

# SEARED SCALLOPS WITH SPROUTS



## INGREDIENTS

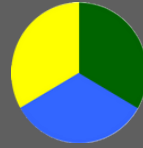
•6oz scallops • 2 tbsp olive oil (divided) • 2 tbsp rice wine vinegar • 1 cup of diced brussel sprouts • ½ cup sauerkraut (optional)

## DIRECTIONS

Heat oil in a skillet over medium-high heat until shimmering. Add shallots and brussel sprouts, season with salt and pepper, and cook – continuously stirring for about 5-6 minutes. Stir in vinegar, scraping up any brown bits, then transfer to a plate and set aside



# STIR FRY CABBAGE & PORK



## INGREDIENTS

- 6oz pork (cooked and shredded)
- 2 tbsp Kerry gold butter
- ½ cup chopped celery
- 2 cups shredded cabbage
- 1/3cup chopped onion
- Bragg's Soy Sauce
- Alternative & salt to taste
- (suggestion: 4 tbsp Bragg's)

## DIRECTIONS

In skillet, heat butter until bubbly and hot. Add celery to mix and cook for 1 minute. Add cabbage and onion and continue frying until vegetables are tender-crisp (2 -3 minutes) Add pork and then continue mixing while you add the Bragg's and salt! Stir well and cook 1 minute longer then remove from heat and serve



# LEAN STUFFED PEPPERS



## INGREDIENTS

- 6 oz cooked ground turkey
- 2 tbsp coconut oil
- 1 green pepper
- 1/4 cup onion, chopped
- 1/2 tbsp. minced garlic
- 1/3 cup diced tomato
- 1 tsp. parsley
- 1/2 tsp. oregano
- 1/2 tsp. basil
- 1/2 tsp. rosemary
- 1 tsp. seasoned salt

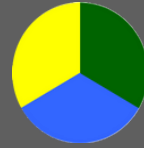
## DIRECTIONS

Preheat oven to 350 degrees. Heat skillet and add tbsp. coconut oil until sizzling. Add all veggies and spices to skillet and cook for 5-10 minutes, until vegetables are tender. Add in turkey when veggies are done. Set Pepper (seeded) on tray and cut in half, fill each half with meat mixture Bake at 350 degrees for about 25-30 minutes



# LEMON BUTTER

# ASPARAGUS



## INGREDIENTS

- ~15 stalks of asparagus
- 6 oz any white fish  
(suggestion: yellowtail)
- 1 tbsp lemon juice
- 1 tbsp coconut oil
- 1 tbsp kerrygold butter

## DIRECTIONS

Sauté the asparagus in 1tbsp coconut oil on skillet When the asparagus slices are tender drizzle lemon juice on top Move asparagus to side of skillet and add 1tbsp butter to pan (turn to medium-high) Add fish to butter and cook about 2-3 minutes per side until crisp and butter has 'fried' the fish Add salt to taste, remove and plate!



# HEALTHY HOLIDAY

## COMFORT

### INGREDIENTS

- 6oz baked turkey tender breast
- 2 cups chopped cauliflower •
- 1/2 cup water
- 1/2 tbsp. minced garlic
- 1/2 tsp Italian seasoning
- 1/4 tsp salt
- pinch of black pepper
- 1 green onion stalk, optional
- 2 tbsp kerrygold butter



### DIRECTIONS

In a small pot, bring about 1 cup of water to a simmer in a pot, then add the cauliflower. Cover and turn the heat to medium. Cook the cauliflower for 12-15 minutes or until very tender. Drain and discard all of the water and add the butter, spices, salt and pepper, mash with a masher until it looks like "mashed potatoes." Top with chives. Pair with baked turkey

# LEMON AND ALMOND ROASTED SALAD



## INGREDIENTS

- 4 oz skinless chicken breasts
- 1/3 cup plain greek yogurt
- 1 tablespoons olive oil
- 12 almonds (sliced)
- 1 tbsp lemon juice
- 1 green onion diced
- 1 tbsp cup chopped fresh parsley
- 1 tablespoon lemon pepper seasoning
- 1/2 teaspoon coarse sea salt



## DIRECTIONS

Preheat the oven to 400 degrees F. Cover the chicken with all the seasoning and put in the oven for 20-25 minutes until cooked through. Heat a large skillet over medium-high heat and add the olive oil and add the almonds to a nonstick skillet. Heat over medium-low heat, stirring constantly, until the almonds toast and get golden brown and fragrant.

After about 4-5 minutes remove the almonds and let them cool. Place the chicken, almonds, lemon juice, green onions and parsley in a bowl. Stir to combine. Fold in the yogurt, stirring until the entire bowl of chicken is moistened. Season with more salt and pepper if desired.

# LOW CARB BROCCOLI AND TUNA SALAD



## INGREDIENTS

- 6 cups broccoli
- $\frac{1}{3}$  small onion, chopped
- 1 cup plain greek yogurt
- $\frac{1}{2}$  cup almonds, chopped
- 2 tablespoons red vinegar
- 1.5 can tuna
- salt and pepper to taste
- 1 tsp lemon pepper
- 1 green onion

## DIRECTIONS

In a large bowl, combine broccoli, tuna, onion, and almonds. In a separate bowl, mix yogurt, vinegar, and seasonings, in a small bowl. Pour dressing over broccoli mixture and stir until evenly distributed. Cover and refrigerate for about an hour until ready to serve.



# CHICKEN AND AVOCADO STUFFED SALAD



## INGREDIENTS

- 3 large ripe avocados
- 35 ounces small cooked shrimp (no tails and thawed)
- 2 tbsp greek yogurt
- 2 tbsp fresh lime juice
- 1 tbsp sriracha or other hot sauce
- Salt and pepper to taste

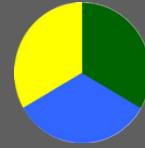
## DIRECTIONS

Cut avocados in half lengthwise and remove pit Cut flesh into chunks and use a spoon to scoop flesh out into a medium bowl. Add shrimp, yogurt, lime juice, sriracha or hot sauce, and salt and pepper to taste. Toss to combine and separate into servings (can serve inside of empty skin if desired) .





# HONEY MUSTARD CHICKEN SALAD



## INGREDIENTS

- 6oz boneless skinless chicken breast
- 1 bag spinach
- 2 rip tomatoes
- 1/3 cup red onion
- 1/3 cup mustard
- 8 tbsp olive oil
- 4 stevia packets

## DIRECTIONS

Put mustard, oil & stevia together in small bowl and whisk until thoroughly combined. Pour atop bowl of spinach, onion, tomato and chicken. Serve cold with chicken heated



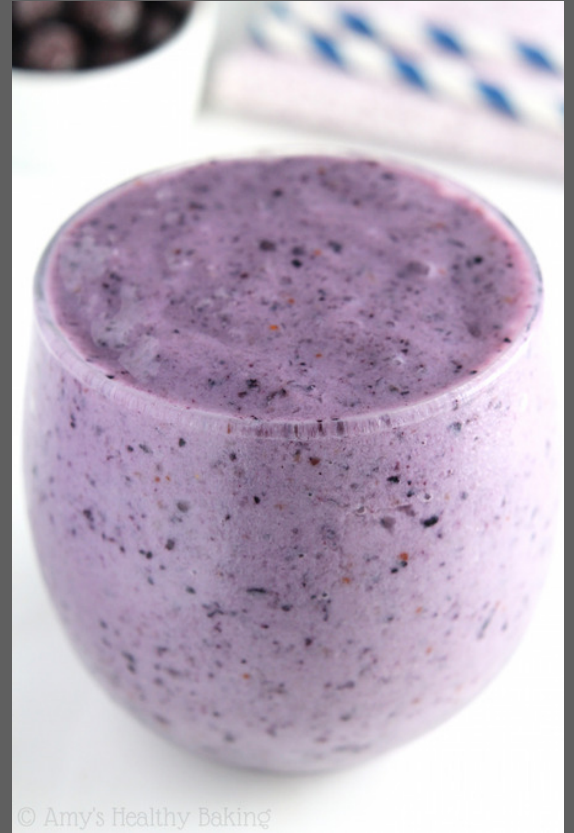
# SHAKE RECIPES

## BLUEBERRY PIE SMOOTHIE

### INGREDIENTS



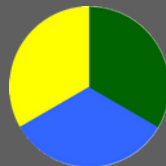
- 1 scoop vanilla protein
- 2/3 cup mixed frozen berries
- 2 handfuls spinach
- 1 cup cold water
- 1 tsp vanilla
- dash of cinnamon
- 2 stevia packets



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## VANILLA ALMOND SHAKE

### INGREDIENTS



- 1 scoop vanilla protein
- 2 tbsp justin's vanilla almond butter
- 1 packet stevia
- handful of ice
- 1 cup water



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# SHAKE RECIPES

## CAKE FOR BREAKFAST

### INGREDIENTS



- 1 scoop vanilla protein
- 2/3 cup ground dry oats
- 1 tsp vanilla
- 1 stevia packet
- dash of salt AND sprinkles
- 1 cup water
- handful of ice



## PB SANDWICH SHAKE

### INGREDIENTS



- 1.5 scoops strawberry or chocolate protein
- 2 tbsp smooth Peanut Butter
- 1 cup water
- handful of ice



# SAUCES AND DRESSINGS

## Balsamic Vinegar Dressing

- 1/2 cup water
- 1/4 cup balsamic vinegar
- 2 packets splenda/stevia
- 1 tsp onion salt
- 1 tsp garlic powder
- 1/4 tsp dried mustard

Shake well in container and again before use

## Versatile Vinegar Dressing

- 1/2 cup cold water
- 1/2 cup white vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/8 teaspoon pepper
- 1 dash paprika

## Variations for Vinegar

### *Green Onion Dressing*

- *add 2 or 3 minced green onions.*

*Dilly Dressing: replace white vinegar with 1/2 cup malt vinegar. • -Omit paprika.*

- *Add 1 1/2 teaspoons dill seed.*

## 'Honey' Mustard

- 1/8 cup balsamic vinegar
- 1/4 cup yellow or spicy mustard
- 3 packets of stevia
- Mix well and toss into salad

# FLAVORFUL ADD INS

*That Actually HELP you lose weight*

The consumption of fermented, probiotic foods has many benefits. The microflora that lives in fermented foods creates a protective lining in the intestines and shields it against pathogenic factors, such as salmonella and E.coli. Indeed, to get that healthy dose of bacteria, it's essential to consume top probiotic foods. Basically they help our guts run smoothly, which is imperative to weight loss!

- Sauerkraut
  - Kimchi
  - Pickles

Each of these can come in any array of flavors from spicy to sweet, so check out your local grocery store and see what you can find that sparks your interest.