



Berry Delicious High Protein Smoothie

- 1 cup unsweetened coconut milk
- 1 cup frozen berries
- ½ frozen banana
- 1 TBSP Flax Seed
- 1 scoop vanilla protein powder or plain greek yogurt (Chobani 100 vanilla greek is great)
- 1 TBSP Almond butter
- ½ cup crushed ice

Combine first 6 ingredients in blender. Add ice. Blend until smooth. Enjoy!
Always feel free too add in 1-2 cups spinach or zucchini for an extra dose of vitamins & minerals.

Super Green Smoothie

- 1 cup unsweetened almond milk
- 1 cup frozen strawberries or blueberries
- 2 cups spinach (Surprise!! It blends beautifully!)
- 1/2 frozen banana
- 1 tsp. ground flax seed
- 1 scoop vanilla protein powder
- 1 cup crushed ice

Blend until smooth!

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Chia Coconut Oatmeal

Serves 2

Ingredients:

1/2 cup steel cut oats of old- fashioned oats

1 ounce dry chia seeds

1 cups unsweetened coconut milk

1 tsp. cinnamon

4-5 drops stevia extract

2 tablespoons unsweetened coconut flakes

1 tsp. 100% pure maple syrup (optional)

Soak oats and chia seeds in coconut milk over night (I place in large mason jar and shake a few times). Before eating warm oatmeal on stovetop or microwave until desired consistency. Stir in stevia and/or maple syrup and more coconut milk to reach desired consistency and top with coconut flakes.

High Protein Trail Mix

1 cup lightly salted almonds

1 cup lightly salted walnuts

1/2 cup sunflower seeds

1 cup dried cranberries or blueberries

1/2 cup dark chocolate chips

1 tsp. sea salt

1 tsp. cinnamon

**For nut allergies, replace the almonds and walnuts with pumpkin seeds & sunflower seeds!

You can always toast the nuts in the oven at 450 degrees for 3-5 minutes first to bring out a rich flavor then toss with favorite mix-ins.

Let the family measure and mix and have fun playing with your favorite combinations. Place 1/4 cup into snack bags and keep in your snack basket!

Avocado Strawberry Spinach Salad

Ingredients:

Salad Ingredients:

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, diced (or you can double this to 2 avocados!)
- 4 ounces crumbled gorgonzola or goat cheese
- 1/4 cup sliced almonds, toasted
- half a small red onion, thinly sliced (optional)
- poppyseed dressing or strawberry vinaigrette(recipes below)

Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.

Strawberry Vinaigrette

(Makes 1 1/3 cups)

Ingredients:

- 1/2 pound fresh strawberries
- 2 tablespoon honey
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions:

1. Place all ingredients in a blender and blend until smooth.
2. Adjust honey to taste.



Grilled Chicken with Strawberry Feta Salsa

By Gena Knox

The key to this versatile salsa is choosing a fruit or vegetable that's at the peak of its season. During the hot summer months, I love using fresh peaches or watermelon; in fall and winter, roasted sweet potatoes make a perfect substitute.

PREP TIME 10 minutes

COOK TIME 25 minutes

YIELD 4 servings

Salsa:

2 cups fresh strawberries, hulled and quartered

½ cup finely chopped sweet onion

2 tablespoons lime juice

¼ cup crumbled feta cheese

2 teaspoons olive oil

1 avocado, peeled and diced

Chicken:

1 tablespoon olive oil

2 teaspoons lime juice

4 (6- to 8- ounce) boneless, skinless chicken breast halves

FIRST In a medium bowl, combine strawberries, onion, lime juice, feta, and oil; set aside.

NEXT Preheat grill or grill pan to medium heat. In a large bowl, whisk together 1 tablespoon olive oil and 2 teaspoons lime juice and season with salt and pepper. Add chicken breasts and toss to coat. Grill chicken for 6 minutes per side or until meat thermometer reads 165° F. Loosely cover chicken with foil and let it rest for 5 minutes.

LAST Add chopped avocado to salsa and season with salt and pepper; toss gently. Top chicken with salsa and serve.

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Brown Sugar Balsamic Glazed Pork Tenderloin

Serves 6

2 lbs Pork tenderloin
1 TBSP ground Sage
1/2 tsp salt
1/2 tsp pepper
1 clove garlic crushed
1 cup water
1/2 cup brown sugar
1 TBSP cornstarch
1/4 cup Balsamic vinegar
1/2 cup water
2 TBSP low sodium soy sauce

Instructions:

Mix together seasonings: sage, salt pepper, and garlic. Rub over tenderloin. Place 1 cup water in slow cooker; place tenderloin in slow cooker. Cook on high 6-8 hours. One hour before roast is finished, mix together the glaze in small sauce pan: brown sugar, cornstarch, balsamic vinegar, 1/2 cup water, soy sauce. Heat over medium heat and still until the mixture thickens (4 min) brush roast with glaze the last hour of cooking. Serve any remaining glaze on the side! Enjoy! This dish would pair beautifully with roasted vegetables! You could also bake this in the oven 350 for 35-45 minutes!

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World's Best Turkey Burger

Ingredients:

- o 2 lbs ground turkey (I use 7% fat rather than fat free)
- o 3/4 teaspoon salt
- o 1/2 teaspoon cracked black pepper
- o 4 teaspoons Worcestershire sauce
- o 1 teaspoon garlic powder
- o 1 teaspoon dried thyme
- o 1/2 teaspoon dried rosemary
- o 4 teaspoons Dijon mustard
- o 2/3 cup ricotta cheese

Directions:

1. Mix all ingredients together with hands.
2. Form into patties of desired size and thickness. If you keep them fairly thick, they will be moister.
3. Place into lightly greased, nonstick skillet(I like using my cast iron skillet) on medium high. Cook without moving until bottom side is dark brown and crusted - approximately 4-5 minutes.
4. Turnover, then reduce heat to medium and cook 8-10 minutes longer or until center is no longer pink and juices run clear.
5. I serve on ciabatta rolls with mayo, more Dijon, a slice of pepper jack cheese, lettuce and tomato. Yum!

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Broiled Salmon with Marmalade-Dijon Glaze

Ingredients:

1/2 cup orange marmalade
1 tablespoon Dijon mustard
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1/8 teaspoon ground ginger
4 (6-ounce) salmon fillets
Cooking spray

Preparation:

Preheat broiler. Combine first 6 ingredients in a small bowl, stirring well.

Place fish on a pan coated with cooking spray. Brush half of marmalade mixture over fish; broil 6 minutes.

Brush fish with remaining marmalade mixture; broil for 2 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Enjoy!

Baked Sweet Potato

Ingredients: Sweet Potatoes
Sea Salt
Coconut Oil

Preheat oven to 400 degrees. Poke holes in sweet potatoes using a fork. Spray the outside of each potato with coconut oil (1 TBSP each) & sprinkle with sea salt – Bake for 50-60 minutes. Enjoy plain or sprinkle with cinnamon.

You can line a baking sheet (with raised edges) or pan with foil but do not wrap the potatoes in foil.

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Roasted Carrots, Beets & Red Onion Wedges

Ingredients:

Cooking Spray

2 medium beets (about 5 ounces each), peeled, cut into 1/2 inch wedges & patted dry with paper towels

3 small carrots (about 2 ounces each), cut crosswise into 2-inch pieces (not baby carrots)

1 medium red onion (about 4 ounces), cut into 1/2-inch wedges

2 teaspoons olive oil

1/2 teaspoon dried oregano, crumbled

1/8 teaspoon salt

Preparation:

Preheat the oven to 425 degrees. Line a large baking sheet with aluminum foil to keep it from getting stained. Lightly spray the foil with cooking spray.

Put the beets, carrots and onion wedges on the foil. Drizzle the oil and sprinkle the oregano and salt over the vegetables, stirring gently to coat. Arrange the vegetables in a single layer so they don't touch.

Roast for 15 minutes. Stir. Roast for 10 minutes, or until the vegetables are just tender when pierced with a fork.

Roasted Chopped Sweet Potatoes

3 Large Sweet Potatoes

1 Tbsp Extra Virgin Olive Oil

1 tsp paprika

2 tbsp brown sugar

1/2 tsp cumin

1/4 tsp ancho chili powder

1/2 tsp curry powder

1 tsp kosher salt

Preheat oven to 450. Coat pan lightly with olive oil. Wash sweet potatoes. Dice potatoes into cubes, transfer to bowl and toss with oil, brown sugar, and spices. Spread into a single layer and bake for 30 minutes, turning occasionally. Enjoy!

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Easy Balsamic Roasted Brussels Sprouts

Ingredients:

1 lb of Brussels sprouts
2-3 Tbsp extra virgin olive oil
2-3 Tbsp Balsamic vinegar
Course kosher salt, to taste
Fresh ground pepper, to taste

Instructions:

1. Preheat oven to 400 degrees.
2. Clean and check Brussels sprouts well, then cut in half length-wise.
3. Toss Brussels sprouts with oil and vinegar and spread out into one layer on a cookie sheet.
4. Sprinkle with salt and freshly ground pepper.
5. Roast for 20-30 minutes until the Brussels sprouts begin to caramelize.

Oven Roasted Parmesan Green Beans

- 1 pound fresh green beans
- 1/4 cup Olive Oil
- 1/4 cup Parmesan Cheese, grated fine
- sea salt and pepper to taste

Directions:

Preheat oven to 400. Wash your fresh beans thoroughly. Snap off the ends (or cut them). Place your green beans in a large bowl. Pour in your olive oil. Stir to coat the green beans completely. Add your Parmesan cheese. Coat the beans with the Parmesan cheese. Spray pan with non-stick spray. Place your green beans on the tray, keeping space between the beans. Cook 15 minutes, let cool for 5 minutes before serving.

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