

75 Healthy Lunch Ideas for Kids

by Autumn Calabrese





Welcome to 75 Healthy Lunch Ideas for Kids

One of the best things we can do for our kids every day is to give them healthy, delicious meals. The hard part, of course, is getting them to eat those meals.

My 75 Healthy Lunch Ideas for Kids will give you a variety of ideas of what you can do with the foods they love, and how to introduce new things to their eating routine. Sometimes, it can be stressful to figure out what to put in the lunch box, or how to make a well-rounded meal in a short amount of time. These 75 lunch ideas represent healthy spins on traditional favorites. Being prepared isn't half the battle, it is the battle. So, take some time to look through the PDF, decide with your kids what they want to have for lunch, make a grocery list, and prepare! It might sound time-consuming, but I've found it actually

saves me a lot of time in the mornings because I know exactly what I'm packing for my son.

You'll notice I've included a lot of fruits and vegetables, less processed foods, and less sugars. While this guide isn't meant to be a diet or an eating plan, I've made sure these lunches represent a healthier approach without sacrificing great flavors. For specific guidelines on what the ideal caloric range or serving size is for your kids, check out Module 5, Video 24: "The Right Plan for Your Child" and consult with their physician.

Each meal contains four core components: a main dish, fruit, a vegetable, and a snack or treat. I've even snuck the veggies into some of the main dishes, so there are more chances for them to eat their vegetables. We need all the tricks we can get!

Hopefully, what I've learned and implemented in my house will work in yours, too. So, let's get started.



Getting Started

The first thing I'd suggest is that you sit down with your kids and go through these ideas and see what's grabbing their attention. It's a great way for you to remind yourself what they like, what they're sick of, and what they might be interested in trying.

Feel free to mix and match—depending on what's in the fridge, what's an all-time favorite, or even what's in season. For example, feel free to sub in a peach or a nectarine for a plum or watermelon. The more variety in their daily meals and snacks, the more likely they are to eat what you give them—and love it.

Most of all, have fun. Experiment. Try new combinations of main dishes, snacks, fruits, and veggies. Our goal is to make sure they're getting the nutrients they need to sustain them throughout the day. Don't forget, they burn through food faster than we do as adults, so it's crucial to keep those machines fueled.

*Here is my solution:
deceptively healthy, delicious
lunches that our kids will get
excited about eating.*

Audrey



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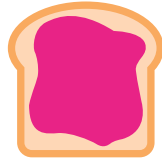
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Sandwiches

FOR LUNCH

Sandwiches are the staple go-to lunch food. Our kids all have their favorites. Here are 10 ways to pack popular sandwiches with a healthier flair.



Peanut Butter & Strawberry Jelly

- All-natural Peanut Butter* with no additives (preferably organic) and Strawberry Jelly on Sprouted Whole-Grain Bread (preferably organic)
- Carrot and Celery Sticks
- FIXATE® Ranch Dressing
- Blueberries
- Sweet Potato Chips

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand

AUTUMN'S TIPS*

Natural peanut butter can be stored in a cool, dark place such as a pantry for up to a month; however, to preserve freshness for longer you can store it in the fridge. Just remember to stir in the oil before refrigerating as it will harden when cold. If you like your peanut butter room temperature and easier to spread, simply buy it in smaller quantities like individual packets or grind it yourself at the store so you're sure to consume it all before it can go rancid.



Almond Butter & Grape Jelly

- All-natural Almond Butter* with no additives (preferably organic) and Grape Jelly
- FIXATE Gluten-Free Fresh Bread
- Cucumber Slices
- Cantaloupe Balls
- All-natural, no-sugar-added Fruit Strip (gluten-free)
- FIXATE Chewy Whole-Grain Bar

AUTUMN'S TIP*

Allergy: You can swap out almond butter for sunflower butter if your child has a nut allergy.



Turkey & Muenster Sandwich

- Nitrate- and Nitrite-free Turkey Slices, Muenster Cheese, and Butter Lettuce with
- FIXATE Mayonnaise or Vegan Mayonnaise (non-GMO) on Sprouted Whole-Grain Bread (preferably organic)
- FIXATE Flourless Chocolate Chickpea Brownie
- Broccoli Florets
- FIXATE Ranch Dressing
- Pear Slices
- Nut-based or Rice-based Crackers (gluten-free)

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Chicken & Cheddar Sandwich

- Nitrate- and Nitrite-free Chicken Slices and Cheddar Cheese, Cucumber Slices, and Mustard with
- FIXATE Mayonnaise or Vegan Mayonnaise (non-GMO) on Sprouted Whole-Grain Bread (preferably organic)
- Strawberries
- Celery Sticks with Almond Butter*
- Dark Chocolate Organic Mini Peanut Butter Cups (all-natural)

AUTUMN'S TIP*

Allergy: You can swap out almond butter for sunflower butter if your child has a nut allergy. I grind my almond butter at the grocery store, but if you buy it, make sure the only ingredients are almonds and salt.



FIXATE Mini Meatball Skewers

- FIXATE Italian Meatballs on skewers with a cube of
- FIXATE Gluten-Free Fresh Bread and a side of
- FIXATE Marinara
- Baked Snap Pea Crisps
- Cantaloupe Balls
- Autumn's Banana Apple Muffins* (with chocolate chips SEE AUTUMN'S TIP)

AUTUMN'S TIP*

I made these mini-muffins using the Banana Apple Muffin recipe from the FIXATE Cooking Show on Beachbody On Demand. Instead of chopped apple, I subbed in chocolate chips (70% cocoa) and made them mini. Adjust the bake time to 12 to 16 minutes.

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Ham & Cheddar Sandwich

- Nitrate- and Nitrite-free Ham, Cheddar Cheese, and Yellow Mustard on
- FIXATE Gluten-Free Fresh Bread
- Sliced Bell Peppers
- Blackberries and Raspberries
- Organic, Naturally Sweetened Gummy Treats

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Grilled Cheese & Tomato Soup

- FIXATE Creamy Tomato Soup (Grilled Cheese included in recipe)
- Watermelon Triangles
- Dark-Chocolate-Covered Almonds (preferably organic)*

AUTUMN'S TIP*

Dark chocolate contains a higher percentage of cacao, which can provide more antioxidant properties. Depending on the brand, dark chocolate can also be lower in added sugar.

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Chicken Salad Sandwich

- FIXATE Creamy Chicken Salad*
- FIXATE Gluten-Free Fresh Bread
- Sweet Potato Chips
- Sour Pickle Spears
- Red Grapes
- Organic, Dye-free Fruit Bursts

AUTUMN'S TIP*

Rotisserie Chicken: One of my favorite things to do to make meal prep a little easier is to buy a whole, organic rotisserie chicken. That way I have it to eat for a few days.

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Avocado BLT Sandwich

- Nitrate- and Nitrite-free Turkey Bacon, Butter Lettuce, Tomato Slices, and Avocado Slices with
- FIXATE Mayonnaise or Vegan Mayonnaise (non-GMO) on
- FIXATE Gluten-Free Fresh Bread
- Cauliflower
- Hummus
- Oranges
- Raw, Gluten-Free Dark Chocolate Square* (preferably non-GMO and vegan)

AUTUMN'S TIP*

Dark chocolate contains a higher percentage of cacao, which can provide more antioxidant properties. Depending on the brand, dark chocolate can also be lower in added sugar.

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand

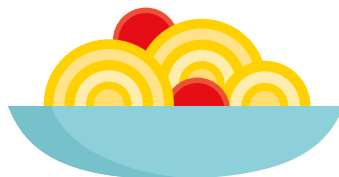


Bagel, Ham, & Cream Cheese

- Nitrate- and Nitrite-free Ham with Cream Cheese
- Half of a Grain Bagel
- Homemade Potato Chips*
- Mini Apples
- Organic Jelly Beans with no artificial dyes or coloring
- Sour Pickle Halves

COOKING INSTRUCTIONS*

Potato Chips: Thinly slice potatoes, drizzle in olive oil, and lightly salt. Place on cooking sheet in oven at 350° for 15 minutes.



Pastas

FOR LUNCH

I grew up on white pasta, not the healthiest but always delicious. Dominic is a big fan of pasta too. Here are 11 healthier spins on amazing pasta dishes that you can feel good giving to your family.



Veggie Pasta Salad

- [Veggie Pasta Salad](#)
- Raspberries
- Sprouted Grain Crackers (preferably organic)
- Dark-Chocolate-Covered Chia Seeds*

AUTUMN'S TIP*

If you can't find chocolate-covered chia seeds, substitute in another dark-chocolate-covered seed or nut such as chocolate-covered almonds or sunflower seeds.



Chicken & Broccoli Spaghetti

- [Chicken & Broccoli Spaghetti](#) with Aioli Sauce
- Watermelon Triangles
- FIXATE Pumpkin Pie Energy Bites
- Organic Sea Salt Seaweed Snack

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



FIXATE Mac & Cheese with Broccoli and Chicken

- FIXATE Macaroni & Cheese with Broccoli and Chicken
- Mango
- Organic, No-Sugar-Added Applesauce Pouch
- Assorted Veggie Chips

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Lasagna

- FIXATE Zucchini Noodle Lasagna (with Whole Wheat Noodles)*
- Red Grapes
- Popcorn Trail Mix
- [Peanut Butter Sweet Potato Cookies](#)

AUTUMN'S TIP*

I used the FIXATE Zucchini Noodle Lasagna recipe but substituted cooked whole wheat noodles for zucchini noodles to make this version. Bake for 30 to 45 minutes, or until heated through. If you prefer to make it gluten-free, choose quinoa, brown rice, or bean-based lasagna noodles instead.

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Mac & Cheese Bites

- [Mac & Cheese Bites*](#)
- [Mini Cornbread Muffins](#)
- BEACHBAR® Peanut Butter Chocolate
- Cantaloupe Balls
- Cucumber Sticks
- ● FIXATE Ranch Dressing

AUTUMN'S TIP*

I like to use organic quinoa pasta because it's gluten-free and high in protein. Black bean and lentil pastas are also good options.



Spaghetti Squash Bolognese

- [Spaghetti Squash Bolognese](#)
- Mixed Berries
- Gluten-Free Pretzels
- Organic, Naturally Sweetened Gummy Treats



Quinoa Pasta Shells & FIXATE Italian Meatballs

- Quinoa Pasta Shells* with
- FIXATE Marinara and FIXATE Italian Meatballs
- Cucumber and Tomato Salad
- Natural, Organic Coconut Strips
- Organic, Dye-free Fruit Bursts
- Organic, No-Sugar-Added Applesauce Pouch

AUTUMN'S TIP*

I like to use organic quinoa pasta because it's gluten-free and high in protein. Black bean and lentil pastas are also good options.



FIXATE Cauliflower Breadsticks

- FIXATE Cheesy Cauliflower Breadsticks
- FIXATE Gluten-Free Chocolate Chip Cookies
- FIXATE Marinara with Zoodles
- Mini Apple*

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand

AUTUMN'S TIP*

Fruit can be more flavorful and nutritious when bought in season. It can also be a bit more friendly on your wallet. It depends on where you live, but typically winter fruits include pears, oranges, and kiwi. Spring fruits include pineapple, mango, and strawberries. Summer brings us watermelon, grapes, and peaches. Fall is the best time for cranberries, persimmons, and pomegranate. Year-round fruits include apples, bananas, and papaya.



Bow Tie Pasta with Meat & Pea Sauce

- [Bow Tie Pasta with Meat & Pea Sauce](#)
- Honeydew Balls
- [FIXATE Flourless Chocolate Chickpea Brownie](#)

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



You are
one smart



Penne in Yogurt with Veggie Sauce

- [Penne Pasta with Veggie Sauce](#)
- Strawberries
- Mini Mixed Green Salad
- Organic Italian Dressing (preferably preservative-free)
- FIXATE Gluten-Free Chocolate Chip Cookies



Veggie Ravioli in Aioli

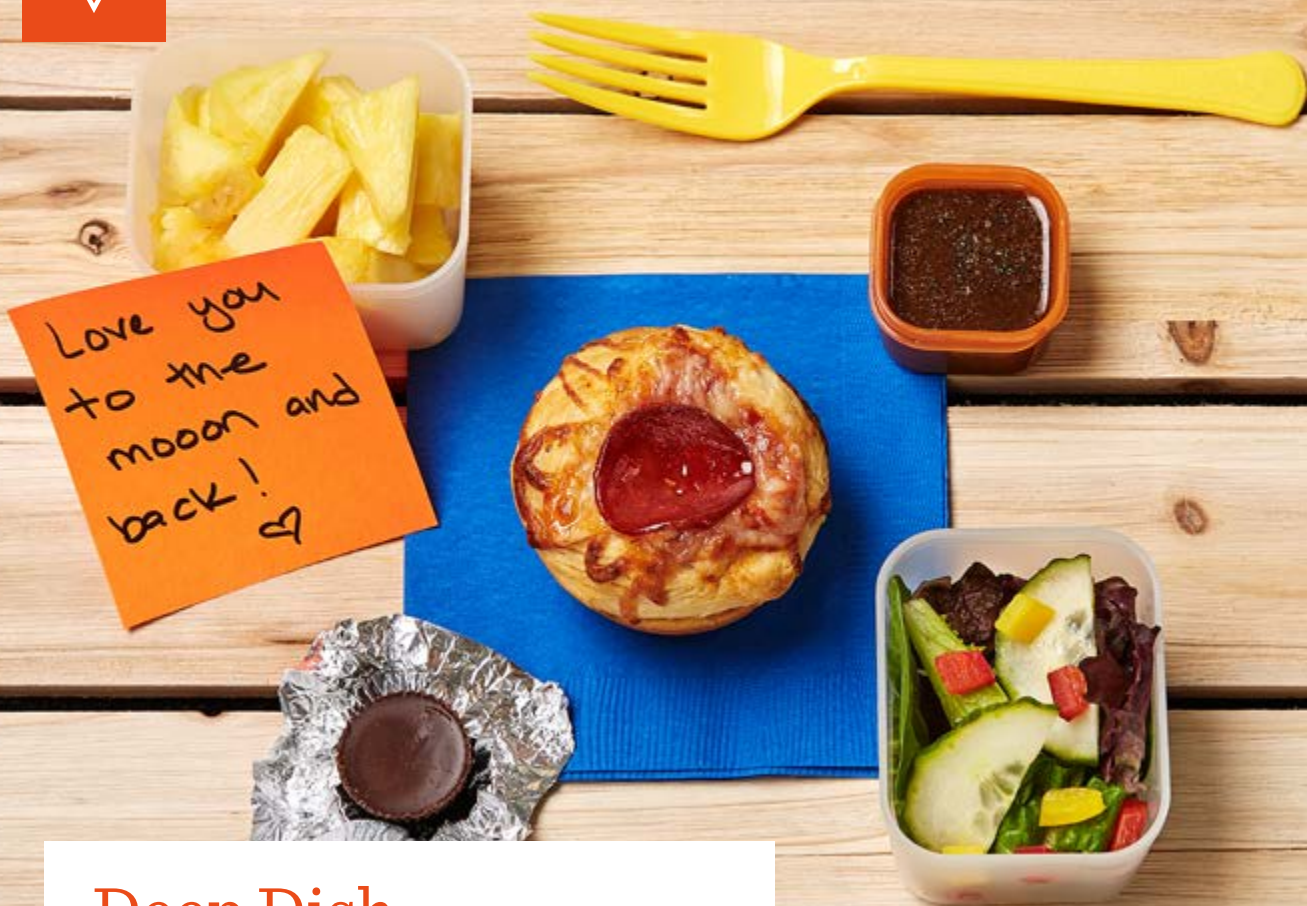
- [Veggie Ravioli \(store-bought\) with homemade Aioli](#)
- Coconut Dates (store-bought)
- Baked Snap Pea Crisps



Pizzas

FOR LUNCH

Pizza for lunch makes Dom a happy boy! Here are 5 ways to top and prepare a pizza that makes it a delicious and nutritious option.



Deep Dish Pepperoni Pizza

- [Deep Dish Pepperoni Pizza](#)
- Pineapple
- Mixed Green Salad
- Organic Italian Dressing (preferably preservative-free)
- Dark Chocolate Organic Mini Peanut Butter Cups (all-natural)



Broccoli Crust Hawaiian Pizza

- Broccoli Crust Hawaiian Pizza*
- Nut-based or Rice-based Crackers (gluten-free)
- Apple Slices and Almond Butter
- BEACHBAR Chocolate Cherry Almond

COOKING INSTRUCTIONS*

I used the broccoli pizza crust from the FIXATE Broccoli Crust Breakfast Pizza recipe on the FIXATE Cooking Show. I topped it with nitrate- and nitrite-free ham and pineapple to make it Hawaiian-style.

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Pizza Calzone with Pepperoni & Cheese

- [Pizza Calzone with Pepperoni & Cheese](#)
- FIXATE Marinara for dipping
- Snap Peas
- Blueberries
- Air-Popped Popcorn
- Dark Chocolate Quinoa Snack



FIXATE Gluten-Free Pepperoni Pizza Bread

- Pepperoni Pizza on
- FIXATE Gluten-Free Fresh Bread*
- Kiwi and Pomegranate Seeds
- Cauliflower Florets
- FIXATE Caesar Dressing
- [Peanut Butter Sweet Potato Cookies](#)

COOKING INSTRUCTIONS*

To make pizza bread, spread 2 Tbsp. FIXATE Marinara on a slice of Gluten-Free Fresh Bread. Top with ¼ cup part-skim mozzarella cheese and 8 slices uncured (no added nitrates or nitrites) pepperoni. Bake at 450° F for 3 to 5 minutes, or until cheese is melted and bubbly.

- Recipe available on the FIXATE Cooking Show on Beachbody On Demand
- Find this recipe in the FIXATE Cookbook, available for [purchase here](#).



Chicken Quesadilla Pizza on Sprouted Whole-Grain Tortilla

- Chicken Quesadilla Pizza on a Sprouted Whole-Grain Tortilla* with Low-Moisture Mozzarella Cheese
- Blueberries and Pomegranate Seeds
- Cucumber Slices
- Organic, All-natural Fruit Snacks
- Organic Roasted Chickpea Snack

● FIXATE Marinara

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand

COOKING INSTRUCTIONS*

Top a whole-grain tortilla with 2 Tbsp. part-skim mozzarella cheese and ¼ cup + 2 Tbsp. of your meal-prepped rotisserie chicken. Fold in half. Cook in medium nonstick skillet over medium heat for 2 to 3 minutes. Turn and cook for an additional 2 to 3 minutes or until cheese is melted.



Breakfast

FOR LUNCH

Packing breakfast for lunch is the best way to break up the monotony of standard noontime options. Here are 8 breakfast foods that make great to-go meals.



Swiss Oatmeal with Banana & Green Apple

- [Swiss Oatmeal with Banana & Green Apple](#)
- Snap Peas
- All-natural Trail Mix
- Mandarin Orange



FIXATE

Mini Pancakes

- FIXATE Pancakes with Blueberry Jam*
- Nitrate- and Nitrite-free, All-natural Breakfast Sausage
- Cucumbers
- Plain 2% Greek Yogurt with Blueberries and a drizzle of honey
- BEACHBAR Peanut Butter Chocolate

● Find this recipe in the FIXATE Cookbook, available for [purchase here](#).

COOKING INSTRUCTIONS*

I used the pancake recipe for the FIXATE Pancakes with Blueberry Jam and made them "mini" by using a Tbsp. measure for each so that I ended up with silver-dollar-sized pancakes. Cook the pancakes on both sides until lightly browned, about 45 seconds on each side. Store leftovers in the fridge or freezer and reheat in a toaster oven or skillet.



FIXATE

French Toast

- FIXATE French Toast with Strawberry Topping using Sprouted Whole-Grain Cinnamon-Raisin Bread with [Maple Whipped Cream](#) instead of Strawberry Topping
- 1 Hard-Boiled Egg
- Cucumber Spears
- Banana
- 1 Packet All-natural Almond Butter with no additives (preferably organic)*

AUTUMN'S TIP*

Allergy: You can swap out almond butter for sunflower butter if your child has a nut allergy.

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Peanut Butter & Banana French Toast

- FIXATE French Toast with Strawberry Topping using FIXATE Gluten-Free Fresh Bread,* All-natural Peanut Butter, and Bananas
- Melon Balls
- Spinach and Strawberry Salad with Organic Italian Dressing (preferably preservative-free)
- Daily Sunshine® Smoothie

COOKING INSTRUCTIONS*

Top one slice of Gluten-Free Fresh Bread with 1 Tbsp. all-natural peanut butter, ½ sliced large banana, and second slice of bread. Heat small nonstick skillet, lightly coated with spray, over medium heat. Add sandwich; cook for 3 to 4 minutes on each side, or until lightly toasted.

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



FIXATE Gluten-Free Pancakes with Cream Cheese

- FIXATE Pancakes with Blueberry Jam (with Cream Cheese instead of Blueberry Jam)
- Raspberries and Pineapple
- [Broccoli Bites](#)
- All-natural Trail Mix

● Find this recipe in the FIXATE Cookbook, available for [purchase here](#).



Waffle Sandwich with FIXATE Breakfast Sausage

- Organic Chia Seed Waffle with
- FIXATE Breakfast Sausage* and a side of All-natural, Organic Maple Syrup
- Celery Sticks
- Red Grapefruit and Mandarin Oranges with Basil
- Organic Roasted Chickpea Snack
- Daily Sunshine Smoothie

• Recipe available on the FIXATE Cooking Show on Beachbody On Demand

COOKING INSTRUCTIONS*

To make FIXATE Breakfast Sausage, form turkey mixture into sixteen patties that are 3 Tbsp. each. Heat medium nonstick skillet, lightly coated with nonstick spray, over medium heat. Add sausage patty; cook for 2 to 3 minutes on each side, or until cooked through. Another option is to buy pre-made, all-natural, nitrite- and nitrate-free turkey sausage patties from the grocery store.



FIXATE Blueberry Maple Muffins

- FIXATE Blueberry Maple Muffins
- Red Grapes
- 1 Hard-Boiled Egg
- [Broccoli Bites](#)
- Plain 2% Greek Yogurt with Sunflower Butter topped with Grain-Free (Paleo) Granola (preferably non-GMO)
- Sparkling Water*

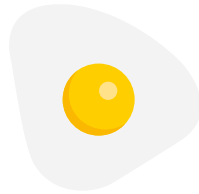
AUTUMN'S TIP*

Sparkling water makes a great substitute for soda. Look for brands with fun flavors and no added sugar or buy plain and add your own fruit.



Pigs in an Egg Blanket

- [Egg Wrap](#) with
- FIXATE Breakfast Sausage
- Snap Peas
- Mandarin Orange
- FIXATE Pumpkin Pie Energy Bites



Eggs

FOR LUNCH



Eggs are a protein-packed food that powers us midday. Here are 5 healthy lunch ideas that are egg-ceptionally fun.



Deviled Egg

- Deviled Egg
- Strawberries
- FIXATE Banana Apple Muffins*
made with a mini-muffin pan
- Ants on a Log*

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand

COOKING INSTRUCTIONS*

I made these mini-muffins using the FIXATE Banana Apple Muffin recipe. Instead of using a regular muffin pan, I used a mini-muffin pan. Divide batter evenly between prepared mini-muffin cups, $\frac{3}{4}$ full (approx. 1 to 2 Tbsp.). Adjust baking time to 12 to 16 minutes.

To make Ants on a Log, spread 1 small celery stalk with 1 Tbsp. of your favorite nut butter. Top with 7 to 10 raisins.



Egg Salad

- [Egg Salad](#)
- Green Grapes
- Mini Mixed Green Salad
- Nut-based or Rice-based Crackers (gluten-free)
- FIXATE Flourless Chocolate Chickpea Brownie



Hard-Boiled Eggs

- 2 Hard-Boiled Eggs
- Starfruit
- [Veggie Pasta Salad](#)
- BEACHBAR Peanut Butter Chocolate
- Organic Mini Rice Cakes with Melted Chocolate*

AUTUMN'S TIP*

Chocolate: When buying anything with chocolate, make sure it is at least 70% cocoa. Anything less than that is likely to have loads of added sugar.



Hard-Boiled Eggs

- 2 Hard-Boiled Eggs
- Pineapple
- Snap Peas
- Air-Popped Popcorn
- 2% Greek Yogurt
- Strawberry Freezer Pop*

COOKING INSTRUCTIONS*

Place $\frac{3}{4}$ cup reduced-fat (2%) plain Greek yogurt and $\frac{1}{2}$ cup of your favorite fruit in blender (or food processor); cover. Blend until smooth. Divide evenly among four ice pop mold bags. Freeze for 2 to 3 hours or until frozen through. Using plain yogurt and fruit will cut down on added sugars that you would find in flavored yogurt.



Turkey & Cheddar Egg Wrap

- [Egg Wrap](#) with Nitrate- and Nitrite-Free Turkey Slices and Cheddar Cheese
- Kale Chips from the FIXATE Kid-Friendly Kale Nachos recipe
- Pomegranate Seeds
- BEACHBAR Peanut Butter Chocolate

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand

AUTUMN'S TIP*

I used pomegranate, but I encourage you to use any fruit that's in season and that your kids like. Seasonal produce is not only more economical, it's most likely more nutritious.

It depends on where you live, but typically winter fruits include pears, oranges, and kiwi. Spring fruits include pineapple, mango, and strawberries. Summer brings us watermelon, grapes, and peaches. Fall is the best time for cranberries, persimmons, and pomegranate. Year-round fruits include apples, bananas, and papaya.



Soups

FOR LUNCH

Soup is warm comfort food. Here are 5 soups that win every time. P.S. You can “preheat” your thermos in the morning by pouring hot water in it for a few minutes. Empty the water, and pour in the soup.



FIXATE Easy Chicken Noodle Soup

- FIXATE Easy Chicken Noodle Soup
- Crouton and Romaine Lettuce Salad
- FIXATE Ranch Dressing
- Pink Grapefruit Slices
- FIXATE Pumpkin Pie Energy Bites

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



FIXATE Mexican Chicken Tortilla Soup

- FIXATE Mexican Chicken Tortilla Soup
- Organic Corn Chips
- FIXATE Guacamole
- Blackberries
- BEACHBAR Peanut Butter Chocolate

• Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Pasta Fagioli

- [Pasta Fagioli](#)
- [Avocado Pudding](#)
- Bell Pepper Sticks
- Kiwi and Strawberries



Butternut Squash Soup

- Butternut Squash Soup
- Half of a Turkey Sandwich with
- FIXATE Mayonnaise and Bibb Lettuce on 1 slice of
- FIXATE Gluten-Free Fresh Bread
- Cantaloupe and Watermelon Stars with Blueberries
- Daily Sunshine Smoothie*

AUTUMN'S TIP*

Daily Sunshine makes for a great midday snack. Just shake and go! And kids love it!

• Recipe available on the FIXATE Cooking Show on Beachbody On Demand



FIXATE Turkey Chili

- FIXATE Turkey Chili
- [Mini Cornbread Muffins with Honey Butter](#)
- Watermelon
- Organic, Naturally Sweetened Gummy Treats

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Wraps

FOR LUNCH



Wraps give new life to the sandwich when bread gets boring. Here are 12 wraps that keep things healthy and serve up lunch in a whole new way.



Turkey Club in Veggie Wrap

- Nitrate- and Nitrite-free Turkey Slices, Turkey Bacon, and Shredded Lettuce with
- FIXATE Mayonnaise in an Organic Veggie Wrap*
- Carrots and Celery Sticks
- Pomegranate Seeds and Pineapple
- All-natural Trail Mix

AUTUMN'S TIP*

Veggie wraps are a fun, nutritious substitute for tortillas. You can find wraps containing leafy greens, fruits, and vegetables, and also superfood wraps like spirulina. These are lower in carbs and higher in fiber, and they contain more valuable nutrients than a typical tortilla. A great way for kids to get a serving of veggies!

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Bean & Cheese Burrito

- Organic, Low-Sodium Refried Beans, Organic Mexican Mix Shredded Cheese wrapped in a Sprouted Whole-Grain Tortilla over Shredded Lettuce
- Red Grapes
- Organic Corn Chips
- Fresh Salsa*
- FIXATE Flourless Chocolate Chickpea Brownie

AUTUMN'S TIP*

Salsa: I buy this fresh from the refrigerated section of the grocery store.



Sautéed Apple and Greek Yogurt Wrap

- Sautéed Apples* with Plain 2% Greek Yogurt on Vegan Coconut Wrap
- Carrot and Celery Sticks
- All-natural Almond Butter with no additives (preferably organic)
- BEACHBAR Peanut Butter Chocolate

COOKING INSTRUCTIONS*

Heat medium nonstick skillet, lightly coated with coconut cooking spray, over medium heat. Add apple slices (1 small apple), 1 tsp. maple syrup, and 1 dash ground cinnamon; cook, stirring frequently, for 3 to 4 minutes, or until apples are tender-crisp.



Southwest Chicken Wrap

- Shredded Chicken,* Corn, and Alfalfa Sprouts in a Sprouted Whole-Grain Wrap with
- FIXATE Ranch Dressing
- Mandarin Orange
- Broccoli
- FIXATE Chewy Whole-Grain Bar

AUTUMN'S TIP*

One of my favorite things to do to make meal prep a little easier is to buy a whole, organic rotisserie chicken. That way I have it to eat for a few days and can use it in a variety of meals.



Chicken, Provolone, and Bacon Wrap

- Nitrate- and Nitrite-free Chicken Slices, Provolone Cheese, Nitrate- and Nitrite-free Bacon, and Shredded Lettuce on a Sprouted Whole-Grain Wrap
- Cucumber Slices
- Strawberries
- Daily Sunshine Smoothie*

AUTUMN'S TIP*

Daily Sunshine makes for a great midday snack. Just shake and go! And kids love it!



Apple & Peanut Butter Wrap

- Sliced Apples, All-natural Peanut Butter with no additives (preferably organic), Grain-Free (Paleo) Granola (preferably non-GMO) on a Vegan Coconut Wrap
- Cantaloupe, Watermelon, and Honeydew Stars with Pomegranate Seeds
- Sliced Orange Baby Bell Peppers
- Organic Roasted Chickpea Snack



Yogurt & Fruit in a Cinnamon-Raisin Wrap

- Yogurt with Pineapple, Blueberries, Raspberries, and Chia Seeds on a Raw Cinnamon-Raisin Wrap
- Snap Peas
- Hummus
- BEACHBAR Peanut Butter Chocolate





Tropical Fruit & Oats Wrap

- Mango, Strawberry, Kiwi, and Plain 2% Greek Yogurt in a Raw Cinnamon-Raisin Wrap sprinkled with Gluten-Free Organic Oats
- Zoodles with shredded cheese*
- **FIXATE** Gluten-Free Chocolate Chip Cookies
- All-natural Trail Mix

● Recipe available on the **FIXATE** Cooking Show on Beachbody On Demand

COOKING INSTRUCTIONS*

Spiralized zucchini can be found in the produce section of many grocery stores or you can use a spiralizer to cut zucchini. Another option is to cut one zucchini into lengthwise strips about 1/2-inch thick using a vegetable peeler. Turn zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard core. Cut slices lengthwise into 1/2-inch ribbons.



Turkey & Provolone Lettuce Wrap

- Nitrate- and Nitrite-free Turkey Slices and Provolone Cheese drizzled with Yellow Mustard in Bibb Lettuce
- Pink Grapefruit
- Sautéed Eggplant*
- Organic, Naturally Sweetened Gummy Treats

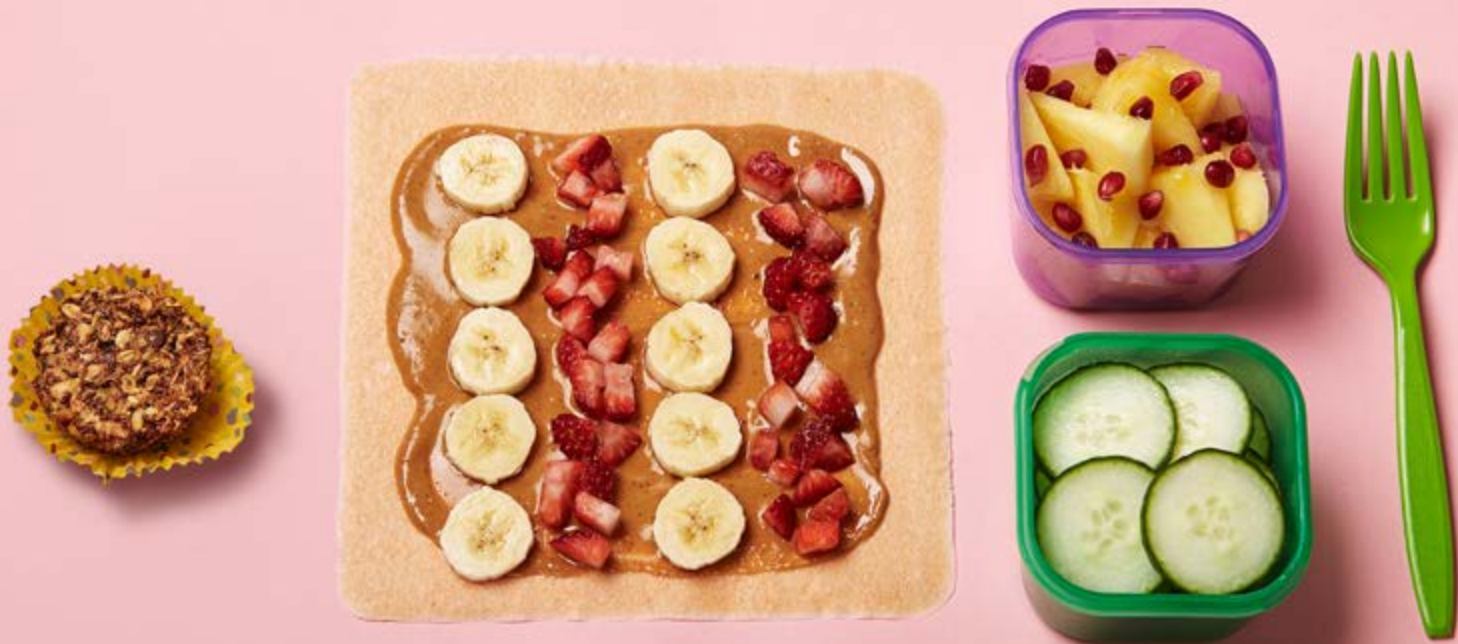
COOKING INSTRUCTIONS*

Peel eggplant and cut into 1-inch cubes. Sprinkle with 1 dash sea salt (or Himalayan salt). Let sit for 30–60 minutes. Place eggplant in clean kitchen towel and squeeze to drain water. Rinse and pat dry with paper towels. Heat medium nonstick skillet, lightly coated with nonstick spray, over medium heat. Add eggplant; cook, stirring frequently, for 6–10 minutes, or until eggplant is tender and lightly browned.



Cream Cheese & Veggies Wrap

- Carrot Sticks, Cucumbers Sticks, Bell Pepper Strips, Alfalfa Sprouts on a Sprouted Whole-Grain Wrap with Organic Cream Cheese
- Organic Hazelnut Butter
- Gluten-Free Graham Crackers
- Strawberries
- Sweet Potato Chips



Peanut Butter & Strawberry Wrap

- Organic Strawberries, All-natural Peanut Butter with no additives (preferably organic), and Bananas on a Vegan Coconut Wrap
- FIXATE Chewy Whole-Grain Bar
- Cucumber Slices with Olive Oil and Sea Salt
- Pineapple and Pomegranate Seeds

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Turkey, Cheddar, & Apple Wrap

- Nitrate- and Nitrite-free Turkey Slices wrapped around a slice of Cheddar Cheese and Apple
- Root Vegetable Chips
- Cucumber Spears
- Dried Bananas and Cherries
- Sparkling Water*

AUTUMN'S TIP*

Sparkling water makes a great substitute for soda. Look for brands with fun flavors and no added sugar or buy plain and add your own fruit.



Salads

FOR LUNCH

Getting kids to eat veggies can be tough. So a salad is a great way to get in veggies, fruits, fiber, and even protein. Here are 4 salad ideas that make an afternoon meal filling and appetizing.



FIXATE Tuna Salad

- FIXATE Tuna Salad
- Popcorn with Dried Fruit
- Red Grapes
- Cucumber Sticks
- Nut-based or Rice-based Crackers (gluten-free)

• Find this recipe in the FIXATE Cookbook, available for [purchase here](#).



Waldorf Salad

- [Waldorf Salad](#)
- Watermelon
- Carrot Sticks
- FIXATE Ranch Dressing
- FIXATE Banana Apple Muffins (with Raspberries)*

COOKING INSTRUCTIONS*

Muffins: I use the FIXATE Banana Apple Muffins recipe from the cooking show, but instead of apple, I substituted with raspberries. I also make them in a mini-muffin pan so adjust the bake time to 12 to 16 minutes.



Taco Salad

- Hormone-Free, Lean Ground Turkey seasoned with
 - FIXATE Taco Seasoning
 - FIXATE Guacamole
- [Churro](#)
- Mixed Berries
- Organic Corn Chips
- Organic Salsa

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Separated Salad

- Layers of Shredded Romaine Lettuce, Shredded Carrots, Celery Slices, Yellow Bell Peppers, and Cherry Tomatoes
- FIXATE Ranch Dressing
- Nitrate- and Nitrite-free Turkey Slices
- Sweet Potato Chips
- Mango
- FIXATE Chewy Whole-Grain Bar



Miscellaneous

FOR LUNCH

Every child is different. Here you will find 15 healthy lunch ideas that think outside the traditional lunch box.



Chicken Nuggets

- [Chicken Nuggets](#)
- [Avocado Pudding](#)
- FIXATE Honey Mustard Dressing
- Plum
- Carrots and Celery Sticks



Chicken Nugget Sliders

- [Chicken Nuggets](#) with Lettuce, Yellow Mustard, and
- FIXATE Mayonnaise or Vegan Mayonnaise (non-GMO)
- FIXATE Gluten-Free Fresh Bread
- Kale Chips from the FIXATE Kid-Friendly Kale Nachos recipe
- Citrus Salad with Mint
- [Peanut Butter Sweet Potato Cookies](#)

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



FIXATE Tacos

- Hormone-Free, Lean Ground Turkey seasoned with
- FIXATE Taco Seasoning in a Sprouted Whole-Grain Tortilla with Lettuce, Cheese, and Salsa
- Organic, Low-Sodium Refried Beans
- Brown Rice
- FIXATE Guacamole
- Cocoa Roasted Almonds
- Cantaloupe, Honeydew, and Watermelon Stars with Blueberries

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



FIXATE

Meatball Calzone

- [Meatball Calzone*](#)
- Crouton and Romaine Lettuce Salad
- FIXATE Ranch Dressing
- FIXATE Marinara
- Organic Fruit Snack
- Plum

AUTUMN'S TIP*

These meatballs originally appeared in the FIXATE Cookbook but I made them using the recipe from the FIXATE Cooking Show on Beachbody On Demand.

• Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Wieners & Beans

- 100% Beef Franks with no artificial flavors or by-products and Organic Baked Beans
- Chia Seed and Fruit Drink Pouch
- Green Beans
- Strawberries



♥ you!



Chicken & Spinach Quesadilla

- Shredded Chicken and Sautéed Spinach with Organic Low-Moisture Mozzarella Cheese in a Sprouted Whole-Grain Tortilla
- 2% Greek Yogurt
- Green Grapes
- Carrot Sticks
- FIXATE Banana Apple Muffin (with Berries)*

AUTUMN'S TIP*

I made these muffins using the Banana Apple Muffin recipe from the FIXATE Cooking Show on Beachbody On Demand. I just added some of my favorite berries to the recipe!

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Rotisserie Chicken Legs

- Rotisserie Chicken Legs*
- Sautéed Green Beans
- Strawberries
- FIXATE Flourless Chocolate Chickpea Brownie
- Sparkling Water

AUTUMN'S TIP*

Rotisserie Chicken: One of my favorite things to do to make meal prep a little easier is to buy a whole, organic rotisserie chicken. That way I have it to eat for a few days.



Cheese & Crackers

- Salami and Cheddar
- Gluten-Free Crackers
- Pumpkin Pie Oatmeal Cookies*
- Honeydew Melon
- Carrot Sticks
- Hummus

AUTUMN'S TIP*

This delicious Pumpkin Pie Oatmeal Cookie comes from the Pumpkin Whoopie Pies recipe on the FIXATE Cooking Show on Beachbody On Demand.



Turkey Roll-Up

- Turkey Roll-Up with
- FIXATE Gluten-Free Fresh Bread
- Hummus
- Green Grapes
- Blueberries
- Cauliflower
- Dark-Chocolate-Covered Almonds



FIXATE Pineapple Fried Rice

- FIXATE Pineapple Fried Rice
- Roasted Broccoli
- Red Grapes
- Organic Sea Salt Seaweed Snack
- Pumpkin Pie Oatmeal Cookies*

AUTUMN'S TIP*

Pumpkin Pie Oatmeal Cookie:
These cookies are from the
Pumpkin Whoopie Pies recipe
on the FIXATE Cooking Show on
Beachbody On Demand.

● Recipe available on the FIXATE Cooking Show on Beachbody On Demand



FIXATE Must-Have Meatloaf

- FIXATE Must-Have Meatloaf with
- FIXATE Ketchup
- [Cauliflower Mash](#)
- Spinach Salad with Green Grapes, Blueberries, and Sunflower Seeds
- Raspberries and Blueberries
- Chia Seed and Fruit Drink Pouch
- Organic, Naturally Sweetened Gummy Treats



Pulled Chicken with Tzatziki Dip

- Pulled Chicken* with Greek [Yogurt Tzatziki Dip](#)
- Gluten-Free Pretzels
- Mandarin Orange
- Organic Roasted Chickpea Snack

AUTUMN'S TIP*

Rotisserie Chicken: One of my favorite things to do to make meal prep a little easier is to buy a whole, organic rotisserie chicken. That way I have it to eat for a few days.



Do awesome
on your test
today!
xo

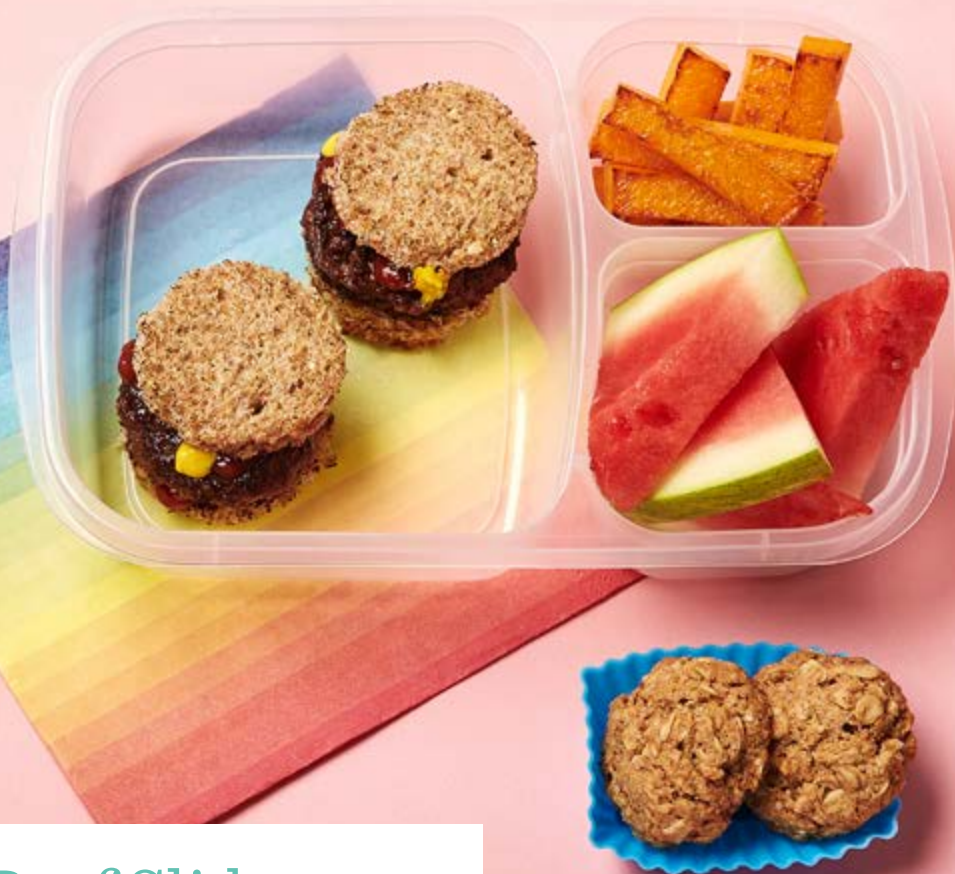


FIXATE Sloppy Joes

- FIXATE Turkey Sloppy Joes
- FIXATE Cheesy Cauliflower Breadsticks
- Mixed Berries
- Pumpkin Pie Oatmeal Cookies
- 2% Greek Yogurt
- Strawberry Freezer Pop*

AUTUMN'S TIP*

Place $\frac{3}{4}$ cup reduced-fat (2%) plain Greek yogurt and $\frac{1}{2}$ cup of your favorite fruit in blender (or food processor); cover. Blend until smooth. Divide evenly among four ice pop mold bags. Freeze for 2 to 3 hours or until frozen through. Using plain yogurt and fruit will cut down on added sugars that you would find in flavored yogurt.



Mini Beef Sliders

- Mini Beef Sliders* on Sprouted Whole-Grain Bread with Mustard and
- [Butternut Squash Fries](#)
- FIXATE Ketchup
- Pumpkin Pie Oatmeal Cookies
- Watermelon Triangles
- Raisins

AUTUMN'S TIP*

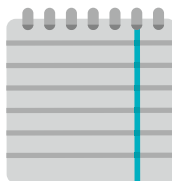
Form 1 lb. raw extra-lean ground beef (or turkey) evenly into eight patties. Heat large nonstick skillet over medium-high heat. Add patties; cook for approximately 3 minutes on each side, or to desired doneness. Serve each patty on a whole wheat slider bun (or whole-grain dinner roll).



Corn Dog Muffin

- [Corn Dog Muffin](#) with Mustard and
- Broccoli and Carrot Sticks
- FIXATE Ketchup
- FIXATE Ranch Dressing
- 2% Greek Yogurt with Mixed Berries and Grain-Free (Paleo) Granola

• Recipe available on the FIXATE Cooking Show on Beachbody On Demand



Recipes

FROM BOBBY

Recipes are so much more than ingredients.
They are passed down from generation to generation.
They have a history. Preparing them creates memories.

I hope my recipes become a part of your
family traditions.



Veggie Pasta Salad VG

33 MINUTES • SERVES 4 (APPROX. 1 1/3 CUPS EA.)

1/2 1 1 2



Ingredients

2 Tbsp. + 2 tsp. extra-virgin olive oil
2 Tbsp. fresh lemon juice
1 Tbsp. Dijon mustard
1 Tbsp. finely grated lemon peel
(lemon zest)
1 clove garlic, finely chopped
1/4 tsp. + 1 pinch sea salt
(or Himalayan salt), *divided use*
1 pinch ground black pepper
Hot water
4 oz. dry whole wheat fusilli pasta
(approx. 1 cup)
1/2 cup chopped carrot
(approx. 1/2 medium)
1/2 cup frozen peas
1/2 cup chopped zucchini
(approx. 1/3 medium)
1/4 cup chopped red bell pepper
(approx. 1/3 medium)
1/4 cup crumbled feta cheese
2 Tbsp. chopped fresh basil

Preparation

1. Combine oil, lemon juice, mustard, lemon peel, garlic, *1 pinch* salt, and pepper in a large bowl; whisk to blend. Set aside.
2. Bring large pot of water and *remaining* 1/4 tsp. salt to a boil over high heat.
3. Add pasta; cook, stirring occasionally, for 11 to 13 minutes, or according to package directions. Drain pasta and set aside.
4. While pasta is cooking, fit a colander inside pot so that it rests above boiling water.
5. Add carrots to colander (allowing carrots to steam while pasta is cooking); cook, covered, for 5 minutes.
6. Add peas, zucchini, and bell pepper; cook, covered, for 4 to 5 minutes, or until vegetables are tender-crisp. Add warm veggies to oil mixture; mix well.
7. Add pasta, cheese, and basil to veggie mixture; toss gently to blend.

Recipe Notes:

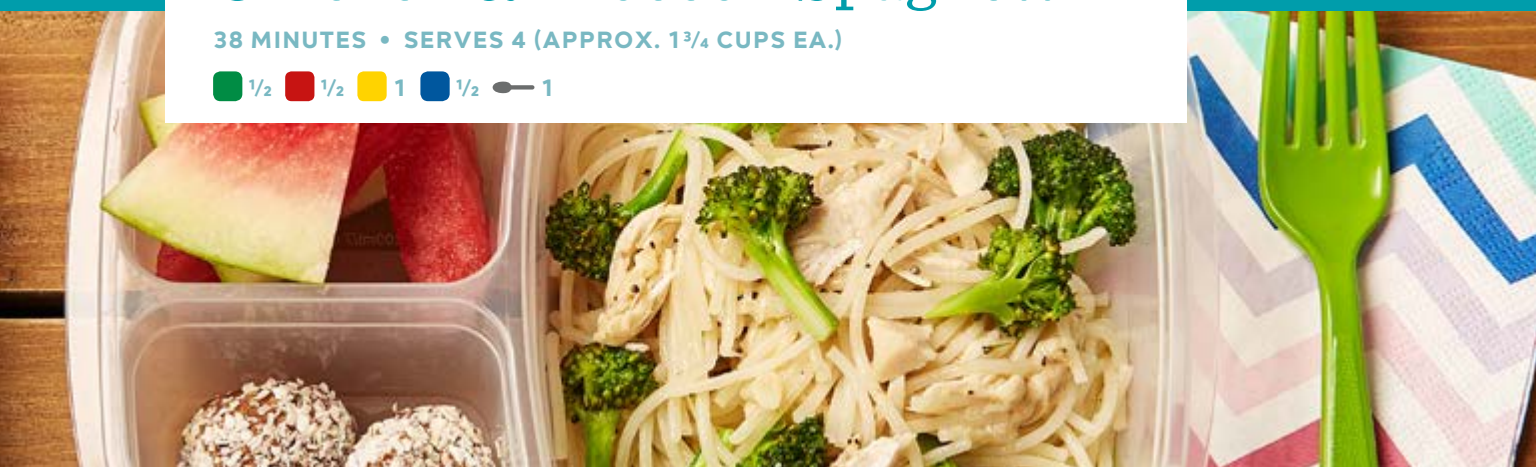
- Fusilli pasta is pasta that looks like a corkscrew.
- Rotini pasta can be substituted for fusilli pasta, but they are different. Fusilli is made up of different strand of pasta, and rotini is flat pasta that is twisted.
- Store leftover salad in an airtight container in the refrigerator for up to 5 days.



Chicken & Broccoli Spaghetti

38 MINUTES • SERVES 4 (APPROX. 1¾ CUPS EA.)

■ ½ ■ ½ ■ 1 ■ ½ — 1



Ingredients

Hot water

¼ tsp. + 1 pinch sea salt
(or Himalayan salt), *divided use*

4 oz. dry whole wheat spaghetti

1 Tbsp. + 1 tsp. olive oil

4 cloves garlic, thinly sliced

1 pinch ground black pepper

1½ cups shredded cooked chicken
breast (approx. 8 oz.)

2 cups steamed broccoli florets

¼ cup grated Parmesan cheese

¼ cup chopped fresh parsley

Preparation

1. Bring large pot of water and ¼ tsp. salt to a boil over high heat.
2. Add spaghetti; cook, stirring occasionally, for 7 to 8 minutes, or according to package directions. Reserve 1 cup spaghetti cooking water. Drain spaghetti and set aside.
3. While spaghetti is cooking, heat oil in large skillet over medium heat until fragrant.
4. Add garlic; cook for 2 to 3 minutes, or until garlic just begins to brown.
5. Add *remaining 1 pinch* salt, pepper, and 1 cup reserved spaghetti cooking water. Bring to a boil; gently boil, stirring occasionally, for 4 to 6 minutes, or until reduced by half.
6. Add chicken and broccoli; cook, stirring frequently, for 2 to 3 minutes, or until heated through. Remove from heat.
7. Add drained spaghetti, cheese, and parsley to garlic mixture; toss gently to blend.



Mac & Cheese Bites

VG

35 MINUTES • SERVES 12 (1 EA.)

■ 1/2 ■ 1/2



Ingredients

1½ cups unsweetened almond milk
¼ tsp. sea salt (or Himalayan salt)
1 clove garlic, finely chopped
1¼ cups + 2 Tbsp. grated cheddar cheese, *divided use*
1 Tbsp. cornstarch (preferably GMO-free)
4 oz. cooked whole-grain macaroni (approx. 2 cups)

Special equipment

Nonstick cooking spray

Preparation

1. Preheat oven to 350° F.
2. Lightly coat twelve-cup muffin pan with spray. Set aside.
3. Heat almond milk, salt, and garlic to a gentle boil in large saucepan over medium-low heat, stirring occasionally. Reduce heat to low.
4. While milk mixture is cooking, combine 1¼ cups cheese and cornstarch in a medium bowl; mix well.
5. Gradually whisk cheese mixture into gently boiling milk mixture until fully incorporated; cook, whisking frequently, for 3 to 6 minutes, or until all cheese has melted and sauce has thickened. Remove from heat.
6. Add macaroni; mix well.
7. Divide macaroni mixture evenly between muffin cups.
8. Sprinkle evenly with *remaining 2 Tbsp.* cheese. Bake for 10 to 14 minutes, or until golden brown on top.

Recipe Note:

- Quinoa macaroni pasta can be substituted for whole-grain macaroni. Using this product will make the recipe gluten-free.

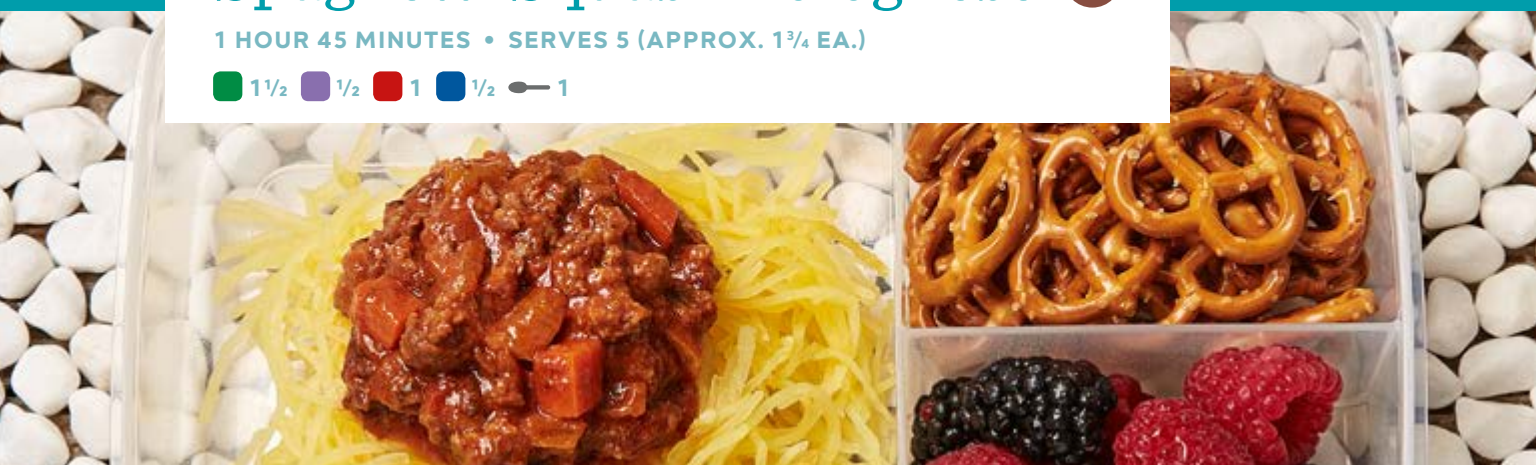


Spaghetti Squash Bolognese

GF

1 HOUR 45 MINUTES • SERVES 5 (APPROX. 1³/₄ EA.)

1¹/₂ 1¹/₂ 1 1¹/₂ 1



Ingredients

2 cups low-sodium organic beef broth
2 tsp. unflavored gelatin
(preferably from grass-fed cows)
1 Tbsp. + 2 tsp. olive oil
1 cup chopped onion
(approx. 1¹/₃ medium)
1/2 cup chopped carrot
(approx. 1 medium)
1/2 cup chopped celery
(approx. 1¹/₂ stalks)
1 lb. raw lean ground beef
4 large cloves garlic, finely chopped
1¹/₂ cups all-natural tomato puree
1/2 tsp. ground black pepper
3 bay leaves
1/4 tsp. ground allspice
1/2 cup reduced-fat (2%) milk
1/4 cup heavy cream
1/4 cup grated Parmesan cheese
Sea salt (or Himalayan salt)
(to taste; optional)
5 cups cooked spaghetti squash,
well-drained, warm

Preparation

1. Sprinkle broth with gelatin. Let sit for 5 minutes.
2. Heat oil in large, heavy-bottomed saucepot over medium heat until fragrant.
3. Add onion, carrot, and celery; cook, stirring frequently, for 4 to 5 minutes, or until onions are translucent.
4. Add beef and garlic; cook, stirring frequently, for 4 to 6 minutes, or until beef is cooked through.
5. Add broth mixture. Bring to a gentle boil; gently boil, scraping up any brown bits from bottom of saucepot, for 4 to 5 minutes, or until reduced by one-third.
6. Add tomato puree, pepper, bay leaves, allspice, and milk. Bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 1 hour. Remove from heat.
7. Remove and discard bay leaves.
8. Add cream and cheese. Season with salt (if desired); mix well.
9. For each serving, ladle approximately 3/4 cup sauce over 1 cup spaghetti squash.

Recipe Note:

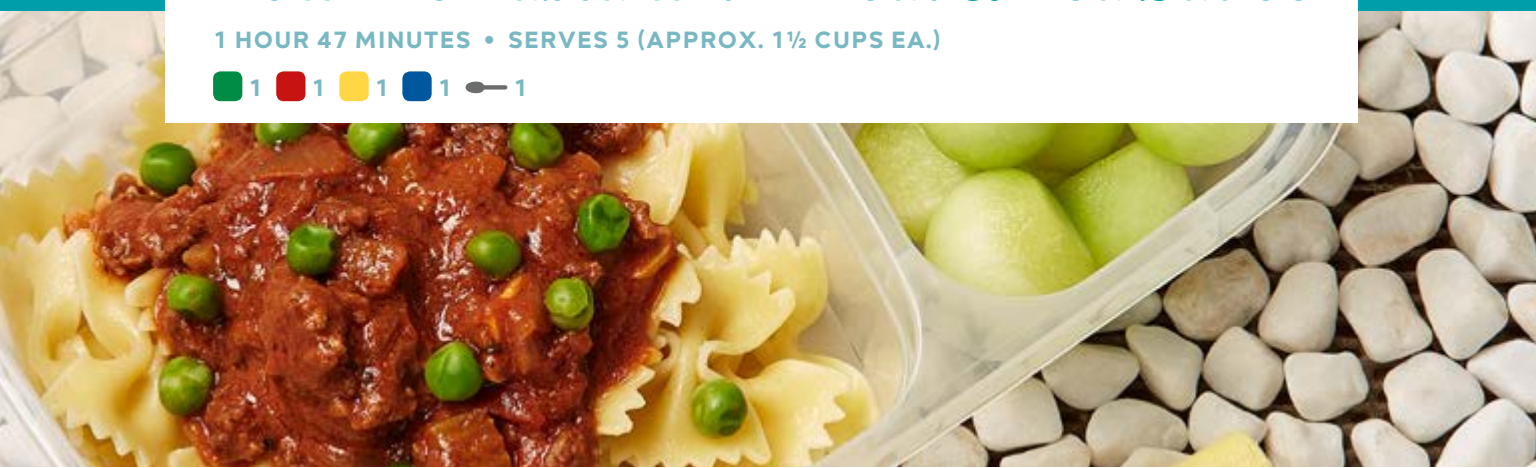
- To cook spaghetti squash, preheat oven to 375° F. Cut a large (approximately 4 lb.) spaghetti squash in half lengthwise. Remove seeds and membrane. Place spaghetti squash, cut-side down, on parchment-covered baking sheet. Bake for 40 to 45 minutes, or until tender. Scrape spaghetti squash flesh into stringy noodles.



Bow Tie Pasta with Meat & Pea Sauce

1 HOUR 47 MINUTES • SERVES 5 (APPROX. 1½ CUPS EA.)

■ 1 ■ 1 ■ 1 ■ 1 — 1



Ingredients

2 cups low-sodium organic beef broth
2 tsp. unflavored gelatin
(preferably from grass-fed cows)
1 Tbsp. + 2 tsp. olive oil
1 cup chopped onion (approx. 1⅓ medium)
½ cup chopped carrot
(approx. ½ medium)
½ cup chopped celery
(approx. 1½ medium stalks)
1 lb. raw lean ground beef
4 large cloves garlic, finely chopped
1½ cups all-natural tomato puree
½ tsp. ground black pepper
3 bay leaves
¼ tsp. ground allspice
½ cup reduced-fat (2%) milk
Hot water
¼ tsp. + 1 pinch sea salt
(of Himalayan salt), *divided use*
4 oz. dry whole wheat farfalle
(bow tie) pasta (approx. 1½ cups)
¼ cup heavy cream
¼ cup grated Parmesan cheese
1¼ cup steamed green peas

Preparation

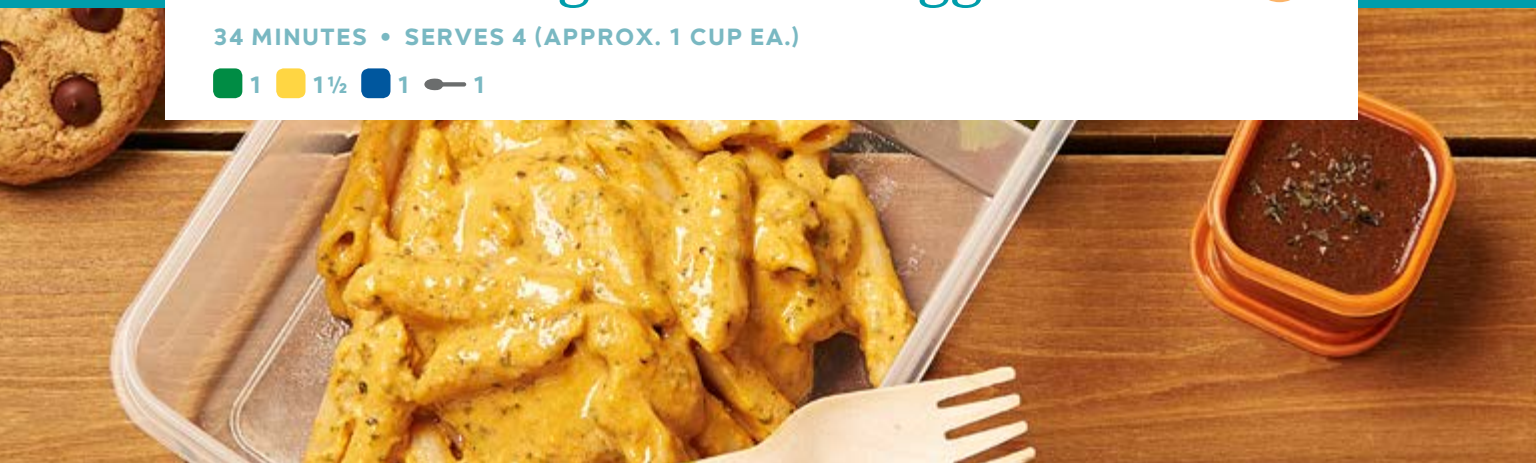
1. Sprinkle broth with gelatin. Let sit for 5 minutes.
2. Heat oil in large, heavy-bottomed saucepot over medium heat until fragrant.
3. Add onion, carrot, and celery; cook, stirring frequently, for 4 to 5 minutes, or until onions are translucent.
4. Add beef and garlic; cook, stirring frequently, for 4 to 6 minutes, or until beef is cooked through.
5. Add broth mixture. Bring to a gentle boil; gently boil, scraping up any brown bits from bottom of saucepot, for 4 to 5 minutes, or until reduced by one-third.
6. Add tomato puree, pepper, bay leaves, allspice, and milk. Bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 1 hour. Remove from heat.
7. While sauce is cooking, bring large pot of water and ¼ tsp. salt to a boil over high heat.
8. Add pasta; cook, stirring occasionally, for 11 to 13 minutes, or according to package directions. Drain pasta and set aside.
9. Remove and discard bay leaves from sauce. Add cream and cheese. Season with *remaining 1 pinch* salt; mix well.
10. Top with peas.



Penne in Yogurt with Veggie Sauce VG

34 MINUTES • SERVES 4 (APPROX. 1 CUP EA.)

■ 1 ■ 1½ ■ 1 — 1



Ingredients

Hot water

¼ tsp. + 1 pinch sea salt
(or Himalayan salt), *divided use*

4 oz. dry whole-grain penne pasta
(approx. 1 cup)

1 Tbsp. + 1 tsp. olive oil

1 cup ½-inch cubed butternut squash

1 cup chopped kale, stems removed

1 clove garlic, finely chopped

½ cup all-natural tomato puree

½ cup reduced-fat (2%) plain
Greek yogurt

1 cup shredded white
cheddar cheese

Ground black pepper
(to taste; optional)

Preparation

1. Bring large pot of water and ¼ tsp. salt to a boil over medium-high heat.
2. Add pasta to boiling water; cook, stirring occasionally, for 11 to 13 minutes, or according to package directions. Reserve 1 cup pasta cooking water. Drain pasta and set aside.
3. While pasta is cooking, heat oil in large skillet over medium heat until fragrant.
4. Add squash; cook, stirring frequently, for 4 to 5 minutes, or until squash is tender-crisp.
5. Add kale and garlic; cook, stirring frequently, for 1 minute.
6. Add tomato puree and ¼ cup pasta cooking water. Bring to a gentle boil. Remove from heat.
7. Add yogurt and cheese; stir until cheese is melted.
8. Using an immersion blender, blend until smooth. (Remember to fully submerge immersion blender before starting to blend.) If sauce is too thick, add ¼ cup pasta cooking water at a time, and blend until desired consistency is achieved.
9. Season with *remaining 1 pinch* salt and pepper (if desired).
10. Add pasta; cook over low heat, stirring frequently, for 1 to 2 minutes or until pasta is heated through and coated in creamy sauce.

Recipe Notes:

- If you do not have an immersion blender, place sauce in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth.*
- Store leftover sauce in an airtight container in the refrigerator for up to 5 days. You can also freeze for up to 3 months.

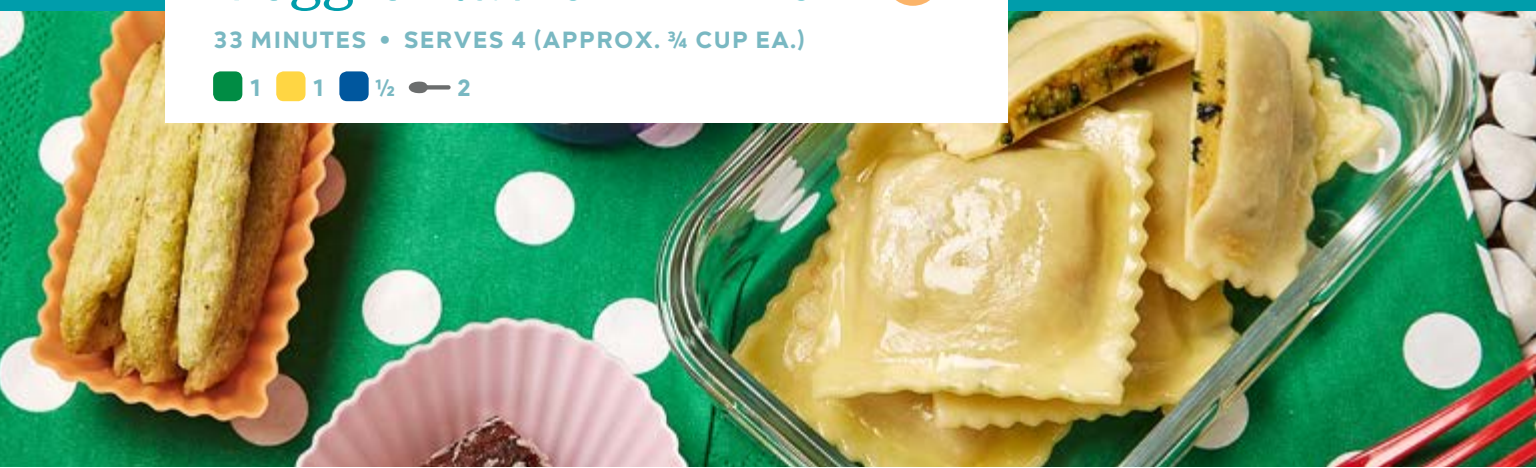
*Before blending hot liquids, check your blender manufacturer's guidelines and safety instructions as some blenders may not be intended for such use.



Veggie Ravioli in Aioli VG

33 MINUTES • SERVES 4 (APPROX. ¾ CUP EA.)

1 1 ½ 2



Ingredients

Hot water

¼ tsp. + 1 pinch sea salt
(or Himalayan salt), *divided use*

1 (8-oz.) package prepared
vegetable ravioli

2 Tbsp. + 2 tsp. olive oil

4 cloves garlic, sliced thin

1 pinch ground black pepper

¼ cup grated Parmesan cheese

¼ cup chopped fresh parsley

Preparation

1. Bring large pot of water and ¼ tsp. salt to a boil over medium-high heat.
2. Add ravioli to boiling water; cook, stirring occasionally, for 4 to 6 minutes, or according to package directions. Reserve ¾ cup ravioli cooking water. Drain ravioli and set aside.
3. While ravioli is cooking, heat oil in large skillet over medium heat until fragrant.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add ¾ cup of ravioli cooking water, *remaining 1 pinch* salt, and pepper. Bring to a boil; gently boil, stirring occasionally, for 3 to 5 minutes, or until reduced by half. Remove from heat.
6. Add ravioli, cheese, and parsley; cook, stirring frequently, for 1 to 2 minutes, or until heated through.

Recipe Note:

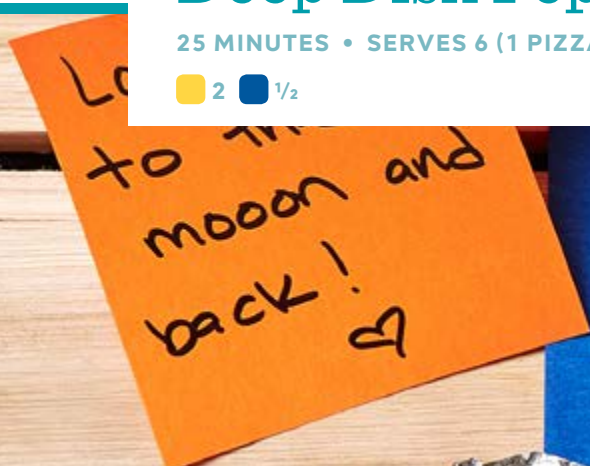
- Look for ravioli that has a vegetable filling (like butternut squash, mushrooms, roasted veggies) without cheese.



Deep Dish Pepperoni Pizza

25 MINUTES • SERVES 6 (1 PIZZA EA.)

2 1/2



Ingredients

6 rounds refrigerated organic
biscuit dough
6 Tbsp. all-natural tomato sauce
12 Tbsp. shredded low-moisture
part-skim mozzarella cheese
6 slices pepperoni, no nitrates or
nitrites added

Special equipment

Nonstick cooking spray

Preparation

1. Preheat oven to 325° F.
2. Lightly coat six cups in muffin pan with spray. Set aside.
3. Press one round of biscuit dough into each of six prepared muffin cups to cover bottom and sides of cups.
4. Fill each cup with 1 Tbsp. tomato sauce, 2 Tbsp. cheese, and 1 slice pepperoni. Bake for 12 to 15 minutes, or until crust is golden brown.

Recipe Note:

- Look for a biscuit dough without artificial flavors and preservatives.



Pizza Calzone with Pepperoni & Cheese

36 MINUTES • SERVES 4 (1 CALZONE EA.)

■ 1/2 ■ 2 ■ 1/2



Ingredients

1 large egg white (2 Tbsp.)
3 Tbsp. water
Whole wheat flour
4 rounds refrigerated organic
biscuit dough
8 Tbsp. all-natural tomato sauce
8 Tbsp. shredded low-moisture
part-skim mozzarella cheese
12 slices pepperoni, no nitrates or
nitrites added

Special equipment

Parchment paper
Nonstick cooking spray
Rolling pin

Preparation

1. Preheat oven to 375° F.
2. Line baking sheet with parchment paper and lightly coat with spray. Set aside.
3. Combine egg white and water in a small bowl; whisk to blend. Set aside.
4. Lightly flour a flat work surface. Roll out a biscuit dough round to 1/8-inch thickness. Repeat with remaining 3 rounds.
5. Place 2 Tbsp. tomato sauce into center of a round. Top with 2 Tbsp. cheese and 3 slices pepperoni.
6. Using your clean finger (or a pastry brush), lightly coat edge of dough round with egg white mixture. Fold dough in half, pressing down firmly along edge to create a tight seal. Repeat with remaining 3 rounds.
7. Place sealed pockets on prepared pan and bake for 14 to 16 minutes, rotating pan after 7 minutes, or until golden brown.
8. Cool until pockets can be handled before serving.

Recipe Notes:

- Look for a biscuit dough without artificial flavors and preservatives.
- Refrigerate in an airtight container for up to 4 days, or freeze for 2 months.
- Calzones may be frozen and then rewarmed in a 350° F oven before serving.



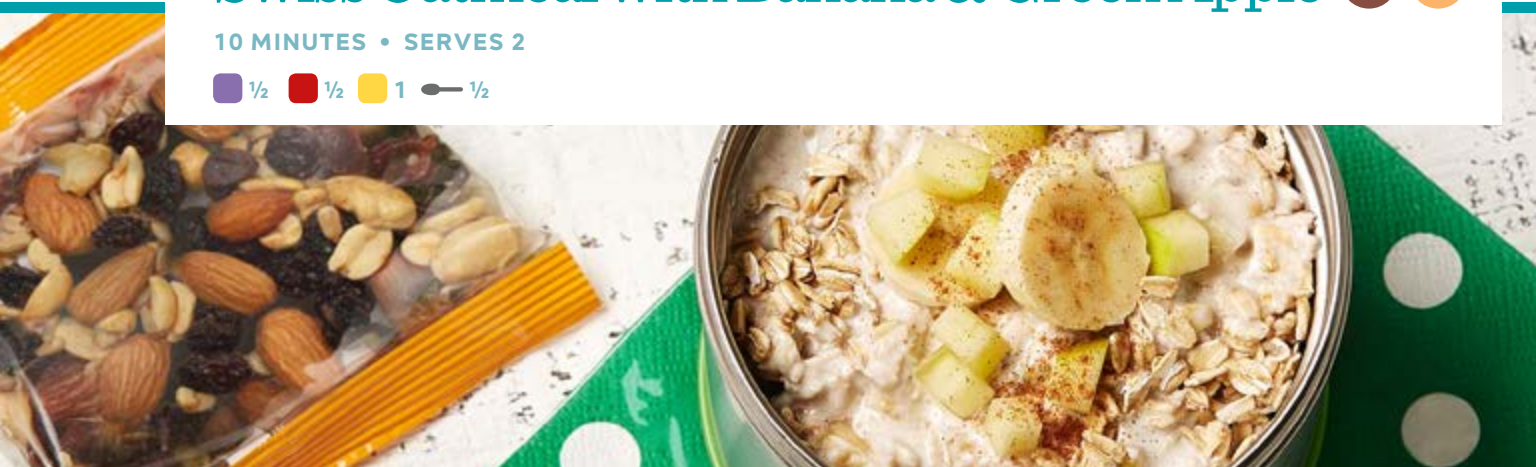
Swiss Oatmeal with Banana & Green Apple

GF

VG

10 MINUTES • SERVES 2

1/2 1/2 1 1/2



Ingredients

- 3/4 cup unsweetened almond milk
- 3/4 cup reduced-fat (2%) plain Greek yogurt
- 1/2 cup dry old-fashioned rolled oats
- 1/2 tsp. pure vanilla extract
- 1 dash ground cinnamon
- 1/2 medium Granny Smith apple, chopped
- 1/2 large banana, sliced

Preparation

1. Combine almond milk, yogurt, oats, extract, and cinnamon in a medium bowl; mix well. Cover with plastic wrap and refrigerate overnight.
2. In the morning, divide oatmeal mixture evenly between two medium serving bowls.
3. Top evenly with apple and banana; serve immediately.

Recipe Note:

- Bob's Red Mill® Gluten-Free Dried Rolled Oats can be substituted for oats.



Egg Wraps

20 MINUTES • SERVES 6



1/2



Ingredients

6 large eggs, lightly beaten

Special equipment

Nonstick cooking spray

Preparation

1. Heat 10-inch nonstick skillet, lightly coated with spray, over low heat until hot.
2. Lift skillet from burner and add ¼ cup egg mixture, swirling continuously to coat bottom of skillet in an even layer. Swirl until all egg is no longer fluid.
3. Return pan to burner; cook for 1 to 2 minutes, or until top has set.
4. Turn wrap by gently lifting edge of wrap using a spatula. Once you have freed enough to hold on to, grab freed edge, set spatula down, and use both hands to quickly and gently flip the wrap, so that the top is now touching the pan; cook for 30 seconds. Place on a paper towel-lined plate.
5. Repeat with remaining five wraps, stacking them with a clean paper towel between each wrap to avoid them sticking together.

Recipe Note:

- Store finished wraps in resealable plastic bag in the refrigerator for up to 4 days.



Egg Salad

GF

VG

15 MINUTES • SERVES 4 (APPROX. ¼ CUP EA.)

1 2



Ingredients

8 large hard-boiled eggs, peeled
2 Tbsp. + 2 tsp. olive oil mayonnaise
1 Tbsp. chopped fresh dill weed
2 tsp. Dijon mustard
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper

Preparation

1. Place eggs in a large mixing bowl; mash with the back of a fork until broken into small pieces.
2. Add mayonnaise, dill, mustard, salt, and pepper; mix well.



Pasta Fagioli

47 MINUTES • SERVES 4 (APPROX. 1 1/4 CUPS EA.)

1 2 1/2 1



Ingredients

1 cup low-sodium organic chicken broth
1 tsp. unflavored gelatin
(preferably from grass-fed cows)
1 Tbsp. + 1 tsp. olive oil
1/2 cup chopped onion
(approx. 2/3 medium)
1/4 cup chopped celery
(approx. 3/4 medium stalk)
1/4 cup chopped carrot
(approx. 1/2 medium)
2 cloves garlic, finely chopped
1 cup all-natural tomato puree
1 (15-oz.) can cannellini beans, do not drain
2 bay leaves
Hot water
1/4 tsp. + 1 pinch sea salt
(or Himalayan salt), *divided use*
4 oz. dry whole-grain macaroni
(approx. 1 cup)
2 Tbsp. finely chopped fresh basil
Ground black pepper (to taste; optional)
Grated Parmesan cheese
(for garnish; optional)

Preparation

1. Sprinkle broth with gelatin. Set aside.
2. Heat oil in medium saucepan over medium-high heat until fragrant.
3. Add onion, celery, and carrot; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add chicken broth mixture, tomato puree, beans with liquid, and bay leaves. Bring to a boil. Lower heat to medium-low; gently boil, stirring occasionally, for 20 minutes. Remove from heat. Remove and discard bay leaves.
6. While soup is cooking, bring large pot of water and 1/4 tsp. salt to a boil over high heat.
7. Add macaroni; cook, stirring occasionally, for 10 to 11 minutes, or according to package directions. Drain macaroni and set aside.
8. Add macaroni and basil to soup. Season with *remaining 1 pinch* salt and pepper (if desired).
9. Serve soup garnished with a sprinkle of cheese (if desired).

Recipe Note:

- Store leftover soup in an airtight container in the refrigerator for up to 5 days.



Waldorf Salad

GF

VG

15 MINUTES • SERVES 4



1/2



1



1/2



1



Ingredients

- 1/2 cup reduced-fat (2%) plain Greek yogurt
- 2 Tbsp. mayonnaise
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. finely chopped fresh dill weed
- 1 Tbsp. finely chopped fresh tarragon
- 1 Tbsp. raw honey*
- 1/4 tsp. sea salt (or Himalayan salt)
- 1/4 tsp. ground black pepper

For Salad:

- 2 small apples, cut into 1/2-inch cubes
- 1/2 cup chopped celery (approx. 1 1/2 medium stalks)
- 1/4 cup coarsely chopped raw walnuts
- 1/4 cup raisins
- 4 Bibb (or Boston) lettuce leaves

*Do not feed honey to children younger than one year.

Preparation For Dressing

1. Combine yogurt, mayonnaise, vinegar, dill, tarragon, honey, salt, and pepper in a medium bowl; whisk to blend. Set aside.

Preparation For Salad

1. Add apples, celery, walnuts, and raisins to dressing; toss gently to blend.
2. Top each lettuce leaf evenly with salad mixture; serve immediately.



Peanut Butter Sweet Potato Cookies

GF**V****VG**

31 MINUTES • SERVES 12 (2 COOKIES EA.)

1 — 1



Ingredients

- 1½ cups mashed cooked sweet potato (approx. 3 small)
- ½ cup gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)
- ¼ cup + 2 Tbsp. coconut sugar
- ¼ cup all-natural peanut butter
- 1½ tsp. pumpkin pie spice
- 1 tsp. pure vanilla extract
- ½ tsp. xanthan gum
- ½ tsp. baking powder, gluten-free
- 1 dash sea salt (or Himalayan salt)

Special equipment

Parchment paper
Nonstick cooking spray

Preparation

1. Preheat oven to 375° F.
2. Line two large baking sheets with parchment paper and lightly coat with spray. Set aside.
3. Place sweet potato, flour, sugar, peanut butter, pumpkin pie spice, extract, xanthan gum, baking powder, and salt in food processor; process until a smooth batter forms, scraping down sides as needed.
4. Dollop twelve balls, approximately 2 Tbsp. each, onto each prepared pan. Lightly flatten with back of a fork that has been dipped in water (or coated with spray).
5. Bake for 14 to 16 minutes, rotating pan after 7 minutes, or until lightly browned. Allow cookies to cool on pan before serving.

Recipe Notes:

- To prepare sweet potatoes, pierce whole sweet potatoes multiple times with a fork and bake at 350° F for 45 minutes, or until soft to the center.
- Many gluten-free recipes call for xanthan gum to provide the binding nature that gluten would normally contribute. It can be found in the grocery store with the gluten-free baking ingredients, or online.
- Store leftover cookies in an airtight container for up to 5 days.



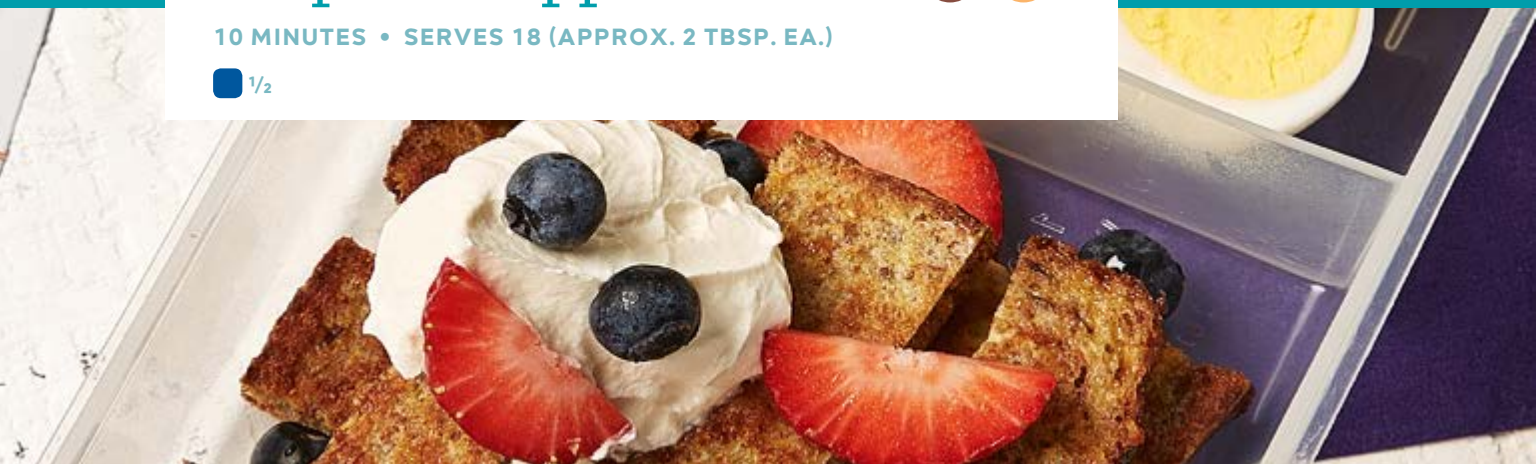
Maple Whipped Cream

GF

VG

10 MINUTES • SERVES 18 (APPROX. 2 TBSP. EA.)

 1/2



Ingredients

- 1 cup heavy cream
- 1/4 cup pure maple syrup
- 1/4 tsp. pure vanilla extract
- 1 pinch sea salt (or Himalayan salt)

Preparation

1. Combine cream, maple syrup, extract, and salt in a mixing bowl. Beat with hand mixer on high speed for 4 to 6 minutes, or until stiff peaks form.

Tip: If you store extra whipped cream in the refrigerator and it loses its loft, it can be re-whipped back to peaks before serving.

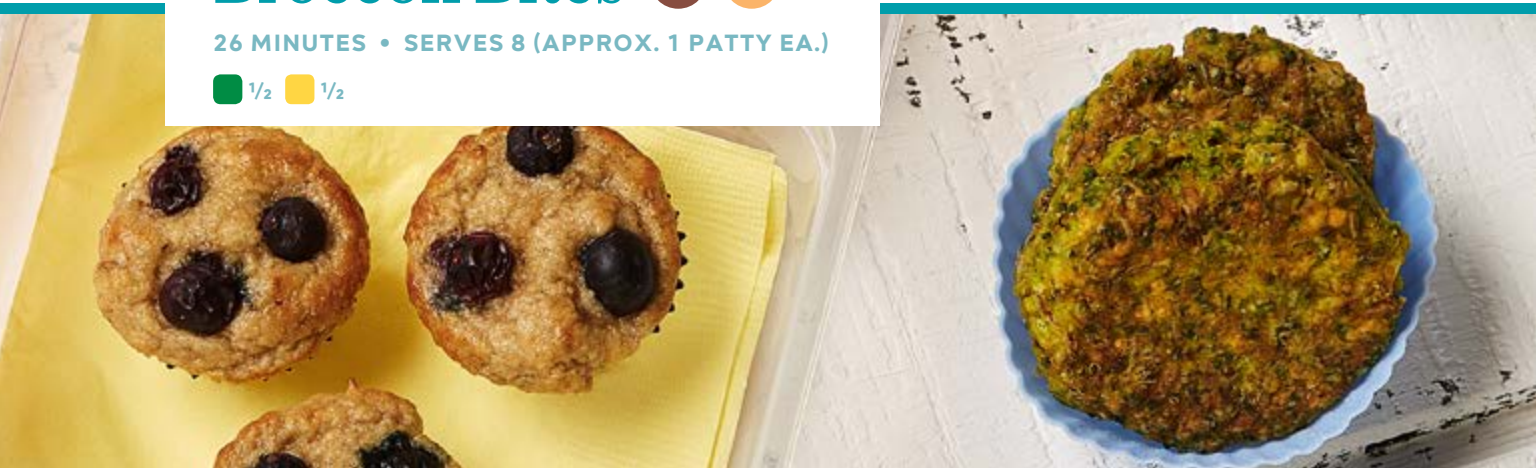


Broccoli Bites



26 MINUTES • SERVES 8 (APPROX. 1 PATTY EA.)

1/2 1/2



Ingredients

2 cups broccoli florets
2 large eggs, lightly beaten
1/2 cup gluten-free panko
bread crumbs
1/4 cup canned chickpeas,
drained, rinsed
1 Tbsp. finely grated lemon peel
(lemon zest)
1 clove garlic
1/2 tsp. sea salt (or Himalayan salt)
1/2 tsp. curry powder
1/4 tsp. ground cumin
1/4 tsp. ground coriander
1/4 tsp. onion powder
Gluten-free all-purpose flour
(preferably Bob's Red Mill®
All-Purpose Baking Flour, red label)

Special equipment

Olive oil cooking spray

Preparation

1. Place broccoli, eggs, bread crumbs, chickpeas, lemon peel, garlic, salt, curry powder, cumin, coriander, and onion powder in food processor; pulse until ingredients form a thick, dough-like mixture.
2. Form mixture into eight 3-Tbsp. patties. Flatten and dust lightly in flour. Set aside.
3. Heat medium nonstick skillet, lightly coated with spray, over medium heat.
4. Add four patties; cook for 3 to 4 minutes on each side, spraying tops before turning, until golden brown and cooked through. Place on paper towels to absorb any excess oil.
5. Lightly coat skillet with spray and repeat with remaining four patties.

Tip: Broccoli bites will keep, covered, in the refrigerator for up to a week, and may be frozen for up to 2 months then reheated in a 350° F oven before serving.



Avocado Pudding

GF

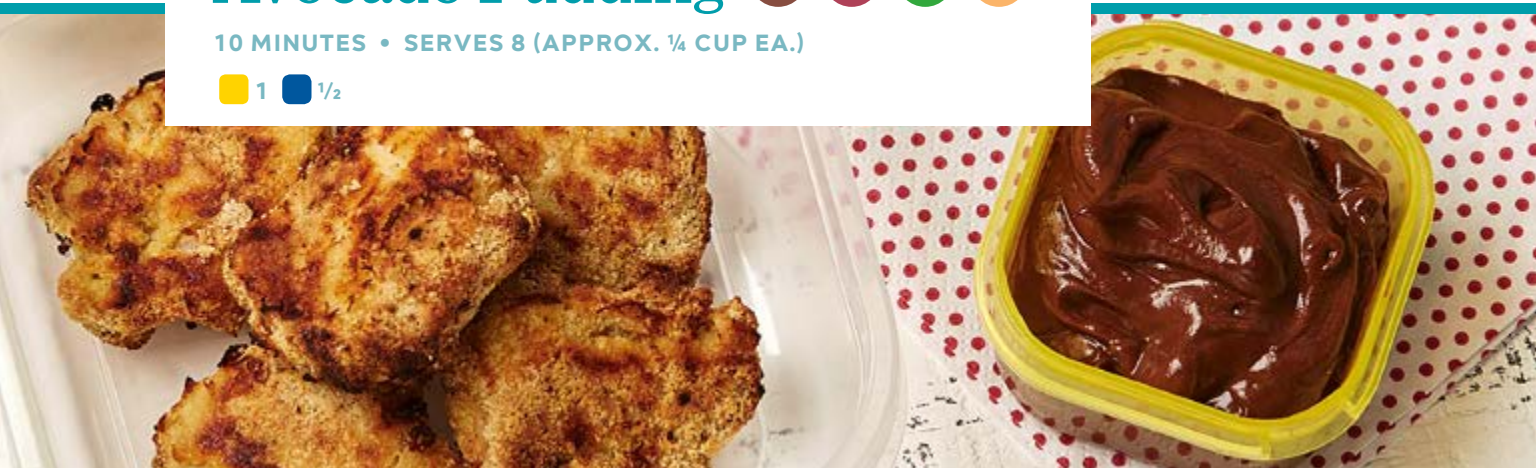
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V

VG

10 MINUTES • SERVES 8 (APPROX. ¼ CUP EA.)

■ 1 ■ ½



Ingredients

2 medium ripe avocados
½ cup unsweetened organic
cocoa powder
½ cup pure maple syrup
¼ cup + 2 Tbsp. unsweetened
coconut milk beverage
2 tsp. pure vanilla extract
½ tsp. pumpkin pie spice
½ tsp. ground cinnamon
1 pinch sea salt (or Himalayan salt)

Preparation

1. Place avocado, cocoa powder, maple syrup, coconut milk, extract, pumpkin pie spice, cinnamon, and salt in blender (or food processor); cover. Blend until smooth and creamy.

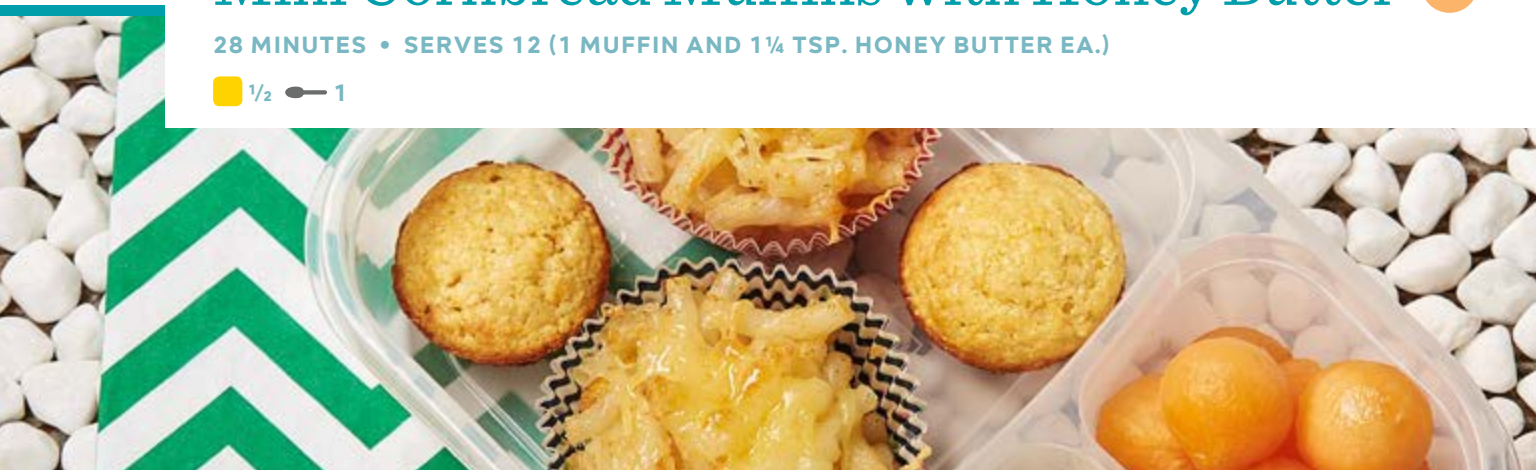


Mini Cornbread Muffins with Honey Butter

VG

28 MINUTES • SERVES 12 (1 MUFFIN AND 1 ¼ TSP. HONEY BUTTER EA.)

1/2 1



For Muffins:

- 1/3 cup all-purpose whole wheat flour
- 1/3 cup cornmeal
- 2 Tbsp. coconut sugar
- 1/2 tsp. baking powder
- 1 pinch baking soda
- 1 pinch sea salt (or Himalayan salt)
- 1/3 cup buttermilk
- 1 Tbsp. extra-virgin organic coconut oil
- 1 large egg, lightly beaten

For Honey Butter:

- 1/4 cup unsalted organic grass-fed butter, at room temperature
- 1 Tbsp. + 1 tsp. raw honey*

Special equipment

Nonstick cooking spray

Preparation For Muffins

1. Preheat oven to 375° F.
2. Lightly coat twelve-cup mini-muffin pan with spray. Set aside.
3. Combine flour, cornmeal, sugar, baking powder, baking soda, and salt in a large mixing bowl; mix well.
4. Combine buttermilk, oil, and egg in a medium bowl; whisk to blend.
5. Add buttermilk mixture to flour mixture; whisk to blend.
6. Fill prepared muffin cups 3/4 full. Bake for 11 to 13 minutes, or until golden brown and a toothpick inserted into center comes out clean.

Preparation For Honey Butter

1. While muffins are baking, combine butter and honey in a medium bowl; mix well. Cover and refrigerate until needed.

*Do not feed honey to children younger than one year.



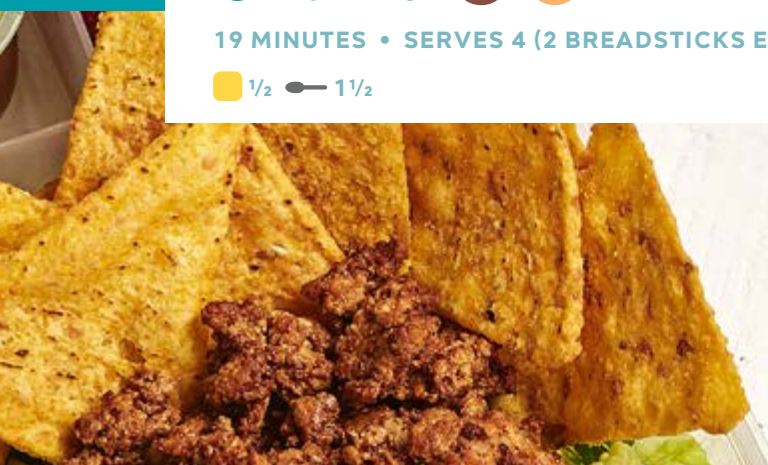
Churro

GF

VG

19 MINUTES • SERVES 4 (2 BREADSTICKS EA.)

1/2 1 1/2



Ingredients

- 1 Tbsp. demerara sugar
- 1 tsp. sea salt (or Himalayan salt)
- 1 tsp. ground cinnamon
- 2 Tbsp. ghee (organic grass-fed, if possible)
- 2 1-inch thick slices gluten-free bread, crusts removed, each slice cut into 4 even sticks

Special equipment

Brown paper bag

Preparation

1. Place sugar, salt, and cinnamon in a brown paper bag. Shake gently to blend. Set aside.
2. Heat ghee in large skillet over medium heat.
3. Add breadsticks; cook for 3 to 4 minutes on each side, or until golden brown and crispy.
4. Place breadsticks in paper bag and shake gently to coat.
5. Remove from bag and place on a plate to cool completely.

Recipe Note:

- Demerara is a coarse cane sugar with a light-brown color and a natural caramel flavor. It is different from brown sugar as brown sugar is cane sugar with added molasses. Demerara sugar can be referred to as turbinado sugar.

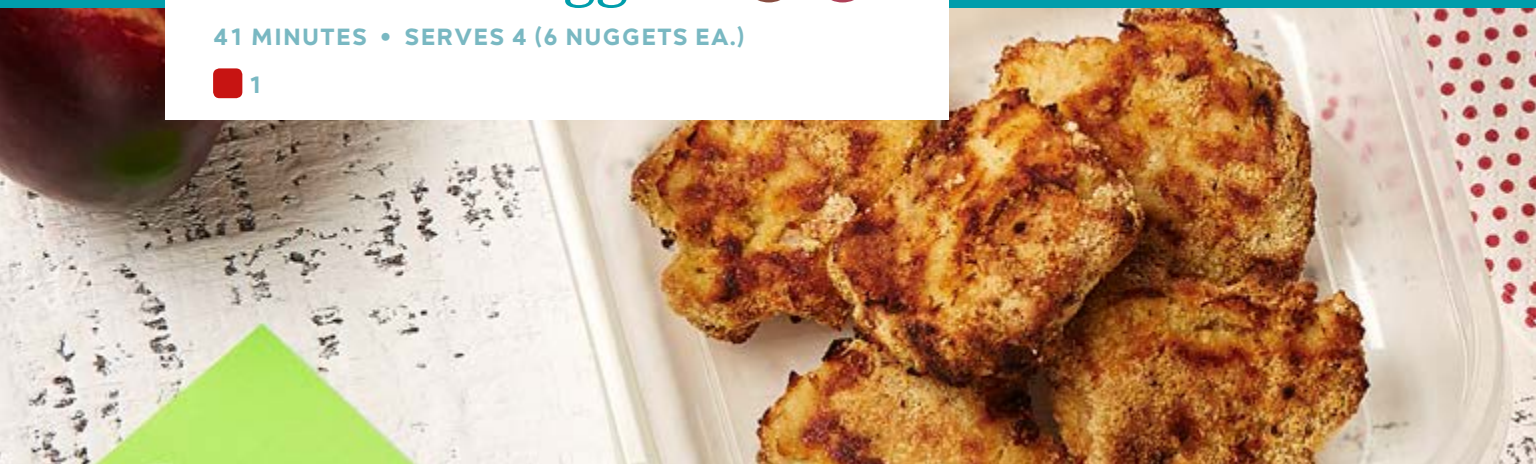


Chicken Nuggets

GF

PF

41 MINUTES • SERVES 4 (6 NUGGETS EA.)



Ingredients

- 2 Tbsp. garlic powder
- 1 tsp. all-purpose seasoning blend, no salt added
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. onion powder
- 1 large egg, lightly beaten
- 1 lb. raw chicken breast, boneless, skinless, cut into cutlets, cut into 1½-inch pieces (see *Recipe Notes* below)

Special equipment

Nonstick coconut oil spray

Preparation

1. Preheat oven to 350° F.
2. Lightly coat large baking sheet with spray. Set aside.
3. Combine garlic powder, seasoning blend, salt, and onion powder in shallow pan (or pie plate); mix well. Set aside.
4. Place egg in second shallow pan.
5. Dip each chicken piece in egg, then in garlic powder mixture. Make sure to coat thoroughly. Place breaded nuggets on prepared pan.
6. Bake for 24 to 26 minutes, turning nuggets every 5 to 7 minutes, or until golden brown and no longer pink in the center.

Recipe Notes:

- To cut chicken breast into cutlets, place boneless, skinless chicken breast on a cutting board. Hold flat with the palm of your hand. With the opposite hand, use a sharp knife to slice chicken breast lengthwise into two even pieces. Cut into 1½-inch pieces.
- Chicken nuggets can also be fried. Heat 2 Tbsp. ghee (organic grass-fed, if possible) in large skillet over medium heat. Add nuggets; cook, turning every 3 to 4 minutes, or until golden brown and no longer pink in the middle (approximately 12 to 15 minutes total). Don't forget to add 1½ tsp. to your containers.



Meatball Calzone

36 MINUTES • SERVES 4 (1 CALZONE EACH)

1/2 1/2 1 1/2 1/2



Ingredients

- 1 large egg white (2 Tbsp.)
- 2 Tbsp. water
- Whole wheat flour
- 4 rounds refrigerated organic biscuit dough
- 8 Tbsp. all-natural tomato sauce
- 8 Tbsp. part-skim mozzarella cheese
- 4 FIXATE Italian Meatballs

Special equipment

- Parchment paper
- Nonstick cooking spray

Preparation

1. Preheat oven to 325° F.
2. Line baking sheet with parchment paper and lightly coat with spray. Set aside.
3. Combine egg white and water in a small bowl; whisk to blend. Set aside.
4. Lightly flour a flat work surface. Roll out a biscuit dough round to ¼-inch thickness. Repeat with remaining 3 rounds.
5. Place 2 Tbsp. tomato sauce into center of each round. Top with 2 Tbsp. cheese and 1 meatball.
6. Using your clean finger (or a pastry brush), lightly coat edge of dough round with egg white mixture. Fold dough in half, pressing down firmly along edge to create a tight seal. Repeat with remaining 3 rounds.
7. Place sealed pockets on prepared pan and bake for 14 to 16 minutes, rotating pan after 6 minutes, until golden brown.
8. Cool until pockets can be handled before serving.

Recipe Notes:

- Look for a biscuit dough without artificial flavors and preservatives.
- The FIXATE Italian Meatball recipe and nutritionals are available on Beachbody On Demand in our FIXATE Cooking Show videos.
- Refrigerate in an airtight container for up to 4 days, or freeze for 2 months.
- Calzones may be frozen and then rewarmed in a 350° F oven before serving.



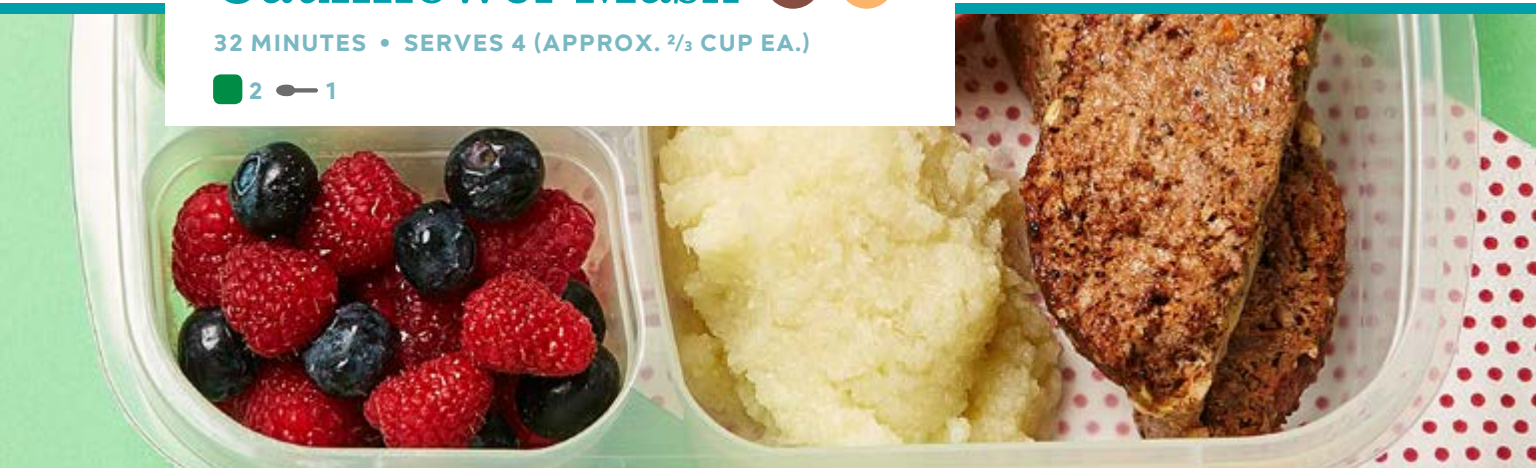
Cauliflower Mash

GF

VG

32 MINUTES • SERVES 4 (APPROX. 2/3 CUP EA.)

2 — 1



Ingredients

Hot water
7 cups cauliflower florets, washed,
patted dry (approx. 1 medium)
2 cloves garlic, crushed
1/4 cup reduced-fat (2%) plain
Greek yogurt
1 Tbsp. extra-virgin olive oil
1/2 tsp. sea salt (or Himalayan salt)
1/2 tsp. ground black pepper

Preparation

1. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place cauliflower and garlic in steamer basket; cook for 10 to 12 minutes, or until tender.
2. Place cauliflower mixture, yogurt, oil, salt, and pepper in food processor; pulse until smooth.
3. Serve hot.



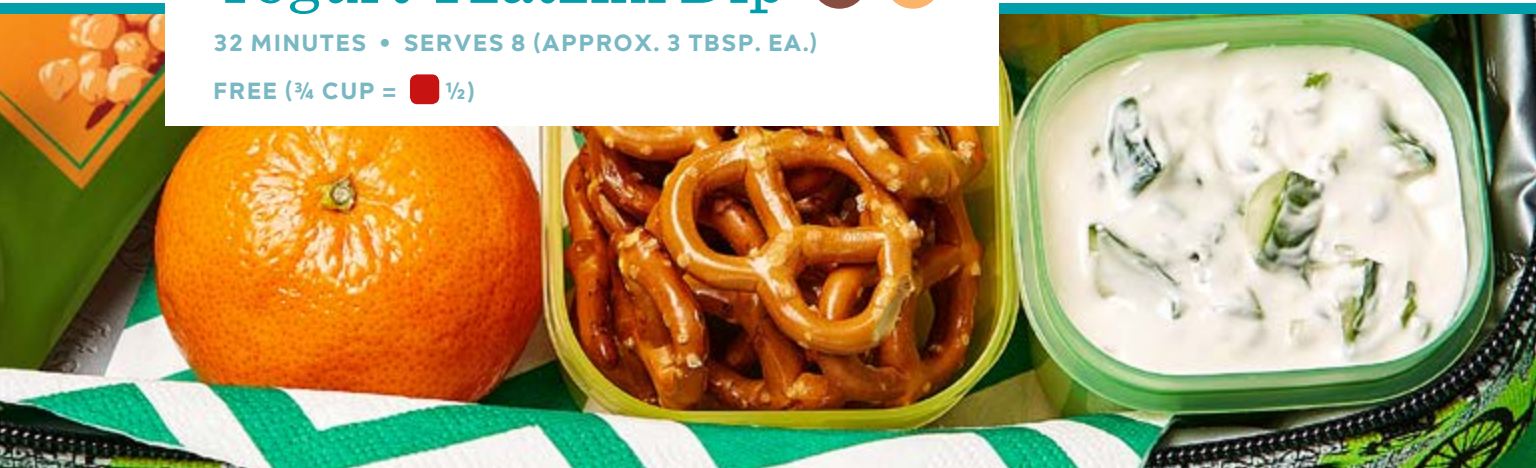
Yogurt Tzatziki Dip

GF

VG

32 MINUTES • SERVES 8 (APPROX. 3 TBSP. EA.)

FREE (¾ CUP =  ½)



Ingredients

- 1 cup reduced-fat (2%) plain Greek yogurt
- ½ hot house cucumber (with peel), grated
- ¼ cup finely chopped fresh dill weed
- 1 Tbsp. fresh lemon juice
- 1½ tsp. finely grated lemon peel (lemon zest)
- 2 cloves garlic, finely chopped
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

Preparation

1. Combine yogurt, cucumber, dill, lemon juice, lemon peel, and garlic in a medium bowl; mix well.
2. Season with salt and pepper (if desired); mix well.

Recipe Note:

- Store in an airtight container in the refrigerator for up to 4 days.



Butternut Squash Fries

GF

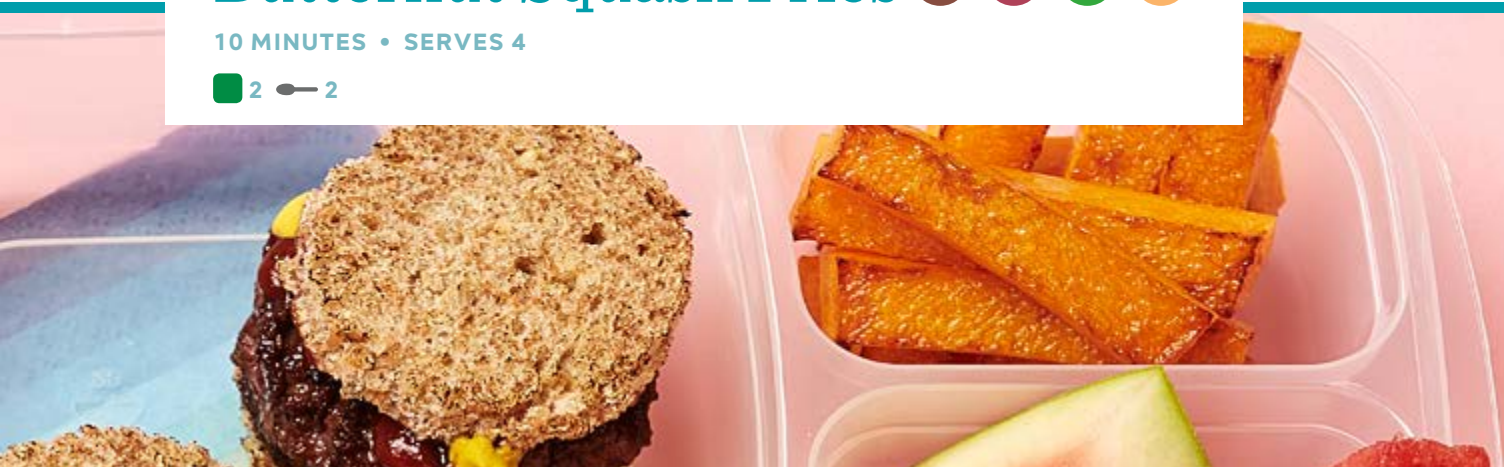
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10 MINUTES • SERVES 4

2 — 2



Ingredients

1 large butternut squash

¼ cup olive oil

Sea salt (or Himalayan salt)
(to taste; optional)

Preparation

1. Cut neck off squash and reserve belly for other purposes. Peel neck, then cut into 3 x ½ x ½-inch sticks, resembling large French fries. Set aside.
2. Heat oil in large skillet over medium heat until it sizzles when you dip the end of a squash stick into it. (350° F if using a thermometer.)
3. Working in small batches to not overcrowd your skillet, fry squash sticks for approximately 5 minutes on each side, or until outsides are brown and crispy and insides are fork-tender.
4. Remove to a plate lined with paper towels to absorb excess oil. Season lightly with salt (if desired) and serve immediately.



Corn Dog Muffins GF

31 MINUTES • SERVES 12 (1 MUFFIN CUP EA.)

 1/2  1  1



Ingredients

1 cup gluten-free all-purpose flour
1 cup cornmeal
1/4 cup + 2 Tbsp. coconut sugar
1 1/2 tsp. baking powder, gluten-free
1/4 tsp. baking soda
3/4 tsp. sea salt (or Himalayan salt)
1 cup buttermilk
3 Tbsp. extra-virgin organic coconut oil, melted
3 large eggs, lightly beaten
3 turkey hot dogs, nitrate- and nitrite-free, cut into 1-inch slices

Special equipment

Nonstick cooking spray

Preparation

1. Preheat oven to 375° F.
2. Lightly coat twelve-cup muffin pan with spray. Set aside.
3. Combine flour, cornmeal, sugar, baking powder, baking soda, and salt in a large mixing bowl; mix well. Set aside.
4. Combine buttermilk, oil, and eggs in a medium mixing bowl; whisk to blend.
5. Add buttermilk mixture to flour mixture; whisk until just blended.
6. Fill muffin cups 3/4 full. Press a hot dog piece into center of each cup.
7. Bake for 14 to 16 minutes, or until golden brown and a toothpick inserted into center comes out clean.

75 Healthy Lunch Ideas for Kids

by Autumn Calabrese



Remember, every child is different and you know your own child best. If your child is taking any medication or has any unique or special medical needs or conditions, such as food allergies, dietary restrictions, eating disorders, or issues with blood sugar regulation, please consult your child's physician before using this book.

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