



Making Habits Stick wk 6

Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO CHOCOLATE PROTEIN POWDER

Use vanilla protein powder or hemp seeds and add cocoa powder.

LIKES IT SWEET

Add frozen banana.

NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Mango Coconut Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Frozen Cauliflower
1/4 cup Frozen Broccoli
1/2 cup Frozen Mango
1 cup Unsweetened Almond Milk
1/4 cup Organic Coconut Milk (full fat)
1/4 cup Vanilla Protein Powder
1 tbsp Coconut Butter

DIRECTIONS

01 Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

NOTES

COCONUT BUTTER

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

NO PROTEIN POWDER

Use hemp seeds instead.



Scrambled Eggs with Peppers and Kale

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1 Red Bell Pepper (sliced)
2 cups Kale Leaves (chopped)
6 Egg
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 02 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 03 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 04 Divide between plates and enjoy!

NOTES

MORE CARBS

Serve with toast, roasted potatoes, or sweet potatoes.

EGG-FREE

Use mashed tofu instead of eggs.

Chocolate Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Banana (ripe)
4 Egg
1/2 cup Protein Powder (chocolate)
1 tbsp Coconut Oil

DIRECTIONS

- 01 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 02 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side about 2-3 minutes or until browned. Enjoy!

NOTES

TOPPINGS

Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

Toasted Trail Mix

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Organic Raisins

DIRECTIONS

- 01 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 02 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

NOTES

SERVE IT WITH

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

MAKE IT PALEO

Replace peanuts with another type of nut or seed.

STORAGE

Refrigerate in an air-tight container.

OTHER ADD-INS

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

Protein Packed Deviled Eggs

2 SERVINGS 20 MINUTES



INGREDIENTS

4 Egg (hard boiled)
1 can Tuna (drained)
1/2 Avocado
1 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/2 Cucumber (sliced)

DIRECTIONS

- 01 Hard boil your eggs.
- 02 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Turkey Kale Wraps

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Kale Leaves (whole, lacinato, washed and dried)

1/3 cup Hummus

4 1/4 ozs Sliced Turkey Breast

2 tbsps Radishes (thinly sliced)

DIRECTIONS

- 01 Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
- 02 Roll the leaves into a wrap. Enjoy!

NOTES

NO KALE

Use another large leafy green such as collard or lettuce.

NO TURKEY

Use sliced chicken breast instead.

LEFTOVERS

Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

NO HUMMUS

Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

MORE FLAVOR

Sprinkle with sea salt, black pepper, paprika or your favorite spices.



BLT Caprese Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

2/3 cup Quinoa (dry, uncooked)
1 1/3 cups Water
1/2 tsp Sea Salt
2 tbsps Balsamic Vinegar (divided)
6 slices Organic Bacon
2 cups Mixed Greens
2 cups Cherry Tomatoes (halved)
1/2 cup Ricotta Cheese

DIRECTIONS

- 01 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and stir in salt and half the balsamic vinegar. Set aside.
- 02 Meanwhile, cook the bacon in a large pan over medium-low heat until done. Transfer to a towel-lined plate and chop into pieces once cool enough to handle.
- 03 Divide the balsamic quinoa, bacon, greens, tomatoes and ricotta into bowls. Drizzle with remaining balsamic vinegar as desired. Enjoy immediately or refrigerate until ready to eat.

NOTES

NO RICOTTA CHEESE

Use greek yogurt, cottage cheese, burrata or feta cheese instead.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.



Peanut Tempeh with Purple Cabbage Slaw

2 SERVINGS 30 MINUTES



INGREDIENTS

3 tbsps Sesame Oil (divided)
2 tbsps Tamari
2 tbsps All Natural Peanut Butter
2 tbsps Maple Syrup
2 tbsps Water
8 1/16 ozs Tempeh (diced into cubes)
4 cups Purple Cabbage (thinly sliced)
1 Lime (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine 2/3 of the sesame oil, the tamari, peanut butter, maple syrup and water in a large mixing bowl. Add the tempeh and toss well to coat.
- 03 Transfer the tempeh to the baking sheet and bake for 20 minutes, turning halfway through.
- 04 While the tempeh is baking, make the slaw by adding the cabbage to your large mixing bowl with the remaining sesame oil, lime juice, sea salt and black pepper. Massage until slightly softened.
- 05 Divide slaw between bowls and top with the tempeh. Enjoy!

NOTES

LEFTOVERS

Keeps in the fridge for 3 to 4 days. Tempeh can dry out over time, so freshen it up with a drizzle of sesame oil or tamari.

SAVE TIME

Use bagged coleslaw mix instead of purple cabbage.

NO TEMPEH

Use chicken or shrimp.

NO PEANUT BUTTER

Use almond butter, tahini or sunflower seed butter instead.



Rainbow Chopped Salad Jars

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1/3 cup Tahini
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Water
- 3 cups Chickpeas (cooked, from the can)
- 1 cup Cherry Tomatoes
- 1 cup Matchstick Carrots
- 1 Yellow Bell Pepper (chopped)
- 3 cups Purple Cabbage (chopped)

DIRECTIONS

- 01 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 02 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 03 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for up to 4 days.

NO TAHINI

Use a nut butter or sunflower seed butter instead.



Turkey Taco Lettuce Wraps

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Avocado Oil
- 1 Yellow Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 2 tsps Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 3 Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped)
- 1 head Iceberg Lettuce (leaves pulled apart and washed)
- 2 Avocado (diced)

DIRECTIONS

- 01 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 02 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 03 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 04 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

NOTES

OPTIONAL TOPPINGS

Salsa, cheese, cilantro, black beans, sour cream or guacamole.

NO ICEBERG LETTUCE

Use romaine leaves, green lettuce or Boston lettuce instead.

VEGANS & VEGETARIANS

Omit the ground meat and use cooked lentils instead.



Massaged Kale Salad with Salmon

1 SERVING 20 MINUTES



INGREDIENTS

3 cups Kale Leaves (chopped)
1/2 Lemon (juiced)
1 tbsp Hemp Seeds
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil (divided)
4 ozs Salmon Fillet

DIRECTIONS

- 01 Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
- 02 Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 03 Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!

Moroccan Chicken Stew

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Coconut Oil
- 10 ozs Chicken Breast (skinless, boneless, diced into chunks)
- 2 Yellow Onion (medium, diced)
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Sea Salt
- 3 Tomato (large, diced)
- 1/2 cup Parsley (finely chopped and divided)
- 2 tbsps Raw Honey
- 1/3 cup Organic Raisins

DIRECTIONS

- 01 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 02 Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 03 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

NOTES

SERVE IT WITH

Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

STORAGE

Refrigerate in an airtight container up to 3 days, or freeze if longer.

MAKE IT VEGAN OR VEGETARIAN

Use chickpeas instead of chicken and maple syrup instead of honey.

Everything Bagel Seasoned Chicken

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Poppy Seeds
- 1 tbsp Sesame Seeds
- 1 tbsp Garlic Powder
- 1 tbsp Dried Onion Flakes
- 2 tsps Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Chicken Thighs

DIRECTIONS

- 01 Combine the poppy seeds, sesame seeds, garlic powder, dried onion flakes and sea salt. Spread the everything bagel spice over a plate and press the chicken into it to create a thick crust.
- 02 Heat a heavy-bottomed skillet over medium heat and add the olive oil. Place chicken in the skillet and cook for about 10 to 12 minutes per side, or until cooked through. Enjoy!

NOTES

BAKE IT

Instead of cooking it in the skillet, bake chicken at 350 degrees F for 20 to 30 minutes, or until cooked though.

SERVE IT WITH

Veggies, sweet potato, quinoa, kale and/or on top of a salad.

NO CHICKEN THIGHS

Use turkey or chicken breast instead.

LEFTOVERS

Keeps well in the fridge up to 3 days. Freeze in an air-tight container to keep it fresh longer.

