

Vacation Body Challenge Recipes

WEEK 1

Breakfast

Breakfast Egg Muffins Makes 6 servings

0.50 cup, Skim Milk
6 large, Egg
0.25 cup chopped, White Onion
6oz baby Bella Mushroom
4 oz., Cheese Cheddar, Low Fat
2 cups (85g), Baby Spinach Organic

Sauté spinach and onion in frying pan until spinach wilts. Drop a spoonful into the bottom of each muffin tin then sprinkle in cheese about 1/3 up the muffin tin... In separate bowl whisk eggs, milk, mushroom in a bowl. Pour even amounts into each tin leaving just 1/8" before the top. Bake for 15 min at 350 degrees.

Parfait

2 cup, Icelandic Yogurt (makes 2)
0.25 cup, Raspberries - Raw
0.25 cup, Blueberries
4 tablespoon, Sliced Almonds
1 tsp cinnamon

Place raspberries and blueberries in bowl. Layer Icelandic yogurt on top. Top with almonds, and sprinkle with cinnamon

Snack (makes 2)

Strawberry Milk Smoothie

1 tsp, Vanilla extract
1 Cup (240ML), Almond Milk - Original
0.25 cup, Raw Cashews
2.50 cup, halves, Strawberry
2 scoops, Protein Powder- Vanilla
1 tsp swerve sweetener

Put all ingredients in blender and blend for 30 seconds until uniform. Serve immediately.

Parmesean Kale Chips

1 cup, Kale, raw
1 tablespoon, Oil - Olive
1 tbs, Cheese - Parmesan, shredded

Cut kale leaves into 2 chunks and remove stem. Place in a bowl with 1tbs olive oil and parmesan cheese and then toss with hands to coat. Place kale on baking sheet and bake 10 minutes at 350 degrees until crisp.

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bubbles form, then return to a simmer. In a separate pan, sauté chicken breast 3-5 minutes per side. When sauce is thick, pour over the chicken and finish cooking all together for 3-4 minutes. Serve with mozzarella cheese on top if desired.

*if sauce is still thin, add more arrowroot flour
1 TBS at a time.



Main Courses

Chicken Marsala+ 1 Cup steamed Broccoli

4 Skinless, Boneless and Grilled
1 tbsp, Butter - Salted
2 TBS, Arrowroot flour
2 cups, Mushrooms
0.25 cup(s), Marsala Cooking Wine
0.25 Cup chicken stock
Add mozzarella cheese if desired.

In medium sauce pan, over medium heat, combine butter, mushrooms, marsala wine, and chicken sauce. Allow to simmer for several minutes. Whisk in arrowroot flour to avoid clumping and simmer on high heat until

Fish tacos

2 cups, chopped, Cabbage, raw
2 tablespoon, Vinegar, Apple Cider
2 tablespoons, Oil - Olive
1 medium, Avocado
32oz haddock, cut in small chunks
1 cup (55g), Butter Head Lettuce
Mango Salsa:
0.5 Cup, Cucumber
0.50 cup pieces, Mangos, raw
0.25 cups, Onion

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Bunch Chopped Cilantro

1 lime yields, Lime juice – Raw

In mixing bowl combine chopped mango (about ¼” cubes. Can use fresh or frozen), chopped onion, and chopped cucumber. Add about ¼ cup chopped cilantro then squeeze lime juice and stir to coat. Set aside.

In small bowl whisk olive oil and apple cider vinegar. Pour mixture over shredded cabbage. Set aside.

Sauté haddock about 3-4min per side until it starts to brown. Using butter leaves as “taco shells” place slices of avocado in the bottom then add cole slaw in the base, layer sliced cooked haddock, then top with home made salsa. Best if using 2 butter leaves per 1 taco.

Cumin Rubbed Steak Tips + harissa sweet potato. (serves 2)

12 oz, Steak
4TBS cumin
2 sweet potatoes, sliced with mandolin
0.25 cup(s), Marsala Cooking Wine
0.25 Cup chicken stock
Add mozzarella cheese if desired.

Prep: coat steak in cumin and store in ziplock bag overnight. Prepare steak by placing on

baking sheet and broiling at hi broil for 7 minutes, then flip and broil additional 5 minutes. Allow to rest several minutes before serving to maintain juiciness...

For potato: peel sweet potatoes then slice raw with a mandolin. In a large bowl, coat with harissa paste, then lay flat in a casserole dish. Bake at 425 for 20-25 minutes until tender. Serve warm.

Dessert

pudding Pops

0.25 cup, 1% Milk
0.50 cup, Icelandic Yogurt
1 tbsp, Cacao Powder
0.12 tsp(s), Vanilla
2 Tsp Swerve

In blender or food processor, blend all above ingredients until uniform. Pour popsicle molds and let freeze overnight

Philly Cheese Steak Stuffed Peppers (serves 4)

1 onion, Onions, sweet, raw
12oz Baby Bella Mushrooms
1 tbsp(s), Garlic, raw
12 oz, Shaved Steak
4 medium raw, Green Bell Pepper
1 tbsp(s), Oil - Olive
4 oz, Cheese - Mozzarella, part skim milk

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Preheat oven to 325°. Place peppers in a large baking dish and bake until tender, 30 minutes. Meanwhile, in a large skillet over medium-high heat, heat oil. Add onions and mushrooms and season with salt and pepper. Cook until soft, 6 minutes. Add steak and season with more salt and pepper. Cook, stirring occasionally, 3 minutes. Stir in Italian seasoning.

Add mozzarella to bottom of baked peppers and top with steak mixture. Top with more mozzarella and broil until golden, 3 minutes. Garnish with parsley before serving.



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Week 2

Breakfast

Sweet potato, Pancetta breakfast hash serves 2

0.50 cup diced Onion
1 cup, Brussels sprouts (shaved)
1 tsp, Black Pepper - Ground
0.25 tsp(s), Red Pepper Flake
2 clove, Garlic, raw
4 large, Egg
2 oz, Pancetta (cubed)
0.50 cup (133 g), Sweet Potato

Dice sweet potato in ¼ inch chunks and sauté in medium frying pan (with oil) on medium high heat until potatoes begin to soften. Add in shaved brussel sprouts, onion, garlic, and pancetta. When mixture is nearly cooked, crack 4 eggs evenly over hash mixture. Finish in the oven at 350 for 5 minutes until egg whites are fully cooked and yolks are still runny. Sprinkle with salt pepper and red pepper flake. Serve immediately. Option to cook eggs as a scramble and mix in with hash if preferred.

Egg bake (serves 4)

Bake in 8x8 pan at 350

0.25 lb(s), Ham
½ Cup cherry tomatoes, diced
8 large, Egg
1 tsp., Kosher Salt
1 tsp, Black Pepper - Ground
0.50 tsp(s), Spices, oregano, dried
1 cup, shredded, Cheese, cheddar
0.50 cup, Skim Milk

Dice cherry tomatoes and ham. In large bowl whisk eggs with salt, pepper, milk, ½ cup cheese and add in ham and tomatoes. Pour into casserole dish. Add remaining ½ cup cheese to the top. Place in oven for 25 min at 350 or until egg mixture is cooked (a knife should come out clean if stuck in the center of the frittata). Serve immediately or store in refrigerator and reheat each piece.

Snacks

Red Velvet Smoothie (serves 2)

0.50 medium, Avocado
0.50 beet (2" dia), Beets, raw
0.25 tsp, Vanilla extract
1 Cup (240ML), Almond Milk - Original
1 tbsp(s), Cocoa, dry powder, unsweetened
2 scoops, Protein Powder- Vanilla

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2 cups ice

Combine all ingredients into blender and blend for 30 seconds until uniform. Serve immediately.

Main Courses

Shrimp Tamarind Stew (serves2)

(1 cup whole), Shitake Mushrooms, Fresh
1.00 Onion
2 clove, Garlic, raw
3 oz(s), Tomatoes
4 fluid ounce tamarind paste
4.00 cup, Baby Bok Choy
4 ounce, Beans (white or cannellini)
1.00 cup, Okra
4 cups water
16 oz, Shrimp
2 cups cauliflower

In large stock pot, add 4 cups water, tamarind paste, chopped tomatoes, chopped onion, and mushrooms. * begin with 2oz tamarind paste and increase if prefer a sourer stew. Bring to a boil then reduce heat to simmer. Add in pork chops (4 pork chops) and allow to simmer for 30 minutes. After 30 minutes add chopped bok choy, okra, and 4oz of cooked white beans. Continue to simmer for 10 minutes until bok choy and okra are tender.

Pulse raw cauliflower in food processor until “crumbles” form. In a medium saucepan, stir fry cauliflower for 2-3 min on medium high heat, until tender.

Place cauliflower “rice” in bottom of bowl and ladle stew on top. Serve hot.

Kale Pesto and Lamb Chops

Pesto

2 cup, Kale, raw

3 clove, Garlic, raw

0.25 cup(s), Extra Virgin Olive Oil

0.25 cup, Nuts, pine nuts, dried

0.25 cup, Cheese - Parmesan, shredded

4 chops, Lamb Loin Chops

In a food processor, blend kale, garlic, pine nuts, olive oil, and cheese until a thick green paste forms. Can substitute pine nuts for walnuts.

Coat each lamb loin in pesto then broil on baking sheet (500degrees) for 6 minutes.

Allow to rest for another 6-10 minutes (can wrap in tinfoil) before serving. Best served medium- medium well.

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BBQ chicken and Pumpkin Cheesy “grits”

1 cup, Almond Flour
1 cup (8 fl oz), Water - Municipal
0.25 teaspoon, Salt
1 cup canned pumpkin (1 can)
0.25 lb(s), Cheese Cheddar, Low Fat
4 chicken breasts
1 cup bbq sauce

In a medium saucepan, place 1 cup almond meal (same as almond flour), 1 cup water, 1/4 teaspoon salt. Whisk until almond meal is free of lumps. Bring to boil over medium heat, whisking occasionally. When the meal is soft, add in 1 cup canned pumpkin and cheddar cheese. Stir occasionally to keep from clumping.

While grits are cooking, coat 4 chicken breasts with BBQ sauce and bake at 350 for 25 min until cooked through. Serve immediately with grits on the side.

Salmon w/ Fennel Slaw

Slaw Dressing
3 tbsp(s), Lemon juice, raw
1 tbsp(s), mustard
2 tsp(s), Syrups – Maple
3 oz, Parmesan Cheese
8.00 g, Large Green Apple diced
4 portions, Salmon
1.50 cup, sliced, Fennel, bulb, raw
4 cups, shredded, Cabbage, raw

In a small dish whisk together lemon juice, mustard, and syrup. Set aside. Dice green apple into small 1/4' cubes and mix with cabbage. Slice fennel into thin slices and add to cabbage and apple. Add in dressing and plate. In separate pan, fry salmon skin side down on medium to high heat about 4-5 minutes, then flip. Fry another 3-4 minutes until cooked all the way through. Serve on top of plated salad and enjoy immediately.

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Dessert

Pistachio Chocolate Balls 5 (2balls per serving)

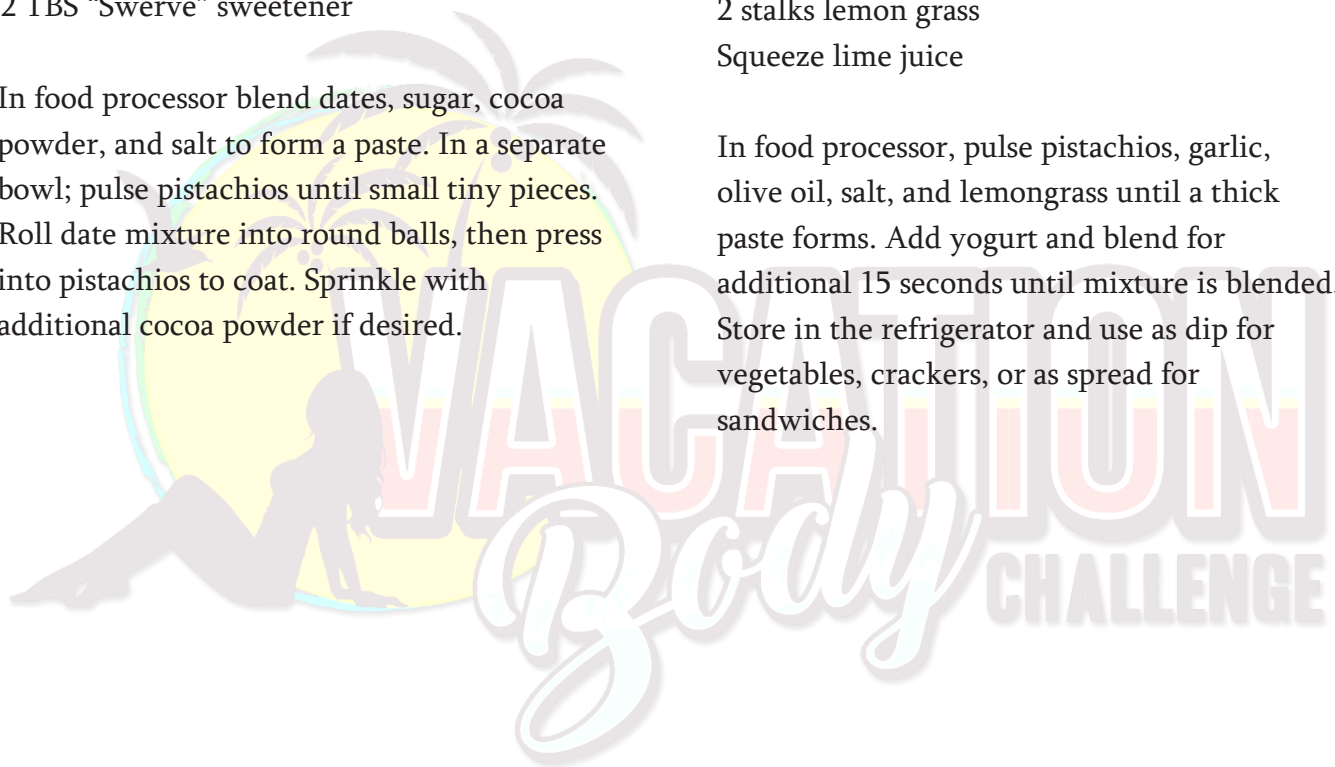
2/3 cup Unsalted Shelled Pistachios
0.75 tsp., Kosher Salt
4 medium (2-1/4" dia), Figs, raw
4 tbsp(s), Cocoa, dry powder, unsweetened
1 tbs chocolate protein powder
2 TBS "Swerve" sweetener

In food processor blend dates, sugar, cocoa powder, and salt to form a paste. In a separate bowl; pulse pistachios until small tiny pieces. Roll date mixture into round balls, then press into pistachios to coat. Sprinkle with additional cocoa powder if desired.

Pistachio Lemongrass Yogurt Sauce. Serves 8.

1 clove, Garlic, raw
1 cup, Icelandic Yogurt
1 tsp, Salt
2 tbsp olive oil
½ cup pistachios, salted, deshelled
2 stalks lemon grass
Squeeze lime juice

In food processor, pulse pistachios, garlic, olive oil, salt, and lemongrass until a thick paste forms. Add yogurt and blend for additional 15 seconds until mixture is blended. Store in the refrigerator and use as dip for vegetables, crackers, or as spread for sandwiches.



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Week 3

Breakfast

Black Eyed Pea Greens Egg and Ham (serves 4)

1.00 Onion
1.50 tsp, Creole Seasoning
1 cup, Chicken Broth
4 large, Egg
1 lb(s), Ham steak
6 oz(s), Kale, raw
1 cup, Black Eye Peas (cooked)

To save time, use cooked black eyed peas. Saute black eyed peas in chicken broth with onion, chopped kale, and diced ham steak in large cast iron skillet. Add creole seasoning. When liquid is absorbed, crack an egg in 4 locations and continue cooking until whites are cooked (solid and not runny). Use spatula to serve out portion, cut into egg yolk and allow it to run into the hot mixture to create creamy coating.

Breakfast Burrito

4 large, Egg
0.25 cup, Sauce - Salsa
0.25 cup, Sour cream
1 medium, Avocado
4 Oz Low Fat ground Turkey Sausage
Hot sauce (optional)
Chopped chive
Mama lupe low carb wraps (4)

Slice avocado and set aside. Cook turkey sausage until just slightly under done. Using the same pan, add in scramble eggs and cook with sausage. When cooked, scoop into wrap

and assemble burrito with sliced avocado, sour cream, and salsa. Top with hot sauce and chopped chive (if desired)

Snack

Carrot Cake Smoothie (serves 2)

0.25 cup, chopped, Nuts, pecans
1 cup(s), Almond Milk - Original
1 tsp, Spices, cinnamon, ground
0.50 tsp(s), Spices, nutmeg, ground
1 tsp, Vanilla extract
2 medium, Carrots, raw
1 Scoop, Designer Whey Chocolate

Place all ingredient in blender and blend for 30 seconds until uniform. Serve immediately.

Devilled Eggs (serves 6)

12 eggs
½ Cup mayo
2 tsp paprika

Hard boil 12 eggs. Once cool, de-shell and cut in half. Place cooked yolks in a bowl and combine until smooth with mayonnaise. Scoop egg yolk mixture into hollowed out cooked egg whites and top with paprika. Store in the refrigerator until ready to eat.

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Main Courses

Shaved Brussel Sprout Salad (serves 4)

2 tbsp(s), Orange juice - Raw
1 tsp, mustard
0.75 lb(s), Brussel Sprouts
1 lb(s), Sirloin
2 tablespoon, Oil - Olive
2 tbsp, Balsamic Vinegar

In a small bowl, whisk orange juice, mustard, olive oil, and vinegar. Set aside. If unable to purchase shaved brussel sprouts, use mandolin to shave raw sprouts for salad. Pan fry sirloin steak to medium well and allow to rest for several minutes to retain juices.

Mix raw brussel sprouts with orange dressing and plate. Place sirloin on top of brussel sprouts and serve immediately.

Coconut Lemongrass Pork (serves 4)

1.50 Cup, Coconut Milk
1 pepper, large (3-3/4" long, 3" dia), Peppers, sweet, yellow, raw
1 Green Pepper
1 Medium Pepper, Bell Pepper - Orange
2 Tbsp, Green Curry Paste
2 stalk, Lemongrass (fresh)
1 lb pork (cubed)
2 TBS lime juice
Salt and Pepper

Cube the pork if necessary and set aside. Dice the peppers into cubes and saute in a large pot or dutch oven on medium heat. When the peppers begin to soften add the pork, stirring occasionally to prevent burning. When the pork begins turn white, add in the coconut milk, green curry paste, and chopped lemongrass. Stir well. Squeeze in lime juice. Turn heat to low and simmer for 30 minutes. Ladle into bowls and serve as a stew.

Indian Lamb w/ Cucumber Salad (serves 4)

(prep by marinating chicken several hours-24hrs ahead of time)

Salad

1 whole cucumber, English Cucumber - Seedless
0.50 tsp, whole, Spices, cumin seed
0.50 Cup, Greek Yogurt - Fat Free - Plain
1 tsp, Lemon juice, raw
0.25 cup, Chopped Cilantro

Lamb

16oz cubed lamb
1 tsp coriander
1 tsp, whole, Spices, cumin seed
0.25 tsp, Tumeric

For salad:

Dice cucumber into 1/4' cubes and place in a small mixing bowl. . In a small separate bowl, mix yogurt, lemon juice, cumin, and cilantro until a uniform dressing is made. Pour over diced cucumber and coat evenly. Set aside and keep chilled.

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Coat lamb cubes with coriander, cumin, and turmeric. Sear in a frying pan on medium heat about 5min per side until a crust forms, then finish in the oven for 15 min at 350degrees. Serve lamb on top of cucumber salad.

continuously until completely melted, then mix in nuts until coated. Transfer nuts onto a cookie sheet lined with parchment paper and lay flat. Store in the refrigerator until hard and keep cool until ready for serving.

Haddock Parmesan + 1 cup steamed Asparagus w/ squeeze lemon

0.33 cup, Greek Low Fat Yogurt
0.33 cup(s), Mayo
0.33 cup, Cheese - Parmesan, shredded
1 lemon yields, Lemon juice, raw
0.25 tsp, Salt and Pepper
1 lb(s), Haddock

In small bowl, combine yogurt, mayonnaise, parmesan cheese, lemon juice, salt and pepper. Coat each piece of haddock with yogurt mixture and place on baking sheet. Bake for 25 min at 350 degrees until a crust forms. Serve with a side of steamed asparagus.

Dessert

Chocolate covered almonds (serves 8)

1 cup, ground, Nuts, almonds
2.00 sections, 60% Bittersweet Chocolate
2 tbsp, Cream, fluid, heavy whipping
2 tbsp swerve sweetener

Melt bittersweet chocolate over low heat with heavy cream and swerve, using a whisk. Stir

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Week 4

Breakfast

Classic Breakfast Scramble - serves 4

8 slices (18g), Bacon
8 large, Eggs
0.50 cup, Skim Milk
1 Cup mushroom
1 cup, Spinach - Raw
0.25 lb(s) Cheese (cheddar, reduced fat)

In large frying pan, fry bacon on medium heat until cooked. Place bacon in food processor and pulse for 15 seconds. Set aside. Using same frying pan, sauté sliced mushroom and raw spinach until spinach is wilted and mushrooms are soft. In separate bowl, whisk eggs and milk and cheddar cheese. Pour egg mixture into pan and add chopped bacon. Pull eggs away from the pan's edge with a spatula until eggs are cooked - matte and not runny. Serve immediately.

Pancetta Basil Breakfast Muffins makes 12, 2 per serving.

Mix and pour into muffin tins. Bake at 350 for 15min

12 large, Eggs
1 Tablespoon scallion (optional)
5oz, Pancetta
6 oz, Cheese
1 tbsp, Basil, fresh
0.50 cup, Skim Milk

Cut prosciutto slices in half and line each muffin tin with ½ slice. Whisk together eggs,

milk, and basil and set aside. Place cheese in bottom of each muffin tin. Pour egg mixture into each muffin tin leaving about 1/8" space remaining. Bake at 350 degrees for 15 minutes until cooked. Can be stored in the refrigerator.

Snack

Frozen yogurt Snack Bar (serves 8)

2.50 cup, Icelandic Yogurt
1 cup, halves, Strawberry
0.25 cup, ground, Nuts, almonds
1 C, 1 Cup Raw Blueberries
1 tbsp, Chia Seed
0.50 cup, Oats
0.25 cup (80g), Coconut Shredded
1 TBS swerve sweetener.

Mix all ingredients into large mixing bowl until uniform. Press mixture onto cookie sheet with parchment paper until flat. Put in freezer overnight. Slice into 8 bars and serve chilled.

Sweet potato hummus + ½ Cup broccoli (can use celery, crackers, carrots)

2 cloves, Garlic, raw
1.50 tsp., Kosher Salt
2 cup, Roasted Sweet Potato
0.50 cup(s), Tahini

1 tablespoon, Oil - Olive

Roast sweet potato prior to making this by baking for 30 min on a baking sheet at 400 degrees and removing the skin after cooling. Using cooked potato, blend in food processor with tahini paste, olive oil, garlic, and salt until uniform paste. Serve as dip and store in the refrigerator

Vacation Body Challenge Recipes

Main Courses

Greek Turkey Meatloaf + mint yogurt sauce + 1 cup sautéed eggplant Sauce

Mint Yogurt Sauce

1 cup, Icelandic Yogurt
1 Tablespoons, Salt
1 g, Pepper
1 clove, Garlic, raw
1 lemon yields, Lemon juice, raw
1 tsp, whole, Spices, cumin seed
1 tbs fresh chopped mint

Using a small bowl combine yogurt, salt, pepper, garlic, lemon juice, mint, and cumin. Mix until uniform and set aside.

Meatloaf

bake at 350 for 1 hour in bread pan.
Makes 4 servings
1 lb (s), Ground Turkey
1 chopped, Onion
½ cup Feta Crumbled Cheese
1 large, Egg
1 tbsp, Extra Virgin Olive Oil
4 tsp(s), Vinegar Wine Red
1 tbsp(s), Oregano
0.25 teaspoon, Salt
0.25 tsp, Black Pepper – Ground

Combine all ingredients in large bowl and mix with hands until completely blended together. Using bread pan, place meat mixture into a

greased loaf pan and form into a smooth “log”. Bake in oven for 1hr at 350 degrees. Allow to rest several minutes before serving. Slice into 8 slices and serve with 2 TBS of yogurt mint sauce.

Additional side- chop eggplant into 1/2 “ cubes and sauté with olive oil and salt for 5-6 minutes on medium heat in frying pan unto eggplant is tender.

Chili

1 lb (s), Ground Beef
1.00 cup (25g), Whole Green Onion
2 clove(s), Garlic, raw
3 tbsp, Spices, chili powder
1 tsp(s), Ground Dried Oregano
3 tsp (2.1g), Ground Cumin
0.50 teaspoon, Salt
2 diced green peppers
2 cans cooked, Organic Diced Tomatoes

In 3-quart saucepan, cook beef, onions, peppers and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked. Stir in chili powder, oregano, cumin, salt, pepper sauce and tomatoes. Heat to boiling over high heat. Reduce heat just enough so mixture bubbles gently. Cover; cook 1 hour, stirring occasionally.

Optional: Icelandic yogurt or sour cream to top. Adds 25 calories, 1-2 carb, 2gm protein

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2 crowns broccoli

In a medium saucepan combine marmalade, orange juice, soy sauce, sesame oil and bring to a boil. Reduce heat and simmer for 3-5 minutes to thicken. In a large frying pan combine chicken, chopped broccoli, and the orange glaze and stir fry, stirring often; until chicken is cooked and broccoli is tender.

Chicken Florentine Roll Up- serves 4

10oz frozen spinach
4 TBS sun dried tomatoes
3 TBS grated parmesan
¼ fresh basil
3 oz goat cheese
1 egg white
4 boneless skinless chicken breasts
¼ cup low sodium chicken broth.

If using frozen spinach, thaw thoroughly and squeeze out excess water. In a mixing bowl combine spinach with tomatoes, parmesan, basil, egg white, and goat cheese. Fill each raw chicken breast with the mixture and roll and hold with a toothpick. Sear each roll in a skillet about 2 min per side then cover with chicken broth and transfer to oven for 14 minutes at 400degrees.

Orange Chicken and Broccoli (serves 4)

4 chicken breasts, cut into chunks
½ cup sugar free orange marmalade
2 tbs orange juice
2 tbs soy sauce
1 tsp ginger

Collard Green Wrapped Salmon-Serves 4

¼ Cup walnut pieces
2 large collard green leaves
4 6oz salmon filet
½ tsp salt and pepper
3 TBS olive oil
1 lemon
¼ Cup fresh Dill
½ Cup plain Icelandic or Greek yogurt

Remove spine of each collard to create 4 “leaves”. Wrap each salmon filet in collard green leaf and secure with toothpick. Grill Salmon 4 min per side in frying pan, enough to wilt leaves. Add walnuts to frying pan and toast while salmon is cooking.

In separate bowl combine, olive oil, lemon, dill, and Greek yogurt. Serve as sauce on top of cooked wrapped salmon.

Dessert

Pumpkin Mousse

½ Cup canned pumpkin
¼ cup swerve sweetener
1 tsp pumpkin pie spice
¼ tsp clove

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¼ cup cream cheese

1 cup heavy cream.

1 scoop protein powder

Using food processor, whip swerve, pumpkin, spices, protein powder and cream cheese until uniform. In a separate bowl using a hand mixer, whip heavy cream until soft peaks form. Fold whipped cream into cream cheese pumpkin mixture, then scoop into lined muffin tins, and let freeze overnight.



Vacation Body Challenge Recipes

Week 5

Breakfast

Open Face Breakfast Sandwich

assemble by placing cottage cheese on toast, and over easy egg on top. Allow yolk to pop and mix with cottage cheese. Salt and pepper to taste.

2 slices low carb gluten free toast
2 over easy eggs
1 cup skim cottage cheese.

Cauliflower Pancake w/ Icelandic yogurt “sour cream” – serves 4.

1 lb(s), Cauliflower - Raw
4 large, Eggs
½ white onion, chopped
1tsp, Salt
1tsp, ground, Pepper
4 ounces, Icelandic Yogurt plain + squeeze lemon juice and 1 tsp chive.

Grate raw cauliflower with food processor or grater, mix with eggs, chopped onion, salt. Let sit for several minutes. Pour batter onto heated skillet to form 3-4” patties. Cook 3-4 minutes per side until a golden crust appears. Mix yogurt with lemon juice and chive in small bowl. Serve as dip for pancake.

Snacks

Chocolate Protein Bar

0.25 tsp., Kosher Salt
1 cup, Oats
0.25 cup, Skim Milk
0.25 cup, Cocoa, dry powder, unsweetened
0.50 cup(s), Unsalted Unsweetened Peanut Butter
2 tbsp, Maple Syrup
2 scoopful, Unflavored Protein Powder
2 TBS Swerve Sweetener
(12) Chocolate Protein Bar

Pulse all ingredients accept milk into food processor. Once uniform slowly pulse in milk until it holds a paste like structure. Press into 8x8 sheet and place in refrigerator to set. Slice into 8 bars and serve chilled.

Mozzarella Sticks- 1 serving

(prep: freeze mozzarella sticks overnight)
2 tablespoon, Gluten Free Bread Crumbs
2 stick (28g), Natural String Cheese
1 large, Eggs - White only, raw
Place egg white in small bowl. In separate bowl, place bread crumbs. Coat 2 string cheese in egg white, roll in bread crumbs and freeze overnight. From freezer, bake 15min at 350- until inside is melted.
Option to serve with tomato sauce.
2 Tbs adds 25 cal, 5 carbs.

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Main Courses

Mustard Chicken w/ shredded brussel sprouts (serves 4)

4 chicken breast
1lb brussel sprouts
2 tbs red wine vinegar
2 tbs olive oil
2 tbs mustard
2 tsp honey

In a small bowl whisk together red wine vinegar, olive oil, mustard and honey. Slice chicken into strips and sauté in a large saucepan on medium high heat with mustard mixture.

Using a mandolin, shred brussel sprouts. When the chicken is almost cooked, add brussel sprouts to mixture and cook, stirring occasionally until chicken is cooked and brussel sprouts are crisp. Serve immediately.

Steak Tips w/ Chimichurri Sauce (serves 4)

¼ Cup olive oil
2 tsp, ground, Pepper
2 clove, Garlic, raw
2 cup, Parsley, fresh
2 cup, Chopped Cilantro
¼ cup red wine vinegar
1 tbsp, Agave
24 oz, Steak Tips

Blend all ingredients (accept steak) in food processor to make a paste. Sear steak tips in frying pan at medium high heat- 3-4 minutes per side. Remove from heat and allow to rest several minutes before eating. Immediately before serving, pour chimichurri sauce over steak.

Easy Chicken Tikka Masala- serves 4. Option to marinate chicken in plain yogurt overnight.
15 fluid ounce, Tomato Sauce-can
2 tbsp, Spices, cumin seed
0.50 cup, Cream - Half and half
0.25 cup, Chopped Cilantro
2 Tbsp, Garam Masala
4 chicken breast, cubed

Combine tomato sauce, cream, and spices into large saucepan on medium heat. Bring to a simmer. Add cubed chicken breast and simmer on low for 30 minutes until chicken is completely cooked.

2 cup, Cauliflower – Raw

While chicken is simmering, pulse raw cauliflower in food processor raw, then sauté in medium frying pan for several minutes in until tender.

Place cauliflower rice in bowl and ladle chicken masala over it. Garnish with cilantro.

Shrimp with Kale and Smoked Paprika (serves 4)

1.25lb shrimp, peeled and deveined
3 large clove garlic, chopped

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5 cups kale, chopped.
3TBS olive oil
2 tsp smoked paprika
¼ tsp salt
¼ tsp cayenne

Sautee shrimp, garlic, olive oil, paprika, cayenne in large frying pan until almost cooked, then add kale and cook until kale is wilted. Serve immediately.

Dessert

Instant apple crisp- serves 2

1 medium apple
2 tbsp Oats
1 tsp brown sugar (packed)
1 tbsp butter
½ tsp, Cinnamon
1 tbsp swerve sweetener

Peel and slice apple into small cubes and divide into 2 bowls. In a separate bowl combine swerve, brown sugar, cinnamon, oats, and cold butter. Mash with a fork into a paste. Pour equal amounts of oat mixture over apples and microwave for 2-3 minutes. Enjoy warm.

Vacation Body Challenge Recipes

Week 6

Breakfast

Egg Frittata (serves 6)

1 cup chopped spinach
1 cup sliced mushroom
½ cup onion
12 large, Egg
1 cup low fat cheddar cheese
½ cup chopped bacon
½ cup milk

Whisk together egg, milk, and cheese. Set Aside. If using fresh spinach, sauté for 5 minutes in frying pan until spinach wilts. If using frozen spinach, thaw thoroughly and squeeze out excess water before using. Add mushrooms, onion, and bacon and sauté for 3-4 minutes on medium heat. Lay vegetable mixture in bottom of a casserole dish then pour egg mixture on top. Top with additional cheese if desired. Bake for 30min at 350 degrees. Can be refrigerated and reheated.

Smoked Lox w/ Cream Cheese

12 oz, Fish, salmon, chinook, smoked
1 sliced cucumber
4 tablespoons, Cheese, cream
Garnish with capers and chive

Slice cucumber into 1/8" slices. Spread cream cheese on top and layer with salmon. Garnish with capers and or chive. Serve immediately.

Snacks

Vanilla Cinnamon Almonds (serves 12)

2 egg, Egg Whites
2 tbsp(s), Vanilla extract
2 tbsp(s), Swerve Sweetener
0.75 teaspoon, Salt
0.50 Tsp, Cinnamon

Whisk together egg whites, vanilla swerve sweetener, and salt to form a frothy foam. Coat almonds with egg mixture then toss with cinnamon. Lay almonds on a baking sheet and bake at 300 degrees for 25 minutes. Allow to cool

Date/Seed Bars- makes 10 bars

2 fluid ounce, Pumpkin Seeds
2 oz(s), Seeds, sunflower seed kernels, dried
0.75 ounce, Unsweetened Coconut Flakes
1 tbsp(s), Seeds, sesame seeds, whole, dried
4 pieces, Apricots, Dried
4 oz(s), Dates, medjool
1 TBS Swerve Sweetener
2 scoops, Protein Powder- Vanilla

Pulse all ingredients in food processor until thick paste forms. If moisture is needed, add 1 TBS water. Press mixture in 8x8 pan, press flat, and place in refrigerator overnight. Cut into bars.

Vacation Body Challenge Recipes

Main Courses

Lamb Chops w/ Mint-Pea Sauce- serves 4

1 ¼ cups low sodium chicken broth
One 10oz package frozen peas
8 quarter pound lamb chops
½ cup fresh mint
1 leek

In large pot or Dutch oven, cook peas and leek in chicken broth. Once cooked, pulse in food processor with salt pepper and mint. Set aside

Using cast iron skillet (frying pan will work too) sear lamb chops on high heat about 2-3 minutes per side to cook medium. Let rest several minutes before serving. Pour mint pea sauce over lamb chops and enjoy.

Lemon Tarragon Chicken with zucchini ribbons. (serves 4)

- 4 skinless boneless chicken breast
- 1 clove garlic
- 3 tbsp flour (gluten free)
- 2 tbs olive oil
- ¾ cup white wine (optional)
- 1 cup low sodium chicken broth
- 2 TBS fresh tarragon
- 1 medium zucchini
- 1 medium yellow squash
- Salt and pepper to taste.
- lemon

Dredge chicken in flour, shake off excess, and pan sear in olive oil to brown on both sides. Set aside.

Using vegetable peeler, peel both squash around the perimeter to form long ribbons. Sauté ribbons in white wine, chicken broth, lemon juice, and tarragon. Once tender add chicken back and cook until done. Flour will help thicken the sauce.

Pistachio Lemon Grass Crusted Mahi + 1 Cup Steamed Asparagus

Combine in food processor to make paste:

½ Cup salted pistachios unshelled
1 lemon (juice)
1 TBS olive oil
2 TBS Fresh Lemon Grass
1.5lb mahi mahi (or other white fish)

Coat fish with pistachio paste and cook in frying pan 3-4 min per side until crust is toasted. Transfer pan to preheated oven of 350 degrees for 15-18 minutes. Serve w/ side of steamed or sautéed asparagus.

Shrimp Salad with Pistachio and Mint Dressing

2 tbsp(s), Orange juice - Raw
2 tbsp., Rice Vinegar
2 tablespoons, Oil – Olive
In small bowl, combine orange juice, rice vinegar, and olive oil. Set aside.
Salad
¼ cup salted deshelled pistachio
¼ cup Fresh Mint
2 tbsp fresh tarragon
18 oz, Shrimps
1 cup chopped Romaine
2 ounce, Parmesan Cheese - Shaved
2 oz(s), Tomatoes

Vacation Body Challenge Recipes

Chop fresh romaine into 1-2" chunks, mix with fresh mint, pistachios, fresh tarragon, chopped tomatoes, and shaved parmesan cheese. Once mixed, add dressing and coat evenly.

In frying pan. Sauté shrimp on medium high heat for 2-3 minutes until cooked (pink). Transfer shrimp to salad mixture, and toss, Serve immediately.

Dessert

Peppermint Yogurt bark- makes 8 pieces

2 cup, Icelandic Yogurt
1/2cup Pomegranate Seeds
¼ cup Dark Chocolate Chips
1 tbsp Peppermint oil
2 TBS swerve sweetener

Mix all ingredients until thoroughly blended. Press flat into a small cookie sheet and freeze overnight. Once frozen cut into 8 pieces and serve chilled.