



fun family recipes



43 KID-FRIENDLY FAVORITES MADE HEALTHIER!





GRAB A FRIEND or family member and team up for **TONY HORTON'S DOUBLE TIME** fitness program. Fun partner workouts and tasty meals meant for sharing will keep you motivated, help you create healthy habits, and build stronger bonds along the way.

TAKE YOUR TEAMWORK TO THE KITCHEN

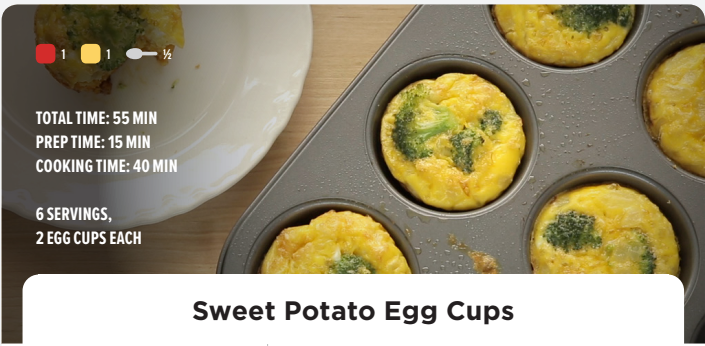
and spend time together preparing these nutritious, **FAMILY-FRIENDLY RECIPES**. They're meant to complement the meal plan outlined in the Double Time Nutrition Guide, so make sure to read that before getting started. Grown-ups, stick to the recommended serving size for each dish, but if you're sharing these with kids, don't worry about the calories or Portion Fix containers. If they want seconds, let 'em have them! With picky kids in mind, we included Daily Sunshine, a healthy smoothie designed for young, growing bodies.

You'll also notice that we've included some Shakeology recipes for the grown-ups!

Shakeology is a superfood protein shake and when combined with your workouts and the support of a Team Beachbody Coach, you'll have a total lifestyle solution that can dramatically improve your results. Set yourself up for success with a Beachbody Challenge Pack today by going to TeamBeachbody.com/bod-offer!



breakfast



1 1 1 1/2

TOTAL TIME: 55 MIN
PREP TIME: 15 MIN
COOKING TIME: 40 MIN

6 SERVINGS,
2 EGG CUPS EACH

Sweet Potato Egg Cups

INGREDIENTS

Nonstick cooking spray
3 small sweet potatoes, shredded
3 tsp. olive oil, *divided use*
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
1 medium onion, chopped
1 cup broccoli florets, chopped
12 large eggs
1/4 cup shredded cheddar cheese

PREPARATION

1. Preheat oven to 375° F.
2. Lightly coat a twelve-cup muffin tin with spray. Set aside.
3. Squeeze moisture from sweet potatoes using a clean kitchen towel.
4. Combine sweet potatoes and 2 tsp. oil. Season with salt and pepper if desired; mix well.
5. Divide sweet potato mixture evenly between prepared muffin cups; press sweet potato mixture into bottom and sides of muffin cups. Bake for 14 to 16 minutes, or until edges are golden brown. Set aside.
6. Heat *remaining* 1 tsp. oil in medium nonstick skillet over medium-high heat.
7. Add onions and broccoli; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Remove from heat. Set aside.
8. Place eggs in a large bowl; whisk to blend.
9. Add onion mixture; mix well.
10. Evenly pour egg mixture into muffin cups. Evenly sprinkle with cheese.
11. Bake for 15 to 18 minutes, or until a toothpick inserted into the center of cups comes out clean.

Calories: 223 Total Fat: 12g Carbohydrates: 15g Protein: 14g



1/2 1 1/2

TOTAL TIME: 10 MIN
PREP TIME: 10 MIN
COOKING TIME: NONE

2 SERVINGS

Yogurt Berry Parfait


INGREDIENTS

1 1/2 cups reduced-fat (2%) plain yogurt
2 Tbsp. unsweetened applesauce
1/2 cup unsweetened bran cereal
1/2 cup fresh blueberries
1/2 cup fresh raspberries

PREPARATION

1. Combine yogurt and applesauce in a medium bowl; mix well.
2. Divide evenly between two medium serving bowls; top evenly with cereal, blueberries, and raspberries.
3. Serve immediately.

Calories: 212 Total Fat: 4g Carbohydrates: 29g Protein: 20g



1 1 2

TOTAL TIME: 15 MIN
PREP TIME: 15 MIN
COOKING TIME: NONE

1 SERVING

Almond Butter and Banana Toast

INGREDIENTS

2 tsp. all-natural almond butter
1 slice whole grain bread, toasted
11 fresh blueberries
12 fresh raspberries
1/4 medium banana, cut in half lengthwise, cut into 1/2-inch slices

PREPARATION

1. Spread almond butter evenly on toast.
2. To create a fruit flag, place five raspberries in a line parallel to the bottom of bread.
3. Place banana slices above raspberries.
4. Repeat with raspberries.
5. Place one banana slice on right side above raspberries.
6. Place two raspberries above banana slice.
7. Place one banana slice above raspberries.
8. Create a square of blueberries on the upper left corner.
9. Serve immediately.

Calories: 212 Total Fat: 7g Carbohydrates: 34g Protein: 7g



Apple Cinnamon Oatmeal with Pecans

INGREDIENTS

2 cups water
 1/4 tsp. sea salt (or Himalayan salt)
 2 small apples, chopped
 1 cup dry old-fashioned rolled oats
 1/2 tsp. ground cinnamon
 1 tsp. pure maple syrup (optional)
 1/4 cup chopped raw pecans

PREPARATION

1. Bring water and salt to a boil in medium saucepan over medium heat, stirring occasionally.
2. Add apples, oats, and cinnamon; cook over medium-low heat, stirring frequently, for 3 to 5 minutes.
3. Let oatmeal stand for 1 minute before serving.
4. Divide evenly between two serving bowls; top each evenly with maple syrup (if desired) and pecans.

Calories: 168 Total Fat: 6g Carbohydrates: 26g Protein: 3g



Huevos Rancheros

INGREDIENTS

2 tsp. olive oil
 1 medium onion, chopped
 1 (14.5-oz.) can diced tomatoes
 1 (4-oz.) can diced green chiles
 1/2 tsp. chili powder
 1/4 tsp. sea salt (or Himalayan salt)
 Nonstick cooking spray
 4 large eggs
 4 (6-inch) corn tortillas, warm
 2 Tbsp. finely chopped red onion
 2 Tbsp. shredded Monterey jack cheese
 Cilantro leaves (for garnish; optional)

PREPARATION

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
3. Add tomatoes and green chiles; cook, stirring occasionally, for 10 minutes.
4. Season with chili powder and salt; cook, stirring frequently, for 5 minutes. Remove from heat. Set aside.
5. Heat large nonstick skillet, lightly coated with spray, over medium heat.
6. Add eggs one at a time, taking care egg whites don't touch; cook, covered, for 3 minutes. Remove lid. Cook to desired yolk consistency. Remove from heat.
7. Top each tortilla evenly with onion mixture. Top gently with egg and top evenly with red onion and cheese.
8. Garnish with a cilantro leaf if desired.

Calories: 191 Total Fat: 9g Carbohydrates: 19g Protein: 9g



Sheet Pan Sweet Potato Hash with Eggs

INGREDIENTS

Parchment paper
 2 small sweet potatoes, cut into 1-inch cubes
 1 medium onion, chopped
 2 cloves garlic, finely chopped
 1 medium red bell pepper, chopped
 1 cup black beans, drained, rinsed
 1 cup corn kernels
 1 Tbsp. + 1 tsp. olive oil
 1 1/2 tsp. chili powder
 1/4 tsp. ground cumin
 1/4 tsp. ground smoked paprika
 1/2 tsp. sea salt (or Himalayan salt), divided use
 1/2 tsp. ground black pepper, divided use
 8 large eggs
 2 Tbsp. finely chopped fresh cilantro

PREPARATION

1. Preheat oven to 400° F.
2. Line large sheet pan with parchment paper. Set aside.
3. Combine sweet potatoes, onion, garlic, bell pepper, beans, corn, oil, chili powder, cumin, paprika, 1/4 tsp. salt, and 1/4 tsp. pepper in a large bowl; toss gently to blend.
4. Place sweet potato mixture on prepared pan. Bake for 18 to 20 minutes, stirring after 10 minutes.
5. Create eight wells in sweet potato mixture. Gently crack an egg into each well. Season eggs with remaining 1/4 tsp. salt and remaining 1/4 tsp. pepper. Bake for 8 to 10 minutes, or until eggs are set.
6. Garnish with cilantro; serve immediately.

Calories: 353 Total Fat: 15g Carbohydrates: 36g Protein: 19g



Egg White Breakfast Burrito

INGREDIENTS

1 tsp. olive oil
 1 Tbsp. finely chopped red bell pepper
 1 Tbsp. finely chopped yellow bell pepper
 1 Tbsp. finely chopped green bell pepper
 1 Tbsp. finely chopped red onion
 3 large egg whites (1/3 cup)
 1 (8-inch) whole wheat flour tortilla, warm
 1 slice low-sodium turkey bacon, cooked, chopped
 Ground black pepper (to taste; optional)
 2 Tbsp. fresh tomato salsa

PREPARATION

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add bell peppers and onion; cook, stirring frequently, for 3 to 4 minutes, or until soft.
3. Add eggs; cook, over medium heat, stirring frequently, for 2 to 3 minutes, or until eggs are set.
4. Top tortilla with egg mixture, turkey bacon, and pepper (if desired).
5. Roll tortilla burrito-style.
6. Serve with salsa.

Calories: 272 Total Fat: 11g Carbohydrates: 26g Protein: 17g



lunch/dinner



Chicken Pot Pie

INGREDIENTS

6 tsp. olive oil, *divided use*
 1 medium onion, chopped
 2 medium carrots, chopped
 4 oz. sliced mushrooms
 2 Tbsp. whole wheat flour
 1½ cups reduced-fat (2%) milk
 1 cup low-sodium organic chicken broth
 ½ tsp. sea salt (or Himalayan salt)
 ½ tsp. ground black pepper
 1 tsp. finely chopped fresh thyme
 ¾ cup frozen green peas
 ¾ cup cubed cooked sweet potatoes
 2¼ cups cubed cooked chicken breast (approx. 12 oz.)
 6 sheets Phyllo dough (each approx. 12 x 17-inches), thawed, covered in a slightly damp towel

PREPARATION

- Preheat oven to 375° F. Heat 2 *tsp.* oil in large nonstick skillet over medium heat.
- Add onion and carrots; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent. Add mushrooms; cook, stirring frequently, for 4 to 6 minutes, or until mushrooms are soft and most of the liquid has evaporated. Add 1 *tsp.* oil; cook, stirring frequently, for 1 minute.
- Add flour; cook, stirring frequently, for 1 to 2 minutes, or until flour and oil form a paste. Slowly add milk, broth, salt, pepper, and thyme. Bring to a boil, stirring frequently. Reduce heat to medium-low. Add peas, sweet potatoes, and chicken; cook, stirring frequently, for 2 minutes.
- Place chicken mixture in a 2½-quart baking dish. Set aside.
- Place phyllo on work surface. Keeping the original stack covered, remove one sheet at a time and quickly brush with *remaining 3 tsp.* oil. Cut oiled stack of phyllo into quarters. Evenly place phyllo loosely on top of chicken mixture.
- Bake for 30 to 35 minutes, or until chicken mixture is bubbling and phyllo dough is golden brown. Serve immediately.

Calories: 283 Total Fat: 8g Carbohydrates: 27g Protein: 24g



Slow Cooker Cheesy Chicken Enchiladas

INGREDIENTS

1 *tsp.* olive oil
 1 medium onion, chopped
 2 cloves garlic, finely chopped
 2 medium jalapeño peppers, seeded and deveined, finely chopped
 1 lb. raw ground chicken breast
 1½ cups dry farro, rinsed
 1 (15-oz.) can black beans, rinsed, drained
 1 cup frozen corn kernels
 1 (15-oz.) can diced tomatoes, no salt added
 1 (10-oz.) can red enchilada sauce
 2 Tbsp. chili powder
 1 Tbsp. ground cumin
 2 *tsp.* ground coriander
 Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
 1 cup shredded Monterey jack cheese
 3 medium green onions, chopped
 ¼ cup finely chopped fresh cilantro

PREPARATION

- Heat oil in medium nonstick skillet over medium-high heat.
- Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is soft.
- Add garlic and jalapeños; cook, stirring frequently, for 1 to 2 minutes, or until jalapeños are soft.
- Add chicken; cook, stirring frequently, for 5 to 6 minutes, or until chicken is cooked through.
- Place chicken mixture, farro, beans, corn, tomatoes, 1 cup water, enchilada sauce, chili powder, cumin, and coriander in a 3-quart slow cooker; mix well and cover. Cook on high for 3 hours, or until liquid has been absorbed, and farro is tender.
- Remove lid and stir mixture. Season with salt and pepper if desired. Add cheese; mix well. Cover until cheese has melted.
- Top with green onions and cilantro.

Calories: 320 Total Fat: 11g Carbohydrates: 37g Protein: 18g



Chicken and Cauliflower Fried Rice

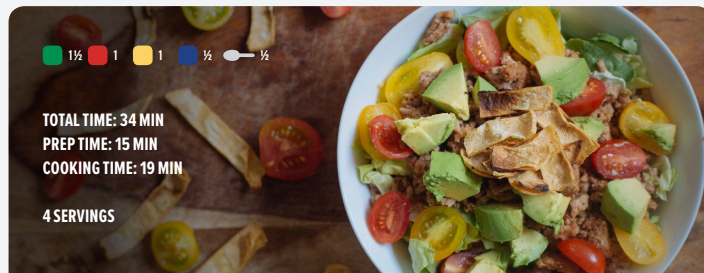
INGREDIENTS

2 lb. raw lean ground chicken breast
 5 Tbsp. organic coconut aminos, *divided use*
 1 clove garlic, finely chopped
 Hot water
 2 medium carrots, chopped
 2 medium heads cauliflower, cut into bite-sized pieces
 2 Tbsp. extra-virgin organic coconut oil, *divided use*
 4 large eggs, lightly beaten
 4 green onions, thinly sliced, reserve a small amount of the greens for garnish

PREPARATION

- Combine chicken, 1 *Tbsp.* coconut aminos, and garlic in a medium bowl; mix well. Set aside for 30 minutes.
- Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place carrots in steamer basket; cook for 4 to 5 minutes. Place in ice water bath to stop cooking process. Set aside.
- Place half of cauliflower in food processor; pulse until cauliflower is chopped into pieces about the size of rice. Repeat with the other half. Set aside.
- Heat 1 *Tbsp.* oil in large nonstick skillet over medium-high heat.
- Add chicken mixture; cook, stirring frequently to break chicken into small pieces, for 4 to 6 minutes, or until chicken is no longer pink. Remove from pan. Set aside.
- Add *remaining 1 Tbsp.* oil; heat, over medium-high heat.
- Add cauliflower and *remaining 4 Tbsp.* coconut aminos; cook, stirring frequently, for 2 to 4 minutes.
- Make well in the middle of mixture. Add eggs; cook, stirring frequently in well, for 2 to 3 minutes, or until eggs start to set.
- Mix eggs into cauliflower mixture. Add chicken, carrots, and green onions; cook, stirring frequently, for 2 minutes, or until heated through. Garnish evenly with green onion.

Calories: 283 Total Fat: 16g Carbohydrates: 11g Protein: 26g



Taco Salad

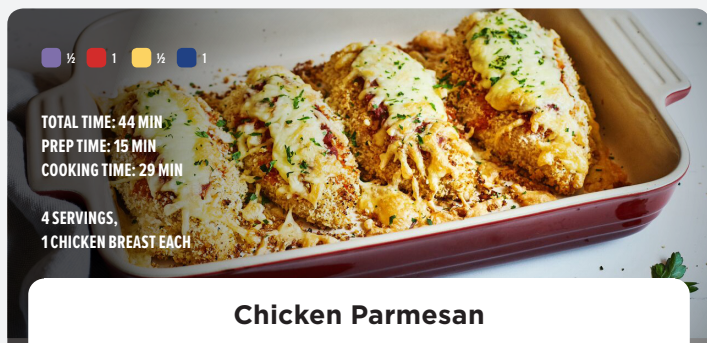
INGREDIENTS

2 *tsp.* olive oil
 1 lb. raw 93% lean ground turkey
 1 Tbsp. low-sodium taco seasoning
 ¼ cup water
 Nonstick cooking spray
 8 (6-inch) corn tortillas, cut into strips
 ½ medium ripe avocado
 1 Tbsp. fresh lemon juice
 1 dash garlic powder
 Sea salt (or Himalayan salt) (to taste; optional)
 6 cups shredded lettuce
 4 medium tomatoes, chopped

PREPARATION

- Heat oil in medium nonstick skillet over medium heat.
- Add turkey; cook, stirring frequently, for 5 to 7 minutes, or until no longer pink.
- Add taco seasoning and water; cook, stirring frequently, for 5 to 8 minutes, or until most water has evaporated. Remove from heat. Set aside.
- Heat medium nonstick skillet over medium-high heat. Lightly coat skillet with spray. Add tortilla strips; cook, stirring constantly, for 3 to 4 minutes, or until crisp and golden brown. Set aside.
- Mash avocado in a small bowl with a fork.
- Add lemon juice, garlic powder, and salt (if desired); mix well.
- Divide lettuce evenly between four serving bowls. Top with turkey mixture, tomatoes, avocado mixture, and tortilla strips; serve immediately.

Calories: 370 Total Fat: 17g Carbohydrates: 31g Protein: 27g



TOTAL TIME: 44 MIN
PREP TIME: 15 MIN
COOKING TIME: 29 MIN

4 SERVINGS,
1 CHICKEN BREAST EACH

Chicken Parmesan

INGREDIENTS

Nonstick cooking spray
1 cup whole-grain Panko bread crumbs
4 Tbsp. grated Parmesan cheese, *divided use*
1 dash sea salt (or Himalayan salt)
¼ tsp. ground black pepper
¼ tsp. garlic powder
¼ tsp. onion powder
2 large eggs, lightly beaten
4 (4-oz.) each raw chicken breasts, boneless, skinless
1 cup all-natural marinara sauce, no sugar added
¾ cup shredded part-skim mozzarella cheese
1 Tbsp. finely chopped flat leaf (Italian) parsley

PREPARATION

- Preheat oven to 450° F.
- Lightly coat medium baking sheet with spray. Set aside.
- Combine bread crumbs, 2 Tbsp. Parmesan cheese, salt, pepper, garlic powder, and onion powder in a small bowl; mix well. Transfer to a plate. Set aside.
- Place eggs in a shallow dish. Dip each chicken breast in eggs, completely coating, then bread crumbs; coating each evenly on all sides. Place chicken on prepared baking sheet.
- Bake for 22 to 26 minutes, turning after 15 minutes, or until chicken is no longer pink in the middle and juices run clear.
- Preheat broiler on high.
- Top each chicken breast evenly with marinara sauce, mozzarella cheese, and *remaining* 2 Tbsp. Parmesan cheese. Return to oven for 2 to 3 minutes, or until cheese is melted.
- Sprinkle with parsley before serving

Calories: 351 Total Fat: 13g Carbohydrates: 21g Protein: 38g



TOTAL TIME: 1 HR 50 MIN
PREP TIME: 20 MIN
COOKING TIME: 1 HR 30 MIN

6 SERVINGS

Pad Thai with Spaghetti Squash

INGREDIENTS

1 medium spaghetti squash (about 3 lbs.)
2 Tbsp. tamarind paste (or rice wine vinegar)
2 Tbsp. fish sauce
1 tsp. raw honey
2 to 4 Tbsp. water
12 oz. extra-firm tofu, cut into cubes
3 Tbsp. cornstarch (pref. GMO free)
8 tsp. peanut oil, *divided use*
1 medium onion, thinly sliced
2 large eggs, lightly beaten
4 cloves garlic, finely chopped
¾ cup fresh bean sprouts
4 medium green onions, cut into 1-inch pieces
2 Tbsp. chopped peanuts
Lime wedges
Cilantro sprigs
Crushed red pepper flakes

PREPARATION

- Preheat oven to 350° F. Place squash on parchment-lined baking sheet. Poke 2 or 3 times with a fork. Bake 60 to 80 minutes. Cool 20 to 30 minutes. Cut squash in half lengthwise. Remove seeds. Scrape flesh into stringy noodles. Set aside.
- Heat tamarind paste, fish sauce, honey, and water in small saucepan over medium heat. Cook, stirring constantly, for 1 to 2 minutes. Add additional water if sauce is too tart. Set aside.
- Coat tofu in cornstarch in a small bowl; mix well. Heat large skillet over high heat. Add 2 tsp. oil, swirl to cover surface of pan. Add tofu; cook, stirring constantly, for 2 to 3 minutes, until all sides of tofu are brown. Remove tofu from pan. Set aside.
- Add 2 tsp. oil to pan; cook, over high heat, swirl to cover surface. Add onions; cook, stirring constantly, for 3 to 4 minutes. Remove from pan; place on plate with tofu. Set aside.
- Add 2 tsp. oil to pan; cook, over high heat, swirl to cover surface. Add eggs; cook over medium heat. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath. When set, cut with spatula. Remove and place on plate with tofu and onions.
- Add *remaining* 2 tsp. oil to pan, swirl to cover surface. Add garlic; cook, over medium-high heat, for 1 minute.
- Add spaghetti squash in a single layer; cook for 30 seconds, stir and make another single layer. Repeat 3 to 6 times, cooking for 3 to 4 minutes, until squash is warm and golden brown. Add sauce; mix well. Add bean sprouts and green onions; mix well. Add tofu mixture; cook, stirring frequently, for 1 to 2 minutes, or until well mixed and heated through. Transfer to platter. Top with peanuts, lime wedges, cilantro, and crushed red pepper.

Calories: 231 Total Fat: 11g Carbohydrates: 25g Protein: 10g



TOTAL TIME: 1 HR 16 MIN
PREP TIME: 15 MIN
COOKING TIME: 61 MIN

10 SERVINGS,
APPROX. 1 1/2 CUPS EACH

Butternut Squash Mac and Cheese

INGREDIENTS

1 lb. dry whole wheat macaroni
1 tsp. olive oil
1 medium onion, chopped
2 medium red bell peppers, chopped
3 cups cubed butternut squash
1 ¾ cups low-sodium organic chicken broth
1 cup reduced-fat (2%) milk
2 Tbsp. reduced-fat (2%) plain Greek yogurt
1 cup shredded Gruyere (or Swiss) cheese
1 cup shredded sharp cheddar cheese
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
Nonstick cooking spray
Finely chopped fresh parsley (or garnish; optional)

PREPARATION

- Preheat oven to 375° F.
 - Cook macaroni according to package directions. Drain and set aside.
 - Heat oil in large nonstick skillet over medium-high heat.
 - Add onion and bell peppers; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Set aside.
 - Combine squash, broth, and milk in medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium; gently boil for 22 to 25 minutes, or until squash is tender.
 - Place squash mixture in blender (or food processor); cover with lid and kitchen towel. Blend until smooth.
 - Combine squash mixture, macaroni, onion mixture, yogurt, and cheeses. Season with salt and pepper if desired; mix well.
 - Place macaroni mixture in a 13 x 9-inch ceramic (or glass) baking dish that has been coated with spray. Bake for 25 to 30 minutes, or until sauce is bubbling.
 - Garnish with parsley if desired.
- Tip:** Blend small batches of hot liquids in blender (or food processor) since they expand during the blending process, therefore decreasing the chance of overflowing.

Calories: 300 Total Fat: 9g Carbohydrates: 43g Protein: 15g



TOTAL TIME: 4 HRS 32 MIN
PREP TIME: 15 MIN
COOKING TIME: 4 HRS 17 MIN

6 SERVINGS,
APPROX. 2 CUPS EACH

Vegan Slow Cooker Stew

INGREDIENTS

1 Tbsp. olive oil
1 medium onion, chopped
1 medium green bell pepper, chopped
1 medium red bell pepper, chopped
2 cloves garlic, coarsely chopped
2 cups low-sodium vegetable broth
1 (14.5-oz.) can diced tomatoes, no added salt
2 cans (15-oz. each) chickpeas (garbanzo beans), drained, rinsed
1 Tbsp. curry powder
1 Tbsp. pure maple syrup
1 Tbsp. finely chopped fresh ginger
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
1 dash ground cayenne pepper (optional)
1 medium head cauliflower, cut into florets
1 (10-oz.) bag raw baby spinach
1 cup lite coconut milk

PREPARATION

- Heat oil in medium nonstick skillet over high heat.
- Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- Add garlic; cook, stirring frequently, for 1 minute.
- Place onion mixture in 3-quart slow cooker.
- Add broth, tomatoes (with juice), chickpeas, curry powder, maple syrup, ginger, salt, black pepper, and cayenne pepper (if desired). Mix well; cover. Cook on high for 3 hours.
- Add cauliflower. Mix well; cover. Cook on high for 1 hour.
- Add spinach and coconut milk. Mix well; cover. Cook on high for 10 minutes, or until spinach wilts.

Calories: 274 Total Fat: 8g Carbohydrates: 40g Protein: 11g



1 1 1

TOTAL TIME: 6 HRS 22 MIN
PREP TIME: 20 MIN
COOKING TIME: 6 HRS 2 MIN

6 SERVINGS,
3 MEATBALLS EACH

Slow Cooker Turkey Meatballs

INGREDIENTS

1 lb. raw 93% lean ground turkey
 ½ cup sea salt (or Himalayan salt), *divided use*
 ½ tsp. ground black pepper
 1 large egg, lightly beaten
 ½ cup whole-grain Panko bread crumbs
 2 cloves garlic, finely chopped
 2 Tbsp. finely chopped fresh parsley
 2 Tbsp. grated Parmesan cheese
 2 tsp. olive oil
 1 medium onion, chopped
 1 (28-oz.) can whole tomatoes, crushed
 1 tsp. dried oregano leaves

PREPARATION

1. Combine turkey, ¼ tsp. salt, pepper, egg, bread crumbs, garlic, parsley, and cheese in a large bowl; mix well with clean hands.
2. Roll mixture into eighteen 1½-inch meatballs. Set aside.
3. Heat oil in large nonstick skillet over medium-high heat.
4. Add half of meatballs; cook, turning occasionally, for 4 to 6 minutes, or until meatballs are browned on each side. Place browned meatballs in a 3-quart slow cooker.
5. Repeat with the remaining meatballs. Set aside.
6. Add onion to same skillet; cook, over medium-high heat, for 4 to 6 minutes, or until onion is translucent.
7. Top meatballs with cooked onion, tomatoes, oregano, and *remaining* ¼ tsp. salt; cook, covered, on low temperature for 5 to 6 hours, stirring once or twice.

Calories: 212 Total Fat: 9g Carbohydrates: 13g Protein: 19g



1 1 ½ 1

TOTAL TIME: 37 MIN
PREP TIME: 15 MIN
COOKING TIME: 22 MIN

8 SERVINGS,
APPROX. 1½ CUPS EACH

Easy Chicken Noodle Soup

INGREDIENTS

2 tsp. olive oil
 ½ cup chopped onion (approx. ¾ medium)
 2 cups sliced celery (approx. 5 medium stalks)
 8 cups low-sodium organic chicken broth
 1 tsp. dried oregano leaves
 ½ tsp. sea salt (or Himalayan salt)
 ½ tsp. ground black pepper
 1½ cups sliced carrots (approx. 2 medium)
 1¼ cups dry whole wheat pasta
 3 cups cubed cooked chicken breast, boneless, skinless
 ¼ cup chopped fresh cilantro

PREPARATION

1. Heat oil in large saucepan over medium heat.
2. Add onion and celery; cook, stirring frequently, for 5 to 6 minutes, or until onion is translucent.
3. Add broth, oregano, salt, and pepper. Bring to a boil, over high heat, stirring occasionally.
4. Add carrots and pasta; boil, stirring occasionally, for 8 to 10 minutes, or until pasta is tender. Remove from heat.
5. Add chicken and cilantro; mix well.

Variation:

Substitute rice pasta or quinoa pasta for whole wheat pasta for a gluten-free choice.

Calories: 188 Total Fat: 5g Carbohydrates: 16g Protein: 20g



½ 2 ½

TOTAL TIME: 23 MIN
PREP TIME: 15 MIN
COOKING TIME: 8 MIN

4 SERVINGS,
½ FLATBREAD EACH

BBQ Chicken Flatbread Pizza

INGREDIENTS

2 whole wheat flatbreads (or 6½-inch whole wheat pitas)
 ½ cup barbecue sauce, reduced-sugar
 1½ cups shredded cooked chicken breast
 ½ cup canned black beans drained, rinsed
 ½ cup corn kernels
 ½ medium red onion chopped
 ½ cup shredded cheddar cheese
 ¼ cup finely chopped fresh cilantro
 1 Tbsp. fresh lime juice

PREPARATION

1. Preheat oven to 350° F.
2. Place flatbreads on large baking sheet.
3. Spread barbecue sauce evenly on flatbreads.
4. Top flatbreads evenly with chicken, black beans, corn, onion, and cheese.
5. Bake for 5 to 8 minutes, or until cheese is melted.
6. Top evenly with cilantro and drizzle with lime juice. Serve immediately.

Calories: 308 Total Fat: 8g Carbohydrates: 34g Protein: 35g



1 1 1½ ¼

TOTAL TIME: 10 MIN
PREP TIME: 10 MIN
COOKING TIME: NONE

1 SERVING

Greek Chicken Pita

INGREDIENTS

1 (6½-inch) whole wheat pita, cut in half to make pockets
 3 oz. cooked chicken breast, boneless, skinless, cut into 1-inch cubes
 ¼ medium tomato, chopped
 ¼ cup chopped cucumber
 1 Tbsp. chopped red onion (optional)
 ¼ tsp. dried oregano
 1 Tbsp. fresh lemon juice
 ¼ cup shredded romaine lettuce
 2 Tbsp. crumbled feta cheese (about ½ oz.)

PREPARATION

1. Fill pita halves evenly with chicken, tomato, cucumber, onion (if desired), oregano, lemon juice, romaine, and cheese.

Calories: 380 Total Fat: 9g Carbohydrates: 40g Protein: 36g



TOTAL TIME: 1 HR 5 MIN
PREP TIME: 15 MIN
COOKING TIME: 20 MIN

4 SERVINGS

Almond-Crusted Chicken Fingers

INGREDIENTS

2 Tbsp. raw honey
2 Tbsp. Dijon mustard
2 tsp. rice wine vinegar
Nonstick cooking spray (or olive oil cooking spray)
2 large eggs
2 Tbsp. water
1 lb. raw chicken breast tenders, skinless
1 cup whole-grain Panko bread crumbs
½ cup finely chopped sliced raw almonds
1 dash sea salt (or Himalayan salt)
1 dash ground black pepper

PREPARATION

1. Combine honey, mustard, and vinegar in a small bowl; mix well. Chill.
2. Preheat oven to 425° F.
3. Line baking sheet with foil; lightly coat with spray.
4. Combine eggs and water in a medium shallow bowl; whisk to blend.
5. Soak chicken in egg mixture for 30 minutes, turning once; set aside.
6. Combine bread crumbs, almonds, salt, and pepper in a large resealable plastic bag; shake to combine.
7. Working with a few pieces at a time, lift chicken from egg mixture, letting excess drip back into bowl, and drop into bag containing bread crumb mixture. Seal bag and shake to coat; repeat with remaining chicken.
8. Place chicken on prepared baking sheet. Bake for 18 to 20 minutes, turning after 10 minutes, until no longer pink in the middle and golden brown.
9. Serve with honey mustard dipping sauce.

Calories: 328 Total Fat: 12g Carbohydrates: 27g Protein: 31g



TOTAL TIME: 15 MIN
PREP TIME: 15 MIN
COOKING TIME: NONE

1 SERVING

Tuna Salad Sandwich

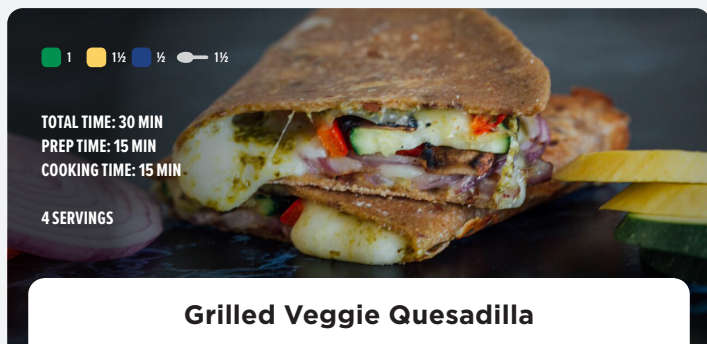
INGREDIENTS

1 (3½-oz.) can solid white tuna, packed in water, drained
1 Tbsp. fresh lemon juice
2 tsp. extra-virgin olive oil
¼ medium red onion, finely chopped
¼ medium celery stalk, finely chopped
1 Tbsp. finely chopped red bell pepper
1 Tbsp. chopped fresh parsley
1 tsp. capers
Ground black pepper (to taste; optional)
2 slices high fiber whole-grain bread
2 slices medium tomato
1 lettuce leaf

PREPARATION

1. Combine tuna, lemon juice, oil, onion, celery, bell pepper, parsley, capers, and pepper (if desired) in a small bowl; mix well.
2. Top one slice of bread with tuna mixture; top with tomato, lettuce, and finish with second slice of bread.

Calories: 437 Total Fat: 16g Carbohydrates: 46g Protein: 29g



TOTAL TIME: 30 MIN
PREP TIME: 15 MIN
COOKING TIME: 15 MIN

4 SERVINGS

Grilled Veggie Quesadilla

INGREDIENTS

½ medium red bell pepper, stem and seeds removed and discarded, cut into four pieces
1 medium Portobello mushroom, cut into ½-inch slices
½ medium onion, cut into ½-inch slices
1 medium zucchini, sliced diagonally into ¼-inch slices
1 medium summer squash, sliced diagonally into ¼-inch slices
2 tsp. olive oil, *divided use*
4 (8-inch) whole wheat tortillas
4 tsp. prepared pesto sauce
4 Tbsp. mozzarella cheese (2 oz.)
4 Tbsp. soft goat cheese (2 oz.)

PREPARATION

1. Preheat grill (or broiler) to high.
2. Brush bell pepper, mushroom, onion, zucchini, and summer squash with 1 tsp. oil.
3. Grill (or broil) vegetables for 3 to 5 minutes on each side, or until tender. Set aside.
4. Heat ½ tsp. oil in large nonstick skillet over medium heat.
5. Place two tortillas in skillet; cook, turning once, for 1 to 2 minutes.
6. Top each tortilla with 1 tsp. pesto sauce, 1 Tbsp. mozzarella cheese, 1 Tbsp. goat cheese, and ¼ of grilled vegetables. Fold tortilla in half; cook, for 4 to 5 minutes, turning once, until cheese is melted and tortilla is golden brown. Repeat with remaining tortillas and ingredients; cook in *remaining* ½ tsp. oil.

Calories: 252 Total Fat: 11g Carbohydrates: 29g Protein: 10g



TOTAL TIME: 1 HR
PREP TIME: 25 MIN
COOKING TIME: 35 MIN

4 SERVINGS,
1 BELL PEPPER EACH

Jack-o-Lantern Stuffed Peppers

INGREDIENTS

4 medium orange bell peppers
2 tsp. olive oil
1 lb. raw 93% lean ground turkey
½ medium onion, chopped
1 clove garlic, finely chopped
1 Tbsp. chili powder
½ tsp. ground cumin
Ground black pepper (to taste; optional)
1 (8-oz.) can tomato sauce, no sugar added
1 cup black beans, drained, rinsed
1 cup cooked brown rice
¼ cup water
½ cup shredded sharp cheddar cheese

PREPARATION

1. Slice stem end off peppers. (Reserve for later use.) Remove seeds and veins from peppers. Cut a jack-o-lantern face out of one side of each pepper. Stand peppers upright in baking dish. Set aside.
2. Preheat oven to 400° F.
3. Heat oil in large nonstick skillet over medium-high heat. Add turkey; cook, stirring frequently, for 4 to 5 minutes, or until almost browned.
4. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
5. Add garlic; cook, stirring frequently, for 1 minute.
6. Add chili powder, cumin, pepper (if desired), tomato sauce, and beans; cook, stirring occasionally, for 4 to 5 minutes. Remove from heat.
7. Add rice; mix well.
8. Fill peppers with turkey mixture. Top with reserved stem end of peppers. Add water to the baking dish. Cover with foil.
9. Bake peppers for 12 to 15 minutes, or until tender-crisp.
10. Remove stem top of peppers, sprinkle evenly with cheese. Bake for 2 to 3 minutes, or until cheese is melted.
11. Replace tops and serve.

Calories: 426 Total Fat: 18g Carbohydrates: 35g Protein: 31g



1/2 1 1/2
 TOTAL TIME: 30 MIN
 PREP TIME: 20 MIN
 COOKING TIME: 10 MIN
 6 SERVINGS

Mediterranean Turkey Burgers

INGREDIENTS

3/4 cup reduced-fat (2%) plain Greek yogurt
 2 Tbsp. fresh lemon juice
 2 cloves garlic, finely chopped, *divided use*
 1/4 tsp. dried dill weed
 1 1/2 lbs. raw 93% lean ground turkey
 1 medium red onion, thinly slice half, finely chop half, *divided use*
 1/4 cup finely chopped sun-dried tomatoes
 2 oz. frozen chopped spinach, thawed
 6 Tbsp. crumbled feta cheese
 1 tsp. dried oregano
 1/2 cup whole-grain bread crumbs
 1 large egg
 Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
 1 cooked medium beet, sliced thin
 1/4 medium cucumber, sliced thin

PREPARATION

1. To make yogurt sauce, combine yogurt, lemon juice, *1 clove* garlic, and dill in a small bowl; mix well. Refrigerate, covered, until needed.
2. Preheat grill (or broiler) to high.
3. Squeeze out extra water from spinach with kitchen towel
4. Combine turkey, *chopped* onion, sun-dried tomatoes, spinach, cheese, *remaining 1 clove* garlic, oregano, bread crumbs, and egg in a medium bowl. Season with salt and pepper if desired; mix well with clean hands. Form turkey mixture evenly into six patties.
5. Grill (or broil) patties for about 5 minutes on each side, or until no longer pink in the middle.
6. Serve patties topped evenly with yogurt sauce, onion *slices*, beet, and cucumber.

Calories: 258 Total Fat: 13g Carbohydrates: 8g Protein: 28g



1 1/2 1
 TOTAL TIME: 38 MIN
 PREP TIME: 15 MIN
 COOKING TIME: 23 MIN
 4 SERVINGS,
 APPROX. 1 CUP EACH

Tomato Soup

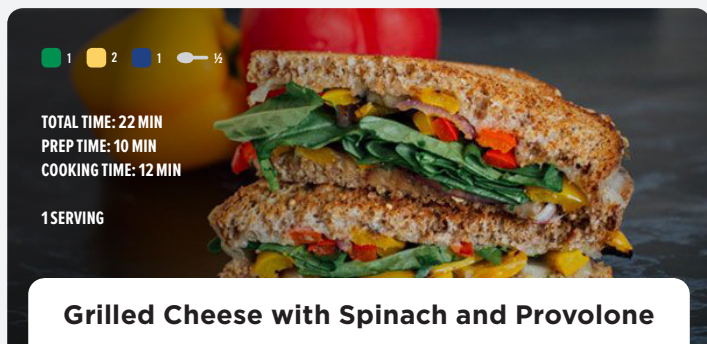
INGREDIENTS

1 Tbsp. olive oil
 1/2 medium onion, chopped
 5 medium tomatoes, chopped
 3 cups low-sodium organic chicken broth (or vegetable broth)
 1 tsp. lemon pepper (to taste; optional)

PREPARATION

1. Heat oil in large saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 4 minutes, or until onion is soft.
3. Add tomatoes; cook, stirring frequently, for 2 to 3 minutes, or until tomatoes are soft.
4. Add broth; bring to a boil. Reduce heat to low and gently boil for 15 minutes.
5. Place soup and lemon pepper (if desired) in a blender or food processor; in 2 or more batches, if necessary; cover with lid and kitchen towel, blend until smooth.
6. Portion into four serving bowls.

Calories: 92 Total Fat: 5g Carbohydrates: 9g Protein: 5g



1 2 1 1/2
 TOTAL TIME: 22 MIN
 PREP TIME: 10 MIN
 COOKING TIME: 12 MIN
 1 SERVING

Grilled Cheese with Spinach and Provolone

INGREDIENTS

1/2 tsp. olive oil
 1/4 medium yellow bell pepper, thinly sliced
 1/4 medium red bell pepper, thinly sliced
 1/4 medium red onion, thinly sliced
 2 slices low-sodium sprouted whole-grain bread
 1 tsp. Dijon mustard
 1/4 cup raw spinach
 1 slice provolone cheese (1 oz.)

PREPARATION

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add bell peppers and onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent. Remove from pan. Set aside.
3. Spread mustard on one slice of bread.
4. Top with bell pepper mixture, spinach, cheese, and second slice of bread. Set aside.
5. Heat skillet over medium-high heat.
6. Add sandwich; cook for 2 to 3 minutes, or until golden brown. Flip, cook for 3 to 4 more minutes or until cheese has melted.

Tip: Sandwich can also be grilled in a counter-top two-sided grill or Panini maker.

Calories: 306 Total Fat: 11g Carbohydrates: 36g Protein: 16g



2 2 2
 TOTAL TIME: 1 HR 20 MIN
 PREP TIME: 20 MIN
 COOKING TIME: 1 HR
 6 SERVINGS,
 2 SLIDERS EACH

BBQ Spaghetti Squash Sliders

INGREDIENTS

Parchment paper
 1 medium spaghetti squash
 2 Tbsp. olive oil, *divided use*
 1/4 tsp. sea salt (or Himalayan salt)
 1/4 tsp. ground black pepper
 2 cups shredded green cabbage
 1 cup shredded red cabbage
 1/4 cup vegan or all-natural mayonnaise
 1 tsp. Dijon mustard
 1 dash ground celery seed (optional)
 1 dash ground white pepper (or ground black pepper)
 1 medium onion, finely chopped
 1 tsp. garlic powder
 1/2 tsp. ground cumin
 1/2 tsp. ground paprika
 1/4 tsp. red pepper flakes (optional)
 2 Tbsp. low-sodium vegetable broth
 1/4 cup all-natural smoked barbecue sauce, no sugar added
 12 small whole-grain dinner rolls
 24 thinly sliced pickles, low-sodium if possible

PREPARATION

1. Preheat oven to 375° F.
2. Line large baking sheet with parchment paper. Set aside.
3. Cut spaghetti squash in half lengthwise. Remove seeds and membrane.
4. Place spaghetti squash, cut side up, on prepared baking sheet. Evenly drizzle with *1 Tbsp.* oil. Season with salt and pepper. Place cut side down.
5. Bake for 40 to 45 minutes, or until tender.
6. While spaghetti squash is baking, make coleslaw by combining green and red cabbage, mayonnaise, mustard, celery seed (if desired), and white pepper in a medium bowl; mix well. Refrigerate, covered, until ready to use.
7. Heat *remaining 1 Tbsp.* oil in large nonstick skillet over medium-high heat. Add onion; cook, stirring frequently, for 4 to 5 minutes. Add garlic powder, cumin, paprika, and red pepper flakes (if desired); cook, stirring constantly, for 2 minutes. Add broth; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.
8. Scrape squash into stringy noodles. Add to skillet; cook, over medium-high heat, stirring frequently, for 1 to 2 minutes, or until broth is absorbed. Add barbecue sauce; cook, stirring constantly, for 3 to 4 minutes, or until well coated. Evenly fill rolls with squash mixture, coleslaw, and 2 pickles.

Calories: 314 Total Fat: 10g Carbohydrates: 52g Protein: 8g

snacks



Pumpkin Pie Energy Bites

INGREDIENTS

1 cup pitted dates
Warm water
½ cup raw pecan halves
⅓ cup 100% pure pumpkin puree
¼ cup unsweetened shredded coconut, reserve small amount for garnish
1 tsp. pure hazelnut extract
1 tsp. pure maple syrup
2 tsp. pumpkin pie spice
1 pinch sea salt (or Himalayan salt)

PREPARATION

1. Place dates in a medium bowl; cover with water. Let soak for 10 minutes. Drain. Set aside.
2. Place pecans in food processor; pulse until finely ground.
3. Add dates, pumpkin, coconut, extract, maple syrup, pumpkin pie spice, and salt; pulse until well mixed. Place in a medium bowl. Refrigerate, covered, for 30 minutes.
4. Using clean hands, roll into tablespoon-sized balls; roll in reserved coconut if desired.

Calories: 120 Total Fat: 6g Carbohydrates: 17g Protein 1g



Avocado Toast

INGREDIENTS

1 ripe medium avocado, mashed
4 slices low-sodium sprouted whole-grain bread, toasted
1¼ tsp. paprika

PREPARATION

1. Spread ¼ of avocado onto each slice of toast.
2. Top evenly with paprika.

Calories: 163 Total Fat: 8g Carbohydrates: 20g Protein: 5g



Apple Harvest Muffins

INGREDIENTS

Nonstick cooking spray (optional)
 1½ cups whole wheat flour
 ½ cup wheat bran (or oat bran)
 1 Tbsp. baking powder
 ½ tsp. baking soda
 ¾ cup apple butter, no sugar added
 ½ cup low-fat (1%) buttermilk (or reduced-fat (2%) plain Greek yogurt)
 2 large egg whites
 1 medium apple, chopped (about 1 cup)
 ½ cup chopped pitted prunes

PREPARATION

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by lining with muffin papers or coating with spray.
3. Combine flour, bran, baking powder, and baking soda in a medium bowl; mix well. Set aside.
4. Combine apple butter, buttermilk, and egg whites in a large bowl; mix well.
5. Add flour mixture to apple butter mixture; mix until just blended.
6. Add apples and prunes; mix until just blended.
7. Divide batter between twelve prepared muffin cups.
8. Bake for 16 to 18 minutes, or until golden brown and tester inserted into the center comes out clean.
9. Transfer muffins to rack; cool.

Calories: 98 Total Fat: 1g Carbohydrates: 22g Protein: 4g



Cheesy Cauliflower Nachos

INGREDIENTS

1 medium head cauliflower, cut into florets
 2 tsp. olive oil
 ½ tsp. ground cumin
 ¼ tsp. sea salt (or Himalayan salt)
 ¼ tsp. chili powder
 ¼ tsp. garlic powder
 ½ cup shredded Monterey jack (or pepper jack) cheese
 ½ cup pico de gallo (or fresh tomato salsa)
 ½ cup mashed avocado
 2 Tbsp. finely chopped cilantro

PREPARATION

1. Preheat oven to 425° F.
2. Place cauliflower on baking sheet. Drizzle with oil. Sprinkle with salt, cumin, chili powder, and garlic powder; toss gently to blend. Spread evenly on baking sheet.
3. Bake for 30 to 35 minutes, or until tender crisp and golden.
4. Evenly top with cheese. Bake for 3 to 5 minutes, or until cheese is melted.
5. Evenly top with pico de gallo, avocado, and cilantro; serve immediately.

Calories: 157 Total Fat: 11g Carbohydrates: 11g Protein: 7g



Black Bean Hummus

INGREDIENTS

1 (15-oz.) can black beans, drained, rinsed (reserve liquid)
 ¼ cup low-sodium organic vegetable broth
 3 Tbsp. tahini (sesame butter)
 3 cloves garlic, coarsely chopped
 2 Tbsp. fresh lemon juice
 Sea salt (or Himalayan salt) (to taste; optional)
 Ground cayenne pepper (to taste; optional)

PREPARATION

1. Place beans, broth, tahini, garlic, and lemon juice in food processor (or blender). Pulse until smooth. If hummus is too thick add 1 Tbsp. reserved liquid at a time until hummus is desired consistency.
2. Season with salt and cayenne pepper if desired.
3. Refrigerate 1 to 2 hours to allow the flavors to blend.

Calories: 96 Total Fat: 4g Carbohydrates: 11g Protein: 5g



Spinach and Cheese Stuffed Mushrooms

INGREDIENTS

2 tsp. olive oil
 24 large mushrooms, cleaned, stems removed and finely chopped
 ½ medium onion, finely chopped
 3 cups raw baby spinach
 4 cloves garlic, finely chopped
 1 dash crushed red pepper flakes
 ½ tsp. finely chopped fresh rosemary
 Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
 ½ cup part-skim ricotta cheese
 ½ cup shredded mozzarella cheese

PREPARATION

1. Preheat oven to 350° F.
2. Heat oil in large skillet over medium-high heat.
3. Add mushroom stems, onion, and spinach; cook, stirring frequently, for 5 to 6 minutes or until tender.
4. Add garlic, red pepper, and rosemary. Season with salt and pepper if desired; cook, stirring frequently, for 1 minute.
5. Add ricotta cheese; mix well.
6. Evenly fill mushrooms with spinach mixture.
7. Place mushrooms on large baking sheet. Evenly top with mozzarella cheese. Bake for 20 to 25 minutes, or until bubbly.

Calories: 51 Total Fat: 3g Carbohydrates: 3g Protein: 4g



■ ½ ■ ½ ■ ½
TOTAL TIME: 25 MIN
PREP TIME: 10 MIN
COOKING TIME: 15 MIN
10 SERVINGS

Healthier Seven-Layer Dip

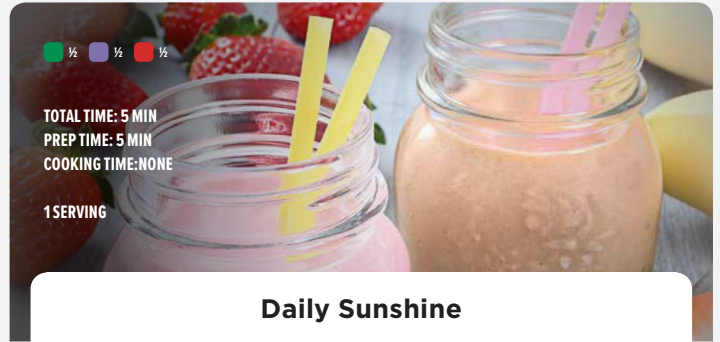
INGREDIENTS

2 medium ripe avocados
 2 Tbsp. fresh lime juice
 1 dash sea salt (or Himalayan salt)
 1 dash ground black pepper
 8 oz. reduced-fat (2%) plain Greek yogurt
 2 tsp. all-natural taco seasoning, no salt added
 1 (15-oz.) can refried black beans, warm
 1 bunch green onions, ends trimmed, sliced thin
 4 medium tomatoes, chopped
 2 Tbsp. shredded cheddar (or pepper jack) cheese (½ oz.)

PREPARATION

1. Mash avocados in a medium bowl.
2. Add lime juice, salt, and pepper; mix well. Set aside.
3. Combine yogurt and taco seasoning in a medium bowl; mix well. Set aside.
4. Top serving platter with beans, avocado mixture, yogurt mixture, green onions, tomatoes, and cheese.
5. Serve with baked tortilla chips.

Calories: 137 Total Fat: 7g Carbohydrates: 13g Protein: 6g



■ ½ ■ ½ ■ ½
TOTAL TIME: 5 MIN
PREP TIME: 5 MIN
COOKING TIME: NONE
1 SERVING

Daily Sunshine

INGREDIENTS

1 scoop Daily Sunshine
 8 fl. oz. water

PREPARATION

1. Just mix Daily Sunshine's Chocolate or Strawberry Banana flavors with water and you've got a quick and yummy snack you'll feel good about giving to your kids!

Chocolate: Calories: 120 Total Fat: 3g
 Carbohydrates: 12g (Chocolate), 13g (Strawberry) Protein: 10g



■ ½ ■ ½
TOTAL TIME: 29 MIN
PREP TIME: 15 MIN
COOKING TIME: 14 MIN
4 SERVINGS

Zucchini Fries

INGREDIENTS

Nonstick cooking spray
 ¼ cup whole wheat flour
 2 Tbsp. cornmeal
 1 tsp. sea salt (or Himalayan salt)
 ½ tsp. ground black pepper
 3 medium zucchini, cut into ½ x 3-inch sticks
 2 large egg whites, lightly beaten

PREPARATION

1. Preheat oven to 475° F.
2. Line baking sheet with foil; lightly coat with spray.
3. Combine flour, cornmeal, salt, and pepper in a large resealable plastic bag; shake to combine.
4. Working with a few pieces at a time, dip zucchini in egg whites and lift out, letting excess drip back into bowl; drop zucchini into bag containing flour mixture. Seal bag and shake to coat. Repeat with remaining zucchini.
5. Place zucchini on prepared baking sheet. Bake for 12 to 14 minutes, turning after 6 minutes, or until tender-crisp and golden brown.

Calories: 74 Total Fat: 1g Carbohydrates: 13g Protein: 5g



■ 1
TOTAL TIME: 2 HRS 25 MIN
PREP TIME: 10 MIN
COOKING TIME: 2 HRS 15 MIN
4 SERVINGS

Baked Apple Chips

INGREDIENTS

Parchment paper
 4 small red apples, cored, sliced very thin
 1 tsp. ground cinnamon

PREPARATION

1. Preheat oven to 275° F.
2. Line baking sheet with parchment paper. Set aside.
3. Place apples in a medium bowl. Sprinkle evenly with cinnamon; toss to blend.
4. Place apples on prepared baking sheet. Bake for 45 minutes, turn, bake for an additional 45 minutes, turn, bake for 30 to 45 minutes, or until apples have dried and are starting to get crisp.

Tip: Apples can be peeled if you prefer.

Calories: 79 Total Fat: 0g Carbohydrates: 21g Protein: 0g



WIN THE SNACK BATTLE

The kids are hungry for a snack, but you don't want to start a food fight by serving them a plate of fruits and veggies. Well, surrendering to their picky palates isn't your only option.



SAY
HELLO TO
DAILY SUNSHINE,
a pediatrician-approved
formula, **3-IN-1 SMOOTHIE**
specially formulated for
kids (ages 4 and up) and
perfect for
picky eaters.

It's got all of the good stuff:

- ♥ **MADE WITH ORGANIC FRUITS AND VEGETABLES[†]**
- ♥ **MADE WITH ORGANIC PEA PROTEIN**
- ♥ **HEALTHY FATS**

And none of the bad stuff:

- **No GMOs, soy, dairy, or gluten ingredients**
- **Zero artificial flavors, sweeteners, or preservatives**

To learn more, contact your Team Beachbody Coach or visit **DailySunshine.com**.

[†]Concentrated powder equivalent to 1 full serving of fruits and vegetables. $\frac{5}{8}$ serving of fruit ((Chocolate – 4.45 g dried apple, strawberry, and blueberry powders) (Strawberry Banana – 4.5 g dried apple, strawberry, banana, and blueberry powders)) and $\frac{3}{8}$ serving of veggies (1.95 g dried sweet potato and spinach powders) per smoothie. Each 28 g serving provides the equivalent of $\frac{1}{2}$ cup fruits and vegetables (volume before drying).

shakeology

*Shakeology is only recommended for grown-ups.

1 1

TOTAL TIME: 10 MIN
PREP TIME: 10 MIN
COOKING TIME: NONE

1 SERVING

Vegan Snickerdoodle Shakeology

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Vanilla Vegan Shakeology
1 tsp. ground cinnamon
1 tsp. pure maple syrup
1 tsp. pure vanilla extract

PREPARATION

1. Place almond milk, ice, Shakeology, cinnamon, maple syrup, and extract in blender; cover. Blend until smooth.

Calories: 226 Total Fat: 6g Carbohydrates: 25g Protein: 17g

1/2 1/2 1

TOTAL TIME: 3 HRS 10 MIN
PREP TIME: 10 MIN
COOKING TIME: NONE

12 SERVINGS,
1 BAR EACH

No-Bake Oatmeal Protein Bars

INGREDIENTS

2 scoops Chocolate Shakeology
1 cup egg white powder
2 cups dry old-fashioned rolled oats
2 Tbsp. wheat germ
2 Tbsp. flax seed
1 tsp. ground cinnamon
1/2 cup unsweetened almond milk
1/4 cup raw honey
1/4 cup all-natural almond butter
2 large ripe bananas, mashed
Nonstick cooking spray

PREPARATION

1. Combine Shakeology, egg white powder, oats, wheat germ, flax seed, and cinnamon in a large bowl; mix well.
2. Add almond milk, honey, almond butter, and bananas; mix well with a spatula (or clean hands).
3. Place in an 8 x 8-inch pan that is lightly coated with spray. Cover with plastic wrap and press down to flatten into pan. Refrigerate for 3 hours.
4. Cut into twelve bars.

Calories: 185 Total Fat: 5g Carbohydrates: 26g Protein: 12g



TOTAL TIME: 10 MIN
PREP TIME: 10 MIN
COOKING TIME: NONE

1SERVING

Banana Berry Smoothie Bowl

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
1 scoop Strawberry Shakeology
¼ large banana, cut into thick slices
¼ cup fresh (or frozen) blueberries
¼ cup fresh (or frozen) blackberries
2 Tbsp. sliced raw almonds
1 tsp. chia seeds
2 tsp. raw pumpkin seeds

PREPARATION

1. Place almond milk, ice, and Shakeology in blender; cover. Blend until smooth.
2. Place smoothie in a medium bowl. Top with banana, blueberries, blackberries, almonds, chia seeds, and pumpkin seeds; serve immediately.

Calories: 350 Total Fat: 14g Carbohydrates: 38g Protein: 23g



TOTAL TIME: 10 MIN
PREP TIME: 10 MIN
COOKING TIME: NONE

1SERVING

Apple Pie Shakeology

INGREDIENTS

1 cup water
1 cup ice
1 scoop Vanilla Shakeology
¼ cup + 2 Tbsp. unsweetened applesauce
½ tsp. ground cinnamon

PREPARATION

1. Place water, ice, Shakeology, applesauce, and cinnamon in blender; cover. Blend until smooth.

Calories: 181 Total Fat: 2g Carbohydrates: 24g Protein: 17g



TOTAL TIME: 15 MIN
PREP TIME: 15 MIN
COOKING TIME: NONE

1SERVING

Iced Cinnamon Almond Milk Macchiato

INGREDIENTS

For Bottom Layer:

½ cup unsweetened almond milk
½ cup ice
½ scoop Vanilla (or Vanilla Vegan) Shakeology

For Top Layer:

½ cup unsweetened almond milk
½ cup ice
½ scoop Café Latte (or Café Latte Vegan) Shakeology
¼ tsp. ground cinnamon
½ tsp. pure caramel extract

PREPARATION

For Bottom Layer:

1. Place almond milk, ice, and Shakeology in blender; cover. Blend until smooth.
2. Pour into serving glass. Place glass in freezer while you blend the next layer.

For Top Layer:

1. Place almond milk, ice, Shakeology, cinnamon, and extract in blender; cover. Blend until smooth.
2. Slowly pour into serving glass over bottom layer.

Tip: If you do not want to make this drink in layers, you can blend all ingredients together to make a delicious smoothie!

Calories: 208 Total Fat: 6g Carbohydrates: 20g Protein: 17g



TOTAL TIME: 10 MIN
PREP TIME: 10 MIN
COOKING TIME: NONE

1SERVING

Peppermint Patty Shakeology

INGREDIENTS

1 cup unsweetened almond milk
1 cup ice
½ scoop Chocolate Shakeology
½ scoop Vanilla Shakeology
1 tsp. pure peppermint extract
1 tsp. shaved dark chocolate
Fresh mint leaves (for garnish; optional)

PREPARATION

1. Place almond milk, ice, Shakeology, and extract in blender; cover. Blend until smooth.
2. Garnish with chocolate and mint leaves (if desired).

Calories: 213 Total Fat: 6g Carbohydrates: 21g Protein: 18g