

Vacation Body Challenge Recipes

WEEK 1

Breakfast

Breakfast Egg Muffins Makes 6 servings

0.50 cup, Skim Milk
6 large, Egg
0.25 cup chopped, White Onion
6oz baby Bella Mushroom
4 oz., Cheese Cheddar, Low Fat
2 cups (85g), Baby Spinach Organic

Sauté spinach and onion in frying pan until spinach wilts. Drop a spoonful into the bottom of each muffin tin then sprinkle in cheese about 1/3 up the muffin tin... In separate bowl whisk eggs, milk, mushroom in a bowl. Pour even amounts into each tin leaving just 1/8" before the top. Bake for 15 min at 350 degrees.

Parfait

2 cup, Icelandic Yogurt (makes 2)
0.25 cup, Raspberries - Raw
0.25 cup, Blueberries
4 tablespoon, Sliced Almonds
1 tsp cinnamon

Place raspberries and blueberries in bowl. Layer Icelandic yogurt on top. Top with almonds, and sprinkle with cinnamon

Snack (makes 2)

Strawberry Milk Smoothie

1 tsp, Vanilla extract
1 Cup (240ML), Almond Milk - Original
0.25 cup, Raw Cashews
2.50 cup, halves, Strawberry
2 scoops, Protein Powder- Vanilla
1 tsp swerve sweetener

Put all ingredients in blender and blend for 30 seconds until uniform. Serve immediately.

Parmesean Kale Chips

1 cup, Kale, raw
1 tablespoon, Oil - Olive
1 tbsp, Cheese - Parmesan, shredded

Cut kale leaves into 2 chunks and remove stem. Place in a bowl with 1tbs olive oil and parmesan cheese and then toss with hands to coat. Place kale on baking sheet and bake 10 minutes at 350 degrees until crisp.

Vacation Body Challenge Recipes

*if sauce is still thin, add more arrowroot flour 1 TBS at a time.

Main Courses

Chicken Marsala+ 1 Cup steamed Broccoli

4 Skinless, Boneless and Grilled
1 tbsp, Butter - Salted
2 TBS, Arrowroot flour
2 cup, Mushrooms
0.25 cup(s), Marsala Cooking Wine
0.25 Cup chicken stock
Add mozzarella cheese if desired.

In medium sauce pan, over medium heat, combine butter, mushrooms, marsala wine, and chicken sauce. Allow to simmer for several minutes. Whisk in arrowroot flour to avoid clumping and simmer on high heat until bubbles form, then return to a simmer. In a separate pan, sauté chicken breast 3-5 minutes per side. When sauce is thick, pour over the chicken and finish cooking all together for 3-4 minutes. Serve with mozzarella cheese on top if desired.

Fish tacos

2 cup, chopped, Cabbage, raw
2 tablespoon, Vinegar, Apple Cider
2 tablespoon, Oil - Olive
1 medium, Avocado
32oz haddock, cut in small chunks
1 cup (55g), Butter Head Lettuce
Mango Salsa:
0.5 Cup, Cucumber
0.50 cup pieces, Mangos, raw
0.25 cups, Onion
Bunch Chopped Cilantro
1 lime yields, Lime juice – Raw

In mixing bowl combine chopped mango (about ¼” cubes. Can use fresh or frozen), chopped onion, and chopped cucumber. Add about ¼ cup chopped cilantro then squeeze lime juice and stir to coat. Set aside.

In small bowl whisk olive oil and apple cider vinegar. Pour mixture over shredded cabbage. Set aside.

Vacation Body Challenge Recipes

Sauté haddock about 3-4min per side until it starts to brown. Using butter leaves as “taco shells” place slices of avocado in the bottom then add cole slaw in the base, layer sliced cooked haddock, then top with home made salsa. Best if using 2 butter leaves per 1 taco.

Cumin Rubbed Steak Tips + harissa sweet potato. (serves 2)

12 oz, Steak
4TBS cumin
2 sweet potatoes, sliced with mandolin
0.25 cup(s), Marsala Cooking Wine
0.25 Cup chicken stock
Add mozzarella cheese if desired.

In medium sauce pan, over medium heat, combine butter, mushrooms, marsala wine, and chicken sauce. Allow to simmer for several minutes. Whisk in arrowroot flour to avoid clumping and simmer on high heat until bubbles form, then return to a simmer. In a separate pan, sauté chicken breast 3-5 minutes per side. When sauce is thick, pour over the chicken and finish cooking all together for 3-4 minutes. Serve with mozzarella cheese on top if desired.

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Dessert

Pudding Pops

0.25 cup, 1% Milk

0.50 cup, Icelandic Yogurt
1 tbsp, Cacao Powder
0.12 tsp(s), Vanilla
2 Tsp Swerve

In blender or food processor, blend all above ingredients until uniform. Pour popsicle molds and let freeze overnight

Philly Cheese Steak Stuffed Peppers (serves 4)

1 onion, Onions, sweet, raw
12oz Baby Bella Mushrooms
1 tbsp(s), Garlic, raw
12 oz, Shaved Steak
4 medium raw, Green Bell Pepper
1 tbsp(s), Oil - Olive
4 oz, Cheese - Mozzarella, part skim milk

Preheat oven to 325°. Place peppers in a large baking dish and bake until tender, 30 minutes. Meanwhile, in a large skillet over medium-high heat, heat oil. Add onions and mushrooms and season with salt and pepper. Cook until soft, 6 minutes. Add steak and season with more salt and pepper. Cook, stirring occasionally, 3 minutes. Stir in Italian seasoning. Add mozzarella to bottom of baked peppers and top with steak mixture. Top with more mozzarella and broil until golden, 3 minutes. Garnish with parsley before serving

Vacation Body Challenge Recipes

Enjoy

