

Vacation Body Challenge Recipes

Week 4

Breakfast

Classic Breakfast Scramble - serves 4

8 slices (18g), Bacon

8 large, Eggs

0.50 cup, Skim Milk

1 Cup mushroom

1 cup, Spinach - Raw

0.25 lb(s) Cheese (cheddar, reduced fat)

In large frying pan, fry bacon on medium heat until cooked. Place bacon in food processor and pulse for 15 seconds. Set aside. Using same frying pan, sauté sliced mushroom and raw spinach until spinach is wilted and mushrooms are soft. In separate bowl, whisk eggs and milk and cheddar cheese. Pour egg mixture into pan and add chopped bacon. Pull eggs away from the pan's edge with a spatula until eggs are cooked- matte and not runny. Serve immediately.

Pancetta Basil Breakfast Muffins makes 12, 2 per serving.

Mix and pour into muffin tins. Bake at 350 for 15min

12 large, Eggs

1 Tablespoon scallion (optional)

5oz, Pancetta

6 oz, Cheese

1 tbsp, Basil, fresh

0.50 cup, Skim Milk

Cut prosciutto slices in half and line each muffin tin with ½ slice. Whisk together eggs, milk, and basil and set aside. Place cheese in bottom of each muffin tin. Pour egg mixture into each muffin tin leaving about 1/8" space remaining. Bake at 350 degrees for 15 minutes until cooked. Can be stored in the refrigerator.

Snack

Frozen yogurt Snack Bar (serves 8)

2.50 cup, Icelandic Yogurt

1 cup, halves, Strawberry

0.25 cup, ground, Nuts, almonds

1 C, 1 Cup Raw Blueberries

1 tbsp, Chia Seed

0.50 cup, Oats

0.25 cup (80g), Coconut Shredded

1 TBS swerve sweetener.

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Mix all ingredients into large mixing bowl until uniform. Press mixture onto cookie sheet with parchment paper until flat. Put in freezer overnight. Slice into 8 bars and serve chilled.

Sweet potato hummus + ½ Cup broccoli *(can use celery, crackers, carrots)*

2 cloves, Garlic, raw
1.50 tsp., Kosher Salt
2 cup, Roasted Sweet Potato
0.50 cup(s), Tahini
1 tablespoon, Oil - Olive
Roast sweet potato prior to making this by baking for 30 min on a baking sheet at 400 degrees and removing the skin after cooling.
Using cooked potato, blend in food processor with tahini paste, olive oil, garlic, and salt until uniform paste. Serve as dip and store in the refrigerator

Main Courses

Greek Turkey Meatloaf + mint yogurt sauce + 1 cup sautéed eggplant Sauce

Mint Yogurt Sauce

1 cup, Icelandic Yogurt
1 Tablespoons, Salt
1 g, Pepper
1 clove, Garlic, raw
1 lemon yields, Lemon juice, raw
1 tsp, whole, Spices, cumin seed
1 tbs fresh chopped mint

Using a small bowl combine yogurt, salt, pepper, garlic, lemon juice, mint, and cumin. Mix until uniform and set aside.

Meatloaf

bake at 350 for 1 hour in bread pan.

Makes 4 servings

1 lb (s), Ground Turkey
1 chopped, Onion
½ cup Feta Crumbled Cheese
1 large, Egg
1 tbsp, Extra Virgin Olive Oil
4 tsp(s), Vinegar Wine Red
1 tbsp(s), Oregano
0.25 teaspoon, Salt
0.25 tsp, Black Pepper – Ground

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Combine all ingredients in large bowl and mix with hands until completely blended together. Using bread pan, place meat mixture into a greased loaf pan and form into a smooth "log". Bake in oven for 1hr at 350 degrees. Allow to rest several minutes before serving. Slice into 8 slices and serve with 2 TBS of yogurt mint sauce.

Additional side- chop eggplant into 1/2 " cubes and sauté with olive oil and salt for 5-6 minutes on medium heat in frying pan until eggplant is tender.

Chili

1 lb (s), Ground Beef
1.00 cup (25g), Whole Green Onion
2 clove(s), Garlic, raw
3 tbsp, Spices, chili powder
1 tsp(s), Ground Dried Oregano
3 tsp (2.1g), Ground Cumin
0.50 teaspoon, Salt
2 diced green peppers
2 cans cooked, Organic Diced Tomatoes

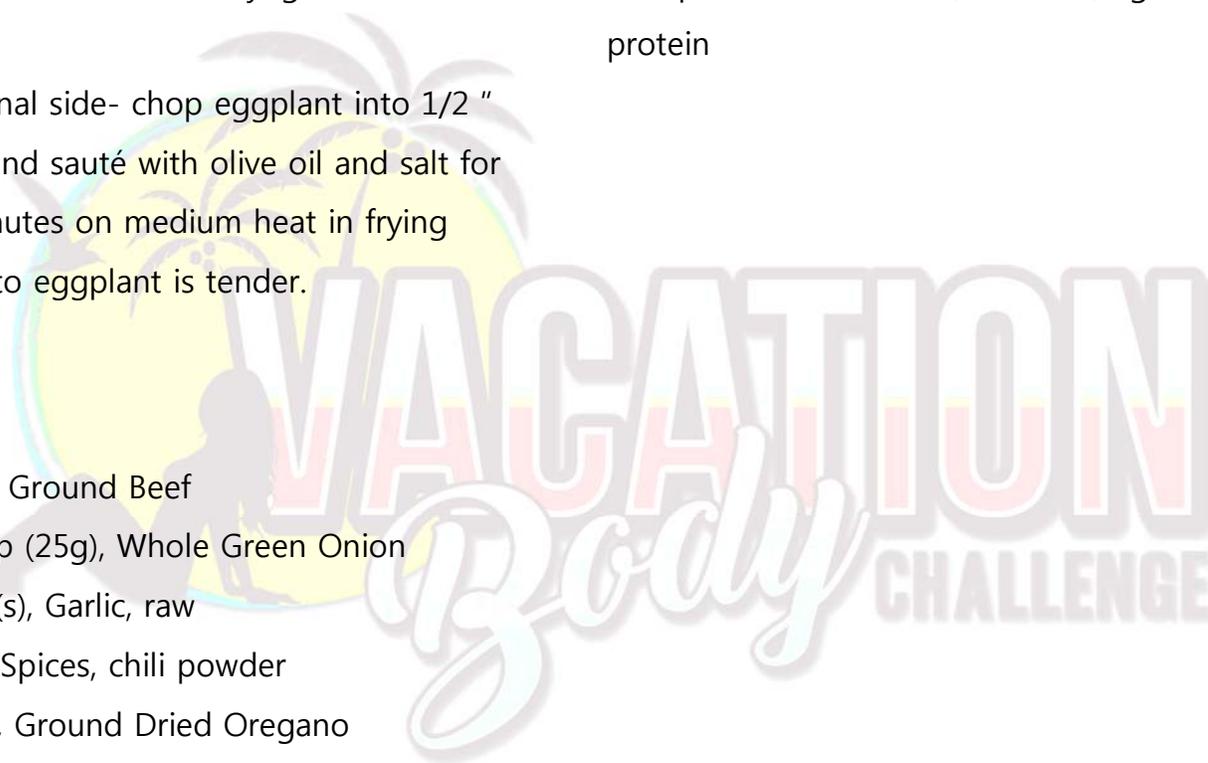
In 3-quart saucepan, cook beef, onions, peppers and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef

is thoroughly cooked. Stir in chili powder, oregano, cumin, salt, pepper sauce and tomatoes. Heat to boiling over high heat. Reduce heat just enough so mixture bubbles gently. Cover; cook 1 hour, stirring occasionally.

Optional: Icelandic yogurt or sour cream to top. Adds 25 calories, 1-2 carb, 2gm protein

Chicken Florentine Roll Up- serves 4

10oz frozen spinach
4 TBS sun dried tomatoes
3 TBS grated parmesan



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¼ fresh basil
3 oz goat cheese
1 egg white
4 boneless skinless chicken breasts
¼ cup low sodium chicken broth.

If using frozen spinach, thaw thoroughly and squeeze out excess water. In a mixing bowl combine spinach with tomatoes, parmesan, basil, egg white, and goat cheese. Fill each raw chicken breast with the mixture and roll and hold with a toothpick. Sear each roll in a skillet about 2 min per side then cover with chicken broth and transfer to oven for 14 minutes at 400degrees.

Orange Chicken and Broccoli (serves 4)

4 chicken breasts, cut into chunks
½ cup sugar free orange marmalade
2 tbs orange juice
2 tbs soy sauce
1 tsp ginger
2 crowns broccoli

In a medium saucepan combine marmalade, orange juice, soy sauce, sesame oil and bring to a boil. Reduce

heat and simmer for 3-5 minutes to thicken. In a large frying pan combine chicken, chopped broccoli, and the orange glaze and stir fry, stirring often; until chicken is cooked and broccoli is tender.

Collard Green Wrapped Salmon-Serves

4

¼ Cup walnut pieces
2 large collard green leaves
4 6oz salmon filet
½ tsp salt and pepper
3 TBS olive oil
1 lemon
¼ Cup fresh Dill
½ Cup plain Icelandic or Greek yogurt

Remove spine of each collard to create 4 "leaves". Wrap each salmon filet in collard green leaf and secure with toothpick. Grill Salmon 4 min per side in frying pan, enough to wilt leaves. Add walnuts to frying pan and toast while salmon is cooking.

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In separate bowl combine, olive oil, lemon, dill, and Greek yogurt. Serve as sauce on top of cooked wrapped salmon.

Dessert

Pumpkin Mousse

½ Cup canned pumpkin

¼ cup swerve sweetener

1 tsp pumpkin pie spice

¼ tsp clove

¼ cup cream cheese

1 cup heavy cream.

1 scoop protein powder

Using food processor, whip swerve, pumpkin, spices, protein powder and cream cheese until uniform. In a separate bowl using a hand mixer, whip heavy cream until soft peaks form. Fold whipped cream into cream cheese pumpkin mixture, then scoop into lined muffin tins, and let freeze overnight.

