

July 2021 Recipes

Breakfast

Sweet Potato & Oat High-Protein Pancakes

Ingredients

- 1 cup rolled oats
- 2 scoops collagen powder, or protein powder
- 2 tsp ground cinnamon
- 1/2 tsp baking powder
- 1/4 tsp sea salt
- 1 cup mashed sweet potato, (1 medium cooked sweet potato)
- 2 whole eggs
- 3 egg whites
- 1 tsp pure vanilla extract
- 1 Tbsp pure maple syrup, optional

Instructions

1. Begin by cooking the sweet potato. You can boil for 20 to 25 minutes on the stove top, roast it or microwave it. Once cooked and cooled, mash the sweet potato. You will need 1 cup of mashed sweet potato.
2. Add the oats to a blender and blend until a flour forms (note: you can also use 1 cup of oat flour if you have it on hand).
3. Add the remaining ingredients to the blender and blend until smooth and combined. Don't worry about over-blending!
4. Heat a skillet over medium heat on the stove top and add enough oil to lightly coat the surface.
5. Pour pancake batter onto the hot skillet (I use about ¼ to ⅓ cup of batter per pancake) and cook until the sides firm up, about 3 minutes. Flip and cook an additional minute or two, until cooked through.
6. Enjoy sweet potato rolled oat protein pancakes with choice of toppings - I like mixed nut butter and pure maple syrup.

Nutrition Information

Yield 8 Serving Size 1 of 8 Amount Per Serving Calories 94 Total Fat 2g Unsaturated
Fat 0g Carbohydrates 12g Fiber 1g Sugar 3g Protein 7g

Lunch
Tuna & Roasted Chickpea Salad

For the Chickpea Tuna Salad

- 1/2 small onion *thinly sliced, about ½ cup*
- 1 15-ounce can reduced sodium chickpeas, rinsed and drained
- 1 pint cherry or grape tomatoes *halved*
- 1 large seedless English cucumber *halved lengthwise and cut into 1/4-inch slices (I leave the peel on)*
- 1 red bell pepper *cored and cut into ¼ inch strips, then cut into halves (or thirds if very long)*
- 12 ounces solid pack albacore tuna in water *wild caught if possible*
- 3 cups arugula
- 1/4 cup parsley *finely chopped*
- 1/4 cup Feta Cheese

For the Dressing

- 1/4 cup freshly squeezed lemon juice *from about 1 large lemon*
- 3 tablespoons extra virgin olive oil
- 2 cloves garlic *minced (about 2 teaspoons)*
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

Instructions

1. Place the onion in a small bowl and cover with cold water. Let sit while you prepare the rest of the salad (this preserves its flavor but takes off some of the harshness...and the continual red onion after taste).
2. To a large mixing bowl, add the chickpeas, tomatoes, cucumber, onions, and bell pepper. Drain the tuna and flake into the bowl. Add the arugula.
3. Prepare the dressing: In a small bowl or measuring cup, stir together the lemon juice, olive oil, garlic, salt and pepper. (You can also shake them all together in a mason jar with a tight fitting lid). Drizzle enough over the salad to moisten it, and then toss to coat. Sprinkle the feta and parsley over the top, then toss lightly again. Taste and add additional salt, pepper, or dressing as desired. Enjoy!

Nutrition

SERVING: 1(of 4), about 2 cups with all dressing added **CALORIES:** 360kcal

CARBOHYDRATES: 26g**PROTEIN:** 29g**FAT:** 18g **SATURATED FAT:** 4g **CHOLESTEROL:** 41mg **FIBER:** 7g

SUGAR: 6g

Dinner

Philly Cheesesteak Skillet with Roasted Potatoes

Ingredients

- 2 lbs. Rib eye (to save money, go with skirt, flank or flat iron steak)
 - 2 bags fingerling potatoes
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- 3 tbsp Olive oil
 - 2 tbsp Minced garlic
 - 1/2 lb Mushrooms, quartered
 - 1 Green bell pepper
 - 1 Large white onion
 - 1 Red bell pepper
 - 2 cups Shredded mozzarella
 - 1/2 cup Grated parmesan
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Method

1. Slice your steak of choice as thin as possible.
Note: In order to achieve this, try fry freezing your cut of meat for an 2 hours before slicing with a sharp knife.
2. Generously season steak with salt and pepper.
3. In a medium sized skillet add mushrooms to dry pan over medium/high heat. Sprinkle with 1 tsp salt and cook until just golden brown. Add in 2 tbsp olive oil along with onions and bell peppers and continue cooking until onions and peppers begin to brown. About 3-5 minutes on high heat.

Snack

Cheesy Popcorn

Ingredients

- 1/2 cup unpopped popcorn kernels (organic preferred)
- 2 - 3 Tbsp coconut oil (for popping)
- 1/4 cup nutritional yeast
- 1 tsp garlic powder or granules (if you would like to make your own garlic granules, see Easy Homemade Granulated Garlic)
- 1 tsp onion powder or granules
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp chili powder (if you would prefer homemade chili powder, see The "Best" Basic Chili Powder)
- 1/8 - 1/4 tsp cayenne pepper (optional)
- 2 tsp salt (or to taste)

Instructions

1. Prepare popcorn using oil with preferred method. My Basic Popcorn post has more information about popping and about my favorite stovetop popcorn popper. Air popped popcorn won't work without additional oil since the seasoning needs moisture from the oil in order to adhere to the popcorn.
2. Combine all spices, and salt in a small bowl.
3. Blend seasonings in a spice or coffee grinder, or blend in blender to make a fine powder.
4. Sprinkle seasoning over popcorn and toss to coat.

Nutrition

Calories: 114kcal | Carbohydrates: 2g | Protein: 1g | Fat: 12g | Saturated

Fat: 10g | Sodium: 782mg | Potassium: 69mg | Fiber: 1g | Sugar: 1g | Vitamin A: 319IU | Vitamin C: 1mg | Calcium: 7mg | Iron: 1mg | Net Carbs: 1g