

Balsamic Herb Steak Marinade



Ingredients

- ¼ cup balsamic vinegar
- ¼ cup extra virgin olive oil
- 1 tsp Garlic
- 1 tsp Basil
- 1 tsp Oregano
- 1 tsp low sodium soy sauce
- 1 tsp Dill Weed
- 1 tsp Parsley
- 1 tsp Onion Powder
- 1 tsp Rosemary
- 1 tsp Black Pepper
- 1 tsp Thyme
- 1 tsp Marjoram

Directions

1. Place steak in a plastic bag.
2. Add all ingredients to bag and shake well.
3. Place in refrigerator to marinate at least 4 hours.
4. Cook and enjoy!

Greek Yogurt Potato Salad

Prep Time: 10 min

Cook Time: 15 min

Total Time: 25 min

Author: Brianna King



Photo Credit: Jessica Gavin

Ingredients

- 5 boiled potatoes
- 5 ribs diced celery
- 1 container plain Greek yogurt (see page 14)
- 1 diced red onion, raw
- 3 TBS yellow mustard
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tsp liquid aminos (see page 12)
- ¼ cup apple cider vinegar (see page 18)
- 2 tsp fresh dill
- ½ tsp red pepper flakes (optional)
- 1 tsp dry dill for garnish

Instructions

1. Let potatoes cool and slice them into cubes, leave skin on.
2. In a bowl, add potatoes and remaining ingredients. Stir and mix.
3. Chill in the refrigerator for 30 min.
4. Serve.

Summer Bean Salad



* SUMMERY BEAN SALAD * *tasty spoonful*

Ingredients

- 1 can black beans
- 1 can pinto beans
- 1 can corn
- ½ green pepper
- ½ red pepper
- 1 large tomato
- Cilantro
- 1 lime
- ⅓ cup olive oil
- Salt

Creamy Cauliflower Mac-n-Cheese
Prep Time: 10 min
Yield: 2-3 servings
Author: Brianna King



Photo Credit: I Breathe I'm Hungry

Ingredients

- 1 gag frozen cauliflower rice
- 1 TBS olive oil
- 2 TBS plain Greek yogurt and/or tahini
- Cooking spray
- ¼ cup shredded cheese of choice or parmesan cheese
- ¼ cup milk/milk alternative
- Dairy-free/vegan option: ½ cup nutritional yeast
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp black pepper
- 1 TBS yellow mustard

Instructions

1. Unthaw cauliflower rice in refrigerator and/or microwave (3-5 minutes)
2. Spray a cooking pot with cooking spray and set on the stovetop.
3. Turn the burner on medium high heat and add 1 TBS olive oil.
4. Add cauliflower rice
5. In a separate bowl, mix the other tablespoon olive oil, Greek yogurt/tahini, milk, cheese, nutritional yeast, seasonings, and mustard.
6. Add the mixture to the rice and turn the burner to low. Continue cooking until the cheese is melted.
7. Enjoy with a high protein entree!

Summer Fruit Salad

Prep Time: 20 mins

Serves 6 to 8



Ingredients

Dressing

- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1 teaspoon maple syrup, more if desired
- ½ teaspoon grated ginger
- Pinch of sea salt

For the salad

- 10 strawberries, sliced
- 2 peaches, sliced
- ½ cup blueberries
- ½ cup raspberries
- ¼ cup fresh basil, more for garnish
- ¼ cup fresh mint, more for garnish

Instructions

1. In a medium bowl, whisk together the lemon juice, lime juice, maple syrup, ginger, and salt.
2. In a large bowl, toss together the strawberries, peaches, cherries, blueberries, raspberries, basil, and mint. Drizzle the dressing on top and toss to coat. Garnish with basil and mint and serve.

Fudgy Date Brownies
Yield: 16-20 brownies
Author: The Baker Chick



Ingredients

- 1 1/2 cups pitted dates
- 1 1/2 cup hot water
- 3/4 cup unsalted butter* or coconut oil softened (1 1/2 sticks) (see pages 13-14)
- 3 cold eggs
- 1 teaspoon vanilla extract
- 3/4 cup cocoa powder
- 4 scoops chocolate protein powder (see pages 16-18)
- 1/2 cup plus 2 tablespoons almond flour (see page 12)

For the glaze

- 3 tablespoons cocoa powder
- 3 tablespoons honey or other natural syrup-type sweetener (see page 9)
- 1 tablespoon melted butter or coconut oil
- 1/4 tsp pure vanilla extract

Instructions

1. Grease or line an 8x8 baking pan. Preheat oven to 350F.
2. In a food processor or blender, puree the dates and hot water until smooth. Measure out a cup of the paste (mine yielded exactly a cup,) and transfer to a large bowl with the butter.
3. Cream the butter/oil and date paste until smooth.
4. Add the eggs, one at a time and vanilla extract, mixing until fluffy and smooth.
5. Add the cocoa, protein powder, and flour, and mix on low until well combined.
6. Spread batter into prepared pan, smoothing with the back of a spoon. Sprinkle a little sea salt on top.
7. Bake for 18-23 minutes, or until edges are set. Allow pan to cool while you prepare the glaze.
8. Whisk together the butter, honey and cocoa powder. Add vanilla and whisk until smooth. If the glaze seems a little runny- add a dash more of cocoa powder. If it seems too thick- you can add a splash of milk. Drizzle over the brownies and sprinkle with more sea salt.

**Brownies will last for up to a week in a sealed container in the fridge.