

Recipes for week 1 & 2

Breakfast: On-the-run omelets

The great thing about these omelets is they are very versatile...put whichever veggies you prefer in them! Just don't skimp out on the veggies!

Yields 5 servings (omelets may vary in size depending on amount of ingredients, but just count up your total and divide them into 5 equal servings)

INGREDIENTS

- 10 eggs
- 1 tsp. of extra virgin olive or coconut oil
- Handful (or two) of baby spinach leaves, chopped finely
- ½ cup mushrooms
- ½ cup bell pepper, whichever color you would like
- ½ diced fresh tomato
- ¼ cup diced scallions (white and light green parts only)
- ½ cup thinly sliced deli ham, diced into smaller pieces (optional)
- ¼- ½ cup shredded cheese (optional)
- Kosher salt and black pepper

RECIPE

- Pre-heat oven to 375
- Prepare 2 muffin tins: spray with olive oil cooking spray, or wipe with a paper towel that has a little bit of olive or coconut oil on it.
- In a skillet, preheat oil over medium heat. Sauté all of the veggies EXCEPT the spinach and scallions. Stir occasionally, cook for 3-5 minutes, until veggies start to soften and brown a bit. Season with salt and pepper. Remove from heat, place into a bowl and set aside.
- While veggies are cooling down, whisk 10 eggs in a large bowl, season with salt and pepper.
- After veggies have cooled slightly, add to the eggs. Add the spinach, scallions, cheese and ham as well.
- Pour egg mixture into the prepared muffin tins, only filling up about 2/3 of the way full; the eggs are going to puff up and expand, and you want to leave room for this to happen.
- Bake for 10-15 minutes, until the eggs have cooked and set.
- Pop out and serve, or store in fridge to use throughout the week.

Lunch: Chopped Salad with Quinoa

This salad can be whatever you make it; be creative! What you will quickly learn is that so many of these veggies are interchangeable. Find what you love and what works for you! I added chicken and quinoa to boost your protein, as well as a quick and easy vinaigrette that is super healthy. This entire salad will be layered in a bowl, to make it easy and quick to prepare, and just like the breakfast this week, it's great on the go!

Yields 1 serving

INGREDIENTS

- 3 tbsp. olive oil
- 1 tbsp. Dijon mustard
- 1 tbsp. balsamic vinegar
- Kosher salt and fresh black pepper
- 1 chicken breast, cooked and chopped (consider using from a rotisserie to make it quicker)
- ½ cup cooked quinoa (follow instructions on the package)
- ¼ cup chick peas, drained and rinsed
- ½ avocado, sliced
- A mixture of whatever veggies you like, just make sure you have at LEAST 1 cup of them!
 - Examples: bell pepper, cucumber, olives, tomato, onion, carrots, radishes, edamame, celery, etc.
- Spinach and any other lettuce, such as romaine, for filling the container

RECIPE

- At the bottom of your container or bowl, make the vinaigrette by whisking the olive oil, Dijon, balsamic and some salt and pepper until it comes together. Then, in the order listed above, start adding the ingredients to the bowl (basically, your heartiest ingredients go closest to the dressing so they do not get soggy).
- When ready for lunch, give your container a good shake (if in a bowl, just toss) to combine. Enjoy!
- Make this salad the morning/day you plan on enjoying it 😊

Dinner: Herb Roasted Salmon with Brussels Sprouts and Fingerling Potatoes

If you receive our monthly newsletter, you may recognize this from the *March Issue*. Roasting fish is pretty much a foolproof way to ensure your fish will come out the way you want it to. Feel free to adjust the cooking time slightly to ensure the fish comes out to your liking. I know brussels sprouts can be a hard sell, but I promise you, roasted with a little rosemary, red pepper flakes and garlic might change your mind!

Yields 4 servings

For the veggies

INGREDIENTS

- ½-2 lbs. fingerling potatoes
- 3 cups of Brussels sprouts, outer leaves pulled off and stems trimmed off
- 2 tbsp. finely chopped fresh rosemary
- 4 tsp. olive oil
- 1 ½ tsp. sugar
- ¾ tsp. Kosher salt
- ¼ tsp. black pepper
- ¼ tsp. red pepper flakes (totally optional, but highly suggested)

RECIPE

- Preheat the oven to 400. For super quick clean up, line a baking sheet with parchment paper.
- Scrub the potatoes, dry them off a bit, then halve them lengthwise, and place in a large bowl.
- After Brussels sprouts are peeled a bit and stems are trimmed, cut them in half lengthwise as well.
- Add the garlic, rosemary, oil, sugar, s & p, and red pepper flakes; toss everything until veggies are evenly coated. Transfer to the prepared baking sheet. Roast for 35-40 minutes, stirring once half way, until the potatoes have roasted and brussels sprouts look like they have begun to char a bit. If need be, season with more salt and pepper.
- While the veggies are roasting, get to work on the fish.

For the fish

INGREDIENTS

- 4, 5-6 oz. salmon filets
- 3 tbsp. Dijon mustard
- 1 ½ tsp. olive oil
- 1 tbsp. dry white wine or dry vermouth
- 2 garlic cloves, minced
- ½-1 tsp. finely chopped fresh thyme
- ½ -1 tsp. finely chopped fresh rosemary

- 1-2 tbsp. finely chopped fresh Italian or flat leaf parsley

RECIPE

- Line another baking sheet with foil, spray it with non-stick olive oil cooking spray, or wipe it with a thin coat of olive oil.
- In a small bowl, or even a mini food processor, combine mustard, olive oil, wine, garlic, rosemary, thyme and parsley. If not using a food processor just be sure to use a whisk, to ensure everything is mixed thoroughly. Set aside.
- Once the veggies are done, crank your oven to broil. Place salmon filets on the prepared baking sheet, and season them liberally with salt and pepper.
- Broil for 2 minutes.
- Remove fish from oven, and spoon the mustard herb sauce on top of the fish, and spread it evenly among the 4 pieces. Place fish back in the oven for 5-7 minutes, until slightly browned and cooked just through.
- Serve immediately.

Snack: Roasted Trail Mix

This trail mix blend works just as well if you don't have time to roast it; just try to find roasted, UNSALTED nuts. This recipe makes plenty of trail mix, so feel free to pre-portion it out so you are set for the week.

Serving size: $\frac{1}{4}$ cup

INGREDIENTS:

- $\frac{1}{2}$ cup each of: unsalted cashews, walnuts, pecans and almonds
- $\frac{1}{2}$ cup each of: raw pumpkin seeds and sunflower seeds
- 1 cup of dried mixed fruit: try dried cranberries, berries and cherries

RECIPE:

- Preheat the oven to 350. Spread nuts and seeds onto a cookie sheet. Bake for 10 to 15 minutes, stirring once half way through.
- Once done, let cool for a few minutes on baking sheet, and then transfer to a bowl.
- Add dried fruit and mix until thoroughly combined.
- If you hard core craving something sweeter, try adding a $\frac{1}{2}$ cup bittersweet or 60-70% cocoa chocolate chips; you want to make sure you get a chocolate chip with the highest concentration of actual cocoa