

GRAVITY

TRANSFORMATION

EASY & HEALTHY MEAL PLAN



CODE

Red - Protein
 Orange - Fatty Protein
 Yellow - Fat
 Blue - Carbohydrate
 Green - Vegetable

1 - 1 serving
 0.5 - half serving



1 serving vegetable
 1 serving protein
 1 serving carbohydrate



1 serving carbohydrate
 1 serving fatty protein



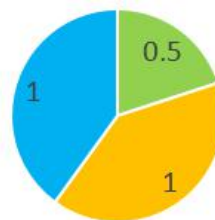
1 serving vegetable
 1 serving protein
 1/2 serving carbohydrate



1 serving vegetable
 1 serving fatty protein
 1 serving carbohydrate



1 serving vegetable
 1 serving protein
 1 serving fat



1 serving fatty protein
 1 serving carbohydrate
 1/2 serving vegetable



1 serving vegetable
 1 serving fatty protein
 1 serving fat



1 serving protein
 1/2 serving vegetable
 1/2 serving fat



1 serving vegetable
 1 serving protein



1 serving vegetable
 1 serving fatty protein
 1 serving carbohydrate
 1 serving fat



1 serving vegetable
 1 serving fatty protein



1 serving vegetable
 1 serving protein
 1/2 serving carbohydrate
 1/2 serving fat

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BACON & POTATO BREAKFAST MUFFINS



Ingredients

250g red potato
1/3 cup red bell pepper
1/3 cup red onion
1/2 large zucchini
1 egg
2 egg whites
2 oz goat cheese
3 slices Canadian bacon

Seasoning

Cumin
Garlic powder
Sea salt & pepper

Directions

- 1) Set oven to 405F.
- 2) Chop red potato into pieces. Add seasonings. Bake for 20 minutes.
- 3) Chop veggies. Set aside.
- 4) Beat eggs. Add cheese. Set aside.
- 5) Spray muffin pan with baking spray.
- 6) Add 1 strip of bacon to a muffin mold to form a ring.
- 7) Add baked potatoes & veggies.
- 8) Spoon egg & cheese mixture into muffin molds.
- 9) Bake for 35 minutes at 375F.
- 10) Once done, allow to cool before removing from the mold.

BROCCOLI & CHEESE MUFFIN FRITTATAS



Ingredients

2 large whole eggs
4 egg whites
1 tbsp 2% Greek yogurt
1 cup broccoli florets
1 red bell pepper, diced
1/3 cup chopped green onion
1.5 oz Swiss cheese

Seasoning

1 tbsp habanero hot sauce
Spice Cave Wind seasoning

Directions

- 1) Set oven to 400F.
- 2) Beat eggs together with Greek yogurt. Add seasonings. Mix together.
- 3) Add the veggies and cheese to the mixture. Mix thoroughly.
- 4) Evenly divide the mixture among the muffin molds. Bake for 30 minutes.
- 5) After baking, allow to slightly cool before removing from the muffin molds.

CHICKEN AND VEGGIE GYRO



Ingredients

Spray coconut oil
6oz cooked chicken breast
1 Ezekiel tortilla
1 thick cooked asparagus spears
3/4 cup Mache rosettes
1/8 cup thinly chopped red onion
2 slices Roma tomato
1 tbsp goat cheese crumble

Seasoning

Garlic paste
Fresh ground pepper

Directions

- 1) Spray a nonstick skillet with coconut oil. Set on medium heat.
- 2) Season chicken breast.
- 3) Add chicken breast to skillet. Cook. Slice into pieces. Set aside.
- 4) Place tortilla in the microwave for 45 seconds.
- 5) Build the gyro.
- 6) Add the rest of the ingredients. Top with goat cheese.
- 7) Fold the gyro.



CHICKEN FRITTATA



Ingredients

1.5 cups sweet potatoes
1 tbsp coconut oil
1 egg
2 egg whites
3 oz chicken breast, pre-grilled & cut into small pieces
1/2 medium zucchini, cut into 1/4 inch thick slices
1/4 cup red onions, sliced into Thin half rings
1 ripe tomato, cut into slices
1 oz crumbled goat cheese

Seasoning

Mrs. Dash chipotle seasoning
Paprika

Directions

- 1) Preheat oven to 375F.
- 2) Clean sweet potatoes. Cut into cubes with skin on. Heat the oil in a skillet. Add the sweet potatoes, sear in a cast iron skillet. Bake for 20 minutes.
- 3) Whisk the eggs together in a bowl. Season with salt & pepper.
- 4) Top the sweet potatoes with chicken, zucchini, onion and tomato.
- 5) Pour the egg mixture. Top with goat cheese. Sea salt & pepper
- 6) Return the skillet in the oven. Bake for 25 minutes.

EGGS, BACON, SPINACH & ROASTED POTATOES



Ingredients

75 g sweet potato
75 g red fingerling potato
Olive oil spray
2 slices Canadian bacon
2 eggs
1 cup spinach

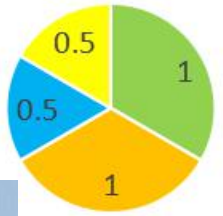
Seasoning

Spice Cave Wind seasoning
Sea salt & pepper

Directions

- 1) Set oven to 420F.
- 2) Chop potatoes into pieces. Spray with olive oil. Season potatoes. Bake for 20 minutes.
- 3) Spray a skillet with olive oil. Set on medium high heat.
- 4) Toss in bacon. Cook for 4 minutes on each side.
- 5) Add eggs and spinach.
- 6) Add eggs, bacon and spinach to a plate. Serve with roasted potatoes.

HEARTY BREAKFAST FRITTATA



Ingredients

1 egg
2 egg whites
Spray coconut oil
3 oz cooked chicken breast
5 oz roasted red potatoes
1/2 cup chopped fresh spinach
1/3 cup chopped red bell pepper
2 tbsp goat cheese

Seasoning

1 tbsp minced garlic
1/2 tsp oregano
Sea salt & pepper

Directions

- 1) Set oven to 400F.
- 2) Beat eggs and seasonings together in a bowl.
- 3) Spray a cast iron skillet with coconut oil. Toss in chicken, potatoes, spinach and red bell pepper.
- 4) Pour egg mixture. Top goat cheese.
- 5) Bake for 25 minutes.

RED POTATO AND TUNA PATTIES



Ingredients

1 cup baked red potato
1 can tuna in water, drained
1/3 cup chopped red onion
1 egg
1 oz goat cheese
Olive oil spray

Seasoning

1 tbsp Dijon mustard
1 tsp dill
1 tsp Italian seasoning
Sea salt & pepper

Directions

1) Mash and mix together all the ingredients in a bowl.
2) Scoop out a small handful of the batter. Form patties of equal size.
3) Place a nonstick skillet on medium-high heat. Spray with olive oil.
4) Once the skillet is hot, add the patties to the pan and cook for 5 minutes per side. Flip the patty over and repeat.
Once cooked, remove from skillet and serve immediately.

SALMON & LENTIL PATTIES WITH MANGO SALSA



Ingredients

Patties

1/2 cup cooked lentils
5 oz salmon
1 egg
1 tbsp fresh oregano
1 tbsp fresh thyme
Sea salt & pepper
1 tbsp extra virgin olive oil

Salsa

1/2 diced mango
1/2 diced red bell pepper
1/3 cup diced red onion
1/3 cup chopped cilantro
2 tbsp lime juice
Sea salt & pepper

Directions

1) Rinse the lentils. Cook in simmering hot water for 20 minutes. Once cooked, drain and set aside.

2) Mix together ingredients for the salsa. Season with lime, salt & pepper.

3) Add all ingredients for patties, except olive oil in a blender. Blend mixture until you have a consistent batter.

4) Form patties using your hands.

5) Place a nonstick skillet on medium high heat. Add the olive oil. Once hot, add the patties. Cook each patty for 5 minutes on each side.

6) Once all patties are cooked, add the fresh mango salsa.

SCRAMBLED VEGGIES



Ingredients

1/2 medium bell pepper
1/4 small red onion
1/4 cup broccoli florets
1 clove garlic
Nonfat cooking spray
2 large whole eggs
1 cup chopped spinach
2 oz goat cheese
Sea salt & pepper

Directions

1) Finely dice the pepper, onion, broccoli florets and garlic.
2) Coat a pan with nonfat cooking spray. Place on medium-high heat.
3) Saute the veggies with a bit of salt.
4) Cook for 4 minutes.
5) In a bowl, whisk the eggs. Add salt & pepper.
6) Pour the egg mixture over the veggies. Stir.
7) Just before the eggs finished cooking, add spinach and cheese. Scramble the ingredients together.

SMOKED SALMON MINI FRITTATAS



Ingredients

1 large whole egg
2 egg whites
2 tbsp 2% Greek yogurt
1/8 cup chopped green onions
3 oz smoked salmon
2 oz goat cheese
1 cup spinach
Coconut oil spray

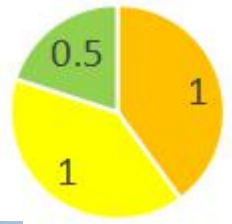
Seasoning

Pepper

Directions

1) Set oven to 350F.
2) Beat eggs together with Greek yogurt.
3) Add onions, salmon, cheese and spinach.
4) Spray muffin cups with coconut oil. Pour in mixture.
5) Bake for 20 minutes.

TURKEY AND VEGGIE OMELETTE ROLLS



Ingredients

3 oz cooked lean ground turkey
1 egg
2 egg whites
2 oz goat cheese
Handful of spinach
1/2 cup bell pepper

Directions

- 1) Season and cook lean ground turkey in a skillet.
 - 2) Cook eggs in a separate skillet.
 - 3) Add goat cheese, spinach, bell pepper and turkey.
 - 4) Roll and wrap using a plastic wrap.
- Put away. Heat up when ready to eat.

TURKEY VEGGIE SANDWICH



Ingredients

2 slices Ezekiel bread
1 cup Romaine lettuce
3 leaves spinach
6 strips bell pepper
2 slices tomato
1 slice Swiss cheese
6 oz lean 99% lean turkey
breast, sliced

Spread

3 tbsp nonfat Greek yogurt
2 tsp lemon juice
1 tbsp mustard
1/8 tbsp crushed red pepper
1 tbsp Stevia

Directions

1) Mix all of the spread ingredients in a bowl.
2) Spread the mixture on each slice of bread.
3) Layer the greens, cheese and turkey.

BACON, JALAPEÑO & GARLIC GREEN BEANS



Ingredients

1 jalapeño
3 slices Canadian bacon
2 tbsp minced garlic
1 cup raw green beans
Sea salt & pepper
2 tbsp lemon juice

Directions

- 1) Slice open a jalapeño. Remove the seeds. Chop.
- 2) Set a nonstick skillet on medium high heat. Add bacon.
- 3) Cook bacon until crispy. Reduce the heat. Add garlic and jalapeño. Cook for 1 minute.
- 4) Add green beans. Cook for 5 minutes.
- 5) Season with sea salt, pepper and lemon juice. Stir it up.

CHICKEN BROCCOLI BROWN RICE MEAL



Ingredients

6oz raw chicken breast
Olive oil spray
1/2 tbsp minced garlic
1/4 cup chopped green onions
1 cup cooked brown rice
3/4 cup frozen broccoli florets

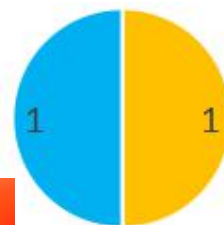
Seasoning

1/2 tbsp Chinese 5-spice powder
1 tbsp soy sauce

Directions

- 1) Chop chicken breast into small pieces. Set it aside.
- 2) Set a nonstick skillet on low-medium heat. Spray with olive oil. Add garlic. Cook for 1 minute. Add onions. Stir.
- 3) After 1 minute, add cooked brown rice, then the Chinese powder. Stir and sear the rice for 45 seconds.
- 4) Add soy sauce. Add chicken breast. Stir.
- 5) Cook for 8 minutes.
- 6) Add broccoli florets. Cook for 5 minutes.
- 7) Put the food in a bowl.

GARLIC TURKEY BURGER



Ingredients

5oz ground turkey

1 Ezekiel bun

Onion slice

Lettuce slice

Tomato slice

Seasoning

Garlic Powder

Onion Powder

Italian seasoning

Sea Salt & pepper

Directions

1) Season and form meat into a burger shape.

2) Grill burger on grill.

3) Take burger off and allow to cool.

4) Toast the Ezekiel bun.

5) Place burger, onion, lettuce and tomato in the bun.

HEALTHY CHICKEN PAD THAI



Ingredients

1 cup brown rice pasta
6 oz raw chicken breast
Coconut oil spray

1 tbsp garlic paste

Veggies

1/2 cup bean sprouts
Small handful cilantro
1/2 cup green onions
1 red bell pepper

Sauce

1 tbsp balsamic vinegar
2 tbsp lime juice
1 tbsp low sodium soy sauce
1 tbsp red chili pepper sauce
1 tbsp Stevia

Directions

- 1) Boil brown rice pasta. Drain. Set aside.
- 2) Chop veggies.
- 3) Slice chicken breast into small pieces.
- 4) In a bowl, mix sauce ingredients.
- 5) Spray a nonstick skillet with coconut oil. Add garlic paste. Toss chicken breast pieces. Cook.
- 6) Add pasta, veggies and sauce.

HEALTHY CHICKEN VEGGIE STIR FRY



Ingredients

6oz chicken breast skinless

1 cup mixed vegetables

Soy sauce

Seasoning

Garlic powder

Ginger

Onion powder

Paprika

Sea salt & pepper

Directions

- 1) Season and cook chicken breast, heavy on the ginger.
- 2) Once cooled cut chicken into cubes.
- 3) In a large bowl combine mixed vegetables, chicken and soy sauce to taste.

HEALTHY SPANISH RICE



Ingredients

3 small tomatoes
1.5 tbsp olive oil
1/2 tbsp minced garlic
1 large shallot diced
1/2 cup uncooked
brown rice
1/2 cup veggie broth
6 oz cooked chicken breast

Seasoning

1 tbsp chili powder
1/2 tbsp cumin
1 tsp turmeric
Sea salt & pepper

Garnish

Small handful cilantro

Directions

- 1) Set oven to 420F. Place the raw tomatoes in a cast iron skillet. Roast for 30 minutes. Once done, remove. Set aside.
- 2) Set skillet on low-medium heat. Add olive oil, garlic & shallot. Saute for 3 minutes.
- 3) Add the seasonings except salt & pepper to the skillet. Bloom for 2 minutes.
- 4) Increase to medium-high heat. Add tomatoes. Gently mash. Cook for 3 minutes.
- 5) Add uncooked rice. Cook for 3 minutes.
- 6) Pour veggie broth. Add salt & pepper.
- 7) Reduce heat to low. Cover. Cook for 25 minutes.
- 8) Stir up. Add cooked chicken.
- 9) Add garnish.

LOW CARB STUFFED ZUCCHINI BOATS



Ingredients

3 large zucchinis
Olive oil spray
1 tbsp chopped garlic
1/2 cup chopped red onion
6oz ground beef 96/4
6 tbsp grated parmesan
cheese

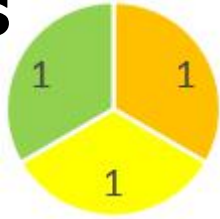
Seasoning

1 tbsp fresh thyme
1/2 tbsp smoked paprika

Directions

- 1) Set oven to 375F.
- 2) Chop the ends off the zucchini. Scrape out inside.
- 3) Set a nonstick skillet on medium heat. Spray with olive oil. Add garlic and onions.
- 4) Add ground beef. Add seasonings.
- 5) Season to taste with salt & pepper.
- 6) Place the zucchini boats in a baking dish. Add 3 tbsp of meat mixture inside the hollow portions of each zucchini boat. Top each boat with parmesan.
- 7) Bake for 30 minutes.

MICROWAVE STUFFED BELL PEPPERS



Ingredients

6 oz lean ground turkey 93/7
1 medium bell pepper
6 tbsp parmesan cheese

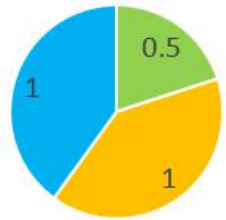
Seasoning

1/3 cup chopped parsley
1 tsp cumin
1/4 cup diced red onion
1 tsp minced garlic
1 1/2 smoked paprika
Sea salt & pepper

Directions

- 1) Season lean ground turkey.
- 2) Slice a bell pepper in half and carve out the inside.
- 3) Place the halves in small microwave-safe bowls. Add a few tbsp of water to the bowl.
- 4) Stuff the bell pepper halves. Microwave for 3.5 minutes.
- 5) Add parmesan cheese on top. Microwave again for another minute.

MICROWAVE TURKEY BLT



Ingredients

4 oz lean ground turkey 93/7, raw

2 slices Canadian bacon

1 Ezekiel bun

Seasoning

1/4 cup chopped green onion

1/2 tsp garlic

1 tsp Italian seasoning

1 tsp smoked paprika

Sea salt & pepper

Hamburger garnish

Mustard

Lettuce

Tomato

Directions

1) In a bowl, season turkey.

Mix it up. Form a patty.

2) Slice the bacon in half.

Create a mini-bacon grid.

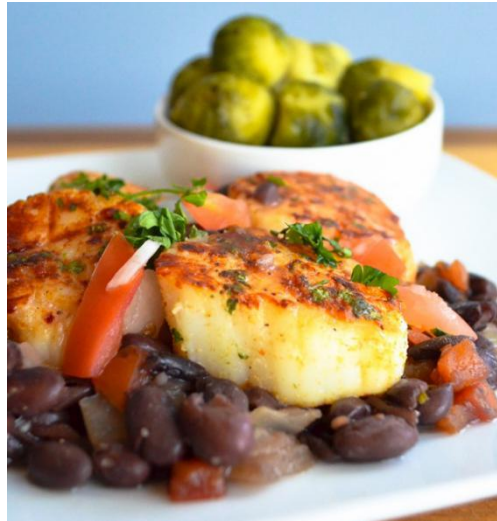
3) Cook the bacon in microwave for 3 minutes.

4) Place the patty in the microwave. Cook for 3 minutes.

5) Assemble the burger.

Mustard, lettuce, tomato, patty and bacon grid.

SCALLOPS, BLACK BEANS & BRUSSELS SPROUTS



Ingredients

1 cup black beans, drained
1/2 cup veggie broth
4 tbsp pico de gallo
1 tbsp garlic
1 tsp cumin
Olive oil spray
6 oz giant sea scallops, pat dried
1 cup Brussels sprouts
Sea salt & pepper
Seasoning for scallop
Cumin
Pepper
Red pepper
Garlic
Sea salt
Seasoning for Brussels sprouts
Garlic
Pepper
Coriander

Directions

1) Place black beans to a pot. Add veggie broth, pico de gallo, garlic, cumin and pepper. Set on low-medium heat. Cover. Cook for 20 minutes.
2) Spray a skillet with olive oil. Season scallops.
3) Set skillet on medium-high heat. Sear scallops on both sides.
4) Steam Brussels sprouts. Season.

SHRIMP BURGER



Ingredients

1 Ezekiel bun

Olive oil spray

Burger Patty

6 oz raw shrimp, peeled & deveined

Small handful cilantro

1 tbsp extra virgin olive oil

1 tsp cumin

Red pepper flakes

Sea salt & pepper

1 red bell pepper, finely chopped

Fresh green onion

Garnish

Lettuce

Tomato

Directions

1) Set grill to 200F.

2) Add burger patty ingredients except for bell pepper & green onion to a blender. Pulse blend until shrimp is minced. Put in a bowl.

Add bell pepper & onion.

3) Form patty. Place in the fridge for 20 mins.

4) Place burger on the grill. Cook for 10 mins on each side.

5) Spray bun with olive oil. Grill for 15 minutes.

6) Assemble the burger.

SPICED CHICKEN THIGH



Ingredients

6 oz chicken thigh, skinless

Veggies

1 tbsp safflower oil

1 tbsp minced garlic

3 chopped celery stalks

1/2 chopped orange bell pepper

1/2 chopped red bell pepper

1/2 chopped yellow bell pepper

1/2 chopped red onion

Seasoning

1 tsp cinnamon

1 tbsp garlic powder

1 tbsp onion powder

1.5 tbsp smoked paprika

Sea salt & pepper

Garnish

Cracked pepper

Freshly chopped mint

Directions

1) Set oven to 420F.

2) Season the chicken thighs in a bowl. Set aside. Allow to marinate.

3) Set a nonstick skillet on medium heat. Add 1 tbsp safflower oil. Once hot, toss in garlic and veggies. Cook for 5 minutes. Set the veggies aside.

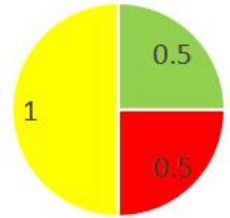
4) Add chicken to the skillet. Sear on both sides for 3 minutes per side.

5) Add the seared veggies back. Add a pinch of cracked pepper on top.

6) Bake for 15 minutes.

7) Once done, garnish with mint and pepper.

AVOCADO EGG SALAD



Ingredients

3 egg whites
1/2 ripe avocado
1/3 cup chopped cucumber
Cilantro
2 tbsp lime juice
1/2 tsp coriander
1 tbsp 2% Greek yogurt
Sea salt & pepper

Directions

1) Boil eggs. After boiling, place in cold water.
2) Remove avocado pit. Carve out contents into a bowl. Mash.
3) Peel the eggs. Slice open. Remove the yolk. Dice the egg white into small pieces.
4) Add cucumber, cilantro, lime juice, coriander and yogurt. Mix with a fork. Season with sea salt & pepper.

AVOCADO TUNA SALAD



Ingredients

6 oz white albacore tuna, drained
1/2 cup diced red onion
1 chopped celery stalk
1/2 medium ripe avocado
1 tbsp 2% Greek yogurt
5 tsp Dijon mustard
1/2 tsp cumin
1 tbsp lemon juice
Sea salt & pepper

Garnish

Green onion
Cilantro

Directions

1) Put all ingredients in a bowl. Mix together.
Season with salt & pepper.

CURRY, TARRAGON & CHERRY CHICKEN SALAD



Ingredients

3 oz raw chicken breast
1/4 cup sliced almonds
1/4 cup naturally dried tart cherries
1 cup chopped celery
1/2 cup 1% cottage cheese
1/4 cup 2% Greek yogurt

Herbs and spices

5 tbsp chopped fresh tarragon
1 tsp curry powder
Sea salt & pepper

Directions

1) Boil water in a large pot. Toss in raw chicken. Cook 15 minutes.
2) Once cooked, remove from water. Allow to cool. Chop into smaller pieces. Chill in the refrigerator for 45 minutes.
3) In a large bowl, add the chicken. Toss in the rest of the ingredients. Mix together. Season with herbs and spices.

GRILLED TURKEY-WRAPPED CHICKEN POPPERS



Ingredients

4 oz chicken breast
5 small asparagus spears
5 slice bell pepper
2 tbsp goat cheese
2 oz turkey meat

Seasoning

Bragg's liquid aminos
Mrs. Dash seasoning

Directions

- 1) Set grill or oven to 405F.
- 2) Wash chicken. Pat dry. Slice into thin strips.
- 3) Season chicken. Add asparagus, bell pepper & goat cheese.
- 4) Roll the chicken. Cover with 1 slice of turkey meat.
- 5) Bake or grill for 10 minutes.

HEARTY TUNA SALAD



Ingredients

6 oz white albacore tuna, drained
1/4 cup chopped walnuts
1 celery stalk, chopped
1 onion, chopped
1 parsley, chopped
5 tbsp 2% Greek yogurt
1/3 cup Dijon mustard
2 tbsp fresh tarragon
1/2 tbsp curry powder
1 tsp turmeric
Sea salt & pepper

Directions

- 1) Put all ingredients in a bowl. Mix together.
- 2) Season with salt & pepper.

LEFTOVER TURKEY SALAD



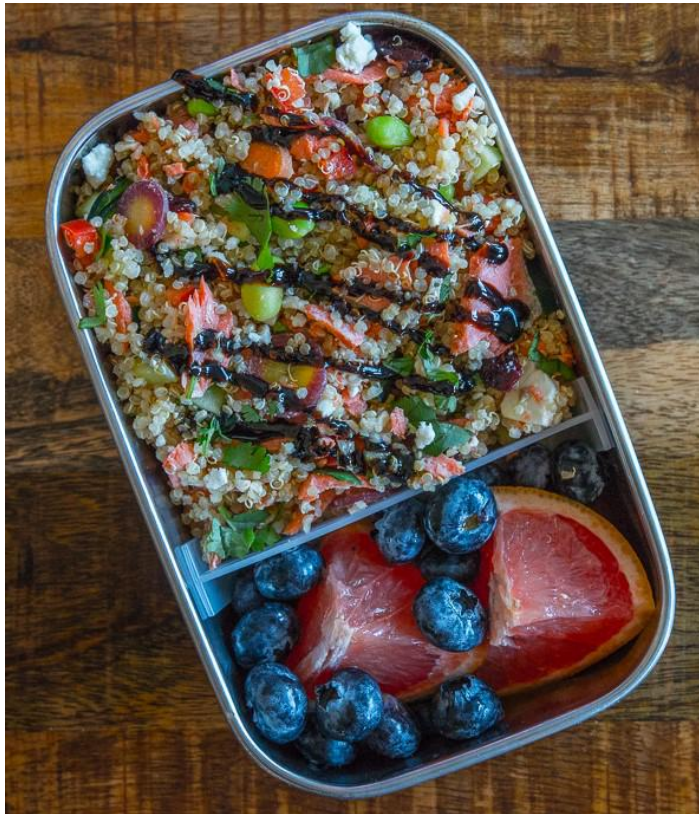
Ingredients

3 oz cooked turkey, chopped
1 green onion, sliced
1 stalk celery, chopped
1 sprig parsley, diced
1 tsp thyme
3/4 cup 2% Greek yogurt

Directions

- 1) Put all ingredients in a bowl. Mix together.
- 2) Season with salt & pepper.

SALMON QUINOA SALAD



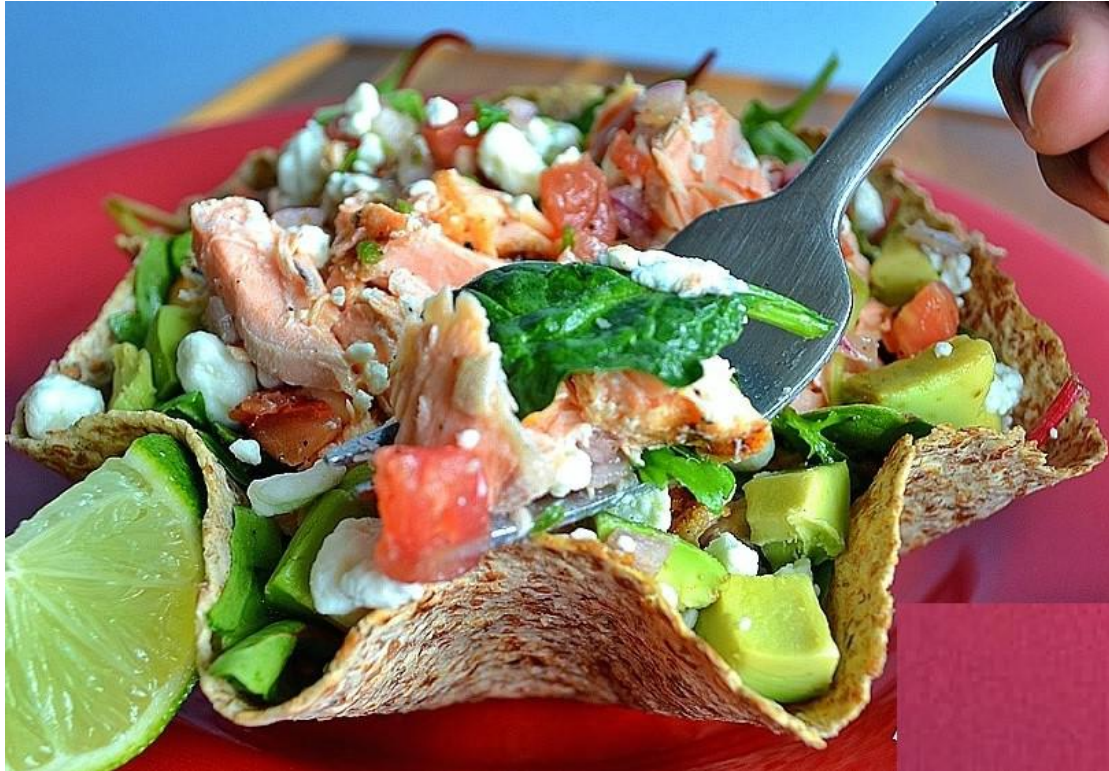
Ingredients

6 oz baked salmon
1 cup cooked quinoa
1/4 cup chopped bell peppers
1/4 cup chopped cilantro
1/4 cup chopped cucumbers
1/3 cup edamame
2 oz goat cheese
Sea salt & pepper

Directions

- 1) Mix together all of the ingredients in a bowl. Store in the refrigerator until it is time to eat.
- 2) Enjoy with balsamic glaze.

SALMON TACO SALAD



Ingredients

Olive oil spray
1 large Ezekiel tortilla
6 oz baked salmon, flaked
1/2 small Haas avocado, diced
1 tbsp goat cheese crumble
1 tbsp minced garlic
1 cup pico de gallo (tomato, onion, coriander leaves, fresh serranos, salt and lime juice)

Directions

- 1) Set oven to 350F.
- 2) Spray taco shell mold with olive oil.
- 3) Place tortilla in the mold.
- 4) Sprinkle with garlic.
- 5) Bake for 10 minutes. Let it cool for 5 minutes before removing from the mold.
- 6) Assemble the salad. Place pico de gallo inside the shell. Place salmon. Add avocado and goat cheese.

SMOKED VEGGIE-STUFFED FLANK STEAK



Ingredients

5 oz raw flank steak, trimmed

Veggie stuffing

1/2 cup chopped spinach

1/2 chopped bell pepper

1/4 cup chopped onion

1/4 cup cilantro

1/4 cup jalapeño

2 tbsp lime juice

2 oz goat cheese crumble

Directions

1) Set grill or oven to 275F.

2) Mix together ingredients for the stuffing in a bowl.

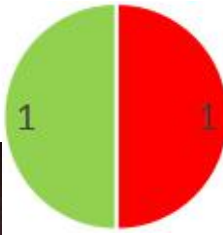
3) Cut flank steak into half.

4) Stuff flank steak with veggie. Roll it up.

5) Place the flank on the grill or oven with the flap facing down.

6) Smoke or bake for 30 minutes. Flip halfway through.

SMOKY LOBSTER SALAD



Ingredients

6 oz smoke lobster tails, chopped
1/2 cup red onion, chopped
1/3 cup celery, chopped
5 tbsp 2% Greek yogurt
1 tsp Dijon mustard
1/2 tsp garlic paste
1/2 tsp cumin
Fresh dill
Sea salt & pepper

Directions

- 1) Put all ingredients in a bowl. Mix together.
- 2) Chill in the refrigerator for an hour.

TROPICAL SALMON, AVOCADO & PINEAPPLE CHOPPED SALAD WRAP



Ingredients

6 oz wild salmon fillet,
cooked & boneless
1/4 cup fresh pineapple
1/2 cup endive
1/3 cup red bell pepper
1/3 cup red onion
1/2 cup spinach
1 Ezekiel tortilla
1/8 cup creamy avocado
green chiles dressing

Directions

1) Place all the salad ingredients on a large cutting sheet. Chop up the salad to desired thickness.
2) Once chopped, add it to a mixing bowl. Add 1 serving of the dressing. Mix the salad together. Place some on the tortilla. Fold in the sides. Tightly roll up the wrap.

TURKEY & EGG SALAD SANDWICH



Ingredients

1 egg
2 egg whites
1/4 cup 2% Greek yogurt
1/2 tbsp mustard
1 Ezekiel bun
Fresh spinach & tomato
2 oz shredded turkey breast

Seasoning

Fresh dill
Minced garlic
Spinach
Tomato
Sea salt & pepper

Directions

1) Boil eggs. Once done, peel eggs. Place in a bowl.
2) Remove the egg yolk from 2 of the eggs. Leave the other yolk.
3) Chop eggs into tiny pieces. Place in a bowl.
4) Add yogurt, mustard & seasonings to the bowl. Mix together.
5) Build your sandwich. Add spinach, tomato, turkey and then the egg salad.

CHIPOTLE MINT RASPBERRY VINAIGRETTE



Ingredients

1 cup raspberries
1/8 cup mint leaves
1 tbsp Stevia
1 tbsp chipotle chili pepper
1.5 tbsp extra light olive oil
3 tbsp white balsamic vinegar
2 oz mandarin juice
Sea salt & pepper

Directions

- 1) Add all ingredients to a food processor. Blend until smooth.
- 2) Season to taste with sea salt & pepper.

CREAMY AVOCADO GREEN CHILES DRESSING



Ingredients

1/2 small avocado
5 oz whole green chiles
1 tbsp extra virgin oil
1.5 tsp cumin
1/3 cup fresh cilantro
1 garlic clove
2 tbsp water
Sea salt & pepper

Directions

- 1) Add all ingredients to a food processor. Blend until smooth.
- 2) Season to taste with sea salt & pepper.

CREAMY AVOCADO LIME DRESSING



Ingredients

1 medium avocado
2/3 of cucumber
Small handful cilantro
1 tsp onion powder
1 tsp garlic powder
1.5 tbsp extra light olive oil
2 tbsp lime juice
Sea salt & pepper

Directions

- 1) Add all ingredients to a food processor. Blend until smooth.
- 2) Season to taste with sea salt & pepper.

CREAMY TROPICAL SESAME SALAD & SANDWICH DRESSING



Ingredients

1 cup golden cherry tomatoes
1/4 cup mango
Small handful cilantro
1 tsp ginger
1.5 tbsp sesame oil
1 tbsp spicy mustard
2 oz clementine juice
Sea salt & pepper

Directions

- 1) Add all ingredients to a food processor. Blend until smooth.
- 2) Season to taste with sea salt & pepper.

HEALTHY ROASTED SALSA VERDE & ROASTED SALSA ROJA



Ingredients

1 cup raw, peeled & whole tomatillo or Roma tomatoes for red salsa
1/2 medium sized red onion
2 garlic cloves with skin
1 serrano pepper
1/2 cup cilantro
1 tbsp olive oil
2 tbsp lime juice
1 tsp hickory liquid smoke
Sea salt & pepper
pepper and liquid smoke.

Directions

- 1) Set oven to broil.
- 2) Place tomatillo, onion, garlic & serrano on a baking sheet. Broil for 15 minutes.
- 3) Peel the garlic.
- 4) Remove seeds from the serrano.
- 5) Place the roasted ingredients in a food processor. Add cilantro, olive oil, lime juice, salt &
- 6) Pulse blend.

LEMON VINAIGRETTE



Ingredients

4 tbsp lemon juice
1.5 tbsp extra virgin olive oil
1/2 dried oregano
1 tsp minced garlic
1.5 tsp apple cider vinegar
Sea salt & pepper

Directions

- 1) In a bowl, mix together the ingredients.
- 2) Season to taste with sea salt & pepper.