

YOUR **HOTTEST**
BODY *EVER*

WITH TRACY CAMPOLI



RECIPES FOR LIFE

Even MORE Recipes to keep
your HOT Body...for LIFE!

Here are some recipes and tips to help you achieve your goals. Please note, that some of the recipes (with healthy grains, dairy) are for HOT BODY phase only.

Most importantly, be sure to love your food! If you hate it, you'll feel deprived and will wind up eating less healthy options. Fresh delicious healthy food is your HOT BODY lifestyle now! Doesn't that feel good??!!

BREAKFAST OPTIONS

OATMEAL OR QUINOA DELIGHT

For Oatmeal: use old fashioned oat (not quick oats)

For Quinoa: I find it best to make a batch with just water according to package directions. That way you can make it sweet or savory!

Make ½ cup oatmeal with water in microwave for two minutes

Add skim milk, almond milk, or coconut milk ¼-½ cup

Add teaspoon of walnuts or raw almonds

Add ½ cup fresh blueberries or strawberries



SAVORY TOAST DELICIOUSNESS!

One slice whole grain bread toasted. Ezekiel bread is great or you can use 2 Wasa whole grain crisp breads.

Add either ¼ avocado or 1oz. cheese

Add Delicious Fresh Veggies. Some examples: Tomato slices, spinach or kale (either raw or lightly steamed), red pepper slices, sprouts

MORNING LOVE YOGURT

1 cup non fat Greek yogurt

1 teaspoon fruit juice sweetened jam or apple butter

½ cup fresh blueberries or strawberries

1 tablespoon raw almonds or walnuts



LUNCH & DINNER OPTIONS

PROTEIN PACKED QUINOA SALAD

- 1 cup of cooked Quinoa (plain with water according to package directions)
- ¼ cup garbanzo beans (rinsed and drained)
- 1 cup of finely chopped fresh veggies. Some examples: radish, celery, tomato, bell pepper, carrot, kale, spinach
- *optional add 5 chopped black olives or teaspoon of feta cheese

Dress lightly with a *tiny* dash of olive oil and vinegar of your choice

CREAM OF LENTIL SOUP

OMG this soup is amazing! Low calorie, delicious and so damn good and EASY!

- 1 cup lentils (I like the french green ones or cute red ones)
- 1 carrot, chopped
- 1 onion sliced
- 1 bay leaf
- 1 fresh thyme sprig or a pinch of dried
- 4 cups water, chicken or vegetable broth
- kosher salt and fresh ground pepper

Soak the lentils in cold water for 2 hours. Drain the lentils and place them in a pot with the carrot, onion, bay leaf, thyme and water. Cover the pot and simmer until very tender (should take about 45 minutes) Discard the herbs, let lentils cool a bit, then puree in blender, working in two batches.

****VIP**** Be careful to let soup cool before putting in blender to avoid cracking the blender!! Reheat blended soup if necessary, add small amount of salt and pepper to taste. yum!!!!!!



GROWN UP PB&J

1 piece whole grain Bread like Ezekiel or two Wasa crisp breads

Add 1 tsp. almond butter (natural, ingredients should be almonds...period!)

Add 1 tsp. unsweetened fruit jam (I love fig)

QUINOA FOOD BOWL TO GO!

Throw this in a tupperware, and you are ready to go!

Take 1/2 cup of quinoa (prepared plain according to package directions)

Add 1/4 thawed frozen shelled edamame

Throw in a handful or two of washed grape tomatoes

Add a dash of soy sauce and/or hot sauce

VEGGIE POWER CHILI

This recipe makes 8 servings, a great “weekend” make...easy and delish!

- 1 (15 oz) can pinto beans - drained and rinsed
- 1 (15 oz) can black beans - drained and rinsed
- 1 (15 oz) can light red kidney beans - drained and rinsed
- 1 (15oz) can dark red kidney beans - drained and rinsed
- 2 (28 oz) cans crushed tomatoes
- 1 (28 oz) can diced tomatoes
- 2 cups celery diced
- 1 small red bell pepper, diced
- 1 small yellow bell pepper, diced
- 1 medium red onion, diced
- 2 tablespoons ground cumin
- 3 tablespoon garlic powder
- 4 tablespoons chili powder



Heat a large sauté pan over medium high heat, spraying with cooking spray. Cook vegetables until they are slightly soft - about 6-7 minutes.

Meanwhile, combine tomatoes, beans and spices in a large dutch oven. When vegetables are done, add them to the mixture and combine thoroughly. Simmer for 3-4 hours on low, stirring every so often.

ZUCCHINI NOODLES WITH PESTO

Makes 2 dinner portions

3 large zucchini (about 2 ½ pounds) *choose the largest you can find, it makes creating the “noodles” easier

2 tablespoons homemade or store-bought Pesto, best quality, natural ingredients

2 tablespoons freshly grated Parmesan cheese

2 tablespoons pine nuts or chopped walnuts, toasted until golden*

Salt and freshly ground black pepper to taste

2 teaspoons extra virgin olive oil

Using a vegetable peeler, press firmly and peel zucchini into long, wide ribbons. Work your way around the zucchini and stop when you get to the seeds. (continued) Lightly coat a non-stick pan with olive oil and heat to medium-high heat. Add the zucchini “noodles” to pan and gently stir for about 1-2 minutes, until just al dente. In a medium bowl, combine the cooked zucchini, pesto sauce, Parmesan cheese and toasted nuts. Season with salt and pepper to taste (be sure to add enough salt to bring out all the flavors), then serve.

*nuts can be toasted in a pan without oil on medium heat...be careful not to burn them!