

Vacation Body Challenge Recipes

Week 6

Breakfast

Egg Frittata (serves 6)

- 1 cup chopped spinach
- 1 cup sliced mushroom
- ½ cup onion
- 12 large, Egg
- 1 cup low fat cheddar cheese
- ½ cup chopped bacon
- ½ cup milk

Whisk together egg, milk, and cheese. Set Aside. If using fresh spinach, sauté for 5 minutes in frying pan until spinach wilts. If using frozen spinach, thaw thoroughly and squeeze out excess water before using. Add mushrooms, onion, and bacon and sauté for 3-4 minutes on medium heat. Lay vegetable mixture in bottom of a casserole dish then pour egg mixture on top. Top with additional cheese if desired. Bake for 30min at 350 degrees. Can be refrigerated and reheated.

Smoked Lox w/ Cream Cheese

- 12 oz, Fish, salmon, chinook, smoked
- 1 sliced cucumber
- 4 tablespoons, Cheese, cream

Garnish with capers and chive

Slice cucumber into 1/8" slices. Spread cream cheese on top and layer with salmon. Garnish with capers and or chive. Serve immediately.

Snacks

Vanilla Cinnamon Almonds (serves 12)

- 2 egg, Egg Whites
- 2 tbsp(s), Vanilla extract
- 2 tbsp(s), Swerve Sweetener
- 0.75 teaspoon, Salt
- 0.50 Tsp, Cinnamon

Whisk together egg whites, vanilla swerve sweetener, and salt to form a frothy foam. Coat almonds with egg mixture then toss with cinnamon. Lay almonds on a baking sheet and bake at 300 degrees for 25 minutes. Allow to cool

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Date/Seed Bars- makes 10 bars

2 fluid ounce, Pumpkin Seeds
2 oz(s), Seeds, sunflower seed kernels, dried
0.75 ounce, Unsweetened Coconut Flakes
1 tbsp(s), Seeds, sesame seeds, whole, dried
4 pieces, Apricots, Dried
4 oz(s), Dates, medjool
1 TBS Swerve Sweetener
2 scoops, Protein Powder- Vanilla

Pulse all ingredients in food processor until thick paste forms. If moisture is needed, add 1 TBS water. Press mixture in 8x8 pan, press flat, and place in refrigerator overnight. Cut into bars.

Main Courses

Lamb Chops w/ Mint-Pea Sauce- serves 4

1 ¼ cups low sodium chicken broth
One 10oz package frozen peas
8 quarter pound lamb chops
½ cup fresh mint
1 leek

In large pot or Dutch oven, cook peas and leek in chicken broth. Once cooked, pulse in food processor with salt pepper and mint. Set aside

Using cast iron skillet (frying pan will work too) sear lamb chops on high heat about 2-3 minutes per side to cook medium. Let rest several minutes before serving. Pour mint pea sauce over lamb chops and enjoy.

Lemon Tarragon Chicken with zucchini ribbons. (serves 4)

- 4 skinless boneless chicken breast
- 1 clove garlic
- 3 tbsp flour (gluten free)
- 2 tbs olive oil
- ¾ cup white wine (optional)
- 1 cup low sodium chicken broth
- 2 TBS fresh tarragon
- 1 medium zucchini

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- 1 medium yellow squash
- Salt and pepper to taste.
- lemon

Dredge chicken in flour, shake off excess, and pan sear in olive oil to brown on both sides. Set aside.

Using vegetable peeler, peel both squash around the perimeter to form long ribbons. Sauté ribbons in white wine, chicken broth, lemon juice, and tarragon. Once tender add chicken back and cook until done. Flour will help thicken the sauce.

Pistachio Lemon Grass Crusted Mahi + 1 Cup Steamed Asparagus

Combine in food processor to make paste:

- ½ Cup salted pistachios unshelled
- 1 lemon (juice)
- 1 TBS olive oil
- 2 TBS Fresh Lemon Grass
- 1.5lb mahi mahi (or other white fish)

Coat fish with pistachio paste and cook in frying pan 3-4 min per side until crust is toasted. Transfer pan to preheated oven

of 350 degrees for 15-18 minutes. Serve w/ side of steamed or sautéed asparagus.

Shrimp Salad with Pistachio and Mint Dressing

2 tbsp(s), Orange juice - Raw

2 tbsp., Rice Vinegar

2 tablespoons, Oil – Olive

In small bowl, combine orange juice, rice vinegar, and olive oil. Set aside.

Salad

¼ cup salted deshelled pistachio

¼ cup Fresh Mint

2 tbsp fresh tarragon

18 oz, Shrimps

1 cup chopped Romaine

2 ounce, Parmesan Cheese - Shaved

2 oz(s), Tomatoes

Chop fresh romaine into 1-2" chunks, mix with fresh mint, pistachios, fresh tarragon, chopped tomatoes, and shaved parmesan cheese. Once mixed, add dressing and coat evenly.

In frying pan. Sauté shrimp on medium high heat for 2-3 minutes until cooked (pink). Transfer shrimp to salad mixture, and toss, Serve immediately.

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Dessert

Peppermint Yogurt bark- makes 8 pieces

2 cup, Icelandic Yogurt
1/2cup Pomegranate Seeds
¼ cup Dark Chocolate Chips
1 tbsp Peppermint oil
2 TBS swerve sweetener

Mix all ingredients until thoroughly blended. Press flat into a small cookie sheet and freeze overnight. Once frozen cut into 8 pieces and serve chilled.

