



**SERVING SIZE**  
Recipe makes 2 servings



# Quinoa & Raisin Oatmeal

## INGREDIENTS

- 2 cups unsweetened plain or vanilla almond milk
- 1 cup water
- 3/4 cup gluten-free or regular rolled oats
- 1/4 cup quinoa, rinsed well in a mesh strainer
- 1/2 tsp salt
- 2 tbsp organic maple syrup
- 2 1/2 tsp ground cinnamon
- 3/4 tsp vanilla extract
- 2 scoops Vital Proteins Collagen, optional
- 1/4 cup raisins

## INSTRUCTIONS

1. In a medium pot bring the milk, water, oats, quinoa, and salt to a light boil over medium heat.
2. Cover, reduce heat to medium-low, and simmer until quinoa is cooked through.
3. Once the quinoa and oats are cooked through, add the maple syrup, cinnamon, vanilla, collagen (if using), and raisins. Stir well.
4. Divide between 2 bowls.

## FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

## Cucumber & Pineapple Salad

### INGREDIENTS

- 1 English cucumber, diced
- 1 (20 oz.) can diced or fresh pineapple, liquid reserved
- ¼ cup roughly chopped cilantro
- 3 tbsp diced white onion
- 2 limes, zested and juiced
- 2 tbsp olive oil
- ½ tsp sea salt
- ½ tsp black pepper

### INSTRUCTIONS

1. Place the cucumber, pineapple, cilantro, and onion in a large bowl.
2. In a small bowl, whisk together the lime zest, lime juice, olive oil, salt, pepper, and 1 tablespoon reserved pineapple juice.
3. Drizzle over the salad, and toss well.
4. Serve chilled or at room temperature.

### SERVING SIZE

Recipe makes 3 servings

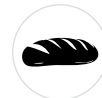
### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



## Spaghetti Squash Chow Mein (Paleo Friendly)

### INGREDIENTS

- 1 medium spaghetti squash
- ¼ cup liquid coconut aminos
- 1 clove garlic, diced
- 2 tsp freshly grated ginger
- 2 tsp rice vinegar
- 1 tbsp olive oil
- 3 celery stalks, sliced
- 1 large carrot, diced
- 1 small white onion, diced
- 1 cup shredded rotisserie chicken (optional)
- ¼ cup sliced purple cabbage, roughly chopped

### INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Poke the squash all over with a small knife.
3. Place the squash in a small baking pan and bake until fork tender, approximately 1 hour 15 minutes.
4. Let squash cool until cool enough to handle. Halve the squash, and remove the seeds with a spoon.
5. Use a fork to remove and plump the strands. Divide spaghetti between two bowls.
6. In a medium bowl, whisk together the aminos, garlic, ginger, and rice vinegar. Reserve.
7. Heat the olive oil in a medium frying pan over medium heat. Add the celery, carrot, and onion to the pan. Sauté until softened, ~5 minutes.
8. Add the reserved sauce and chicken. Bring to a simmer, and add the cabbage. Cook for 1 minute.
9. Divide mixture between the two bowls, and stir well to combine.

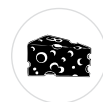
### SERVING SIZE

Recipe makes 2 servings

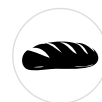
### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



## Herby Chicken Kebabs with Tzatziki Sauce

### TZATZIKI SAUCE INGREDIENTS

- 1 cup plain Greek yogurt
- ½ cup diced English cucumber
- 1 tbsp lemon juice
- 1 tbsp dried dill
- 2 tsp dried parsley flakes
- ½ tsp salt
- ½ tsp lemon pepper

### TZATZIKI SAUCE INSTRUCTIONS

1. In a medium bowl, combine all of the ingredients. Refrigerate until ready to serve.

### CHICKEN INGREDIENTS

- ¼ cup olive oil
- ¼ cup lemon juice
- 1 tbsp oregano
- 2 tsp dried basil
- ½ tsp dried thyme
- ½ tsp salt
- ½ tsp lemon pepper
- 2 boneless chicken breasts, diced into 1-inch cubes
- 2 large red or yellow peppers, sliced
- 1 large zucchini, cut into rounds
- 2 medium white or red onions, quartered
- 1 tbsp dried parsley flakes

### CHICKEN INSTRUCTIONS

1. In a medium bowl, whisk together the olive oil, lemon juice, oregano, basil, thyme, salt and pepper.
2. Place the chicken in a large, resealable plastic bag. Pour the olive oil mixture over the chicken, and refrigerate for 1 hour.
3. Preheat grill to medium-high heat.
4. Remove chicken from the plastic bag, and discard marinade.
5. Stagger the chicken and vegetables on metal skewers.
6. Grill the skewers for 9-10 minutes, flipping once halfway through.
7. Cook until chicken registers 165 degrees with a meat thermometer.
8. Sprinkle with dried parsley, and serve with sauce.

### SERVING SIZE

Recipe makes 8 skewers (1 serving = 4 skewers)

### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb

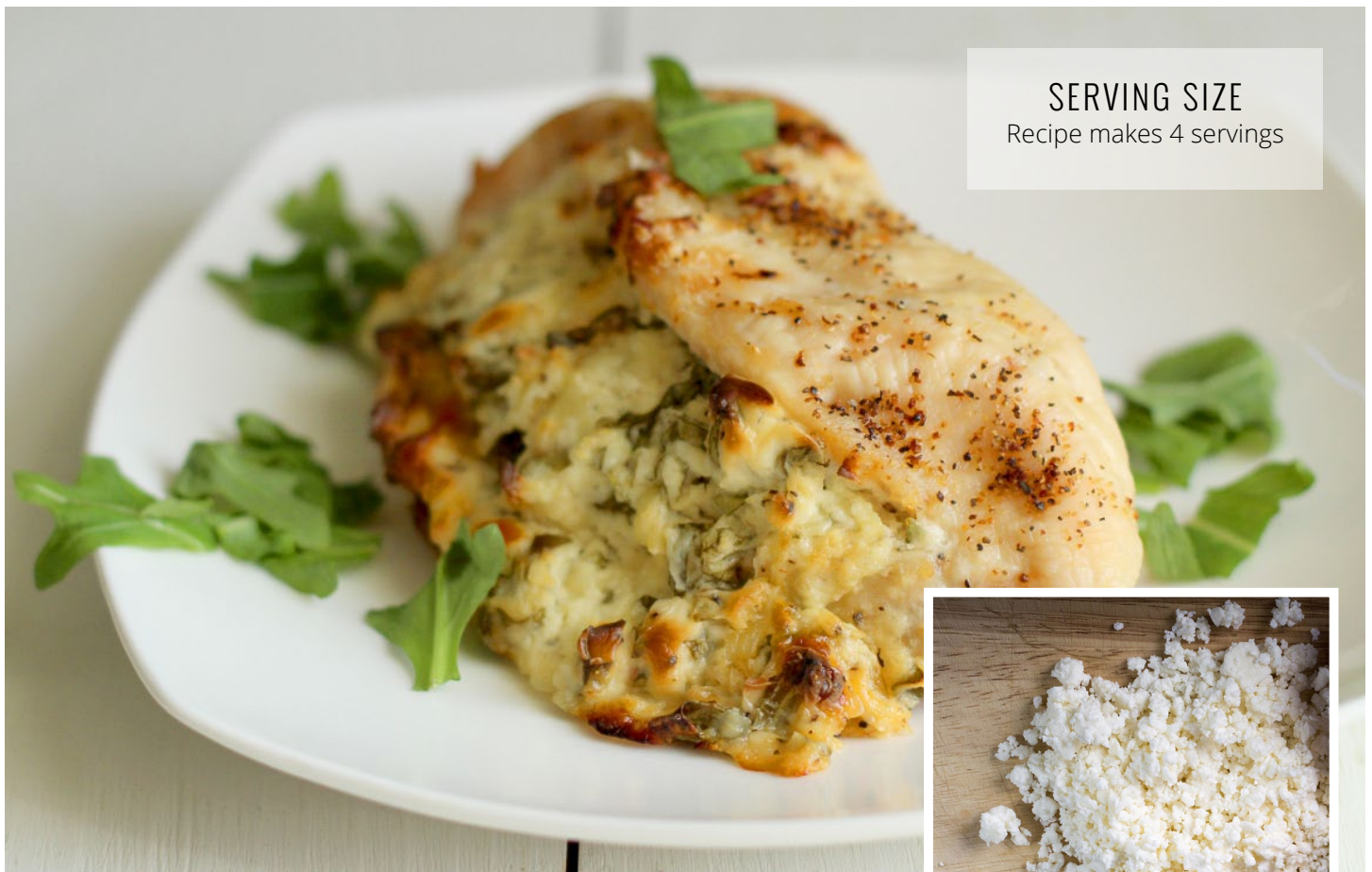


Vegetables



Extras





**SERVING SIZE**  
Recipe makes 4 servings

## Feta Stuffed Chicken

### INGREDIENTS

- 1½ cups baby arugula or spinach, roughly chopped
- 4 oz. cream cheese
- 3 oz. crumbled feta
- 1 shallot, finely diced
- 4 small chicken breasts
- ½ tsp sea salt
- ½ tsp lemon pepper

### INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. In a medium bowl, mix the arugula, cream cheese, feta, and shallot.
3. Cut a pocket into the side of each chicken breast, and divide cheese mixture between them. Use toothpicks to seal the chicken over the filling. Season with salt and pepper.
4. Bake chicken for 35-40 minutes, or until chicken registers 165 degrees with a meat thermometer.

### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

## Frozen Chocolate Fruit Bites

### INGREDIENTS

- 3 medium bananas, peeled and cut into 4 pieces
- 6 fresh strawberries, halved
- 1 (8 oz.) can diced pineapple
- 1 cup dark chocolate chips
- ¼ cup chopped peanuts or almonds

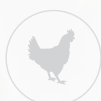
### INSTRUCTIONS

1. Stagger the chopped bananas, halved strawberries, and pineapple on skewers or straws.
2. Place on a large, rimmed baking sheet fitted with parchment paper in the freezer for 15 minutes.
3. Place the chocolate chips in a medium bowl in the microwave, and heat for 15 seconds. Stir, and repeat until melted.
4. Dip the skewers in the melted chocolate, and then in the nuts.
5. Store in the freezer.

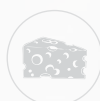
### SERVING SIZE

Recipe makes 12 skewers  
(1 serving = 3 skewers)

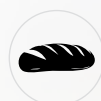
### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

