

Vacation Body Challenge Recipes

Week 5

Breakfast

Open Face Breakfast Sandwich

assemble by placing cottage cheese on toast, and over easy egg on top. Allow yolk to pop and mix with cottage cheese. Salt and pepper to taste.

2 slices low carb gluten free toast
2 over easy eggs
1 cup skim cottage cheese.

Cauliflower Pancake w/ Icelandic yogurt

"sour cream" – serves 4.

1 lb(s), Cauliflower - Raw
4 large, Eggs
½ white onion, chopped
1tsp, Salt
1tsp, ground, Pepper
4 ounces, Icelandic Yogurt plain +
squeeze lemon juice and 1 tsp chive.

Grate raw cauliflower with food processor or grater, mix with eggs, chopped onion, salt. Let sit for several minutes. Pour batter onto heated skillet to form 3-4"

patties. Cook 3-4 minutes per side until a golden crust appears.

Mix yogurt with lemon juice and chive in small bowl. Serve as dip for pancake.

Snacks

Chocolate Protein Bar
0.25 tsp., Kosher Salt
1 cup, Oats
0.25 cup, Skim Milk
0.25 cup, Cocoa, dry powder,
unsweetened
0.50 cup(s), Unsalted Unsweetened Peanut
Butter
2 tbsp, Maple Syrup
2 scoopful, Unflavored Protein Powder
2 TBS Swerve Sweetener
(12) Chocolate Protein Bar

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Pulse all ingredients except milk into food processor. Once uniform slowly pulse in milk until it holds a paste like structure. Press into 8x8 sheet and place in refrigerator to set. Slice into 8 bars and serve chilled.

Mozzarella Sticks- 1 serving

(prep: freeze mozzarella sticks overnight)

2 tablespoon, Gluten Free Bread Crumbs

2 stick (28g), Natural String Cheese

1 large, Eggs - White only, raw

Place egg white in small bowl. In separate bowl, place bread crumbs. Coat 2 string cheese in egg white, roll in bread crumbs and freeze overnight. From freezer, bake 15min at 350- until inside is melted.

Option to serve with tomato sauce.

2 Tbs adds 25 cal, 5 carbs.

Mustard Chicken w/ shredded brussel sprouts (serves 4)

4 chicken breast

1lb brussel sprouts

2 tbs red wine vinegar

2 tbs olive oil

2 tbs mustard

2 tsp honey

In a small bowl whisk together red wine vinegar, olive oil, mustard and honey.

Slice chicken into strips and sauté in a large saucepan on medium high heat with mustard mixture.

Using a mandolin, shred brussel sprouts.

When the chicken is almost cooked, add brussel sprouts to mixture and cook, stirring occasionally until chicken is cooked and brussel sprouts are crisp.

Serve immediately.

Steak Tips w/ Chimichurri Sauce (serves 4)

¼ Cup olive oil

2 tsp, ground, Pepper

2 clove, Garlic, raw

2 cup, Parsley, fresh

Main Courses

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2 cup, Chopped Cilantro

¼ cup red wine vinegar

1 tbsp, Agave

24 oz, Steak Tips

Blend all ingredients (accept steak) in food processor to make a paste. Sear steak tips in frying pan at medium high heat- 3-4 minutes per side. Remove from heat and allow to rest several minutes before eating. Immediately before serving, pour chimichurri sauce over steak.

Easy Chicken Tikka Masala- serves 4.

Option to marinate chicken in plain yogurt overnight.

15 fluid ounce, Tomato Sauce-can

2 tbsp, Spices, cumin seed

0.50 cup, Cream - Half and half

0.25 cup, Chopped Cilantro

2 Tbsp, Garam Masala

4 chicken breast, cubed

Combine tomato sauce, cream, and spices into large saucepan on medium heat.

Bring to a simmer. Add cubed chicken breast and simmer on low for 30 minutes until chicken is completely cooked.

2 cup, Cauliflower – Raw

While chicken is simmering, pulse raw cauliflower in food processor raw, then sauté in medium frying pan for several minutes in until tender.

Place cauliflower rice in bowl and ladle chicken masala over it. Garnish with cilantro.

Shrimp with Kale and Smoked Paprika

(serves 4)

1.25lb shrimp, peeled and deveined

3 large clove garlic, chopped

5 cups kale, chopped.

3TBS olive oil

2 tsp smoked paprika

¼ tsp salt

¼ tsp cayenne

Sautee shrimp, garlic, olive oil, paprika, cayenne in large frying pan until almost cooked, then add kale and cook until kale is wilted. Serve immediately.

Dessert

Instant apple crisp- serves 2

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1 medium apple

2 tbsp Oats

1 tsp brown sugar (packed)

1 tbsp butter

½ tsp, Cinnamon

1 tbsp swerve sweetener

Peel and slice apple into small cubes and divide into 2 bowls. In a separate bowl combine swerve, brown sugar, cinnamon, oats, and cold butter. Mash with a fork into a paste. Pour equal amounts of oat mixture over apples and microwave for 2-3 minutes. Enjoy warm.

