

# Vacation Body Challenge Recipes

## Week 3

### *Breakfast*

#### **Black Eyed Pea Greens Egg and Ham**

**(serves 4)**

1.00 Onion

1.50 tsp, Creole Seasoning

1 cup, Chicken Broth

4 large, Egg

1 lb(s), Ham steak

6 oz(s), Kale, raw

1 cup, Black Eye Peas (cooked)

To save time, use cooked black eyed peas.

Saute black eyed peas in chicken broth with onion, chopped kale, and diced ham steak in large cast iron skillet. Add creole seasoning. When liquid is absorbed, crack an egg in 4 locations and continue cooking until whites are cooked (solid and not runny). Use spatula to serve out portion, cut into egg yolk and allow it to run into the hot mixture to create creamy coating.

#### **Breakfast Burrito**

4 large, Egg

0.25 cup, Sauce - Salsa

0.25 cup, Sour cream

1 medium, Avocado

4 Oz Low Fat ground Turkey Sausage

Hot sauce (optional)

Chopped chive

Mama lupe low carb wraps (4)

Slice avocado and set aside. Cook turkey sausage until just slightly under done.

Using the same pan, add in scramble eggs and cook with sausage. When

cooked, scoop into wrap and assemble burrito with sliced avocado, sour cream, and salsa. Top with hot sauce and chopped chive (if desired)

### *Snack*

#### **Carrot Cake Smoothie (serves 2)**

0.25 cup, chopped, Nuts, pecans

1 cup(s), Almond Milk - Original

1 tsp, Spices, cinnamon, ground

0.50 tsp(s), Spices, nutmeg, ground

1 tsp, Vanilla extract

2 medium, Carrots, raw

1 Scoop, Designer Whey Chocolate

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Place all ingredient in blender and blend for 30 seconds until uniform. Serve immediately.

## Devilled Eggs (serves 6)

12 eggs  
½ Cup mayo  
2 tsp paprika

Hard boil 12 eggs. Once cool, de-shell and cut in half. Place cooked yolks in a bowl and combine until smooth with mayonnaise. Scoop egg yolk mixture into hollowed out cooked egg whites and top with paprika. Store in the refrigerator until ready to eat.

2 tbsp(s), Orange juice - Raw  
1 tsp, mustard  
0.75 lb(s), Brussel Sprouts  
1 lb(s), Sirloin  
2 tablespoon, Oil - Olive  
2 tbsp, Balsamic Vinegar

In a small bowl, whisk orange juice, mustard, olive oil, and vinegar. Set aside. If unable to purchase shaved brussel sprouts, use mandolin to shave raw sprouts for salad. Pan fry sirloin steak to medium well and allow to rest for several minutes to retain juices.

Mix raw brussel sprouts with orange dressing and plate. Place sirloin on top of brussel sprouts and serve immediately.

## Coconut Lemongrass Pork (serves 4)

1.50 Cup, Coconut Milk  
1 pepper, large (3-3/4" long, 3" dia),  
Peppers, sweet, yellow, raw  
1 Green Pepper  
1 Medium Pepper, Bell Pepper - Orange  
2 Tbsp, Green Curry Paste

## *Main Courses*

### Shaved Brussel Sprout Salad (serves 4)

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2 stalk, Lemongrass (fresh)

1 lb pork (cubed)

2 TBS lime juice

Salt and Pepper

Cube the pork if necessary and set aside. Dice the peppers into cubes and saute in a large pot or dutch oven on medium heat. When the peppers begin to soften add the pork, stirring occasionally to prevent burning. When the pork begins turn white, add in the coconut milk, green curry paste, and chopped lemongrass. Stir well. Squeeze in lime juice. Turn heat to low and simmer for 30 minutes. Ladle into bowls and serve as a stew.

## **Indian Lamb w/ Cucumber Salad (serves 4)**

(prep by marinating chicken several hours-24hrs ahead of time)

### Salad

1 whole cucumber, English Cucumber - Seedless

0.50 tsp, whole, Spices, cumin seed

0.50 Cup, Greek Yogurt - Fat Free - Plain

1 tsp, Lemon juice, raw

0.25 cup, Chopped Cilantro

### Lamb

16oz cubed lamb

1 tsp coriander

1 tsp, whole, Spices, cumin seed

0.25 tsp, Tumeric

For salad:

Dice cucumber into ¼' cubes and place in a small mixing bowl. . In a small separate bowl, mix yogurt, lemon juice, cumin, and cilantro until a uniform dressing is made.

Pour over diced cucumber and coat evenly. Set aside and keep chilled.

Coat lamb cubes with coriander, cumin, and turmeric. Sear in a frying pan on medium heat about 5min per side until a crust forms, then finish in the oven for 15 min at 350degrees. Serve lamb on top of cucumber salad.

**Haddock Parmesan + 1 cup steamed Asparagus w/ squeeze lemon**

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0.33 cup, Greek Low Fat Yogurt  
0.33 cup(s), Mayo  
0.33 cup, Cheese - Parmesan, shredded  
1 lemon yields, Lemon juice, raw  
0.25 tsp, Salt and Pepper  
1 lb(s), Haddock

In small bowl, combine yogurt, mayonnaise, parmesan cheese, lemon juice, salt and pepper. Coat each piece of haddock with yogurt mixture and place on baking sheet. Bake for 25 min at 350 degrees until a crust forms. Serve with a side of steamed asparagus.

### *Dessert*

#### **Chocolate covered almonds (serves 8)**

1 cup, ground, Nuts, almonds  
2.00 sections, 60% Bittersweet Chocolate  
2 tbsp, Cream, fluid, heavy whipping  
2 tbsp swerve sweetener

Melt bittersweet chocolate over low heat with heavy cream and swerve, using a whisk. Stir continuously until completely melted, then mix in nuts until coated.

Transfer nuts onto a cookie sheet lined with parchment paper and lay flat. Store in the refrigerator until hard and keep cool until ready for serving.

