't be afraid to go a little crazy! Use ingredients from your grocery list and the food combinations for meals one through five to come up with your own Tone It Up recipes. If you invent something especially delicious let us know about it—we might even feature it on Tone It Up!

THESE ARE JUST SUGGESTIONS...

This meal guide is meant only as that... a guide. If you don't think you'll like a recipe we suggest, don't eat it. If you have other meal ideas, feel free to try 'em! These recipes are just ideas to make the transition to your new lifestyle a little easier. Use the Nutrition Plan as a reference for eating right - follow the rules for all five meals and you'll see results!

MEAL ICONS

These symbols are designed to help you easily recognize which recipes are right for which part of the day. Each colored section of the wheel corresponds to one of your five meals. Look for this symbol next to all of the recipes in your plan.

You'll notice that some meals are meant to be had at specific times of the day and are only labeled for one meal. Other recipes are good for a couple meals and some are perfect for any meal you choose!

M1

M2

M3

M4

M5

PORTION SIZES

Here's a visual guide showing the portion sizes of some of our favorite ingredients!



1 medium apple



¼ cup chopped walnuts



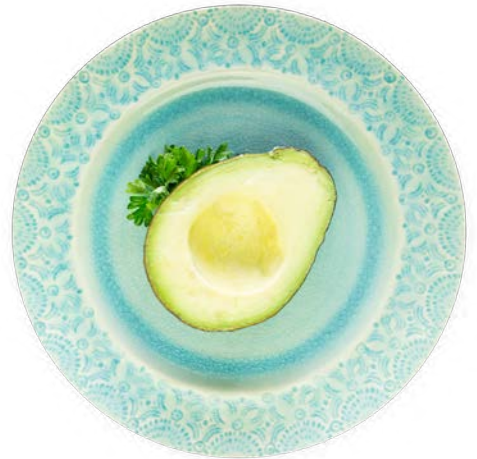
¼ cup sunflower seeds



¼ cup coconut



1 medium sweet potato



½ avocado



2 Tbs chia seeds



¼ cup goji berries



2/3 cup cooked plain oatmeal

PORTION SIZES

Here's a visual guide showing the portion sizes of some of our favorite ingredients!



6 oz plain Greek yogurt



½ cup beans



½ cup cooked quinoa



4 oz tempeh



1 cup firm tofu

WIGGLE ROOM

That's right, we said it. But let's get this straight: Balance is key. We don't want you to cheat too much. Following the plan exactly as it has been laid out so far is the best way to get results.

That being said, we know that some cravings deserve to be indulged in. Temptation in moderation is ok! When it comes calling, it's a good idea to know what indulgence you can go for and still be making a pretty good choice!

FRUIT FOR DESSERT

Sugars, even all-natural fructose are best left for the morning. However, if you're craving dessert and trying to convince yourself not to go for the chocolate cake, reach for an apple, some berries or a fruit salad. They would certainly be a suitable alternative.



DARK CHOCOLATE

We know all about chocolate cravings... if you are really craving some chocolate, indulge the smart way! Go for a small serving of nutrient dense dark chocolate over some sugar loaded 'chocolate' flavored snack. Not only is dark chocolate better for you... it will also handle your craving more efficiently and make you feel better. Choose a variety high in cacao... it should be labeled on the package.

POPCORN

Not the buttery movie theater kind! Try air-popping your popcorn and lightly tossing it with a little extra virgin olive oil and a teaspoon of sea salt. Adding other spices like cinnamon or cayenne is a good way to boost the flavor without impacting your health. Since popcorn is starchy it's better if you have it for a snack around lunch or early afternoon. Once every couple of weeks at movie night won't be the end of the world though :)



SWEET POTATO FRIES

Typically better for you than traditional fries. These are a great way to get your fry fix without totally breaking the rules! Try to limit it to once a week at most.

PASTA FOR DINNER

No starches after Meal 3 typically makes evening pasta off limits. However a whole wheat, quinoa or brown rice pasta with a light and natural red sauce and some veggies isn't a bad dinner option. This is great for those family dinners. Again, keep it to once every week or two max.

GROCERY LIST

FRUIT

Go with what's in season! If you have access to locally grown and organic fruits these are great choices. Try going to a Farmers Market!

- ☐ All Berries
- ☐ Melons
- ☐ Apples
- ☐ Bananas
- ☐ Grapefruit
- ☐ Oranges
- ☐ Avocado
- ☐ Pomegranate
- ☐ Mango
- ☐ Dried Fruit (Unsweetened)

VEGETABLES

Any and all vegetables are good choices. Try something new each week!

- ☐ Lettuce
- ☐ Spinach
- ☐ Kale, Cabbage, Collards
- ☐ Green Beans
- ☐ Asparagus
- ☐ Broccoli
- ☐ Squash
- ☐ Onions
- ☐ Celery
- ☐ Cucumber
- ☐ Sweet Potatoes
- ☐ Zucchini
- ☐ Tomato
- ☐ Mushrooms

FRESH HERBS & SPICES

- ☐ Allspice
- ☐ Basil
- ☐ Cinnamon
- ☐ Cayenne Pepper
- ☐ Chili Powder
- ☐ Clove
- ☐ Cilantro
- ☐ Cumin
- ☐ Dill Seed
- ☐ Garlic
- ☐ Ginger
- ☐ Mint
- ☐ Basil
- ☐ Curry
- ☐ Mrs. Dash
- ☐ Nutmeg
- ☐ Lemongrass
- ☐ Oregano
- ☐ Parsley
- ☐ Paprika
- ☐ Peppermint
- ☐ Poppyseed
- ☐ Red Pepper
- ☐ Rosemary
- ☐ Sage
- ☐ Sesame Seed
- ☐ Thyme
- ☐ Vanilla Extract
- ☐ Wasabi

DRINKS

- ☐ Coffee
- ☐ Tea
- ☐ All Natural Fruit Juices (No Sugar Added)
- ☐ Vegetable Juice
- ☐ Coconut Water
- ☐ Red Wine

LEAN PROTEIN

- ☐ Perfect Fit Protein
- ☐ Tofu
- ☐ Tempeh
- ☐ Seitan

DRY GOODS & GRAINS

- ☐ Quinoa
- ☐ Steel Cut or Rolled Oats
- ☐ Brown Rice
- ☐ Bulgur Wheat
- ☐ Ezekiel Bread
- ☐ Whole Wheat Wraps
- ☐ Healthy Cereal
- ☐ Granola

BREAKFAST





GREAT START GRANOLA

makes 10 servings

INGREDIENTS

1 cup buckwheat groats
 1 cup water
 ¼ cup soaked goji berries or raisins
 ½ cup pumpkin seeds
 ½ cup sunflower seeds
 ½ cup agave syrup
 ½ cup dried coconut shreds
 1 Tbs cinnamon
 1 Tbs maca powder
 ½ tsp sea salt
 1 tsp vanilla extract
 ½ scoop Perfect Fit Protein

DIRECTIONS

1. Place buckwheat groats into 1 cup filtered water and soak for 2-4 hours. The groats will be gelatinous, which helps bind your granola together.
2. Mix all ingredients in a large bowl, adding extra water if necessary.
3. Place on a baking pan lined with non stick parchment paper.
4. Bake at lowest oven setting until dry, usually 2-4 hours or if using a dehydrator, set at 105 F for 8-12 hours or longer.

NUTRITION FACTS

5g protein / 35g carbs / 10g fat / 5g fiber / 238 calories



BERRY BLISS BAR

makes 12 bars

INGREDIENTS

1 cup brazil nuts
 ½ cup dried coconut
 ½ cup dried cranberries
 ½ cup dried pineapple, cut into small pieces
 ½ cup dried mango, cut into small pieces
 ½ cup dried apples, cut into small pieces
 ½ orange, juiced
 1 scoop Perfect Fit Protein
 1 tsp cinnamon
 ½-1 tsp orange zest
 ½ tsp sea salt
 1 tsp vanilla extract

DIRECTIONS

1. Place brazil nuts and dried coconut into a food processor, and mix (about 1 minute) until it looks like a crumble.
2. Add orange juice, Perfect Fit, cinnamon, orange zest, salt, and vanilla to mixture. Blend again to incorporate for 15-30 seconds.
3. Transfer mixture into a bowl and add dried fruit. Stir to mix together.
4. Pour mixture into a 6 x 6 inch pan and press down firmly.
5. Place in fridge to set up for at least 30 minutes.
6. Cut into squares and serve.

NUTRITION FACTS

9g protein / 12g carbs / 7g fat / 5g fiber / 145 calories





FRESH START SCRAMBLE

makes 1 serving

INGREDIENTS

3 egg whites (or ½ cup liquid egg whites)

1 Tbs skim milk (or unsweetened almond milk)

1 roma tomato, diced

1 Tbs fresh basil, chopped

1 Tbs chives

DIRECTIONS

1. Spray a small skillet with fat free cooking spray.
2. Mix eggs and skim milk together in a bowl.
3. Pour into skillet over veggies.
4. Season with black pepper to taste.
5. Stir contents of skillet with spatula, folding until eggs are thoroughly cooked.
6. Remove from heat and enjoy with a piece of fruit!

NUTRITION FACTS

12g protein / 8g carbs / 0.5g fat / 2g fiber / 79 calories



CITRUS & CEREAL

makes 1 serving

INGREDIENTS

1 orange

¼ cup nutritious cereal

½ cup unsweetened almond milk

DIRECTIONS

1. What a simple way to start the day off right! Have cereal in a bowl with almond milk.
2. Enjoy with an orange on the side!

NUTRITION FACTS

nutrition facts vary depending on cereal



PICKING A HEALTHY CEREAL

When choosing a cereal it's important to check the label to make sure you are getting good nutrients and avoiding excess sugars & empty carbs. Choose a cereal that has a good ratio of protein and fiber to sugars. Make sure to avoid artificial sweeteners and high fructose corn syrup.



SLIM DOWN SCRAMBLE

makes 1 serving

INGREDIENTS

- 3 egg whites
- 1 cup spinach
- ¼ cup diced tomatoes
- ¼ cup sliced mushrooms
- 1 tsp original Mrs. Dash
- ¼ cup of water

DIRECTIONS

1. Spray a skillet with non-stick cooking spray.
2. Sauté spinach and mushrooms with ¼ cup of water on medium heat until the spinach has wilted, the mushrooms are lightly browned and all water has evaporated.
3. Add tomatoes, then pour egg whites over veggies in the skillet and mix together.
4. Cook for about three minutes or until eggs have solidified.

NUTRITION FACTS

13g protein / 4g carbs / 0.5g fat / 1g fiber / 72 calories



BERRY GOOD OATMEAL & YOGURT

makes 2 servings

INGREDIENTS

- 1 cup water
- ¼ cup dry, natural whole grain oats
- ½ cup plain, Greek yogurt (or almond yogurt)
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ cup blueberries
- honey (optional)

DIRECTIONS

1. Bring water, cinnamon and nutmeg to a boil in a medium saucepan.
2. Stir in oats. Cook for about 5 minutes until most of the water has been absorbed.
3. Turn off heat and stir berries into the oatmeal.
4. If desired, top with an extra sprinkle of cinnamon or a small drizzle of honey.

NUTRITION FACTS

7g protein / 13g carbs / 1g fat / 2g fiber / 86 calories





ZESTY TOFU GARDEN SCRAMBLE

makes 1 serving

¼ cup zucchini, diced
 ¼ cup broccoli, finely chopped
 ¼ cup mushrooms, thinly sliced
 ¼ cup yellow onions, diced
 4 oz medium firm tofu
 ½ tsp cumin
 ¼ tsp paprika
 ½ tsp turmeric
 ¼ tsp curry powder (optional if you like spicy)
 1 Tbs nutritional yeast (optional)

DIRECTIONS

1. Press excess water out of tofu using a paper towel and break into crumbles.
2. Spray medium skillet with fat-free cooking spray. Sauté onions and mushrooms over medium heat for approximately three minutes or until onions start to turn clear.
3. Mix tofu and nutritional yeast into the skillet. Add seasonings and stir thoroughly.
4. Add in broccoli & zucchini and cook for another 3 to 5 minutes or until tofu starts to lightly brown.

NUTRITION FACTS

10g protein / 12g carbs / 5g fat / 5g fiber / 130 calories



PERFECT MORNING QUINOA

makes 1 serving

INGREDIENTS

¼ cup quinoa, cooked
 1 Tbs almonds, slivered
 ¼ cup raisins
 ½ banana, mashed
 ½ tsp cinnamon
 1 cup unsweetened almond milk
 1 Tbs organic maple syrup

DIRECTIONS

1. Combine all ingredients in a two quart saucepan.
2. Heat on medium-low, stirring, until the quinoa has soaked up the liquid, and the dried fruit has plumped up nicely.
3. Add more milk if needed until the consistency pleases you.

NUTRITION FACTS

6g protein / 70g carbs / 8g fat / 7g fiber / 350 calories





VEGGIE PATTY & GRAPEFRUIT

makes 1 serving

INGREDIENTS

4 oz lean veggie protein patty
 ½ grapefruit
 1 tsp maple syrup or honey

DIRECTIONS

1. Spray skillet with non-stick cooking spray. Place patty in skillet and set on medium heat.
2. Cook about 3 minutes on each side or until evenly browned.
3. Serve with grapefruit a little all-natural maple syrup or honey.
4. Sprinkle with stevia if desired.

If grapefruit doesn't work for you, sub an orange, some pineapple or another fruit of choice!

NUTRITION FACTS

11g protein / 22g carbs / 4g fat / 4g fiber / 159 calories



VEGGIE EGG WHITE SCRAMBLE

makes 1 serving

INGREDIENTS

3 egg whites
 ½ cup spinach
 ¼ cup mushrooms
 ¼ green pepper, diced
 ¼ red bell pepper, diced
 1 roma tomato, diced
 ½ clove garlic, minced
 1 slice light whole wheat bread, toasted
 1 tsp olive oil spread

DIRECTIONS

1. Mix ingredients together in a skillet and cook on medium low until egg whites thicken up and are fully cooked.
2. Serve with toast and olive oil spread.

NUTRITION FACTS

12g protein / 26g carbs / 5g fat / 7g fiber / 171 calories



CINNAMON APPLE CHIA PORRIDGE

makes 4 servings

INGREDIENTS

½ cup white or black chia seeds
2 cups apple juice
½ cup diced apples
½ cup raisins
1 tsp cinnamon
¼ tsp nutmeg
¼ tsp salt
¼ cup of agave syrup

DIRECTIONS

1. Pour chia seeds in a large mixing bowl. Add apple juice and stir until well incorporated.
2. Continue to stir for about 5 minutes off and on to make sure no clumps form. Set aside for 10–15 minutes to let the chia absorb the liquid. You will know it is ready when it's a porridge consistency.
3. Next add remaining ingredients to the chia mixture and stir until powders and sweeteners are well incorporated.
4. Serve immediately. Garnish with additional fruit or your favorite topping.

NUTRITION FACTS

7g protein / 49g carbs / 10g fat / 14g fiber / 325 calories



ORGANIC BLUEBERRY MUFFINS

makes approximately 6 muffins, 1 muffin per serving

INGREDIENTS

¼ cup almond meal
¼ cup vanilla Perfect Fit Protein
1 Tbs ground flaxseed
1 tsp cinnamon
1 tsp baking powder
½ tsp sea salt
¼ cup egg whites
1 banana, mashed
¼ cup plain almond or Greek yogurt
2 Tbs coconut oil
½ cup blueberries

DIRECTIONS

1. Preheat oven to 350 F.
2. Mix together dry ingredients. In a separate bowl, mash banana and add in remaining wet ingredients.
3. Combine wet mixture into dry and stir until fully incorporated. Fold in blueberries.
4. Spray muffin tin with non-stick cooking spray. Pour in batter.
5. Bake for 20–25 minutes or until a toothpick comes out clean.

NUTRITION FACTS

9g protein / 10g carbs / 8g fat / 4g fiber / 142 calories





PEACH RASPBERRY BREAKFAST BOWL

makes 1 serving

INGREDIENTS

- 1 cup coconut water
- 1 scoop vanilla Perfect Fit Protein
- 1 cup frozen raspberries
- 1 peach, peeled & pitted

DIRECTIONS

1. Place all ingredients in a blender and blend until smooth.
2. Add any or all of your favorite toppings!

OPTIONAL TOPPINGS

- ½ banana, sliced
- 1 Tbs Perfect Fit Quinoa Crisps
- 6 raspberries
- 1 Tbs chia seeds
- 1 Tbs shredded coconut

NUTRITION FACTS (WITHOUT TOPPINGS)

20g protein / 42g carbs / 3g fat / 18g fiber / 268 calories



PERFECT FIT DONUTS

makes 5 donuts

INGREDIENTS

- 1 cup Perfect Fit Protein
- 1 tsp baking powder
- 3 Tbs coconut oil
- 1 tsp vanilla extract
- 1 cup unsweetened vanilla almond milk
- ½ cup egg whites
- 1 tsp pure stevia
- dash of cinnamon
- 2 Tbs cocoa powder (optional if you want to make chocolate donuts!)

DIRECTIONS

1. Mix all ingredients together in a bowl.
2. Place into your donut machine - we picked ours up at Target!
3. Or you can get a donut pan and bake in the oven at 350 F for 30-40 minutes or until a clean toothpick shows your donuts are cooked!

NUTRITION FACTS

17g protein / 6g carbs / 10g fat / 5g fiber / 190 calories



PERFECT FIT PANCAKES

With all these delicious flavors to choose from you'll want pancakes for every meal!



ORIGINAL PERFECT FIT PANCAKE

makes 1 serving

INGREDIENTS

1 scoop or packet
Perfect Fit Protein
½ banana, mashed
½ Tbs unsweetened
almond milk
¼ cup egg whites
½ tsp cinnamon
maple syrup, honey, or
agave syrup (optional)

DIRECTIONS

1. Completely mash banana with almond milk.
2. Gradually stir in the remaining ingredients.

If you'd like to add in additional ingredients to make your pancakes one of the flavors listed on the next page, add them to the batter before cooking.

3. Spray your skillet with cooking spray and turn to medium low heat. Slowly and evenly pour the batter into the pan. Cook for 3 to 5 minutes on one side.

4. Using a spatula, carefully lift the edge and take a peek. If the underside of your pancake is golden brown, it's ready to flip. Carefully flip your pancake and cook for another 3 minutes on the other side until both sides are golden brown and the pancake is cooked through.

5. Remove from heat and top with additional ingredients if desired. Drizzle with real maple syrup, honey, or agave and serve!

HOW TO CHOOSE SYRUP

Pancakes just aren't the same without syrup. Most common pancake syrups aren't maple syrup at all though! They are heavily processed and usually contain high fructose corn syrup - that's just not good for you! Even the syrups branded as lite are loaded with artificial sweeteners. So look for 100% natural maple syrup or try using natural agave syrup instead.

NUTRITION FACTS

22g protein / 22g carbs / 2g fat / 8g fiber / 193 calories



HAVE A WAFFLE MAKER? TURN YOUR PERFECT FIT PANCAKE INTO A PERFECT WAFFLE! JUST AS TASTY WITH NO NEED TO FLIP.

PERFECT FIT PANCAKES

TIPS FOR THE
Perfect Pancake →

1. MIX WELL

Your batter should be smooth and even. Use a blender.

2. COOK SLOW

Use low heat to let the pancake cook all of the way through.

3. ADD FLAVOR

Mix the ingredients below into the batter for fun new treats!

BERRY

Add ¼ cup of your favorite berries to the batter. Top with fresh blueberries and sliced strawberries.

APPLE PIE

Add 1 Tbs organic apple sauce & 1 tsp cinnamon into the batter. Top with cinnamon & apple slices.

PUMPKIN PIE

Add 1 Tbs pumpkin puree and 1 tsp of pumpkin spice to the batter. Sprinkle with cinnamon.

CHOCOLATE

Use chocolate almond milk and mix 1 tsp of cacao powder into the batter.

BLUEBERRY BLISS

Add ¼ cup blueberries to the batter and top with more blueberries!

PB&J

Add ½ Tbs of peanut butter and ½ Tbs of organic jam to the batter.

BUTTER CUP

Add ½ Tbs almond butter and 1 tsp of cacao powder to the batter.

CARROT CAKE

Add 2 Tbs of shredded carrots, ½ tsp of nutmeg and ½ tsp of cinnamon to the batter.

PECAN PIE

Add 1 Tbs crushed pecans, 2 diced dates and 1 tsp of cinnamon to the batter.

BANANA MANIA

Top pancakes with slices of remaining half of the banana.

STRAWBERRY

Add 1 Tbs organic strawberry jam & 1 diced strawberry to the batter. Top with 2 thinly sliced strawberries.

COCONUT DREAM

Use coconut milk in place of almond milk and mix ½ Tbs of coconut flakes to the batter.

GINGERBREAD

Add ½ tsp ground ginger, ½ tsp nutmeg & 2 finely chopped dates to batter. Sprinkle with cinnamon.

ALMOND COOKIE

Add 1 Tbs of crushed almonds and 1 tsp of almond extract to the batter. Sprinkle with crushed almonds.

CINNAMON SWIRL

Add 1 Tbs of raisins and 1 tsp of cinnamon into the batter. Sprinkle with cinnamon & stevia.

LEMON TARTE

Add 1 tsp of fresh squeezed lemon juice & ½ tsp of lemon zest into the batter. Sprinkle with stevia.

BEVERAGES



CAFÉ TONE IT UP

You can enjoy these coffee drinks throughout the day. Try to keep to 2-3 a day and stick to decaf in the evening.



We love coffee! So here are our favorite, all-natural, low calorie coffee recipes. You may use espresso in any of them to supplement the regular coffee or, if desired, replace it all together.

You can use these recipes for iced or hot coffee! We suggest brewing up a pot of coffee in advance to make ice cubes out of it for delicious iced coffee that is never watered down.

Add some Perfect Fit Protein to your coffee, enjoy some fruit with it and you have a complete Meal 2!

Try warming the almond milk before mixing the ingredients for a deliciously sweet hot drink, or let the coffee chill & add ice to prepare a cold drink. Or whip almond milk until frothy and spoon over the top of the drink. Use the spoon to make a design in your cappuccino.

sometimes you just need to treat yourself in the morning!

SWEET & SIMPLE VANILLA

- 1 cup coffee
- ¼ cup unsweetened vanilla almond milk
- 1 packet pure stevia

COOL & CREAMY CAPPUCCINO

- 1 cup coffee (or 2 shots espresso)
- 5 almond milk ice cubes
- ¼ cup unsweetened vanilla almond milk
- 1 scoop or packet Perfect Fit Protein

CAFE POWER MOCHA

- 2 cups strong coffee (16 oz total)
- ¼ cup unsweetened almond milk
- 1 scoop Perfect Fit Protein
- 2 Tbs cocoa powder
- 2 packets pure stevia

CINNABON

- 1 cup coffee
- ¼ cup unsweetened vanilla almond milk
- 2 tsp cinnamon
- 1 tsp organic powdered cocoa powder
- 2 packets pure stevia

SWEET MAPLE

- 1 cup coffee
- 2 tsp organic maple syrup
- ¼ cup unsweetened vanilla almond milk
- dash of cinnamon
- 2 packets pure stevia

GINGERBREAD LATTE

- 2 shots espresso (or 1 cup coffee)
- 1 cup unsweetened vanilla almond milk
- 1 tsp organic cocoa powder
- 1 packet pure stevia
- ½ tsp powdered ginger
- ½ tsp cloves
- ½ tsp nutmeg

ALMOND BISCOTTI LATTE

- 1 cup coffee
- ¼ cup unsweetened vanilla almond milk
- ¼ tsp almond extract (or to taste)
- ½ tsp vanilla extract
- 1 packet pure stevia

PEPPERMINT MOCHA LATTE

- 1 cup coffee (or 2 shots espresso)
- 1 cup unsweetened vanilla almond milk
- 1 tsp organic cocoa powder
- ¼ tsp peppermint extract
- 1 packet pure stevia

MORNING MOCHA SMOOTHIE

- 1 cup coffee (2 shots espresso)
- 5 chocolate almond milk ice cubes
- 1 scoop Perfect Fit Protein
- ¼ cup unsweetened vanilla almond milk
- 1 tsp organic cocoa powder
- 1 packet pure stevia

Blend ingredients together until smooth.

PUMPKIN SPICE LATTE

- 2 shots espresso (or 1 cup coffee)
- 1 cup unsweetened vanilla almond milk
- 1 packet pure stevia
- 2 Tbs pumpkin puree
- 1 tsp pumpkin spice

Or in place of pumpkin spice...

- ½ tsp cinnamon
- ¼ tsp ground ginger
- ½ tsp nutmeg
- ½ tsp allspice

**Blend almond milk, pumpkin puree and spices separately before adding coffee.*



WHAT'S YOUR CUP OF TEA?

Tea is an excellent beverage choice. It's full of helpful antioxidants and can boost metabolism. The benefits of tea are best when you brew it fresh yourself. Avoid pre-packaged 'tea drinks' that contain excess sugar and artificial flavors.

These recipes use natural flavoring and are delicious hot or iced!

LEMON HONEY

1 bag black or Earl Grey tea

1 tsp real honey

½ lemon

Bring water to a boil. Drop tea bag into a cup of hot water. Squeeze juice from lemon into the cup. Add in honey. Stir well.

RASPBERRY GREEN TEA

1 bag of green tea

3 red raspberries, crushed

1 tsp fresh mint leaves, chopped

½ tsp pure stevia

Bring water to a boil. Place tea bag, mint and berries into a tea ball and drop into a cup of hot water. Stir in stevia.

PEACH GINGER

1 bag of green tea

1 tsp fresh peach, grated

1 tsp fresh ginger, grated

½ tsp pure stevia

Bring water to a boil. Place tea bag, peach and ginger into a tea ball and drop into a cup of hot water. Stir in stevia.

ORANGE AGAVE OOLONG

1 bag oolong tea

½ orange

1 tsp real agave syrup

Bring water to a boil. Drop tea bag into a cup of hot water. Squeeze juice from orange into the cup. Add in agave. Stir well.

SPICED VANILLA CHAI

1 bag black tea

1 Tbs unsweetened vanilla almond milk

½ tsp cinnamon

¼ tsp ground ginger

⅛ tsp nutmeg

⅛ tsp allspice

½ tsp pure stevia

Bring water to a boil. Drop tea bag into a cup of hot water, stir in spices. When tea is brewed, mix in almond milk and stevia.

A non-caffeinated tea in the evening is a great way to ease night time cravings.



ADD A SPLASH OF FLAVOR!



To stay well hydrated, aim to drink half your body weight in ounces of water throughout the day (i.e. 150 lbs = 75 ounces). Since we know that drinking water all of the time can be a bit blah, try adding whole fruit to make your sips more exciting!

Making fruit infused water is easy... it just takes a little preparation. For a delicious fruit infusion at home, fill a large pitcher with filtered water. Slice up your desired ingredients and add them to the pitcher. Allow to chill in the refrigerator overnight. This will give the flavors a chance to seep out into the water. Keep refrigerated and grab a glass anytime you need to hydrate. For a smaller on-the-go version simply slip prepared ingredients into a water bottle before you leave the house. Add more water throughout the day.

Try starting with some of our favorite flavors below! You can get creative and invent your own!

OUR FAVORITE FRUIT INFUSIONS!

CUCUMBER
+
STRAWBERRIES
+
LEMONS

RASPBERRIES
+
CUCUMBER

BLUEBERRIES
+
LEMON

FRESH MINT
+
LIME WEDGES

LEMON WEDGES
+
½ TSP APPLE
CIDER VINEGAR

ORANGE SLICES
+
MANGO SLICES

STRAWBERRY
+
FRESH MINT

FRESH SHAVED
GINGER
+
LIME WEDGES

OTHER AWESOME WAYS TO STAY HYDRATED!

JUICE

Juice from fruits & veggies are another great way to hydrate while taking in vital nutrients. Make your own juices at home, or if you're looking for a pre-packaged juice, go for one low in sugar and without artificial ingredients. Since fruit juice does not contain fiber and is high in carbohydrates, we recommend limiting 100% fruit juice intake to 4-8 oz/day

TEA

Tea is a great way to stay hydrated naturally. It has strong antioxidant properties called catechins & may help prevent heart disease and cancer. Any tea is a good choice, but we love green, oolong, & non-caffeinated herbal teas. Any decaf tea is great before bed!

KOMBUCHA

Kombucha is one of our favorite ways to hydrate because it contains helpful probiotics that can help cleanse your system and boost immunity. It also promotes alkalinity. Your best choice is an original variety without added sugar.

COCONUT WATER

Coconut water is full of electrolytes which makes it a great option for staying hydrated. It's especially useful after a workout when your body needs to replenish after a loss of fluids.

SWEET SMOOTHIES

Use Perfect Fit Protein and some fresh fruit and you have a Meal 2 or Meal 4 that you can drink on the go! Just add the ingredients to a blender, mix until smooth, and serve! If you like them more icy, make them in advance and pop in the freezer to chill. Try adding liquids first, then Perfect Fit, and stir to mix. Add your fruit, then blend until smooth!



CINNABON SMOOTHIE

1 cup unsweetened almond milk
1 scoop Perfect Fit Protein
½ Tbs ground flaxseed
1 tsp cinnamon
2 ice cubes

PROTEIN SHAKE

1 scoop Perfect Fit Protein
1 Tbs chia seeds
1 cup unsweetened almond milk
½ banana, frozen, sliced
½ cup berries

SUPERFOOD SMOOTHIE

¼ cup blueberries
1 cup unsweetened almond milk
1 scoop Perfect Fit Protein
1 scoop spirulina
3 ice cubes

MID-MORNING SHAKE

½ banana
¼ cup strawberries
¼ cup blueberries
1 scoop Perfect Fit Protein
1 cup unsweetened almond milk

PINEAPPLE MANGO LASSI

1 scoop Perfect Fit Protein
¼ cup pineapple
¼ cup mango
1 cup unsweetened almond milk
1 tsp pure stevia

PEACHES AND CREAM

1 peach, diced
1 scoop Perfect Fit Protein
1 cup unsweetened almond milk

CARROT MANGO

1 carrot
¼ cup mango, cubed
1 scoop Perfect Fit Protein
1 cup orange juice
½ cup ice

STRAWBERRY BANANA

1 scoop Perfect Fit Protein
½ banana, sliced
¼ cup strawberries, sliced
1 cup unsweetened almond milk
½ cup ice

COOKIES & CREAM

1 scoop Perfect Fit Protein
1 cup unsweetened almond milk
1 Tbs cocoa powder
1 Tbs carob chips
½ cup ice

KIWI MELON

1 kiwi, peeled
½ cup honeydew, cubed, frozen
1 cup unsweetened vanilla almond milk
1 scoop Perfect Fit Protein
1 Tbs pure stevia

RASPBERRY MOCHA

1 scoop Perfect Fit Protein
¼ cups unsweetened almond milk
½ cup coffee, chilled
¼ cup raspberries
1 tsp cacao powder
½ cup ice

GREEN TEA

1 scoop Perfect Fit Protein
½ cup unsweetened almond milk
1 cup chilled green tea
1 tsp fresh ground ginger
½ cup ice
1 packet pure stevia

ORANGE BANANA

½ banana
1 orange, peeled
1 scoop Perfect Fit Protein
1 cup coconut water
½ cup ice

VERY BERRY

¼ cup blueberries
¼ cup raspberries
1 scoop Perfect Fit Protein
½ cup ice
1 cup unsweetened almond milk

CHOCOLATE ALMOND

1 scoop Perfect Fit Protein
1 cup unsweetened almond milk
1 Tbs almond butter
½ Tbs cocoa powder
½ cup ice

SLIM DOWN SMOOTHIE

1 scoop Perfect Fit Protein
½ cup unsweetened almond milk
½ cup water
½ cup ice
1 tsp cinnamon

*all smoothies make 1 serving



Slim Down & Green Tea



Peanut Butter Cup, Chocolate Almond
& Cookies & Cream



All others on this page

MORE SMOOTHIES!

These smoothies are the perfect treat for a warm summer day or anytime you need to kick back and enjoy a little bit of beach time relaxation. Make these recipes in a blender. Add more ice if you want to cool off, or a little coconut water if it seems too thick.

KIWI KRUSH

INGREDIENTS

1 cup water
½ cup spinach
3 kiwis, peeled
½ frozen banana chunks
½ cup frozen berries
½ tsp organic agave syrup (optional)

BENEFITS

Contributes to firm and supple skin as well as healthy, sparkling eyes. Also boosts brain power!

NUTRITION FACTS

4g protein / 60g carbs / 2g fat / 10g fiber / 251 calories



KAHUKI'S COLADA

INGREDIENTS

1 cup of fresh pineapple cut into cubes
½ cup of coconut almond milk
½ cup of fresh pineapple juice
¼ cup unsweetened coconut flakes
½ cup of ice cubes
1 scoop Perfect Fit Protein

BENEFITS

Leaves you with sparkling skin & lean, sexy muscle. And it helps with digestion too!

NUTRITION FACTS

18g protein / 49g carbs / 17g fat / 11g fiber / 418 calories



MONKEY'S MANGO & COCONUT CREAM

INGREDIENTS

½ banana cut into chunks
2 Tbs organic unsweetened coconut flakes
½ cup mango
1 cup of unsweetened almond milk
1 scoop Perfect Fit Protein

BENEFITS

Properties include anti-aging, acne fighting, increasing brain power, and boosting metabolism.

NUTRITION FACTS

19g protein / 37g carbs / 15g fat / 11g fiber / 367 calories



BEACHY PEACHY

INGREDIENTS

1 peach
½ banana
4 strawberries
½ cup almond or Greek yogurt
1 cup unsweetened almond milk

BENEFITS

Protects & brightens skin and helps give you silky, lustrous hair.

NUTRITION FACTS

15g protein / 37g carbs / 4g fat / 6g fiber / 229 calories



BANANA BERRY BANG

INGREDIENTS

½ cup water
¼ cup cranberries
½ frozen banana chunks
½ lime, juiced
1 orange, juiced

BENEFITS

Detoxifies the skin, brightens complexion, and prevents wrinkles!





ALMOND BUTTER CACAO

makes 2 smoothies

INGREDIENTS

- ¼ cup almond butter
- 1 frozen banana
- 3 Tbs cacao powder
- 1 Tbs maca powder
- 2 cups filtered water or coconut water
- 1 scoop Perfect Fit Protein
- ¼ tsp of cinnamon
- 1 tsp pure stevia

What's Maca?

Maca is a root in the turnip family that grows in the upper slopes of the Andes mountains. It is one of the premier adaptogens and is known to elevate moods by balancing and assisting hormones.

NUTRITION FACTS

18g protein / 33g carbs / 19g fat / 12g fiber / 344 calories



GREEN GIANT

makes 2 smoothies

INGREDIENTS

- ¼ cup aloe vera juice
- 1 frozen banana
- 3 kale leaves or 1 cup spinach
- 2 cups coconut or filtered water
- ½ cup hemp seeds (optional)
- 1 Tbs agave syrup
- 1 scoop Perfect Fit Protein
- 1 tsp spirulina
- ½ avocado

Aloe Vera... good for more than a sunburn!

Aloe vera is one of the most nutritious edible plants on the planet. It is considered to be a superfood by many cultures for its healing qualities for the skin, joints, brain and nervous system.

NUTRITION FACTS

12g protein / 38g carbs / 9g fat / 10g fiber / 270 calories



JUICES

These recipes work best if you have a juicer, but if you don't have one you can use a blender on the 'puree' setting. For the best taste, serve over ice. It's best to consume your fresh juice right after you juice them, but if you store them in covered containers in the fridge, it can help preserve them for a little longer. A day to 48 hours, tops.

GARDEN DETOX

INGREDIENTS

1 cup spinach
4 carrots
½ stalk leek
2 apples
1 tomato

BENEFITS

Contributes to beautiful, clear skin, detoxifies & cleanses the body, and eliminates bloating.

NUTRITION FACTS

6g protein / 86g carbs / 2g fat /
19g fiber / 345 calories



GREEN FLASH

INGREDIENTS

1 cup kale
½ cucumber
3 carrots
1 beet
½ inch fresh ginger stalk
1 Tbs parsley
1 apple

BENEFITS

Replenishes moisture to eyes and skin, has anti-aging properties, and strengthens the heart and immune system.

NUTRITION FACTS

7g protein / 61g carbs / 2g fat /
14g fiber / 260 calories



SUNRISE CHILL

INGREDIENTS

1 cup pineapple, diced
2 kiwis, peeled
1 orange

BENEFITS

Enhances your immune system, keeps your teeth healthy, and improves skin hydration!

NUTRITION FACTS

4g protein / 60g carbs / 1g fat /
9g fiber / 242 calories



RADIANT RUSH

INGREDIENTS

1 beet
2 apples
½ inch fresh ginger stalk

BENEFITS

Gives you radiant skin, energizes & detoxifies the body, and improves circulation.

NUTRITION FACTS

3g protein / 67g carbs / 1g fat /
12g fiber / 263 calories



CLEANSING COOLER

INGREDIENTS

1 beet
2 apples
6 kale leaves
½ inch cut of ginger root

BENEFITS

Cleanses the body, brightens the eyes, has anti-aging properties, and gives you radiant skin.

NUTRITION FACTS

11g protein / 80g carbs / 3g fat /
19g fiber / 342 calories



PERFECT JUICE

INGREDIENTS

½ mango
1 carrot
½ apple
½ beet
½ cup spinach
1 scoop or packet
Perfect Fit Protein

BENEFITS

Contributes to fat burning, improves skin elasticity, and gives you a dewy complexion.

NUTRITION FACTS

18g protein / 53g carbs / 3g fat /
13g fiber / 294 calories



TIU TONIC

INGREDIENTS

dash of turmeric
juice of ½ lemon
½ inch cut of ginger root
(or to taste)
4 carrots

BENEFITS

Rids the body of toxins, gives you glowing skin, and boosts metabolism.

NUTRITION FACTS

3g protein / 34g carbs / 1g fat /
10g fiber / 131 calories



Make your juice at home and take it with you on-the-go in your Perfect Fit Shaker Bottle!



YOUR META D

This is your daily Metabolism Boosting Drink... or Meta D for short! Cinnamon and apple cider vinegar have been shown to reduce hunger and balance blood sugar levels, while cayenne pepper raises body temperature and boosts your metabolism to help you burn more calories. This slimming sip is most effective early in the day, so drink it after your morning Booty Call with Meal 1 or 2. Beware of the Meta D glow—you'll be gleaming all day!



ORIGINAL META D

makes 1 drink

INGREDIENTS

- 1 Tbs apple cider vinegar
- 6 oz water
- 2 oz 100% organic apple juice
- 1 tsp cassia cinnamon
- 1 small shake of cayenne pepper (to your liking)

DIRECTIONS

Mix all ingredients together in a shaker. Shake, pour into a glass and drink.

Try adding more water or a little more juice to your Meta D if the apple cider vinegar taste is too strong.

NUTRITION FACTS

0g protein / 9g carbs / 0g fat / 2g fiber / 36 calories



*alternate between your meta d
+ bombshell spell to keep things interesting!*

BOMBSHELL SPELL

makes 1 drink

The Bombshell Spell is a sweet & sexy take on your Meta D drink. It's simple and tasty, but it's a perfect way to start your day feeling fresh and energized! Remember... this increases your metabolism and helps with digestion :)

INGREDIENTS

- 4 oz 100% all-natural pineapple juice
- 1 Tbs apple cider vinegar
- juice from ¼ of a lime
- 1 tsp local honey

DIRECTIONS

Start with the pineapple juice and pour ingredients into a cocktail shaker over a couple ice cubes. Shaken not stirred!

NUTRITION FACTS

1g protein / 22g carbs / 1g fat / 0g fiber / 89 calories



SHOTS

You can make these shots in bulk and save them in mason jars for up to three days to serve later or make them single serving. They're very potent, so be sure to take them in smaller 'shot' portions between 1 to 3 oz.

Your shots are approved for any time, up to 3 times per day.



GREEN GODDESS

handful of kale

half a handful of parsley

cilantro

half of a lime

Juice all ingredients except lime. Serve in shot glass and follow with lime wedge chaser!

Freeze remaining juice in ice cubes. Drop a couple green cubes in some juice and have your daily green shot tomorrow!

Kale and parsley are super concentrated power houses, so it's best to only have one shot. Drink this shot straight up, or add to your favorite juice or smoothie!

TEMPER TAMER

3 stalks of celery

a handful of fresh, tart cherries

A calming boost that also helps you get a good nights sleep! Celery helps calm your nervous system and cherries are a good source of natural melatonin, which helps regulate your sleep cycle!

Bonus: Cherries help repair your muscles after a hard workout!

BOMBSHELL SPELL SHOT

2 Tbs fresh pineapple juice

1 Tbs of apple cider vinegar

Boost your metabolism in one shot! Feel free to chase it with a half a shot of pineapple juice.

META D SHOT

2 Tbs fresh apple juice

1 Tbs of apple cider vinegar

Garnish shot with dash of cayenne! Feel the glow and enjoy! Feel free to chase it with a half a shot of apple juice.

GREEN TEA BOOST

1 tsp of matcha green tea powder

a little unsweetened almond milk

We also love having a cup of green tea in the morning with ½ a lemon squeeze!

CHA CHA CHIA!

2 Tbs aloe vera

1 tsp chia seed

½ juiced cucumber

1 juiced orange

This one makes a couple shots & the texture is fun too!

ALMOND DREAM

2 Tbs unsweetened almond milk

½ tsp of cinnamon

2 dates

Blend ingredients instead of juicing.

SPICY LEMONADE

fresh juice from one lemon

a dash of agave syrup

a dash of cayenne

TARDY FOR THE PARTY

1 lime

handful of fresh cranberries

Juice all ingredients. This is one of our favorites and it feels invigorating!

LEMON DROP

1 fresh lemon

juiced with a dash of agave syrup

a splash of coconut water

Perfect first thing in the morning or right before lunch.

GLOWING SKIN SHOT

1 carrot

1 inch piece of ginger root

dash of turmeric

Use turmeric powder or juice a piece of turmeric root. Turmeric is a powerful anti-inflammatory, it enhances circulation and does wonders to keep your skin glowing & bright!

ESPRESSO SHOT

We couldn't leave out our daily favorite... the espresso shot! Not only is it energizing and delicious, but it increases your metabolism and has a ton of disease fighting powers. Limit to the mornings!



SOUPS & SALADS





RAW BRUSSELS SPROUTS SALAD

makes 2 servings

INGREDIENTS

2 cups Brussels sprouts
1 pear, diced
1 persimmon, diced
2 Tbs goji berries or cranberries
1 tsp olive oil
1 tsp toasted sesame oil
½ tsp balsamic vinegar
½ tsp tamari
¼ tsp sea salt
¼ tsp black pepper
1 tsp black sesame seeds to garnish

DIRECTIONS

1. Slice each Brussels sprout thinly using a knife, or use your vegetable shredder. Place in bowl.
2. Dice up pear and persimmon and add to Brussels sprout mix. Throw in the goji berries or cranberries.
3. In small bowl, mix together both oils, vinegar, tamari, salt and pepper.
4. Pour over salad mixture and toss.

Tamari is a great alternative to soy sauce!

NUTRITION FACTS

4g protein / 26g carbs / 5g fat / 6g fiber / 152 calories



TARRAGON TOMATO SOUP

makes 2 servings

INGREDIENTS

3 ripe tomatoes
3 garlic cloves
1 Tbs olive oil
½ white onion, diced
1 Tbs tarragon
1 tsp sea salt
1 tsp balsamic vinegar
1 tsp tamari
½ tsp rosemary
dash of paprika for color
dash of cayenne (optional)

DIRECTIONS

1. Place all ingredients (except ½ of a tomato) in a high speed blender, and process until blended.
2. Add contents into a saucepan and simmer until warm. Taste and add more seasoning if desired.
3. While heating, dice up the remaining ½ tomato into small pieces and add.
4. Garnish with fresh minced tarragon and black pepper.

NUTRITION FACTS

3g protein / 13g carbs / 7g fat / 3g fiber / 122 calories





CONFETTI KALE SALAD

makes 4 servings

INGREDIENTS

4-6 leaves curly kale
 ½ cup olive oil
 ¼ cup hemp seeds
 ¼ head purple cabbage, shredded
 1 cup yellow bell pepper, diced
 2 Tbs red onion
 1 Tbs agave syrup
 1 Tbs dijon mustard
 ½ lemon, juiced
 1 tsp sea salt
 ½ tsp black pepper
 ½ tsp garlic powder
 1 tsp mustard powder

DIRECTIONS

1. Wash and dry kale. Strip leaves from stem using your fore finger and thumb and pressing firmly down the stem.
2. Rip into smaller bite size pieces. Massage the kale by squeezing in fists until it takes on a greener, more cooked appearance.
3. Add shredded purple cabbage and diced bell peppers to kale. For dressing place the oil, onion, agave, mustard, mustard powder, lemon juice, garlic powder, salt and pepper in a high powered blender and blend until smooth.
4. Pour over salad and mix. Sprinkle hemp seeds over salad and toss to mix.

NUTRITION FACTS

7g protein / 18g carbs / 32g fat / 5g fiber / 377 calories



DID YOU KNOW?

Kale is actually an excellent source of both vitamin C and vitamin K! This recipe alone provides over 100% of the daily recommended intake of both of these important vitamins.

CITRUS SPINACH SOUP

makes 2 servings

INGREDIENTS

1 orange juiced
 1 grapefruit juiced
 10 mint leaves
 ¼ avocado
 1 cup spinach
 1 green onion
 1½ tsp miso
 ¼ tsp garlic powder
 1 tsp pure stevia

DIRECTIONS

1. Squeeze fruit juices into blender, and add the remaining ingredients.
2. Blend until smooth, adding water or more juice if necessary.
3. Garnish with mint leaves or thin orange slices.

NUTRITION FACTS

3g protein / 25g carbs / 3g fat / 5g fiber / 126 calories





COCONUT CEVICHE

makes 4 servings

Ceviche is a traditional Central & South American dish in which fresh seafood is marinated in citrus juice in place of cooking with heat for a cool, light dish.

In this vegan version we replace the seafood with coconut for a delicious and surprisingly similar result. The fresh fruit juices soften the coconut to give it a crisp, chewy texture, and the spices balance out the flavor to make this dish a truly unique treat!

INGREDIENTS

1 cup coconut flesh, diced
 ½ cucumber, diced
 3 Tbs chopped pineapple
 3 Tbs shredded purple cabbage
 3 Tbs orange juice
 2 Tbs lime juice
 1 Tbs chopped red onion
 2 Tbs chopped cilantro
 1 Tbs chopped mint
 ½ tsp red chili flakes
 ½ tsp ginger
 ½ tsp dulce flakes
 ¼ tsp sea salt
 minced jalapeño, to taste (optional)

DIRECTIONS

1. Add all of the chopped ingredients together and toss in a medium or large bowl.
2. In a separate bowl, mix together the orange and lime juice with the spices and seasonings.
3. Pour the liquid mixture over the chopped ingredients and toss until evenly coated.
4. You can serve this dish right away, or, if you'd like, let it marinate for 1–2 hours in the refrigerator to really bring out all of the flavors.

This ceviche makes a small meal on its own or a great, flavorful, side to complete your meal.

NUTRITION FACTS

2g protein / 10g carbs / 13g fat / 3g fiber / 160 calories



LOVE YOUR BODY WITH COCONUT

Coconut flesh, or the edible interior of the hard shell, contains pure, raw, saturated fat which can help rejuvenate tissue damage and improve functioning of the nervous system. Though very high in fat, it consists almost completely of easily digestible omega-6 fatty acids which are helpful to the body and a good source of complete protein and dietary fiber as well as the minerals iron, phosphorous & zinc.

When looking for coconut at the store try to find a raw variety without sugars or preservatives added. You can buy a whole coconut and prepare it yourself or some stores will carry cut, pre-packaged, fresh, raw coconut... just be sure to check the label.





CUCUMBER FENNEL SOUP

makes 4 servings

INGREDIENTS

- 1 cup organic apple juice
- 1 cucumber
- ½ bulb fennel
- 4 stalks celery, chopped
- ⅓ cup cilantro or parsley
- ⅛ tsp sea salt
- ¼ tsp garlic powder
- ¼ tsp onion powder

DIRECTIONS

1. Place all ingredients in a high speed blender and blend until smooth.
2. If you'd like a thinner soup, pour mixture through a nut milk bag, fine strainer, or cheese cloth. This will give you a silky refreshing soup.
3. Enjoy cold or heat up on the stove at very low temperature.

Save the feathery tops of the fennel for garnish!

NUTRITION FACTS

1g protein / 13g carbs / 0g fat / 2g fiber / 56 calories



DETOX SALAD

makes 4 servings

INGREDIENTS

- 1 cup mixed salad greens
- 1 cup arugula
- ½ bunch cilantro, chopped
- ½ bunch parsley, chopped
- ½ - 1 ripe tomato, diced
- 1 cup alfalfa sprouts
- ½ avocado
- 1 Tbs spirulina
- 1 Tbs olive oil or flax oil
- 1 tsp dulse flakes
- ½ lemon, juiced
- ½ cup water
- ¼ cup sunflower seeds

DIRECTIONS

1. Add first 6 ingredients in a large bowl, and toss until mixed.
2. In a second bowl or blender, mix the remaining ingredients and blend until smooth.
3. Pour dressing over salad to coat. Serve immediately.

NUTRITION FACTS

4g protein / 5g carbs / 11g fat / 3g fiber / 125 calories



LOVE YOUR BODY WITH SPIRULINA

This superfood is a type of blue green algae. It is a complete protein, containing all of the essential amino acids & other helpful nutrients.



SWEET & SOUR KELP NOODLE SALAD

makes 4 servings

INGREDIENTS

1 cup kelp noodles

DRESSING

½ cup bell pepper, diced

½ cup broccoli, chopped

½ cup mango, diced

1 tsp apple cider vinegar

1 Tbs tamari

1 Tbs agave syrup

½ tsp cayenne

1 lemon, juiced

½ cup pineapple

black sesame seeds
(if desired)

DIRECTIONS

1. Rinse and drain the kelp noodles two to three times as needed. You may also want to cut the noodles into smaller pieces with a knife or scissors.

2. Toss noodles on a towel and cover with another towel to dry off excess water. Set aside.

3. In a blender, blend the dressing, adding water or coconut water as needed to get desired thickness. Kelp noodles work better with thick sauces.

4. Return noodles to a mixing bowl and pour in dressing a little at a time and mix together with spoon or your hands.

5. Once the noodles are thoroughly covered, add your vegetables and toss again.

6. Top with black sesame seeds for garnish. Serve and enjoy.

NUTRITION FACTS

2g protein / 15g carbs / 0g fat / 3g fiber / 58 calories



PERFECT PARSNIP SOUP

makes 3 servings

INGREDIENTS

2 cups parsnip, peeled and chopped

¼ cup pine nuts

2½ cups filtered water

1 lemon, juiced

1 Tbs virgin coconut oil

2 tsp tamari

½ tsp thyme

¼ tsp salt

⅓ tsp nutmeg or to taste

*garnish with minced chives

DIRECTIONS

1. Place all ingredients in a high speed blender, and process until smooth and creamy.

2. Pour soup into a saucepan and heat on medium-low until warm or pour immediately into serving bowls and garnish with minced chives.

NUTRITION FACTS

3g protein / 18g carbs / 12g fat / 5g fiber / 188 calories





SUNBURST SEAWEED SALAD

makes 6 servings

INGREDIENTS

¼ cup radish, julienned
 ½ cup red beet, julienned
 ½ cup carrot, shredded
 1 oz seaweed
 1 Tbs sesame or olive oil
 1 tsp toasted sesame oil
 1 Tbs apple cider vinegar
 1 clove garlic, minced
 1 tsp ginger, grated
 1 tsp honey or agave syrup
 1 tsp dulse flakes
 2 Tbs tamari
 1 green onion, thinly sliced
 ½ tsp red pepper flakes

DIRECTIONS

1. Drain and rinse seaweed well.
2. Place veggies and seaweed into a medium size bowl and toss. Set aside.
3. Place remaining ingredients into a high powered blender. Blend until smooth.
4. Pour over veggie and seaweed mixture.

This salad is a great way to enjoy the health benefits of seaweed.

NUTRITION FACTS

1g protein / 4g carbs / 3g fat / 1g fiber / 47 calories



MINERALIZED MERMAID SOUP

makes 4 servings

INGREDIENTS

1 zucchini, chopped
 1 cup water
 ¼ cup seaweed
 1 Tbs dulse flakes
 1 Tbs tahini
 2 Tbs olive oil
 1 Tbs miso paste
 1 garlic clove, minced
 1 green onion, thinly sliced
 2 mushrooms, thinly sliced

DIRECTIONS

1. Place seaweed into soaking water and set aside for 10–15 minutes.
2. Drain seaweed and rinse well under filtered water.
3. Thinly slice mushrooms and green onion. Set aside to be added to soup last.
4. Place chopped zucchini and water into high powered blender, add remaining spices, miso, and tahini. Blend until smooth and all flavors are incorporated.
5. Pour into mixing bowl.
6. Add seaweed, mushrooms and green onion.

NUTRITION FACTS

2g protein / 5g carbs / 9g fat / 1g fiber / 104 calories





HARVEST SWEET POTATO BISQUE

makes 4 servings

INGREDIENTS

3 cups water
1 sweet potato, cubed
1 large carrot, diced
½ yellow onion, sliced
⅓ cup cashews
1 tsp black pepper
1 tsp turmeric powder
½ Tbs coriander
2 tsp sea salt
½ tsp sage
¼ tsp cayenne
1 apple, diced
2 cloves garlic

DIRECTIONS

1. In a large sauce pan or pot, bring water to a low boil and add the cubed sweet potato.
2. Cook until soft and tender, usually 15–20 minutes.
3. Place all ingredients in a high speed blender, including the sweet potatoes and water, process until smooth and creamy.
4. Garnish with green onion, fresh ground black pepper or your favorite nuts or seeds.

Hint: You can use a drizzle of almond milk to create the design shown.

NUTRITION FACTS

3g protein / 22g carbs / 5g fat / 4g fiber / 140 calories



Sweet potatoes are well known as a superfood because they are rich in fiber, vitamin A, vitamin C and potassium. When selecting sweet potatoes, pick a small to medium sized potato and one that is firm and smooth; avoid any cracks or blemishes on the skin. Store 3-5 weeks in a cool, dark and dry place.

THAI COLESLAW

makes 6 servings

INGREDIENTS

¼ head purple cabbage, shredded
¼ head green cabbage, shredded
½ cup cucumber, diced
½ cup bell pepper, diced
¼ cup almond butter
¼ cup agave syrup
2 Tbs red curry paste
3 Tbs red onion
2 cloves garlic
½ tsp toasted sesame oil
2 limes, juiced

DIRECTIONS

1. Place cabbage, bell pepper and cucumber in a large salad bowl for mixing.
2. In a blender, mix remaining ingredients into a dressing adding water if necessary. You'll want this to be on the thicker side.
3. Pour dressing over the coleslaw veggie mixture and toss until well coated. Enjoy.

NUTRITION FACTS

4g protein / 22g carbs / 7g fat / 4g fiber / 156 calories





SO FRESH & SO LEAN

makes 1 serving

INGREDIENTS

4 oz tempeh, cut into thin strips
 ½ cup carrots, grated
 ½ cup cucumber, grated
 ½ lemon, squeezed
 2 tsp basil or mint, finely chopped
 1 tsp real honey

DIRECTIONS

1. Spray medium skillet with non-stick cooking spray.
2. Cook tempeh strips over medium heat for about 5 minutes until heated through.
3. Remove from heat and toss all ingredients and juice from lemon together in a bowl.
4. If you'd like, you can chill the cooked tempeh before mixing in with other ingredients for a cool, refreshing morning salad.

NUTRITION FACTS

23g protein / 30g carbs / 13g fat / 5g fiber / 284 calories



CREAMY CUCUMBER SALAD

makes 2 servings

INGREDIENTS

½ cup plain almond or Greek yogurt
 1 green onion, chopped
 ¼ tsp black pepper
 pinch of dill
 1 clove of garlic, minced
 ¼ cup cucumber, thinly sliced

DIRECTIONS

1. Mix yogurt with green onion, pepper, dill and garlic.
2. Add cucumbers and toss to coat with dressing.

NUTRITION FACTS

6g protein / 4g carbs / 0g fat / 0g fiber / 40 calories





7 DAY SLIM DOWN LUNCH SALAD

makes 1 serving

INGREDIENTS

2 cups veggies
(your choice!)

unlimited mixed greens

4 oz tempeh or tofu

salad dressing can be plain
balsamic vinegar

DIRECTIONS

1. Cook protein thoroughly in a skillet with a little bit of grapeseed oil.
2. Toss veggies together in a bowl and top with protein.
3. Drizzle with dressing and serve.

NUTRITION FACTS

nutrition facts vary based on salad ingredients



*we love broccoli,
celery, tomatoes, + carrots*

COUSCOUS SALAD

makes 1 serving

INGREDIENTS

¼ cup whole wheat
couscous

1 Tbs olive oil

½ tsp sea salt

¼ cup carrot, sliced

¼ cucumber, sliced

¼ cup cherry tomatoes,
halved

¼ cup water

DIRECTIONS

1. In a sauce pan combine ¼ cup water, olive oil and salt. Bring to a boil.
2. Remove from heat and pour in couscous. Stir thoroughly and cover. Let stand for five minutes.
3. Fluff with a fork and add vegetables. Stir and serve.

NUTRITION FACTS

8g protein / 44g carbs / 14g fat / 8g fiber / 321 calories





LEMON, SPINACH & CHICKPEA

makes 1 serving

INGREDIENTS

½ cup chickpeas, drained and rinsed
1 Tbs extra virgin olive oil
1 lemon, squeezed
½ tsp black pepper, freshly ground
2 cup baby spinach leaves

DIRECTIONS

1. Put the drained chickpeas into a large mixing bowl.
2. Combine the remaining ingredients with the chickpeas and stir well.
3. Chill before serving.

NUTRITION FACTS

8g protein / 31g carbs / 16g fat / 11g fiber / 262 calories



MEDITERRANEAN SALAD

makes 1 serving

INGREDIENTS

6 red grapes, halved
½ cup romaine lettuce, chopped
4 oz extra firm tofu
1 Tbs olive oil
2 tsp sunflower seeds, unsalted & shelled
2 tsp fresh basil, finely chopped
1 tsp black pepper
1 tsp balsamic vinegar

DIRECTIONS

1. Heat olive oil in a small skillet. Season tofu with basil, pepper and any other seasoning you desire.
2. Cook seasoned tofu on medium heat for about 6 minutes or until cooked all of the way through.
3. Cut cooked tofu into small pieces and combine with remaining ingredients. Toss salad and serve!

NUTRITION FACTS

11g protein / 6g carbs / 17g fat / 0g fiber / 213 calories



CITRUS SUMMER SALAD

makes 1 serving

INGREDIENTS

2 cups spinach
4 oz extra firm tofu
½ orange, peeled & sliced
½ grapefruit, sliced
10 walnuts
¼ cup cherry tomatoes
1 Tbs grapeseed oil
dash of black pepper

DIRECTIONS

1. Season tofu with black pepper and cook thoroughly in a skillet with grapeseed oil on medium low heat until cooked through and golden brown on the outside.
2. Remove tofu from skillet and cut into thin slices.
3. In a large bowl toss fruit, walnuts and tomatoes with spinach.
4. Top with sliced tofu and your favorite Tone It Up salad dressing.

NUTRITION FACTS

19g protein / 40g carbs / 24g fat / 9g fiber / 418 calories





TONE IT UP KALE SALAD

makes 2 servings

INGREDIENTS

2 cups kale, finely chopped
4 oz grilled tofu
½ cup quinoa, cooked
unlimited veggies!

DIRECTIONS

1. Cook quinoa according to package instructions.
2. Cook protein until cooked through.
3. Toss kale quinoa, protein and veggies together in a bowl and top with your favorite Tone It Up Salad dressing.

NUTRITION FACTS

nutrition facts vary based on salad ingredients



Kale salads are one of our favorites! We like to mix up the protein and veggies to make different versions throughout the week.

TONE IT UP SUPER SALAD

makes 1 serving

INGREDIENTS

¼ avocado, sliced
½ Tbs raw almonds, slivered
¼ cup tomatoes, diced
½ cup asparagus, chopped
½ Tbs extra virgin olive oil
½ Tbs balsamic vinegar
¼ tsp black pepper
½ lime, squeezed
½ lemon, squeezed

DIRECTIONS

1. Bring 1 cup of water to a boil. Add asparagus and cook for about 1 minute until asparagus turns bright green.
2. Drain and immediately place into cold water to preserve crispness.
3. In a small bowl mix oil, vinegar, pepper and lemon/lime juice.
4. Remove asparagus from cold water and pat dry with paper towel.
5. Toss tomatoes, avocados and asparagus together with mixture from bowl. Top with almonds.

NUTRITION FACTS

4g protein / 19g carbs / 14g fat / 8g fiber / 186 calories





TOFU SALAD

makes 1 serving

INGREDIENTS

4 oz extra firm tofu, cubed
1 Tbs plain almond or Greek yogurt
1 lemon, juiced
2 Tbs celery, chopped
2 Tbs carrots, shredded
2 Tbs onions, diced
1 Tbs almonds, slivered
pepper & sea salt to taste

DIRECTIONS

1. Mix ingredients together in a bowl.
2. Allow to chill in the refrigerator for half an hour if desired.
3. Serve over a bed of fresh spinach if desired.

NUTRITION FACTS

18g protein / 19 g carbs / 12g fat / 7g fiber / 232 calories



CARROT SALAD

makes 2 servings

INGREDIENTS

1 cup carrots, grated
¼ cup raisins
½ apple, diced
½ Tbs honey
½ Tbs almond or Greek yogurt
½ lemon, juiced

DIRECTIONS

1. Thoroughly mix carrots, raisins, apples, and honey until evenly covered.
2. Add yogurt and squeeze lemon into mixture.
3. Stir until completely mixed.
4. Serve chilled.

NUTRITION FACTS

2g protein / 48g carbs / 0g fat / 5g fiber / 180 calories



QUINOA PASTA SALAD

makes 2-3 servings

INGREDIENTS

2 cups quinoa pasta
1 carrot, sliced
1 red bell pepper, diced
1 cup broccoli, chopped
½ cup balsamic vinegar
2 Tbs olive oil
½ lemon, squeezed
½ lime, squeezed
1 tsp sea salt
¼ cup black olives, sliced
¼ cup artichoke hearts, chopped

DIRECTIONS

1. Boil pasta until al dente, (cooked according to package directions.) Drain and allow to cool.
2. Mix vinegar, olive oil, salt, and the juice from the lemon and lime together in a small bowl.
3. Add vegetables to pasta and pour on dressing mixture.
4. Stir thoroughly until pasta and vegetables are covered.

NUTRITION FACTS

5g protein / 49g carbs / 11g fat / 7g fiber / 306 calories





GARBANZO CITRUS SALAD

makes 1 serving

INGREDIENTS

½ cup garbanzo beans
¼ cup cucumber, diced
¼ cup red bell pepper, diced
1 Tbs onion, diced
1 Tbs grapefruit juice
1 tangerine, juiced
1 tsp tangerine zest
1 tsp red wine vinegar

DIRECTIONS

1. Toss beans and veggies together in a bowl.
2. Combine liquids together in a separate bowl.
3. Drizzle the juice mixture over the veggies and mix until evenly covered.

NUTRITION FACTS

7g protein / 35g carbs / 2g fat / 7g fiber / 180 calories



ZESTY QUINOA

makes 1 serving

INGREDIENTS

½ cup quinoa, cooked
1 lemon, squeezed
1 Tbs cilantro, finely chopped
2 Tbs dried cranberries or cherries

DIRECTIONS

1. Cook quinoa according to package instructions.
2. When finished, remove from heat and chill in the fridge for about 20 minutes.
3. Add in remaining ingredients and mix thoroughly before serving.

NUTRITION FACTS

6g protein / 47g carbs / 2g fat / 8g fiber / 199 calories



SWEET MEADOWS KALE SALAD

makes 1 serving

INGREDIENTS

1 cup kale, washed and shredded
3 strawberries, thinly sliced
1 Tbs coconut, shredded
TIU balsamic citrus dressing

DIRECTIONS

1. Toss ingredients together in a bowl.
2. Top with the balsamic citrus dressing (recipe in the dressing section).

NUTRITION FACTS

3g protein / 9g carbs / 2g fat / 4g fiber / 62 calories





BEET SALAD

makes 1 serving

INGREDIENTS

- ½ cup beets, thinly sliced
- ¼ cup fennel, thinly sliced
- 1 Tbs red onion, diced
- 1 Tbs white wine vinegar
- 1 Tbs cashews, chopped
- 1 Tbs red bell pepper, diced
- 1 Tbs celery, chopped
- 1 tsp fresh parsley

DIRECTIONS

1. Combine ingredients in a bowl and toss thoroughly.
2. Serve chilled.

NUTRITION FACTS

4g protein / 14g carbs / 6g fat / 3g fiber / 127 calories



PEACH PECAN QUINOA SALAD

makes 1 serving

INGREDIENTS

- 1 peach, sliced
- 1 cup fresh spinach
- ¼ cup pecans
- ¼ cup quinoa, cooked

DIRECTIONS

1. Combine ingredients in a bowl and toss thoroughly.
2. Mix 1 tsp of sesame oil, juice from 1 lemon & a pinch of black pepper to use for dressing.

DRESSING

- 1 tsp sesame oil
- 1 lemon, juiced
- black pepper

NUTRITION FACTS

7g protein / 29g carbs / 20g fat / 7g fiber / 309 calories





EDAMAME DILL SALAD

makes 1 serving

INGREDIENTS

½ cup edamame shelled
¼ cup yellow bell pepper, diced
¼ cup red onion, sliced or chopped
1 tsp fresh dill, minced
1 tsp extra-virgin olive oil

DIRECTIONS

1. Combine ingredients in a bowl and toss thoroughly.
2. Serve chilled.

NUTRITION FACTS

11g protein / 33g carbs / 9g fat / 6g fiber / 241 calories



SUPERFOOD HONEY SALAD

makes 2 servings

INGREDIENTS

3 cup kale
½ cup cabbage
½ cucumber
¼ red onion
5 strawberries

DRESSING

¼ avocado
1 Tbs olive or grapeseed oil
1 Tbs white rice vinegar
1 tsp honey
pinch of sea salt

DIRECTIONS

1. Chop kale, cabbage, onions together in a bowl.
2. Top with cucumber and strawberries.
3. To make dressing blend all ingredients in a food processor or high speed blender.
4. Toss salad with dressing and serve!

Tip: We like to make chopped salad by dicing chunks of ingredients with kitchen scissors in the bowl.

NUTRITION FACTS

4g protein / 14g carbs / 7g fat / 4g fiber / 11g calories





CHILLED CARROT GINGER SOUP

makes 2 servings

INGREDIENTS

½ avocado
1 carrot, chopped
1 Tbs finely cut ginger
¾ cup celery, chopped
¾ cup cucumber, chopped
¼ cup unsweetened almond milk
pinch of nutmeg
pinch of curry powder
pinch of black pepper
pinch of sea salt

DIRECTIONS

1. In a food processor or high speed blender mix all ingredients.
2. Add water, if necessary, to reach desired consistency.

NUTRITION FACTS

2g protein / 9g carbs / 6g fat / 4g fiber / 86 calories



COOL AS A CUCUMBER

makes 1 serving

INGREDIENTS

¾ cup pineapple, chopped
¾ cup cucumber, chopped
½ cup fresh pineapple juice
½ green onion, chopped
½ lime, squeezed
dash of sea salt
1 Tbs macadamia nuts
1 sprig of parsley

DIRECTIONS

1. In a food processor or high speed blender add cucumber, pineapple, green onion, lime, and sea salt.
2. Blend until smooth.
3. Add macadamia nuts and parsley and only pulse a few times so it's still chunky.

NUTRITION FACTS

2g protein / 26g carbs / 7g fat / 4g fiber / 156 calories



These soups are great warm or cold!

SANDWICHES & WRAPS





EGG & VEGGIE BREAKFAST WRAP

makes 1 serving

INGREDIENTS

- ¼ cup egg whites
- 1 whole wheat wrap
- ¼ cup tomato, diced
- 1 Tbs green pepper, diced
- ¼ cup asparagus, chopped
- ½ tsp cayenne powder
- ½ tsp black pepper

DIRECTIONS

1. In a bowl, add diced tomato, asparagus, pepper, and cayenne and stir together until evenly mixed.
2. In a small skillet cook egg whites and veggie mix for about 3 minutes, until fully cooked.
3. Warm whole wheat wraps in oven.
4. When the eggs are fully cooked, remove from heat and place in wrap.
5. Roll up, top with fresh salsa and enjoy!

NUTRITION FACTS

13g protein / 32g carbs / 7g fat / 7g fiber / 233 calories



QUICK & SPICY PITA

makes 2 servings

INGREDIENTS

- 4 oz tempeh, cooked and mashed
- 1 tsp spicy brown mustard
- 1 whole wheat wrap
- ½ roma tomato
- ½ cup spinach, chopped

DIRECTIONS

1. Mix tempeh together with mustard.
2. Fill pita with mixture and remaining ingredients.
3. Roll up and enjoy!!!

Tip: You can add a little hot pepper spread for extra spice

NUTRITION FACTS

14g protein / 20g carbs / 10g fat / 3g fiber / 210 calories



*Katrina's
Favorite* →





COLLARD DILL DOLMA WRAP

makes 4-6 servings

Step 1: PARSNIP RICE

INGREDIENTS

2 parsnips, washed and peeled
 ½ cup pine nuts
 2 Tbs olive oil
 1 lemon, juiced
 1 Tbs apple cider vinegar
 3 tsp dill
 1 tsp orange zest
 ½ tsp sea salt
 ½ tsp black pepper

DIRECTIONS

1. Chop up your peeled parsnips and place in food processor. Blend until it's the consistency of rice, about 1 minute.
2. Next, add ½ cup pine nuts and pulse to incorporate for 15-30 seconds.
3. Add remaining ingredients and continue to pulse until all are well incorporated.
4. Transfer mixture to a bowl for wrap assembly.

Step 2: ASSEMBLE WRAP

INGREDIENTS

4 large collard leaves, rinsed and dried
 ½ cup of raisins or cranberries
 1 red bell pepper, sliced thinly
 1 orange bell pepper, sliced thinly
 1 carrot, sliced thinly
 ¼ cup of jicama, sliced thinly
 3 oz alfalfa sprouts

DIRECTIONS

1. Take one collard leaf and lay the top side face down. Cut down either side of stem to make two collard leaf wrappers. Set aside and repeat with other leaves.
2. Place one collard leaf section top side down. Add 2-3 spoonfuls of parsnip rice mixture to the wrap. Spread evenly on about a third of the leaf.
3. Next, add your fillings in any order on top of rice mixture.
4. To roll, take collard edge closest to you with your thumbs, use your fingers to grab all of the filling and start rolling away from you, until complete.
5. Serve with your favorite dipping sauce!

Tip: These rolls are great for on the go! Make a bunch beforehand and keep in a container in your fridge for a fast and healthy snack.

we ♥ collard wraps ↗

We love using collard leaves in place of traditional wraps. They're large enough to hold in all of the yummy fillings and since they're nutrient rich green veggies they allow you to make a sandwich type meal with no starchy carbs.

NUTRITION FACTS

4g protein / 27g carbs / 11g fat / 7g fiber / 203 calories



Jicama is a versatile root vegetable that can be eaten raw or cooked. It is particularly high in soluble fiber, which helps lower cholesterol, stabilizes blood glucose levels, and promotes satiety after eating a meal. It is also high in vitamin C, the immune-enhancing antioxidant.



CALIFORNIA GREENS WRAP

makes 1 serving

INGREDIENTS

1 whole wheat wrap
 ½ cup spinach
 ½ cup cucumber, thinly sliced
 3.5 oz grilled tofu or tempeh
 ¼ avocado, thinly sliced
 ½ lemon

DIRECTIONS

1. Fill wrap with ingredients.
2. Squeeze lemon over filling.
3. Roll up and eat.

NUTRITION FACTS

9g protein / 32g carbs / 16g fat / 11g fiber / 308 calories



This is Karena's favorite wrap! Its the perfect combination of lean protein, green veggies and good fats. It's high in fiber and loaded with nutrients.

PB BANANA SNACK WRAP

makes 2 servings

INGREDIENTS

1 whole wheat wrap
 1 Tbs natural peanut butter
 ½ banana, sliced
 1 tsp honey or agave syrup
 cinnamon to taste

DIRECTIONS

1. Spread peanut butter on wrap, place banana slices on peanut butter.
2. Drizzle with honey/agave.
3. Roll up and enjoy!!

NUTRITION FACTS

5g protein / 25g carbs / 7g fat / 4g fiber / 179 calories





WALDORF WRAP

makes 1 serving

INGREDIENTS

- 1 whole wheat wrap
- 1 small apple, diced
- 4 oz firm baked tofu, cut in thin strips
- 2 Tbs walnuts, crushed
- 1 Tbs plain almond or Greek yogurt
- ¼ cup celery, finely chopped

DIRECTIONS

1. Mix apple, tofu, walnuts, celery and yogurt together in a bowl until dried ingredients are evenly covered.
2. Scoop into wrap, roll up and serve.

NUTRITION FACTS

21g protein / 58g carbs / 32g fat / 13g fiber / 586 calories



Wraps make the perfect lunch! Use a whole wheat wrap that's high in fiber and low in carbs. For a wrap that fits with Meal 4 & 5 use a collard green instead.

PROTEIN WRAP

makes 2 servings

INGREDIENTS

- 1 whole wheat wrap
- 4 oz grilled tofu or tempeh
- ½ cup mixed greens
- ¾ Tbs dijon mustard
- 1 Tbs onions, diced
- ¼ cup celery, diced
- 3 Tbs tomatoes, diced
- 1 tsp black pepper

DIRECTIONS

1. Spread mustard on the wrap. Add protein and veggies.
2. Season with pepper. Wrap up & enjoy!

NUTRITION FACTS

19g protein / 34g carbs / 13g fat / 9g fiber / 321 calories





TEMPEH KALE ROLL-UPS

makes 1 serving

INGREDIENTS

3 whole kale leaves
 ½ bell pepper, sliced
 4 oz tempeh, sliced
 2 tsp Tone It Up dressing of choice

DIRECTIONS

1. Place a small amount of each ingredient onto one side of kale leaf.
2. Drizzle with a little dressing and roll up tightly.
3. Use as many kale leaves as necessary to use up all other ingredients.

Tip: These are great to take with you and quick and easy to eat when prepared in advance.

NUTRITION FACTS (WITHOUT DRESSING)

22g protein / 15g carbs / 12g fat / 7g fiber / 247 calories



TOFU COLLARD WRAP

makes 2 servings

INGREDIENTS

2 whole collard or iceberg lettuce leaves
 3.5 oz extra firm tofu
 1 roma tomato, diced
 ½ white onion, diced
 ½ lime, squeezed
 ¼ cup mushrooms, sliced
 ¼ avocado, thinly sliced
 ½ tsp cilantro (optional)
 ¼ tsp chili powder
 ¼ tsp black pepper
 ¼ tsp cayenne pepper (optional)

DIRECTIONS

1. Cook tofu and mushrooms over medium heat in a skillet sprayed with non-stick cooking spray for about 4 minutes.
2. Add spices. Cook for another 5 minutes or until tofu is cooked through.
3. Remove from heat.
4. While tofu is cooking, prepare pico de gallo salsa by combining onion, tomato & cilantro with lime juice.
5. Place tofu & mushrooms in the center of the lettuce leaves.
6. Top with pico de gallo salsa and avocado slices. Wrap up like a burrito & serve.

NUTRITION FACTS

10g protein / 13g carbs / 6g fat / 6g fiber / 146 calories



Tip: You can double or triple this recipe to feed more people. If you are cooking for someone not on the plan just have some tortillas on hand and they probably won't even think about this as a healthy dish!



THAI LETTUCE WRAPS

makes 4 servings

This recipe can include meat or be vegan. It all depends on which ingredients you decide to use!

INGREDIENTS

- 2 Tbs grapeseed oil
- 1 head fresh iceberg lettuce
- 3 cloves garlic, minced
- 1 tsp ginger, grated
- 1 red chili, de-seeded and finely sliced
- 2 shallots, finely sliced
- ½ cup firm tofu, cut in thin strips
- 1 carrot, grated
- 5 mushrooms, thinly sliced
- ½ cup red cabbage, shredded
- 3 green onions, sliced
- 2 cups bean sprouts
- 2 Tbs lime juice
- 3 Tbs tamari
- 1 Tbs vegetarian oyster sauce
- 1 cup fresh basil, chopped
- ½ cup peanuts, unsalted, chopped

DIRECTIONS

1. Drizzle oil into a wok or large frying pan over medium-high heat.
2. Add garlic, ginger, chili and shallots. Stir-fry one minute. Add a spoonful of water if pan gets dry. Don't add more oil.
3. Add tofu, carrot, mushrooms, cabbage, and spring onions. As you stir-fry, add the lime juice, tamari, and oyster sauce. Stir-fry about 1 minute.
4. Add the bean sprouts to the mix and continue to stir-fry.
5. Pull leaves of iceberg lettuce in large pieces. Take a whole lettuce leaf and place 1-2 tablespoons of filling in the center.
6. Sprinkle with fresh basil and peanuts. Wrap and eat.

NUTRITION FACTS

18g protein / 23g carbs / 23g fat / 6g fiber / 343 calories





TERIYAKI WRAP

makes 1 serving

INGREDIENTS

1 collard green
3 pieces of teriyaki marinated tofu
½ cup kelp noodles
sesame seeds

TERIYAKI SAUCE

3 Tbs tamari
1 tsp sesame oil
1 tsp apple cider vinegar
2 green onions, finely chopped
½ Tbs garlic, finely chopped
½ tsp fresh ginger, finely chopped
pinch of pure stevia
pinch of chilies
dash of red pepper flakes

DIRECTIONS

1. Stir all ingredients for the sauce together until evenly mixed.
2. You may heat up the collard green on a pan to soften and prevent breakage, low heat for 30 seconds on each side.
3. Lay ingredients into your collard green.
4. Drizzle teriyaki sauce, some sesame seeds & slivered almonds on top. Wrap & enjoy!

NUTRITION FACTS

21g protein / 16g carbs / 12g fat / 6g fiber / 257 calories



SPICY TOFU CUCUMBER

makes 2 servings

INGREDIENTS

4 oz extra firm tofu
¼ cup cucumber, sliced
¼ cup quinoa
1 collard leaf
½ lemon, juiced
1 Tbs olive oil
1 tsp black pepper
1 tsp cayenne pepper
1 clove garlic, minced
1 tsp paprika

DIRECTIONS

1. In a small bowl mix together lemon juice, oil and seasonings. Thoroughly cover tofu in the mixture.
2. Place tofu in a skillet and pour in remaining seasoning mix from the bowl.
3. Cover and cook on medium low heat for about 10 minutes, or until tofu is done.
4. Place tofu on top of the cucumber and quinoa in the lettuce wrap. Enjoy!

NUTRITION FACTS

14g protein / 25g carbs / 19g fat / 7g fiber / 327 calories



GRAPEFRUIT & TOFU LOVE AFFAIR

makes 1 serving

INGREDIENTS

1 collard green
½ red bell pepper, diced
½ grapefruit, cut in sections
4 oz extra firm tofu
1 green onion, diced
3 Tbs cilantro
1 lemon, juiced
pinch of sea salt

DIRECTIONS

1. Combine the ingredients on collard leaf.
2. Fold & enjoy!

NUTRITION FACTS

20g protein / 31g carbs / 8g fat / 10g fiber / 276 calories





TEMPTING MANGO TEMPEH

makes 1 serving

INGREDIENTS

1 collard green
4-6 oz tempeh, sliced
½ lime, juiced
2 Tbs white rice vinegar
1 Tbs fresh cilantro, finely chopped

MANGO SALSA

½ ripe mango, sliced
3 Tbs onions, diced
3 Tbs green peppers, diced
1 tsp jalapeño, diced
3 Tbs cilantro, chopped
1 lemon, squeezed

DIRECTIONS

1. Marinate tempeh in lime juice, white rice vinegar and fresh chopped cilantro.
2. You may sauté in a pan on medium heat for 3 minutes with olive oil spray.
3. Chop all fresh salsa ingredients.
4. Mix together and lay over sliced tempeh.

NUTRITION FACTS

24g protein / 48g carbs / 14g fat / 10g fiber / 361 calories



POKEDOT BIKINI WRAP SALAD

makes 2 servings

INGREDIENTS

6 oz extra firm tofu, seared
1 tsp sesame oil
¼ cup onion, minced
2 green onions, diced
1 tsp fresh ginger, minced
1 tsp tamari

1 Tbs macadamia nuts, ground
pinch of red pepper flakes
1 Tbs cilantro
½ lime, juiced
1 collard leaf

DIRECTIONS

1. Sear tofu until it's lightly browned on the outside.
2. Combine with the remaining ingredients on collard leaf, fold & enjoy!

NUTRITION FACTS

33g protein / 13g carbs / 13g fat / 3g fiber / 313 calories



BURGERS!

Burgers are a summer BBQ favorite and make a quick, satisfying meal anytime. If you are careful with the ingredients they can still make a perfect healthy addition to your menu! This section lays out some of our favorite ways to enjoy a burger.

Start by choosing a healthy protein source from the options below. Choose the style of burger you are in the mood for from the selections here and add the Mix It! ingredients before forming your patties. Cook the patties on the grill or in a skillet sprayed with non-stick cooking spray. Once your burger is cooked through, remove and place on whole wheat bun (or bun alternative) with the ingredients from the Top It! section. Make your burger traditional on a bun for Meal 3 or use lettuce leaves or portobello caps to enjoy with any meal!



The heart of your burger is your protein. Choose your favorite from the basic burger recipes below to get started.

BLACK BEAN BURGER

Thoroughly mash $\frac{1}{2}$ cup of black beans. Add in $\frac{1}{4}$ cup ground flaxseed with seasoning and mix thoroughly. Form into a patty & grill until cooked through.

CHICKPEA PATTY

Same as the black bean burger but use chickpeas instead & add $\frac{1}{4}$ cup shredded carrot. Form into a patty & grill until cooked through.

NEED MORE OPTIONS?

Use a grilled veggies in place of the burger mixes for a delicious grilled sandwich with even less prep!



with a whole wheat bun



with lettuce leaves or portobello caps

SPINACH CRANBERRY

MIX IT!

$\frac{1}{4}$ cup spinach, finely chopped
1 tsp extra virgin olive oil
2 tsp dried cranberries
1 tsp pepper
1 tsp garlic, minced

TOP IT!

lettuce
tomato slices
honey mustard

TOMATO BASIL

MIX IT!

$\frac{1}{4}$ cup fresh spinach, chopped
1 tsp extra virgin olive oil
3 fresh basil leaves, chopped
4 Tbs sun dried tomato, minced
1 tsp pepper
1 clove garlic, minced

TOP IT!

lettuce
tomato
organic ketchup

SOUTHWEST

MIX IT!

1 tsp black pepper
1 tsp chili powder
 $\frac{1}{2}$ Tbs onion, diced
pinch of cayenne pepper

TOP IT!

salsa
avocado
hot sauce
tomato
onions
lettuce

CALI

MIX IT!

$\frac{1}{2}$ Tbs shallots, minced
1 clove garlic, minced
1 tsp black pepper

TOP IT!

avocado
alfalfa sprouts
red onions
tomato
arugula
dijon mustard

MEDITERRANEAN

MIX IT!

1 Tbs black olives, finely chopped
1 tsp black pepper
 $\frac{1}{2}$ Tbs lemon juice
1 tsp oregano

TOP IT!

kalamata olives, sliced
Tone It Up tzatziki sauce
lettuce
tomato

HAWAIIAN

MIX IT!

$\frac{1}{2}$ Tbs crushed pineapple
 $\frac{1}{2}$ tsp maple or agave syrup
 $\frac{1}{2}$ Tbs red onion, finely chopped
 $\frac{1}{2}$ tsp Baco Bits (vegan!)

TOP IT!

pineapple slices
Tone It Up teriyaki sauce
onions
lettuce



QUINOA BURGER

makes 4-6 burgers

INGREDIENTS

- 1 cup portobello mushroom, diced
- 1 cup quinoa, cooked
- ½ red bell pepper, diced
- ½ yellow onion, diced
- ½ cup parsley, minced
- 2 cloves garlic or 1 tsp crushed garlic
- ¼ cup grapeseed oil
- 2 Tbs flax meal
- 2 tsp tamari
- ½ tsp pepper or to taste
- ½ tsp salt

DIRECTIONS

1. Place cooked quinoa into a food processor or high speed blender. Add remaining ingredients to the mix and pulse until desired consistency.
2. Form the mixture into patties.
3. Heat 2-4 Tbs grapeseed oil over medium heat.
4. Place patties in pan and sear for about 5 minutes on each side.
5. Serve warm with desired bun option and toppings from the previous pages.
6. Add your favorite Tone It Up sauce or dip if you'd like.

NUTRITION FACTS

3g protein / 10g carbs / 11g fat / 2g fiber / 146 calories



COOKING QUINOA

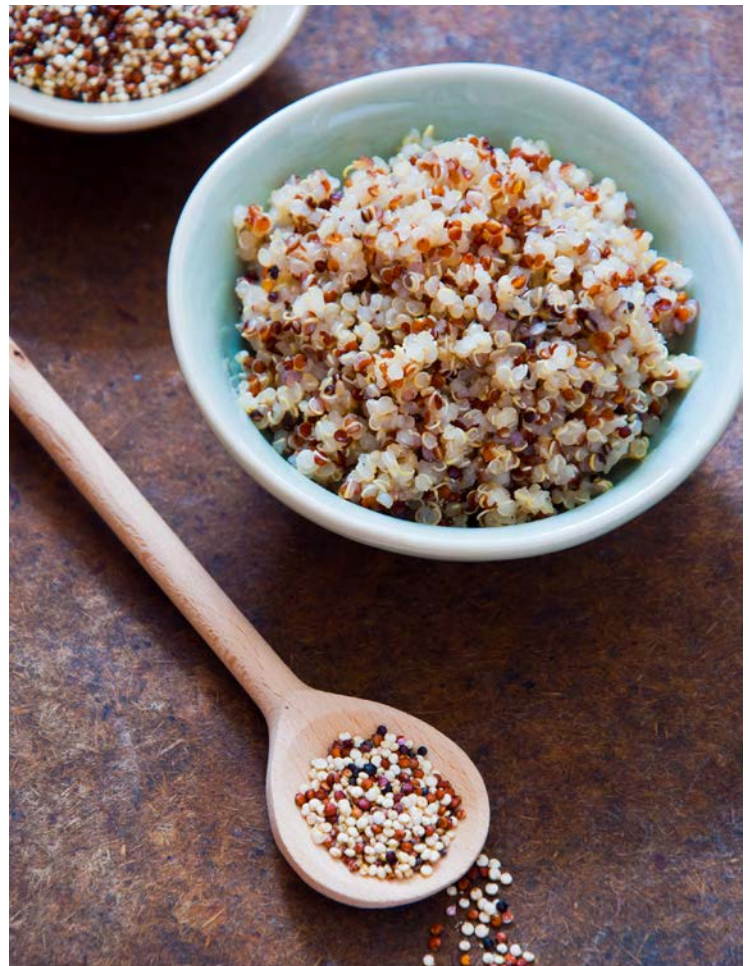
Quinoa is a perfect substitute for rice, couscous, and even oatmeal in almost any recipe. It's also a complete protein source!

DIRECTIONS

makes 2-3 cups (cooked)

1. Rinse 1 cup of dry quinoa and soak for 10 minutes in warm water.
2. Bring 1½ - 2 cups of water to a boil in a small saucepan.
3. Drain quinoa and pour into boiling water.
4. Cover the pot and reduce heat to a simmer.
5. Remove from heat. Drain any excess water.
6. Fluff and serve or add into recipe.

Quinoa is an approved protein source for any meal!



SNACKS





GARLIC BUCKWHEAT FLATBREAD

makes 6-12 servings

INGREDIENTS

2 cups buckwheat groats
2 cups water
1 cup sunflower seeds
2 stalks celery, chopped
1 roma tomato, chopped
2 Tbs flaxseed meal
3 cloves of garlic
2 Tbs olive oil
1 tsp sea salt
¼ tsp pepper
½ cup water
1 tsp baking powder

DIRECTIONS

1. Place groats into 2 cups of water and let soak for 4-6 hours. They will turn gelatinous, which helps hold this bread mixture together.
2. Add all ingredients to a blender or food processor, starting with the water and tomato.
3. Blend until creamy, adding water if necessary to achieve smooth texture.
4. Spread creamy mixture onto a non-stick parchment paper or dehydrator tray a quarter to an eighth of an inch thick.
5. Bake in oven at lowest setting for 4-6 hours, or at 350 F for 20-30 minutes. If using a dehydrator, spread on tray and dry at 105 F for 8-12 hours.

NUTRITION FACTS

3g protein / 9g carbs / 8g fat / 2g fiber / 117 calories



CURRIED BROCCOLI CAULIFLOWER COUSCOUS

makes 6-8 servings

INGREDIENTS

1 cup broccoli
1 cup cauliflower
1 zucchini
1 Tbs tahini
4 tsp curry spice
1 tsp lemon juice
½ tsp sea salt
½ tsp pepper
1 tsp agave syrup

DIRECTIONS

1. Place the raw broccoli and cauliflower into a food processor and pulse into a couscous-like rice texture. (You can steam or sauté both veggies first if you don't like these cruciferous veggies raw.)
2. Add all remaining ingredients and pulse until well incorporated.

NUTRITION FACTS

1g protein / 4g carbs / 1g fat / 1g fiber / 28 calories





ALMOND FALAFEL

makes 12 servings

INGREDIENTS

1½ cup almonds
½ small zucchini
2 Tbs sesame seeds, ground
2 Tbs tahini
2 Tbs lemon juice
2 Tbs minced cilantro
2 Tbs minced parsley
1 green onion, sliced
1 tsp coriander
1 tsp white miso
1 tsp ground cumin
½ tsp salt
dash of cayenne pepper

DIRECTIONS

1. Put all ingredients into a food processor and mix until well combined into a dough like consistency.
2. Add 2-3 Tbs of coconut or olive oil to a non stick pan over medium low heat.
3. Form mixture into small patties and fry until golden brown, 5-7 minutes per side.
4. Serve with red onions, lettuce and tomatoes.

NUTRITION FACTS

5g protein / 5g carbs / 11g fat / 3g fiber / 131 calories



MARINARA STUFFED MUSHROOMS

makes 15 servings

INGREDIENTS

2 large roma tomatoes, diced
½ cup sundried tomatoes, soaked
2 Tbs garlic, minced
2 Tbs onion, minced
2 Tbs basil, minced
1 Tbs olive oil
2 tsp thyme
1 tsp balsamic vinegar
½ tsp black pepper
3 cups mushrooms

DIRECTIONS

1. Remove stems from the mushrooms and marinate in balsamic vinegar and olive oil for 30 minutes to an hour.
2. Place the remaining ingredients in a blender, starting with the chopped tomatoes, and blend until smooth, adding more water if necessary. This is your marinara sauce.
3. Pour marinara into a saucepan and bring to a simmer.
4. Remove from heat and scoop marinara mixture into mushrooms and serve fresh, or place in oven at 350 F for 15-20 minutes.

NUTRITION FACTS

1g protein / 3g carbs / 1g fat / 0g fiber / 24 calories





NORI SPECTACULAR ROLL

makes 6-8 rolls

INGREDIENTS

3 cups jicama, diced
 ½ cup pine nuts
 ½ lemon, juiced
 1 tsp salt
 1 avocado
 6-12 sheets of nori
 ¼ purple cabbage, shredded
 1 red bell pepper, sliced thinly
 ½ tsp apple cider vinegar
 1 cup alfalfa sprouts

DIRECTIONS

1. For the rice, peel the jicama with a vegetable peeler. Next chop into bite size pieces and put in the food processor. Pulse until it resembles rice, 15 seconds or so. Next add the pine nuts and remaining ingredients. Pulse again to incorporate. If you don't have a food processor, you can shred the jicama & pat dry with a towel.

2. To make a nori roll, place the nori sheet down on a clean smooth surface, shiny side down. The rough side has lines going through it. Place these lines parallel with kitchen counter edge and with yourself. Next, place your jicama rice on the bottom third of the sheet, closest to you, spread out evenly for about 2 inches. Start adding your desired fillings in any order, but don't over stuff or you'll have issues rolling. You can use 2 sheets if you'd like to make a larger roll. When ready, grab the nori sheet closest to you and start rolling it away. Use your thumbs to guide the roll, and use your fingers to grab the inside filling and keep it in place until it is completely covered in the nori sheet. Continue to roll away from you, trying to keep it a tight little bundle. When you get to end, use a tiny bit of water to seal the finishing edge of the roll. Cut on a diagonal. Enjoy!

NUTRITION FACTS

3g protein / 10g carbs / 9g fat / 5g fiber / 118 calories



PISTACHIO CUCUMBER CANAPES

makes 15-20 canapes

INGREDIENTS

1 cup pistachio
 ½ onion, minced
 ¼ cup mint, packed
 ½ lime, juiced
 1 Tbs olive oil
 1 tsp apple cider vinegar
 1 tsp sea salt
 1 roma tomato, sliced
 ½ cup basil leaves, minced
 2 cucumbers

DIRECTIONS

1. Combine all ingredients in a food processor and mix until chunky texture is achieved.

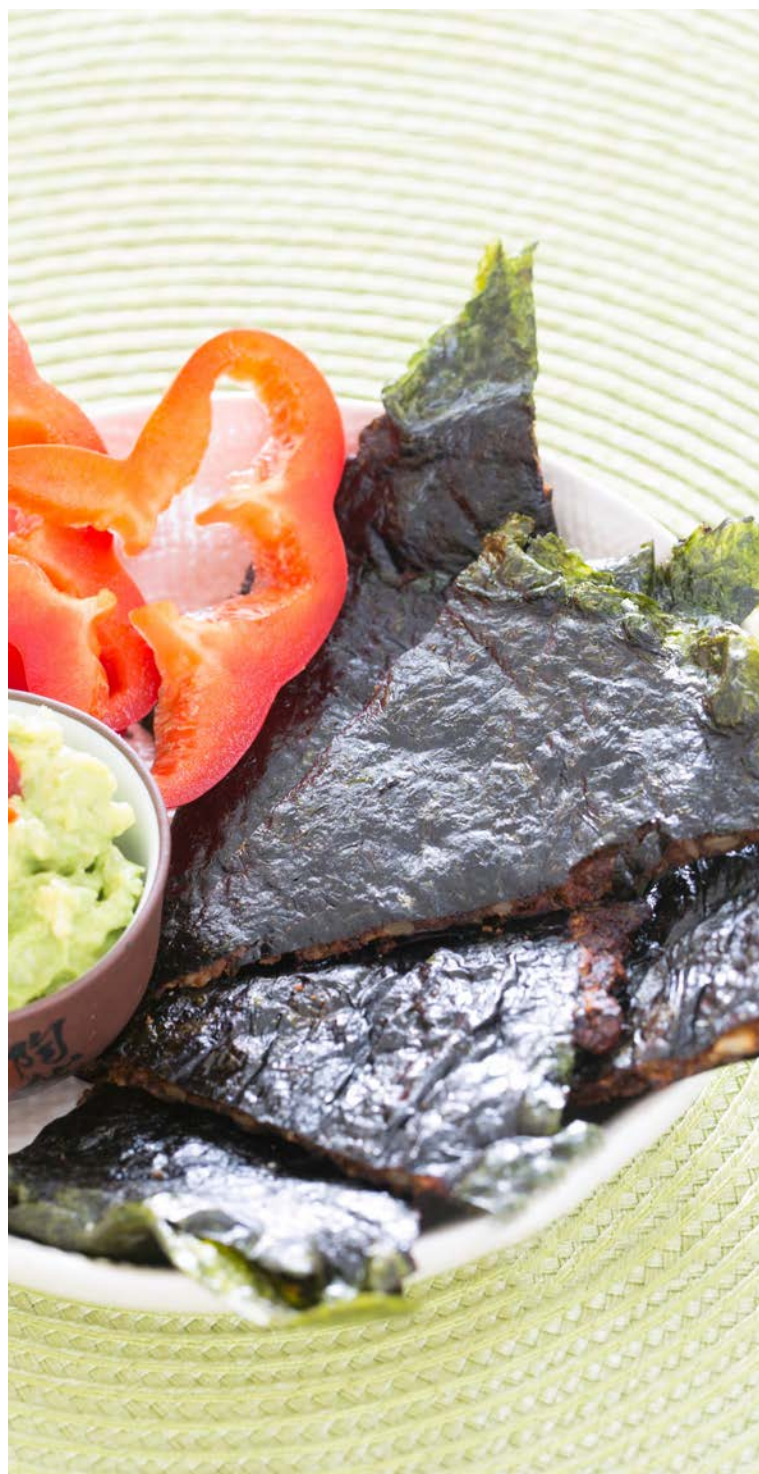
2. Using a vegetable peeler, make strips down the cucumber until the seeds are reached. Flip over and do all two or four sides, depending on amount of desired roll ups.

3. Place tomato slices and basil on top of cucumber strips with 1 tsp of pistachio mixture. Starting at the base, roll into a small canape, and garnish with black pepper or black sesame seeds.

NUTRITION FACTS

2g protein / 3g carbs / 4g fat / 1g fiber / 49 calories





NORITOS

makes 72 triangles, 6 pieces. per serving

INGREDIENTS

1 cup sunflower seeds
 ½ cup minced cilantro
 ½ cup sundried tomatoes
 ¼ cup white onion, diced
 2 Tbs nutritional yeast
 1 Tbs tamari
 1 Tbs olive oil
 1 tsp red chili flakes
 1 tsp ground cumin
 1 tsp salt
 ½ tsp chipotle powder
 ¼ cup water
 12 nori sheets

DIRECTIONS

1. Place all ingredients (except nori) and ¼ cup water into a high powered blender and mix until smooth.
2. You can add enough water to keep blender going, a little at a time. Pour into bowl and set aside.
3. To make “chips,” place 3 nori sheets on counter, shiny side down.
4. Spread ⅓ cup of mixture onto each sheet, spreading very thin, about ⅓ of an inch. Top with another nori sheet, pressing down firmly around all edges and in the middle, flattening into an even sheet. Repeat steps for 3 more nori sheets.
5. Place nori squares on a non-stick baking sheet and bake for 1 to 1½ hours at the lowest temperature, flipping about halfway through.
6. Take out when desired crispness is achieved.
7. Let cool and cut into squares or triangles.
8. Serve with fresh guacamole, or take on-the-go!

NUTRITION FACTS

3g protein / 5g carbs / 7g fat / 2g fiber / 92 calories



Noritos are a great choice for Meal 4! Enjoy them with some homemade guacamole, fresh veggies or by themselves!

WHAT'S NORI & WHY SHOULD I EAT IT?

Nori is the Japanese word for seaweed. Seaweed and sea vegetables are classified as algae and come in a variety of colors – brown, red, green, even purple. They are abundant in vital minerals such as magnesium, iron, calcium, vitamin A, vitamin C, vitamin B, vitamin K and are nature's richest source of iodine. Seaweed has a very high protein content, high mineral content, more vitamin C than in oranges, and has natural iodine to help maintain healthy thyroid function. It's also high in potassium which helps regulate blood pressure levels. Consuming seaweed and sea vegetables may help improve memory & vision, clear skin, repair hair, prevent allergies & infections, lower blood pressure and aid in digestion.

SALAD TOPPERS!

Recipes make a large batch, serving is 1 Tbs on a salad or wrap or ¼ cup as a snack



DIRECTIONS

1. Toss all ingredients in a large mixing bowl until evenly coated. Let marinate for 5-30 minutes.
2. Place seeds on a non-stick baking pan, parchment paper, or dehydrator tray.
3. Bake at 200 F for one hour or less depending on oven and desired dryness. If using a dehydrator, place at 105 F for 6 hours or until desired crispness is achieved.
4. These great salad toppers will keep in a sealed container in the fridge for up to 2 weeks.



*add to your
favorite salad
or eat as a snack!*

SPICED ALMONDS

- 2 cups almonds, soaked
- ½ cups coconut shredded
- ½ orange, juiced
- 2 tsp cinnamon
- ½ Tbs raw honey
- ½ tsp vanilla bean or extract

SPICY CASHEWS

- 2 cup cashews
- 2 tsp turmeric powder
- 2 tsp tamari
- 2 tsp salt
- 1 tsp chili powder
- dash of black pepper

TERIYAKI PUMPKIN SEEDS

- 2 cups pumpkin seeds
- ½ cups orange juice
- 1 tsp honey or agave syrup
- ½ tsp ginger powder
- 1 tsp sesame oil
- 1 tsp onion powder
- ½ tsp tamari
- ½ tsp sea salt



SUNNY ONION FLATBREAD

makes 16 servings

INGREDIENTS

2 yellow onions, medium
1 cup flaxseed meal
1 ½ cup sunflower seed meal
½ – ¾ cup filtered water or unsweetened almond milk
4 Tbs olive oil
3 Tbs tamari
2 Tbs agave syrup
2 Tbs nutritional yeast
2 Tbs psyllium husk
1 tsp baking powder
1 tsp sea salt

DIRECTIONS

1. Slice onions, removing the outer layers.
2. Place in blender, along with water, oil, tamari, and agave. Blend until smooth.
3. Add nutritional yeast, psyllium husk, baking powder and salt, along with ground or whole sunflower seeds and flax meal. Blend again until batter is formed.
4. Spray baking sheet with fat free cooking spray and spread mixture on the sheet or place parchment paper on baking sheet.
5. Spread mixture to desired thickness, about ¼ inch.
6. Bake in oven at 350 F for 25 – 30 minutes until bread is dry on outside but moist inside. If using a dehydrator, place on tray and slowly dry for 4–6 hours. Or if you'd like to do slow method in oven, try 120 F for 3 hours.

NUTRITION FACTS

5g protein / 9g carbs / 6g fat / 3g fiber / 108 calories



ALMOND STUFFED TOMATOES

makes 6 servings

INGREDIENTS

1 cup raw almonds, soaked
2 stalks celery, diced
¾ cup minced fresh parsley
½ cup dried cranberries
¼ cup red onion, diced
2 Tbs diced orange bell pepper
2 Tbs dried or fresh dill
2 tsp apple cider vinegar
1 tsp kelp or dulse flakes
½ tsp sea salt
6 roma tomatoes

DIRECTIONS

1. Place all ingredients except tomatoes into a food processor and blend until well incorporated. You can either make this pate super smooth or keep it a little thicker for texture.
2. Transfer mixture into a bowl and set aside.
3. Wash and dry tomatoes. Take sharp paring knife and cut a circle around the stem. Remove the insides of the tomato while keeping the outside in tact.
4. Fill tomatoes with almond mixture, so it is overflowing.

Tip: Slice the bottoms off of the tomatoes so they stand on the plate for serving!

NUTRITION FACTS

7g protein / 19g carbs / 12g fat / 5g fiber / 194 calories





PEANUT BUTTER & CELERY

makes 2 servings

INGREDIENTS

2 Tbs natural peanut butter
2 stalks of celery
handful of raisins (optional)

DIRECTIONS

1. Wash celery and pat dry.
2. Cut celery into four inch sections. Spread with peanut butter.
3. Top with raisins if desired.

NUTRITION FACTS

4g protein / 4g carbs / 8g fat / 2g fiber / 111 calories



GREEK YOGURT & GRANOLA

makes 1 serving

INGREDIENTS

½ cup almond or Greek yogurt
¼ cup natural granola

DIRECTIONS

1. Top yogurt with granola for a simple and delicious way to start your day.

NUTRITION FACTS

nutrition facts vary based on ingredients



FRUIT & NUTS

makes 1 serving

Get creative here! There are endless combinations. Below are some of our favorites:

1 navel orange
handful of raw almonds
or
¼ cup chopped walnuts
¼ cup fresh blueberries

Tip: Have this with ¼ cup almond or Greek yogurt (if you didn't have dairy yet) and it's Meal 1 or Meal 2

NUTRITION FACTS

nutrition facts vary based on ingredients





VEGGIES... DIPPED

makes 1 serving

INGREDIENTS

1 cup veggies
16 oz chickpeas
2 Tbs tahini
2 Tbs olive oil
2 cloves garlic
(or 4 oz pre-made hummus)

DIRECTIONS

1. Make your own hummus by mixing chickpeas, tahini, olive oil, and garlic & blend until smooth. You can also use an all natural pre-made variety.
2. To make it more interesting you can mix in your favorite seasonings for a different twist every day. Cayenne powder or red pepper flakes for spice, basil and lemon pepper for a fresh mediterranean vibe, or some crushed garlic. You can also switch up what kind of nuts you mix in. Pine nuts, slivered almonds and crushed cashews are all good choices. The possibilities are endless!

NUTRITION FACTS

nutrition facts vary based on ingredients



KALE CHIPS & GUAC

makes 1 serving

INGREDIENTS

3 cups kale
1 Tbs olive oil
dash of sea salt
½ avocado
1 Tbs chopped onion
¼ lime, squeezed
½ tomato, diced
pinch of cilantro

DIRECTIONS

1. Preheat oven to 350 F.
2. Wash and dry kale, break into chip size pieces. Drizzle kale with olive oil and sea salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.
4. Mash together avocado, onion, lime juice, tomato, cilantro and sea salt.

NUTRITION FACTS

11g protein / 28g carbs / 25g fat / 13g fiber / 350 calories



AVOCADO WITH SUNFLOWER SEEDS AND HONEY

makes 1 serving

INGREDIENTS

½ avocado
½ Tbs sunflower seeds
1 tsp honey

DIRECTIONS

1. Cut avocado in half and remove pit.
2. Fill space left by pit with sunflower seeds.
3. Drizzle with honey.
4. Eat with a spoon getting a bit of each ingredient in every bite!

NUTRITION FACTS

4g protein / 15g carbs / 18g fat / 6g fiber / 226 calories





SHIITAKE PINE NUT TARTARE WITH GREENS & PEARS

makes 2 servings

INGREDIENTS

- ¼ cup pine nuts
- 1 cup shiitake mushrooms
- 1 tsp fresh ginger, minced
- 1 Tbs fresh parsley, minced
- 2 Tbs sesame oil
- 1 shallot, minced
- 2 garlic cloves, minced
- 4 cups mustard greens
- 3 Tbs vegetable broth
- 3 pears, peeled and halved
- ½ cup white wine
- 1 cinnamon stick

DIRECTIONS

1. In a food processor, blend the pine nuts to a paste. Add the mushrooms, ginger and parsley and pulse until the mushrooms are finely minced. Shape the mixture into small patties.
2. In a skillet, heat the sesame oil on medium. Quickly add the shallot and garlic and sauté for about a minute. Add the mustard greens and vegetable stock and stir until the mustard greens have wilted slightly. Remove from the pan.
3. Place wine, cinnamon and enough water to just cover the pears in a medium saucepan. Gently cook over low heat for 20 minutes or until the pears are tender all of the way through. Remove the pears from the liquid, and remove from heat (save the liquid) and place the pears in a bowl of ice water. Return the pears to the poaching liquid once it has cooled.
4. Serve a tartare patty with a section of pear thinly sliced and top with mustard greens.

NUTRITION FACTS

8g protein / 55g carbs / 26g fat / 13g fiber / 491 calories



SPINACH WRAPS WITH BLACK OLIVES & HUMMUS

makes 2 servings

INGREDIENTS

- 3 large spinach or kale leaves
- ¼ cup black olives, sliced
- 3 Tbs hummus
- 1 tsp lemon juice

DIRECTIONS

1. Rinse spinach leaves and pat dry with a paper towel.
2. Mix hummus, olives and lemon juice together in a small bowl, and spread on spinach leaves.
3. Roll up and eat.

NUTRITION FACTS

1g protein / 6g carbs / 4g fat / 2g fiber / 61 calories



SWEET & SLIM GRAPEFRUIT

makes 1 serving

INGREDIENTS

- 1 grapefruit
- 1 packet of pure stevia

DIRECTIONS

1. Cut grapefruit in half. Cover the half you aren't eating in the fridge for later!
2. Just cut along the sections, sprinkle with stevia and Enjoy!!!

Tip: Perfect for your slim down Meal 2!

NUTRITION FACTS

1g protein / 14g carbs / 0g fat / 2g fiber / 52 calories





STRAWBERRY CUCUMBER RAFTS

makes 1 serving

INGREDIENTS

4 slices fresh cucumber
1 strawberry, thinly sliced
4 Tbs almond or Greek yogurt
4 tsp shredded coconut

DIRECTIONS

1. Place a spoonful of yogurt on each slice of cucumber.
2. Sprinkle shredded coconut over the yogurt.
3. Top with strawberry slices.

Makes a perfect sweet, crisp and satisfying treat! They're also great as party apps.

NUTRITION FACTS

6g protein / 5g carbs / 2g fat / 1g fiber / 65 calories



ROASTED VEGGIES & HUMMUS

SUGGESTED INGREDIENTS

bell pepper
zucchini
asparagus
hummus

DIRECTIONS

Veggies & hummus are one of our favorite snack options. If you want to spice it up, try roasting your veggies first. Not only will it add some extra flavor, but it allows you to use different veggies than you might normally have with your hummus. For example, we would normally choose carrots, broccoli or celery for dipping, but if roasting the vegetables first, bell pepper, zucchini and even asparagus make great choices.

1. To roast, toss the vegetables of your choice onto the grill or into a skillet.
2. Flip as necessary until they are a little black around the edges.
3. Use your favorite hummus or make your own!

NUTRITION FACTS

nutrition facts vary based on ingredients



HOMEMADE SUNDRIED TOMATO CRACKERS

makes 10 servings

INGREDIENTS

1 cup whole oats
 ½ cup raw almonds
 ½ cup ground flax seed
 ¼ cup sundried tomatoes
 1 Tbs fresh basil, diced

DIRECTIONS

1. Soak oats and almonds in water for 2 hours.
2. Drain and use food processor to puree oats, almonds, tomatoes and basil together.
3. Remove mixture from processor and add flax seed. Add in water as necessary to form a thick paste. Add only enough water to make the mixture pliable, it shouldn't be runny.
4. Spread in a thin (think cracker) layer on a foil lined baking sheet and place in oven on 120 F for 3 hours or until dry. If you have a dehydrator you can use that instead.
5. Once completely dry cut into bite sized pieces and serve.

NUTRITION FACTS

4g protein / 9g carbs / 6g fat / 4g fiber / 10g calories



HOMEMADE FLAX CRACKERS

makes 10 servings

INGREDIENTS

1 cup flax seeds
 ½ cup ground flaxseed
 1 clove garlic, minced
 ¼ cup onion, diced
 1 tsp dried mustard

DIRECTIONS

1. Soak flax seeds in water overnight. Drain and set aside.
2. Use food processor to puree onion and garlic together.
3. Remove mixture from processor and add soaked flax seeds. Add in water if necessary to form a thick paste. Only add enough water to make the mixture pliable, it shouldn't be runny.
4. Spread in a thin, layer on a foil lined baking sheet and place in oven on 120 F for 3 hours or until dry. If you have a dehydrator you can use that instead.
5. Once completely dry cut into bite sized pieces and serve.

NUTRITION FACTS

4g protein / 6g carbs / 8g fat / 6g fiber / 11g calories



CAPRESE SKEWERS

makes 1 skewer

INGREDIENTS

3 cherry tomatoes
 3 fresh basil leaves
 3 (½ oz) cubes buffalo mozzarella or
 3 (1 oz) cubes firm tofu

DIRECTIONS

- These are another awesome entertaining option that are as impressive & delicious as they are easy.
1. Just stack cherry tomatoes, fresh basil leaves and buffalo mozzarella (or firm tofu) on a skewer.
 2. Drizzle or dip in balsamic vinegar for added flavor.

NUTRITION FACTS

10g protein / 4g carbs / 9g fat / 1g fiber / 13g calories



ALMOND CHEESE!

We discovered this at Whole Foods and LOVE it! The taste is surprisingly similar to real cheese, it is a healthier fat source and it's even a good source of protein. Not bad!

It can be a little hard to find but if you can, give it a try!

HAVE A BALL!

These snack balls are not only raw... which means your metabolism will thank you for eating clean, but each include a secret weapon to make sure your waistline thanks you too! It's Perfect Fit Protein! It's organic, non-GMO and adds the perfect touch to your recipes. The protein balances their glycemic index, which means they won't spike your blood sugar, you won't be hungry anytime soon. You'll cruise through the day and your workouts with energy!!!



WALNUT DATE CRANBERRY BALLS

makes about 10 servings

INGREDIENTS

½ cup dried cranberries
½ cup pitted whole dates
¾ cup walnuts (unsalted)
1 scoop or packet Perfect Fit Protein

DIRECTIONS

1. Dice your fruit and place into a food processor with your dates until you have a paste consistency. If you don't have a food processor, you can still make this recipe, but they'll be more coarse!
2. Add your fruit and dates to a bowl.
3. Separately blend your nuts in your processor. Do not blend into a nut-butter! You want the walnuts to be finely chopped.
4. Add all ingredients to your bowl and knead together with your hands.
5. Roll and firmly press them into ½-1 inch snack balls!

NUTRITION FACTS

2g protein / 11g carbs / 6g fat / 2g fiber / 107 calories



Use the directions from the Walnut Date Cranberry Balls with alternate ingredients to make different flavors!

Recipes make a full batch, keep serving size to 2-3 balls. They're great frozen!

KEY LIME PIE

½ cup cashews
½ cup pitted whole dates
2 scoops or packets Perfect Fit Protein
pinch of sea salt
zest of 1 lime

2 Tbs mint leaves, chopped
1 Tbs juice from a fresh lime
½ cup unsweetened coconut shavings

PEANUT BUTTER & JELLY

½ cup dried cranberries
½ cup pitted whole dates
¾ cup peanuts (unsalted)
2 scoops or packets Perfect Fit Protein

2 Tbs creamy natural peanut butter
pinch of sea salt

MANGO COCONUT

1 cup dried mango, diced
½ cup almonds
½ cup pitted whole dates
2 scoops or packets Perfect Fit Protein

1 Tbs virgin coconut oil
½ cup unsweetened coconut shavings
pinch of sea salt

ENTRÉES





*drizzle with cranberry
chili dipping sauce!*

MILLET MEDALLIONS

with cucumber mint chutney

makes 8 small patties or 4 servings

INGREDIENTS

½ cup millet
1¼ cup water
1 zucchini
½ white onion, minced
½ cup shredded kale
¼ cup fresh parsley, minced
3 cloves garlic, minced
2 Tbs flaxseed meal
2 Tbs tamari
1 lemon, juiced
2 Tbs dill
½ tsp salt

DIRECTIONS

1. Place millet in pan with water and bring to a boil. Once boiling, turn down and simmer for 20 minutes or until all water is absorbed and millet is fluffy.
2. Transfer millet into food processor and add remaining ingredients except flax meal. Pulse to incorporate but don't blend. You want texture and color.
3. Transfer mixture to bowl & sprinkle flax meal over batter. Mix in and let sit for 10–15 minutes. The flax meal is what helps the patties hold together.
4. Form small to medium size patties by rolling in your hands, then flattening out.
5. Heat 1 Tbs of grapeseed oil in skillet. Sauté patties until golden brown on each side, about 5 to 7 minutes.
6. Serve warm or room temperature topped with mint-cucumber chutney on a bed of arugula.

Cucumber Mint Chutney

INGREDIENTS

¼ cup cilantro, minced
¼ cup mint, minced
½ cucumber, diced
½ of jalapeño, minced
2 green onions, sliced thinly
1 lime, juiced
¼ tsp salt
¼ tsp coriander
3 drops of pure stevia

DIRECTIONS

1. Chop up cucumber, mint, cilantro, jalapeño & onions and put in large mixing bowl.
2. Add all other ingredients and mix thoroughly.

Note: This recipe can also be pulsed in food processor into desired consistency. Store refrigerated up to 3 days!

MEDALLIONS NUTRITION FACTS

5g protein / 19g carbs / 2g fat / 4g fiber / 107 calories

CHUTNEY NUTRITION FACTS

2g protein / 13g carbs / 0g fat / 4g fiber / 45 calories





AUTUMN HARVEST SPRING ROLL

makes 6–8 full size spring rolls, 2 rolls per serving

Step 1: SWEET POTATO

INGREDIENTS

- 1 sweet potato, diced
- 2 Tbs virgin coconut oil
- ¼ tsp cinnamon
- ¼ tsp coriander
- ¼ tsp nutmeg
- ½ tsp ground ginger
- 1 Tbs maple syrup

DIRECTIONS

1. Boil sweet potatoes until tender and place along with the remaining ingredients in a blender.
2. Blend all ingredients until smooth and creamy.
3. Place in a bowl, set aside until assembly.

Step 2: MUSHROOMS

INGREDIENTS

- 1 portobello, thinly sliced
- 2 shiitake, thinly sliced
- 2 Tbs grapeseed oil
- ½ red onion, sliced thinly
- 3 Tbs tamari
- 2 tsp maple syrup
- 2 Tbs minced ginger

DIRECTIONS

1. Place both portobello and shiitake slices in a big bowl. Add olive oil and tamari and mix. Let marinate for 10–15 minutes.
2. Sauté onions in a pan with grapeseed oil until softened. Add mushrooms and ginger and sauté until cooked.
3. Add maple syrup and stir until caramelized.

Step 3: PUMPKIN SEEDS

Pour **1 cup of shelled pumpkin seeds** into the pan over medium heat and continue to stir until browned evenly.

Step 4: KALE

1. Strip **1 bunch kale** from the stem using your thumb and forefinger and pushing leaves off the stem. Wash and pat dry in towel.
2. Rip kale into small pieces and massage kale until it turns bright green and has cooked appearance.
3. Squeeze **half of a lemon** over top and mix with a dash of salt.

Step 5: ASSEMBLY

You'll need some **rice paper wraps** (found in Asian section of store) and a bowl of warm water. Dip wraps into warm water and let soak for 15 seconds. Pull from water and drip off excess water. Lay flat on a cutting board. Take second wrapper and repeat, laying it with a third crossing over the first. Then lay your pieces of kale in the bottom third of the your roll space, closest to you. Next add about 4 Tbs of sweet potato mixture along with a couple spoonfuls of the mushroom mixture. Top with roasted pumpkin seeds. Grab the section of wrap closest to you and start rolling it over the contents inside and away from you. Wrap sides in and continue to roll. Cut on the diagonal when finished. Serve with a simple tamari dipping sauce.

NUTRITION FACTS

15g protein / 45g carbs / 40g fat / 6g fiber / 550 calories



Tamari aids in the digestion of grains and vegetables and is rich in minerals!



PUMPKIN SEED PESTO WITH KELP NOODLES

makes 4 servings

INGREDIENTS

- 1 cup fresh basil leaves
- ½ cup spinach
- ½ cup pumpkin seeds
- 1 lime, juiced
- 2 cloves garlic
- 2 Tbs olive oil
- 1 Tbs miso
- 1 Tbs nutritional yeast
- ½ tsp salt
- 1 package kelp noodles (12 oz)
- 1 head of broccoli (8 oz)

DIRECTIONS

1. To make the pesto place basil, spinach, lime, oil, miso, nutritional yeast and salt into a food processor and blend until mixed, 30–45 seconds. Add pumpkin seeds and pulse until it's the desired consistency for your sauce. Some like it really smooth, others like it thicker. Set aside.
2. Put kelp noodles in a colander and rinse very well with water, pulling them apart constantly. You may want to cut them into shorter pieces with a knife or scissors for easier eating. Pour noodles onto a clean cloth and pat dry. Place noodles into a mixing bowl and add sauce. Mix thoroughly with a spoon or hands. The noodles will begin to soften and absorb sauce.
3. Break broccoli into small pieces and place in colander. Pour hot water over the raw broccoli and drain. This will turn it bright green & soften for digestion without losing nutrients. Add mixture to noodles and sauce and top with pine nut parmesan cheese!

Pine Nut Parm

INGREDIENTS

- ½ cup pine nuts
- 1 Tbs nutritional yeast
- 1–2 tsp oregano
- 1–2 tsp thyme
- 1–2 tsp garlic powder
- ½ tsp sea salt

DIRECTIONS

1. Place all ingredients into a food processor or high powered blender. Blend until well mixed.
2. Use to top any of your healthy dishes as garnish or add to any sauce for a new texture and flavor.

Tip: You can use cashews in place of pine nuts.

WHY WE LOVE THIS LOW-CARB PASTA ALTERNATIVE!

Kelp noodles are made from seaweed and contain virtually no starches and only 6 calories per serving, so they are excellent to incorporate into your diet. They are a mineral rich food that can be used like regular noodles to make beautiful raw & nutrient dense dishes. They can be used raw, in their crunchy state, or cooked in soups and casseroles. Their neutral flavor allows you to manipulate them in any direction you'd like to take them. Kelp noodles only contain 1 gram of carbohydrate per serving which is why they are a great way to control weight and blood sugar levels.

NUTRITION FACTS

8g protein / 11g carbs / 16g fat / 4g fiber / 203 calories





ASIAN STYLE SPAGHETTI SQUASH

with Bok Choy & Mushrooms

makes 4 to 6 servings

INGREDIENTS

1 whole spaghetti squash (approx. 2½ cups)
1 baby bok choy, diced
½ cup red onion or shallots, diced
1 portobello mushroom or 1 cup shiitake, sliced
3 Tbs grapeseed oil
1 Tbs tamari

DRESSING

½ cup light miso
½ cup water
1 Tbs agave syrup
2 tsp tamari
1 tsp toasted sesame oil
1 clove garlic
1 tsp grated ginger

DIRECTIONS

1. Cut spaghetti squash down the middle lengthwise.
2. Place on baking sheet and cook at 350 F for 30–45 minutes.
3. Scrape out insides with fork and place in a large mixing bowl. It will come out in long noodle like strands.
4. Over medium heat, lightly sauté the bok choy, onions, and mushrooms in the grapeseed oil until tender, about 5 minutes. Place on a plate and set aside.
5. Combine all dressing ingredients into a high powered blender and blend until smooth, adding small amounts of water if necessary.
6. Combine all ingredients together in a large mixing bowl and serve or arrange squash on plate, place veggies on top and drizzle with dressing. If desired, garnish with black or white sesame seeds.

NUTRITION FACTS

6g protein / 18g carbs / 10g fat / 4g fiber / 171 calories



TOFU STIR-FRY

makes 1 serving

INGREDIENTS

4 oz extra firm tofu or tempeh
¼ cup tamari
1 Tbs sesame oil
3 Tbs rice vinegar
1 Tbs ginger, minced
¼ cup onion, sliced
½ cup broccoli
¼ cup snap peas
¼ cup water chestnuts
¼ green or red pepper
1 tsp black pepper
1 clove garlic, minced

DIRECTIONS

1. Season tofu or tempeh with pepper & garlic.
2. In a pan, cook tofu or tempeh halfway, then add vegetables and other ingredients.
3. Sauté until fully cooked.

NUTRITION FACTS

24g protein / 28g carbs / 22g fat / 5g fiber / 382 calories



Spaghetti Squash is a great way to create a pasta-like dish with fewer starchy carbs!



BUTTERNUT SQUASH RISOTTO

makes 6-8 servings

INGREDIENTS

2 cups wild rice
 ½ cup vegetable stock
 2 cups butternut squash, cubed
 ¼ cup virgin coconut oil
 2 Tbs real maple syrup
 2 Tbs nutritional yeast
 1 Tbs rosemary
 1 tsp thyme
 2 tsp sea salt
 1 tsp black pepper
 1 cup tomato, diced
 ½ cup onion, diced
 ½ cup fresh basil
 ¼ cup parsley

DIRECTIONS

1. Cook rice halfway in water or vegetable stock. It should take about 15-20 minutes. You are looking for it to be still slightly hard and chewy. Drain water from rice and set aside.
2. Meanwhile, wash butternut squash and cut in half lengthwise. Scoop out all seeds from inside.
3. Preheat your oven to 350 F. Place halves face down on parchment paper on a cookie sheet. Bake in oven for 20 minutes or until tender.
4. Allow to cool. Scoop butternut squash out of shell and place in high powered blender. Add the remaining ingredients (except tomato, onion, basil, and parsley) and blend until smooth.
5. Combine half-cooked rice with butternut squash mixture and return to a pan over medium heat.
6. Add chopped tomatoes, onion and fresh basil leaves into risotto and continue to cook on medium heat for about 15 minutes, or until the rice is tender and flavors are incorporated nicely. Top with chopped parsley.

NUTRITION FACTS

7g protein / 38g carbs / 7g fat / 5g fiber / 236 calories



RED LENTIL BOLOGNESE

makes 4 servings

INGREDIENTS

1 cup red lentils
 4 ripe tomatoes, chopped
 ½ onion, chopped
 1 carrot, shredded
 4 celery stalks, diced
 1 cup veggie broth
 4 Tbs sundried tomato powder
 1 tsp oregano
 1 tsp fennel seeds
 1 tsp black pepper
 1 tsp chipotle powder

DIRECTIONS

1. Sauté onions, garlic, celery, carrots and tomatoes in 1 Tbs of olive oil over medium heat until tender, about 5-10 minutes.
2. Add veggie broth to pan along with lentils and remaining spices. Continue to cook over medium heat until lentils are soft, 30-45 minutes.
3. You may serve this dish over spaghetti squash or on it's own.

NUTRITION FACTS

14g protein / 39g carbs / 2g fat / 8g fiber / 217 calories





EGGPLANT RAGU

with Amaranth Polenta

makes 4 servings

RAGU

- 1 Tbs tamari
- 3 Tbs olive oil
- ¼ cup onion, diced
- 1 eggplant, peeled and diced
- 2 cloves garlic, minced
- 1 cup spinach
- ½ cup basil, chopped
- ½ cup tomato, diced
- ½ tsp sea salt
- ¼ tsp black pepper

POLENTA

- 2 cups water
- 1 cup amaranth
- 1 cup unsweetened almond milk
- 2 tsp grapeseed oil
- 2 Tbs nutritional yeast
- 1 tsp rosemary
- ¼ tsp sea salt

DIRECTIONS

1. Warm a large skillet with grapeseed oil and tamari. Add in diced onion and peeled and cubed eggplant.
2. Cook over medium-low heat, stirring rapidly at first as eggplant absorbs liquids. Continue to sauté for 5 minutes.
3. Add remaining ingredients for the ragu and continue to simmer over low heat for 3-5 minutes.
4. In a small saucepan, bring water to a low boil. Add the amaranth and cook for 10-20 minutes. Stirring in the almond milk towards the end as needed.
5. Allow to cool slightly and stir in the remaining polenta ingredients.
6. Arrange amaranth polenta on plate, top and garnish with fresh basil leaves.

NUTRITION FACTS

10g protein / 44g carbs / 17g fat / 9g fiber / 357 calories



MUSHROOM STROGANOFF

makes 6-8 servings

MUSHROOMS

- ½ yellow onion, thinly sliced
- 3-4 cloves garlic, minced
- 4 cups mushrooms
- 3 Tbs tamari
- 3 Tbs olive oil
- ¼ cup white wine

SAUCE

- 2 Tbs olive oil
- 1 Tbs sundried tomatoes
- 1 Tbs smoked paprika
- ½ cup vegetable stock
- 1 tsp black pepper
- 1 tsp rosemary
- 1 tsp thyme
- ½ cup cashews
- 1 tsp sea salt

DIRECTIONS

1. Toss sliced mushrooms, garlic and onion together in the olive oil and tamari. Set aside to marinate for 10-15 minutes.
2. When ready, heat a skillet over medium heat. Add mushroom mixture to pan and sauté until tender. Add wine and allow to simmer for 5 minutes.
3. In high powered blender, mix olive oil, sundried tomatoes, paprika, vegetable stock, cashews, rosemary, thyme, pepper and salt together until smooth.
4. Transfer into frying pan with mushrooms, onions and garlic. Continue to simmer until sauce is thick, creamy and desired consistency.

NUTRITION FACTS

4g protein / 7g carbs / 12g fat / 1g fiber / 145 calories



great with portobello
or crimini mushrooms!



GREEN GARDEN POT PIE

makes 8 servings

Step 1: CRUST

INGREDIENTS

- 2 cups walnuts
- 1 zucchini, chopped
- 3 tsp caraway seeds
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt

DIRECTIONS

Place all ingredients into a food processor and pulse together until you have a wet mixture and flavors are well incorporated. Transfer mixture to a 6 x 6 inch pan sprayed with fat free cooking spray and bake in oven at 400 F for 20–25 minutes or until golden brown. Remove from oven and set aside.

Step 2: FILLING

INGREDIENTS

- 1 celery stalk, sliced thinly
- ½ white onion, sliced thinly
- 1 leek, sliced thinly
- 1 cup broccoli
- ½ cup veggie broth
- ¼ cup white wine
- 3 Tbs grapeseed oil

DIRECTIONS

Heat grapeseed oil over medium heat in frying pan. Sauté celery, onion, leek and broccoli until soft and broccoli is al dente. Add wine to skillet and cook until evaporated. Add veggie broth and continue to heat until reduced.

Step 3: SAUCE

INGREDIENTS

- ½ cup unsweetened almond milk
- 1 Tbs tamari
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp nutritional yeast
- ¼ tsp salt or to taste
- ¼ tsp black pepper

DIRECTIONS

Place all ingredients into a high powered blender and mix until well blended. Transfer mixture into frying pan with the filling. Continue to heat and stir until the mixture gets thick, about 5–10 minutes. Pour veggie mixture over the crust and return to oven. Bake at 400 F for 15–20 minutes.

NUTRITION FACTS

6g protein / 10g carbs / 24g fat / 4g fiber / 274 calories



THAI GREEN CURRY BUDDHA BOWL

makes 6–8 servings

INGREDIENTS

- 1 zucchini, diced
- 3 cloves garlic, minced
- ½ onion, diced
- 1 green onion
- ½ cup cilantro
- extra green veggies (optional)

SAUCE

- 2 Tbs sesame oil
- 1 cup coconut milk
- ½ cup basil, minced
- 1 Tbs tamari
- 1 Tbs grated ginger
- 1 tsp green curry paste
- 1 lime, juiced

DIRECTIONS

1. Sauté onions, garlic & zucchini in a skillet with sesame oil for 5 minutes.
2. In a high powered blender add all sauce ingredients and blend until smooth.
3. Transfer sauce into pan with cooked veggies. Continue to simmer on low.
4. Add ½ cup cabbage and 1 cup snap or snow peas to mixture or whatever green veggies you'd like!
5. Serve warm and garnish with ½ green onion and/or cilantro.

NUTRITION FACTS

3g protein / 10g carbs / 21g fat / 3g fiber / 228 calories





LOVE YOUR BODY WITH CACAO

It's one of the most nutrient dense foods on the planet. It is high in minerals and vitamins to help support plasma in the blood, and ultimately helps your brain and heart to be in good health. Cacao is high in trace minerals, is a great source of iron and magnesium, and has mood enhancing phytochemicals that make us feel good.

Look for raw cacao powder and not cocoa powder to obtain the full benefits of this amazing super food.

ENCHILADAS CON MOLE CACAO

makes 4 enchiladas

Step 1: FILLING

INGREDIENTS

1 cup millet
½ tsp cumin
½ tsp paprika
1 Tbs olive oil

DIRECTIONS

1. Place ½ cup millet & spices into 1 cup water, bring to a boil.
2. Continue to simmer until mixture is fluffy, about 20 minutes.

Step 2: CACAO MOLE SAUCE

INGREDIENTS

½ cup sun dried tomatoes
1 ancho chili, soaked
1 orange, juiced
2 Tbs cacao powder
2 Tbs maple syrup
2 cloves garlic
¼ cup olive oil
½ tsp chipotle
¼ tsp smoked paprika
¼ tsp cumin
¼ tsp sea salt

DIRECTIONS

1. Soak sun dried tomatoes & chili in ½ cup of water for 30 minutes or until softened. Save the water used for soaking.
2. Place all ingredients for mole sauce (including water from chili) into a high powered blender and blend until smooth. You can add more cacao powder if you like your sauce more chocolatey, however, this will thicken the sauce, so more water may be necessary.

Step 3: VEGGIES

INGREDIENTS

1 small zucchini, diced
½ cup onion, diced
½ cup broccoli, chopped
2 cloves garlic, minced
3 Tbs grapeseed oil
1 Tbs tamari
1 Tbs apple cider vinegar
½ lemon, juiced

DIRECTIONS

1. Heat oil in a pan. Add onion and garlic. Sauté for 2-5 minutes. Add broccoli and zucchini. Continue to sauté until tender. Add remaining ingredients - tamari, apple cider vinegar and lemon.
2. Place millet mixture on top of romaine lettuce or whole wheat tortillas. Follow with marinated veggies and mole sauce. Add sauce on top and serve. Enjoy!

WRAP

romaine lettuce leaves
or
whole wheat tortillas

In addition to your cacao mole you can top your enchiladas with the Nacho Cheez sauce from the Delicious Dips section.

NUTRITION FACTS (TORTILLAS)

11g protein / 63g carbs / 32g fat / 8g fiber / 569 calories



IN TORTILLAS



IN LETTUCE WRAPS



POWER PACKED QUINOA BOWL

makes 2 servings

INGREDIENTS

- ½ cup quinoa, cooked
- 1 roma tomato, diced
- ½ cup kidney or black beans
- ½ red bell pepper, diced
- 4 oz tofu
- ¼ avocado, sliced
- ¼ tsp chili powder
- ¼ tsp cinnamon
- ¼ tsp cayenne powder (optional)

DIRECTIONS

1. Spray a medium skillet with non-stick cooking spray. Cook tofu over medium until heated through and lightly browned.
2. Add in tomatoes and peppers. Cook for another two minutes.
3. Add in beans and bring contents of skillet to a simmer, stirring occasionally.
4. Stir in seasoning and return to simmer.
5. Remove from heat and serve over quinoa topped with avocado.

NUTRITION FACTS

13g protein / 27g carbs / 11g fat / 2g fiber / 215 calories



Quinoa bowls are a great way to serve your favorite ingredients in a quick all-in-one meal! Try your own favorite veggie/protein combo.

SPAGHETTI & MEATBALLS

makes 1 serving

INGREDIENTS

- ¼ cup whole wheat spaghetti
- 4 oz chickpea or black bean veggie patty
- 1 Tbs olive oil
- ¼ cup onion, diced
- 1 tsp black pepper
- 1 tsp fresh basil, finely chopped.
- ¼ cup organic tomato sauce

DIRECTIONS

1. Cook pasta according to package instructions until al dente. Drain pasta and allow to cool.
2. Mix bean patty, onion, black pepper and basil together and form into small balls.
3. Pour olive oil into skillet and bring to medium heat. Place 'meat balls' into skillet and cook until browned on all sides.
4. Reduce temperature to low and pour tomato sauce over the meat balls. Bring to a simmer and remove from heat. Serve over cooked pasta.

NUTRITION FACTS

22g protein / 48g carbs / 21g fat / 13g fiber / 427 calories





INGREDIENTS

4 large portobello mushrooms
2 bell peppers
1 large onion
whole wheat wraps or lettuce leaves

MARINADE

1 cup balsamic vinegar
4 Tbs olive oil
1 lemon, squeezed
1 lime, squeezed
½ tsp sea salt

FRESH MANGO SALSA

1 mango, diced
1 tomato, diced
½ red bell pepper, diced
1 avocado, chopped
½ onion, finely chopped
1 cucumber, peeled and diced
3 Tbs fresh cilantro, chopped
1 lime, squeezed
1 tsp cayenne pepper
1 tsp black pepper

Mushrooms are a nutritious, savory addition to anyone's eating plan. They are rich in energy-boosting B vitamins and have nearly the same amount of potassium as a banana! Mushrooms are also the only type of produce that naturally contains vitamin D, which is very important in order for your body to absorb calcium and promote bone health.

PORTOBELLO FAJITAS

with Fresh Mango Salsa

makes 4 to 6 servings

Step 1: PREPARATION

DIRECTIONS

1. A couple of hours before grilling, begin marinating the portobellos. You can do this the night before if it's better for your schedule. Mix the marinade ingredients together in a bowl.
2. Remove the stems from the portobello caps and place them in a 16×9 inch pan with the top side up. Brush the marinade evenly over the mushrooms. Flip the caps over and repeat. Apply the marinade a little more liberally on the underside of the mushrooms as this is where it will be absorbed for maximum flavor. Cover the pan with plastic wrap and place it in the fridge. Save the extra marinade. You'll need it later!
3. After you have the mushrooms marinating, it's time to make the salsa. Mix salsa ingredients together in a bowl. Cover and place in fridge.

Step 2: GRILLING

DIRECTIONS

1. Fire up the grill, and set it to medium heat. As the grill is warming up, slice bell peppers and onions into long, thin strips. Place sliced veggies in the center of a large sheet of aluminum foil and fold up the edges to form a packet. If desired, you can brush or drizzle some of the left over marinade on the veggies before you seal the packet. Take foil wrapped veggies, mushrooms and left over marinade out to the grill. Use a fork to poke a few small holes in the bottom and sides of the foil packet and place it on the grill.
2. Place the portobello caps on the grill, bottom side up, allowing the marinade to cook in a little bit before flipping them. Cook mushrooms for about five minutes and then use tongs to flip. Brush marinade on top side of caps to keep them moist. Cook for another five minutes or until the mushrooms look done. If you like them more blackened, keep them on longer and flip them a couple more times. Remove from grill and serve with veggies and salsa.
3. Pull mushrooms off of the grill with the tongs and slice them into thin strips. Use tongs to pull foil pack off of the grill and use a fork to open it up. Add some pepper to the vegetables if desired.
4. Place mushrooms slices, veggies from the foil pack and salsa onto whole wheat wraps or lettuce cups.

Need to feed a lot of hungry people? Cook up some black beans and add them to your fajitas!

NUTRITION FACTS

6g protein / 43g carbs / 20g fat / 9g fiber / 348 calories





THAI COCONUT TOFU

makes 1 serving

INGREDIENTS

- ½ Tbs grapeseed oil
- ½ Tbs sesame oil
- 4 oz extra-firm tofu
- 1 Tbs onions, chopped
- ¼ Tbs tamari
- ¼ Tbs fresh ginger, grated
- 2 Tbs natural peanut butter
- 2 Tbs raw coconut flakes

DIRECTIONS

1. Cut tofu into ¾ inch cubes.
2. In a large skillet over medium heat, sauté the tofu and green onions in the grapeseed oil and sesame oil for 5 to 7 minutes or until lightly browned on all sides.
3. Add remaining ingredients except coconut and cook for another minute on low heat, stirring gently until tofu is completely covered. Remove from heat.
4. Gently toss with coconut flakes and serve immediately.

NUTRITION FACTS

20g protein / 12g carbs / 43g fat / 4g fiber / 507 calories



Try combining these two recipes for a delicious Thai veggie stir-fry! Add the tofu in with the veggies when cooking and mix the ginger, peanut butter and tamari in at the end. Sprinkle with the coconut flakes and voilà!

CRUNCHY VEGGIE MEDLEY

makes 1 serving

INGREDIENTS

- ¼ cup zucchini, sliced
- ¼ cup green onion, diced
- ¼ cup broccoli, chopped
- ¼ cup asparagus, chopped
- 1 Tbs cashews
- 2 Tbs grapeseed oil
- ½ tsp curry powder (optional)

DIRECTIONS

1. Heat oil in a skillet over medium heat.
2. Add zucchini and onions. Sauté for 5 minutes stirring occasionally.
3. Season with black pepper, basil, cumin or even some curry... whatever you like!
4. Add in the remaining veggies and cook for another 3 to 5 minutes stirring regularly.
5. Remove from heat and serve.

Tip: Extra hungry? Add more broccoli and asparagus. You can also substitute any of the vegetables for zucchini, carrots, summer squash or peppers.

NUTRITION FACTS

3g protein / 8g carbs / 30g fat / 2g fiber / 307 calories





CHILI IN A BOWL

makes 1 serving

INGREDIENTS

¼ cup onion, diced
 ½ cup tomato, diced
 ½ cup kidney or black beans
 ½ cup bell pepper, diced
 1 tsp jalapeño, diced (optional)
 ½ tsp chili powder
 ½ tsp black pepper
 ¼ tsp cayenne pepper
 ½ cup vegetable broth
 cilantro (as garnish)

DIRECTIONS

1. In a medium saucepan heat beans & vegetable broth on low until they come to a simmer.
2. Add in tomatoes and spices; stir to mix thoroughly.
3. Mix in onions & peppers and cook for another minute. Add contents from skillet into saucepan. Slowly add a little bit of warm water if desired to reach preferred consistency. Return to simmer.
4. Remove from heat and serve in a bowl.

NUTRITION FACTS

12g protein / 35g carbs / 0g fat / 12g fiber / 188 calories



QUICK & LEAN DINNER

makes 1 serving

INGREDIENTS

½ Tbs grapeseed oil
 ¼ cup chickpeas
 ½ cup broccolini
 ¼ cup cherry tomatoes, halved
 1 Tbs red onion, finely chopped

DIRECTIONS

1. Heat grapeseed oil in a skillet. Add in onions & chickpeas. Cook for about five minutes over medium heat.
2. Add in broccolini and tomatoes and season with fresh basil & black pepper.
3. Cook for another three minutes, stirring occasionally.
4. Remove from heat and serve.

NUTRITION FACTS

6g protein / 18g carbs / 8g fat / 5g fiber / 161 calories



Karena's Favorite →





SIMPLE STIR-FRY

makes 1 serving

INGREDIENTS

¼ cup mushrooms, sliced
¼ cup onions, diced
¼ cup carrots, finely chopped
¼ cup broccoli, chopped
4 oz extra firm tofu, pressed and cubed
½ cup spinach
2 tsp sesame oil
½ orange, juiced

DIRECTIONS

1. Add the oil to a wok or skillet over medium heat. Add in Tofu cubes and cook until slightly browned on the outside.
2. Add the vegetables and turn heat to high. Add one Tbs of water after about a minute to allow the vegetables to cook at high heat without burning.
3. Lightly toss veggies and tofu in wok occasionally. Cook for about 3 minutes. Add more water if needed during this process to keep veggies from getting browned.
4. During the last 30 seconds pour juice from orange over contents of wok for a nice orange flavor.

NUTRITION FACTS

14g protein / 19g carbs / 16g fat / 5g fiber / 259 calories



SPAGHETTI SQUASH MARINARA

makes 1 serving

INGREDIENTS

1 cup spaghetti squash
1 Tbs grapeseed oil
½ tsp basil
½ tsp black pepper
¼ cup marinara sauce (organic, all-natural is best)

DIRECTIONS

1. Cut the squash in half, long ways. Use a spoon to take out the seeds and discard. Place both halves of the squash in a baking pan with the cut side facing down.
2. Fill the baking dish with about a ½ inch of water and cover the dish with aluminum foil. Preheat oven to 375 F and bake for 45 minutes. Remove foil, flip the halves over, recover with foil and bake for another 15 minutes.
3. Remove the squash from the oven and allow to cool. With a fork, peel the insides of the squash away from the outer shell. It should come off in long string-like pieces that look like spaghetti!
4. Measure out 1 cup of the squash to get the proper portion. Top with marinara sauce, warmed first if desired. Share the rest of the squash or save it for lunch.

NUTRITION FACTS

3g protein / 12g carbs / 15g fat / 3g fiber / 193 calories





PUMPKIN CHILI

makes 8 servings

INGREDIENTS

1½ Tbs virgin coconut oil
 1½ cups onion, chopped
 ¾ green bell pepper, chopped
 ¾ yellow bell pepper, chopped
 1½ cans (6 oz total) green chiles, chopped
 1½ large garlic clove, minced
 1½ cans (10-11 oz total) diced tomatoes
 1½ cans (10-11 oz total) red kidney beans
 1½ cups canned pumpkin puree
 2¼ Tbs chili powder
 ¾ Tbs cumin
 1 tsp sea salt
 ½ tsp freshly ground black pepper
 ¼ cup chopped fresh cilantro
 ¾ cup almond or Greek yogurt
 2 tsp of cinnamon

DIRECTIONS

1. First, heat the oil in a large skillet on medium-high heat.
2. Next, sauté the onion, peppers, green chiles, and garlic for about 5 minutes or until tender.
3. Stir in tomatoes, beans, and pumpkin and bring to a simmer.
4. Season with chili powder, cumin, sea salt, and pepper.
5. Turn heat down to low and continue to let it simmer for 20 minutes.
6. Mix in fresh cilantro and stir in with plain yogurt and cinnamon right before serving. Voilà! Your pumpkin chili is ready for eight.

NUTRITION FACTS

7g protein / 18g carbs / 5g fat / 5g fiber / 148 calories



Just one serving of our Pumpkin Chili provides an impressive 28% of your daily selenium needs. Selenium is a trace mineral that helps boost our immune system while also promoting the growth of new cells in our body.

SUMMER TOFU STEAK

makes 1 serving

INGREDIENTS

4 oz extra firm tofu
 2 Tbs white rice vinegar
 2 Tbs balsamic vinegar
 1 tsp natural maple syrup
 ¼ cup cucumber, peeled and grated
 1 apricot, grated
 ½ Tbs agave syrup
 2 Tbs fresh mint leaves, finely chopped

1. Wrap tofu in clean dry paper towel and press to remove moisture. Cut into ½ to ¾ inch thick slices.
2. Mix white rice vinegar, balsamic vinegar, and natural maple syrup together in a large bowl.
3. Place slices of pressed tofu in a large Ziploc bag, laid flat. Pour contents of bowl into bag and seal tightly.
4. Chill in the refrigerator for 30 minutes to marinate, flip the bag over at 15 minutes to cover tofu on both sides.
5. While the tofu is marinating, prepare cucumber, apricots, and mint. Place in bowl, and stir in agave nectar. Cover and place in fridge.
6. Start up your grill and turn to medium heat. Remove tofu from the bag and place on grill using tongs. Cook for about seven minutes on each side or until slightly blackened. Flip and repeat. Brush with excess marinade from the bag to keep tofu moist.
7. Remove from grill and top with cucumber/apricot mixture.

NUTRITION FACTS

12g protein / 21g carbs / 7g fat / 2g fiber / 182 calories





QUINOA & VEGGIES

makes 1 serving

INGREDIENTS

- ¼ cup dry quinoa
- ½ cup water
- 1 Tbs grapeseed oil
- 1 Tbs red pepper flakes
- 1 clove garlic, minced
- ¼ cup mushrooms, sliced
- ¼ cup zucchini, chopped
- 1 tsp fresh thyme, chopped

DIRECTIONS

1. Combine the quinoa in a saucepan with a ½ cup of water and a dash of sea salt. Bring to a boil, cover, and let simmer for about 12 minutes or until the quinoa is fluffy and tender.
2. While the quinoa is cooking, heat 1 tsp of oil in a large skillet over medium heat. Add the veggies and red pepper flakes and cook for about 8 minutes or until tender. Season with salt and red pepper flakes and remove from heat.
3. Add the remaining oil to the skillet and place on medium heat. Add garlic. When it starts to turn golden, add mushrooms. After about 3 minutes season with black pepper to taste and stir. 2 minutes after that, stir in the cooked veggies and thyme and heat through. Reduce heat to low and stir in the quinoa.

NUTRITION FACTS

7g protein / 30g carbs / 16g fat / 4g fiber / 292 calories



SOUTHWEST STUFFED PEPPERS

makes 1 serving

INGREDIENTS

- 4 oz veggie patty mix
- 1 large red bell pepper
- ½ cup black beans, drained and rinsed
- ¼ cup tomatoes, diced
- 2 Tbs onion, diced
- 1 clove of garlic, minced
- ½ tsp black pepper
- 1 tsp fresh cilantro, finely chopped
- ½ Tbs chili powder
- 1 tsp jalapeño pepper, diced
- ½ Tbs olive oil
- 1 Tbs nutritional yeast

DIRECTIONS

1. Cut the top off of the pepper and rinse inside thoroughly to remove seeds. In large pot of boiling water, cook peppers for 3-5 minutes. Drain and rinse in cold water; set aside.
2. In a skillet, warm olive oil over medium heat. Add onion and garlic and cook until onions are clear. Break the veggie patty mix into small pieces, and stir it in with the tomato, black pepper, cilantro, chili powder and jalapeño. Add black beans. Mix thoroughly and cook for about 7 minutes until veggie patty mix is lightly browned. Remove from heat and spoon mixture into peppers.
3. Top stuffed pepper with a sprinkling of nutritional yeast. Wrap in foil and bake at 350 F for 20 minutes or until heated through. Remove from oven and uncover. Serve topped with fresh salsa of your choice.

NUTRITION FACTS

26g protein / 59g carbs / 15g fat / 14g fiber / 487 calories





LEAN & GREEN

makes 1 serving

INGREDIENTS

4 oz lean protein (your choice!)

unlimited veggies!

1 tsp black pepper

1 tsp basil

DIRECTIONS

1. Heat protein of choice in a skillet sprayed lightly with fat-free cooking spray until cooked through.

2. Heat veggies in a small sauce pan with $\frac{1}{4}$ cup of water and cook on high for about 2 minutes or until most of the water has evaporated.

NUTRITION FACTS

nutrition facts vary based on protein and veggie choices



MAKE IT LEAN 'N GREEN!

We eat lean, clean 'n green as much as possible. Veggies provide a ton of essential nutrients that your body needs to stay healthy and in top physical condition. They are also high in fiber, so they help fill you up without adding a lot of unwanted calories. Choose green leafy veggies whenever possible, and try to avoid denser, starchy ones.

Lean protein is important too! It allows your muscles to rebuild after a workout and helps you fill up without adding fats, sugars, or carbs which are more easily converted into fat.



CURRY MINT TAJINE

makes 4 servings

Tajine is the name for a traditional Moroccan meat & vegetable stew. Spices are very important to Moroccan cuisine. To get the full flavor of this dish make sure to use fresh ground spices.

INGREDIENTS

1 cup quinoa

2 Tbs olive oil

1 leek, cut into $\frac{1}{2}$ inch slices

1 red bell pepper, diced

1 onion, chopped

2 carrots, peeled and sliced

15 oz can garbanzo beans

2 cloves of garlic, minced

$\frac{1}{2}$ cup dried apricots

$\frac{1}{2}$ cup black olives, sliced

3 Tbs fresh cilantro, chopped

3 Tbs fresh mint, chopped

2 $\frac{1}{2}$ cups of water

EXOTIC SPICE MIX

2 tsp curry powder

2 tsp cumin

1 $\frac{1}{2}$ tsp paprika

1 tsp ginger

$\frac{1}{2}$ tsp turmeric

$\frac{1}{4}$ tsp cinnamon

DIRECTIONS

1. Bring water to a boil in a medium saucepan. Pour 1 cup of quinoa into a small unheated saucepan. Pour boiling water over quinoa, cover and allow to stand while you prepare the rest of the meal.

2. Next, mix ingredients from exotic spice mix list together in a small bowl.

3. In a large stock pot, heat olive oil over medium-high heat. Add leek, bell pepper and onion into the pot and sauté for 3 minutes or until the onion starts to turn clear. Add garbanzos, carrots, garlic, and exotic spice mixture. Cook for 30 seconds. Stir in 2 cups of water, apricots, and black olives. If desired add some black pepper to taste. Put a lid on the pot and bring to a boil. When the stew reaches a boil, reduce heat to medium-low and simmer 20 minutes. Time to eat!

4. Dish quinoa onto a plate or bowl. Pour tajine over the quinoa and sprinkle with fresh, chopped mint and cilantro.

Tips: If desired you can add an additional lean protein source (tofu, tempeh, etc.) to your tajine. This dish goes well with a side of Greek Yogurt.

NUTRITION FACTS

14g protein / 66g carbs / 14g fat / 13g fiber / 430 calories



BRUSSELS SPROUTS

We love Brussels sprouts not only for their amazing flavor and texture, but for all of the benefits they provide us, inside and out! It's one of mother nature's best superfoods! Brussels sprouts help keep you young! Packed with antioxidants, they're perfect served up after intense workouts. B vitamins, plus A, C and E boost your immunity, metabolism and organ health! Vitamin K keeps your babelicious bones strong and gives you out of this world anti-inflammatory powers. They contain glucosinolates which have detox activating isothiocyanates that fight against breast and ovarian cancer. They're filling and help keep your blood sugar levels steady. These recipes serve you up to 8 grams of protein plus an extra 3 grams from recipe ingredients.



ROASTED GARLIC ROSEMARY

makes 2 servings

INGREDIENTS

2 cups Brussels sprouts
2 Tbs olive oil
2 Tbs pine nuts
2 garlic cloves, minced
1½ Tbs fresh rosemary (or dried)
pinch of sea salt

DIRECTIONS

1. Set the oven at 400 F. Cover baking sheet with foil.
2. Cut off the ends of the Brussels sprouts and cut in half lengthwise. Spray a little non-stick spray on your foil.
3. Mix together olive oil, pine nuts and diced garlic in a bowl. Toss your Brussels sprouts in the bowl. Lay Brussels over the foil and sprinkle with rosemary and sea salt.
4. Broil for 20-30 minutes or until browned. Flip big Brussels with tongs.

NUTRITION FACTS

4g protein / 10g carbs / 20g fat / 4g fiber / 221 calories



MAPLE BALSAMIC

makes 2 servings

INGREDIENTS

2 cups Brussels sprouts
1 Tbs grapeseed oil
2 Tbs pure maple syrup
1 Tbs minced shallot
2 Tbs slivered almonds
2 Tbs balsamic vinegar

DIRECTIONS

1. Cut off the ends of the Brussels sprouts and cut in half lengthwise.
2. Steam Brussels sprouts for 5-8 minutes (until tender)
3. Toss Brussels sprouts in a pan with oil, shallots and almonds. Add balsamic vinegar 4 minutes in.
4. Sauté Brussels sprouts on medium heat for 5-6 minutes. Add in syrup right after removing the pan from heat.

NUTRITION FACTS

5g protein / 26g carbs / 10g fat / 4g fiber / 206 calories



LEMON ZEST

makes 2 servings

INGREDIENTS

2 cups Brussels sprouts
1 Tbs walnut oil
1 Tbs minced shallot
2 Tbs spicy dijon mustard
2 Tbs walnuts
¼ tsp freshly grated lemon zest
1 Tbs lemon juice
pinch of sea salt

DIRECTIONS

1. Cut off the ends of the Brussels sprouts and cut in half lengthwise.
2. Steam Brussels sprouts for 5-8 minutes (until tender).
3. Whisk together oil, shallots, mustard, walnuts, lemon zest, lemon juice in a pan and sauté Brussels sprouts on medium heat for 5 minutes.

NUTRITION FACTS

4g protein / 10g carbs / 12g fat / 4g fiber / 166 calories





QUINOA CAKES

with Basil Pesto

makes 1 serving

INGREDIENTS

2 Tbs almond flour
 ½ Tbs tahini
 ½ Tbs ground flaxseed
 1 egg white or Ener-G egg replacer
 ½ tsp lemon juice
 ½ cups quinoa, cooked
 ¼ cup spinach, finely chopped
 1 tsp onion, finely diced
 1 clove garlic, minced
 pinch of sea salt

DIRECTIONS

1. Mix ingredients together in bowl.
2. Form into 1 or 2 patties.
3. Preheat oven to 400 F and cook on a foil covered baking sheet for about 20 minutes or until lightly browned, flip halfway.
4. Remove from oven, spray a skillet with fat free cooking spray and cook on medium heat for about 2 minutes on each side to brown.
5. Serve cake on a bed of spring greens, walnuts & blueberries and top with a dollop of Pesto!

PESTO

¼ cup fresh basil leaves
 1 Tbs pine nuts
 1 Tbs extra virgin olive oil
 1 clove of garlic, minced

NUTRITION FACTS

15g protein / 29g carbs / 34g fat / 7g fiber / 461 calories



CARROT PARSNIP CAKES

makes 2 servings

INGREDIENTS

½ cup carrots, grated
 ¼ cup parsnips, grated
 1 Tbs green onion, finely chopped
 2 Tbs ground flaxseed
 1 egg white or Ener-G egg replacer
 1 tsp black pepper
 1 clove garlic, minced

DIRECTIONS

1. Mix ingredients together thoroughly in a bowl, form into 1 or 2 small patties.
2. In a skillet sprayed with fat free cooking spray cook the cakes on medium heat until golden on both sides.
3. Serve on a bed of mixed greens with 1 Tbs of pine nuts, cherry tomatoes and avocado slices!

NUTRITION FACTS

8g protein / 19g carbs / 6g fat / 8g fiber / 153 calories



DESSERTS





GRASSHOPPER BITES

makes 24, 1" squares, 1 square per serving

INGREDIENTS

2 cups pumpkin seeds
 ½ cup goji berries
 ½ cup virgin coconut oil
 1 cup cacao powder
 ½ cup hemp seeds
 ½ cup agave syrup
 1 tsp mint extract

DIRECTIONS

1. Pour the pumpkin seeds into a food processor outfitted with an "S" blade and pulse for 15–30 seconds, until seeds are broken up into medium size pieces.
2. Add in the goji berries or dried cranberries, pulse to incorporate.
3. Transfer mixture into a large bowl. Mix in the cacao powder, hemp seeds, agave and mint extract. Stir well.
4. Warm coconut oil over low heat until completely liquid. Pour the coconut oil into the rest of the ingredients and stir until fully mixed.
5. Transfer batter into a 6 x 6 pan or onto non-stick parchment paper, place in fridge until firm, about 30 minutes to an hour. Cut into squares and serve chilled.

NUTRITION FACTS

4g protein / 10g carbs / 9g fat / 0g fiber / 135 calories



CHOCOLATE STRAWBERRY CUPS

makes 6–10 servings, 1 cup per serving

INGREDIENTS

1 cup dark chocolate or carob chips
 1 cup fresh strawberries, sliced

Also a cute dish for one scoop of yogurt or ice-cream for a special treat

DIRECTIONS

1. Melt chocolate or carob in a heat proof container, either in the microwave or by melting it in a small pan slowly over another larger saucepan filled halfway with water, on low heat. It will melt quickly. Stir, frequently and pay close attention while it's melting to be sure it doesn't burn!
2. Lightly spray cupcake liners with organic spray before spooning melted chocolate inside. Carefully brush the chocolate mixture inside the liner with your spoon. The layer of chocolate should be thin, but thick enough to hold up, about ¼" or less. Take special care on the sides. Place on a plate in the refrigerator or freezer for 30 minutes allowing the chocolate to harden. If you see any thin spots, you can re-brush chocolate on the liners.
3. When ready, peel the paper liners to reveal a perfect chocolate cup. Fill with sliced strawberries or your favorite fruit!

NUTRITION FACTS

1g protein / 15g carbs / 7g fat / 2g fiber / 129 calories





LEMON HEMPSEED BARS

makes 24, 2" squares, 1 bar per serving

Step 1: CRUST

INGREDIENTS

1 cup raw & unsalted macadamia nuts
1 cup dried shredded coconut
½ cup hemp seeds
1 scoop Perfect Fit Protein
¼ tsp salt
2 Tbs agave syrup

DIRECTIONS

1. Place macadamia nuts and shredded coconut into a food processor and blend until broken into a crumble. 30 seconds should do it.
2. Add hemp seeds, Perfect Fit, salt, and agave. Pulse for another 15–30 seconds to incorporate. You'll know your crust mixture is ready when it starts creeping up the sides of the food processor vessel. Check to make sure the mixture will stick together by grabbing a handful and squeezing it and making a fist. If it sticks, it's ready.
3. Transfer to a 6 x 6 inch pan, and press down firmly and evenly on the bottom.

Step 2: FILLING

INGREDIENTS

1 cup cashews
¾ cup lemon juice
½ cup water
4 Tbs agave syrup
5 Tbs virgin coconut oil (slowly melted to liquid)
½ tsp turmeric
1 Tbs lemon zest
1 Tbs Perfect Fit Protein

DIRECTIONS

1. Add all ingredients (except coconut oil) into a high speed blender and blend until smooth. You may have to alter the amount of water depending on the strength of your blender. Once the mixture is smooth, keep the blender going and pour the coconut oil into the mixture.
2. Continue to blend just until incorporated, about 15 seconds. Take the crust out of the fridge and pour the filling on top of it.
3. Spread it out evenly until nice and smooth.
4. Place the lemon bars into the fridge or freezer to set. This allows the coconut oil to go back to a solid state, which helps the bars set. Allow bars to set up for at least one hour, the longer they set, the better.
5. Serve chilled.

WHAT'S UP WITH HEMP SEEDS?

Hemp seeds are one of the most nutrient complete foods on this earth. They contain all nine essential amino acids, making them a complete protein, as well as essential fatty acids omega-3-6-9, in perfect ratios for your sexy body. They consist of 36% protein which can be immediately utilized to build strong hair, nails, skins, muscle, and connective tissue. They are also the only known seed to contain chlorophyll.

NUTRITION FACTS

4g protein / 9g carbs / 15g fat / 1g fiber / 181 calories





PERFECT FIT CHOCOLATE CAKE

makes 6-8 servings

INGREDIENTS

1 tsp baking powder
 ½ cup Perfect Fit Protein
 ½ tsp sea salt
 ¾ cup unsweetened cocoa powder
 1 banana, mashed
 2 eggs
 ⅓ cup virgin coconut oil
 ⅓ cup maple syrup
 ⅓ cup coffee or unsweetened almond milk

DIRECTIONS

1. Preheat oven to 350 F.
2. Mix all wet ingredients and banana together thoroughly until banana is completely mashed and set aside.
3. Mix dry ingredients in a separate bowl.
4. Add the dry mix gradually, making sure it's fully incorporated before adding more. Mix carefully, but do not over mix!
5. Spray a cake pan with cooking spray and pour in the combined ingredients.
6. Drizzle 1 Tbs of maple syrup on top.
7. Bake for 30-40 minutes, or until you can pull a toothpick cleanly from the center.

NUTRITION FACTS

9g protein / 17g carbs / 19g fat / 5g fiber / 197 calories



BANANA BREAD BARS

makes 6-8 servings

INGREDIENTS

1 scoop Perfect Fit Protein
 2 whole eggs
 3 egg whites
 1¼ tsp cinnamon
 ¼ tsp nutmeg
 2 Tbs pure stevia
 2 large bananas, mashed
 ½ cup coconut flour
 ½ cup of walnuts, chopped
 1 Tbs of virgin coconut oil, melted
 2 Tbs of coconut water
 ½ tsp baking powder

DIRECTIONS

1. Combine Perfect Fit, coconut flour, sugar, baking powder, and spices. Mix well.
2. Whisk eggs and coconut oil together in a separate bowl and add to mashed bananas.
3. Combine the wet and dry ingredients (except walnuts), adding coconut water (add a bit more if batter seems too thick), and stir together until any lumps are gone. Fold in walnuts.
4. Use organic cooking spray to lightly grease two loaf pans or baking dish. Pour batter evenly about 1" inch deep, and bake for 15-20 minutes or until done. If it seems a little undercooked, continue baking for 3 minute increments until it's dry on the edges.
5. If desired, spread a thin layer of almond or peanut butter on top, and sprinkle with toppings. Allow to cool slightly before cutting into bars.

OPTIONAL

3 Tbs of natural almond or peanut butter

NUTRITION FACTS

6g protein / 11g carbs / 7g fat / 4g fiber / 128 calories



Have you ever thought about grilling your dessert? It only takes minutes, and is a nice treat with all the fresh fruit that is available year round. Try pineapple, nectarines, peaches, apples...anything you like! Just slice the fruit, take out the pits if needed, drizzle with 1 teaspoon of honey if desired, and sprinkle some nutmeg or cinnamon. Grill over medium high heat for about 2 minutes on each side of fruit and enjoy!



MINT CHOCOLATE CHIA PUDDING

makes 4 servings

INGREDIENTS

½ cup chia seeds
2 cups water
¼ cup agave syrup
¼ cup cacao powder
¼ cup cacao nibs
2 Tbs maca powder
½ Tbs vanilla extract
¼ tsp salt (optional)
¼ tsp mint extract

DIRECTIONS

1. Pour chia seeds in a large mixing bowl. Add water and stir until the chia seeds have absorbed the water.
2. Continue to stir occasionally for about 5 minutes to make sure no clumps form.
3. Set aside for 10–15 minutes. You will know it is ready when a pudding-like consistency is reached.
4. Add the remaining ingredients to the chia mixture and stir until the pudding is evenly mixed.
5. Serve immediately, or cover and chill for an hour for a cool and tasty treat!

NUTRITION FACTS

9g protein / 29g carbs / 16g fat / 15g fiber / 326 calories



LEMON POPPYSEED COOKIES

makes 12 servings

INGREDIENTS

1 cup almond meal
1 scoop Perfect Fit Protein
2 egg whites
1 tsp coconut sugar
1 Tbs coconut oil
1 Tbs poppy seeds
⅛ tsp salt
½ lemon, juiced
1 tsp lemon extract
½ Tbs lemon zest

DIRECTIONS

1. Preheat oven to 350 F.
2. Combine all dry ingredients in one bowl and mix well.
3. Add egg whites, grapeseed oil and vanilla extract to the dry mixture and mix with a fork until it reaches a dough like consistency.
4. Roll out dough to about ¼ inch thick and cut into desired shapes.
5. Spray a baking sheet with fat free cooking spray and evenly space cookies on it.
6. Bake for 5–8 minutes or until golden brown.
7. For an extra gloss, brush each cookie with a little egg white before baking.

NUTRITION FACTS

4g protein / 3g carbs / 6g fat / 2g fiber / 80 calories



BABE POPS!

These delicious popsicles are basically just frozen smoothies! Have them for Meal 2 on a hot summer day or make them as a healthier dessert option anytime. These recipes make a batch, serving size is 1 pop.



KIWI KRUSH POPS

INGREDIENTS

8 kiwis + pinch of pure stevia

DIRECTIONS

1. Blend kiwis until smooth. Add a couple pinches of organic stevia to the mix if you like it sweeter.
2. Add one non-blended kiwi slice to each mold.
3. Pour blended mix into molds and freeze.

CHUNKY FRUIT POPS

DIRECTIONS

1. Slice your favorite fruit into small pieces (about ½ inch slices.) We like mango, kiwi, strawberries, peaches and raspberries.
2. Mix slices of fruit into a big bowl. Place into your molds (do not squish too much).
3. Pour a combination of ½ coconut water and ½ pineapple juice into the molds until it's full to the brim and freeze.

WATERMELON HONEY DELIGHTS

INGREDIENTS

½ seedless watermelon
1 Tbs honey

DIRECTIONS

1. Cut watermelon into big pieces and add to blender.
2. Blend watermelon, then add honey. Honey can be slightly heated up before adding to mixture, so it pours easier.
3. Pour into popsicle molds and freeze overnight.

STRAWBERRY BANANA POPS

INGREDIENTS

3 cups strawberries
1 cup coconut water
½ cup plain almond or Greek yogurt
2 ripe bananas
½ Tbs lemon juice
pinch of pure stevia

DIRECTIONS

1. Blend all ingredients together in a blender.
2. Divide into popsicle molds and freeze overnight. Tangy!

RASPBERRY LEMONADE POPS

INGREDIENTS

1 cup plain almond or Greek yogurt
1 cup unsweetened almond milk
1 scoop or packet Perfect Fit Protein
1 cup raspberries
2 whole fresh lemons, juiced

DIRECTIONS

1. Blend all ingredients together in a blender!
2. Pour into popsicle molds and freeze overnight.

COCO-BANANA CREAM POPS

INGREDIENTS

1 cup coconut milk
1 ripe banana
½ cup plain almond or Greek yogurt
1 scoop or packet Perfect Fit Protein
2 Tbs unsweetened shaved coconut
1 tsp virgin coconut oil
pinch of sea salt

DIRECTIONS

1. In a food processor or blender, blend banana, yogurt, Perfect Fit and coconut shavings.
2. Add in coconut milk into a bowl and whip together with blended ingredients.
3. Pour into popsicle molds and freeze overnight.

STRAWBERRIES 'N CREAM POPS

INGREDIENTS

1 cup plain almond or Greek yogurt
½ cup unsweetened almond milk
1 scoop or packet Perfect Fit Protein
1 Tbs virgin coconut oil
10 strawberries
1 Tbs pure stevia

DIRECTIONS

1. Whip together your yogurt and Perfect Fit Protein with a whisk in a bowl until fluffy.
2. In a food processor or blender, blend together strawberries, coconut oil and stevia.
3. Combine all ingredients and pour into popsicle mold. Put the filled mold into the freezer until they are frozen.

CREAMSICLE

INGREDIENTS

5 oranges
1 cup plain almond or Greek yogurt
½ cup unsweetened almond milk
1 scoop or packet Perfect Fit Protein
1 Tbs virgin coconut oil
1 tsp pure stevia

DIRECTIONS

1. Whip together your yogurt and Perfect Fit protein with a whisk in a bowl until fluffy.
2. In a blender, blend oranges, coconut oil and stevia.
3. Combine all ingredients including almond milk and mix well.
4. Pour into ice-cream popsicle containers. Put into your freezer until they are frozen.

DRESSINGS, DIPS, & SAUCES



DELICIOUS DIPS!

These tasty and nutritious dips make a great alternative to pre-packaged store bought dips. Use them with one of the bread or cracker recipes from the plan, as an alternative to hummus for dipping veggies, or as a spread on a wrap.

These dips are super easy to make! Just gather your ingredients and mix them in a blender or food processor until you get your desired consistency.

These recipes make a batch of each. A serving is a quarter cup.



INDIAN SPICED SPINACH DIP

makes 5 servings

INGREDIENTS

3 cups spinach	½ yellow onion, chopped
2 garlic cloves	1 tsp nutritional yeast
½ cup cashews	1 Tbs grapeseed oil
1 orange, juiced	½ tsp turmeric
½ lemon, juiced	½ tsp salt
2 Tbs capers	¼ tsp cumin
1 tsp coriander	¼ tsp cayenne

DIRECTIONS

Sauté onion and garlic in a pan until tender before adding to blender with remaining ingredients.

NUTRITION FACTS

3g protein / 9g carbs / 6g fat / 2g fiber / 94 calories



CAULIFLOWER SPREAD

makes 5 servings

INGREDIENTS

½ cup cauliflower	1 ripe avocado
¼ cup pine nuts	2 garlic cloves
1 lemon, juiced	½ tsp black pepper
1 Tbs olive oil	¼ tsp sea salt

NUTRITION FACTS

2g protein / 6g carbs / 12g fat / 3g fiber / 124 calories



These dips taste so good and are loaded with so many nutrient dense ingredients! You can use them to compliment your favorite foods without worrying about unwanted effects.





NACHO CHEEZ

makes 5 servings

INGREDIENTS

- 1 cup filtered water
- 1 cup cashews
- ½ tsp chili powder
- ¼ tsp cayenne
- ½ lemon, juiced
- 2 Tbs nutritional yeast
- 2 garlic cloves
- ½ tsp turmeric powder

TIP!

This dip packs delicious flavor that is perfect as a stand alone dip or a tasty way to compliment your favorite dish with guilt free cheesy goodness!

NUTRITION FACTS

4g protein / 9g carbs / 9g fat / 1g fiber / 138 calories



RED PEPPER ZUCCHINI HUMMUS

makes 5 servings

INGREDIENTS

- ½ zucchini
- 1 red bell pepper
- ½ cup sunflower seeds
- ½ avocado
- 2 garlic clove
- ¼ cup sesame oil
- 1 tsp chili powder
- 2 lemons, juiced
- ¼ cup water
- 1 Tbs cumin
- 1 Tbs paprika
- ½ cup tahini
- 2 tsp salt

TIP!

This hummus recipe is full of the great mediterranean flavor you're used to, but it's made without chickpeas for a totally fresh twist.

NUTRITION FACTS

1g protein / 5g carbs / 2.8g fat / 1g fiber / 47 calories



SIMPLE HOMEMADE HUMMUS

makes 8 servings

INGREDIENTS

- 2 cups chickpeas
- 2 Tbs tahini
- 2 Tbs olive oil
- 2 cloves fresh garlic

TIP!

Use this recipe as a base and add in your favorite herbs, spices, and veggies to create your own unique flavor.

NUTRITION FACTS

4g protein / 12g carbs / 6g fat / 3g fiber / 117 calories





BLACK & TAN TAPENADE

makes 8 servings

INGREDIENTS

- ½ cup hemp seeds
- ½ zucchini, chopped
- ¼ cup black olives
- ¼ cup sun dried tomato
- 3 cloves garlic
- ¼ cup olive oil

DIRECTIONS

Soak the sun dried tomato in water for 30 minutes to soften. This recipe goes perfectly with one of the flatbreads in the snack section.

NUTRITION FACTS

4g protein / 3g carbs / 11g fat / 1g fiber / 12g calories



SPICY BLACK BEAN DIP

makes 5 servings

INGREDIENTS

- 1 cup black beans, cooked, rinsed and drained
- 1 jalapeño, seeded and sliced
- 1 Tbs olive oil
- 2 Tbs apple cider vinegar
- 2 pinches of sea salt
- 2 pinches of red pepper flakes

TIP!

This recipe is great as a dip or for adding a little spice to a burger or wrap!

NUTRITION FACTS

3g protein / 8g carbs / 3g fat / 3g fiber / 70 calories



EGGPLANT BABA GANOUSH

makes 8 servings

INGREDIENTS

- ½ of an eggplant, peeled and diced
- ½ of onion, diced
- 2 Tbs grapeseed oil
- 1 Tbs tamari
- ½ zucchini, chopped
- ½ cup tahini
- ½ avocado
- 2 garlic cloves
- 2 lemons, juiced
- ¼ cup filtered water
- 1 Tbs cumin
- 1 tsp chili powder
- 2 tsp sea salt

DIRECTIONS

Sauté onion and eggplant with tamari and grapeseed oil before adding to blender with remaining ingredients.

NUTRITION FACTS

4g protein / 10g carbs / 12g fat / 4g fiber / 157 calories



OLIVE TAPENADE

makes 5 servings

INGREDIENTS

- ½ cup kalamata olives
- ½ cup manzanilla olives
- 1 Tbs extra virgin olive oil
- 2 cloves garlic
- 1 lemon, juiced

DIRECTIONS

1. Finely chop pitted olives and garlic.
2. Add lemon juice and oil.
3. Mix together thoroughly and serve.

NUTRITION FACTS

0g protein / 4g carbs / 5g fat / 1g fiber / 57 calories



VIDALIA ONION DIP

makes 5 servings

INGREDIENTS

- 1 cup plain almond or Greek yogurt
- 1 vidalia onion, chopped
- 1 Tbs agave syrup
- 1 Tbs white rice vinegar
- 1 pinch of sea salt
- ½ tsp fresh dill, finely chopped
- ½ tsp ground black pepper

TIP!

If you can't find vidalia onions use a sweet yellow onion. This recipe goes perfectly with one of the flatbreads in the snack section of the plan.

NUTRITION FACTS

5g protein / 7g carbs / 0g fat / 0g fiber / 49 calories



GARLIC TOMATO TABBOULEH

makes 5 servings

INGREDIENTS

- 1 lemon, juiced
- 2 Tbs extra-virgin olive oil
- ¼ cup quinoa
- ¼ cup red onion
- ½ cup fresh parsley, finely chopped
- ½ cup cherry tomatoes, sliced

DIRECTIONS

1. Cook quinoa according to package instructions.
2. Allow to cool and toss with remaining ingredients.

NUTRITION FACTS

2g protein / 10g carbs / 6g fat / 2g fiber / 94 calories



BUTTERNUT SQUASH

makes 8 servings

INGREDIENTS

- ½ butternut squash
- 2 cloves garlic, minced
- 1 Tbs olive oil
- ½ cup raw cashews
- 1 tsp black pepper

DIRECTIONS

1. Cut butternut squash in half horizontally, remove seeds and place face-down in a baking pan. Fill with an inch of hot water. Bake for 1 hour at 350.
2. Remove from oven and scrape out insides. Add to food processor with other ingredients and puree.
3. Cover and allow to chill before serving.

NUTRITION FACTS

2g protein / 9g carbs / 6g fat / 2g fiber / 97 calories



SPINACH DIP

makes 5 servings

INGREDIENTS

- ½ cup spinach
- 1 clove garlic, minced
- 1 Tbs grapeseed oil
- ½ cup raw cashews
- 1 cup plain fat free almond or Greek yogurt

DIRECTIONS

1. Finely chop spinach. Sauté with garlic and grapeseed oil.
2. Remove from heat and let cool.
3. Blend the yogurt and cashews until smooth. Stir in spinach mixture.

NUTRITION FACTS

5g protein / 2g carbs / 3g fat / 0g fiber / 52 calories



RED PEPPER SPREAD

makes 5 servings

INGREDIENTS

- 2 red peppers
- 1 cup tomato, seeded and diced
- 1 Tbs red wine vinegar
- 1 Tbs fresh basil
- 1 tsp pure stevia
- 1 tsp black pepper
- 1 Tbs olive oil

DIRECTIONS

Blend ingredients together to puree in a food processor and serve.

NUTRITION FACTS

1g protein / 5g carbs / 3g fat / 2g fiber / 47 calories



CLUSTERED KALE CHIPS

makes 3 servings

INGREDIENTS

1 bunch fresh kale
1 Tbs balsamic vinegar
½ cup raw cashews
2 Tbs olive oil
1 tsp black pepper
dash of sea salt

DIRECTIONS

1. Puree vinegar, cashews, and oil in a food processor.
2. Add salt and pepper.
3. Cut kale down to the fluffy edge sections.
4. Thoroughly cover with mixture from the food processor.
5. Place kale on a foil lined baking sheet and place in the oven on the lowest setting until dried.

NUTRITION FACTS

7g protein / 15g carbs / 18g fat / 3g fiber / 236 calories



FRESH TOMATO SALSA

makes 5 servings

INGREDIENTS

1 cup tomatoes, diced
½ white onion, diced
1 serrano pepper, finely chopped
1 lime, juiced
1 Tbs cilantro, finely chopped

DIRECTIONS

1. Thoroughly mix ingredients together in a bowl.
2. Serve with kale chips.

NUTRITION FACTS

0g protein / 4g carbs / 0g fat / 1g fiber / 15 calories



SPICY AVOCADO DIP

makes 5 servings

INGREDIENTS

1 avocado, peeled, pitted, and sliced
1 cup plain almond or Greek yogurt
1 tsp sea salt
1 lime
½ tomato, diced
3 Tbs onion, diced
1 Tbs fresh cilantro, chopped
1 clove of garlic, minced
1 fresh jalapeño, seeds removed, sliced

TIP!

This avocado dip is a deliciously smooth and protein-rich guacamole alternative.

NUTRITION FACTS

5g protein / 7g carbs / 4g fat / 3g fiber / 82 calories



CREAMY AVOCADO DIP

makes 5 servings

INGREDIENTS

1 avocado, peeled, pitted, and sliced
1 cup plain almond or Greek yogurt
1 tsp sea salt
2 limes, juiced
3 Tbs onion, diced
1 clove of garlic, minced

DIRECTIONS

1. Blend avocado, onion, and garlic to a smooth consistency.
2. Add salt and lime juice.
3. Stir together with yogurt.
4. Cover and chill before serving.
5. Garnish with lime, avocado, and tomato slices.

NUTRITION FACTS

5g protein / 8g carbs / 4g fat / 3g fiber / 83 calories



WHY WE LOVE TOMATOES!

Fresh tomatoes contain lycopene, a phytochemical that has been proven to reduce the risk of cancer. Tomatoes are indeed, a “power food” because they are one of the top 5 food sources of fiber, potassium, vitamin C, vitamin A, and vitamin E!

DRESSINGS & SAUCES

Use these dressings on your favorite salad or as a marinade. The sauces make an excellent flavorful addition to your favorite dish.



just blend everything together until smooth!

SWEET MAPLE VINAIGRETTE

makes 2-3 servings

INGREDIENTS

½ cup white rice vinegar
2 Tbs balsamic vinegar
2 tsp coconut sugar
½ tsp real maple syrup

NUTRITION FACTS

0g protein / 10g carbs / 0g fat / 0g fiber / 66 calories

LEMON POPPY SEED

makes 2-3 servings

INGREDIENTS

¼ cup white rice vinegar
2 Tbs olive oil
2 Tbs plain almond or Greek yogurt
1 Tbs honey
1 lemon, squeezed
2 tsp poppy seeds
1 tsp sea salt
2 small packets pure stevia

NUTRITION FACTS

2g protein / 17g carbs / 15g fat / 3g fiber / 198 calories

ASIAN SOY VINAIGRETTE

makes 2-3 servings

INGREDIENTS

½ cup white rice vinegar
2 Tbs sesame seed oil
1 Tbs tamari
1 tsp coconut sugar

NUTRITION FACTS

1g protein / 4g carbs / 13g fat / 0g fiber / 161 calories

BALSAMIC CITRUS DRESSING

makes 2-3 servings

INGREDIENTS

½ cup balsamic vinegar
2 Tbs olive oil
½ lemon, squeezed
½ lime, squeezed
1 tsp sea salt
pinch of ground black pepper

NUTRITION FACTS

0g protein / 15g carbs / 13g fat / 1g fiber / 185 calories

CREAMY ITALIAN DRESSING

makes 2-3 servings

INGREDIENTS

1 cup plain almond or Greek yogurt
3 Tbs white rice vinegar
1 shallot, minced
2 packets pure stevia
1 tsp oregano
½ tsp basil
1 clove garlic, pressed

NUTRITION FACTS

12g protein / 8g carbs / 0g fat / 0g fiber / 91 calories

CRANBERRY CHILI SAUCE

makes 2-3 servings

INGREDIENTS

½ cup fresh cranberries
¼ cup agave syrup
¾ cup dried cranberry
½ cup coconut water
½ tsp chili flakes
2 Tbs lemon juice
¼ tsp salt

NUTRITION FACTS

0g protein / 79g carbs / 1g fat / 6g fiber / 312 calories

RED WINE SAUCE

makes 2-3 servings

INGREDIENTS

¼ cup red wine
¾ cup almond or Greek yogurt
1 Tbs grapeseed oil
¼ cup onion, diced
2 tsp basil
2 tsp black pepper
1 clove garlic, minced

DIRECTIONS

1. Heat oil in a small skillet. Add onions and garlic and cook until onions turn clear.
2. In a separate small saucepan over low heat add in yogurt and wine. Stir until evenly mixed.
3. Mix in onions and garlic from the skillet and add spices. Stir continuously until sauce is heated through. Be sure to keep on very low heat the entire time.

NUTRITION FACTS

9g protein / 7g carbs / 7g fat / 1g fiber / 150 calories

TZATZIKI SAUCE

makes 2-3 servings

INGREDIENTS

1 cup almond or Greek yogurt
1 Tbs grapeseed oil
2 Tbs lemon juice
1 clove garlic, chopped
1 tsp fresh dill, chopped
1 tsp black pepper
¼ cup tomato, seeded and diced
¼ cup cucumber, seeded and diced

DIRECTIONS

1. Blend all ingredients except tomato and cucumber until smooth.
2. Add in tomato and cucumber and stir until sauce is well mixed.
3. Cover and refrigerate for at least one hour.

NUTRITION FACTS

12g protein / 8g carbs / 4g fat / 0g fiber / 116 calories

TERIYAKI SAUCE

makes 2-3 servings

INGREDIENTS

¼ cup tamari
¼ cup fresh squeezed orange juice
1 Tbs sesame oil
2 Tbs all-natural honey
¼ cup onion, diced
1 tsp fresh ginger, grated
1 tsp red pepper flakes
1 clove garlic, minced

DIRECTIONS

1. Heat sesame oil in a small skillet. Add onions and garlic and cook until onions turn clear.
2. In a separate small saucepan over low heat add in tamari, orange juice and honey. Stir until evenly mixed.
3. Add oil, onions and garlic from the skillet and add spices.
4. Stir continuously until sauce is heated through.

NUTRITION FACTS

4g protein / 25g carbs / 7g fat / 1g fiber / 120 calories

SWEET & SOUR DRESSING

makes 2-3 servings

INGREDIENTS

1 Tbs tamari
1 Tbs agave syrup
½ tsp cayenne or chili powder
1 lemon, juiced
1 tsp apple cider vinegar
½ cup mango or pineapple

DIRECTIONS

1. Blend all ingredients together.
2. You can add water or coconut water as needed to achieve desired consistency.

NUTRITION FACTS

2g protein / 20g carbs / 0g fat / 3g fiber / 124 calories

CILANTRO AVOCADO DRESSING

makes 2-3 servings

INGREDIENTS

½ avocado
1 Tbs spirulina
1 Tbs olive oil or flax oil
1 tsp dulse flakes
½ lemon, juiced
½ cup water
¼ cup sunflower seeds

DIRECTIONS

Blend all ingredients together until smooth.

NUTRITION FACTS

6g protein / 10g carbs / 22g fat / 5g fiber / 236 calories

DIIJON DRESSING

makes 2-3 servings

INGREDIENTS

2 Tbs red or white onion
1 Tbs agave syrup
1 Tbs dijon or hot mustard
½ lemon, juiced
1 tsp sea salt
½ tsp black pepper
½ tsp garlic powder
1 tsp mustard powder

DIRECTIONS

Blend all ingredients together until smooth.

NUTRITION FACTS

1g protein / 13g carbs / 0g fat / 2g fiber / 58 calories

TONE IT UP NUTRITION PLAN

The Recipes provided herein contain ingredients that may cause allergic reaction in some individuals. These recipes are suggestions only. Do not make a recipe that contains ingredients that you are allergic to. If you are unsure about potential allergic reactions please consult your family physician. If you would like advice on how to replace certain ingredients feel free to email contact@toneitup.com

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