



**SERVING SIZE**  
Recipe makes 1 serving



## 3 Minute Mug Bread (Low Carb, Gluten + Grain Free)

### INGREDIENTS

- Nonstick cooking spray
- ½ cup almond flour
- ½ tsp baking powder (select gluten & grain free brands)
- ¼ tsp ground sea salt
- 2 eggs, beaten

### INSTRUCTIONS

1. Spray a 5-inch tall coffee mug with cooking spray.
2. In a medium bowl, combine the almond flour, baking powder, and sea salt together.
3. Add the eggs to the bowl.
4. Pour mixture into the prepared mug, and microwave for 3 minutes.
5. Slice and serve.

### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

**Note: to achieve a less-spongy bread, you may opt to toast the slices by broiling for a minute**



# Make Ahead Breakfast Sandwiches

## INGREDIENTS

- Nonstick cooking spray
- 6 large eggs
- ½ tsp ground sea salt
- ½ tsp ground black pepper
- 6 slices deli ham
- 6 slices Swiss cheese (optional)
- 6 English Ezekiel/sprouted grain muffins

## INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Grease a muffin tin with nonstick cooking spray. Break each egg into a muffin tin, season with salt and pepper.
3. Bake for 15-17 minutes, or until eggs are cooked through.
4. Let eggs cool, and divide ham, cheese, and eggs between the English muffins.
5. Wrap tightly with plastic wrap, and freeze.
6. To cook, heat the sandwiches in a microwave on high heat for 2 minutes, or until cooked through.

## FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

## Buffalo Chicken Meatballs

### INGREDIENTS

- 1 lb. ground chicken
- 1 celery stalk, diced
- 1 scallion (white and green parts) sliced
- ½ tsp ground sea salt
- ½ tsp ground black pepper
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 cup buffalo wing sauce

### INSTRUCTIONS

1. Fit a large, rimmed baking sheet with parchment.
2. Preheat oven to 400 degrees.
3. Using your hands, combine all of the ingredients (minus the buffalo wing sauce) in a large bowl.
4. Divide into 15 meatballs, and place on prepared pan.
5. Bake for 15-20 minutes, or until the meat registers 160 degrees with a meat thermometer.
6. Heat buffalo sauce in a medium saucepan, over medium heat.
7. Add the meatballs to the sauce and serve immediately.

### SERVING SIZE

Recipe makes ~16 meatballs  
(1 serving = 4 meatballs)

### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



## Fajita Chicken

### INGREDIENTS

- 1 tbsp olive oil
- 2 large red peppers, cut into strips
- 1 small red onion, cut into strips
- ½ tsp ground sea salt
- ½ tsp ground black pepper
- 2 tsp lime juice
- 4 thin chicken breasts
- ¼ cup shredded taco cheese
- 2 tsp blackening seasoning

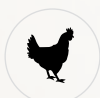
### INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. In a large frying pan over medium heat, heat the olive oil.
3. Add the peppers and onion to the pan. Season with salt and pepper. Cook for 5-7 minutes, or until softened. Turn heat off, and stir in the lime juice.
4. Place chicken breasts on a large, rimmed baking sheet.
5. Divide vegetable mixture and cheese between the breasts.
6. Fold the chicken over the stuffing, secure with toothpicks and sprinkle blackening seasoning on the outside of the chicken breasts
7. Bake for 25 minutes, or until chicken registers 165 degrees with a meat thermometer. Remove toothpicks and enjoy.

### SERVING SIZE

Recipe makes 4 servings.

### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras





## SERVING SIZE

Recipe makes ~12 truffles  
(1 serving = 4 truffles)

## Chocolate Truffles



### INGREDIENTS

- $\frac{3}{4}$  cup dark chocolate chips
- 1 large, ripe avocado, halved and seeded
- $\frac{1}{2}$  tsp vanilla
- $\frac{1}{2}$  tsp ground sea salt
- $\frac{1}{2}$  cup cocoa powder

### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

### INSTRUCTIONS

1. Place the chocolate chips in a medium microwaveable bowl. Heat for 20 seconds, and stir. Repeat until chocolate is melted.
2. Place the avocado (without exterior) along with the chocolate and remaining ingredients in a mini-food processor. Process until blended.
3. Spoon mixture into a metal bowl, and freeze for 20 minutes.
4. Roll into balls, and roll through the cocoa powder.
5. Store in the refrigerator.