

# QUINOA KICK

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## INGREDIENTS:

- Washed Quinoa
- Cilantro
- Water
- Limes
- Jalapeno
- Garlic

## INSTRUCTIONS:

- 1.** Boil – 2 1/4 cups of water
  - 2.** Add a handful of cilantro, 2 fully squeezed limes, 1/4 jalapeno, and garlic to taste.
  - 3.** Add 1 cup washed quinoa, bring back to a boil.
  - 4.** Cover and lower heat to low. Let sit for 15-20 minutes (careful, don't let the bottom of the quinoa burn - if needed add more water).
  - 5.** Once done, serve to correct portion sizes for your meal plan (if not sure ask a Coach!).
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