

Table Of Contents

Mighty Eggs & Broccoli With Fruit Yogurt Side	4-5
Fried Garlic Peppered Almonds	6
Lemon Chicken & Asparagus Power	7-9
Toasty Apples with Honey	10
Shrimp with Quinoa and Garlic Peas	11-13
Green Kale & Eggs with Vitamin Packed Smoothie	14-15
Pineapple Gang	16
Magnificent Salmon Salad with Strawberry Glaze	17-19
Roasted & Toasted Edamame Beans	20
Extravagant Steak, Potato & Crisp Broccoli	21-22
Blue Pineapple Surprise	23
Green Berry Power Yogurt Parfait	24
Smile It's an Orange!	25
Juicy Chicken with Peppered Kale Delight	26-27
Pineapple on Fire With Refreshing Cucumber	28
Cooked Pork Chop with Golden Corn & Fried Beans	29-30
Juicy Steak With Green Kale Eggs	31-32
Fry Them Snap Peas	33
Colorful Shrimp Salad with a side of Almonds	34-35
Pineapple Goes With Everything Smoothie	36
Chicken Home Fixed	37-38
Grapes on Grapes	39
Banana Blueberry Pancakes	40-41
Frozen Grape Chill	42
Pork Green & Orange	43-44

Table Of Contents

Continued

An Apple A Day With Pineapple Cubes	45
King Salmon With His Best Friends	46-47
The Everything Smoothie Made With Green Power	48
I Love Edamame	49
Lemon On Shrimp; Corn & Broccoli	50-51
Garlic Lime Almond Galore	52
Perfect Chicken Dinner Combo Pack	53-54
Strawberry Banana Surprise	55
Very Berry Power Smoothie	56
Finish It Up	57
The Ultimate Chicken Salad	58-59
Finish It Up 2	60
All The Green With Shrimp & Dessert	61-62

Mighty Eggs & Broccoli With Fruit Yogurt Side

Servings: 1 Prepping / Cooking Time: 15 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
304	11g	29g	5g	14g	20g

Utensils

Medium saucepan, grater, spoon, spatula, 2 knives (one for fruit and one for vegetables), plate, fork, cup.

Ingredients

1/2 cucumber - cut into four small slices

½ banana - sliced

4 strawberries - sliced

1/4 onion - grated

1 clove garlic - minced

2 pieces frozen broccoli florets - grated

2 eggs

2 mini peppers - grated

1 tablespoon yogurt

Useful Tips

Prepare vegetables and fruits before cooking for a smoother process. You can also use a mandoline or cut up everything with a knife as normal if you do not have a grater.

Directions...

Mighty Eggs & Broccoli

- Place a medium saucepan on the stove and set it to medium heat.
- Freshly grate 1 clove of garlic directly into the heated saucepan. Give about 1 minute for the garlic sizzle and produce a smell. (Equivalent to 1 teaspoon of minced garlic).

- Place 2 large eggs into the saucepan. Stir eggs and garlic until thoroughly combined.
 (Note Yolks should be broken and turned into a very wet scramble.).
- Grate/cut up ¼ cup worth of white onion and add it to your saucepan. Stir for about 30 seconds for the flavor to spread throughout the eggs.
- Grate/cut up ¼ cup of red pepper and ¼ cup of orange pepper and put into the saucepan. Stir for about 30 seconds for the flavor and peppers to spread evenly throughout the eggs.
- Grate/ cut up 2 broccoli florets and add them to the saucepan. Reduce heat to low and stir eggs until all the ingredients are combined and eggs are cooked to your liking.
- Place eggs in a bowl or on a plate and enjoy.

Strawberry Banana Fruit Yogurt - (feel free to try different fruits)

- Trim the stem of 4 strawberries and cut each one in half or into quarters if you prefer.
- Cut half a banana into bite sized pieces and combine both fruits on a plate.
- Top the fruit with a ¼ cup of Nonfat Plain Greek Yogurt.
- Serve cold and enjoy.

Fried Garlic Peppered Almonds

Servings: 1 Prepping / Cooking Time: 5 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
201	18g	7 g	4g	1g	6g

Utensils

Small frying pan, 1 Paring knife.

Ingredients

24 almonds

1 garlic clove - diced

¼ tablespoon olive oil

Pepper to taste

Directions...

- Place a small frying pan on the stove top and set it to a low to medium heat. Then pour in ¼ teaspoon of olive olive.
- Dice up one small garlic clove (*Smaller dices the better.*) and place garlic into frying the pan with the olive oil. (*It should have a slight sizzle.*)
- Add 24 almonds to the frying pan and do your best to stir and shake around the almonds so they are fully covered in the garlic oil you have just made.
- Once you hear your almonds sizzle a little bit you can add the pepper to taste. Make sure you have pepper on each almond for taste.
- Shake/stir almonds every 30 seconds for about 2 to 3 minutes depending on how toasty you like your almonds.
- Serve warm or save them for later.

Lemon Chicken & Asparagus Power

Servings: 1 Prepping / Cooking Time: 20-25 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
204	6g	12g	4g	6g	18g

Utensils

Medium saucepan with steamer, 2 medium frying pans, fork, knife, spatula.

Ingredients

1 chicken breast/tenderloin

½ lemon

1/4 onion

6 asparagus stalks

1 cup carrots

1 raspberry

Olive oil

1 garlic clove

Salt (optional)

Useful Tips

If you have left over chicken or want to meal prep for the next day you can easily save it and add it to a different salad for some added protein.

Directions...

Lemon Chicken

- Place a medium frying pan on the stove and set the heat to medium.
- Add ¼ teaspoon of olive oil to the pan.
- Take half a clove of garlic and dice it up and place it in the pan. (There should be a small sizzle.)
- Cut ¼ worth of a medium white onion into rings and place the rings in the frying pan. (There should be a small sizzle.)

- Let the onion and garlic sizzle for one minute. During this time you can cut 2-3 slices of a lemon.
- Then place your 2 chicken tenderloins directly on top of the onion and garlic. (Make sure all of the onions and garlic are underneath the chicken so it can absorb all of the flavor.)
- Place 2-3 lemon slices on top of the chicken.
- Let the chicken cook on one side for approximately 3 minutes or until you see white half way through the chicken.
- Flip the chicken over and place the lemons back on top. You will want to cook the chicken for approximately another 3 minutes.
- Remove the lemon from the chicken and place directly on the frying pan. Let the lemon sizzle near the chicken so the juices will touch for about 30 seconds.
- Flip the chicken over (Chicken should have a nice golden/brown char on it.) and place the lemon back on top of the chicken.
- Repeat the above step once more so that both sides of the chicken are cooked and have a lightly brown char. (You can double check the chicken is fully cooked by cutting it in half. The inside should be white and juicy.)
- Discard the lemons and serve the chicken and onion hot/warm on a plate.

Cooked Asparagus

- Trim about half an inch off the end of each asparagus.
- Take a medium saucepan and place it on the stove at medium heat.
- Add ¼ teaspoon of olive oil to the saucepan.
- Take half a clove of garlic and dice it up and add it in the pan. (There should be a small sizzle.)
- Dice up % cup of white onion and add it to the saucepan. (There should be a small sizzle.)
- Add your 6 stalks of asparagus on top of the onions in the sauce pan.
- Roll/flip the asparagus every 2-3 minutes while making sure the onions and garlic are making contact with the asparagus.
- Continue this process until the asparagus is slightly soft and has a nice soft char. (Approximately 10 15 minutes)
- Place asparagus and onion on a plate and serve hot/warm for best taste.

Steamed Carrots

- Put 1 cup of water in the saucepan and place the steamer basket inside.
- Put the sauce pan on the stove at medium heat and cover the pan with a lid.

- Once your water is slightly heated up you can place 1 cup of baby carrots (Or cut up bite size carrots) in the sauce pan on the steamer basket and cover the pan with the lid.
- Let the carrots steam for approximately 8 12 minutes while checking them with a fork every 3 4 minutes.
- Once you have reached your desired tenderness you can place the carrots on a plate and serve hot/warm for best taste.

Toasty Apples with Honey

Servings: 1 Prepping / Cooking Time: 12 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
122	5g	22 g	1g	21g	0g

Utensils

1 Small Frying Pan, 1 Rubber Spatula/Scraper, 1 Paring Knife.

Ingredients

1 Apple of your choice

1/4 teaspoon olive oil

1-2 slices of lemon

1 Tablespoon of real honey

Directions...

- Place a small frying pan on the stove and set it to high heat.
- Put ¼ teaspoon of olive oil in the frying pan and spread evenly.
- Add 1 teaspoon of natural honey to the pan.
- Once the honey is in more of a liquid state you can reduce the heat to low.
- Cut your apple into quarters and remove the core/seeds.
- Once the core is removed you can slice your apple into approximately 2cm strips.
- Place the apples into the pan and squeeze a slice of lemon on all of the apples.
- Stir/move around the apples and increase the heat to medium.
- Let the apples cook for about 2 minutes.
- Flip the apples and make sure they are all coated in the honey/oil.
- Let the apples cook for about 2 minutes.
- Stir apples and ensure all the apples have a toasted look to them. (They will be slightly soft)
- Place apples in a bowl and serve. (Optional: Sprinkle with small amount of cinnamon)

Shrimp with Quinoa and Garlic Peas

Servings: 1 Prepping / Cooking Time: 25-30 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
486	10g	67g	7 g	20g	31g

Utensils

Small SaucePan, Small Frying Pan, Medium Frying Pan, 2 Rubber Scrapers, 1 Paring Knife, Blender.

Ingredients

Shrimp

¼ Cup Quinoa

1 Cup Sugar Snap Peas

1/4 White Onion

1 Glove Garlic

¼ Lemon

1 Lime

1 Small Red Pepper

½ Frozen Banana

2 Blackberries

⅓ of Milk

1-2 Tbsp of Non-Fat Plain Greek Yogurt

Useful Tips

- If you are using frozen cooked shrimp you can place them in a bowl filled with water at the beginning of your cooking process to thaw them quickly.
- If you are unable to have shrimp or you are not a fan of shrimp you can substitute it with a serving of chicken or pork.
- Double check that your quinoa is washed. If it is not, be sure to wash it before the cooking process.

Directions...

Quinoa

- Place ¼ of quinoa into a small saucepan and add ½ cup of water.
- Mix the water and quinoa together and place it on the stove covered at medium heat.
- Once it has reached boiling point, let it boil for 4 minutes.

- Once it has boiled you can stir it and cover it again and turn the heat to low.
- Once it has simmered for about 5 to 8 minutes you can optionally add crushed red pepper or your seasoning of choice.
- Stir the quinoa and if the water is gone you can serve it on a plate. If there is still a little bit of water, place it back on the stove for a few more minutes without the cover and let it evaporate out.
- (Optional) You can garnish the quinoa with a slice of lemon on top for added flavor.

Sugar Snap Peas

- Cut up half a clove of garlic and place it in a small frying pan.
- Place 1 cup of sugar snap peas into the pan.
- Cut/dice up ¼ cup worth of white onion and place it in the pan.
- Once everything is in the pan you can place it at medium heat.
- Saute everything in the pan for about 4 minutes.
- Cut a slice of lemon and squeeze the juice over the peas and reduce the heat to a low medium and stir.
- Once your peas have begun to soften slightly you can reduce the heat to low and stir and flip the beans so they are evenly cooked.
- Once everything is cooked you can turn off the heat and serve it on a plate.

Cooked Shrimp

- Add ¼ teaspoon of olive oil to a large frying pan.
- Roughly chop half a clove of garlic and add it to the pan on the oil if possible.
- Cut/dice up ¼ cup worth of a red pepper and place it in the pan
- Cut/dice up ¼ cup worth of a white onion into smaller pieces and place it in the pan.
- Take 3 slices of lime and place them evenly apart on the pan. (*Preferably towards the middle of the pan.*)
- Once everything is in the pan you can place it at medium heat.
- Saute everything in the pan for about 4 minutes.
- Add the thawed shrimp to the pan and stir everything to the middle and cook for about 5-8 minutes.
- stir/saute everything in the pan and flip your shrimps so they are all getting slightly crispy.
- Once everything is cooked you can turn off the heat and serve on a plate.

Banana Ice Cream

- Place half a banana and 2 blackberries into a blender.
- Add ¼ of a lime without the rind directly into the blender.
- Add 2 tablespoons of plain nonfat greek yogurt to the blender.
- Add $\frac{1}{2}$ a cup of milk (water as a substitute) into the blender.

- Blend everything for about 20 seconds or until completely smooth.
- Pour this mixture into a large cup and place it in the freezer for 30 40 minutes.
- Remove it from the freezer and mix/stir to your liking.
- Serve cold and enjoy.

Green Kale & Eggs with Vitamin Packed Smoothie

Servings: 1 Prepping / Cooking Time: 15 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
426	12g	56g	13 g	34g	29g

Utensils

1 Medium Saucepan, 2 Paring Knives, Blender, 1 Rubber Scraper/Spatula, 1 Large Spoon, Measuring Cups.

Ingredients

2 Eggs

1/4 of an onion

1/2 of a Small Orange or Red Pepper

1 Cup of Kale

1/2 Cup of Strawberries

1/2 Cup of Raspberries

1 Cup of Milk

½ of Plain Non-Fat Greek Yogurt

4 Slices of Cucumber for drinking water

Useful Tips

- Feel free to use water instead of milk in your Vitamin Packed Smoothie.
- Whenever you stir your eggs, be sure to remove it from the heat.
 This will help make sure it doesn't stick to the pan.

Directions...

Green Kale & Eggs

- Place a Medium Saucepan on the stove at medium heat.
- Cut up ¼ of an onion. The majority of the onion should be smaller pieces. It is completely fine to have some uneven pieces for texture.
- Place 1 2 tablespoons worth of the onion and place it in the pan and set the rest of the onion aside. (Onions should sizzle a little bit and give a nice thin layer of oil to the pan)

- Remove the pan from the heat and crack in 2 eggs. (Make sure to wash your hands before moving on to the next step.)
- Place the pan back on the heat and break the yolks and stir.
- Dice up half of the Small Orange Pepper.
- Place the remaining cut up onion into the pan.
- Place the diced up Orange Pepper into the pan.
- Remove the pan from the heat and stir.
- Let the eggs cook for about 45 seconds and then add in the Kale and stir.
- Place back on heat and let it fully cook.
- Serve hot/warm on a plate and serve immediately. Enjoy!

Vitamin Packed Smoothie

- Place 1 cup of Ice in the blender.
- Remove stems from strawberries.
- Place the $\frac{1}{2}$ cup of strawberries and $\frac{1}{2}$ cup of raspberries in the blender.
- Add ½ a cup of Plain Non-Fat Greek Yogurt to the blender.
- Add 1 cup of Milk to the blender.
- Start the blender and blend it until it is smooth. (Approximately 20 secs)
- Pour out and serve immediately in a large glass. Enjoy!



Servings: 8 Servings for the whole pineapple ($\frac{1}{2}$ of a cup = 1 serving)

Prepping / Cooking Time: 5 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
41	0g	11g	1g	8g	0g

Utensils

1 Paring Knife, 1 Large Tupperware Container.

Ingredients

1 Pineapple

Directions...

Useful Tips

- Feel free to test out what size knife works best for you.
- The remaining pineapple can be stored in the fridge for up to 6 days.
- Place the pineapple on its side and cut off ½ inch from the top and bottom. (Rotate the pineapple while cutting to avoid injury. Work your way around before cutting the core.)
- With the pineapple still on its side, you will want to take your knife and "Filet" it. Stick your knife in right below the skin of the pineapple and work your way around it by rolling the pineapple itself while making sure your hand holding the pineapple is not in the knife's trajectory.
- Repeat the above step 1 the other side of the pineapple as well.
- Slice the skin from the pineapple starting from the top to the bottom.
- Peel the skin from the pineapple and cut off any skin that was left behind.
- Cut in half from top to bottom and remove the core from both halves.
- Cut the pineapple into bite size pieces.
- Measure out $\frac{1}{2}$ cup of pineapple and serve it in a bowl at room temperature or cold.
- Take the rest of the cut up pineapple and place it in an airtight container/tupperware and store it in the refrigerator.

Magnificent Salmon Salad with Strawberry Glaze

Servings: 1 Prepping / Cooking Time: 20-25 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
467	20g	43g	13g	18g	39g

Utensils

2 Small Frying Pans, 2 Rubber Scrapers/Spatulas, 2 Paring Knives, 1 Grater.

Ingredients

3-5 oz. of Salmon

½ cup of Shelled Edamame Beans

1 cup Frozen Kale

2 cups Spinach

1/2 White Onion

½ Lemon

2 Garlic Cloves

6-7 Grapes

3 Strawberries

Olive Oil

Directions...

Strawberry Glaze Salad

- Place 2 cups of Spinach in a large mixing/salad bowl.
- Slice and dice 2 Strawberries into bite size pieces and put them directly into the bowl.
- Put 5 grapes directly into the bowl.
- Slice 1 Strawberry and 2 Grapes and place them into a bowl.
- Smash the cut up Strawberry and Grapes with your fingers or with a fork.
- Add ¼ teaspoon of olive oil to the smashed fruit bowl and stir.

Useful Tips

- Try to have all ingredients prepped before you start cooking. Fish in general cooks rather quickly so you will want to be prepared to toss everything together.
- If you have frozen Salmon make sure to thaw it before cooking it.
 You can also Substitute it with Chicken, Pork, or Steak.

- Empty the smashed fruit bowl into the salad bowl.
- Once the Edamame beans and kale has been added to the salad bowl you can stir/toss the salad.
- Once the Salmon has been cooked and added to the salad you can mix up the salad and serve.

Edamame Beans

- Place a small frying pan on the stove at medium heat.
- Put 3 or 4 drops of olive oil in the pan.
- Grate one clove of garlic and add it to the pan. (It should sizzle)
- Grate ¼ cup of onion and add it to the pan. (*It should sizzle*)
- Add ½ cup of Edamame Beans to the pan and stir so it can incorporate the onion and garlic flavors.
- Turn the heat to low and let sit for about 3 to 4 minutes.
- Stir the beans. (You will notice the onions becoming translucent and the aroma of the onion)
- Continue to cook on low for 6 minutes
- Stir and add the hot/warm beans into the Strawberry Glaze Salad.
- Put 1 cup of Kale into the same pan you used to cook the beans and leave it on low while stirring occasionally for approximately 2-3 minutes. (You will just want to heat it up. Do not cook them.)
- Once the Kale is heated up you can place all of it into the Strawberry Glaze Salad.

Saloman

- Place a small frying pan on the stove at medium heat.
- Put ¼ tsp of olive oil in the pan
- Grate one clove of garlic and add it to the pan. (It should sizzle slightly)
- Grate ¼ cup of onion and add it to the pan. (It should sizzle slightly)
- Cut 3 slices of lemon and set them aside.
- Move the onions and garlic to the center of the pan and flatten it out into the size/shape of your Salmon.
- Place the thawed Salmon filet over the top of the onion and garlic.
- Make sure to wash your hands after touching the Salmon.
- Place 2 lemon slices directly on top of the salmon and cook for approximately 5 minutes.
- Once you notice the bottom of the Salmon turning white about half way up, take the lemon off of it and flip it to the other side.
- Scrape the onions and garlic off the top side and place them near the Salmon.
- Place the lemon slices back on top of the Salmon and cook for an additional 5 minutes or until it is fully cooked.

- Continue this process until each side of the salmon is cooked and has a slight golden char.
- Remove from heat and turn off the stove.
- Cut up Salmon into bite size pieces and add it to the Strawberry Glazed Salad.

Roasted & Toasted Edamame Beans

Servings: 1 Prepping / Cooking Time: 15-20 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
240	9g	22 g	8g	6g	10g

Utensils

Baking Sheet, Large Bowl, 1 Scraper or large spoon.

Ingredients

1 Cup of Edamame Beans

Olive Oil

Salt & Pepper

Red Pepper Seasoning (Optional)

Directions...

- Preheat the oven to 400 degrees.
- Place 1 Cup of Unshelled Edamame Beans into a large bowl.
- Add ½ teaspoon of Olive Oil to the bowl.
- Add Salt & Pepper to taste. (A small amount goes a long way.)
- Add Red Pepper Seasoning to taste Optional
- Mix it all together with a scraper and make sure each bean is slightly coated with olive
 oil.
- Pour the Edamame Beans out on your baking sheet while making sure none of them are overlapping each other.
- Put them in the oven for 15 minutes while mixing them every 5 minutes.
- Let them cool for 2 3 minutes before enjoying.

Extravagant Steak, Potato & Crisp Broccoli

Servings: 1 Prepping / Cooking Time: 30 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
329	11g	20g	3 g	2g	37g

Utensils

2 frying pans, 1 medium saucepan with a lid, 1 strainer, 1 paring knife, 2 rubber scrapers/spatulas, 1 fork.

Ingredients

3-5 oz. Steak

1 Cup of frozen Broccoli

½ a large russet potato or a small russet potato

1 clove of garlic

1 onion

Part of a lemon

Salt (Optional)

Paper towel

Useful Tips

- Make sure to wash your hands any time you handle raw meat.
- If you are using half of a large potato. You can easily preserve the left over chunk by rubbing lemon on any of the surfaces that does not have skin.

Directions...

Potato

- Fill your saucepan with water. (Enough to submerge the potatoes.) and place it on the stove with the lid on a high heat.
- Wash your potato and cut up into chunks or bite size pieces and set aside.
- Cut up ¼ cup worth of onion into slices or larger chunks and mix it with your potato chunks. Let the potato and onions sit together for about 2 minutes.

- Once your water is simmering you can remove the lid and add your potatoes and onion to the pan (*Be careful not to splash yourself with hot water.*) and cover it back up with the lid.
- Let water come to a boil. Should take about 15 minutes.
- Once it starts boiling you can give it a stir (*Be careful of the steam*) and lower the heat to low.
- Test your potatoes with a fork periodically to see how tender they are.
- Once they are cooked to your liking you can drain them into the strainer and add them to your plate.
- Season with a pinch of salt and pepper and enjoy!

Steak

- Wrap your steak in a paper towel.
- Place your frying pan on the stove and set it to a high heat.
- Coarsely chop ¼ cup worth of an onion and set aside
- Slice 1 clove of garlic and add it to your onions that you set aside.
- Take out your steak and discard the paper towel.
- Add a pinch of salt to each side of the steak and rub it in.
- Place your steak in the frying pan (It should sizzle.) and continue to flip it every minute or so with your fork until it is prepared to your liking.
- You will also want to cook the sides of the steak as well. Use your fork to hold the steak on all sides so it has a nice brown color to it.
- Add the onions and garlic you have set aside and put them near the steak so it can absorb the flavors.
- Continue to flip the steak every minute with the onion and garlic. (Try to get the juices from the onion and garlic on all sides of the steak.)
- Once your steak is done cooking, turn off the heat and let it sit for 5 minutes. (Make lemon water during this time.)
- Serve the steak on a plate and garnish it with the onion and garlic you just used.
 Enjoy.

Crisp Broccoli

- Place the frying pan on the stove and let it heat up on a low heat.
- Once the pan is hot you can add your broccoli to the pan. (It should have a slight sizzle)
- Stir the broccoli every minute or so until they are hot.
- Serve hot on a plate and garnish it with a slice of lemon. Enjoy.

Blue Pineapple Surprise

Servings: 1 Prepping / Cooking Time: 3 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
42	0g	11g	1g	8g	0g

Utensils

1 Bowl, 1 Fork.

Ingredients

1/4 Cup of Pineapple

1/4 Cup of Blueberries

Directions...

- Combine all ingredients in a bowl.
- Stir and enjoy!

Useful Tips

Remember to wash your blueberries.

Green Berry Power Yogurt Parfait

Servings: 1 Prepping / Cooking Time: 6 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
161	$2\mathbf{g}$	26g	5 g	6g	14g

Utensils

Blender, Paring Knife, Bowl, and Measuring Cups.

Ingredients

1/4 cup Raspberries

1/4 cup Strawberries

¼ cup Frozen Kale

⅔ Cup Plain Non-Fat Greek Yogurt

1/4 Cup 100% Whole Grain Rolled Oats

2 Lemon slices

Directions...

- Add a ¼ cup of Frozen Kale to the bowl
- Add a ¼ cup of Raspberries to the bowl
- Smash the Raspberries in with the kale using a spoon.
- Remove the stem from the strawberries and dice up $\frac{1}{4}$ cup worth and set it aside.
- Cut 2 slices of lemon and remove seeds.
- Squeeze one slice of lemon into the bowl.
- With the other slice of lemon, you can add that to a glass of water to enjoy with your yogurt later.
- Add ¾ cup of Plain Non-Fat Greek Yogurt to the bowl.
- Stir all the ingredients that are in the bowl until semi smooth
- Top it with the diced strawberries
- Add in ¼ cup of the oats and mix all the ingredients together.

Smile... It's an Orange!

Servings: 1 Prepping / Cooking Time: 1 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
62	0g	15g	3 g	12g	1g

Utensils

None, just a smile.

Ingredients

1 Orange

Directions...

• Peel and Enjoy!

Juicy Chicken with Peppered Kale Delight

Servings: 1 Prepping / Cooking Time: 20 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
280	4g	29g	5 g	21g	37g

Utensils

1 medium saucepan, 1 large frying pan, 1 scraper/spatula, grater, measuring cups, a paring knife, 1 fork.

Ingredients

1/4 Teaspoon of Olive Oil

1 Chicken Breast or Tenderloin

1 Cup of Frozen Kale

1 Small Yellow Pepper

1 Small Red Pepper

¼ of an Onion

1 Tomato

1 Cup of Milk

Directions...

Juicy Chicken

- Place the frying pan on the stove at a medium heat.
- Grate 1/2 clove of garlic and set it aside.
- Grate the tomato. You will be left with the insides on the cutting board and the leftover skin of the tomato in your hand. Throw the skin away.
- Dice up ¼ cups worth of onion.
- Add the garlic, tomato and onion to the hot frying pan in the center. (It should sizzle & smoke)

- Once the tomato begins to bubble you can place your chicken right on top.
- Any tomato that is not under the chicken you can place directly on top. (Make sure to wash your hands.)
- Leave the chicken cooking for about 4 minutes and flip it and do the same thing to the other side.
- Increase your heat to high and continue to cook and flip the chicken until you have a nice golden brown char on all sides of the chicken.
- Serve hot on a plate and enjoy.

Peppered Kale

- Place the saucepan on the stove at a medium heat.
- Grate ½ clove of garlic and set it aside.
- Slice the yellow pepper into rings and set aside.
- Slice and dice the red pepper and set aside
- Dice up ¼ cups worth of onion.
- Add the garlic, yellow pepper, red pepper, and onion to the saucepan. (It should sizzle.)
- You can change the heat to low if you prefer your peppers on the more soft side or you can leave it at medium if you like your peppers with a little bit more char.
- Cook your peppers for about 4 minutes and then add your frozen kale.
- Continue to stir the kale every minute until fully warmed/cooked.
- Serve hot on a plate and enjoy.

Pineapple on Fire With Refreshing Cucumber

Servings: 1 Prepping / Cooking Time: 5 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
61	1g	13g	1g	8g	1g

Utensils

1 Paring Knife, Measuring Cup, Small Frying Pan, 1 Rubber Scraper/Spatula

Ingredients

½ cup of Pineapple

1/4 cup of Cucumber

¼ teaspoon Olive Oil

Directions...

Pineapple on Fire

- Place a small frying pan on the stove on a high heat.
- Add ¼ teaspoon of olive oil and spread it evenly around.
- Let the oil heat up.
- Once the oil is hot you can add the pineapple.
- Stir and flip the pineapples around for a golden brown color.
- Once it begins to smoke slightly you can serve it warm on a plate and enjoy

Refreshing Cucumber Water

- Cut 3 to 4 slices of cucumber and put it in a water glass.
- Add ice if you prefer ice water.
- Let sit for 5 minutes and enjoy.

Cooked Pork Chop with Golden Corn & Fried Beans

Servings: 1 Prepping / Cooking Time: 18 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
427	16g	40g	10g	10g	38g

Utensils

1 Large Frying Pan, 1 Small Frying Pan, 1 Small Saucepan with a lid, Steamer, Strainer, Rubber Scraper/Spatula, 1 Paring Knife, 1 Fork.

Ingredients

1 Pork Chop 3-5oz

½ Cup of Shelled Edamame Beans

½ Cup of Frozen Corn

1 Tomato

1 Lime

½ Cup of Blueberries

Directions...

Pork Chop

- Place a large frying pan on the stove and turn the heat to high.
- Wrap your Pork Chop in a paper towel and set aside for about 5 minutes.
- Cut 3 slices of Lime. Place 2 slices on the pan and 1 slice set aside for the Edamame Beans
- Grate the tomato. You will be left with the insides on the cutting board and the leftover skin of the tomato in your hand. Whatever skin of the tomato you have left you can dice up and make its own pile.
- Place your diced tomatoes on top of your Lime in the pan and let that heat up for about a minute.

- As your tomatoes are heating up you can unwrap your pork chop and place it on the frying pan next to your tomatoes and limes. You will cook each side of the pork chop for approximately 30 seconds on each side.
- Once each side of the pork chop has a small sear you can place it directly on top of the tomatoes and limes.
- Place your crushed tomatoes directly on top of the Pork Chop and have it cook for about 3 minutes.
- Flip the pork chop over with the tomatoes and cook the other side for about 3 minutes.
- Move the pork chop to the side of the pan and push the tomatoes and limes to the side.
- Place the pork chop in the middle of the pan and sear each side so it has a nice golden brown color.
- Once your pork chop is fully cooked you can place it on your plate and add the crushed tomato and limes next to it and enjoy.

Fried Edamame Beans

- Place a small frying pan on the stove and turn the heat to medium.
- Add ½ Cup of Edamame Beans to the pan once it is warmed up.
- Take a slice of Lime and squeeze the juice directly into the pan and stir the beans.
- Continue to stir the beans every couple of minutes until it is fully cooked. (The beans will look toasted and a little brown when they are done.)
- Serve warm on a plate and enjoy.

Golden Corn

- Put approximately $1\frac{1}{2}$ cups worth of water in the saucepan and place the steamer inside. Place the pan on the stove and set it to a medium heat with the cover on top.
- Add ½ cup of frozen corn to the saucepan and cover it with the lid.
- Once it has steamed/cooked for about 15 minutes you can serve it on a plate and enjoy.

Juicy Steak With Green Kale Eggs

Servings: 1 Prepping / Cooking Time: 20-25 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
506	27g	20g	3 g	14g	46g

Utensils

1 Large Frying Pan, 1 Medium Saucepan, Paper Towel, 2 Rubber Scrapers/Spatulas, 1 Paring Knife, 1 Fork, Measuring Cups.

Ingredients

3-5oz of Steak

1/4 Cup of Onion

2 Eggs

4 Asparagus Stalks

1 Garlic Clove

1 Cup of Kale

1 Cup of Milk

Salt to taste (Optional)

Useful Tips

Have a glass of milk with a handful of pineapple and blackberries with this meal.

Directions...

Juicy Steak

- Place the pan on the stove and set it to a high heat
- Dry the steak with a paper towel.
- Lighty salt both sides of the steak
- Make sure to wash your hands after handling raw meat.
- Place the steak on the pan with a fork. It should sizzle right away.
- Continue to flip your steak every minute until it is cooked to your liking.

- Sear each side of the steak for about 10 to 15 seconds.
- Add half of the diced onion to the pan around the steak.
- Continue to sear each side of the steak so it can get the onion flavor infused in.
- Once you have seared each side with the onions on the pan you can check it by cutting the middle.
- Once cooked to your liking, you can cut it up and serve it hot/warm on your plate.
 Enjoy!

Green Kale Eggs

- Place the pan on the stove and set it to a medium heat.
- Put half of the diced up onion and garlic in the pan.
- Once the onions are translucent and are slightly sticking to the pan you can remove it from the heat.
- Crack in 2 eggs directly into the pan
- Stir and break up the yolks. Make sure the onions and garlic are evenly dispersed throughout the eggs.
- Place it back on the stove on a medium heat.
- Continue to stir/flip your eggs every minute until it is a wet consistency of an egg.
- Add the 1 Cup of kale to the pan and stir it into your eggs.
- Once your kale is cooked and shrunk down, you can remove it from the heat and place it on a plate.
- Serve warm/hot and enjoy

Steamed Asparagus

- Place a small pan on the stove with a small amount of water and place the steamer inside.
- Cut the asparagus into 1 inch sections and place it in the steamer with the lid on top.
- Set it on a medium heat.
- Test your asparagus with a fork. Every 5 to 10 minutes.
- Once your asparagus is steamed to your liking you can remove it and place it on your plate.
- Serve warm/hot and enjoy.

Fry Them Snap Peas

Servings: 1 Prepping / Cooking Time: 5 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
70	1g	7 g	0g	0g	2 g

Utensils

Small Frying pan, 1 Rubber Scraper/Spatula, 1 Paring Knife.

Ingredients

1 Cup Sugar Snap Peas

1/4 Teaspoon Olive Oil

Red Pepper Seasoning (optional)

Cucumber

Directions...

- Place your small frying pan on the stove and set the heat to high.
- Add ¼ teaspoon of olive oil to the pan.
- Cut 3 4 slices of cucumber and add it to your water cup.
- Add the Peas to the pan and stir.
- Add red pepper seasoning to taste. (Optional)
- Continue to stir. There should be loud sizzles.
- Cook for about 3 to 4 minutes or until slightly charred.
- Serve warm and enjoy.

Colorful Shrimp Salad with a side of Almonds

Servings: 1 Prepping / Cooking Time: 15-20 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
344	19g	20g	8g	9g	28g

Utensils

1 large frying pan, 1 small frying pan, 1 rubber scraper/spatula, 1 large bowl, 1 paring knife, measuring cups.

Ingredients

1 serving of Shrimp. (11 medium shrimp or 8 of the large shrimp)

1 Cup of Spinach

1/4 Cup of Onion

2 Small Peppers (Your choice on color, Red,

Yellow, Orange, Green)

½ Cup of Carrots

1/4 of a Lemon

1 Garlic Clove

24 Almonds (serving size)

Olive Oil

Directions...

Colorful Shrimp

- Place a large Frying pan on the stove and set it to medium heat.
- Add 1 cup of spinach to the bowl.
- Finely chop half a clove of garlic and set aside.
- Finely chop % onion and mix it into your garlic pile.

Useful Tips

If you have frozen shrimp be sure to thaw it all the way before the cooking process. Add your frozen shrimp to a bowl and fill it with water for a faster thawing process.

- Dice up 1 of your peppers and mix it into onion and garlic pile.
- Cut 2 slices of lemon and add them directly to the middle of the hot pan.
- Add ¼ teaspoon of olive oil on the pan and the lemon.
- Take your garlic, onion, pepper pile and add it to the shrimp bowl and mix it around.
- Once it has been mixed thoroughly you can add it to the pan and it should have a slight sizzle.
- Continue to stir and flip the shrimp.
- Add $\frac{1}{2}$ cup of baby carrots to the bowl of spinach.
- Cut a slice of lemon and squeeze the juice on your spinach salad.
- Turn off the burner and place shrimp on the cutting board. Remove the tails from each shrimp.
- Add the shrimp, peppers, and onions to your salad and toss it.
- Serve warm on a plate and enjoy.

Almonds

- Place the small frying pan on the stove and set it to medium heat.
- Finely chop half a clove of garlic and set it in your almonds as your pan starts to heat up.
- Dice up 1 of your peppers and mix it into your almond pile.
- Finely chop 1/8 onion and mix it into your almond pile.
- Add a ¼ teaspoon of olive oil to the pan.
- Add your pile of almonds to the pan. This will sizzle loudly.
- Cook and stir for about 2-3 minutes or until it is cooked to your liking.
- Serve warm and enjoy.



Servings: 1 Prepping / Cooking Time: 6-8 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
196	1g	37 g	4 g	30 g	13 g

Utensils

Blender, Paring Knife, Measuring Cups

Ingredients

Remaining Raspberries

⅔ cup Pineapple

3-4 strawberries

2 Tablespoons of Plain Non-Fat Greek Yogurt 10-12oz of Milk

Directions...

Useful Tips

Prepare your fruit to be stored in the freezer. This will extend the life of your fruit. Trim the stem off your strawberries and put them back in the plastic container they were originally in. (You can freeze all types of fruit.)

- Add the remaining Raspberries you have to the blender. (Should be about a little less than a handful)
- Add ¾ cup of Pineapple into the blender.
- Remove the stem from 3 4 Strawberries and add them to the blender.
- Add 2 tablespoons of Plain Non-Fat Greek Yogurt to the blender.
- Add 2 ice cubes to the blender
- Add 1 cup of Milk to the blender
- Blend all the ingredients for about 1 minute or until smooth.
- Serve cold and enjoy.

Chicken Home Fixed

Servings: 1 Prepping / Cooking Time: 20-25 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
253	7 g	24g	2g	1g	25g

Utensils

2 Large Frying Pans, 1 Rubber Scraper/Spatula, 1 Fork, 1 Paring Knife, Measuring cups.

Ingredients

A serving size of Chicken Breast or Tenderloin

1/4 cup of Potato

1/4 cup Frozen Corn

1/4 cup Onion

1 Lime

1 Garlic Clove

1/4 teaspoon Olive Oil

Useful Tips

Freeze the remaining chicken you have and place the remainder of your potato in the fridge.

Directions...

Potato

- Place the frying pan on the stove and turn it to medium heat.
- Slice ¼ of a cup of potato as thin as you can. (Almost like scalloped potatoes.)
- Try to keep the limes on top or next to your chicken for the best flavor.
- Lay the potato slices flat on a cutting board and cover the/rub them with ¼ teaspoon of olive oil.
- Finely chop ½ a clove of garlic and place it into the hot pan
- Grate a ¼ cups worth of onion and spread it evenly on the pan. (You should hear it sizzle.)

- Place the potato slices on top of the onions in the pan.
- Cook each side 2 minutes at a time and continue to flip them until they are fully cooked.
- Serve hot on a plate and enjoy.

Chicken

- Finely chop $\frac{1}{2}$ a clove of garlic and set it aside.
- Place your pan on the stove at a high heat.
- Add ¼ teaspoon of olive oil to the pan.
- Cut 3 slices of lime and add it to the middle of the pan.
- Stick the larger pieces of the garlic inside of the chicken. (You should be able to just poke it in.) The rest of the garlic can just be sprinkled on top.
- Place the chicken on top of the limes.
- Grate ¼ cup of onion directly into the pan.
- Move the limes to the side of the pan and flip the chicken every 2 minutes until they are fully cooked. (It will have a golden char.)
- Serve hot on a plate and enjoy.

Corn

- Put approximately 1 ½ cups worth of water in the saucepan and place the steamer inside. Place the pan on the stove and set it to a medium heat with the cover on top.
- Add $\frac{1}{2}$ cup of frozen corn to the saucepan and cover it with the lid.
- Once it has steamed/cooked for about 15 minutes you can serve it on a plate and enjoy.

Grapes on Grapes

Servings: 1 Prepping / Cooking Time: 3 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
52	0g	14g	1g	6g	1g

Utensils

1 baggy or tupperware to freeze the grapes.

Ingredients

1 Handful of Grapes.

Directions...

- Remove all the grapes from the vine.
- Grab one handful of grapes and place into a bowl. This is one serving of grapes.
- Go ahead and enjoy.

Useful Tips

Freeze the remaining grapes in a tupperware or baggy and enjoy them later frozen for a snack or treat.



Banana Blueberry Pancakes

Servings: 1 Prepping / Cooking Time: 15 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
264	6g	46g	6g	21g	10g

Utensils

2 Bowls, 1 Fork, 1 Large Spoon, 1 Spatula, 1 Large Frying Pan, Measuring Cups, Blender.

Ingredients

1 Banana

1 Egg

% Cup of Oats

½ Cup of Blueberries

1/4 Teaspoon Olive Oil

- Place the frying pan on the stove and set it to a medium heat.
- Peel the Banana and place it in a bowl. Mash the Banana up with a fork.
- Add in a ¼ cup of Blueberries and mash those up as well and mix it with the Banana.
- Pour the Banana Blueberry mixture into the blender.
- Put 1 egg into the blender.
- Add % cup of oats to the blender.
- Blend the mixture for about 30 seconds or until smooth.
- Add ¼ teaspoon of olive oil to the frying pan. Make sure the oil is spread out on the pan.
- Use your spoon and pour palm size pan cakes onto your frying pan. Cook each side of the pancakes for about 4 to 5 minutes. They will have a dark golden brown color. (Should make approximately 3 to 4 pancakes.)

- Add a ¼ Cup of Blueberries to a bowl and mash it. (This will be your "sauce" to use on top of the pancakes.)
- Once your pancakes are fully cooked you can serve it hot on a plate with your Blueberry Mash and enjoy!

Frozen Grape Chill

Servings: 1 Prepping / Cooking Time: 1 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
65	0g	16g	1g	14g	0g

Utensils

1 Paring Knife

Ingredients

½ Cup of Frozen Grapes4-5 Cucumber Slices

- Place ½ Cup of Frozen Grapes into a bowl and serve immediately or let thaw and enjoy.
- Cut 4 to 5 slices of a Cucumber and add it to a 8-12 oz glass of water and enjoy

Pork Green & Orange

Servings: 1 Prepping / Cooking Time: 15 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
208	9g	8g	3 g	4g	25g

Utensils

Paper Towel, Medium Saucepan with a lid, Steamer, Large Frying Pan, 2 Paring Knives, ½ Measuring cup.

Ingredients

3-5 oz Pork Chop

8 Asparagus Stalks

½ Cup of Carrots

1/4 Cup of Onion

¹/₄ of a Lemon. Approximately 3-4 slices.

Directions...

Steamed Asparagus & Carrots

- Add approximately 1-2 cups of water to the saucepan and place your steamer inside.
- Place the saucepan on the stove with the lid at a high heat.
- Remove about $\frac{1}{2}$ inch to 1 inch of the bottom of each stalk of asparagus.
- Place the asparagus in the pot. (If the stalks are too long, you can always cut them in half.)
- Cut 2 slices of lemon and place them on top of the Asparagus.
- Add the Carrots to the top of the lemon and Asparagus and cover with a lid.
- Dice up % cup of an onion and place it on top of all the other veggies.
- Let the veggies steam for approximately 10-12 minutes.
- Drain the water from the pan and serve hot/warm on a plate.

Pork Chop

- Wrap your pork chop in a paper towel for about 4-5 minutes.
- Place the pan on the stove at a medium heat.
- Dice up 1/8 cup of an onion and place it in the center of the pan.
- Place the Pork Chop directly on top of the onion.
- Cut 2 slices of lemon and place it on top of the Pork Chop.
- Flip your Pork Chop every 4 minutes or until it is fully cooked. (It will have a golden brown color)
- Serve hot/warm on a plate and enjoy with the onions and lemon on top. (Squeeze the juice of the lemon on top for added flavor.)

An Apple A Day With Pineapple Cubes

Servings: 1 Prepping / Cooking Time: 1-2 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
101	0g	27g	6g	20g	0g

Utensils

Water glass.

Ingredients

1 whole apple

3 large pieces of frozen pineapple

- Grab a drinking glass and fill it with 3 large pineapple chunks and add water.
- Grab an apple and enjoy.

King Salmon With His Best Friends

Servings: 1 Prepping / Cooking Time: 20-22 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
378	15g	24g	8g	6g	37g

Utensils

Larger Frying Pan, Small Frying Pan, Small Sauce Pan, Steamer, Strainer, 2 Paring Knifes, 2 Rubber Scrapers/Spatulas.

Ingredients

3-5 oz of Salmon

1/4 Cup Potato

2 Small Peppers

½ of Edamame Beans

½ of a Lemon (3-4 Slices)

1/4 cup Onion

Salt (Optional)

Remaining Blackberries

Directions...

Potatoes

- Add about 1-2 cups of water into your saucepan and add the steamer inside.
- Cover with a lid and set on a high heat.
- Cut ½ a cup of potatoes into bite size chunks consistent in size and place them in the saucepan and cover with lid.
- Add $\frac{1}{2}$ cup of diced onion to the potatoes and cover with a lid.
- Cook for approximately 15 minutes or until fully cooked.

- Place potatoes and onions on a plate.
- Serve hot/warm and enjoy.

Edamame Beans

- Dice up ¼ cup of onion and place it in the pan.
- Slice one small pepper into rings and place it in the pan.
- Add ½ cup of Edamame Beans to the pan.
- Stir the ingredients together in the pan so everything is evenly distributed.
- Set the stove to a medium heat and continue to stir every couple of minutes until fully heated up and cooked.
- Serve hot/warm and enjoy.

Salmon

- Place your Large Frying Pan On the stove at medium heat.
- Add a pinch of salt to each side of the Salmon.
- Dice ¼ cup of Onion and set aside.
- Slice and dice the other small pepper and set aside.
- Add two slices of Lemon to the middle of the Frying Pan.
- Add your diced peppers to the top and sides of the Lemon.
- Place your Salmon directly on top of the diced peppers and Lemon.
- After approximately 3 minutes you can flip the salmon to the other side and place it on the lemon and peppers again.
- After another 3 minutes you can flip the Salmon over and place it directly on the pan by moving the lemons and peppers to the side and placing them on top of the Salmon.
- Add ¼ cup of onion to the pan and place them around the salmon's sides.
- Continue to repeat the flipping process for approximately 10-12 minutes or until the Salmon is fully cooked and has a nice brown char on it.
- Place the salmon, onion, peppers, and lemons on a plate and enjoy.

Blackberries

• You can serve them with dinner or save them for a little bit later for a snack. Enjoy.

The Everything Smoothie Made With Green Power

Servings: 1 Prepping / Cooking Time: 3 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
241	1g	44g	3 g	27g	22 g

Utensils

Blender, Measuring Cups, Large Spoon.

Ingredients

6 frozen Strawberries

½ frozen Pineapple

½ frozen Kale

½ cup of plain Greek Yogurt

1 Cup of milk

Useful Tips

Serve the smoothie in a Thermos to enjoy it cold longer.

- Place all ingredients into the blender.
- Blend for about 30 seconds or until all the ingredients have been blended and are smooth.
- serve cold in a glass and enjoy.

I Love Edamame

Servings: 1 Prepping / Cooking Time: 5 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
110	4g	11g	4g	3 g	5g

Utensils

Small Saucepan with lid, 1 Paring Knife, Measuring cups.

Ingredients

½ cup of unshelled Edamame Beans Cucumber

- Add the Edamame Beans to the pan with a pinch of salt. (Salt Optional)
- Cut 4 slices of cucumber and add it to your drinking water.
- Stir the Beans every 1 minute or until it is fully heated and cooked to your liking.
- Serve warm and enjoy!

Lemon On Shrimp; Corn & Broccoli

Servings: 1 Prepping / Cooking Time: 10-12 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
219	$2\mathbf{g}$	29g	7g	6g	26g

Utensils

1 larger frying pan, 1 medium saucepan with lid, steamer, 2 rubber scrapers/spatulas, 1 paring knife, measuring cups.

Ingredients

1 serving of Shrimp

½ cup of corn

1 cup of broccoli

1 garlic clove

Directions...

Broccoli

½ lemon

- Add 1-2 cups of water to the saucepan and place the steamer inside.
- Place it on the stove at a high heat.
- Place 1 Cup of broccoli into the pan.
- Cut 2 slices of lemon and add it to the pan and cover with a lid.
- Let it heat up for about 4 minutes and then add your corn directly to the top and cover with the lid.
- Continue to steam and stir the veggies every 3 or 4 minutes.
- Once cooked to your liking, serve on a plate and enjoy.

Useful Tips

- Remove the frozen chicken breasts/tenderloins from the freezer and let them thaw in the refrigerator. One will be used for this evening and the other will be used tomorrow.
- If your shrimp are frozen, place them in a bowl with water to thaw before the cooking process.

Shrimp

- Place the large frying pan on the stove at a medium heat.
- Dice 1 garlic clove and place it into the center of the pan.
- Place shrimp in the center of the pan on top of the garlic
- Cut 2 slices of lemon and place it in the center of the pan on top of the shrimp.
- Turn the heat to high and press each lemon to release the juices.
- Press each shrimp down until it has a nice golden char and then flip to the other side.
- Add crushed red pepper seasoning to the top. (Optional)
- Press each shrimp down until it has a nice golden char and then flip to the other side.
- Continue this flipping process until the shrimp are fully cooked and have a deep golden char to them.
- Serve hot/warm and enjoy.

Garlic Lime Almond Galore

Servings: 1 Prepping / Cooking Time: 5 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
182	14g	8g	2g	0g	7g

Utensils

1 small saucepan, 1 paring knife, 1 rubber scraper/spatula.

Ingredients

1 serving of Almonds. (24 pieces)

1 lime

1 clove of garlic

- Place the pan on the stove and set to a high heat.
- Dice the garlic as small as possible and place it with your almonds on the cutting board.
- Cut one slice of lime and squeeze it over the almonds and mix it in the juices.
- Place the almonds in the pan and stir every minute.
- Squeeze more lime juice directly on top of the almonds in the pan. (Optional)
- Remove from the pan when it has been toasted to your liking.
- Serve warm and enjoy.

Perfect Chicken Dinner Combo Pack

Servings: 1 Prepping / Cooking Time: 15-20 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
303	10g	27g	6g	12g	32g

Utensils

1 large frying pan, 1 small frying pan, 1 medium saucepan with lid, steamer, paring knife, 1 rubber scraper/spatula, 1 fork, measuring cups.

Ingredients

1 chicken breast or tenderloin

Remaining Asparagus (About 10 Stalks)

2 small peppers

2 pieces of frozen pineapple (Place in drinking

water)

1 garlic clove

½ cup of shelled edamame beans

Remaining lime

Olive oil

Directions...

Chicken

- Place the small frying pan on the stove and turn it to a medium heat.
- Dice 1 pepper and set aside.
- Finely dice 1 clove of garlic and add it to the pan.
- Place your chicken directly on top of the garlic in the pan and let each side cook for about 3 minutes.

- Add your diced peppers and set the heat to a low medium.
- Place 2 slices of lime on top of the chicken.
- Let each side of the chicken cook for about 2 minutes until fully cooked. (Should have a golden char on each side.)
- Serve all the ingredients on a plate and enjoy.

Asparagus

- Place the large frying pan on the stove and turn it to a medium heat.
- Prep your asparagus and cut the white/dried ends off.
- Lay your asparagus flat on a cutting board and drizzle ¼ teaspoon on top. Roll the asparagus around until they are lightly coated with oil and set aside.
- Slice 1 pepper into rings and set aside.
- Add the Asparagus and Sliced Pepper to the pan. (It should have a small sizzle)
- Cook the asparagus on a medium to high heat and continue to flip/rotate the asparagus every minute or so, so it is evenly cooked.
- Serve and enjoy.

Edamame Beans

- Add 1-2 cups of water to the saucepan and place the steamer inside.
- Place the pan on the stove and set to a medium heat.
- Place $\frac{1}{2}$ cup of edamame beans into the pan and cover with a lid.
- Stir every few minutes until fully cooked.
- Serve and enjoy.

Strawberry Banana Surprise (Personal Favorite)

Servings: 1 Prepping / Cooking Time: 5 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
154	1g	39g	6g	21g	2 g

Utensils

1 medium saucepan with a lid, 1 rubber scraper/spatula, 1 paring knife, bowl

Ingredients

1 Cup of Frozen Strawberries

1 Banana

- Place the pan on the stove at medium heat.
- Add 1 Cup of frozen Strawberries into the pan and cover.
- Slice the banana and place it in the bowl.
- Continue to stir the strawberries every minute or so until soft.
- Pour your strawberries over your bananas and enjoy!

Very Berry Power Smoothie

Servings: 1 Prepping / Cooking Time: 3 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
244	1g	47g	5g	27g	22 g

Utensils

Blender, Measuring Cups, Large Spoon, Large Glass.

Ingredients

Remaining Blueberries

½ Cup Strawberries

½ Cup Kale

1 Cup Milk

½ Cup Plain Greek Yogurt

- Place all ingredients into the blender.
- Blend for about 30 seconds or until all the ingredients have been blended and are smooth.
- serve cold in a glass and enjoy.



Servings: 1 Prepping / Cooking Time: 2 min

Nutrition Facts

1 cup Pineapple								
	Calories	Fat	Carbs	Fiber	Sugar	Protein		
	80	0g	18g	2g	14g	1g		
½ cup Carrots								
	Calories	Fat	Carbs	Fiber	Sugar	Protein		
	40	0g	8g	3g	5g	1g		
1 cup Snap Peas								
	Calories	Fat	Carbs	Fiber	Sugar	Protein		
	35	0g	6g	2g	3g	2g		

Utensils

Bowl or container to place food in.

Ingredients

1 Cup Pineapple

OR

1/2 Cup Peas

1/2 Cup Carrots

Directions...

• Choose which snack you would like and enjoy!

The Ultimate Chicken Salad

Servings: 1 Prepping / Cooking Time: 15 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
387	6g	51g	7g	14g	37g

Utensils

1 Medium Saucepan with lid, 1 Large Frying Pan, 1 Large Mixing Bowl, 2 Rubber Scrapers/Spatulas, Fork, 1 Paring Knife, Measuring Cups.

Ingredients

Final Chicken Breast/Tenderloin

½ Cup Corn

1/4 Cup Plain Greek Yogurt (Optional)

1 Cup Frozen Kale

½ Cup Frozen Grapes

½ Cup Carrots

Remaining Cucumber

1-2 Cups Remaining Spinach

- Place your frying pan on the stove at a high heat.
- Place your saucepan on the stove and set it to a low to medium heat.
- Add 1-2 cups of spinach to the large mixing bowl.
- Add ½ Cup of Corn, ½ Cup of Grapes, ½ Cup of Carrots, and 1 Cup of Kale to the Saucepan and cover with the lid.
- Place chicken on the frying pan.
- Cut the remaining Cucumber into slices. At least 6 slices.
- Stir all the ingredients in the sauce pan so it will evenly cook.

- Flip the chicken every 3 minutes until fully cooked.
- Add at least 4 slices of cucumber to the mixing bowl and 2 slices to your drinking glass.
- Place ½ cup of Plain Greek Yogurt into the mixing bowl and mix the spinach and cucumbers.
- Once the ingredients in the Saucepan have heated up and thawed you can add it to your mixing bowl and stir.
- Once your chicken has been cooked fully and has a golden char you can place it on your cutting board.
- Cut the chicken into slices or cubes and add it to your mixing bowl.
- Mixx all the ingredients and enjoy.



Servings: 1 Prepping / Cooking Time: 2 min

Nutrition Facts

1 cup Pineapple								
	Calories 80	Fat 0 g	Carbs 18g	Fiber 2g	Sugar 14g	Protein 1g		
		-8	8	-8	8	-8		
½ cup Carrots								
	Calories	Fat	Carbs	Fiber	Sugar	Protein		
	40	0g	8g	3g	5g	1g		
1 cup Grapes								
	Calories	Fat	Carbs	Fiber	Sugar	Protein		
	104	0g	$27\mathbf{g}$	1 g	2 3g	1 g		

Utensils

Bowl or container to place food in.

Ingredients

½ or 1 Cup Pineapple

OR

 $\frac{1}{2}$ or 1 Cup Grapes

OR

½ or 1 Cup Carrots

Directions...

• Choose which snack you would like and enjoy!

All The Green With Shrimp & Dessert

Servings: 1 Prepping / Cooking Time: 15-20 min

Nutrition Facts

Calories	Fat	Carbs	Fiber	Sugar	Protein
336	6g	34 g	8 g	14g	38g

Utensils

1 large frying pan, 1 small saucepan with lid, 1 medium saucepan with lid, steamer, 2 rubber scrapers/spatulas, 1 paring knife, measuring cups.

Ingredients

1 serving of shrimp

1 cup of broccoli (Use the remaining)

½ shelled edamame beans

3 small peppers

2 garlic cloves

1 cup frozen strawberries

Remaining plain greek yogurt (Approximately

½ cup)

Directions...

Steamed Broccoli/Veggies

- Fill your large saucepan with 1-2 cups of water and place the steamer inside.
- Add $\frac{1}{2}$ cup of edamame beans and 1 cup of broccoli to the saucepan.
- Place your larger sauce pan on the stove at a high heat and cover with a lid.
- Stir veggies every 4 to 5 minutes to evenly steam.
- When steamed to your liking you can serve on a plate and enjoy.

Garlic Pepper Shrimp

- Place a large frying pan on the stove at a medium to high heat.
- Slice and dice the 2 cloves of garlic and add it to the middle of the pan.
- Slice and dice all of your small peppers and add it to the pan on the outer edges.
- Place your shrimp on the pan on top of the garlic.
- Push the peppers towards the shrimp so it can absorb the flavor as it cooks.
- Flip the shrimp and peppers every 3 minutes while keeping the peppers and garlic close.
- Once your peppers and shrimp are cooked and have a nice golden char on the shrimp you can serve it hot/warm on a plate and enjoy

Strawberry Yogurt

- Add the remaining strawberries to the small saucepan.
- Place the small saucepan on the stove at a low heat.
- Stir the strawberries every few minutes until soft.
- Add the remaining greek yogurt to the pan.
- Remove it from the heat and stir/mix.
- Place in a bowl or plate and enjoy.