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10 DAYS REBOOT MEAL PLAN

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by Ilanit 

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WELCOMES YOU TO YOUR 10 DAYS RE-BOOT MEAL PLAN:

A Reboot is about making a commitment to start listening to your body and about fueling it with powerful foods.

It's not about starvation but about eating the right foods at the right time.

When you eat a meal that includes vegetables, whole grains and good quality protein, as suggested in this 10 Days Reboot Meal plan, you will feel amazing and your body will thank you for it.

This Plan is about taking back your health by abstaining from white flour and sugars, and by eating nutritious food. The menu suggests all sorts of recipes, should you make them all, then a very delicious experience awaits you. That said, you do NOT need to cook away so as to have a powerful reboot. You do you, meaning if I suggest a slightly detailed fish dish and you end up with a can of Tuna seasoned with olive oil and basil, then great. What's important is to stick to the general theme. The way to success is to do what works best for you.

Each healthy meal (lunch & supper) should consist of:

3 PART VEGETABLES

These can be sautéed, baked, roasted, grilled, pureed or raw.

1 PART WHOLE GRAINS:

Quinoa, Brown rice, wild rice, whole oats, buckwheat, millet, barley. Whole-grain products such as bread & noodles may be added 3x a week.

1 PART PROTEIN:

Grass-fed beef, Poultry, fish, eggs, beans & bean products

Breakfast should consist of:

No rules, just what works for you such as more grains, fruits, and protein.

SNACKS & DESERTS:

-Snacks should be mid-morning and mid-afternoon. The sweeter one with fruits in the morning.

-Treats- These are what makes life sweet and enjoyable, treat yourself as a reward, just remember these are not the center of your day.

-Nuts & seeds

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Day 1-

We begin with an evening meal, since all lunches are supper-leftovers but revamped. That way, you have time to shop for ingredients during the day and get your kitchen ready.

Supper :

One sheet pan easy Salmon & vegetables of your choice

This sheet pan maple glazed meal is perfect for the whole family, & even better, it only has 3 ingredients;

Maple Glazed Salmon and Vegetables {Recipe on page 6
& Side of Quinoa Pilaf {Recipe on page 14

Day 2-

Breakfast:

Large Smoothie;

Any Smoothie of your choice on Smoothie list {Recipe on Page 21 to 25

Snack:

See Snack ideas on page.

Lunch:

Leftover Salmon & vegetables topped on Salad.

Your choice of green leaves; Red lettuce, Romain, Iceberg, Spinach

Add any other vegetables of your choice, cucumber, tomatoes, onions etc.

Snack:

Carrots, Cucumber dipped in 1/2 cup Hummus

Supper :

Butternut Squash Soup {Recipe on Page 28

Beef Teriyaki & Vegetables with a side of Brown Rice {Recipe on Page 7

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Day 3-

Breakfast:

Vegetable Omelet {Recipe on Page 8
with a side of avocado

Snack:

See Snack ideas for different options

Lunch:

Leftover Beef Teriyaki & vegetables in whole wheat pita pockets.

Snack:

See Snack ideas for different options

Supper :

Bruschetta Grilled Chicken {Recipe on Page 9
Side of easy Quinoa {Recipe on Page 12

Day 4-

Breakfast:

Green Powerful Smoothie {Recipe on Page 24

Snack: See Snack Chart for different options

Lunch:

Leftover Grilled Chicken & Bruschetta Tomatoes in whole wheat tortilla wraps.

Snack:

See Snack ideas for different options

Supper :

One Sheet Pan Salmon with Vegetables

Quick & Healthy one-pan can be found on YouTube channel

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under : How to make a Healthy & Quick Easy Meal for your family

Here we have 3 part vegetables & 1 part protein.

Ingredients:

Vegetables, here we used sweet potatoes, 3 coloured peppers, cherry tomatoes.
Salmon skin on.

In a small bowl mix olive oil & Organic honey.

To salmon add sea salt.

To vegetables add garlic powder, salt, pepper, paprika.

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Day 5-

Breakfast:

Greek Yogurt with Fruits & Nuts {Recipe on Page 29}

- 1 cup of Greek yogurt
- 1 cup of raspberries
- 1 tbsp flaxseed
- 5 oz almond slides

Snack: See Snack Chart for different options

Lunch:

Leftover Grilled Chicken & Bruschetta Tomatoes in whole wheat tortilla wraps

Snack: See Snack Chart for different options

Supper :

One Pan Baked Fish and Chips {Recipe on page 19 - Healthy Pareve Cesar Salad}

Day 6-

Breakfast:

Breakfast Burrito

- 1 whole eggs
- 1 small bell pepper
- 1 medium slice (1/4 thick) tomato
- 1 organic spelt tortilla (Rudi's)
- 1/2 cup, chopped onions
- 1 tablespoon of coconut oil

Snack: See Snack ideas for different options

Lunch:

Leftover Fish topped on Cabbage Corn Salad {Recipe on Page 17}

Snack: See Snack ideas for different options

Supper :

Grilled Salmon (Grill on Pan with Salt, pepper, garlic, smoked paprika)
With a side of Egg Noodles in Peanut Sauce {Recipe on Pae 20}

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Day 7-

Breakfast:

Banana Pancakes

- 1 banana
- 1 large egg
- 1 tablespoon coconut oil
- 1 ounce almond flour (1/4 cup)
- 2 scoops of Protein Powder
- 1 tsp cinnamon (optional)

Snack: See Snack ideas for different options

Lunch: Leftover Salmon in whole wheat Tortilla with lettuce, tomato, onion & honey mustard dressing or any dressing of your choice.

Snack: See Snack ideas for different options

Dinner: Mongolian Chicken {Recipe on page 11
topped with Brown Rice

Day 8-

Breakfast:

Breakfast Smoothie {Recipe on page 21 to 25

Snack: See Snack ideas for different options

Lunch: Leftovers Mongolian Chicken in a tortilla wrap with lettuce, cole slaw, cucumber, onion

Snack: See Snack ideas for different options

Supper: Butternut Squash Soup
Shawarma Chicken - Chicken Pargiot cut in strips, in a pan add Shawarma spice, grill till ready.
Side of Quinoa Tabbouleh {Recipe on page 13

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Day 9-

Breakfast:

Protein Waffle Recipe

- 2 egg whites
- 1 banana
- 1/3 cup almonds
- 1/4 cup protein powder
- 1 blueberries

Snack: See Snack ideas for different options

Lunch: Left over Shawarma & Tabbouleh in Whole Wheat Pita Pocket topped with Tahini Dressing, add spice (Schug)*optional

Snack: See Snack ideas for different options

Supper: Teriyaki Chicken Lettuce Wraps {Recipe in page 10}

Day 10-

Breakfast:

Poached Egg Toast

- 1 egg
- 1/2 avocado
- 1 slice whole grain toast
- 1/2 tomato
- 1 teaspoon mayonnaise

Snack: See Snack ideas for different options

Lunch: Left over Meat from Chicken Wraps in Marinara Sauce with a side of Spagetti Squash or Whole Wheat Spagetti

Snack: See Snack ideas for different options

Supper: Delicious Roast Chicken Soup { Recipe on page 27}

Side : Sweet Potato in oven cut in 2 & drizzled with smoked paprika, salt, pepper & olive oil with a side of

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MAPLE GLAZED SALMON AND VEGETABLES

INGREDIENTS:

- 8 ounces carrots, about 3 medium
- 8 ounces broccoli florets
- 1 pound brussels sprouts
- 2 tablespoons olive oil, divided
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon coarse black pepper, divided
- 1/2 teaspoon garlic powder
- 2 pounds salmon
- 1/4 cup pure maple syrup
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 1 tablespoons minced fresh parsley
(optional)

DIRECTIONS:

Preheat the oven to high. Line two baking sheets with parchment paper.

Slice carrots. In a large bowl (or directly on the sheet pan) toss the carrots and broccoli florets with 1 tablespoon of the olive oil, 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper, and the garlic powder. Spread them out on one of the sheet pans and place in the preheated oven. Set a timer for 10 minutes.

Slice the stem ends off of the brussels sprouts, then slice the sprouts in half lengthwise and remove any loose outer leaves. Toss the brussels sprouts with the remaining 1 tablespoon of olive oil, 1/2 teaspoon of salt, and 1/4 teaspoon of pepper. Spread them out on half of the other prepared sheet pan

Place the salmon filets, skin side down, on the other half of the sheet pan. In a small bowl, whisk together the maple syrup, soy sauce and garlic. Brush half of the maple glaze onto the salmon

When the timer goes, add the second sheet pan with the salmon and brussels sprouts to the oven, putting it on the top rack in the middle of the oven and moving the carrots and broccoli to the rack just below it. Roast for 15-18 minutes, or until the salmon flakes easily with a fork.

When the timer goes, remove the carrots and broccoli from the oven and tent with foil to keep them warm. Turn the broiler on high, brush the salmon with the remaining maple glaze, and broil for an additional 1-2 minutes, or until the glaze is bubbling. The brussels sprouts will be fine broiling for a couple minutes with the salmon.

Sprinkle everything with minced fresh parsley, if desired, and serve hot.

BEEF TERIYAKI & VEGETABLES WITH A SIDE OF BROWN RICE

INGREDIENTS:

1/3 cup dry uncooked short grain white rice

3/4 cup water

1 cup carrots sliced very thin

1 cup snow peas

4 tablespoons of your favorite bottled teriyaki sauce

1 teaspoon cornstarch

3 teaspoons vegetable oil divided

6 ounces sirloin tip steak sliced thinly against the grain into strips
(or 6 ounces chicken breast sliced the same way)

2 scallions diced
(whites and greens separate)

Small pinch red pepper flakes

3 medium mushrooms sliced

4 ounces mixed sweet bell peppers
(red, yellow and/or orange) cut into strips.

DIRECTIONS:

In a medium pan over high heat, bring water and rice to a boil. Cover with a tight fitting lid, lower to a simmer and cook about 45 to 50 minutes or until all water is absorbed. Fluff and let rest for 10 minutes.

While rice is cooking, prep all other ingredients.

Place a pan of water with a steaming basket over high heat and steam carrots and snow peas covered for one minute each. Set aside.

Stir cornstarch into teriyaki sauce and set aside.

When rice is just about cooked, begin cooking meat and vegetables. In a wok or heavy bottomed pan, over very high heat, place one teaspoon of oil and let it get smoking hot. Add half of the beef and brown on both sides (about one minute) and remove to a bowl. Bring the pan back to smoking hot and add the next teaspoon of oil and brown the second half of the meat, removing to the same bowl. Let the pan get smoking hot again, add a third teaspoon of oil and place chopped white part of the scallion. Stir once and add red pepper flakes, mushrooms and peppers. Toss and cook for about 3-4 minutes until slightly cooked but still a bit crunchy. Add steamed carrots, snow peas and cooked beef (or chicken). Stir, keeping heat on high. Stir teriyaki again and add to the pan. Remove from heat and toss a few times.

To serve, place 1/2 cup of brown rice onto each plate and top each dish with half of the beef mixture. Top with chopped green scallion tops and serve.



VEGETABLE OMELET

SIMPLE, DELICIOUS AND FULL OF PROTEIN.

INGREDIENTS:

2 eggs

2 cup water

olive oil, or coconut oil, or butter

vegetables of your choice
(spinach, omelet, bell peppers, tomato etc)

salt, pepper for taste.

DIRECTIONS:

First beat eggs with Tbsp. of water in a bowl, add salt & pepper. To pan at low heat, add oil or butter of your choice. Add vegetables, sautee 2-3 minutes. Add egg mixture to pan. As egg mixture starts to cook, gently lift the edge of the omelet with a spatula, and tilt the pan until the uncooked egg mixture flows underneath, cooking until almost set (about 1 minute). Cover skillet, let cook for 1 minute. Fold omelet in half. Slide cooked omelet onto a serving plate. Enjoy!!



BRUSCHETTA GRILLED CHICKEN

TENDER, JUICY CHICKEN TOPPED WITH BRUSCHETTA IS THE PERFECT QUICK & HEALTHY MEAL, EXCELLENT FOR THE WHOLE FAMILY.

INGREDIENTS:

Olive oil
Boneless, skinless chicken breast
Italian Seasoning
Kosher salt
Black pepper

INGREDIENTS FOR THE BRUSCHETTA:

Roma tomatoes
Red onion
Finely chopped garlic
Shredded fresh basil
Olive oil
Salt to taste
Balsamic glaze

DIRECTIONS:

Before cooking, brush both sides of the chicken with olive oil and seasoning. Place on medium-high heat to cook, on pan. Once cooked remove Chicken from Pan. Make Bruschetta by mixing in all ingredients in a bowl & top chicken and serve.



CHICKEN LETTUCE WRAPS

INGREDIENTS:

1 1/2 lbs. Minced Chicken Breast, diced into small pieces

2 tbsp. sesame oil, divided

2/3 cup shredded carrots

1 garlic clove, minced

1 cup green onion, sliced

1 large red bell pepper, seeded and diced

1 8oz. can sliced water chestnuts, drained and chopped (optional)

2/3 cup cashews or peanuts, roughly chopped

1 cup of Teriyaki Marinade & Sauce, divided

Romaine, iceberg or butter leaves

2 tbsp. sesame seeds for garnish.

DIRECTIONS:

In a large skillet, heat 1 tbsp. sesame oil over medium-high heat.

Add the chicken and cook for 3-5 minutes or until cooked through and no longer pink in the center,

In the same skillet heat 1 tbsp. sesame oil over medium-high heat, add garlic and 2/3 cup of green onions, saute for 30 seconds. Add bell pepper and water chestnuts and cook for an additional 2 minutes.

Stir in 2/3 of the Teriyaki Sauce, saving the rest for drizzling. Cook for 1 minute, stirring occasionally

Stir in chicken and carrots, mix thoroughly until mixture is heated through to your preference.

Serve over lettuce leaves and garnish with cashews, green onion and sesame seeds. Enjoy!



MONGOLIAN CHICKEN

INGREDIENTS:

- 1 1/4 lbs boneless chicken breast thinly sliced
- 1/4 cup + 2 tsp cornstarch divided
- 3 tbsp olive oil or coconut oil
- 3 cloves of minced garlic
- 1 tsp of minced ginger
- 2 tsp of sesame oil
- 1/2 cup of light soy sauce
- 1/3 cup of water
- 1/2 cup of organic honey
- 1/2 cup of green onions chopped

DIRECTIONS:

Place the chicken and 1/4 cup cornstarch in a resealable plastic bag, shake to coat evenly.

Heat the coconut oil in a large pan over high heat.

Add the chicken to the pan, pan fry them in very little oil in a single layer and season to taste with salt and pepper (keeping in mind the sauce has plenty of salt in it!).

Cook for 3-4 minutes per side or until browned. Cook in multiple batches if needed.

Remove the chicken from the pan and place on a plate lined with paper towels

Add the garlic and ginger to the pan and cook for 30 seconds. Add the light soy sauce, sesame oil, water and brown sugar to the pan and bring to a simmer.

Mix the 2 teaspoons of cornstarch with 1 tablespoon of cold water. Add the cornstarch to the sauce and bring to a boil; boil for 30-60 seconds until just thickened.

Add the chicken and green onions to the pan and toss to coat with the sauce. Enjoy! This recipe may be used for beef, for Mongolian beef as well.



NO FAIL- EASY QUINOA

SIMPLE, DELICIOUS AND FULL OF PROTEIN.

INGREDIENTS:

1 cup quinoa

2 cup water

Quinoa is a superfood, healthy & a complete protein which means it contains all 9 of the essential amino acids. How to Cook Quinoa the perfect, easy way that will never fail you, be bitter or over cook. This is the classic, healthy gluten-free side dish that's ready in 20 minutes.

DIRECTIONS:

Rinse the quinoa well under water for 20 seconds then add the quinoa and water to a saucepan (that has a lid) and bring to a boil.

Lower the heat to a simmer, cover and cook for 15 minutes

.

Turn off the heat, let sit for five minutes (covered) then fluff before serving.



QUINOA TABBOULEH

INGREDIENTS:

- 1 Cup of Quinoa
- 1 1/2 cup of water
- 1/2 tsp of sea salt
- Peppermint (nana) tea bag
- 1/4 cup of evoo (Extra-virgin olive oil)
- 2 garlic cloves, minced
- 1/4 cup of lemon juice
- 1 tbsp of fresh minced mint (nana)
- 1 small tomato, diced
- 1 cup of cucumber, diced
- 1/4 kalamata olives, halved
- 1/4 cup of red onion, sliced finely into half moons
- 1/4 cup chopped parsley

DIRECTIONS:

Rince Quinoa well, over medium heat, dry roast it in a skillet for a few minutes, stirring continually until it gives off a slightly nutty aroma. Bring the water, salt, & tea bag to a boil in a small pot. Boil for 1 minute before removing the tea bag. Add the Quinoa cover, & reduce heat to low. Let simmer 20 minutes or until all water is absorbed. Spoon the quinoa into a bowl to cool. Combine the oil, garlic, lemon juice & mint into a dressing. When the quinoa is cool, toss in the tomato, cucumber, olives, onion, parsley, & dressing to taste. Serve immediately or chill first.



QUINOA PILAF

INGREDIENTS:

- 2 cups cremini mushrooms, sliced
- 1 cup zucchini, halved and sliced
- 1/2 cup onion, chopped
- 2 tablespoons olive oil
- 2 cups fresh baby kale or torn spinach
- 1 cup grape tomatoes, halved
- 1/2 teaspoon herbes de Provence, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups hot cooked quinoa

DIRECTIONS:

Step 1

In a 10-inch skillet cook mushrooms, zucchini, and onion in 2 Tbsp. olive oil over medium-high heat for about 5 minutes or until tender and lightly browned, stirring often.

Step 2

Stir in baby kale, grape tomatoes, herbes de Provence, salt, and black pepper; cook until kale wilts. Stir in hot cooked quinoa.



KALE BARLEY SALAD WITH FETA AND A HONEY-LEMON VINAIGRETTE

INGREDIENTS:

- 1 Avocado
- 15 oz Chickpeas
- 4 cups Kale, loosely packed
- 1/2 tsp Lemon, zest
- 2 tbsp Red onion
- 2 tsp Honey
- 1 tsp Lemon juice, fresh
- 1/2 cup Pearl barley
- 2 tbsp Olive oil
- 2 tbsp White wine vinegar
- 2 tbsp Sunflower seeds
- 1/3 cup Feta

DIRECTIONS:

Directions: In a bowl mix in all of the ingredients with Honey-Lemon Vinaigrette. Enjoy!!



PAREVE CESAR SALAD

INGREDIENTS

- 1 (14-ounce/398 ml) can chickpeas
- 2 Garlic cloves
- 1 cup of kale leaves
- 2 small heads Romaine lettuce
- 2 tsp Capers (optional)
- 1/2 tbsp Dijon mustard
- 1/2 cup of Fresh Dill
- 1 Tbsp of Tehina
- 3 Tbsp of Lemon juice
- 1 1/2 tsp garlic powder
- Sea salt, pepper

DIRECTIONS TO PAREVE CESAR SALAD

Cut the Romain lettuce and the kale in thin strips, add them to a salad bowl. Drain the chickpeas, rinse them, add them to the bowl. Add capers* although these are optional. In a small bowl mix the tehini, lemon juice, minced garlic, minced dill, evoo, garlic powder, salt, pepper and dijon mustard. Blend dressing well before pouring onto mixed greens and chickpeas. Mix well and enjoy !!

In Ingredients list, please add 1/4 cup (evoo) extra virgin olive oil to the garlic clove add. , minced



SALMON TOPPED ON CABBAGE CORN SALAD

INGREDIENTS:

Leftover salmon from Supper

1/2 medium cabbage about 1 1/2 lb. or a bag

1 English cucumber, sliced

1 cup of canned corn

1/3 cup chopped dill

1 1/2 tbsp. vinegar

3 tbsp. olive oil

1/2 tsp. salt or to taste

1/2 tsp. pepper or to taste

DIRECTIONS:

In a bowl, mix all ingredients, add leftover salmon from supper, grill it, heat it or serve it cold or room temperature. Mix into salad and Enjoy!!



CILANTRO BROWN RICE

INGREDIENTS:

1/3 cup of fresh Cilantro
1 Zest of lime or lemon
Juice of 2 limes or lemon
1 cup Brown rice
1 1/2 tsp Garlic salt
2 tbsp Butter or coconut oil
2 cups Water

DIRECTIONS:

In a medium saucepan, bring rice, water, butter and juice of 1 lime to a boil over high heat. Cover and reduce heat to a simmer.

Let it cook, undisturbed, for 40 minutes.

Leave the lid on and remove from heat to let it steam an additional 10 minutes.

While rice finishes cooking, roughly chop the cilantro and zest 1 lime or lemon.

Fluff finished rice with a fork. Add juice of remaining lime, cilantro, garlic, salt and lime zest and stir to combine.

Serve immediately, and with a lime wedge if you feel so inclined. Enjoy!



ONE PAN BAKED FISH AND CHIPS

INGREDIENTS:

6-8 medium sized russet potatoes

Seasoned salt and Pepper

1/4 teaspoon each chili powder & garlic powder

Pinch ground cumin

20 ounces cod/ or Filet of Sol

1 cup Panko*

1/4 teaspoon dried thyme

1 teaspoon minced garlic

4 tablespoons olive oil separated

1/3 cup whole wheat flour

1 large egg

2 tablespoons Dijon mustard

Serve with: Fresh lemon, tartar sauce, ketchup, fry sauce

DIRECTIONS:

Wash and peel the potatoes. Cut them into 1/4th inch thick pieces and place in a cold bowl of water for about 30 minutes. (If you plan on soaking longer than 30 minutes, place in the fridge covered)

Adjust the oven rack to be the 2nd from the top. Preheat the oven to 425 degrees F. Line a large pan with parchment paper and set aside.

Remove the fries from the water and dry VERY thoroughly.

Toss together seasoned salt (1/2 tablespoon), pepper (pinch), chili powder, garlic powder, and cumin. Remove 1 teaspoon of these spices. Place the completely dried fries on the prepared sheet pan. Cover with 1 to 2 tablespoons olive oil and the 1 teaspoon of spices. Toss and then quickly separate to be in one layer.

Bake in preheated oven for 15 minutes, remove, flip, and bake for another 15 minutes.

MEANWHILE, prepare the fish. Take the Panko, dried thyme, minced garlic, and 2 tablespoons olive oil and place in a large pan over medium to medium high heat. Stir pretty constantly for 4-6 minutes or until the Panko is toasted. Remove from the heat and set aside.

Grab 2 other bowls. Put flour in one bowl. Place the egg and Dijon mustard in the last bowl. Briskly whisk the egg and mustard until well combined.

Cut the 10 ounces of cod into 6 equal sized pieces. Generously salt (about 1 teaspoon) and pepper (about 1/2 teaspoon) both sides of each of the cod pieces.

Being gentle, dredge each piece in flour. Then dredge each piece in the mustard + egg mixture

Finally dredge each piece in the panko. All 3 of the mixtures should be all used up

Remove the fries from the oven and separate them to either side of the pan so there is a section in the center.

Place the 10-12 pieces of fish in the center and put back in the oven for 9-13 minutes or until the fish is cooked through and the fries are crispy. Broil for 30 seconds if desired

Remove from the oven and toss the fries with another teaspoon (or to taste) of the fry seasoning mix.



EGG NOODLES IN PEANUT SAUCE

INGREDIENTS:

- 1 1" piece ginger, peeled
- 1 small garlic clove
- 1/2 cup creamy organic peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon fresh lime/ lemon juice
- 1 teaspoon (packed) light brown sugar
- 1/4 - 1/2 teaspoons crushed red pepper flakes

DIRECTIONS:

Boil egg noodles as in package directions. In a pan mix in all ingredients on low heat, once creamy add drained noodles to pan, stir noodles in sauce. Enjoy!!



SMOOTHIES:

You can never go wrong with a Smoothie for Breakfast to start you off right, as long as you're combining good-quality ingredients.

AVOCADO MANGO SMOOTHIE

INGREDIENTS:

1 cup of frozen Mango
1/2 Pitted Avocado
1 cup of water
1 cup of Almond Milk
2 Scoops of Protein powder
(Option: Herbalife Protein)
or
1/2 cup of Greek Yogurt

DIRECTIONS:

Place all ingredients in a blender and blend until smooth. Serve immediately, or refrigerate for later



TROPICAL ISLAND SMOOTHIE

INGREDIENTS:

Ingredients:

1 cup of frozen strawberries
1 banana
1 cup of frozen pineapple
1/2 cup of water
1/2 of almond milk
2 scoops of melon protein flavour
(option Herbalife protein)

DIRECTIONS:

Place all ingredients in blender and blend until smooth. Serve immediately.



BANANA- BLUEBERRY SMOOTHIE

INGREDIENTS:

- 1 banana
- 1 cup of frozen blueberries
- 1/2 cup of water
- 1/2 cup of almond milk
- 2 scoops vanilla protein powder
(option Herbalife protein)

DIRECTIONS:

Place all ingredients in blender and blend until smooth. Serve immediately.



GREEN SMOOTHIES HOW-TO:

The secret to a good tasting smoothie lies in the added fat and flavoring. Focus on adding at least two good fats, (like avocado, nuts, chia seeds) some protein, greens, flavor and sweetness.

GREEN DETOX SMOOTHIE

INGREDIENTS:

- 1 banana
- 1 green apple peeled
- 1 cup baby spinach
- 1 lime (or orange, lemon)
- water as needed

DIRECTIONS:

Place all ingredients in a blender and blend until smooth. Serve immediately.



MINT-CHOCOLATE GREEN SMOOTHIE

INGREDIENTS:

- 1 Scoop Vanilla Protein Powder
- 1/2 Banana
- 1 Cup Frozen Pineapple
- 1 Cup Almond Milk
- 1 Juice of 1 Lime
- 2 Handfuls Spinach
- 1 Cup of Ice

DIRECTIONS:

Place all ingredients in a blender and blend until smooth. Serve immediately.



GLOWING GREEN SMOOTHIE

INGREDIENTS:

- 1 Scoop Vanilla Protein Powder
- 1/2 Banana
- 1 Cup Frozen Pineapple
- 1 Cup Almond Milk
- 1 Juice of 1 Lime
- 2 Handfuls Spinach
- 1 Cup of Ice

DIRECTIONS:

Place all ingredients in a blender and blend until smooth. Serve immediately.



GREEN POWERFUL SMOOTHIE

INGREDIENTS:

- 1 cup of Baby Spinach leaves
- 1 cup of water
- 1 Tbsp. of Almond Butter
- 2 Scoops of Protein powder (Option: Herbalife Protein)
- 1/2 cup of Greek Yogurt
- 1 cup of ice

DIRECTIONS:

Place all ingredients in a blender and blend until smooth. Serve immediately.



CHOCOLATE-BANANA PEANUT BUTTER (REESE'S PB CUPS) SMOOTHIE

INGREDIENTS:

- 1 large bananas,
- 1 cup of almond milk
- 3/4 cup ice
- 1/4 cup organic creamy peanut/ almond or any nut butter
- 2 Tbsp cocoa protein powder (optional)
- or Vanilla Greek Yogurt

DIRECTIONS:

Place all ingredients in blender and blend until smooth. Serve immediately.



COOKIES & CREAM SMOOTHIE

INGREDIENTS:

- 1 scoop of Almond butter/ or any nut butter
- 1 Banana
- 1/2 cup of ice
- 1/2 cup of Almond milk
- 1 date
- 2 scoops of cookies & cream protein (option Herbalife protein)

DIRECTIONS:

Place all ingredients in blender and blend until smooth. Serve immediately.



SOUPS: BUTTERNUT SQUASH SOUP

INGREDIENTS:

- 1/2 cup low-sodium vegetable broth
- 1/2 white onion, chopped
- 2 cloves garlic, minced
- 2 medium carrots, chopped
- 1 tbsp fresh ginger, chopped
- 2 cups butternut squash, peeled and chopped
- 1 tsp pink Himalayan salt
- 1/2 tsp turmeric
- 1/4 tsp cinnamon
- 1/4 tsp black pepper
- dash of fresh squeezed lemon *optional

DIRECTIONS:

In a medium pot, sauté the onion and garlic for 2-3 minutes. Heat the veggie broth over medium-high heat. Add the carrots and ginger. Cook for about 5 minutes. Add the butternut squash, salt, turmeric, thyme, cinnamon, and pepper. Mix well and cook for another 5 minutes. Turn off heat and stir in the fresh lemon juice. Using a blender, pureé the soup until smooth and creamy.



DELICIOUS ROASTED CHICKEN SOUP

INGREDIENTS:

- 1 tbsp extra virgin olive oil
- 1 1/4 small yellow onion finely diced (87g)
- 2 medium carrots peeled and chopped (122g)
- 1 small leek chopped (67g)
- 3 medium stalks celery chopped (120g)
- 1 tbsp thyme leaves chopped
- 8 g fresh parsley
- 1 garlic clove minced
- 1.5 litres chicken stock
- 2 bay leaves
- 1/4 tsp black pepper or to taste
- 300 g cooked chicken
- 1 cup chopped kale
- Squeeze of lemon juice
- 1 tbsp olive oil
- 1 tsp fresh parsley

DIRECTIONS:

Heat 1 tbsp olive oil in a non stick soup pot and sauté on a medium heat the onion, carrots, leek and celery with chopped thyme and about 2/3rds of the parsley for about 5 minutes until beginning to soften. Add the garlic and sauté for another 2 - 3 minutes.

Add the stock, bay leaves, season and bring to boil. Reduce to a simmer and cook with lid on for 15 minutes.

Add the cooked chicken. Remove half mixture and bay leaves and pulse with stick blender. This thickens the soup and adds flavour.

Add the rest of soup back into the pan along with the greens and simmer until they soften (about 1 minute.)

Mix the lemon juice with olive oil and swirl into the soup and top with fresh parsley. Adjust seasoning to taste and enjoy. To make it even more delicious I like to swirl through a little butter at the end before serving too!



EASY & HEALTHY
SNACK IDEAS

HEALTHY SNACK IDEAS

SUPERFOOD COOKIES:

Ingredients:

- 2 Bananas, ripe
- 1/4 cup Medjool dates
- 1/4 cup unsweetened vanilla almond milk
- 3/4 cup Rolled oats, old fashioned
- 1 tbsp Almond butter, creamy
- 1 large pinch Cinnamon
- 1/4 cup Dark chocolate chunks
- 1 1/2 tbsp Chia seeds
- 1/4 cup Coconut, unsweetened

PROTEIN BITES:

Ingredients:

- Protein Powder
- Chocolate and Peanut Butter Chips
- Almond Butter
- Nut Butter (of your choice)
- Extra Coconut
- Chia Seeds
- Flax Seeds

OAT PB-BITES

Ingredients:

- 2 cups oats quick oats
- 1/2 cup mini chocolate chips
- 2/3 cup coconut flakes unsweetened
- 1/2 cup peanut butter
- 1/3 cup honey
- 1 tsp vanilla extract

DIRECTIONS FOR SUPERFOOD COOKIES:

In a large bowl, mix together the oats, chocolate chips, and coconut.

Add the peanut butter, honey, and vanilla. Mix well until evenly combined. I prefer to use my stand mixer or a hand mixer for this—stirring by hand never seems to incorporate all of the ingredients well enough for me.

Chill mixture in the refrigerator for an hour, then roll out balls about an inch in diameter. Keeping the mixture in the fridge before rolling helps them to roll easier.

Store in an airtight container—I prefer the refrigerator!

Notes

Sometimes I use a bit more peanut butter and honey to help the balls stick together. I add about 1/4 cup peanut butter and 1/8 cup honey to what's listed above. You could also form the balls into bars instead.



SNACK IDEAS

RICE CAKES TOPPED WITH:

4-5 Rice cakes topped in Peanut butter/ almond butter add banana or honey

4-5 Rice cakes topped with 5% cottage cheese

Vegetables (carrots/ cucumber/ celery) dipped in almond butter or any nut butter, or dipped in hummus

Fruits (these are good for mid-morning snack)

Yogurt & granola

Oatmeal

Dark chocolate & almonds

Apple slices & peanut butter

Bell Peppers, carrots & guacamole

Kale Chips

Hard boiled eggs

Edamame

Nuts or any type of trail mix (handful)

Popcorn

Apple Sauce

Avocado toast (on whole wheat)

Caprese salad (baby tomatoes & mozzarella)



ZESTY TAHINI DRESSING

INGREDIENTS:

- 1/4 cup tahini
- 1/4 cup apple cider vinegar
- 1/4 cup lemon juice
- 1/4 cup low-sodium tamari or soy sauce
- 1/2 cup nutritional yeast
- 1 Tablespoon minced garlic

DIRECTIONS:

Add all ingredients into a blender and blend until combined.



APPLE-CIDER SALAD DRESSING

INGREDIENTS:

- 1/4 cup apple cider vinegar
- 1/2 cup olive oil
- 2 teaspoons Dijon mustard
- 1 tablespoon garlic, minced
- 1 teaspoon sea salt + more if needed
- 1/2 teaspoon freshly ground black pepper + more if needed

DIRECTIONS:

Add all ingredients into a blender and blend until combined or add to a mason jar and shake to combine.

Taste and add more salt and pepper if needed.



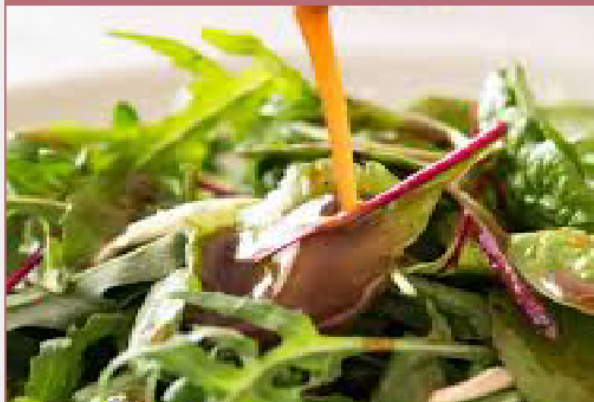
CILANTRO LIME DRESSING

INGREDIENTS:

1/4 cup olive oil
juice of 2 limes
2 Tablespoons fresh cilantro, chopped
2 teaspoons minced garlic
1 teaspoon maple syrup
1/2-1 teaspoon sea salt
1/2 teaspoon ground pepper
1/4 teaspoon ground coriander

DIRECTIONS:

Add all ingredients into a blender and blend until combined. Taste and add more salt if needed.



SIMPLE GO-TO BALSAMIC DRESSING

INGREDIENTS:

1/2 cup balsamic vinegar
1/4 cup olive oil
1 teaspoon maple syrup
1 teaspoon dijon
1 teaspoon minced garlic
1/2 teaspoon sea salt
fresh or dried herbs (optional)

DIRECTIONS:

Add all ingredients into a blender and blend until combined or add to a mason jar and shake to combine.



CAESAR SALAD PAREVE DRESSING

INGREDIENTS:

1/2 cup of Tehini
1/4 cup of lemon juice
1/4 cup of olive oil
1/4 cup of fresh minced garlic
1/4 cup minced dill
1/4 cup minced cilantro
salt, pepper, garlic powder

DIRECTIONS:

Place all ingredients in blender and blend until smooth. Serve immediately.



SIMPLE GO TO SALAD DRESSING

INGREDIENTS:

1 Scoop of Dijon Mustard
1/2 cup of olive oil
1/4 cup sesame oil
1/3 cup lemon juice
1 Tablespoon of Honey
Salt, Pepper, Garlic Powder

DIRECTIONS:

Add all ingredients into a blender and blend until combined.