

Smoothies

Mango Smoothie:

- 1/2 c. Plain Yogurt/Kefir/1 Scoop of Protein
- 1/4 c. Mango
- 1/2 c. of Water
- 1/2 c. of Coconut Water
- Pinch of Cayenne Pepper
- Handful of Ice

Blend!

Oatmeals

- 1/2 c. of Old Fashioned Oats (approx. 1/4 cup dry oats with 1/2 cup water added)
- 1/4 c. of Unsweetened Almond Milk/Coconut Milk
- 2 tbsp. Dark Chocolate Chips

Boil water and sea salt. Add oats, cook over medium heat for about 5 minutes, stirring occasionally. Allow to stand for 1-2 minutes to thicken. Add unsweetened almond milk/coconut milk, dark chocolate chips and stir.

NOTE: If you are trying to lose weight or trying to lose the last 10 pounds, take out the chocolate chips and add 1 tsp. Stevia & add 1/2 tsp. of cocoa powder.

To add a protein source, you can add 1 scoop of clean chocolate protein powder or you can add 3 oz. Plain Greek yogurt or eggs to the side. You can top oatmeal with 1/4-1/2 cup of organic cherries, berries, or bananas.

Salads

Bean and Veggie Salad:

- 2 15 oz. cans of Chickpeas
- 3 diced Red Bell Peppers
- 3 Cloves of Garlic, minced
- 1 Tbsp. Extra-Virgin Olive Oil
- 1 c. of chopped Cilantro
- 1 c. of chopped, Flat-Leaf Parsley

Mix all ingredients and add lemon and sea salt to taste.

1 serving = 1/2 cup (put the leftovers in the fridge)

Snack Bites

Chocolate Chip Cookie Dough #1:

- 1/2 Scoop Protein Powder
- 1 Tbsp. Almond or Peanut Butter
- 1 tsp. vanilla extract
- 1/2 tsp. of Stevia
- Sprinkle with nuts or cacao nibs

Chocolate Peanut Butter Bites:

Eat 2. Makes approximately 25 balls.

- 1 c. of Natural Peanut Butter or Almond Butter
- 1/4 c. of Raw Honey
- 3 c. of Old Fashioned Oats (you can ground this up in a blender if you want a cookie dough texture. Do not use quick oats)
- 2-3 Scoops Vanilla or Chocolate Protein Powder
- 1/3 c. of Water

Optional: You can roll in unsweetened coconut or add dark cacao nibs!

Mix, roll into 1 inch balls, eat or freeze.

Peanut Butter Bites:

- 1/2 c. of Peanut or Almond Butter
- 1/4 c. of Raw Honey
- 1-2 of Scoop Clean Protein Powder or 1/4 c. Almond Meal
- 1/4 c. of Water
- 2 c. of Raw Uncooked Gluten Free Oats

Mix all together and make into 1-inch balls. Store in the freezer. Makes about 12.

Cookie Dough #2:

- Pulse or Puree 2/3 c. of Garbanzo Beans
 - 2/3 c. of Walnuts
 - 1/4 c. of Old Fashioned Oats
- Add to Mixture:
- 1/4 c. of Raw Honey OR 100% Pure Maple Syrup
 - 1 tsp. Cinnamon
 - 1 tsp. Vanilla Extract
 - Handful of Cacao Nibs

Make into 1-inch balls. Store in the freezer and enjoy!