

Recipe for a Healthy & Yummy Smoothie

1 pick one BASE

Use 1-1.5 cups
unsweetened

- Coconut water
- Pure water
- Almond milk
- Coconut milk
- Hemp milk
- Rice milk
- Kefir

2 pick one PROTEIN POWDER

Follow directions on label

- Whey Powder
- Veggie-based protein
with protein
- Fermented greens
with protein

3 pick one or two FRUIT

Use .5 - 1 cup
unsweetened

- Banana
- Strawberries
- Blackberries
- Blueberries
- Raspberries
- Acai
- Cherries
- Lemon/Lime
- Mango
- Peach/nectarines
- Apples
- Plums
- Watermelon
- Cantaloupe
- Pears
- Kiwi

Use frozen fruit or + ice

4 pick one to three VEGETABLES

Use 1 heaping
handful

- Spinach
- Kale
- Swiss chard
- Collards
- Beet greens
- Dandelion greens
- Endive
- Sprouts
- Watercress
- Romaine lettuce
- Cucumber
- Cilantro
- Parsley
- Basil
- Mint
- Celery

5 pick HEALTHY FAT Use 1- 2 tbsp

- Coconut oil
- Almond butter
- Other nut butter
- Flax oil
- Avocado (1/2)
- Flax seeds (1 tsp)

6*Optional

pick one SUPERFOOD

- Bee Pollen (1-2 tsp)
- Hemp Seeds (1-2 tbsp)
- Maca powder (1-2 tsp)
- Flax seed (1-2 tbsp)
- Raw cocoa powder
- Chia seeds (1-2 tbsp)
- Chlorella (1-2 tsp)
- Goji Berries (1-2 tbsp)

pick one SUPPLEMENT/SPICE

- Cinnamon (1-2 tsp)
- Vanilla (1-2 tsp)
- Cardamom (1tsp)
- Greens Powder (1-2 tsp)
- Ginger (1 tsp)
- Turmeric (1 tsp)

Recipes adapted from: www.goodcleanhealth.com
www.cooklikeacavewoman.com
www.foodfanatic.com
www.preppypaleo.com
www.theyummylife.com
 Good Food ebook by Lin Hardick

Jumpstart your day with a healthy BREAKFAST!

Besides ensuring optimal growth and development for you and your family, alertness, attention and overall performance are enhanced for those who eat breakfast on a daily basis. When it comes to breakfast, let's think outside the box, the cereal box, that is. Be sure to incorporate some protein and healthy fats into your morning meal, like, eggs, plain Greek yogurt, protein-packed smoothies and muffins.

Here are some recipes to get you started.

Eggs

- Boil a bunch of eggs, keep them in the fridge, a convenient, fast breakfast
- Poach, scramble, fry, omelet

Try this **Grab-n-go Egg Muffin** recipe. You can add whichever vegetables you like. You can make these by the dozen and store them in an airtight container in refrigerator for up to 5 days. Reheat each day, or eat them cold.

Ingredients:

- 12 large eggs
- Mix-ins of choice (handful of fresh spinach, peppers, onions, mushrooms, cheese, ham – roughly chopped)
- Sea salt and pepper, to taste

Directions:

1. Preheat oven to 350°F.
2. Grease regular size muffin tin.
3. Whisk eggs in bowl and add roughly chopped mix-ins.
4. Pour into muffin tin.
5. Bake for 20-25 minutes until eggs are set.

Greek Yogurt

- Add thawed frozen fruit to a bowl of plain greek yogurt, top with nuts, seeds, unsweetened coconut

Try Overnight No-Cook Oatmeal

A 12-ounce Mason jar is ideal for this make-ahead meal. Put the lid on and store in your refrigerator for up to three days. Frozen fruit is a delicious option and allows you to whip up these single-serve cups any time of the year.

Directions:

1. Add oats, yogurt, milk, chia seeds, extract and maple syrup to the jar. Screw the lid on tightly and shake well.
2. Stir in the fruit. Sprinkle an extra teaspoon of oats over the top and do not stir.
3. Replace the lid and store in the refrigerator for up to three days. Enjoy straight from the jar!

Grain-free Muffins & Cookies

Ingredients:

- 2 ripe bananas, mashed
- 1/2 c. raw almond butter
- 1 egg
- 1/2 tsp. vanilla
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 2 tsp. cinnamon

Janna Banana Cookies

- 1-2 c. total mix-ins, e.g. dark chocolate chips, unsweetened coconut, raw seeds or nuts of any kind, dried cranberries

Directions:

- Preheat oven to 350°F.
- Blend well.
- Drop spoonful onto a greased or parchment paper lined baking sheets. Bake for 12 minutes or until golden brown on bottom.

Paleo Banana Muffins

Ingredients:

- 1 c blanched almond flour
- 2 tsp ground cinnamon
- 1/2 tsp baking soda
- pinch of salt
- 1 banana, overly ripe,
- 1 large egg
- 1/4 c dairy free milk of choice
- 2 tsp pure vanilla extract
- 2 tbsp honey/maple syrup
- 1 tbsp coconut oil
- 1/3 c dark chocolate chips

Directions:

1. Preheat oven to 350°F.
2. Mix dry ingredients.
3. In another bowl, mash the banana; stir in wet ingredients.
4. Add dry mixture to the wet and stir; add chips.
5. Pour into prepped muffin tin.
6. Bake for approx. 24 min.
7. Cool. Refrigerate in an airtight container for up to 3 days.

Almond Flour Muffins

Ingredients:

- 2 c blanched almond flour
- 1/2 tsp baking soda
- pinch of salt
- 1 large egg
- 2 tsp pure vanilla extract
- 2 c sweetener equivalency
- 1 tbsp coconut oil
- 1/3 c water, almond/coconut milk, squeezed lemon/orange juice
- 1/2 c add-ins, e.g., frozen or fresh berries

Directions:

1. Preheat oven to 350°F.
2. Mix dry ingredients.
3. Pour into prepped muffin tin.
4. Bake for approx. 29 min.
5. Cool. Refrigerate in an airtight container for up to 3 days.