

The Jumpsuit Way Jumpstart Program Healthy Recipe Guide

Breakfast Recipes



***Yogurt Bowl (VEGAN)**

Ingredients

- Nondairy coconut yogurt
- 2 tablespoons hemp seeds
- ¾ cup raspberries

Directions

- Pour 1 cup of coconut yogurt into a bowl.
- Add raspberries and top with hemp seeds.

Nutritional Info

Servings: 1 Calories: 308 cals Carbs: 42g Fat: 14g Protein: 8g



***Overnight Oats (VEGAN)**

Ingredients

- 1 cup rolled oats
- 1 tablespoon chia seeds
- ½ cup nonfat Greek yogurt or Non-dairy yogurt*
- 1 cup milk of choice (I used unsweetened almond milk)
- 1 teaspoon vanilla extract
- 1 tablespoon sweetener of choice (honey or maple syrup)

Directions

- Place all ingredients into a large glass container and mix until combined.
- Put the top on the container and place into the refrigerator for at least 2 hours or overnight.
- Top with dollop of nonfat Greek yogurt, fresh strawberries and walnut pieces
- *Option to sub out the Greek yogurt for coconut cream or with nothing at all. If you overnight oats are too thick in the morning, add a splash more of milk.

Nutritional Info

Servings: 2 Calories: 270 cals Carbs: 44g Fat: 6g Protein: 12g



West Coast Avocado Toast

Ingredients

- 1 cup mixed salad greens
- 1 teaspoon red-wine vinegar
- 1 teaspoon extra-virgin olive oil
- Pinch of salt
- Pinch of pepper
- 2 slices sprouted whole-wheat bread, toasted
- ¼ cup plain hummus
- ¼ cup alfalfa sprouts
- ¼ avocado, sliced
- 2 teaspoons unsalted sunflower seeds

Directions

Toss greens with vinegar, oil, salt and pepper in a medium bowl. Spread each slice of toast with 2 tablespoons hummus. Top with sprouts, avocado and the greens and sprinkle with sunflower seeds.

Nutritional Info

Servings: 1 Calories: 429 cals Carbs: 46g Fat: 22g Protein: 16g



***Spinach-Avocado Smoothie (VEGAN)**

Ingredients

- 1 cup nonfat plain yogurt or dairy free yogurt
- 1 cup fresh spinach
- 1 frozen banana
- ¼ avocado
- 2 tablespoons water
- 1 teaspoon honey

Directions

Combine yogurt, spinach, banana, avocado, water and honey in a blender. Puree until smooth.

Nutritional Info

Servings: 1 Calories: 357 cals Carbs: 58g Fat: 8g Protein: 18g



Spinach & Egg Sweet Potato Toast

Ingredients

- 1 large slice sweet potato (¼ inch thick)
- ⅓ cup cooked spinach
- 1 large egg, fried or poached
- ½ teaspoon sliced fresh chives
 - ½ teaspoon hot sauce

Directions

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.

Nutritional Info

Servings: 1 Calories: 250 cals Carbs: 37g Fat: 5g Protein: 9g



***Berry-Almond Smoothie Bowl (VEGAN)**

Ingredients

- Cup frozen raspberries
- ½ cup frozen sliced banana
- ½ cup plain unsweetened almond milk
- 5 tablespoons sliced almonds, divided
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cardamom
- ⅛ teaspoon vanilla extract
- ¼ cup blueberries
- 1 tablespoon unsweetened coconut flakes

Directions

- Blend raspberries, banana, almond milk, 3 tablespoons almonds, cinnamon, cardamom and vanilla in a blender until very smooth.
- Pour the smoothie into a bowl and top with blueberries, the remaining 2 tablespoons almonds and coconut.

Nutritional Info

Servings: 1 Calories: 360 cals Carbs: 46g Fat: 19g Protein: 9g



Low-Carb Breakfast Burritos

INGREDIENTS

- 2 large eggs
- 1 tbsp. skim milk
- 1 tbsp. freshly chopped chives
- Kosher salt
- Freshly ground black pepper
- 4 slices cooked bacon
- 1/2 c. black beans
- 1 avocado, thinly sliced
- Salsa, for serving

DIRECTIONS

1. In a small bowl, whisk together eggs, milk, and chives, and season with salt and pepper.
2. In a large nonstick skillet, add the egg mixture. Tilt pan back and forth to make sure it's completely coated, then let cook, 2 minutes. Once you can move egg back and forth, carefully flip and cook 2 minutes more.
3. Transfer to a plate and top with bacon, black beans, avocado and salsa. Roll up into a burrito and serve.

Nutritional Info

Servings: 2 Calories: 308 cals Carbs: 10g Fat: 20g Protein: 15g



Cauliflower Breakfast Muffins

INGREDIENTS

- 1 large cauliflower (or about 3 cups riced cauliflower)
- 6 oz. diced ham
- 1/2 c. baby spinach
- 1/2 c. finely chopped onion
- 5 Eggs, beaten
- 1/2 tsp. garlic powder
- Kosher salt
- Pinch cayenne pepper

- Freshly ground black pepper

DIRECTIONS

1. Preheat oven to 375 degrees F. On a box grater or in a food processor, grate cauliflower and transfer to a large bowl. Place cauliflower in paper towels or cheesecloth and wring out any excess water.
2. Add eggs, cheddar cheese, garlic powder and whisk until combined. Fold in ham, spinach and onion. Grease a muffin tin with cooking spray, then fill each one about two-thirds full. Bake for about 20-25 minutes, or until lightly golden.

Nutritional Info

Servings: 3 Calories: 250 cals Carbs: 16g Fat: 12g Protein: 24g



Broccoli Frittata

INGREDIENTS

- 3 cups chopped broccoli
- 1 small carrot, diced, OPTIONAL
- 1/4 cup water
- 8 EGGS
- 1/4 cup milk
- 2 tsp. prepared mustard
- 1 tsp. salt
- 1/8 tsp. pepper
- 3/4 cup shredded Cheddar cheese (3 oz.)
- 1 tbsp. chopped green onion

DIRECTIONS

1. **COMBINE** broccoli, carrot, if desired, and water in 10-inch nonstick skillet. **COOK** over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes; drain well.
2. **BEAT** eggs, milk, mustard, salt and pepper in large bowl until blended. **ADD** broccoli mixture, cheese and green onion; mix well.
3. **COAT** same skillet with cooking spray; heat over medium heat until hot. **POUR IN** egg mixture; cook over low to medium heat until eggs are almost set, 8 to 10 minutes.

4. **REMOVE** from heat. **COVER** and **LET STAND** until eggs are completely set and no visible liquid egg remains, 8 to 10 minutes. **CUT** into wedges.

Nutritional Info

Servings: 4 Calories: 257 cals Carbs: 5g Fat: 17g Protein: 20g

Lunch Recipes



Roasted Green beans, sweet potatoes & chicken breast

Ingredients

- 3 oz small, sweet potato
- 4 oz green beans
- 6 oz skinless chicken breast
- 1 tbsp extra virgin olive oil
- Seasoning of your choice

Directions

- Cut sweet potato into wedges.
- Lightly season potatoes, green beans, and chicken breast with a little olive oil, salt, thyme and lemon juice.
- Place into air fryer at 375 degrees for 15 mins.
- Then take out potatoes and green beans and continue to roast chicken for an additional 15 mins.

Nutritional Info

Servings: 1 Calories: 400 cals Carbs: 20g Fat: 23g Protein: 34g



HEALTHY SHEET PAN SAUSAGE AND VEGGIES

INGREDIENTS

- 12-16 ounces Smoked Turkey or Chicken Sausage about 3 cups
- 2 cups sweet potato diced into 1/2" cubes
- 2 cups broccoli florets
- 1 cup bell pepper chopped (any colors you like)
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 tablespoon Italian seasoning or taco, Cajun of your favorite spice blend!
- ½ teaspoon salt
- ½ teaspoon black pepper

DIRECTIONS

- Pre-heat oven to 400F.
- Slice the sausage into 1" rounds. Dice the sweet potatoes into small 1/2" cubes.
- Add the sausage, veggies, and minced garlic to a large baking sheet. Drizzle with olive oil and sprinkle with the Italian spices or your favorite spice blend. Seasoning with salt and pepper. Toss veggies with your hands until they are fully combined and coated with olive oil and spices.
- Bake for 20 minutes, flipping halfway. Enjoy with rice, quinoa, in sandwiches or as is for weight loss!

Nutritional Info

Servings: 4 Calories: 280 cals Carbs: 27g Fat: 13g Protein: 14g



***Cauliflower/Cabbage Fufu (VEGAN)**

Ingredients

- 6 cups florets cauliflower or a whole head of cabbage
- ½ teaspoon Psyllium Husk

Directions

- Rinse and cut the cauliflower florets/cabbage into small pieces to help your blender.
- Blend with as little water as possible and pour into a muslin bag or a chiffon cloth to remove the water.
- Place some weights on the bag to speed up the process.
- When all the water has seeped out, put the cauliflower/cabbage puree into a pot on medium heat. Then start stirring.
- When it heats up, check the time and continue stirring for 5 minutes.
- Add the psyllium husk and continue stirring for 2 more minutes or till a moldable dough is formed.
- Wrap with a plastic film to keep it moldable.

Nutritional Info

Servings: 2 Calories: 100 cals Carbs: 19g Fat: 3g Protein: 9g



Zucchini Noodles with Avocado Pesto & Shrimp

Ingredients

- 5-6 medium zucchini (2¼-2½ pounds total), trimmed
- ¾ teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- ¼ cup unsalted shelled pistachios
- 2 tablespoons lemon juice
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 3 cloves garlic, minced
- 1-pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired
- 1-2 teaspoons Old Bay seasoning

Directions

- Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini

"noodles" in a colander and toss with ½ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.

- Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining ¼ teaspoon salt in a food processor. Pulse until finely chopped.
- Heat 1/8 cup oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.
- Add the remaining 1/8 cup oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

Nutritional Info

Servings: 4 Calories: 416 cals Carbs: 16g Fat: 33g Protein: 26g



Chipotle Chicken Quinoa Burrito Bowl

Ingredients

- 1 tablespoon finely chopped chipotle peppers in adobo sauce
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- 1 pound boneless, skinless chicken breast
- ¼ teaspoon salt
- 2 cups cooked quinoa
- 2 cups shredded romaine lettuce
- 1 cup canned pinto beans, rinsed
- 1 ripe avocado, diced
- ¼ cup prepared Pico de Gallo or other salsa
- ¼ cup shredded Cheddar or Monterey Jack cheese
- Lime wedges for serving

Directions

- Preheat grill to medium-high or preheat broiler.
- Combine chipotles, oil, garlic powder and cumin in a small bowl.
- Oil the grill rack (see Tip) or a rimmed baking sheet, if broiling. Season chicken with salt. Grill the chicken for 5 minutes or broil it on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze and continue cooking until an instant-read thermometer inserted in the thickest part registers 165°F,

3 to 5 minutes more on the grill or 9 minutes more under the broiler. Transfer to a clean cutting board. Chop into bite-size pieces.

- Assemble each burrito bowl with ½ cup quinoa, ½ cup chicken, ½ cup lettuce, ¼ cup beans, ¼ avocado, 1 tablespoon Pico de Gallo (or other salsa) and 1 tablespoon cheese. Serve with a lime wedge.

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- To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Nutritional Info

Servings: 2 ½ Calories: 452 cals Carbs: 36g Fat: 19g Protein: 36g



Chopped Cobb Salad Ingredients

- 1 1/2 cups (3/4-inch) cubed French bread
- Cooking spray
- 6 cups chopped hearts of romaine lettuce (about 2 hearts)
- 1 cup chopped seeded plum tomato
- 1/2 cup sliced green onions
- 2 ounces crumbled blue cheese (about 1/2 cup)
- 4 bacon slices, cooked and crumbled
- 2 hard-cooked large eggs, chopped
- 2 tablespoons white wine vinegar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon kosher salt
- 3 tablespoons olive oil
- 2 tablespoons finely minced shallots

Directions

Preheat oven to 400°.

Place bread cubes on a large rimmed baking sheet. Coat bread generously with cooking spray; toss. Bake at 400° for 10 minutes or until crisp and golden, stirring after 5 minutes. Cool completely. Place lettuce and next 5 ingredients (through eggs) in a large bowl. Cover and chill, if desired. Combine vinegar and next 3 ingredients (through salt) in a medium bowl, stirring with a whisk. Gradually add oil, stirring with a whisk. Stir in shallots. Pour dressing over salad mixture; toss gently. Top with croutons, and serve immediately.

Tip: Make it easy on yourself and hard-cook the eggs, cook the bacon, and make the vinaigrette ahead, so all you have to do before dinner is assemble!

Nutritional Info

Servings: 4-6 servings Calories: 294 cals Carbs: 14g Fat: 21g Protein: 12g



AFRICAN STEWED SPINACH

Ingredients

- 4 pounds of spinach chopped
- 1 pound of cooked meat of choice I used oven fried Tilapia
- 1/2 pound of small fresh water shrimp
- 2 roma tomatoes
- 1 red bell pepper
- 1 large red onion
- 2 habanero peppers
- 2 cloves of garlic
- 1/4 cup palm oil
- 3 tbsp powdered dried shrimp
- Salt to taste

Directions

1. To prep, blend half of the red onion with the tomatoes, bell pepper, garlic, and hot pepper. Chop the other half of the red onion.
2. In a deep sauce pan or stock pot, heat the oil and saute the onions over medium heat until its golden brown.
3. Add the blended tomato mix, and allow to cook over medium heat for about 30 minutes. Stir occasionally to avoid the mix from burning.
4. After 30 minutes, the sauce should be significantly reduced, at this point season it with powdered dry shrimp and salt to taste.
5. If cooking with cooked red meat or chicken, add them to the sauce at this point. If using dried mushrooms, re-hydrate and them at this point as well.
6. Add the fresh shrimp to the sauce, then add the spinach. At this stage, the spinach may look too much, but allow to sit in the pot for about 1 minute.

7. Gently stir the stew and the spinach until the spinach is wilted till about half the its original volume.
8. Adjust the seasoning with salt to taste if necessary. At this point I added the fried tilapia, stirred and served.
9. This stew is best served warm and freshly cooked.

Nutritional Info

Servings: 6 Calories: 230 cals Carbs: 14g Fat: 12g Protein: 21g



***Stewed Cabbage (VEGAN)**

Ingredients

- 1/3 cup extra-virgin olive oil
- 3 medium red onions, finely chopped (2 cups)
- Salt
- 10 garlic cloves, minced
- One 2-inch piece fresh ginger, peeled and minced
- 2 tablespoons ground turmeric
- 1 pound carrots, quartered lengthwise and cut into 1 1/2-inch lengths
- 5 pounds green cabbage, cored and cut into 3/4-inch pieces

Directions

Step 1

In a large enameled cast-iron casserole, heat the olive oil. Add the onions and a generous pinch of salt and cook over moderate heat, stirring occasionally, until softened, about 8 minutes. Add the garlic, ginger and turmeric and cook, stirring, until the vegetables are fragrant and just starting to brown, about 5 minutes.

Step 2

Add the carrots to the casserole along with 1/2 cup of water and cook over moderate heat, stirring, until the carrots are just starting to soften, 7 minutes. Stir in the cabbage in large handfuls, letting each batch wilt slightly before adding more. When all of the cabbage has been added, cover and cook over moderately low heat, stirring occasionally, until the cabbage is tender, 40 to 45 minutes. Season with salt and serve.

Nutritional Info

Servings: 8 Calories: 163 cals Carbs: 27g Fat: 6g Protein: 5g



Citrus Poached Salmon with Asparagus

Ingredients

- 4 4-ounce fresh or frozen skinless salmon fillets
- 1 lemon
- 1 orange
- 1 cup water
- 1-pound asparagus spears, woody bases removed
- 2 tablespoons snipped fresh parsley
- 1 tablespoon melted butter
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- Fresh parsley leaves (optional)

Directions

- Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Finely shred 1 teaspoon peel from lemon; set aside. Squeeze juice from the lemon and orange; combine juices. Measure ¼ cup juice for dressing and set aside.
- Pour the remaining juice into a large skillet; add water. Bring to boiling. Add salmon; reduce heat to medium. Simmer, covered, for 4 minutes. Lay asparagus atop salmon (see Tips). Simmer 4 to 8 minutes more or until fish begins to flake when tested with a fork and asparagus is crisp tender.
- Meanwhile, in a small bowl combine reserved ¼ cup juices, snipped parsley, butter, reserved lemon peel, salt and pepper.
- To serve, drizzle dressing mixture over salmon and asparagus. Garnish with additional fresh parsley leaves, if desired.

Tips: Asparagus in the liquid may take on a slightly olive green color

Nutritional Info

Servings: 4 Calories: 206 cals Carbs: 4g Fat: 10g Protein: 24g



***Vegetable Weight-Loss Soup (VEGAN)**

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 12 ounces fresh green beans, cut into ½-inch pieces
- 2 cloves garlic, minced
- 8 cups no-salt-added chicken broth or low-sodium vegetable broth
- 2 (15 ounce) cans low-sodium cannellini or other white beans, rinsed
- 4 cups chopped kale
- 2 medium zucchini, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 teaspoons red-wine vinegar
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 8 teaspoons prepared pesto

Directions

- Heat oil in a large pot over medium-high heat. Add onion, carrot, celery, green beans and garlic. Cook, stirring frequently, until the vegetables begin to soften, about 10 minutes. Add broth and bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are soft, about 10 minutes more.
- Add white beans, kale, zucchini, tomatoes, vinegar, salt and pepper. Increase heat to return to a simmer; cook until the zucchini and kale have softened, about 10 minutes. Top each serving of soup with 1 teaspoon pesto.

Nutritional Info

Servings: 8 Calories: 225 cals Carbs: 28g Fat: 8g Protein: 13g



GARLIC LIME CHICKEN AND QUINOA

INGREDIENTS

- 2 Boneless Skinless Chicken Breasts
- 1/2 teaspoon of Paprika
- 1/4 teaspoon of Salt
- 1/4 teaspoon of Pepper
- 1/4 teaspoon of Cayenne Pepper
- 1/4 teaspoon of Onion Powder
- 1/4 teaspoon of Cumin
- 1 teaspoon of Olive Oil
- 2 cups of Low Sodium Chicken Stock
- 1 cup of Quinoa
- Juice and Zest from Two Limes
- A Dash of Salt and Pepper
- 2 tablespoons of Cilantro, chopped
- Optional Avocado Cream Sauce:
 - 1 Avocado
 - 2 tablespoons non-fat, plain greek yogurt

DIRECTIONS

1. Combine all the dry seasonings in a small bowl. Mix them together and then season both sides of each chicken breast.
2. Add the teaspoon of olive oil to a large pan or skillet. Heat the olive oil for a minute over medium-high heat. Add the chicken breasts to the pan. Cook for seven minutes on each side with the lid on.
3. Add the chicken stock and quinoa to a medium sauce pan. Bring to a simmer over medium-low heat. Reduce the heat to low and simmer for ten to fifteen minutes with the lid on, until all the stock has been absorbed.
4. After the chicken breasts have cooked all the way through, remove them from the pan and let them rest before slicing them.
5. Add the warm quinoa to a large bowl. Toss in the lime zest, lime juice, salt and pepper and chopped cilantro. Mix to combine.
6. Make and add the optional avocado cream sauce for some extra flavor.

Optional Avocado Cream Sauce:

Puree avocado and yogurt together until smooth.

Nutritional Info

Servings: 2 Calories: 530 cals Carbs: 62g Fat: 12g Protein: 44g



***Greek Salad Wraps (VEGAN)**

Ingredients

- 1/3 cup red-wine vinegar
- 1/4 cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 8 cups chopped romaine lettuce
- 1 (15 ounce) can reduced-sodium chickpeas, rinsed
- 1 medium cucumber, halved and sliced (1 1/2 cups)
- 1 cup halved cherry or grape tomatoes
- 1/4 cup sliced pitted Kalamata olives
- 1/4 cup slivered red onion
- 6 8- or 9-inch whole-wheat wraps

Directions

- Whisk vinegar, oil, oregano, salt and pepper in a large bowl. Add romaine, chickpeas, cucumber, tomatoes, olives and onion; toss to coat. Place about 1 1/2 cups of the salad on each wrap and roll into a wrap sandwich.

Nutritional Info

Servings: 3 Calories: 333 cals Carbs: 42g Fat: 14g Protein: 9g



***Quinoa Avocado Salad (VEGAN)**

Ingredients

- 3 tablespoons lime juice
- 2 tablespoons avocado oil
- ¾ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 3 cups cooked quinoa, cooled
- 2 medium avocados, chopped
- 1 cup grape tomatoes, halved
- 1 cup diced cucumber
- ½ cup chopped fresh cilantro
- 1 scallion, sliced

Directions

- Whisk lime juice, oil, garlic powder, salt and pepper in a medium bowl. Add quinoa, avocados, tomatoes, cucumber, cilantro and scallion; stir gently until combined.

Nutritional Info

Servings: 4 Calories: 414 cals Carbs: 44g Fat: 25g Protein: 9g

Dinner Recipes



Chicken fajitas and cauliflower rice

Ingredients

- 1 cup steamed caulirice
- 4 oz chicken breast
- 1 yellow bell pepper
- ½ red onion
- 1 tbsp extra virgin olive oil
- Seasoning of your choice

Directions

- **Skin chicken breast, cut into strips and lightly season with thyme, cracked black pepper, sea salt and olive oil and bake for about 10 mins.**
- **In a wok, sauté onions, garlic, and bell peppers for about 3-5 mins and then added backed chicken strips. Stir fry for an additional 5-7 mins.**
- **Serve warm on top of steamed cauliflower rice.**

Nutritional Info

Servings: 1 Calories: 375 cals Carbs: 12g Fat: 21g Protein: 28g



Healthy Okra Soup

Ingredients

- 500g fresh okra, chopped
- 1 whole mackerel, cut in pieces, cleaned and gutted
- 1 small onion, finely chopped
- 2 scotch bonnet chillies (ata rodo), chopped
- Few pieces of fresh prawns (substitute with dried ones)
- 1tbs Ground crayfish (optional)
- Salt (optional)
- Seasoning cube (I used knorr cubes)

Directions

- Add okra to a food processor and pulse few times.
- Clean fish and de-vain prawn, sprinkle with pinch of salt (if using) and set aside.
- Place a shallow pan on medium heat, add a cup(s) of water (about 400ml) and leave to boil, if you would be using potash, add it at this point to the water and leave to melt into the boiling water
 - Add the chopped peppers and onion and boil for another 3-5 minutes

- Add the fish, prawns and bring to boil for about 2 minutes (add more water if need be) take it out of the sauce and set aside (this is just to ensure that you don't break the fish while stirring in the okra and also not to overcook the prawns).
- Add the okra to the sauce and stir till well incorporated (add more water if need be)
 - Stir in seasoning, crayfish and salt (if using) and cook for another 2-3 minutes
 - Add the fish and prawn and stir in gently in order not to break the fish and continue to cook for another 3-5 minutes. Take it off the heat and serve with any swallow of choice.

Nutritional Info

Servings: 2 Calories: 230 cals Carbs: 23g Fat: 5g Protein: 25g



Cilantro Shrimp with Squash, Chard, and Wild Rice

- 8 large shrimp
- 1 Tbsp. olive oil
- 2 tsp fresh cilantro
- 2 tsp fresh lime juice
- 1 yellow squash, sliced
- 1 cup Swiss chard
- 1/4 cup dry wild rice blend

Sear shrimp in olive oil over medium heat for three to four minutes, seasoning with cilantro and lime juice. Steam squash and chard for five to seven minutes, and cook rice according to package directions.

Nutritional Info

Servings: 1 Calories: 458 cals Carbs: 50g Fat: 17g Protein: 33g



5-INGREDIENT EASY WHITE CHICKEN CHILI

INGREDIENTS

- 6 cups chicken stock
- 4 cups cooked shredded chicken*
- 2 (15 ounces) cans Great Northern beans, drained
- 2 cups (16 ounces) salsa Verde (*store-bought or homemade*)
- 2 teaspoons ground cumin
- optional toppings: diced avocado, chopped fresh cilantro, shredded cheese, chopped green onions, sour cream, crumbled tortilla chips

DIRECTIONS:

Add chicken stock, shredded chicken, beans, salsa and cumin to a large stockpot, and stir to combine. Heat over medium-high heat until boiling, then cover and reduce heat to medium-low and simmer for at least 5 minutes. Taste and season with salt and pepper, if needed. Serve warm with desired toppings.

Nutritional Info

Servings: 5 Calories: 360 cals Carbs: 19g Fat: 23g Protein: 38g



***Squash & Red Lentil Curry (VEGAN)**
Pineapple Nice Cream
Ingredients

- 1 16-ounce package frozen pineapple chunks
- 1 cup frozen mango chunks or 1 large mango, peeled, seeded and chopped
- 1 tablespoon lemon juice or lime juice

Directions

- Process pineapple, mango and lemon (or lime) juice in a food processor until smooth and creamy. (If using frozen mango, you may have to add up to ¼ cup water.) For the best texture, serve immediately.

Nutritional Info

Servings: 1 Calories: 55 cals Carbs: 14g Fat: 0g Protein: 1g



*Fire Ants on a Log (VEGAN)

- 2 4-inch celery sticks
 - 1 tablespoon natural peanut butter OR almond butter
 - 1 tablespoon dried cranraisins

Directions

- Spread celery sticks with peanut butter and top with dried cherries.

Nutritional Info

Servings: 2 Calories: 145 cals Carbs: 12g Fat: 8g Protein: 4g



***Baked Kale Chips (VEGAN)**

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Nutritional Info

Servings: 6 Calories: 60 cals Carbs: 8g Fat: 3g Protein: 3g



***Baked Banana Chips (VEGAN)**

Ingredients

- 2 just-ripe bananas, sliced in 1/10-inch-thick rounds, or more as needed
- 1 teaspoon lemon juice, or to taste

Directions

1. Preheat oven to 225 degrees F (110 degrees C). Line a baking sheet with parchment paper.
2. Spread banana slices out onto the prepared baking sheet, making sure slices are not touching. Brush slices with lemon juice.
3. Bake in the preheated oven for 90 minutes. Check bananas, lifting slices up to separate from the paper once or twice. Continue baking until bananas are dried out, 30 to 90 minutes more.
4. Let bananas cool until crispy, at least 5 minutes.

Nutritional Info

Servings: 2 Calories: 106 cals Carbs: 25g Fat: 1g Protein: 1g



***Easy Roasted Chickpeas (VEGAN)**

"These are a nice healthy snack to have for munching."

Ingredients

- 1 pound dried chickpeas (garbanzo beans)
- 2 tablespoons olive oil
- kosher salt to taste

Directions

1. Place chickpeas into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Drain chickpeas and pat dry.
2. Preheat oven to 400 degrees F (200 degrees C).
3. Toss chickpeas, olive oil, and salt together in a bowl until evenly coated; spread in single layer on a baking sheet.

Roast in the preheated oven, stirring every 8 minutes, until chickpeas are browned and crisp, about 40 minutes. Toss chickpeas with more salt and cool completely

Nutritional Info

Servings: 4 Calories: 140 cals Carbs: 19g Fat: 8g Protein: 4g



Turkey Roll Ups /Wraps

Ingredients

- 2 teaspoons Dijon Mustard

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- 2 teaspoons honey
 - 8 slices turkey breast
 - 2 large red leaf lettuce leaves, spines removed, torn into 8 pieces
 - 1/4 large English cucumber, seeded and cut into 3-inch long sticks
 - 1/4 large red pepper, sliced
 - 8 large basil leaves

Directions

In a small bowl mix together the Dijon mustard and honey until well combined.

Lay a slice of turkey on a plate or cutting board. Spread a 1/2 teaspoon of the honey-mustard mixture widthwise along the turkey about 2 inches from the end of the slice. Place a piece of lettuce on top, then a couple of sticks of cucumber and slices of red pepper. Top with a basil leaf and roll it all up in the turkey slice.

Nutritional Info

Servings: 4 Calories: 41 cals Carbs: 4g Fat: 1g Protein: 4g



Pico de Tuna

"A low budget, low fat, easy and delicious salsa. You can add as many or as little veggies to your taste. This can easily be multiplied. Serve with crackers or tortilla chips."

Ingredients

- 1 (5 ounce) can tuna in water, drained
- 1/3 cup chopped onion
- 1/3 cup chopped tomatoes
- 1/3 cup minced cilantro
- 1 small jalapeno pepper, seeded and minced
- salt and pepper to taste

Directions

1. In a medium bowl, stir together the tuna, onion, tomatoes, cilantro, and jalapeno. Season with salt and pepper. Refrigerate until serving.

Nutritional Info

Servings: 2 Calories: 93 cal Carbs: 5g Fat: 1g Protein: 17g



***Sweet Potato Baked Oatmeal (VEGAN)**

Ingredients

- 3 1/2 cups rolled oats
- 1/2 cup brown sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 cup cooked and mashed sweet potato
- 1 cup milk
- 2 eggs, lightly beaten
- 1/4 cup vegetable oil

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8-inch baking pan.
2. Mix rolled oats, brown sugar, baking powder, salt, cinnamon, and nutmeg together in a mixing bowl until ingredients are evenly distributed.
3. Mix mashed sweet potatoes, milk, eggs, and vegetable oil together in a separate bowl until well blended. Pour sweet potato mixture into oats mixture and mix well. Spread mixture evenly into prepared baking dish.

Bake in preheated oven until oatmeal has set and the top is golden brown, about 30 minutes

Nutritional Info

Servings: 8 Calories: 305 cal Carbs: 44g Fat: 11g Protein: 8g

Smoothie Recipes

Integrating healthy smoothie recipes for weight loss into your normal diet can have tremendous health benefits. You can enjoy smoothies for weight loss, as a natural cleanse, to keep you hydrated, keep your bowels regular, and many more benefits.



Easy Cleanse Smoothie (1 serving)

1/2 cup water

1 green apple

1/2 cup frozen pineapple chunks

1/2 frozen banana

1/2-inch fresh ginger, peeled and minced

1 cup fresh spinach

small handful fresh cilantro

1 tablespoon fresh lime juice



Glowing Green Smoothie (1 serving)

This detox smoothie to shed belly fat will make you glow! It not only burns fat, fast, it also clears up your skin and help you look younger!

1 kiwi

1 banana

¼ cup pineapple

2 celery stalks

2 cups spinach

1 cup water

1 small cucumber



Apple Berry Smoothie (1 serving)

This weight loss healthy smoothie is packed full of metabolism boosting ingredients. Try it with your favorite green smoothie cleanse.

1 cup mixed berries like raspberries, strawberries, and blueberries

1 large apple

1 banana

2 cups spinach

1 cup water



Kale-Apple Smoothie (1 serving)

This superfood detox smoothie recipe will help you look and feel amazing!

$\frac{2}{3}$ cup almond milk unsweetened

$\frac{3}{4}$ cup ice

1 $\frac{1}{2}$ cups kale chopped

1 stalk celery chopped

$\frac{1}{2}$ red or green apple cored and chopped

1 tbsp ground flax seed



Triple Berry smoothie (2 servings)

1 banana

1 c. frozen strawberries

1 c. frozen blackberries, plus more for garnish (optional)

1 c. frozen raspberries

1 $\frac{1}{4}$ c. almond milk

$\frac{1}{2}$ c. Greek yogurt/ nondairy yogurt



Green Monster Smoothie (2 servings)

1 $\frac{1}{2}$ c. unsweetened almond milk

1 c. chopped spinach (fresh or frozen)

1/2 c. chopped kale (fresh or frozen)
1 medium banana
2 tbsp. almond butter
1 tbsp. chia seeds
2 tsp. honey



Pina Colada Protein Smoothie (2 servings)

1 cup coconut milk
1 banana
1 c. frozen pineapple
1 (dairy free) coconut yogurt



Grapefruit Detox Smoothie (2 servings)

1 Winter Sweetz red grapefruit
2 cups frozen pineapple chunks
1/3 cup Greek yogurt (nondairy)
1 Tablespoon coconut oil

1/4-inch knob of fresh ginger



Immune Boosting Smoothie (1 serving)

3/4 cup unsweetened vanilla almond milk

2 cups baby spinach

1/2 cup nonfat plain Greek yogurt *or dairy-free yogurt of choice*

3 tablespoons old-fashioned rolled oats

1 1/2 cups frozen mixed berries

1/2 teaspoon Ground Turmeric

1/4 teaspoon Ground Ginger

2-3 teaspoons honey *or swap agave or maple syrup to make vegan*



Beet Smoothie (1 serving)

1/2 cup unsweetened almond milk

1 cup mixed frozen blueberries or mixed berries

1 small beet

1/4 cup frozen pineapple

1/4 cup plain nonfat Greek yogurt *use non-dairy yogurt to make vegan*