



SERVING SIZE

*Recipe makes 3 servings
& yields 12-15 meatballs
(1 serving ~4 meatballs)

Eggplant Meatless Meatballs

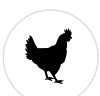
INGREDIENTS

- 3 tbsp water
- 1 tbsp flax seed
- 2 medium eggplant, cut into 1-inch pieces
- 2 tbsp olive oil
- ½ tsp ground sea salt
- ½ tsp lemon pepper
- 1 cup canned garbanzo beans, drained and rinsed
- 1 cup Italian breadcrumbs
- 1/3 cup flat-leaf parsley, rough stems removed
- ½ cup old-fashioned oats

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Whisk together the water and flax seed. Let sit for 15 minutes.
3. Place eggplant on a large, nonstick baking sheet. Toss with olive oil, and season with salt and pepper. Bake for 20 minutes, or until brown.
4. Combine flax seed mixture, eggplant, garbanzo beans, bread crumbs, parsley, and oat in a food processor; process.
5. Divide mixture into 1-inch balls, and place on a large, nonstick baking sheet.
6. Bake for 20-25 minutes, or until cooked through.

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



SERVING SIZE
*Recipe makes 4 servings

Turkey Ranch Wrap

INGREDIENTS

- 4 large tortillas
- ½ cup homemade LG ranch dressing
- 1 lb. smoked, all natural, uncured deli turkey
- 8 slices turkey or regular bacon
- 4 slices Swiss cheese
- Veggie add ins: tomato, lettuce, etc.

INSTRUCTIONS

1. Spread the ranch on the tortillas.
2. Divide turkey, bacon, cheese and veggies between the tortillas.
3. Wrap up, and secure with toothpicks.

RANCH DRESSING INGREDIENTS

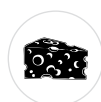
- 1/4 cup plain, nonfat Greek yogurt
- 1/4 tsp dried parsley
- 1/4 tsp dried dill
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp sea salt
- 1/4 tsp pepper

1. Combine and mix.

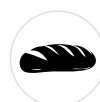
FOOD PLATE SECTIONS FULFILLED



Protein



Fats



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Vegetables



Extras

Zucchini Enchiladas

INGREDIENTS

- 4 medium zucchini, halved and seeded
- 1 tbsp olive oil
- ½ tsp ground sea salt
- ½ tsp black pepper
- 2 cups shredded rotisserie chicken
- 1 (14.5 oz.) can enchilada sauce
- 2 cups halved cherry tomatoes
- ½ cup diced red onion
- ¼ cup shredded cheddar cheese (optional)
- 2 tbsp roughly chopped cilantro

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Place zucchini in a 9x11 baking dish. Brush with olive oil, and season with salt and pepper. Bake for 20 minutes, or until softened.
3. Combine chicken, enchilada sauce, tomatoes and onions in a large bowl.
4. Divide mixture between zucchini. Top with cheese.
5. Bake for 15 minutes, or until cheese is melted. Then, top with cilantro, and enjoy.

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Crispy Cheesy Brussels Sprouts

INGREDIENTS

- 1 lb. large Brussels sprouts, halved
- 2 tbsp olive oil
- ½ tsp ground sea salt
- ½ tsp black pepper
- 1 oz. blue cheese or feta cheese
- 1 tbsp organic honey

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Toss the Brussels sprouts with olive oil on a large, rimmed, sheet pan. Season with salt and pepper.
3. Bake for 20-25 minutes, or until cooked through and slightly crispy.
4. Toss with cheese, and drizzle with honey.

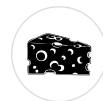
SERVING SIZE

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FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



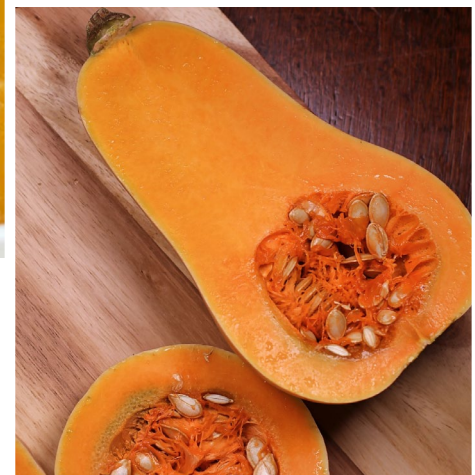


SERVING SIZE
*Recipe makes 4-6 servings

Butternut Squash Soup

INGREDIENTS

- 1 large butternut squash, washed, and pierced several places with a kitchen knife
- 1 tbsp olive oil
- 3 stalks of celery, thinly sliced
- 2 carrots, diced
- 1 medium red onion, diced
- ½ tsp ground sea salt
- ½ tsp pepper
- 1 clove garlic, diced
- 2 tsp fresh thyme
- ½ tsp dried rosemary
- ¼ tsp red pepper flakes
- 4 cups vegetable broth
- 2 tbsp roughly chopped flat-leaf parsley



INSTRUCTIONS

1. Place squash in a medium baking pan. Roast for 1 hour, or until flesh is easily pierced with a knife. Let cool.
2. Halve the squash, and remove the seeds. Roughly chop the flesh. Reserve.
3. In a medium Dutch oven, heat olive oil over medium heat until it shimmers.
4. Add celery, carrots, and onion to the pan. Season with salt and pepper.
5. Sauté for 5-7 mins, or until softened. Add the garlic, thyme, rosemary and pepper flakes.
6. Stir for 1 min.
7. Pour in the broth and reserved squash. Bring to a light boil, and reduce heat to a simmer.
8. Cook for 15 mins, stirring occasionally.
9. Gently using an immersion blender, process until smooth.

FOOD PLATE SECTIONS FULFILLED



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