



SERVING SIZE
Recipe makes 1 serving

Sweet Potato Breakfast Bowl

INGREDIENTS

- 1 medium sweet potato
- 2 tsp organic honey
- ½ tsp cinnamon
- ½ tsp kosher salt
- 2 tbsp almond or peanut butter
- 1 tbsp slivered almonds
- 1 tbsp roughly chopped peanuts
- 2 tbsp roughly chopped dried apricots

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Place potato on a parchment lined rimmed baking sheet.
3. Poke the potato all over with the tines of a fork.
4. Bake for 1 hour, or until fork tender.
5. Let potato cool until cool enough to handle, and scoop the flesh into a medium bowl.
6. Add cinnamon and salt and mash well. Add remaining ingredients into the bowl.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

Veggie Patties

INGREDIENTS

- 1 cup roughly chopped zucchini
- 1 cup roughly chopped cauliflower
- 1 small carrot, roughly chopped
- 2 tbsp coconut flour
- 2 tbsp arrowroot flour or cornstarch
- 1 large egg
- ½ tsp salt
- ½ tsp black pepper, or lemon pepper

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Fit a large, rimmed sheet pan with parchment.
3. In a mini food processor, chop the vegetables finely.
4. Place vegetables in a medium bowl with remaining ingredients and stir well.
5. Form the mixture into 1 ½-2-inch patties.
6. Bake for 10-12 minutes, or until browned on the bottom. Flip, and bake for an additional 5 minutes.

SERVING SIZE

Recipe yields 12 patties
(1 serving = 4 patties)

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



Spaghetti Squash Chicken Bowl

INGREDIENTS

- 1 medium spaghetti squash
- 1 tbsp olive oil
- 1 large shallot, roughly chopped
- 6 slices cooked bacon
- 1 (5 oz.) bag baby spinach
- 1 tbsp balsamic vinegar
- 1 cup shredded rotisserie chicken
- 2 oz. crumbled feta

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Prick squash all over with a kitchen knife.
3. Fit parchment into a large baking pan and place squash in the pan and bake until fork tender, about 1 hour.
4. Let squash cool and cut in half. Remove seeds and using a fork, separate the squash strands, dividing them between two bowls.
5. In a large frying pan, heat the olive oil over medium heat. Sauté the shallot until softened, ~3 minutes.
6. Add the spinach and cooked bacon to the pan with the vinegar. Cook until spinach is wilted, ~3 minutes.
7. Stir in the chicken and feta.
8. Divide mixture between the bowls of spaghetti squash and stir well to coat.

SERVING SIZE

Recipe makes 2 servings

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras





Chicken Club Pasta Salad

INGREDIENTS

- 8 oz. rotini pasta
- 8 slices cooked bacon
- 2 cups shredded rotisserie chicken
- 1 avocado, seeded and roughly chopped
- 1 cup halved cherry tomatoes
- ¼ cup shredded cheddar cheese
- ½ cup LG ranch dressing



INSTRUCTIONS

1. Bring a large pot of salted water to a boil.
2. Add rotini, and cook for 9-11 minutes or until al dente.
3. Drain, and run under cold water.
4. Place rotini in a large bowl, and add cooked bacon, rotisserie chicken, avocado, tomatoes, cheese, and toss with ranch dressing.

RANCH DRESSING INGREDIENTS

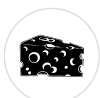
- 1/4 cup plain, nonfat Greek yogurt
- 1/4 tsp dried parsley
- 1/4 tsp dried dill
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp sea salt
- 1/4 tsp pepper

Combine and mix.

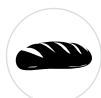
FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



SERVING SIZE

Recipe yields ~9 bars
(1 serving = 3 bars)

Lemon Coconut Bars

INGREDIENTS

- 3 cups unsweetened coconut
- ½ cup organic maple syrup or agave nectar
- 1/3 cup room temperature coconut oil
- 2 tbsp lemon zest + 2 tsp for topping
- ½ tsp salt

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

INSTRUCTIONS

1. Place the unsweetened coconut in a mini food processor. Chop until roughly the size of rice. Place the coconut in a large mixing bowl. Add the remaining ingredients to the bowl, and mix well.
2. Fit a 9x9 baking pan with parchment. Spread the mixture out over the parchment. Top with remaining lemon zest.
3. Freeze until solid, at least 5 hours.
4. Cut into bars, and store in the freezer.