



SERVING SIZE
Recipe makes 2 servings

Avocado Tomato Melt

INGREDIENTS

- 4 slices bread (ex: Ezekiel or Dave's Killer Bread)
- 1 medium plum tomato, thinly sliced
- 1 avocado, halved, seeded, and thinly sliced
- 8 slices cheese
- 1 tsp chili powder

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Line a large, rimmed baking sheet with parchment.
3. Place bread on the sheet and divide ingredients between the bread.
4. Bake for 8 minutes.

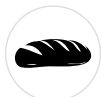
FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

ENTREES

Crockpot Balsalmic Pot Roast

INGREDIENTS

- 2 lbs. baby potatoes, quartered
- 1 lb. carrots, cut into 1-inch pieces
- 1 large red onion, quartered
- 1 (3-4 lb.) pound boneless rump roast, patted dry
- 5 garlic cloves, halved
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp dried oregano
- ½ tsp ground thyme
- ½ tsp dried basil
- ½ tsp ground sea salt
- ½ tsp black pepper
- 1 tbsp roughly chopped, flat-leaf parsley

INSTRUCTIONS

1. Spray a 4-5 quart slow cooker with cooking spray.
2. Place the potatoes, carrots, and onion in the bottom of the slow cooker.
3. Make 10 incisions into the roast, and insert the garlic. Place the roast on the vegetables.
4. In a small bowl, whisk together the vinegar, oil, onion powder, garlic powder, oregano, thyme, basil, salt, and pepper. Drizzle all over the vegetables and roast.
5. Cover, and cook on low for 6-8 hours or on high for 4-5 hours. The meat is done when it registers at least 145 degrees with an internal meat thermometer.
6. Let the meat rest for 10 minutes before serving.

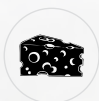
SERVING SIZE

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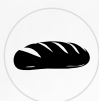
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SERVING SIZE
Recipe makes 4 servings

Plant-Based Bolognese

INGREDIENTS

- 1 (15 oz.) can chickpeas, drained and rinsed
- 28 oz. marinara sauce
- 2 stalks celery, diced
- 1 small onion, diced
- 2 tbsp tomato paste
- 1 garlic clove, diced
- 1/3 cup pink lentils
- 1/2 tsp dried basil
- 1/2 tsp dried oregano

INSTRUCTIONS

1. Place the chickpeas, marinara, celery, onion, tomato paste, and garlic in a medium Dutch oven. Heat the sauce over medium heat until it comes to a light simmer.
2. Stir in the lentils, basil, and oregano.
3. Cover, and reduce heat to medium-low. Simmer for 20 minutes, or until the lentils are cooked through.
4. Serve with cooked pasta if desired.

FOOD PLATE SECTIONS FULFILLED



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Best Winter Salad

SALAD INGREDIENTS

- 2 cups roughly chopped pecans
- 1/3 cup organic maple syrup
- 1/2 tsp ground sea salt
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 8 cups baby arugula
- 1 cup dried cherries, or dried cranberries
- 1/4 cup pomegranate seeds
- 1/4 cup roughly chopped goat cheese, or crumbled feta (optional)

DRESSING INGREDIENTS

- 1/3 cup olive oil
- 1/4 cup balsamic vinegar
- 1 tbsp lemon juice
- 1/2 tsp ground sea salt
- 1/2 tsp black pepper

INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Toss the pecans with maple syrup, salt, paprika, cayenne, garlic powder, and onion powder in a medium bowl.
3. Fit a large, rimmed baking sheet with parchment. Spread the pecans into a single layer and bake for 20-25 minutes. Stir 2 or 3 times while baking. Let the nuts cool, and then roughly chop them.
4. In a large bowl combine the pecans, arugula, dried cherries or cranberries, pomegranate seeds, and cheese.
5. In a small bowl whisk together the olive oil, balsamic, lemon juice, salt, and pepper. Drizzle the dressing over the salad and toss well to coat.

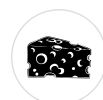
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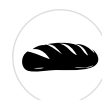
FOOD PLATE SECTIONS FULFILLED



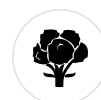
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SERVING SIZE
Recipe makes 1 serving

Low Calorie Hot Chocolate

INGREDIENTS

- ¼ cup water
- 1 tbsp cocoa powder
- ¼ tsp vanilla extract
- ¾ cup unsweetened vanilla almond milk
- Sweetener, to taste (ex: stevia)
- Optional: 2 additional tablespoons almond milk for frothing

INSTRUCTIONS

1. Heat the water, cocoa powder, and vanilla in the microwave on high for 20 seconds. Whisk well and add the almond milk. Microwave for 1½ minutes, stirring once halfway through.
2. If desired, froth the additional almond milk until it's creamy. Top the hot chocolate with the froth.

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