

NEW YOU CHALLENGE

HEALTHY LIVING MEAL PLAN - BREAKFAST RECIPES

Paleo Breakfast Muffins (Serves 5)

Prep - 10 minutes, Cook - 20 minutes

6 Eggs
4 Slices Bacon; Cut into small pieces.
1 tablespoon Coconut Milk
2 Green onions; Chopped
1 Bell pepper
4 ounces Fresh mushrooms; Chopped
1 Small onion or half large; Chopped
1 Green jalapeno pepper; Chopped
Coconut Oil ; For greasing pan

Preparation

Whisk the eggs and coconut milk well in a large bowl. Add salt and pepper to taste.

Preheat oven to 350 F.

Place the remaining ingredients except the coconut oil in a frying pan and fry at medium heat for 5-8 mins or until the bacon is done. Stir often.

Grease a muffin pan with the coconut oil.

Pour the fried ingredients into the egg bowl and mix well. Use a ladle to pour the mixture into the muffin pan.

Bake for 20-25 minutes until golden brown. Remove the muffins from the pan immediately and let cool. Refrigerate for up to 4 days. Warm using microwave for 20-30 seconds.

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HEALTHY LIVING MEAL PLAN - BREAKFAST RECIPES

Paleo BLT Frittata (Serves 5)

Prep - 15 minutes, Cook - 15 minutes

- 8 eggs
- 4 slices bacon; cooked and chopped
- 3-4 cups spinach (or other greens of your choice)
- 1 large tomato; sliced
- 1 tbsp almond milk
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tbsp chopped fresh basil
- 1 tbsp extra virgin olive oil

Preparation

Preheat oven to 400 degrees F. In a medium bowl, whisk together the eggs, milk, basil, salt and pepper. Set aside.

Heat olive oil in a 10-inch nonstick skillet over medium heat. Add greens and cook 3-4 minutes until wilted. Add in bacon and stir.

Add egg mixture to the pan and place tomatoes on top. Using a spatula, occasionally lift the edges to allow uncooked egg to run under. When the frittata has set, transfer to the oven and cook for 12-15 minutes or until egg is cooked through. Cut into wedges and serve warm.

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HEALTHY LIVING MEAL PLAN - BREAKFAST RECIPES

Grain Free Applesauce Pancakes (Serves 4)

Prep - 5 minutes, Cook - 15 minutes

2 eggs, large

1/3 cup apple sauce; unsweetened

1/4 cup almond meal

1/2 teaspoon baking powder

1/4 teaspoon vanilla extract

1/2 tablespoon maple syrup, honey, or agave nectar

Preparation

First, whisk 2 eggs in a small bowl. Then add in applesauce, maple syrup, and vanilla extract.

Next, add in almond meal and baking powder and mix until combined.

Spray a pan with coconut oil spray or nonstick cooking spray and heat to low/medium. Once the pan is fully heated. Spoon in about 3 tablespoons of batter.

Let cook for about 3-4 minutes on the first side, or until firm enough to flip. You'll want to move quickly when flipping with a spatula.

Cook the second side for around 2-3 minutes or until fully cooked. Repeat 3 more times.

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HEALTHY LIVING MEAL PLAN - BREAKFAST RECIPES

Turkey and Tomato Omelet (Serves 4)

Prep - 10 minutes, Cook - 5 minutes

8 Eggs

1 tsp Dill weed; Dried

2 tsp Tarragon; Dried

1/2 tsp Pepper, black; Freshly ground

1 tsp Salt

2 tsp Extra virgin olive oil

1 Tomato; chopped

4 oz Turkey breast; oven roasted

2 tbsp Cilantro leaves; chopped

Preparation

Heat oil in skillet or non-stick saute pan over medium heat.

Beat eggs until they reach a pale yellow color. Add dill weed, tarragon, pepper, and salt

Whip egg mixture some more to make nice and frothy. The goal is to introduce as much air as possible.

Pour egg mixture into pan. As eggs start to set, gently lift the sides with a rubber spatula and tilt skillet to allow liquid to run underneath until no liquid is left.

Once eggs are set, add chopped tomato, turkey breast, and cilantro to one side of omelet, and cover by lifting other side of omelet up and over with rubber spatula.

Cover skillet and cook for 1 more minute. Flip omelet, cover, and cook another minute. Be careful not to let the eggs turn brown. Garnish with fresh cilantro, if desired.

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HEALTHY LIVING MEAL PLAN - BREAKFAST RECIPES

Slow Cooker Apple Cinnamon Steel Cut Oats (Serves 6)

Prep - 10 minutes, Cook - 5 hours

1.5 cups steel cut oats
3 cups Silk Unsweetened Almondmilk
3 cups water
1/3 cup maple syrup
2 teaspoons ground cinnamon
1/8 teaspoon salt
2 large apples, shredded

Preparation

Place oats, almond milk, water, maple syrup, cinnamon and salt in a slow cooker.

Cook on low for for 4 hours, stirring every hour.

Once fully cooked, peel and shred 2 large apples. Add to the slow cooker and mix. Cook for an additional 30-60 minutes.

Serve with nut butter, shredded apple, and cinnamon.

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HEALTHY LIVING MEAL PLAN - BREAKFAST RECIPES

Quinoa Avocado Breakfast Bowl Recipe (Serves 2)

Prep - 10 minutes, Cook - 20 minutes

1 cup cooked quinoa
1 tsp olive oil
2 green onions, thinly sliced
1/4 tsp crushed rosemary
1/8 tsp salt
1/8 tsp ground pepper
2 soft-boiled or hard-boiled eggs
1/2 California avocado, sliced
1/2 tomato, chopped
4 tsp crumbled feta cheese

Preparation

Cook quinoa according to package and boil eggs to desired hardness (approx 5 minutes for soft boiled and 19 minutes for hard boiled).

Place the quinoa in a medium bowl and stir in the olive oil, green onions, rosemary, salt and pepper. Divide the quinoa mixture evenly between two bowls.

Top each bowl of quinoa with 1 egg, and half of the avocado slices, tomato and feta cheese. Serve.

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HEALTHY LIVING MEAL PLAN - BREAKFAST RECIPES

Cinnamon Toast Breakfast Quinoa (Serves 1)

Prep - 3 minutes, Cook - 7 minutes

2 Tbsp chopped raw pecans

1 ½ tsp coconut oil

½ tsp ground cinnamon

Tiny pinch of salt

1 cup pre-cooked quinoa

1 Tbsp maple syrup, more if desired

Toppings -

1 Tbsp chopped dried cherries or dried cranberries

Hemp seeds, chia seeds or flax seeds (optional), for serving

Milk or yogurt of choice (totally optional), for serving

Preparation

Warm the pecans in a small saucepan (use a larger saucepan if you are making multiple servings) over medium heat, shimmying the pan often, until the pecans smell fragrant and toasty, about 4 to 6 minutes.

Add the coconut oil, cinnamon and salt to the pot. While stirring constantly, cook until the cinnamon is fragrant, about 15 seconds.

Add the quinoa to the pot and stir to combine. Cook, while stirring constantly, just until the quinoa is warmed through, about a minute or so. Remove the pan from heat and stir in the maple syrup.

Transfer the mixture to a bowl and top with dried fruit and a hefty sprinkle of hemp seeds, if using. Top with a light sprinkle of cinnamon. Serve promptly, with additional maple syrup and milk or yogurt on the side, if you'd like.

NEW YOU CHALLENGE

HEALTHY LIVING MEAL PLAN - LUNCH RECIPES

Turkey & Bacon Lettuce Wraps w/ Basil-Mayo (Serves 2)

Prep - 10 minutes, Cook - 5 minutes

1 head iceberg lettuce
4 slices gluten-free deli turkey (I like Applegate Farms)
4 slices gluten-free bacon; cooked (I like Applegate Farms)
1 avocado, thinly sliced
1 roma tomato thinly sliced
1/2 cup gluten-free mayonnaise (I like Hellmann's Olive Oil Mayo)
6 large basil leaves; torn
1 teaspoon lemon juice
1 garlic clove; chopped
salt
pepper

Preparation

For the Basil-Mayo: combine ingredients (mayo, basil, lemon, garlic, salt, and pepper) in a small food processor until smooth. Alternatively, mince basil and garlic then whisk all ingredients together. Can be done a couple days a head of time.

Lay out two large lettuce leaves then layer on 1 slice of turkey and slather with Basil-Mayo. Layer on a second slice of turkey followed by the bacon, and a few slices of both avocado and tomato. Season lightly with salt and pepper then fold the bottom up, the sides in, and roll like a burrito. Slice in half then serve cold.

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HEALTHY LIVING MEAL PLAN - LUNCH RECIPES

BLT Bowl (Serves 4)

Prep - 10 minutes, Cook - 5 minutes

1 head of Romaine Lettuce (or pack of romaine hearts; chopped)
2 avocados, diced
Big handful of cherry tomatoes; halved
1 cucumber, diced
1 cup of cilantro; chopped
1/2 lb. bacon

FOR DRESSING:

2 TBSP Balsamic vinegar
4 TBSP Olive Oil
1 tsp. Mustard
2 TBSP Lemon juice
Salt and Pepper

Preparation

Cook bacon on medium heat until crispy. Drain on paper towel. Mix all veggies in a bowl. Top with crumbled bacon. Whisk dressing ingredients together in small bowl, and pour over salad. Enjoy!

NEW YOU CHALLENGE

HEALTHY LIVING MEAL PLAN - LUNCH RECIPES

Chicken Bites with Zucchini and Spinach (Serves 4)

Prep - 15 minutes, Cook - 10 minutes

1 lb Ground Chicken
2 small/med zucchini shredded
1 cup packed baby spinach; chopped
1 tsp. Garlic powder
1/2 tsp. Onion powder
1/2 tsp ground oregano
1 tsp. Salt
1/2 tsp. Pepper
2 TBSP olive oil
Marinara (make sure it has no sugar in it)

Preparation

Place chicken in medium sized bowl. Dry out your zucchini by placing it into the center of a clean kitchen towel. Then gather all four sides together and squeeze and twist towel over the sink. When the zucchini has most of the excess moisture out, add it to the chicken with spinach, garlic powder, onion powder, oregano, salt and pepper. Mix well.

Heat skillet over medium heat. Add olive oil. Using your hands, grab about $\frac{1}{4}$ of a cup of chicken mixture and roll into ball. About golf ball sized. Add to hot oil and repeat. Cook for about 3 minutes and then turn them over. Turn the heat to medium low and cover pan for 3-5 more minutes or until cooked through. Serve warm with a side of marinara!

NEW YOU CHALLENGE

HEALTHY LIVING MEAL PLAN - LUNCH RECIPES

Salmon, Spinach, and Avocado Salad (Serves 4)

Prep - 20 minutes, Cook - 10 minutes

1 orange; juice of
Fresh lemon juice - generous squeeze
Salt & pepper ; to taste
1/4 cup Olive oil
1/2 small red onion; finely chopped
2 tablespoons Sesame seeds
8 cups Fresh spinach
1 1/2 pounds Salmon; boneless, cut into 4 pieces
2 tablespoons Olive oil
1 avocado; thinly sliced, sprinkled w/juice of 1/2 orange

Preparation

In a large dry skillet over high heat, toast the sesame seeds, shaking the pan often, for 2 minutes or until they are golden. Remove from pan; set aside.

In a bowl, whisk the orange and lemon juices, salt, and pepper. Gradually whisk in the olive oil, then the onion. Taste for seasoning and add more salt and pepper, if you like.

Sprinkle the salmon with salt and pepper. In the skillet over high heat, heat the olive oil. Add the salmon, skin side down, and cook for 4 minutes. Turn and cook the other side for 4 minutes more or until the salmon is just cooked through. Remove the pan from the heat.

In a bowl, toss the spinach with the vinaigrette dressing. Divide among 4 plates.

With a wide metal spatula, remove the salmon from the pan, leaving the skin behind. Set a piece of salmon on each plate. Garnish with avocado and sprinkle with sesame seeds.

NEW YOU CHALLENGE

HEALTHY LIVING MEAL PLAN - LUNCH RECIPES

Steak & Sriracha Lettuce Wraps (Serves 4)

Prep - 5 minutes, Cook - 10 minutes

1 lb fajita strips, diced into 1/2" bites

1 large onion, diced

3 cloves garlic, diced

1 bell pepper, diced

2 tbsp sriracha

2 tsp coconut aminos, you can use soy sauce or tamari too, but they contain soy and are not paleo

drizzle, sesame oil

green onions, to garnish

handful pea shoots

large iceberg, romaine or other lettuce leaves

Preparation

In a hot pan, add oil and heat until shimmery (30 seconds to 1 minute)

Add fajita meat and cook on high for about 2 minutes, tossing occasionally.

Add onions and peppers and continue to cook on high, occasionally tossing, until browned- about 5 minutes.

Add garlic, then sesame oil, sriracha, and coconut aminos and pea shoots.

When steak and veggies are well coated and sauce has been absorbed, remove from heat.

Spoon into lettuce cups and top with diced green onions.

Serve warm and enjoy!

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HEALTHY LIVING MEAL PLAN - LUNCH RECIPES

5-minute Super Easy Tacos (Serves 4)

Prep - 5 minutes, Cook - 5 minutes

4 whole wheat tortillas

1 grilled corn on the cob, husked or canned corn equivalent

1 cup or 170 grams cooked black beans

1 avocado, sliced

3/4 cup or 120 grams quartered cherry tomatoes

1/2 red onion, chopped

2 tablespoons fresh chopped parsley

1 teaspoon ground cumin

4 lime wedges

salt and freshly ground black pepper to taste

your favorite hot chili sauce, to taste

Preparation

Assemble your tacos: Distribute corn, black beans, avocado slices, quartered cherry tomatoes, chopped onion and parsley among tortillas. Season with ground cumin, lime juice, salt and freshly ground black pepper. Drizzle with your favorite hot chili sauce.

Enjoy!

NEW YOU CHALLENGE

HEALTHY LIVING MEAL PLAN - LUNCH RECIPES

Quinoa Tabbouleh (Serves 2)

Prep - 5 minutes, Cook - 20 minutes

1 cup quinoa (170 g)

2 cups water (500 g)

½ cup chopped spring onion (50 g)

1⅓ cup chopped tomatoes (240 g)

1 cup finely chopped fresh mint (26 g)

½ cup finely chopped fresh parsley (30 g)

The juice of a lemon

Extra virgin olive oil to taste (optional)

Preparation

Rinse the quinoa with cool water.

Boil the water in a saucepan, add the quinoa and simmer for about 15 minutes or until all the water has been absorbed. You can add other ingredients (dried herbs, sea salt, tamari or soy sauce, lemon juice or apple cider vinegar) to the boiling water to get a more intense flavor.

Let the quinoa cool at room temperature, or add cold water. It has to be completely cool before making the salad.

In a large bowl, combine the quinoa and the rest of the ingredients. Add the lemon juice and the extra virgin olive oil (optional) and stir.

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HEALTHY LIVING MEAL PLAN - LUNCH RECIPES

The Big Southwest Salad Bowl (Serves 2)

Prep - 5 minutes, Cook - 35 minutes

1 small sweet potato, baked
1 1/2 cups cooked green lentils (or 3/4 cup dry - refer to cooking instructions)
1 tbsp olive oil
1 cup chopped bell peppers (I used red, green, and yellow)
1/2 cup red onion, chopped
3 cloves garlic, minced
3/4 cup black beans, drained
1/2 tsp salt
1 tsp chili powder

Toppings

1-2 cups mild lettuce (iceberg, butter, romaine, spinach), shredded
1 chopped tomato, chopped
1/4 cup green or red onion, finely chopped
1 avocado (or guacamole)
1/2 cup fresh or canned corn
2 tbsp cilantro
1-2 tbsp lime juice
Optional: salsa, sriracha, taco sauce, vegan sour cream, Daiya shreds

Preparation

Rinse 1/2 cup dry red lentils (split). Add the lentils and 2 1/2 cups of unsalted water to a medium sized saucepan. Bring to a boil and boil for 20-25 minutes (until lentils are tender.)

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HEALTHY LIVING MEAL PLAN - LUNCH RECIPES

The Big Southwest Salad Bowl (Continued)

You can cook sweet potatoes in the microwave or oven. If using the oven, preheat to 400F. Clean the skin under running water before pricking 5-7 times with a knife or fork.

Oven: Place a baking sheet and bake until tender (25-35 minutes for a small potato.)

Microwave: Microwave for 5-8 minutes, flipping halfway through.

Heat 1 tbsp olive oil over medium high heat. Add the chopped peppers, red onion and garlic. Cook, stirring often until onion is nearly tender.

Add the lentils, black beans, sweet potato, chili powder and salt. Stir to combine and cook for 3-5 minutes or until nice and hot.

Scoop 1+ cups of the lentils/black bean base into a bowl.

Top generously with 1/2 cup or more of shredded lettuce, 1/4 of an avocado, 1/4 cup fresh chopped tomato, 2 tbsp corn, 2 tbsp green or red onion, and a sprinkle of cilantro and lime juice.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Grilled Chicken Breast with Garlic Lemon Marinade (Serves 6)

Prep - 5 minutes, Inactive Time - 2 hours, Cook - 20 minutes

6 Chicken breast halves
1/4 c olive oil
2 cloves garlic ; minced
2 tb Lemon juice ; strained
1 ts Black pepper
1 ts Ground cumin ; optional
1/2 ts Salt

Preparation

Place chicken in shallow dish. Combine all ingredients, pour over both sides of chicken. Cover and refrigerate, for 2 hours up to overnight if you wish. Grill covered or broil about 10 min. each side until done, serve immediately.

Variation: Garlic-herb marinade for chicken or fish: Prepare marinade as above, omitting cumin and using only 1/2 teaspoon black pepper. Add 1 teaspoon dried thyme or 1 teaspoon oregano and 1/2 teaspoon minced fresh rosemary.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Foil Baked Salmon (Serves 3)

Prep - 5 minutes, Cook - 20 minutes

2 pounds Salmon fillet
1 teaspoon Fresh dill
1 teaspoon Fresh basil
Fresh lemon juice; to taste
1 pinch Salt & pepper
1 tablespoon Olive oil
1 whole Fresh lemon; Thinly sliced

Preparation

Preheat oven to 450 degrees.

Place foil about the size of a cookie sheet on a cookie sheet. Spread olive oil about 4 inches from the bottom of the foil for room to fold. Place your salmon or fish of your choice on top of the olive oil. Squeeze some fresh lemon juice on top of the fish. Next place dill, basil, and salt and pepper on top of the fish. Place thinly sliced lemon on the fish, this allows the juice to leak out. Fold top of foil over and pinch shut on all sides so there are no holes or gaps in foil.

Place in oven for 20 minutes, or until fish flakes easily with a fork. Take out and serve.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Easy Chicken Stir Fry (Serves 3)

Prep - 20 minutes, Cook - 15 minutes

2 tablespoons olive oil
1 lb boneless skinless chicken breasts ; in 1-inch cubes
Salt and pepper black pepper ; to taste
1 thinly sliced small white onion
1 thinly sliced red bell pepper
1/2 teaspoon grated fresh ginger
3 minced garlic cloves
2 shredded carrots
1/2 head broccoli broken into florets
1 teaspoon coconut oil
1 tablespoon coconut aminos

Preparation

Heat the oil in a skillet.

Grind some salt and pepper over the chicken, then add it to the skillet and cook until golden brown (5 to 7 minutes)

Now stir in the onion, bell pepper and ginger, and sauté for 5 minutes.

Next add the garlic, carrots and broccoli and keep stir-frying for a further 3 or 4 minutes, using a spatula or spoon to keep the ingredients moving in the pan.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Everyday Paleo Pork Chops (Serves 4)

Prep - 10 minutes, Cook - 10 minutes

4 Pork chops; 1/4-inch thick
1/2 cup Dijon mustard
1 teaspoon mustard powder
1 teaspoon Dried thyme
1 teaspoon garlic ; crushed
1 tablespoon coconut oil

Preparation

Preheat oven to 425°F.

Season pork chops lightly with salt and pepper.

In a small bowl, combine mustard, mustard powder, thyme, and garlic; mix well and spread evenly over both sides of the chops.

Heat the oil in a large skillet over medium-high. Add the chops and brown for 2 minutes per side.

Transfer your skillet to the oven and cook for an additional 5-8 minutes, until no longer pink and cooked through.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Rosemary Balsamic Chicken with Bacon & Apples (Serves 4)

Prep - 10 minutes, Cook - 25 minutes

1.5 lbs chicken breast
1/4 cup balsamic vinegar
1/2 cup olive oil
Juice of 1/2 lemon
2 cloves garlic; crushed
1/4 cup chopped rosemary
10 oz brussel sprouts; stem cut off and cut in half
2 apples, cored; peeled and chopped
6 slices of bacon; chopped

Preparation

Cut your chicken breast into smaller chunks or pieces. Set aside.

Make your marinade by blending balsamic vinegar, oil, lemon, and garlic. While motor is running, add chopped rosemary. Continue blending for at least 1 minute or until rosemary is well incorporated. Place chicken into a bowl or container with marinade. Marinade for at least 5 minutes, but up to 12 hours.

Preheat oven to 375 degrees. Line a large sheet pan with foil. Place brussel sprouts, apples, and bacon on the sheet. Add chicken. Brush any reserved marinade over sprouts and apples.

Bake for 15 minutes (depending on thickness of chicken). Bump up the oven to 425 degrees, and cook for another 5 - 10 minutes of cooking to get everything extra crispy!

Remove from oven and serve immediately. Salt and pepper to taste.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Paleo Spaghetti (Serves 3)

Prep - 15 minutes, Cook - 40 minutes

1 Spaghetti Squash
1 pound Ground beef
1 onion
2 cans Tomato paste
2 Tomatoes; OR can diced tomatoes
1 clove Garlic
Italian seasoning
Salt & pepper
Jalapeno peppers; (Optional)

Preparation

Preheat oven to 400 degrees. Dice onion. Mince garlic. Dice tomatoes.

Cut the spaghetti squash in half, scoop and discard seeds. Drizzle inside of remaining squash with olive oil, pepper, and a tiny bit of salt. Give them a minute or two to sit and soak in the oil. Put squash face down on cookie sheet and bake for 40 minutes.

Start the sauce - Add olive oil into a pan, and add diced onions. Cook until onions start turning a yellowish-color (approx 5 to 7 minutes). Add garlic, ground beef, Italian seasoning, and pepper and cook until meat is browned (7 to 10 minutes). Strain the grease.

Add in tomatoes, tomato paste, and jalepeno peppers (optional) to the meat mixture. Also add more pepper or Italian seasoning if needed.

Take out the spaghetti squash, and fork-strip out the innards. Pour your sauce on top - and enjoy!

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Lemon Chicken Skillet (Serves 4)

Prep - 10 minutes, Cook - 20 minutes

1 tablespoon oil of choice - olive; avocado, coconut, etc.

Sea Salt and pepper; to taste

1 teaspoon Italian seasoning

4 boneless, skinless chicken breasts

1 cup chicken broth

1 lemon, quartered and juiced (about 1/4 cup fresh juice)

4 cloves garlic minced (about 1 tablespoon minced)

10 ounces fresh or frozen broccoli florets

optional: 2 tablespoons butter or ghee

Preparation

Heat your oil in a skillet over medium heat. Sprinkle sea salt, pepper and Italian seasoning on each side of the chicken.

Once your skillet is hot, add your chicken breasts. Brown for about 4 minutes per side or until golden brown. Remove the chicken from the skillet and set aside.

Add the chicken broth, lemon juice, minced garlic to the skillet. Stir and scrape up any brown bits that are stuck on the bottom (about 1 minute)

Add your chicken back to the skillet, along with the used lemon quarters. Simmer the chicken in the sauce for about 5 minutes, turning halfway through. Add your broccoli to the skillet and cook until broccoli is bright green and tender and chicken is cooked through, about 5 additional minutes.

Finally, stir in the butter or ghee and add additional sea salt and pepper, to taste. Enjoy!

NEW YOU CHALLENGE

HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Cilantro Lime Chicken with Avocado Salsa (Serves 4)

Prep - 15 minutes, Cook - 12 minutes

Cilantro Lime Chicken:

1.5 lb. boneless chicken breast
1/4 cup lime juice
2 tablespoons olive oil
1/4 cup fresh cilantro
1/2 teaspoon ground cumin
1/4 teaspoon salt

Avocado Salsa:

4 avocados, diced
1/2 cup fresh cilantro, diced
3 tablespoons lime juice
1/2 tablespoon red wine vinegar
1/2 teaspoon red pepper flakes
1 garlic clove, minced
Salt to taste

Preparation

To a small bowl, add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 teaspoon of salt. Whisk until mixed. Add chicken and marinade to a large ziplock bag. Let chicken marinade for 15 minutes.

Preheat grill to medium high heat (about 400 degrees). Place chicken on grill and grill each side for 4-6 minutes, until chicken is no longer pink. Remove and let sit.

To make the avocado salsa: add avocado, 1/2 cup fresh cilantro, 3 tablespoons lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix. Top Cilantro Lime Chicken with fresh Avocado Salsa.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Rosemary Roasted Chicken with Potatoes (Serves 6)

Prep - 10 minutes, Cook - 30 minutes

2 teaspoons paprika

1 1/2 teaspoons crushed rosemary leaves

1 teaspoon minced garlic

1/2 teaspoon ground black pepper

2 tablespoons olive oil

1 tablespoon salt

6 bone-in chicken thighs, skin removed, 2 pounds

1 1/2 pounds small red potatoes, cut into 1-inch cubes

Preparation

Mix oil, all of the spices and salt in large bowl. Add chicken and potatoes, toss to coat well.

Arrange chicken and potatoes in single layer on foil-lined 15x10x1-inch baking pan sprayed with no-stick spray.

Roast in preheated 425 F oven 30 minutes or until chicken is cooked through and potatoes are tender, turning potatoes occasionally.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Chicken Fajita Bowl (Serves 4)

Prep - 10 minutes, Cook - 30 minutes

1.5 pounds chicken tenderloins
1 tablespoon Chili powder
1 teaspoon Ground cumin
2 teaspoons Dried oregano
1 teaspoon Salt
1/2 teaspoon pepper
1 medium Onion; thinly sliced
2 Green peppers; thinly sliced
1 Red pepper; thinly sliced
2 cups white rice cooked
4 tablespoons avocado oil
1 avocado; chopped
1 Tomato; diced

Preparation

In a small bowl combine chili powder, cumin, oregano, salt, and pepper. Place chicken tenders in a glass bowl and add the spice mixture to the chicken, make sure chicken tenders are coated with spice mixture.

In a heavy pan heat 2 TBS. of avocado oil, add the chicken and cook until done. Let rest about 5 minutes, then slice into bite size pieces or you can shred with fork.

In a separate pan, heat the remaining avocado oil on medium high heat. Add the onions and peppers and cook until done, about 15 minutes.

Divide into bowls rice, onion and pepper mixture, and chicken. Top with with diced avocado and tomatoes and devour!!

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Chicken & Veggie Bowl w Roasted Red Pepper Sauce (Serves 4)

Prep - 15 minutes, Cook - 30 minutes

3 avocados
12 oz jar of roasted peppers; drained
2 cloves garlic; peeled
1 pound boneless skinless chicken thighs
1 tbsp avocado or olive oil
1/2 red onion - peeled and diced
2 cups mushrooms - sliced
6 cups greens (spinach; kale, etc.)
4 cups quinoa cooked

Preparation

Prepare the roasted pepper sauce by placing 1 avocado, the peppers, garlic cloves and a pinch of salt and pepper into a food processor. Blend until smooth and place in refrigerator to chill.

To cook quinoa, follow package instructions.

Season chicken with salt and pepper on both sides. Heat a large skillet over medium heat and add oil. Once hot, add chicken to cook, about 4-5 minutes per side. Remove from skillet and place on a cutting board to rest.

While the chicken is cooking, cut up onion, mushrooms, and greens. Add onion to skillet and cook for 3-4 minutes, stirring frequently until onions begin to soften. Add mushrooms and cook until they start to soften, another 2-3 minutes. Add greens and cook until they begin to wilt, about 1-2 minutes. Remove from heat.

Slice chicken into bite-sized pieces and mix with veggies. Serve in bowls and top each bowl with 1/2 avocado and a generous amount of roasted pepper sauce.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

BLT Bowl (Serves 4)

Prep - 10 minutes, Cook - 5 minutes

1 head of Romaine Lettuce (or pack of romaine hearts; chopped)

2 avocados, diced

Big handful of cherry tomatoes; halved

1 cucumber, diced

1 cup of cilantro; chopped

1/2 lb. bacon

FOR DRESSING:

2 TBSP Balsamic vinegar

4 TBSP Olive Oil

1 tsp. Mustard

2 TBSP Lemon juice

Salt and Pepper

Preparation

Cook bacon on medium heat until crispy. Drain on paper towel. Mix all veggies in a bowl. Top with crumbled bacon. Whisk dressing ingredients together in small bowl, and pour over salad. Enjoy!

NEW YOU CHALLENGE

HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Crockpot Chicken Stew over Zoodles (Serves 4)

Prep - 20 minutes, Cook - 4 to 6 hours

3 cups chicken stock

2 cups cooked chicken; shredded

3 large carrots roughly sliced

2 cups kale roughly; chopped

1 medium yellow onion; diced

2 celery stalks

2 tbsp. Italian seasoning

salt and pepper ; to taste (start with 1/2 tsp. of each and add more to taste if you like)

4 zucchini, spiralized (or very thinly sliced)

Fresh parsley (optional)

Preparation

Add all ingredients in a large stock pot, Dutch oven or slow cooker.

If using a slow cooker, cook on high for 4 hours or low for 6 hours. If cooking on the stovetop, simmer until heated through.

Add more salt and pepper to taste, if necessary.

To serve, saute zucchini in pan on medium for 3 minutes or until desired doneness.

Place in bowl. Top with chicken stew. Sprinkle with parsley if desired.

NEW YOU CHALLENGE

HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Easy Grilled Herb Chicken (Serves 4)

Prep - 10 minutes, Cook - 5 minutes

1 pound Organic chicken breasts
2 tablespoon olive oil
1/4 teaspoon dried thyme
1/4 teaspoon dried rosemary
1/4 teaspoon garlic powder
1/4 teaspoon Celtic sea salt
1/8 teaspoon freshly ground black pepper

Preparation

Cut each chicken breast in half lengthwise, to form two thinly-sliced breasts. or cut breasts into strips (chicken tenders).

In a medium bowl, whisk together olive oil and seasonings. Add chicken and use a fork to turn chicken over a few times to thoroughly coat with marinade. Marinade for 30 minutes, or up to 2 hours.

Grill chicken until there is no pink remaining and juices run clear.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Spicy Baked Salmon (Serves 2)

Prep - 5 minutes, Cook - 20 minutes

500 grams (about 1 lb) Salmon filets
1 clove Garlic; chopped fine
2 tablespoons Onion; chopped fine
1 1/2 teaspoons Pepper; freshly ground
3/4 teaspoons Paprika
1/4 teaspoon Cayenne
3/4 teaspoon Dried thyme
1/4 teaspoon Salt
1 1/2 tablespoons Olive oil

Preparation

Combine all seasoning ingredients and spread over the surface of the salmon. Bake (skin-side down) in a 350 F oven for 20 - 30 minutes depending on the thickness of the salmon.

If you're grilling it, do so over high heat for 10 - 15 minutes depending on thickness. Do not turn the salmon over.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Noodle-Free Pad Thai (Serves 2)

Prep - 20 minutes, Cook - 15 minutes

TOFU optional

- 1/2 cup extra-firm tofu (excess liquid pressed out, crumbled with a fork)
- 1 Tbsp coconut aminos (or tamari or soy sauce)
- 1 tsp chili garlic sauce (or 1/8 tsp red pepper flake as original recipe is written)
- 1/4 tsp ground turmeric (optional)

SAUCE

- 2 1/2 Tbsp nut butter (almond butter, peanut butter, sunflower seed butter, etc.)
- 3 Tbsp lime juice
- 3 1/2 Tbsp coconut aminos (or sub tamari or soy sauce plus more to taste)
- 1/2 tsp red pepper flake (or sub 1 tsp chili garlic sauce- Huy Fong Foods brand)
- 1 1/2 Tbsp maple syrup (12 g coconut sugar // plus more to taste)

VEGGIES

- 1 Tbsp sesame oil (sub water or omit if low/no-fat)
- 1 medium serrano pepper (seeds + stem removed, thinly sliced // omit for less heat)
- 1 small bundle green onions (ends removed + thinly sliced)
- 1 1/2 cups thinly sliced red cabbage
- 1 medium red bell pepper (cored and thinly sliced lengthwise)
- 2 Tbsp coconut aminos (or tamari or soy sauce if not gluten free // divided)
- 4-5 large carrots (peeled and ribboned with a vegetable peeler // ~4 cups packed)
- 6 leaves collard greens (large stems removed, stacked + thinly sliced // ~2 cups packed)
- 1/2 tsp freshly grated ginger (optional // or 1/4 tsp ground ginger as original recipe is written)
- 1/2 tsp freshly grated turmeric (optional // or 1/4 tsp ground turmeric)

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Noodle-Free Pad Thai (CONTINUED)

Prep - 15 minutes, Cook - 15 minutes

FOR SERVING optional

Fresh cilantro

Crushed peanuts / peanut sauce

Red pepper flake

Preparation

If serving with tofu: Add tofu to a small mixing bowl and season with coconut aminos, chili garlic sauce (or pepper flake), and turmeric (optional). Stir and set aside.

Add all sauce ingredients to a small mixing bowl and whisk to combine. Taste and adjust flavor as needed, adding more lime juice for acidity, coconut aminos for saltiness, red pepper flake or chili sauce for heat, or maple syrup for sweetness. Set aside.

Heat a large skillet over medium heat. Once hot, add oil (or water), pepper, onions, cabbage, bell pepper, and half of the coconut aminos for veggies (1 Tbsp as original recipe is written). Cook for 3 minutes, stirring/tossing frequently. Add tofu to a corner of the pan and sauté until slightly browned, stirring frequently - about 3-5 minutes. Add carrots and collard greens and remaining half of the coconut aminos for the veggies (1 Tbsp as original recipe is written) and stir. Sauté for 2 minutes. Then add Pad Thai sauce and freshly grated ginger and turmeric (optional). Sauté over medium heat until warmed through and collards are slightly wilted - about 3 minutes - stirring frequently.

Taste and adjust flavor of dish as needed, adding more maple syrup for sweetness, red pepper flake or chili garlic for heat, coconut aminos for saltiness, or lime juice for acidity.

Divide between serving plates and enjoy. Serve as is or with peanut sauce, crushed peanuts, cilantro, and lime wedges. Serves 2 as an entrée or 4 as a side.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Egg Roll in a Bowl (Serves 6)

Prep - 20 minutes, Cook - 20 minutes

FOR THE STIR-FRY

2 Tablespoons olive oil

4 garlic cloves, minced

1/4 of a medium red onion, diced

1 pound of ground pork {you can use ground chicken, turkey, beef or sausage}

1 bell pepper, seeds removed, diced

1 cup matchstick carrots {or use one cup of small diced carrots}

1 - 16 ounce package of cabbage or coleslaw

4 scallions {green onions}, green parts chopped

FOR THE SAUCE

1 Tablespoon toasted sesame oil

1 Tablespoons rice vinegar

1/4 cup soy sauce {I use low sodium}

1 teaspoon ground ginger

1 Tablespoon chili garlic sauce {I use Hoy Fung}

1/2 of a lime, juiced

1/4 teaspoon salt

1/8 teaspoon black pepper

GARNISHES

Fresh cilantro, chopped

Green onions, chopped

Sesame seeds

Sriracha

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Egg Roll in a Bowl (CONTINUED)

Preparation

In a large skillet or wok heat the 2 Tablespoons olive oil over medium heat. Add the garlic to the pan and sauté for 1 minute. Add the onion and the ground pork and sauté until browned (about 7 - 10 minutes). Drain fat and return the pork to the pan.

In a medium mixing bowl combine the ingredients for the sauce and whisk until combined.

Pour the sauce into the pan with the pork. Add the bell pepper and matchstick carrots to the pan and continue to sauté on medium heat until the bell pepper are just starting to become tender (about 5 minutes).

Add the cabbage/slaw mixture along with the green onions and continue to sauté until the cabbage is wilted (about 2 minutes).

Remove from the heat, taste and season more if needed. Garnish with fresh cilantro, green onions, a drizzle of sriracha for spice and sesame seeds.

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HEALTHY LIVING MEAL PLAN - DINNER RECIPES

Oven Roasted Vegetables (Serves 4)

Prep - 10 minutes, Cook - 30 minutes

1 med zucchini; sliced
1 med summer squash; sliced
1 med red bell pepper; chopped
1 med yellow bell pepper; chopped
1 pound fresh asparagus; chopped
1 red onion
3 tbsp extra-virgin olive oil
1 tsp salt
1 tsp ground black pepper

Preparation

1. Pre-heat oven to 450
2. Put all veggies into large roasting pan and toss with olive oil, salt, and pepper
3. Spread evenly in pan
4. Roast for 30 mins, stir occasionally until lightly brown

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Roasted Broccoli and Sweet Onion (Serves 4)

Prep - 10 minutes, Cook - 30 minutes

1 bunch broccoli; about 1 1/2 pounds, cut into florets, stem peeled and sliced

1 large sweet onion; peeled and cut into thick slices

2 tablespoons extra virgin olive oil

1 teaspoon kosher salt

1/2 teaspoon Black Pepper; freshly ground

Preparation

Preheat oven to 450 degrees.

Meanwhile spread the broccoli florets in a single layer, on a baking sheet. Distribute the onion slices evenly over the broccoli. Drizzle the oil, add the salt and pepper and toss to evenly coat the vegetables.

Roast for about 20 minutes. Toss the vegetables and return to the oven for another 5-10 minutes until tender.

Serve hot or at room temperature.

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Spicy Spinach Saute (Serves 2)

Prep - 5 minutes, Cook - 5 minutes

1 package Spinach
1 tsp Red Pepper Flakes
5 cloves Garlic ; peeled and rough chop
1 pinch Salt
2 tbs Oil

Preparation

Rinse spinach and pat dry.

In a 10-12" skillet heat oil over med-high heat. When hot, add garlic and red pepper flake and saute until the very edges of the garlic are just starting to brown (30 seconds to 1 minute).

Add the spinach and keep spinach and garlic moving by tossing. Add salt and when the spinach is all wilted (about 3 minutes), remove from heat.

You can serve right away or cover to keep for up to 10 minutes.