

Menu Plans

HEALTHY MEALS
& SNACK IDEAS



“Eat breakfast like a king, lunch like a prince, and dinner like a pauper.”

Adelle Davis, Author and Nutritionist

Good Food + Consistency = Sustainable Results

Looking for a cheat day, comfort food, special treats, or just a little snack? These types of decisions can add up quickly, even if they feel innocent at the time.

Of course, dieting and weight loss do not mean total restriction or the absence of anything sweet or delicious. Instead, it requires taking a more cognizant approach to what, how, and why we eat and staying consistent with our food choices.

Whether you eat for pleasure or fuel, preparing what you eat in advance can help you meet your daily caloric intake and feel energized without packing on additional weight.

To help you, I've created this healthy weight loss menu designed to give you all of your macronutrients, help you feel satiated, and give you the energy you need to thrive. However, before you scroll through each menu item, I recommend you read the next page of tips to help you understand how to prep meals and make them healthy.

Adopt even a few of these tips, and I am sure you will see the results on the scale and in your measurements.

Remember, no one is perfect! We all have days where we make better choices than others. It's important to stay motivated, and pick our habits right back up with our next meal.

Keep these tips close by when you need them. Each one really packs a punch and can set you up for success.



10 Easy Meal Prep Tips for Healthier Meals

- 1 Plan meals at least one day in advance.** Planning meals in advance allows you to buy proper ingredients and help set your schedule so that you prioritize healthy meals over quick and unhealthy ones.
- 2 Think about nutrients as much as calories.** When planning out meals, it's important to think about what you eat as much as how many calories each meal carries. Poor ingredients like artificial sugars, heavily processed meats, and foods rich in trans fats carry additional health risks that can lead to inflammation and disease.
- 3 Eat the bulk of your calories earlier in the day.** Eating most of your calories in the morning and lunch will give you energy throughout the day and make you less likely to eat as much at dinner when your body begins to unwind.
- 4 Avoid nighttime snacking.** Program the body to become a fat-burning machine by avoiding any food 3-4 hours before bed so that your body starts burning internal fats for fuel.
- 5 Add protein to low-calorie meals to hit caloric goals.** Proteins are more effective at burning calories and building muscle, unlike some carbohydrates, which may be nutritionless stores of energy.
- 6 Plan to meet your macronutrient goals.** Most nutritionists recommend your diet be composed of 45%-65% carbohydrates, 20%-20% fats, and 10-35% protein.
- 7 Look for foods rich in complex carbs and unsaturated fats.** Complex carbs and unsaturated fats are richer in nutrients and provide a steady energy source throughout the day.
- 8 Add more fiber** to meals to satiate hunger.
- 9 Eating whole grains early in the morning** can be a good source of energy and help you feel satisfied throughout the day.
- 10 Substitute artificial additives for natural ones.** For example, substituting jams with high-fructose corn syrups for sugar-free alternatives or real fruits can help satisfy sweet tooth.

Breakfast

Weightloss Menu Options



Overnight Oats

- 1 banana -peeled and mashed
- 3/4 cup soy milk, almond milk or coconut milk, unsweetened
- 1/2 cup oatmeal
- 1 tablespoon ground flaxseed
- 2 tablespoons hemp seeds
- 1 tablespoon peanut butter
- 1 cup mixed frozen berries
- Dash of cinnamon

Nutrition Facts

Serves 2, Calories-serving: 320 / Protein: 27g / Total Fat: 27g / Saturated Fat: 3.8g / Trans Fat: 0g / Cholesterol: 0 mg / Total Carbohydrates: 83g / Dietary Fiber: 16g / Total Sugars: 29 g / Added Sugars: 0g / Sodium: 110 mg

Avocado Toast

- 2 slices Ezekiel Bread
- 1/2 large avocado (mashed)
- 1/2 tsp everything bagel seasoning (or sesame seeds if preferred)
- 1 tbsp pumpkin seeds
- 1 tbsp chia seeds
- 1 tbsp hemp seeds

Toast the bread to your liking, Mash the avocado and spread evenly on both slices of bread. Sprinkle the seasoning and then seeds onto each slice evenly.

Nutrition Facts

Serving - 1 Slice. Calories: 289 / Protein: 12g / Total Fat: 18g / Saturated Fat: 2g / Trans Fat: 0g / Cholesterol: 0mg / Total Carbohydrates: 23g / Dietary Fiber: 9g / Total Sugars: 1g / Added Sugars: 0g / Sodium: 80g / Potassium: 429mg / Vitamin A: 112 IU / Vitamin C: 5mg / Calcium: 54mg / Iron: 3mg

Green Dream Smoothie

- 1 cup pineapple chunks, fresh or frozen (can substitute mixed berries if preferred)
- 1 small banana, peeled fresh or frozen
- 1 cup baby spinach
- 1 cup coconut milk or soy milk, unsweetened (can substitute yogurt)
- 1 cup ice (if fruit is not frozen)

(Can put fruit in a container the night before and freeze overnight before blending or buy frozen fruit)

Add fruits to a resealable bag or a freezer-safe jar and freeze overnight.

When ready to blend, add wet ingredients to the blender first, followed by frozen dry ingredients, and puree until smooth

Nutrition Facts

Serves 1, Calories: 260 / Protein: 1g / Total Fat: 2 g / Saturated Fat: 2g / Trans Fat: 0g / Cholesterol: 0mg / Total Carbohydrates: 28g / Dietary Fiber: 3g / Total Sugars: 18g / Added Sugars: 0g / Sodium: 13mg / Potassium: 384mg / Vitamin A: 1490 IU / Vitamin C: 49mg / Calcium: 75mg / Iron: .8mg

Peanut Butter Parfait

- 2 tablespoons unsweetened peanut butter (or your preferred nut butter)
- 1/2 cup mixed berries (blueberries, strawberries, raspberries, blackberries)
- 1 tablespoon healthy granola
- 1 teaspoon flax seed

Spread the nut butter on the bottom of a bowl. Add berries and granola on top.

Nutrition Facts

Serves 1, Calories: 252 / Protein: 9g / Total Fat: 16.2g / Saturated Fat: 3.1g / Trans Fat: 0g / Cholesterol: 0mg / Total Carbohydrates: 21g / Dietary Fiber: 8g / Total Sugars: 7.5g / Added Sugars: 0g / Sodium: 110mg / Potassium: 201mg / Calcium: 23mg / Iron 2.35mg

Greek Yogurt Parfait

- 2 cups honey vanilla Greek yogurt
- 2 cups strawberries chopped
- 2 cups blueberries
- 2 cups almond granola
- 2 teaspoons chia seeds

Rinse and pat dry the blueberries and strawberries. Cut the strawberries into pieces.

Layer yogurt, strawberries, blueberries, and granola in a glass cup or mason jar. You can layer as much of each ingredient as you please. It's really a personal preference. This is how I layer it: 1/4 cup Greek yogurt, 1/4 cup strawberries, 1/4 cup blueberries, 1/4 cup granola, 1/2 tsp chia seeds.

Nutrition Facts

Serves 4, Calories: 409 / Carbohydrates: 60g / Protein: 18g / Fat: 11g / Saturated Fat: 1g / Cholesterol: 5mg / Sodium: 57mg / Potassium: 544mg / Fiber: 6g / Sugar: 26g / Vitamin A: 40IU / Vitamin C: 49.5mg / Calcium: 178mg / Iron: 3.2mg

Loaded Baked Veggie Omelet Muffins

- Nonstick cooking spray
- 9 large whole eggs
- 1/4 teaspoon kosher salt
- 3 tablespoons fresh spinach
- 3 strips cooked chopped bacon
- 3 tbsp diced tomatoes
- 3 tbsp diced onion
- 3 tbsp diced bell pepper
- 2 oz shredded cheddar
- Black pepper

Preheat the oven to 350 F. Spray the muffin tins with cooking spray.

In a large bowl, whisk the eggs, and season with salt and pepper.

Mix in the remaining ingredients.

Fill and place tins on a cookie sheet and bake for 20 to 25 minutes until set.

Nutrition Facts

Serves Size 2 muffins, Calories 165 / Carbohydrates 2.5g / Protein 14g / Fat 11g / Saturated Fat 4.5g / Cholesterol 289mg / Sodium 267mg

Two Ingredient Banana Pancakes

- 1 ripe banana
- 2 large eggs, lightly beaten

Optional Mix-ins

- Butter or oil, for cooking
- 1/8 teaspoon baking powder, for fluffier pancakes
- 1 tablespoon unsweetened cocoa powder
- 1/2 cup chopped nuts, chocolate chips, or a mix
- 1/4 cup granola
- 1 cup fresh fruit, like blueberries, raspberries, or chopped apple

Mash the banana. Peel the banana in a medium bowl and break it into several big chunks. Use a dinner fork to mash the banana thoroughly. Continue mashing until the banana has a pudding-like consistency and no large lumps remain; a few small lumps are okay. You should have 1/3 to 1/2 cup of mashed bananas.

Add flavorings if desired. These pancakes are pretty great on their own, but a few extras never hurt. Add 1/8 teaspoon of baking powder for fluffier, lighter pancakes, or whisk in some cocoa powder or honey to flavor the pancakes. Save any chunky, heavy ingredients—like nuts or chocolate chips—for when the pancakes are on the griddle.

Stir in the eggs. Pour the eggs over the banana and stir until completely combined. The batter will be very loose and liquidy, more like whisked eggs than regular pancake batter.

Heat a pan over medium heat. Heat a cast iron pan, nonstick frying pan, or griddle over medium heat. Melt a little butter or warm a little vegetable oil in the pan if desired.

Drop the batter on a hot griddle. Drop about 2 tablespoons of batter into the pan. It should sizzle immediately—if not, turn up the heat slightly. Repeat by dropping more batter into the pan, leaving at least an inch or two between pancakes.

Cook for about 1 minute. Cook the pancakes until the bottoms look browned and golden when you lift a corner, about 1 minute. The edges should also be starting to look set, but the center will still be loose, like barely set Jell-O.

Sprinkle with toppings. Sprinkle loose toppings, like nuts or chocolate chips, over the pancakes as the first side cooks.

Flip the pancakes. I've found it best to do this very gently and fairly slowly—the opposite of regular pancakes. Gently work a thin, flat spatula about halfway under the pancake, then lift until the unsupported half of the pancake is just barely lifted off the skillet. Flip the pancake. As you do this, some loose batter will probably spill onto the skillet; just be sure to lay the pancake on top of the spill and nudge any excess back under the pancake.

Cook for another minute or so. Cook until the other side is also golden-brown, about 1 minute more. You can flip the pancakes a few times if you need to in order to get them evenly browned. (Flipping is much easier once the second side is set!)

Serve warm. These pancakes are best when eaten fresh off the griddle and still warm.

Nutrition Facts

Serves 1, Calories: 260 / Protein: 1g / Total Fat: 2 g / Saturated Fat: 2g / Trans Fat: 0g / Cholesterol: 0mg / Total Carbohydrates: 28g / Dietary Fiber: 3g / Total Sugars: 18g / Added Sugars: 0g / Sodium: 13mg / Potassium: 384mg / Vitamin A: 1490 IU / Vitamin C: 49mg / Calcium: 75mg / Iron: .8mg

Lunch

Weightloss Menu Options



Add Some Protein

Feel free to add protein to your meal if desired and per your daily caloric goals

3 oz grilled chicken for an additional 110 calories per serving.

4 oz grilled salmon for an additional 180 calories per serving.

¼ cup tuna salad (mixed with 1-2 tbsp lite mayonnaise) for an additional 150 calories.

3 oz of Tofu for an additional 80 calories.

Kale Salad

- 1 bunch of kale - about 1/2 pound
- 1/4 cup of currants
- 1/4 cup of toasted pine nuts
- 1/2 cup olive oil
- 1/4 cup parmesan cheese (more if desired, but it should dissolve)
- 1 orange - peeled and cut into bite sized pieces

Mix all ingredients together and toss until parmesan is dissolved. Can be made a day ahead, so kale is saturated and flavors blend

Nutrition Facts

Calories: 137 / Carbohydrates: 9g / Protein: 6g / Fat: 10g / Saturated Fat: 2g / Cholesterol: 4mg / Sodium: 297mg / Potassium: 329mg / Fiber: 1g / Sugar: 1g / Vitamin A: 6742IU, Vitamin C: 83mg / Calcium: 177mg / Iron: 1mg

Turkey Avocado Super Sandwich

- 2 slices Ezekiel Bread
- 6 oz sliced turkey
- 1/2 avocado

Pop the Ezekiel bread in the toaster

Mash up the avocado with the back of a fork and then smear it onto your toasted bread.

Layer your bread with your turkey and avocado. Close it up, take a bite, and smile!

Nutrition Facts

Serving Size: 1 Sandwich / Calories: 393 / Carbohydrates: 38g / Protein: 19g / Fat: 20g / Saturated Fat: 3g / Fiber: 9g / Sugar: 4g

Creamy Buffalo Chicken Soup

- 1.5 lbs of chicken breast or tenders-raw, about 3 chicken breasts or 10-12 tenders. You can also substitute the raw chicken and use 2.5 cups cooked rotisserie chicken, shredded or diced cooked chicken.
- 1 small onion, chopped
- 1 cup carrots, chopped
- 4 celery ribs, chopped
- 4 cloves garlic, minced
- 1 cup unsweetened almond milk
- 3 tablespoons flour
- 1 tablespoon dry ranch dressing seasoning
- 1 tsp onion powder
- 32 oz or 4 cups low sodium chicken broth
- 8 ounces low-fat cream cheese softened
- 1/4 cup - 1/2 cup Frank's hot sauce
- Green onions, chopped for garnish
- Blue Cheese crumbles, garnish

Spray a skillet with non-stick cooking spray. Saute the onions, garlic, celery, and carrots.

In a small mixing bowl, whisk together the flour, ranch powder, and 1 cup of chicken broth and add that into the skillet with the vegetables.

Pour milk/flour mixture and the cooked vegetables into the slow cooker and add the rest of the chicken broth, onion powder, hot sauce, and the raw chicken breasts.

Cook for 5-6 hours on low. Remove chicken breasts.

While the chicken cools, add 1 cup of hot broth to the cream cheese and unsweetened almond milk.

Whisk until smooth and then add back into the soup.

Shred the chicken with two forks and put into the slow cooker. Cook for another ½ hour to hour or until the soup is hot.

Nutrition Facts

Servings: 8 / Serving Size: 1 1/3 cup / Calories: 248 / Fat: 8g / Saturated Fat: 2g / Monounsaturated Fat: 3g / Carbohydrates: 26g / Fiber: 7g / Sugar: 5g / Protein: 6g

Grilled Chicken Tacos with Lettuce Slaw, Avocado & Cotija

For The Chicken

- 16 oz 4 thin sliced boneless chicken breast cutlets
- 1 1/4 tsp seasoned salt, I used Lawry's Fire Roasted Chili & Garlic
- 1 tsp olive oil
- 1 tsp lime juice

For The Tacos

- 2 1/2 cups 4 oz shredded romaine lettuce
- 1/2 cup 1 medium vine ripe tomato, chopped
- 1/4 loose cup chopped cilantro
- 1/4 cup thin sliced red onion
- 1 tsp olive oil
- 2 tsp lime juice

Season chicken with seasoned salt, olive oil, and lime juice and marinate for at least an hour.

Heat an outdoor grill or indoor grill pan on medium-high heat.

Oil the grates and grill for about 2 minutes. Turn and cook for an additional 1 minute or until cooked through. Set aside on a cutting board and slice into thin strips.

While the chicken is cooking, mix the lettuce, tomato, cilantro, onions, olive oil, lime juice, salt, and pepper in a large work bowl. Set aside.

Nutrition Facts

Serving Size: 2 tacos / Calories: 330 / Carbohydrates: 22g / Protein: 33g / Fat: 16g / Cholesterol: 83mg / Sodium: 697mg / Fiber: 5g / Sugar: 2g

Grilled Tofu Skewers with Sriracha Sauce

- 1/4 cup reduced-sodium soy sauce
- 1/4 cup finely chopped onion
- 1 jalapeno pepper, seeded and finely chopped
- 2 Tbsp sriracha sauce or Asian chili garlic sauce
- 2 Tbsp toasted sesame oil
- 1/4 tsp black pepper
- 1/2 (14oz) pkg extra firm tofu, drained and cut into 1 inch cubes
- 1 zucchini, halved and cut into 1 inch slices
- 1 red bell pepper, cut into 1-inch pieces
- 10 large fresh button mushrooms (7oz)

Stir together soy sauce, onion, jalapeno, sriracha sauce, sesame oil, and black pepper in a 1 gal zip-top plastic bag or large bowl.

Add tofu, zucchini, bell pepper and mushroom to the bag. Seal and turn to coat.

Chill for at least 1 hour.

Heat outdoor grill or indoor grill pan.

Drain Tofu mixture, reserving marinade. Thread tofu and vegetables onto skewers, leaving 1/4 inch between pieces.

Grill skewers until tofu is browned and vegetables are tender, turning once. 8-10 minutes.

Pour reserved marinade into a small saucepan. Heat through over medium heat.

Serve with skewers.

Nutrition Facts

Serving Size: 2 skewers / Calories: 167 / Fat: 10g / Saturated Fat: 1g / Protein: 9g / Carbohydrates: 12g / Fiber: 4g / Sugar: 7g

Quinoa and Black Bean Chili

-  1 cup quinoa, rinsed
-  2 cups water
-  1/4 tsp salt
-  2 tbsp vegetable oil
-  1 onion, chopped (1 cup)
-  4 cloves garlic, chopped
-  1 tbsp chili powder
-  1 tbsp cumin
-  1 (28-oz) can crushed tomatoes
-  2 (15-oz) cans black beans, rinsed and drained
-  1 cup chopped green bell pepper
-  1 cup chopped red bell pepper
-  1 ¼ cups chopped zucchini
-  1 jalapeno pepper, seeded and minced
-  1 whole chipotle pepper in adobo sauce, minced
-  1 tsp dried oregano
-  1/2 tsp salt
-  1/4 tsp black pepper
-  1 cup frozen corn kernels
-  1/4 cup chopped fresh cilantro

Bring quinoa, water and salt to a boil in a saucepan over high heat. Reduce heat to medium-low and simmer covered until quinoa is tender and water is absorbed. 15-20 minutes.

Meanwhile, heat oil in a heavy 5 qt pot over medium heat. Add onion and cook, stirring, until softened and translucent, about 5 minutes. Add garlic, chili powder, and cumin; Cook, stirring for 1 minute.

Stir in tomatoes, beans, green and red bell peppers, zucchini, jalapeno, chipotle pepper, oregano, salt, and black pepper.









Bring to a simmer over medium heat, then continue to simmer covered stirring occasionally, 20 minutes.

Stir in quinoa. If it's really thick, add up to 1 cup water. Cook until heated through, about 5 minutes. Remove from heat and stir in cilantro. (This can be made 3 days ahead and chilled, covered, or frozen for up to 2 months.)

Nutrition Facts

Serving Size: 1 cup / Calories: 213 cal / Fat: 6g / Saturated Fat: 1g / Protein: 9g / Carbohydrates: 37g / Fiber: 8g / Sugars: 0g / Sodium: 505mg

Vegan Pesto

-  3 packed cups of basil leaves
-  1/4 cup raw cashews
-  1 medium garlic clove, roughly chopped
-  2 tsp white miso
-  2 tsp lemon juice
-  1/4 tsp fine sea salt
-  Freshly ground black pepper, to taste
-  1/3 cup extra virgin olive oil

In a food processor (see below for blender instructions) combine the basil with ¼ Cup cashews and 1 garlic clove. Pulse until everything is broken down.

Add miso, lemon juice, salt, and a few grinds of pepper. With the motor running, gradually stream in the olive oil and puree until smooth. Taste and adjust the seasonings if needed.

Scrape the pesto into a small container and close it with an airtight lid. Keep in the fridge for up to 2 days or freeze for up to 3 months.







Note: Although a food processor is best, you can make pesto in a blender: Combine all the ingredients in the blender at once and puree until smooth, stopping to scrape down the sides often. This method may require a bit more oil.

Nutrition Facts

Serving size: 1 tablespoon / Calories: 107 / Fat: 11g / Carbohydrates: 2.1g / Protein 1.2g







Grain Bowls

With Brown Rice

-  1/2 cup uncooked brown rice (106 cal cooked)
-  2 cups green cabbage thinly sliced (66 cal)
-  1/4 cup canned black beans rinsed/drained (84)
-  1 large tomato chopped (32 cal)
-  1/4 cup corn (33 cal)
-  1/4 avocado sliced (80 cal)






Total Calories: 401

With Farro

-  1 cup farro (169 cal cooked)
-  2 cups baby spinach (14 cal)
-  1/2 cup canned chickpeas rinsed/drained (148 cal)
-  1/2 cup cherry tomatoes sliced (31 cal)
-  2 Persian cucumbers sliced (30 cal)
-  2 tbsp blanched almonds (80 cal)

Total Calories: 472

With Quinoa

-  1/2 cup uncooked quinoa (222 cal cooked)
-  2 cups purple cabbage thinly sliced (44 cal)
-  1/2 cup shelled edamame (120 cal)
-  1 red pepper thinly sliced (18 cal)
-  2 carrot diced (60 cal)

Total Calories: 464

To Cook the Brown Rice

Add the brown rice, 1 and 1/4 cups water & salt to a pot. Bring to a boil, then reduce to a simmer, cover, & cook for 40 minutes until all the water has evaporated. Remove from heat, but keep the pot covered for 10 minutes. Fluff with a fork and serve.

To Cook the Farro

Add the farro, 3/4 cup water, & salt to a pot. Bring to a boil, then reduce to simmer, cover, & cook for 20 minutes until all the water has evaporated. Remove from heat, but keep the pot covered for 5 minutes. Drain any excess water, if any, fluff with a fork, and serve.






To Cook the Quinoa

Add the quinoa, 3/4 cup water, and salt to a pot. Bring to a boil, then reduce to simmer, cover and cook for 15 minutes until all the water is evaporated. Remove from heat, but keep the pot covered for 5 minutes. Fluff with a fork and serve.

Sauce Options

Feel free to add to any meal as desired for an extra dose of healthy flavor.

Cilantro Lime Tahini Dressing

-  1 packed cup cilantro leaves with tender stems (about 1 small bunch)
-  1/2 cup well-stirred tahini (see note below)
-  1/2 cup of water
-  1/4 cup fresh lime juice from 2-3 limes
-  1 medium clove of garlic

Combine all the ingredients in a blender. Puree until smooth, stopping to scrape down the sides of the blender as needed. Taste and adjust the seasonings if needed. Scrape into an airtight container and store in the fridge for up to 4 days.








Note - Be sure to read the ingredient label when purchasing tahini. The only ingredient should be sesame seeds. Tahini can vary in taste and texture depending on the brand. Middle eastern brands are the best, and the lighter the color of the tahini, the less bitter it is.

Be careful not to over blend the sauce. Too much blending may overheat your tahini and alter its taste (making it too bitter).

Nutrition Facts

Serving size: 2 tablespoons / Calories 96 / Fiber 1.9g / Protein 3g

Sesame Ginger Vinaigrette

-  1 inch knob fresh ginger; peeled and minced (about 1 tablespoon)
-  1 tbsp toasted sesame seeds
-  3 tablespoons soy sauce or tamari
-  2 tablespoons seasoned rice vinegar
-  1 tablespoon avocado oil, organic canola, or another neutral tasting oil of your liking
-  1 tablespoon maple syrup or honey
-  1 tablespoon toasted sesame oil













Combine all the ingredients in a bowl and whisk to incorporate. Alternately, combine everything in a jar and shake to incorporate. Keep in an airtight container in the fridge for up to 2 weeks.

Note-Oil separation is normal, be sure to shake before using

Nutrition Facts

Serving size: 2 Tablespoons / Calories: 90 / Fat 8.7g / Carbohydrates 5.1g

Greek Salad Sandwich

-  2 tomatoes, ripe but firm, 1 thinly sliced, 1 cut in small dice
-  2 ounces cucumber, thinly sliced
-  2 ounces green pepper about 1/2 small pepper, seeded and thinly sliced
-  1 slice red onion, cut in half, rings separated, rinsed and drained optional
-  1 tablespoon crumbled feta (about 1/2 ounce)
-  1 to 2 teaspoons chopped fresh mint
-  1 teaspoon sherry vinegar or red wine vinegar
-  2 teaspoons extra virgin olive oil
-  Freshly ground pepper and salt (optional)
-  2 small (3 1/2-inch) whole-wheat English muffins, lightly toasted
-  2 teaspoons mayonnaise
-  Dijon mustard (optional)

In a medium bowl, combine the diced tomato, cucumber, green pepper, onion, feta, and mint. Toss with vinegar and olive oil. Season if desired with salt and pepper.





Spread the bottom half of an English muffin with half the mayonnaise. Layer half of the sliced tomato on top. Top with half the Greek salad mixture. Spread the top half of an English muffin with mustard, if desired, and place it on top of the salad.

Press down, cut in half, and serve. Alternatively, you may wrap the sandwich in plastic and refrigerate it. Use the remaining ingredients for a second sandwich.

Nutrition Facts

Serving Size: 1 Sandwich / Calories: 176 / Fat: 8g / Saturated Fat: 2g / Monounsaturated Fat: 3g / 26g carbohydrates / 7 grams fiber / 5g sugar / 6g protein /

Natural Peanut Butter & Sugar-Free Jam Sandwich

-  Jif Natural Peanut Butter (or any Natural Peanut
-  Butter of your choice)
-  Sugar-Free Jam (I like to use Smuckers)
-  2 slices low-calorie bread (647 is a great option)

Nutrition Facts

Serving Size: 1 Sandwich / Calories 270 / Carbohydrates: 16g / Fat 16g / Protein 12g

Dinner

Weightloss Menu Options



Add Some Protein

3 oz grilled chicken for an additional 110 calories per serving.

4 oz grilled salmon for an additional 180 calories per serving.

¼ cup tuna salad (mixed with 1-2 tbsp lite mayonnaise) for an additional 150 calories.

3 oz of Tofu for an additional 80 calories.

Vegetarian Stuffed Peppers

- 4 bell peppers (tops and seeds removed)
- 1 cup quinoa
- 1/2 cup salsa
- 1/2 cup corn
- 1/2 cup black beans
- 1/2 cup shredded cheese (mozzarella or cheese)

Place hollowed-out peppers in a microwave-safe dish and cook in the microwave for about 3 minutes.

Cook quinoa according to package directions

Preheat oven to 350 degrees

Transfer 1/2 of the quinoa into a pot and add salsa, corn, and beans (you can add more or less of all these ingredients to your liking) and warm through so the salsa, beans and corn are thoroughly incorporated into the quinoa.

Take a spoon and fill equal amounts of the quinoa mixture into each pepper. Fill each pepper completely.

Top each pepper with the shredded cheese

Bake in the oven until the cheese is melted and the peppers are tender—about 30 minutes.

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Mixed Vegetable Stir Fry

- Low-sodium vegetable broth (3/4 cup)
- apple juice (1/2 cup)
- low-sodium soy sauce (2 tablespoons)
- garlic, minced (4 cloves)
- fresh ginger root, peeled and minced (2 teaspoons)
- maple syrup (1 tablespoon)
- apple cider vinegar (2 teaspoons)
- black pepper (to taste)
- water (2 tablespoons)
- onion, sliced
- sliced button mushrooms (2 cups)
- red bell pepper, cut into strips
- sea salt (pinch)
- carrots, sliced diagonally (3)
- green beans, trimmed and cut in half on a diagonal (1 cup)
- broccoli spears (2 cups)
- snow peas, trimmed (1 cup)
- cornstarch (1 tablespoon)

Place 1/2 cup low-sodium vegetable broth, apple juice, low-sodium soy sauce, garlic, ginger, maple syrup, apple cider vinegar, and black pepper into a small saucepan.

Separately, mix the cornstarch and water together until smooth. Add to the saucepan and slowly heat, while whisking, over medium heat. The sauce is finished once it thickens to desired consistency. You can dilute with a little more vegetable broth if it gets too thick. If it needs to be thicker, you can add more diluted cornstarch. Adjust seasoning to taste.

To make the stir-fry, heat a large skillet or wok over medium-high heat. Add two or three tablespoons of the vegetable broth and heat briefly.

Add the onion, mushrooms, bell pepper, and sea salt. Cook and stir for a few minutes.

Add the carrots and green beans, cover, and cook a few minutes longer. Add a little more vegetable broth if the vegetables begin to stick to the skillet.

Add the broccoli and snow peas. Cook until the vegetables are brightly colored and crisp-tender

Add sauce (to your liking) and serve over brown rice.

Nutrition Facts

Servings: 4 / Serving Size 1/4 Recipe / Calories: 115 / Protein: 4g / Carbohydrates: 25g / Sugar: 13g / Fat: 1g / Fiber: 5g / Sodium: 429mg

Air-Fried Barbecue Chicken Tenders

Airfrying chicken gives the skin a wonderfully crisp texture without the addition of any oil, which makes it a great method to use for a quick and healthy weeknight dinner.

- 2 lbs chicken tenders
- 1 tbs. smoked paprika
- 2 tsp. kosher salt
- 1 tsp. garlic powder
- 1/2 tsp. freshly ground black pepper
- 1/8 tsp. cayenne pepper
- 1 tsp. light brown sugar
- 1 1/2 cups BBQ Sauce, plus more for serving (opt.)

In a small bowl, stir together the paprika, garlic powder, salt, pepper, cayenne and brown sugar.

Rub the spice mixture evenly over the chicken pieces. Preheat Airfryer to 375°F (190°C). Place the chicken pieces in the fry basket. Cook until the chicken is nicely browned, about 10 minutes.

Remove the basket from the air fryer and remove the chicken from the basket. Brush the chicken evenly with the barbecue sauce.

Reduce the air fryer temperature to 350°F (180°C). Return the chicken to the basket and insert the basket into the air fryer. Cook for an additional 5-10 min or until an instant-read thermometer registers 165°F. Serve immediately, passing additional barbecue sauce alongside if desired.

Add a small side house salad (Lettuce, tomato, cucumber, onion) if desired or a vegetable of your choice.

Nutrition Facts

Serving Size: 3oz / Calories: 267 / Fat: 4g / Saturated Fat: 1g / Cholesterol: 97mg / Sodium: 750mg / Potassium: 654mg / Carbohydrates: 24g / Fiber: 1g / Sugar: 22g / Protein: 32g

Side Options

Add ½ cup of broccoli (15 cal) =282 calories

Add a side house salad-no dressing (80 cal)=347 calories
(Look for a light vinaigrette for added flavor, optional)

Jennifer Aniston Salad

- 3 1/2 cups of cooked bulgur wheat (1 cup uncooked)
- 2-3 chopped mini cucumbers
- 1/2 cup chopped parsley
- 1/2 cup chopped mint
- 1/3 cup chopped red onion
- 1/2 cup chopped pistachios
- 2 cups chickpeas
- Juice of 1 lemon
- 1/4 cup olive oil
- Salt & Pepper
- 1/2 cup crumbled feta

Mix all ingredients together in a large bowl

Tip: Try it with Arugula!

Nutrition Facts

Serves 1, Calories: 388 / Carbohydrates: 54g / Protein: 11g / Fat: 16g / Saturated Fat: 4g / Sodium: 405mg / Potassium: 550mg / Fiber: 13g / Sugar: 3g / Iron: 4mg / Calcium: 109mg

Southwest Salad

Salad

- 1 head lettuce, chopped
- 1 cup bell pepper, chopped
- 1/4 cup fresh cilantro
- 15 oz black beans, 1 can
- 1/2 cup red onion, chopped
- 15 oz corn, 1 can
- 1/4 cup scallion
- 3/4 cup tomato, chopped

Dressing

- 1 avocado, halved
- 1 clove garlic
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup olive oil
- 1 tablespoon fresh cilantro
- 1 lime, juiced

Add all dressing ingredients to a blender, blend until smooth.

In a large bowl, add lettuce, peppers, cilantro, beans, onion, corn, green onion, and tomatoes.









Top with prepared dressing; toss to coat.

Nutrition Facts




Serving Size: 1 Salad / Calories: 342 / Fat: 17g / Carbohydrates: 44g / Fiber: 12g / Sugar: 8g / Protein: 10g

Black Bean Burger

Burger

-  1/2 cup farro rinsed and cooked
-  1 -15 oz can of black beans, rinsed
-  2 Tbsp extra virgin olive oil
-  Pinch of cinnamon
-  2 chipotle peppers in adobo (canned chortles)
-  1 small handful of cilantro
-  Salt and pepper to taste
-  1 tbsp coconut oil

Relish

-  1 large sheppards pepper or sweet red pepper (cut into small pieces)
-  1 medium onion, minced
-  1 medium garlic clove, minced
-  1 sprig of rosemary (left whole or needles removed)
-  1 tbsp extra virgin olive oil
-  1/4 cup balsamic vinegar
-  1/4 cup maple syrup 2-3 dashes Worcestershire sauce

Burger Directions

Rinse the farro in a strainer under cold water. Follow the cooking instructions on the package. Once the farro is cooked, drain any remaining water and let sit for 10 minutes.

Put cinnamon, chipotle peppers, olive oil cilantro, and 3/4 of the well-rinsed black beans into a food processor. Process until thick paste forms.

Transfer the contents of the food processor into a large mixing bowl. Add the Farro, remaining black beans, and salt and pepper. Using a spatula, stir the contents of the bowl very well.

(I like to make it a day ahead and chill overnight, so the patties stay together better)

Place a piece of parchment paper on the counter. Using your hands, form 5 small burger patties.

Place a skillet or large frying pan on a burner set to medium head. Let the pan heat up for a few minutes. Once hot, add the coconut oil spreading it around to coat the bottom of the pan. Add the burgers, letting them cook until golden brown on each side and heating through the center.

Serve on a bun with relish, greens, and condiments of your choice. Store leftovers in the fridge.

Relish Directions

Place a medium-sized pan on a burner set to medium heat. Let the pan heat up for a few minutes. Once hot, add the onion, garlic, and pepper to the pan mixing continuously to ensure even cooking. Saute for a few minutes.












Add the remaining ingredients and stir well. Bring mixture to a boil and then simmer on low heat for about 30 minutes, stirring occasionally. When the 30 minutes is up, turn off the heat, remove the rosemary sprig, and allow the relish to sit for 15-20 min.

Tip! Make it a day ahead and store it in the fridge overnight. Then I reheat it quickly before serving

Nutrition Facts

Servings: 5 / Serving Size: 1 burger / Calories: 239 / Fat: 5.3g / Cholesterol: 0mg / Sodium: 1091.6mg / Carbohydrates: 36.1g / Sugars: 1.9g / Protein: 11g / Vitamin A: 1% / Vitamin C: 14%

Everything-Seasoned Salmon Sheet Pan Dinner

-  Cooking Spray 4 sprays 0 calories
-  Uncooked Acorn Squash-1 med cut into 12 wedges
-  Kosher salt 3/4 tsp divided
-  Black pepper 3/4 divided
-  Uncooked Cauliflower 1lb multicolored cut into florets
-  Olive oil 1 1/2 Tbsp divided
-  4 Raw 5 oz salmon filets
-  Everything Bagel seasoning blend 2 TBSP
-  Plain fat free greek yogurt 1/2 cup
-  Dill 1 Tbsp chopped or 1 tsp dried
-  Uncooked scallions 1 Tbsp finely chopped

Place a sheet pan in the oven. Preheat the oven to 425. Leave the pan in the oven.

Coat the squash with cooking spray; sprinkle evenly with 1/4 tsp each salt and black pepper, tossing well to coat.

Carefully remove the hot pan from the oven and coat it with cooking spray. Arrange the squash and cauliflower on the pan. Roast for 12 minutes.

Meanwhile, brush the remaining 1 1/2 tsp oil over the tops of the fillets.Coat the tops of the filets with everything bagel seasoning.

After the vegetables have roasted for 12 minutes, carefully remove the pan from the oven. Turn the squash wedges over and stir the cauliflower.

Add salmon to the pan and return to the oven. Roast until the fish flakes easily when tested with a fork, 10-12 minutes.









Mix together yogurt, dill, scallions, and remaining tsp salt and 1/4 tsp black pepper in a small bowl. Top the salmon evenly with the sauce.

Nutrition Facts

Serving Size: 1 filet - 2 Tbsp sauce - 3 squash wedges - and 3/4 cup cauliflower / Calories: 430

15 Minute Cauliflower Fried Rice

Healthy fried rice made with cauliflower, carrots, onions, garlic, eggs, and sesame oil

-  1 Medium-sized head of cauliflower
-  2 tablespoons sesame oil
-  1 large carrot, cubed
-  2 garlic cloves, minced
-  1 cup frozen edamame
-  2 beaten eggs (use scrambled tofu for vegan)
-  3 tablespoons low sodium soy sauce (use tamari for GF)
-  6 green onions, minced

Prep Cauliflower: Shred cauliflower using the largest side of a grater or by just pulsing some rough-cut pieces in a food processor; The end product should resemble small grains of rice.

Stir Fry: Heat 1 tablespoon of sesame oil in a large skillet over medium-low heat. Add the carrots and garlic and stir fry until fragrant, about 5 minutes. Add the cauliflower, edamame, and remaining sesame oil to the pan; stir fry quickly to cook the cauliflower to a soft (but not mushy) texture.

Finishing touches: Make a well in the middle, turn the heat down and add the eggs. Stir gently and continuously until the eggs are fully cooked. Stir in the soy sauce and green onions just before serving.












Add some protein: Stir in some shrimp or chicken to add protein for a complete meal option.

Nutrition Facts

Servings: 5 / Serving Size: 1 burger / Calories: 239 / Fat: 5.3g / Cholesterol: 0mg / Sodium: 1091.6mg / Carbohydrates: 36.1g / Sugars: 1.9g / Protein: 11g / Vitamin A: 1% / Vitamin C: 14%

Tuscan Spaghetti Squash

Tuscan Spaghetti Squash is an easy vegetarian meal perfect for busy weeknights. With only 18 net carbs per generous serving, it's naturally low carb, keto-friendly, and gluten-free.

-  1 Spaghetti Squash, halved lengthwise and deseeded
-  1 cup water
-  1 large shallot, minced
-  2 cloves garlic, minced
-  4 large Roma tomatoes, cut into ½ inch pieces
-  salt and ground black pepper to taste
-  5 ounces of baby spinach
-  1 cup half and half
-  7 strips low sodium bacon, cut into ½ inch pieces
-  ½ cup freshly grated Parmesan cheese, plus more to garnish
-  ½ cup small basil leaves, or to taste

Preheat the oven to 400°F (200°C).

Put squash halves cut-sides down onto a rimmed baking sheet. Pour water around the squash.

Roast in a preheated oven until tender, 55 to 60 minutes; let cool slightly.

While the squash cools, heat a skillet over medium-high heat. Cook and stir bacon in a hot skillet until crisp, 3 to 5 minutes per side. Remove bacon with a slotted spoon to a plate lined with a paper towel.

Drain all but 2 tablespoons of bacon drippings from the skillet and return to medium-high heat.

Fry shallot and garlic in bacon grease until golden brown and fragrant, 1 to 2 minutes; add tomatoes and season with salt and pepper. Continue cooking until tomatoes break down, 2 to 3 minutes; add spinach and cook just until wilted, 1 to 2 minutes.




Stir half-and-half and parmesan cheese into the spinach mixture to melt the cheese. Reduce heat to low and cook at a simmer until the sauce thickens, 5 to 7 minutes.

Drag a fork from the edge of the squash toward the middle to strip the squash into strands; divide between 4 bowls; top with spinach sauce and bacon. Garnish with Parmesan cheese and basil to serve

Nutrition Facts

Serving Size: 1/4 of meal / Calories: 280 / Fat: 15g / Carbohydrates: 25g / Protein: 15g / Cholesterol: 42mg / Sodium: 807mg

Sheet Pan Chicken Fajitas

-  2 teaspoons chili powder
-  2 teaspoons ground cumin
-  2 teaspoons dried oregano
-  1 teaspoon smoked paprika
-  Kosher salt and freshly ground black pepper, to taste
-  1 1/2 pounds boneless, skinless chicken breasts, cut into thin strips
-  1 red bell pepper, cut into strips
-  1 yellow bell pepper, cut into strips
-  1 orange bell pepper, cut into strips
-  1 red onion, cut into wedges
-  3 cloves garlic, minced
-  3 tablespoons olive oil
-  1/4 cup chopped fresh cilantro leaves
-  2 tablespoons freshly squeezed lime juice
-  6 (8-inch) flour or corn tortillas, warmed

Preheat the oven to 425 degrees F.

Lightly oil a baking sheet or coat with nonstick spray.

In a small bowl, combine chili powder, cumin, oregano, paprika, 1 1/4 teaspoons salt, and 1 1/4 teaspoons pepper.

Place chicken, bell peppers, onion, and garlic in a single layer onto the prepared baking sheet. Stir in olive oil and chili powder mixture; gently toss to combine.





Place in the oven and bake for 25 minutes, or until the chicken is completely cooked through and the vegetables are crisp-tender. Stir in cilantro and lime juice.

Serve immediately with tortillas.

Nutrition Facts

Serving Size: 2 fajitas / Calories: 470 / Total Fat: 17g / Saturated Fat: 3g / Cholesterol: 125 mg / Sodium: 1100mg / Carbohydrates: 34g / Fiber: 4g / Protein: 44g / Sugar: 6g

Mashed Cauliflower (side dish)

-  5 cups cauliflower florets
-  1/4 cup light mayonnaise
-  1 clove garlic
-  1/4 tsp salt

Steam garlic and cauliflower until tender, approx 15 minutes. Drain.

In a food processor, add cauliflower, light mayonnaise, garlic and salt. Process until creamy.

Tip! Add 3 oz grilled chicken to make it a complete meal.

Nutrition Facts

Calories: 90 / Fat: 5.3g / Fiber: 2.7g / Saturated Fat: 0.8g / Sugar: 3.5g / Carbohydrates: 10.2g / Cholesterol: 3.8mg / Protein: 2.7g / Sodium: 300.6mg

Seriously
Simple Steps™

Healthy Snacks

Weightloss Menu Options



Eating healthy snacks can help you feel more satisfied and in control of your eating habits.

Dr. Andrew Weil, physician and author

SNACKS!!!

We saved the best for last! Next we will explore a variety of tasty and nutritious snack options that are simple to make and perfect for busy lifestyles. From fresh fruit and dark chocolate, yogurt, popcorn, you'll find something for every craving.

Eating healthy doesn't have to be a chore. With a little planning and preparation, it can be quick and easy to make snack choices that are both good for you and satisfying. Whether you're looking for a snack to tide you over between meals or a healthier option for your next party or gathering, this book has you covered.

So let's get started on discovering all the delicious and easy-to-make healthy snack options available to us!

Low-Calorie High Volume Snacks

**Eat Them All Day
to Satisfy Yourself!**

- 🌱 1 cup of air-popped popcorn = 31 calories
- 🌱 1 cup of sliced/chopped carrots = 52 calories
- 🌱 1 apricot = 17 calories
- 🌱 1 slice of cantaloupe = 24 calories
- 🌱 1/2 grapefruit = 39 calories
- 🌱 1 cup of green beans = 40 calories



Easy Snack Options

Fresh fruit like bananas (105 cal), apples (95 cal), and orange slices(60 calories). I leave the house with one or two pieces of fruit daily.

Plain Greek yogurt (without added flavors). (100 cal) Add fresh blueberries, bananas, or strawberries if you want it sweet. Flavored yogurts have a ton of sugar! You can keep a supply of yogurts for a few days in your office fridge.

Natural trail mix, but try to keep the carb portion low. Remember to read the labels! (approx ¼ cup=175 calories, but just a small handful will do)

A bag of fresh and pre-washed **baby carrots**. Eat them until you're full. 1 cup only equals 52 calories.

Other raw veggies like broccoli (cup=31 cal), celery (2 stalks=15 cal), green beans 9 cup=31 cal), tomatoes(2 med=44 cal), snap peas (¾ cup 40 cal), etc. Consider dipping your veggies in a little hummus (but watch the garlic breath at work!).

Raisins. 1 box = 90 calories

String cheese; mozzarella is a good healthy option. Just remember to keep it under 150 calories!

A bag of **air-popped popcorn**. (1 cup = 31 calories)

A **rice cake** with a small amount of natural peanut butter on it = 145 calories

Additional Healthy Snack Ideas

My favorite healthy sweet snack alternative is the smoothie. Add chocolate or vanilla protein powder to any smoothie for that sweet taste. My personal favorite is a combo of ice, almond milk, banana, spinach, and berries with a scoop of chocolate veggie powder. It's just like a chocolate shake though hundreds of calories less and ridiculously healthy!






Raspberries, strawberries, or blueberries are a great sweet alternative. ¾ of a cup of these delicious berries is about 50 calories.

1 cup of sugar-free Jell-O has less than 50 calories and is sure to satisfy your sweet tooth.

2 pieces of Hershey's mini dark chocolate bars total are only 92 calories! A few small pieces of chocolate can actually be a very good reward for following a healthy diet. They will satisfy your sweet tooth and may also benefit your general health. Dark chocolate contains antioxidants. Several studies have shown that these antioxidants may possibly lower blood pressure, improve cognitive function and fight against insulin resistance. Remember that these studies were based on small servings and not large quantities!

Greek yogurt mixed with fresh fruit is also a great choice. Plain Greek yogurt contains fewer carbohydrates (sugar), more protein, and just as much calcium as regular yogurt. I would recommend the low-fat version of Greek yogurt just as I would regular yogurt. Greek yogurt has a thicker and creamier consistency, giving it a more substantial feeling. You can mix it in a bowl, then spoon it onto a baking sheet and freeze it for bite-sized snacks.

Skinny Raspberry Oatmeal Bars

-  1 package (16 oz) Pillsbury sugar-free yellow cake mix
-  2 cups quick-cooking oats
-  5 tbsp Land O' Lakes light butter made with canola oil
-  1 jar (12.75 oz) of sugar-free raspberry preserves (but can use any sugar-free preserves you choose)
-  1 Tbsp water

Preheat the oven to 350 degrees.

In a large mixing bowl, combine cake mix, oats and butter. Stir until crumbly.

Spray a 13 x 9 baking dish with non-stick cooking spray. Press 3 cups of the crumb in a 13 x 9 baking dish. Bake for 10 minutes.

Let the crumble cool for 10 minutes.

In a small bowl add preserves and water. Stir until well blended. Spread over the cooled crumble.

Sprinkle remaining to crumble on top of the preserves. Bake for an additional 20-22 minutes.






Let them cool for 10 minutes before serving.

Nutrition Facts

Makes 18 Bars / Serving size: 1 Bar / Calories: 171 / Fat: 5g / Saturated Fat: 2g / Trans Fat: 0g / Unsaturated Fat: 2g / Cholesterol: 4mg / Sodium: 230mg / Carbohydrates: 31g / Fiber: 1g / Sugar: 1g / Protein: 2g

Cauliflower Chips

These crisp cauliflower chips are low in carbs and can be made in either the oven or your air fryer. Plus, they require just cauliflower, Parmesan cheese and seasonings to make! Swap out the Italian seasoning for ranch seasoning or your favorite spice blend for a different flavor profile.

-  2 cups riced cauliflower (12 ounces; see Tip)
-  1 1/3 cups finely grated Parmesan cheese
-  1/2 teaspoon dried Italian seasoning
-  1/2 teaspoon ground pepper
-  1/4 teaspoon salt

Position racks in top and bottom third of oven; preheat to 375°F. (Alternatively, see Air-Fryer Version below.) Line 2 large rimmed baking sheets with parchment paper; coat with cooking spray.

Place cauliflower in a large microwave-safe bowl. Microwave on High, uncovered, and stirring halfway through, until tender, about 2 minutes. Place the cauliflower in a clean kitchen towel (or paper towels); squeeze out as much liquid as possible. Place the cauliflower in a medium bowl; add Parmesan, Italian seasoning, pepper and salt; stir until combined.

Using a leveled tablespoon, portion mounds of cauliflower mixture 2 inches apart on the prepared baking sheets. Using a lightly greased bottom of a measuring cup or glass, press each portion into a circle about 1/8 inch thick.

Bake both pans, rotating them halfway through, until the chips are golden brown and crisp, about 20 minutes. Transfer to a paper-towel-lined plate; let cool completely, about 20 minutes.

Air Fryer Version

Prepare cauliflower through Step 3. Preheat the air fryer to 325°F for 5 minutes. Lightly coat the fry basket with cooking spray. Working in batches, gently place the cauliflower circles in the basket. Cook until mostly golden, about 8 minutes. Gently flip the chips and continue to cook until golden all over, about 5 more minutes. Let cool slightly, about 5 minutes, before serving. Repeat with the remaining cauliflower.

Nutrition Facts

Calories: 90 / Fat: 5.3g / Fiber: 2.7g / Saturated Fat: 0.8g / Sugar: 3.5g / Carbohydrates: 10.2g / Cholesterol: 3.8mg / Protein: 2.7g / Sodium: 300.6mg

Chocolate Coconut Date Energy Balls (Vegan)

- 20 large Medjool dates, pitted
- 1 cup shredded unsweetened coconut (+ more for rolling)
- 1/4 cup raw cacao powder (or unsweetened cocoa powder)
- 1/2 cup hemp seeds
- 2 Tbsp water

Prep-Line a baking sheet or plate with parchment paper. Then, place a few spoonfuls of desiccated coconut into a separate small bowl or dish. This is NOT the 1 cup of coconut that goes into the balls, but what the balls get rolled into so that they're coated on the outside! Set aside.

In a large food processor, add pitted Medjool dates, shredded coconut, cacao powder, hemp seeds, and water. Pulse until it forms a paste-like texture. If things aren't sticking together, feel free to add a splash more water until it does.

Using a large spoon, take a couple spoonfuls of the mixture from the food processor and place it in your hands. Roll into balls, then roll the balls in the dish with the coconut until the outsides of the balls are fully coated. Place the finished ball onto the parchment-lined baking sheet/plate.

Repeat until all mixture is used up. The recipe as written should make about 10-12 balls, depending on size.

Place the plate/sheet of balls into the freezer for 2 hours to allow them to get firm.

Allow balls to thaw for a couple of minutes before you enjoy them! The texture is meant to be soft and chewy. Store remaining in the fridge or freezer.

Nutrition Facts

Servings: 12 balls / Serving Size: 2 Balls / Calories: 98 / Fat: 5.3g / Cholesterol: 0.0g / Carbohydrates: 9.5g / Fiber 1.5g / Sodium: .9mg, Protein: 2g

Caprese Skewers

- 16 small fresh mozzarella balls
- 16 fresh basil leaves
- 16 cherry tomatoes
- Extra-virgin olive oil, to drizzle
- Coarse salt & freshly ground pepper, to taste

Thread mozzarella, basil and tomatoes on small skewers. Drizzle with oil and sprinkle with salt and pepper.

Nutrition Facts

Serving: 1 Skewer / Calories: 46 / Protein: 2.8g / Carbohydrates: 1g / Fiber: 0.2g / Sugars: 0.4g / Fat: 3.3g / Saturated Fat: 1.6g / Cholesterol: 7.6mg