

Vacation Body Challenge Recipes

Week 2

Breakfast

Sweet potato, Pancetta breakfast hash

serves 2

0.50 cup diced Onion
1 cup, Brussels sprouts (shaved)
1 tsp, Black Pepper - Ground
0.25 tsp(s), Red Pepper Flake
2 clove, Garlic, raw
4 large, Egg
2 oz, Pancetta (cubed)
0.50 cup (133 g), Sweet Potato

Dice sweet potato in ¼ inch chunks and sauté in medium frying pan (with oil) on medium high heat until potatoes begin to soften. Add in shaved brussel sprouts, onion, garlic, and pancetta. When mixture is nearly cooked, crack 4 eggs evenly over hash mixture. Finish in the oven at 350 for 5 minutes until egg whites are fully cooked and yolks are still runny. Sprinkle with salt pepper and red pepper flake. Serve immediately. Option to cook eggs as a scramble and mix in with hash if preferred.

Egg bake (serves 4)

Bake in 8x8 pan at 350

0.25 lb(s), Ham
½ Cup cherry tomatoes, diced
8 large, Egg
1 tsp., Kosher Salt
1 tsp, Black Pepper - Ground
0.50 tsp(s), Spices, oregano, dried
1 cup, shredded, Cheese, cheddar
0.50 cup, Skim Milk

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Dice cherry tomatoes and ham. In large bowl whisk eggs with salt, pepper, milk, ½ cup cheese and add in ham and tomatoes. Pour into casserole dish. Add remaining ½ cup cheese to the top. Place in oven for 25 min at 350 or until egg mixture is cooked (a knife should come out clean if stuck in the center of the frittata). Serve immediately or store in refrigerator and reheat each piece.

Snacks

Red Velvet Smoothie (serves 2)

0.50 medium, Avocado
0.50 beet (2"dia), Beets, raw
0.25 tsp, Vanilla extract
1 Cup (240ML), Almond Milk - Original
1 tbsp(s), Cocoa, dry powder, unsweetened
2 scoops, Protein Powder- Vanilla
2 cups ice

Combine all ingredients into blender and blend for 30 seconds until uniform. Serve immediately.

Main Courses

Shrimp Tamarind Stew (serves2)

(1 cup whole), Shitake Mushrooms, Fresh
1.00 Onion
2 clove, Garlic, raw
3 oz(s), Tomatoes
4 fluid ounce tamarind paste
4.00 cup, Baby Bok Choy
4 ounce, Beans (white or cannellini)
1.00 cup, Okra
4 cups water
16 oz, Shrimp
2 cups cauliflower

In large stock pot, add 4 cups water, tamarind paste, chopped tomatoes, chopped onion, and mushrooms. * begin with 2oz tamarind paste and increase if prefer a sourer stew. Bring to a boil then reduce heat to simmer. Add in pork chops (4 pork chops) and allow to simmer for 30 minutes. After 30 minutes add chopped bok choy, okra, and 4oz of cooked white beans. Continue to simmer for 10 minutes until bok choy and okra are tender. Pulse raw cauliflower in food processor until "crumbles" form. In a medium

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saucepan, stir fry cauliflower for 2-3 min on medium high heat, until tender. Place cauliflower "rice" in bottom of bowl and ladle stew on top. Serve hot.

Coat each lamb loin in pesto then broil on baking sheet (500degrees) for 6 minutes. Allow to rest for another 6-10 minutes (can wrap in tinfoil) before serving. Best served medium- medium well.

Kale Pesto and Lamb Chops

Pesto

2 cup, Kale, raw

3 clove, Garlic, raw

0.25 cup(s), Extra Virgin Olive Oil

0.25 cup, Nuts, pine nuts, dried

0.25 cup, Cheese - Parmesan, shredded

4 chops, Lamb Loin Chops

In a food processor, blend kale, garlic, pine nuts, olive oil, and cheese until a thick green paste forms. Can substitute pine nuts for walnuts.

*More Main Courses...next
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BBQ chicken and Pumpkin Cheesy

“grits”

1 cup, Almond Flour
1 cup (8 fl oz), Water - Municipal
0.25 teaspoon, Salt
1 cup canned pumpkin (1 can)
0.25 lb(s), Cheese Cheddar, Low Fat
4 chicken breasts
1 cup bbq sauce

In a medium saucepan, place 1 cup almond meal (same as almond flour), 1 cup water, 1/4 teaspoon salt. Whisk until almond meal is free of lumps. Bring to boil over medium heat, whisking occasionally. When the meal is soft, add in 1 cup canned pumpkin and cheddar cheese. Stir occasionally to keep from clumping.

While grits are cooking, coat 4 chicken breasts with BBQ sauce and bake at 350 for 25 min until cooked through. Serve immediately with grits on the side.

Salmon w/ Fennel Slaw

Slaw Dressing
3 tbsp(s), Lemon juice, raw
1 tbsp(s), mustard
2 tsp(s), Syrups – Maple
3 oz, Parmesan Cheese
8.00 g, Large Green Apple diced
4 portions, Salmon
1.50 cup, sliced, Fennel, bulb, raw
4 cups, shredded, Cabbage, raw

In a small dish whisk together lemon juice, mustard, and syrup. Set aside. Dice

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green apple into small $\frac{1}{4}$ ' cubes and mix with cabbage. Slice fennel into thin slices and add to cabbage and apple. Add in dressing and plate. In separate pan, fry salmon skin side down on medium to high heat about 4-5 minutes, then flip. Fry another 3-4 minutes until cooked all the way through. Serve on top of plated salad and enjoy immediately.

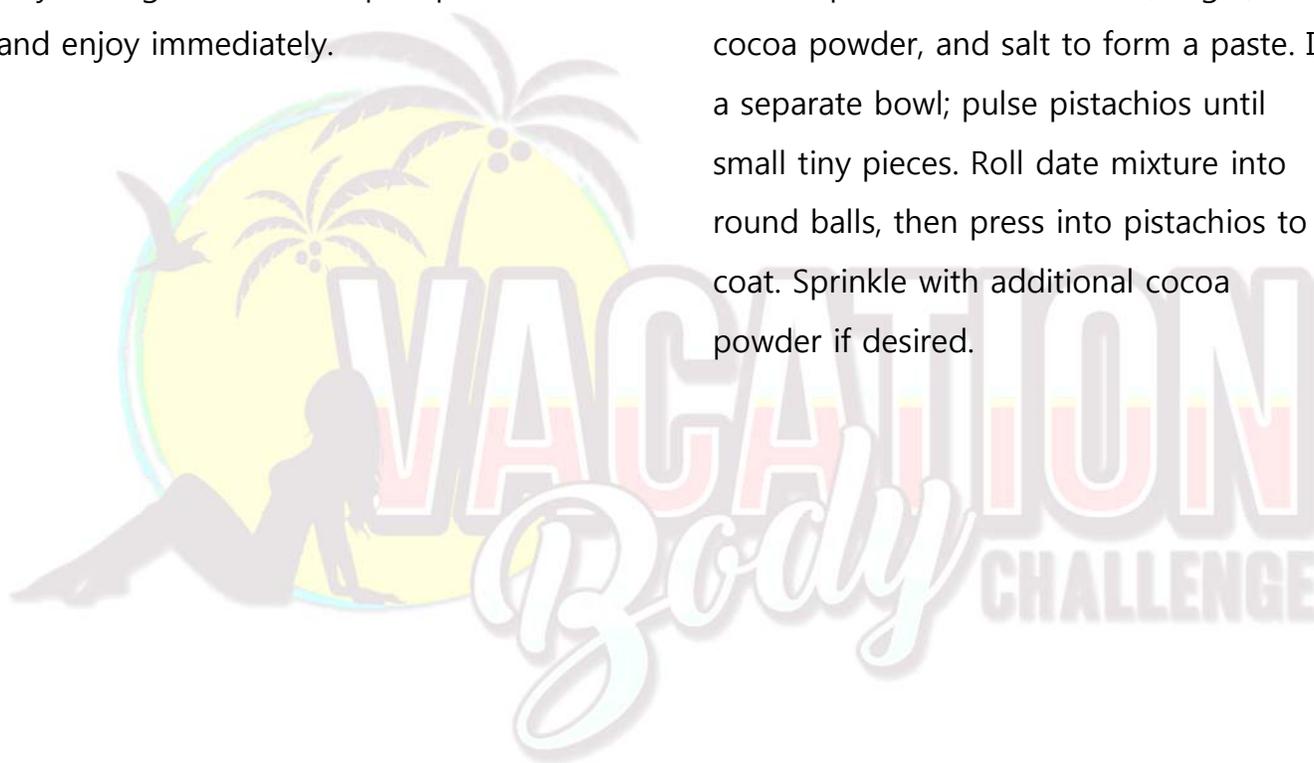
0.75 tsp., Kosher Salt
4 medium (2-1/4" dia), Figs, raw
4 tbsp(s), Cocoa, dry powder, unsweetened
1 tbs chocolate protein powder
2 TBS "Swerve" sweetener

In food processor blend dates, sugar, cocoa powder, and salt to form a paste. In a separate bowl; pulse pistachios until small tiny pieces. Roll date mixture into round balls, then press into pistachios to coat. Sprinkle with additional cocoa powder if desired.

Dessert

Pistachio Chocolate Balls 5 (2balls per serving)

2/3 cup Unsalted Shelled Pistachios



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Pistachio Lemongrass Yogurt Sauce.

Serves 8.

1 clove, Garlic, raw

1 cup, Icelandic Yogurt

1 tsp, Salt

2 tbsp olive oil

½ cup pistachios, salted, deshelled

2 stalks lemon grass

Squeeze lime juice

In food processor, pulse pistachios, garlic, olive oil, salt, and lemongrass until a thick paste forms. Add yogurt and blend for additional 15 seconds until mixture is blended. Store in the refrigerator and use as dip for vegetables, crackers, or as spread for sandwiches.

