

90 DAY
TRANSFORMATION

RECIPE MANUAL

ROB /ALLEN
FITNESS



Green & Protein Smoothies

Tip: Blend the water and greens FIRST, then add the rest of the ingredients 😊 (each recipe makes 1 serving)

Cinnamon Chia-Blueberry Smoothie

1 cup Frozen Blueberries (wild), ½ cup Kale leaves, 1 tbsp. Chia Seeds, 1 tsp. Cinnamon, 1 tbsp. Lemon Juice, 1 cup Unsweetened Almond Milk, 1 serving Vanilla Protein Powder

Strawberry Almond Protein Smoothie

1 serving Vanilla Protein Powder, 1 cup Frozen Strawberries, 2 tbsp. Almonds (raw), 1 tbsp. Chia Seeds, 1/2 cup Baby Spinach, 1 cup Unsweetened Almond Milk

Cinnamon & Vanilla Smoothie

1 serving Vanilla Protein Powder, 1 tbsp. Ground Flax Seed, 1 tbsp. Chia Seeds, 3/4 Banana (frozen), 2 Ice Cubes, 1 cup Water, 1/4 tsp Cinnamon, 1/2 cup Baby Spinach

Cherry Vanilla Smoothie

3/4 cup Frozen Cherries, 1 serving Vanilla Protein Powder, 1 cup Baby Spinach, 1 cup Unsweetened Almond Milk, 1 Tbsp. Chia Seeds (sub chocolate protein if you prefer!)

Blueberry Cashew Smoothie

3 tbsps. Cashews, 2 tbsps. Hemp Seeds, 1 serving Vanilla Protein Powder, 1 cup Water, 1 cup Baby Spinach, 3/4 cup Frozen Blueberries

Tropical Green Smoothie

1/2 Avocado, 1/2 cup Baby Spinach, 1 serving Protein Powder, 1 cup Unsweetened Almond Milk, 1/2 cup Pineapple (fresh or frozen)

Strawberry Banana Smoothie

1 cup Frozen Strawberries, 1/2 Banana, 2 tbsps. Oats (Gluten-Free), 1 cup Unsweetened Almond Milk, 1 tbsp. Hemp Seeds, 1 serving Vanilla Protein Powder, 1 tsp Coconut Oil

Morning Mojo

Having your morning mojo every morning is a great way to start the day! This little concoction will jump-start your metabolism, rehydrate your body, and help you detox your body all at the same time!

Ingredients:

- 12 oz. glass water (at room temperature)
- Juice of ½ lemon
- Either: ½ inch knob ginger root OR pinch of cayenne pepper

Directions: Add the lemon juice to the glass of water. If ginger: finely grate the ginger using a zester, and add the zest to the glass of water. If cayenne pepper: add a pinch of cayenne to your water. Enjoy!

Homemade Dressings & Condiments

Mom's Balsamic Dressing

(12 servings, 2 Tbsp. per serving. Store in refrigerator)

Ingredients:

- 1 cup Extra Virgin Olive Oil
- 1/3 cup Balsamic Vinegar
- 1 tbsp. Dried Parsley
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper (just to season)
- 1 tbsp. Honey Mustard
- 1 Garlic (1 clove, minced)

Directions: Add all ingredients into a bowl & whisk until thick and creamy. Check for seasoning.

Simple Lemon Citrus Vinaigrette

(12 servings, 2 Tbsp. per serving. Store in refrigerator)

- ¾ cup Extra Virgin Olive Oil
- ¼ cup Fresh Squeezed Lemon Juice
- 1 tsp. Dijon Mustard
- 1.5 tsp. Honey
- Sea Salt & Pepper for seasoning

Directions: Add all ingredients into a bowl & whisk until incorporated. Check for seasoning.

Apple Cider Vinaigrette

(8 servings, 2 Tbsp. per serving. Store in refrigerator)

Ingredients:

- 1 garlic clove, minced
- 1 tablespoon Dijon mustard
- ¼ cup apple cider vinegar
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. raw honey,
- ⅓ cup extra-virgin olive oil
- Sea Salt & Pepper for seasoning

Directions: Add all ingredients into a bowl & whisk until incorporated. Check for seasoning. Allow dressing to sit for about 30 minutes before using to get the full flavor!

Breakfast Deliciousness

Almond Protein Pancakes

Prep Time: 10 min

Ingredients

- 1/4 cup Almond Flour
- 2 tbsps. Vanilla Protein Powder (half a serving)
- 1 Egg
- 1.5 tsp. Coconut Oil
- 2 tbsps. Unsweetened Almond Milk
- 1 tsp Raw Honey
- 1/4 cup Blueberries (garnish)

Directions: Whisk almond flour, almond milk, eggs, and honey together in a bowl until batter is smooth. Heat oil in a skillet over medium heat; drop batter by large spoonful onto the griddle, and cook until bubbles form and the edges are dry (3 to 5 minutes.) Flip, and cook until browned on the other side, 3 to 5 minutes. Garnish with blueberries and enjoy!

Quick Veggie Scramble

Prep Time: 15 min

Ingredients: (Serves 2) 1 tbsp. Extra Virgin Olive Oil

- 1/2 cup Broccoli (chopped)
- 1/2 Yellow Onion (chopped)
- 1/2 Green Bell Pepper (chopped)
- 1 Zucchini (small, chopped)
- 4 Eggs
- Sea Salt & Black Pepper (for seasoning)
- 1 Tomato (sliced, for garnish)
- 1 Avocado

Directions: Heat a pan over medium heat, and sauté broccoli, onion, green pepper, and zucchini until tender (about 3-5 mins). In a small bowl, add the eggs and whisk them together. Pour the eggs over the vegetables in the pan, and scramble to your liking. Season with salt and pepper. (Be sure to keep stirring them so the eggs don't stick to the bottom of the pan). Serve with sliced tomato (sprinkled with sea salt), and sliced avocado

Mixed Berries

Ingredients: (Serves 1) 1/2 cup Fresh Mixed Berries

Directions: Enjoy!

Avocado Toast With Poached Eggs

Prep Time: 15 min

Ingredients (Serves 1)

- 1 slice Ezekiel Bread
- 1/2 Avocado
- Sea Salt & Black Pepper (to taste)
- 2 Eggs
- 1 tbsp. Apple Cider Vinegar
- 1/8 tsp Sea Salt

Directions: Bring a pot of water to a boil on your stove. Add sea salt and vinegar. Put Ezekiel bread in toaster. While water is heating, crack your egg into a bowl.

When the water is boiling, take a spoon and move it in a circle in your pot to create a "whirlpool." Gently add your egg into the pot. Poach for 3 to 4 minutes, then use a slotted spoon to carefully remove from the egg onto a paper towel-lined plate to soak up the excess water.

While eggs are poaching, cut avocado in half and remove the pit. Wrap one half and put it in the fridge for another time. Scoop avocado into a bowl, and mash it with a fork. Season with salt and pepper. Spread mixture out over toast. Transfer the eggs on top of your toast, and season again with salt and pepper if needed. Enjoy!

Fajita Scramble

Prep Time: 6 min

Ingredients: (Serves 1)

- 2 eggs

- Leftover Chicken Fajita Ingredients, cut into bite-sized pieces

Directions: In a large sauté pan, heat all of your leftover chicken fajitas. Once warm, crack 2 eggs over the mixture and scramble until cooked to your desired consistency. Enjoy!

Ezekiel Bread

Prep Time: 6 min

Ingredients: (Serves 1)

- 1 slice Ezekiel Bread

Directions:

Toast and enjoy!

Poached Egg

Prep Time: 10 min

Ingredients: (Serves 1)

- 1 Egg
- 1 tbsp. Apple Cider Vinegar
- 1/8 tsp Sea Salt

Directions: Bring a pot of water to a boil on your stove. Add sea salt and vinegar. Crack egg into a bowl. When the water is boiling, take a spoon and move it in a circle in your pot to create a "whirlpool." Gently add your egg into the pot. Poach for 3 to 4 minutes, then use a slotted spoon to carefully remove from the egg onto a paper towel-lined plate to soak up the excess water. Enjoy!

Zucchini Bread Overnight Oats

Prep Time: 8 hours

Ingredients: (Serves 2)

- 3/4 cup Oats (Gluten-Free)
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp. Ground Flax Seed
- 1 tbsp. Maple Syrup
- 1/2 tsp Cinnamon
- 1 Zucchini (grated- about 1 cup total)
- 2 tbsps. Hemp Seeds
- 1 Banana (sliced)

Directions: Mix together the oats, almond milk, ground flax seeds, maple syrup, cinnamon, zucchini, and hemp seeds in a large bowl. Cover the bowl, and then put it in the refrigerator overnight.

In the morning, take a cereal bowl and put about half of the overnight oats in the bottom. (save the other half for following day). Add about 2 Tbsp. of additional oats to the bowl, stir. Add 1/2 of a banana, sliced. Sprinkle with cinnamon, and enjoy!

NOTES: Hot or cold - These are great both hot AND cold! Simply put it in the microwave for 30-90 seconds to warm it up.

Scrambled Egg

Prep Time: 6 min

Ingredients: (Serves 1)

- Egg
- Sea Salt & Black Pepper

Directions: Warm a non-stick pan over medium heat. Once warm, crack egg into a bowl and whisk. Season with salt and pepper. Pour the egg into the pan, and scramble until it's cooked to your desired consistency. Enjoy!

Weekend Prosciutto, Eggs & Avocado

Prep Time: 15 min

Ingredients: (Serves 1)

- 1/4 tsp Coconut Oil
- 2 Egg

- 1 slice Ezekiel Bread
- 1/3 Avocado
- 2 oz. Sliced Prosciutto

Directions: Heat coconut oil in a non-stick skillet over medium heat. Then, crack eggs into the skillet and cook however you'd like. While eggs are cooking, slice the avocado and arrange it on plate. Toast Ezekiel bread.

Once eggs are finished, plate the eggs. Add prosciutto to the skillet and heat for about 30 seconds just to warm it up. Plate everything together and enjoy!

Salad & Wrap Recipes...

Veggies & Hummus Wraps

Prep Time: 15 min

Ingredients: (Serves 2)

- 1 Beet
- 1 Yellow Bell Pepper
- 1 Cucumber
- 1 Zucchini
- 1 tbsp. Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups Collard Greens (washed and stems removed)
- 1/2 cup Hummus
- 1/2 cup Alfalfa Sprouts

Directions: Slice vegetables (beets, pepper, cucumber, and zucchini), into thin "matchstick" size pieces. Or, if you have a spiralizer, you can use that also. Box grater works as well.

Once everything is chopped, toss with extra virgin olive oil and season with sea salt and fresh ground black pepper.

For the collard green "wraps," spread out a spoonful of hummus on each. Add the sprouts and top with chopped veggies. Wrap it up and enjoy!

Sliced Avocado

Prep Time: 1 min

Ingredients: (serves 1)

- 1/4 Avocado
- Pinch of Sea Salt

Directions: Slice avocado and enjoy!

Chicken & Butternut Squash Salad

Prep Time: 40 min

Ingredients: (Serves 2)

- 2 cups Butternut Squash (diced into cubes)
- 1/4 tsp Cinnamon
- 1 tbsp. Extra Virgin Olive Oil (divided)
- 4 cups Kale Leaves (finely chopped)
- 10 oz. Chicken Breast (Pre-Cooked) (Roasted is great, chopped)
- 1 1/2 tsps. Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 3 tbsp. Pumpkin Seeds

Directions: Preheat oven to 420 degrees. Line a rimmed baking sheet with parchment paper. Toss the butternut squash in 1/2 tbsp. of olive oil and spread on baking sheet. Sprinkle with cinnamon. Bake for 20 to 25 minutes, or until golden brown.

Heat remaining 1/2 tbsp. of olive oil in a large pan over med-low heat. Add kale and sauté until wilted (about 3 - 5 minutes). Remove from the heat. Add the roasted butternut squash, pre-cooked chicken, pumpkin seeds, and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.

The “BIG” Veggie Salad

Prep Time: 15 min

Ingredients: (Serves 1)

- 3 cups Mixed Greens (not iceberg, chopped)

- 1/2 cup Cherry Tomatoes (halved)
- 1 Carrot (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/4 Avocado (diced)
- 1 Zucchini (small, chopped)
- 1 Cucumber (small, peeled and chopped)
- 1/4 cup broccoli (chopped)

Directions: In a bowl, toss everything together with 2 tablespoons of any challenge-approved dressing. Enjoy! ***IF DETOX DAY: Squeeze the juice of half a lemon over the salad as dressing.

Kale & Apple Tuna Salad

Prep Time: 10 min

Ingredients: (Serves 2)

- 2 tbsps. Dijon Mustard
- 1tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (for seasoning)
- 1 can Tuna (drained)
- 2 stalks Celery (diced)
- 4 cups Kale Leaves (chopped)
- 1 Carrot (chopped)
- 1 Apple (diced)
- 1 Cucumber (chopped)
- 1/4 cup Pumpkin Seeds

Directions: Whisk mustard, olive oil, and salt and pepper together in large bowl. Then, add all of the other ingredients to the bowl and toss. Season with extra sea salt and pepper if needed. Enjoy!

Avocado Salad

Prep Time: 5 min

Ingredients: (Serves 2)

- 1 Avocado (cubed)
- 1 tbsp. Extra Virgin Olive Oil
- 1/8 Lemon (juiced)

- 1 tsp Red Pepper Flakes (optional)
- 1/4 tsp Sea Salt

Directions: Gentle toss all of the ingredients and mix them together in a bowl. Enjoy!

Giant Salad with Chicken

Prep Time: 15 min

Ingredients: (Serves 1)

- 3 cups Mixed Greens (not iceberg, chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 1 Carrot (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/4 Avocado (diced)
- 1 Zucchini (small, chopped)
- 1/2 Cucumber (small, peeled and chopped)
- 5 oz. Chicken Breast (Pre-Cooked)

Directions: In a bowl, toss everything together with 2 tablespoons of any challenge-approved dressing. Enjoy!

Chicken, Apple & Smashed Avocado Roll-Ups

Prep Time: 10 min

Ingredients: (Serves 1)

- 1 Apple (sliced into matchsticks)
- 1 tsp. Lemon Juice
- 5 oz. Chicken Breast (Pre-Cooked) (precooked, shredded)
- 1/2 Red Bell Pepper (sliced)
- 1/4 Avocado
- Sea Salt & Black Pepper for seasoning
- Collard Greens

Directions: Divide your apple in half. Slice one half into matchsticks for the wraps. Slice the other half into wedges for garnish. Sprinkle with lemon juice so they don't turn brown. Mix all ingredients (minus the lettuce leaves) in a bowl. Spoon into lettuce leaves to make a nice wrap!

Protein: Chicken & Turkey Recipes...

Bruschetta Chicken

Prep Time: 20 min

Ingredients: (Serves 3)

- 15 oz. Chicken Breast
- 1 1/2 tbsp. Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 Tomato (medium, diced)
- 1/2 cup Red Onion (finely diced)
- 2 Garlic (cloves, minced)
- 1/4 cup Basil Leaves (chopped)
- 1 tbsp. Balsamic Vinegar

Directions: Preheat oven to 450 degrees. Pound the chicken breasts gently so they are all of even thickness. Brush both sides of the chicken with olive oil, and season with salt and pepper. In a glass baking place the chicken breasts. Bake for 15-20 minutes.

In the meantime, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar in a bowl. Season with sea salt and black pepper to taste. When chicken is done, remove from oven and cover with foil for about 5 minutes. To serve, top the chicken with the tomato mixture and enjoy!

Zucchini & Turkey Skillet

Prep Time: 20 min

Ingredients: (3 servings)

- 1 1/2 tsp. Coconut Oil
- 1 lb. 93% Lean Ground Turkey
- 1 Yellow Bell Pepper
- 2 Zucchini (large, finely diced)
- 1 cup Organic Salsa
- 1 cup Baby Spinach
- 3 Eggs
- Sea Salt & Black Pepper (to taste)

Directions: Heat the coconut oil in a skillet over medium heat. Add turkey, breaking up

any chunks. Once the turkey begins to brown, add the zucchini and yellow pepper. Sauté until the vegetables have softened (about 5 minutes)

Add the salsa to the skillet and stir to combine. Add in spinach and stir until it's wilted. Once wilted, press down with a spoon to create 3 little "pockets" for the eggs in your skillet. Crack one egg into each pocket. Cover the skillet with a lid and cook until the eggs have reached your desired temperature. (3-5 minutes) Season with salt and pepper. Enjoy.

Homemade Fajitas

Prep Time: 40 min

Ingredients: (Serves 4)

- 1 tbsp. Chili Powder
- 1/2 tsp Black Pepper
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1/2 tsp Garlic Powder
- 3 Peppers (yellow, red, green) (sliced)
- 1 Jalapeno Pepper (de-seeded and sliced)
- 1 Yellow Onion (sliced)
- 16 oz. Chicken Breast (cut into strips)
- 1 tbsp. Extra Virgin Olive Oil
- **1/2 cup Cashews (soaked for 1-2 hours in water, drained)**
- 1/2 tsp Sea Salt
- 1 tbsp. Apple Cider Vinegar
- 1 Lemon (juiced)
- 2 tbsp. Water ((as needed))
- 4 cups Collard Greens (washed and stems removed)
- 2 Lime (cut into wedges)

Directions: Preheat oven to 425. Line a rimmed baking sheet with parchment paper. Combine chili powder, black pepper, cumin, paprika and garlic powder in a bowl and mix well. In a separate bowl, add your peppers, onion and chicken. Drizzle with olive oil and then toss with chili powder mixture. Make sure everything it is well coated. Place chicken mixture on your baking sheet and bake for 30 minutes or until chicken is cooked to your liking.

Time to make the cashew sour cream! Add cashews, sea salt, apple cider vinegar, lemon

juice and water in a food processor. Blend until mixture is completely smooth. If it's too thick, add water if needed.

Take the chicken out of the oven and let cool for a few minutes. Create fajita "wraps" with the collard greens. Squeeze a small lime over the chicken mixture before closing up the wrap. Top with cashew sour cream. Enjoy!

Turkey Burgers with Caramelized Onions

Prep Time: 45 min

Ingredients: (Serves 4)

- 1 tbsp. Coconut Oil
- 2 Yellow Onion (peeled and finely sliced)
- 2 Apple (green, divided)
- 1 lb. 93% Lean Ground Turkey
- 2 tsps. Dijon Mustard
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 head Green Lettuce (separated into leaves and washed)

Directions: Preheat oven to 350 degrees. Heat coconut oil in a large skillet over medium heat. Add onion and sauté for 30 minutes or until golden brown. If onion starts to stick, add 1-2 tsp. of water and continue to sauté. Set aside when done.

Dice or shred 1 apple into a large mixing bowl. Squeeze the apple to get rid of any excess liquid. (drink it if you'd like, yum!)

Add your Dijon mustard, thyme, salt and pepper into the mixing bowl and mix to combine. Then add your turkey and apple and mix well. Form into patties, and place on a baking sheet lined with parchment paper.

Bake the burgers in the oven for about 15 minutes per side, or until cooked to your liking. Time to serve! Place turkey burger on a bed of lettuce and top with caramelized onion. Slice up additional apple for garnish.

Chicken Sausage with Apples & Peppers

Prep Time: 35 min

Ingredients: (Serves 4)

- 1 1/2 lbs. Organic Chicken Sausage
- 1 Yellow Onion (sliced)
- 3 Peppers (red, yellow, orange) (sliced)
- 2 Jalapeno Pepper (sliced)
- 2 Apples (sliced)
- 3 tbsp. Extra Virgin Olive Oil
- 2 tbsp. Lemon Juice (juice from 1 lemon)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt & Black Pepper (just enough to season)

Directions: Preheat oven to 375 degrees. In a large glass baking dish, spread out your onions, peppers, apples, and jalapeños. Toss veggies with olive oil and lemon juice. Spread out veggies evenly in baking dish, and season with salt and pepper.

Place sausages on top of the bed of vegetables. Use a sharp knife, and poke 5-6 holes in each link. Cover with aluminum foil and bake for 25 minutes. Remove foil, flip sausage, and continue to bake for an additional 10 minutes. If you want the sausage crispy, you can broil it for a few minutes. When done, season with thyme, and serve.

Roasted Squash & Turkey

Prep Time: 50 min

Ingredients: (Serves 4)

- 2 Acorn Squash
- 2 tbsp. Extra Virgin Olive Oil
- 1 lb. Turkey Sausage
- ½ cup Cherry Tomatoes, halved
- 2 tbsp. Chili Powder
- 1 tsp Oregano
- 1 tsp. Dried Thyme
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 cup Water
- 4 cups Baby Spinach (chopped, packed tight)

Directions: Preheat the oven to 450 degrees. Carefully slice a small piece off the bottom of the squash so it's level. This way they won't roll on the baking sheet. Next, halve the squash across the equator. Scoop out the seeds and pulp. Brush the inside of the halves with 1 Tbsp. olive oil. Place face up on the baking sheet and bake for 35 - 45 mins or until golden brown.

Meanwhile, heat the remaining 1 Tbsp. of olive oil in a skillet over medium heat. Add the turkey and sauté until browned. Make sure to break up pieces as it cooks through. Next, add tomatoes, chili powder, oregano, cumin, sea salt and water to the turkey. Mix until everything is combined really well, and then add spinach. Stir until wilted. Turn down the heat to low to keep warm until your squash is done.

When squash is golden brown, remove from oven and stuff with the turkey mixture. Enjoy!

Sweet Chicken Chili Meatballs

Prep Time: 30 min

Ingredients: (Serves 4)

- 1 lb. Ground Chicken
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 1 Egg
- 1 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper
- 2 tbsp. Olive Oil
- 1/2 cup Organic Chicken Broth
- 1/3 cup Tomato Paste
- 1/4 cup Raw Honey
- 1 tbsp. Apple Cider Vinegar
- 1 tbsp. Chili Powder
- 1/4 tsp Paprika
- 1/4 tsp Ground Mustard

Directions: Preheat oven to 350 degrees F. In a large bowl, add the chicken, onion, garlic, egg, half the salt, and black pepper and mix to combine. Using your hands, create golfball-sized meatballs.

In a large oven-safe skillet over medium-high heat, add olive oil and cook meatballs until golden brown, turning frequently (for about 5 minutes). Once there's a nice crust, place

the skillet in the oven for 18-20 minutes or until the meatballs are fully cooked.

While the meatballs are cooking, add the chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt to a medium saucepan over medium heat. Stir to combine all of the ingredients. Bring sauce to a boil and then reduce heat to simmer for 3-5 minutes. Stir occasionally.

When the meatballs are finished, take them out of the oven and coat each meatball in sauce. Enjoy!

Sweet Potato, Turkey & Kale Bake

Prep Time: 30 min

Ingredients: (Serves 4)

- 2 Sweet Potato (medium, cubed)
- 1 tbsp. Extra Virgin Olive Oil
- 1 tbsp. Coconut Oil
- 1 White Onion (diced)
- 1 lb. Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 1 tbsp. Chili Powder
- 1/2 tsp. Cayenne Pepper (optional)
- 1/2 tsp. Sea Salt
- 1/2 tsp. Black Pepper (optional)
- 8 cups Kale Leaves (finely diced)

Directions: Preheat oven to 425. Line a large baking sheet with parchment paper. Spread potatoes on the baking sheet and toss with olive oil. Then, making sure no potatoes overlap, bake for 20 minutes.

Meanwhile, heat coconut oil in a large skillet over medium heat. Add the onion and sauté for about 3 minutes. Next, add the ground turkey, cinnamon, chili powder, cayenne pepper, sea salt and black pepper. Stir to combine, and break up any large pieces of turkey as it cooks.

Once the turkey is cooked, and drain excess liquid and return to heat. Stir in the kale, 1-2 cups at a time, and sauté until wilted. Remove from the heat and set aside. When the potatoes are done, combine them with the turkey, and serve! Enjoy!

Protein: Pork & Steak...

Pork Chops with Green Beans, Artichoke Hearts, & Roasted Tomato

Prep Time: 30 min

Ingredients: (2 Servings)

- 1 cup Black Olives (pitted, dry)
- 2 Garlic (clove, sliced)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsp. Nutritional Yeast
- 8 oz. Pork Chop
- 1 cup Green Beans (trimmed & chopped)
- 1 cup Canned Artichoke Hearts (drained, dry)
- 1 cup Cherry Tomatoes

Directions: Preheat oven to 400 degrees F and line a rimmed baking sheet with aluminum foil. Next, in a food processor, blend olives, garlic, olive oil and nutritional yeast until you have a thick paste.

Add pork chops, green beans, artichokes, and cherry tomatoes to a large bowl and coat the pork chops and veggies with the olive pesto. (as much or little as you like). Place pork chops and veggies on the baking sheet and bake for 25 minutes, or until pork is fully cooked. Enjoy!

One Skillet Steak with Sautéed Spinach

Prep Time: 15 min

Ingredients: (Serves 2)

- 1 1/2 tsp. Coconut Oil
- 10 oz. Beef Tenderloin (sliced into steaks)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Balsamic Vinegar
- 2 tbsp. Dijon Mustard
- 5 cups Baby Spinach
- 1/4 Lemon (juiced)

Directions: Heat oil in a large skillet over medium-high heat. Season each side of the steaks with salt and pepper. Depending on the thickness of your steak, cook for about 5-6 minutes on each side, or until cooked to your desired temperature.

Transfer steaks to a plate, cover with foil, and let rest. In the same skillet, add balsamic vinegar and bring to a boil. Scrape off all of the bits at the bottom and mix into the sauce. Boil for 1 to 2 minutes until sauce begins to thicken. Remove from heat and whisk in mustard. If there are any juices in the plate with the steaks, add that back to the skillet also and whisk. Pour the sauce in a bowl and set aside.

Place the same skillet back over medium heat and add the spinach. Sauté until wilted. Turn off the heat and stir in lemon juice. Time to serve! Plate your steaks with the sautéed spinach. Drizzle balsamic sauce over steaks, and enjoy.

Pork Tenderloin with Sweet Potato Mash

Prep Time: 1 hour

Ingredients: (Serves 4)

- 1 1/2 tsp. Rosemary (dried)
- 1 1/2 tsp. Thyme (dried)
- 4 Garlic (cloves, minced)
- 2 tsp. Dijon Mustard
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 lbs. Pork Tenderloin
- 2 tbsp. Extra Virgin Olive Oil
- 3 Sweet Potato (medium, peeled and sliced)
- 1 tsp Cinnamon Sea Salt & Black Pepper (to taste)

Directions: Preheat oven to 400 degrees. Smash the rosemary, thyme, garlic, mustard, salt and pepper and combine into a thick paste. Cut small slits into the pork tenderloin. Rub the 2/3 of the paste into the slits. Combine leftover paste with olive oil and rub over the entire tenderloin.

Bake, uncovered, for 45 minutes in a glass baking dish. (meat thermometer should read 145 degrees F when it's done cooking.) Remove and cover with foil and let rest for 10 minutes.

While the pork is cooking, fill a pot (with a steam basket) with water and bring to a boil.

Add sweet potatoes to the basket and steam for 8 to 10 minutes until soft. Place the sweet potatoes in a large bowl and mash with a fork. Add cinnamon, and season with salt and pepper to taste. Serve the pork with the sweet potato mash and enjoy!

Fish & Seafood Dishes...

Easy Baked Salmon & Rainbow Veggies

Prep Time: 40 min

Ingredients: (Serves 2)

- 2 cups Cherry Tomatoes
- 10 oz. Salmon Fillet
- 1 Yellow Pepper (sliced)
- 2 cups Broccoli (chopped into small florets)
- 1 cup Cauliflower (chopped into small florets)
- 1/2 cup Red Onion (sliced into chunks)
- 2 tbsp. Extra Virgin Olive Oil
- 1 1/2 tsp. Coconut Aminos
- 1/2 Orange (zested & juiced)
- Sea Salt & Black Pepper (to taste)

Directions: Preheat oven to 375 degrees. Line a large baking sheet with parchment paper. (you'll need two baking sheets). Place the salmon on the center of the baking sheet. Spread out all of the chopped veggies around the salmon.

Drizzle the vegetables with olive oil. Brush the salmon with coconut aminos, orange juice and zest. Season everything with sea salt and fresh ground pepper. Bake for 30 minutes, or until salmon is fully cooked. Enjoy!

Smoked Salmon & Tomato

Prep Time: 3 min

Ingredients (Serves 1):

- 4 oz. Smoked Salmon
- 1/2 Tomato (organic if possible, sliced)

Directions: Slice tomato and serve topped with smoked salmon.

Ginger Steamed Cod Fillets

Prep Time: 15 min

Ingredients: (Serves 2)

- 2 tbsp. Coconut Aminos
- 2 tbsp. Apple Cider Vinegar
- 2 tbsp. Water
- 1 tbsp. Ginger (grated)
- 2 Cod Fillets (5-6 oz. each)
- Sea Salt & Black Pepper (to taste)
- 3 stalks Green Onion (thinly sliced)

Directions:

In a large skillet, add coconut aminos, vinegar, water and ginger and stir until combined. Season cod with salt and pepper on each side. Place in skillet.

Bring to a boil then reduce heat to a simmer. Cooked, covered, for 8 minutes. Add green onions and cook for additional 2 minutes or until fish is cooked to your liking. Enjoy!

Roasted Salmon with Green Beans

Prep Time: 25 min

Ingredients: (Serves 4)

- 4 cups Green Beans (washed and trimmed)
- 2 cups Cherry Tomatoes
- 1 tbsp. Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 20 oz. Salmon Fillet

Directions: Preheat your oven to 510 degrees. Line a rimmed baking sheet with parchment paper. (Make sure the brand you use can handle 510 degrees heat).

In a large mixing bowl, add the beans and tomatoes and toss with olive oil. Season with sea salt and black pepper. Spread over the lined baking sheet and roast in the oven for about 10 minutes.

Meanwhile, season salmon with sea salt and black pepper on both sides. After the veggies have been in the oven for 10 minutes, take out the baking sheet and place the salmon fillets right on top of the vegetables. Put it back in the oven and continue roasting for an additional 8 to 10 minutes or until salmon is cooked to your liking. Enjoy!

Pesto Topped Halibut

Prep Time: 15 min

Ingredients: (Serves 2)

- 1/2 cup Parsley (packed)
- 2 tbsp. Fresh Dill (packed)
- 2 2/3 tbsp. Pumpkin Seeds
- 1 1/2 tbsp. Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1 Garlic (clove)
- Sea Salt & Black Pepper (for seasoning)
- 10 oz. Halibut Fillet
- 1 tsp Coconut Oil
- 4 cups Mixed Greens (or Arugula)

Directions: Add parsley, dill, pumpkin seeds, olive oil, lemon juice and garlic to a food processor. Season with a little salt and black pepper and blend to combine until mixture forms a thick paste. Set aside.

Season halibut with salt and pepper. Heat coconut oil in a large skillet over medium-high heat. Cook for 3-4 minutes on each side, or until golden brown and flakey. On a bed of greens, place halibut fillets, and top each fish with a scoop of pesto. Enjoy!!

Baked Halibut with Citrus Salsa

Prep Time: 20 min

Ingredients: (Serves 4)

- 4 Oranges (assorted varieties (red if you can find them), peeled, segmented)

- 1/4 cup Red Onion (diced)
- 1 Jalapeno Pepper (seeded and minced)
- 1/2 cup Cilantro (chopped)
- 1/2 Lime (juiced)
- 1 tbsp. Extra Virgin Olive Oil
- 1 tsp. Balsamic Vinegar
- 1/2 tsp. Paprika (just a sprinkle!)
- Sea Salt & Black Pepper (just to season!)
- 20 oz. Halibut Fillet
- 1 tbsp. Extra Virgin Olive Oil
- 1/2 Lemon

Directions: Preheat oven to 400 degrees F. In a glass baking dish, drizzle half the olive oil on the bottom and spread it out so the Halibut doesn't stick. Arrange the fillets in the dish.

Drizzle remainder of the olive oil on top of the fish and season with salt and pepper. Squeeze a little lemon juice over the top and bake for about 20 minutes until the Halibut flakes.

While the fish is cooking, combine orange segments, onion, jalapeno and cilantro in a medium bowl. Toss with lime juice, olive oil, vinegar, salt and pepper. Sprinkle paprika, and taste for seasoning. When the fish is done, plate and top with citrus salsa. Enjoy!

Favorite Soups...

Amazing Detox Soup

Prep Time: 30 Min

Ingredients: (Serves 4)

- 2 tbsp. Extra Virgin Olive Oil
- 1 shallot, raw (peeled & sliced)
- 2 Garlic (2 cloves, minced)
- 2 tbsp. Ginger (fresh, peeled and grated)
- 4 cups Organic Chicken Broth (same as 32 ounces)
- 1 Carrot (peeled and chopped)
- 1 Beet (golden, peeled and sliced)

- 1 cup Broccoli (florets, chopped)
- 1/4 head Cauliflower (florets, chopped)
- 1 serrano pepper (optional, sliced)
- 1 cup Purple Cabbage (chopped)
- 1 Red Bell Pepper (chopped)
- 1 Zucchini (chopped)
- 1 Sea Salt & Black Pepper (to season)
- 2 cups Kale Leaves (chopped)
- 1 cup Cherry Tomatoes (sliced in half)

Directions: Heat the olive oil in a large soup pot over medium heat. For a few minutes, sauté shallots, garlic, and ginger for about 3-4 minutes until softened. Add chicken broth and raise heat to bring to a simmer. Add carrots and beets and simmer for 3-4 more minutes.

Add broccoli, cauliflower, and serrano pepper (if using) and simmer for another couple of minutes. The veggies should be just barely tender. If not, cook a little longer.

Add in the rest of your vegetables (cabbage, red pepper zucchini). Bring to a boil, and then reduce heat to a low simmer. Vegetables should be tender, but not soft. Add in spinach and tomatoes. Season with salt and pepper. Enjoy!

World's Best Turkey Chili

Prep Time: 3 hours

Ingredients: (Serves 8)

- 1 tbsp. Extra Virgin Olive Oil
- 3 Garlic (cloves, minced)
- 2 Yellow Onion (medium, diced)
- 2 Red Bell Pepper (chopped)
- 2 Carrot (large, diced)
- 2 stalks Celery (diced)

- 1 Sweet Potato (peeled, chopped)
- 2 lbs. 93% Lean Ground Turkey
- 1 1/2 cups Water (more as needed)
- 15 oz. tomato Sauce
- 14 1/2 oz. Diced Tomatoes
- 3 tbsp. Chili Powder
- 1 tbsp. Cumin
- 1 tbsp. Paprika
- 1 tsp. Cayenne Pepper (extra if you like it hot!)
- 1 tsp. Sea Salt
- 1/2 tsp. Black Pepper
- 1 tsp. Red Pepper Flakes
- 2 Avocados

Directions: Heat the oil in a large soup pot over medium heat. Add garlic, onions, bell peppers, carrots, celery, and sweet potato. Sauté for 7-9 minutes, until soft.

Add the turkey and cook until it starts to brown (about 7 minutes), mixing often to break up chunks. Add 1 1/2 cups water, tomato sauce, diced tomatoes in their juices, chili powder, cumin, paprika, cayenne, salt, black pepper, and red pepper flakes. Bring to a boil, then reduce to a simmer. Keep uncovered. Cook for about 45 minutes, stirring often. When it's done, add extra spices to reach your desired flavor. Slice avocado for garnish, and enjoy!

NOTES: Leftovers - You'll use 4 servings of this recipe in the next few days. Divide the chili in half, and freeze the rest for later on in the challenge!

Amazing Side Dishes & Add-On's...

Roasted Broccoli

Prep Time: 30 min

Ingredients: (serves 3)

- 4 cups Broccoli (cut into florets)
- 2 tbsp. Extra Virgin Olive Oil
- 1/2 tsp. Sea Salt

Directions: Preheat oven to 425 degrees. On a rimmed baking sheet, toss the broccoli with olive oil and spread out on the sheet. Season lightly with salt. Roast for 20-25 minutes. Enjoy!

Roasted Carrots

Prep Time: 25 min

Ingredients: (serves 2)

- 4 Carrot (medium, peeled)
- 1 tbsp. Extra Virgin Olive Oil
- 1/8 Sea Salt & Black Pepper (for seasoning)

Directions: Preheat oven to 400 degrees. Slice carrots diagonally into thick 1" slices. In a bowl toss carrots, oil and salt and pepper. Transfer to a baking sheet and roast for 20 minutes, or until tender. Enjoy!

Sautéed Zucchini

Prep Time: 10 min

Ingredients: (serves 3)

- 1 1/2 tbsp. Coconut Oil
- 3 Zucchini (sliced)
- 1/3 tsp Sea Salt (or more to taste)

Directions: Heat coconut oil in a skillet over med-high heat. Once the oil is hot, add zucchini and sauté for about 3-5 minutes per side, or until golden brown. Season with sea salt and enjoy!

Roasted Asparagus

Prep Time: 15 min

Ingredients: (serves 4)

- 3 cups Asparagus (woody ends trimmed)
- 1 tbsp. Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)

Directions: Preheat oven to 425 degrees. Toss asparagus with olive oil and season with salt. Spread on a rimmed baking sheet lined with parchment paper. Roast for 12 to 15 minutes. Enjoy!

Roasted Cauliflower

Prep Time: 35 min

Ingredients: (serves 4)

- 1 head Cauliflower (chopped into florets)
- 2 tbsp. Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)

Directions: Preheat oven to 350 degrees. Toss cauliflower florets with olive oil. Spread out on baking sheet. Season with salt, and then roast for 30 minutes or until golden brown. Flip cauliflower halfway through. Remove from oven, and enjoy!

Sautéed Spinach

Prep Time: 10 min

Ingredients: (Serves 4)

- 1 lb. Baby Spinach (rinsed, dry)
- 1 1/2 tbsp. Extra Virgin Olive Oil
- 4 Garlic (cloves, minced)

- 1 1/3 tsp. Sea Salt
- 1/2 tsp. Black Pepper
- 1/2 Lemon
- 1/4 Sea Salt & Black Pepper (for seasoning)

Directions: In a large pot over medium heat, add olive oil and sauté garlic heat for 1 minute until soft, but not brown. Add spinach, salt, and pepper to the pot.

Toss spinach with garlic and oil. Cover and cook spinach for 2 minutes. Uncover and then turn the heat to high. Sauté the spinach for another minute. Continue stirring until all the spinach is wilted. Using a slotted spoon, remove the spinach. Squeeze a little lemon over the top. Season with salt and pepper. Enjoy!

Roasted Butternut Squash

Prep Time: 35 min

Ingredients: (Serves 4)

- 6 cups Butternut Squash (peeled, seeded, & cubed)
- 2 tbsp. Extra Virgin Olive Oil
- Sea Salt & Black Pepper (for seasoning)

Directions: Preheat oven to 400 degrees. Toss butternut squash with olive oil in a bowl. Season with salt and black pepper. Arrange squash on a baking sheet. Roast for 25-30 minutes or until golden brown. Enjoy!

Snacks & Such...

Raw Almonds

Prep Time: 1 min

Ingredients: (1 serving)

- 1/4 cup Almonds (raw)

Directions: Enjoy!

Raw Walnuts

Prep Time: 1 min

Ingredients: (1 serving)

- 1/4 cup walnuts (raw)

Directions: Enjoy!

Berries & Yogurt

Prep Time: 1 min

Ingredients: (1 serving)

- 1 cup Plain Greek Yogurt 1
- 1/2 cup Mixed Berries
- 1 tbsp. Walnuts (chopped)

Directions: Mix berries and nuts in with yogurt and enjoy!

Yogurt & Nuts

Prep Time: 1 min

Ingredients: (1 serving)

- 1 cup Plain Greek Yogurt
- 1 tbsp. Almonds (chopped)

Directions: Mix nuts in with yogurt and enjoy!

Apple & 1 Tbsp. Almond Butter

Prep Time: 1 min

Ingredients: (1 serving)

- 1 Apple
- 1 tbsp. Almond Butter

Directions: Enjoy!

Apple & 2 Tbsp. Almond Butter

Prep Time: 1 min

Ingredients: (1 serving)

- 1 Apple
- 2 tbsp. Almond Butter

Directions: Enjoy!

Clean Trail Mix

Prep Time: 1 min

Ingredients: (serves 6)

- 16 oz. Clean Trail Mix

Directions: Grab and go snack! Make your own by combining your favorite nuts and dried fruits.... but it's a lot easier to buy a pre-made mix! Look for a "clean" trail mix in any health food store or where the nuts and seeds are in the grocery store.

Make sure there are NO added sugars or preservatives. Choose organic if possible. Amazon has a great variety also.

3 Stalks Celery & 1 Tbsp. Almond Butter

Prep Time: 1 min

Ingredients: (1 serving)

- 3 Stalks of Celery
- 1 tbsp. Almond Butter

Directions: Enjoy!

Fresh Sliced Veggies

Prep Time: 3 min

Ingredients: (2 servings)

- 1 Yellow Bell Pepper (sliced)
- 2 Carrot (sliced)
- 3 stalks Celery (sliced)

Directions: Enjoy!

Ways to Personalize Your Plan

- Exchange a protein for a protein
- Carbohydrate for a carbohydrate
- Healthy fat for a healthy fat
- Fruit for a fruit
- Vegetable for a vegetable

Non-Starchy Veggies (NSV's):

Artichoke	Carrots	Jicama	Sprouts
Artichoke hearts	Cauliflower	Leeks	Squash (summer)
Asparagus	Celery	Mushrooms	Swiss chard
Beets	Cucumber	Okra	Tomato
Brussels sprouts	Eggplant	Onions	Turnips
Broccoli	Greens (no iceberg)	Peppers	Zucchini
Cabbage	Hearts of palm	Radishes	

Common Starchy Veggies:

Acorn Squash	Pumpkin	Sweet Potatoes
Butternut Squash	Quinoa	Winter Squash
Parsnip	Spaghetti Squash	Yams

Lower to Medium Sugar Fruits:

Apple	Cantaloupe	Peaches
Apricots	Grapefruit	Pear
Berries (any kind)	Honeydew	Nectarine

Higher Sugar Fruits

Banana	Mango	Kiwi
Cherries	Plums	Pineapple
Grapes	Oranges	Tangerine

Protein Swaps:

Turkey	Fish	Pork
Chicken	Eggs	Lean Beef

Fat Swaps:

Olive Oil, 1 tsp.	Avocado (1/4 avocado)	Nut Butters, 1 ½ tsp.
Coconut Oil, 1 tsp.	Large Black olives (8)	
Salad dressing, 1 tsp.	Bacon, 1 slice (limited quantities)	