

SOMETHING'S COOKING THIS SUMMER

Summer Strong Recipe Guide



SUMMER RECIPE GUIDE INSPIRED BY
SIMPLE, CLEAN INGREDIENTS

PHAT CAT FIT LIFE



phatcatfit.com

TABLE OF CONTENTS



BREAKFAST PAGE 3

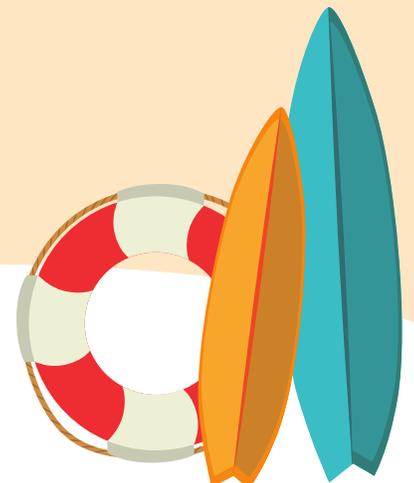
MAINS PAGE 6

DESSERTS PAGE 34

PORTABLE SNACKS PAGE 39

BENTO BOX PAGE 40

RECIPES PAGE 42



Strawberry Banana Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

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

Notes

No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

Storage

Refrigerate in a sealed mason jar up to 48 hours.

More Protein

Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fibre

Add ground flax seeds.

Ingredients

- 1 cup** Strawberries
- 1/2** Banana
- 2 tbsps** Oats (quick or rolled)
- 1 cup** Unsweetened Almond Milk
- 1 tbsp** Hemp Seeds

Nutrition

Amount per serving

Calories	221	Cholesterol	0mg
Fat	9g	Sodium	164mg
Carbs	33g	Vitamin A	555IU
Fiber	7g	Vitamin C	90mg
Sugar	15g	Calcium	489mg
Protein	7g	Iron	2mg

Blueberry Overnight Oats

8 ingredients · 8 hours · 2 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 3/4 cup** Oats
- 3/4 cup** Unsweetened Almond Milk
- 1 tbsp** Chia Seeds
- 1 tbsp** Maple Syrup
- 1/2 tsp** Cinnamon
- 1/4 cup** Water
- 1/2 cup** Blueberries
- 1/2 cup** Slivered Almonds

Nutrition

Amount per serving

Calories	414	Cholesterol	0mg
Fat	23g	Sodium	64mg
Carbs	43g	Vitamin A	209IU
Fiber	10g	Vitamin C	4mg
Sugar	12g	Calcium	330mg
Protein	14g	Iron	4mg

Blueberry Agua Fresca

5 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients except ice in a blender. Blend well until smooth.
2. Divide ice into glasses, pour in the Blueberry Agua Fresca and enjoy!

Notes

Make it Smooth

Strain after blending.

Make it Fancy

Serve it over frozen blueberries instead of ice.

Make it Fizzy

Use sparkling water instead of flat water.

No Maple Syrup

Use honey instead.

Ingredients

- 1/2 cup Blueberries
- 1/4 Lime (juiced)
- 1 1/2 tsps Maple Syrup
- 1 cup Water
- 2 Ice Cubes (optional)

Nutrition

Amount per serving

Calories	71	Cholesterol	0mg
Fat	0g	Sodium	7mg
Carbs	18g	Vitamin A	45IU
Fiber	2g	Vitamin C	10mg
Sugar	14g	Calcium	40mg
Protein	1g	Iron	0mg

Simple Tuna Salad

5 ingredients · 10 minutes · 2 servings



Directions

1. Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve

Enjoy alone, on crackers, on a sandwich, or over greens.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Healthful Hint:

Use a high quality avocado or olive oil mayo

Ingredients

- 2 cans Tuna (drained)
- 1 Green Apple (chopped)
- 2 stalks Green Onion (finely sliced)
- 2 tbsps Mayonnaise
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	287	Cholesterol	65mg
Fat	12g	Sodium	498mg
Carbs	12g	Vitamin A	667IU
Fiber	3g	Vitamin C	2mg
Sugar	9g	Calcium	40mg
Protein	33g	Iron	3mg

Spiced Salmon Kabobs

12 ingredients · 20 minutes · 3 servings



Directions

1. Preheat grill to medium heat.
2. In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
3. Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
4. Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
5. Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs

Serve with quinoa, brown rice or sweet potato.

Time Saver

Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.

Ingredients

- 1 1/2 tbsps Parsley (chopped)
- 2 1/4 tsps Sesame Seeds
- 1/3 tsp Black Pepper
- 1/3 tsp Sea Salt
- 1/3 tsp Red Pepper Flakes
- 1 1/2 tbsps Maple Syrup
- 1 1/2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
- 15 ozs Salmon Fillet (sliced into 1 inch cubes)
- 1 1/2 Lemon (sliced into thin rounds)
- 6 Barbecue Skewers
- 4 1/2 cups Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	348	Cholesterol	78mg
Fat	17g	Sodium	364mg
Carbs	17g	Vitamin A	1834IU
Fiber	5g	Vitamin C	23mg
Sugar	10g	Calcium	103mg
Protein	33g	Iron	6mg

Pineapple Coconut Shrimp

9 ingredients · 25 minutes · 2 servings



Directions

1. In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
2. Preheat grill to medium heat.
3. Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
4. Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

No Pineapple

Use sliced lemon instead.

Likes it Spicy

Add cayenne pepper to the shrimp spice.

Ingredients

- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1 tbsp Parsley (chopped)
- 1/4 tsp Sea Salt
- 1 lb Shrimp (raw, peeled and de-veined)
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Unsweetened Coconut Flakes
- 6 Barbecue Skewers

Nutrition

Amount per serving

Calories	357	Cholesterol	365mg
Fat	10g	Sodium	570mg
Carbs	23g	Vitamin A	256IU
Fiber	3g	Vitamin C	82mg
Sugar	16g	Calcium	174mg
Protein	47g	Iron	2mg

Grilled Honey Dijon Salmon with Zucchini & Quinoa

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
2. Preheat the grill to medium heat.
3. Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
4. Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
5. Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill

Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini

Use asparagus or green beans instead.

Lower Carb

Omit the quinoa or serve with cauliflower rice instead.

Leftovers

Store leftovers in an airtight container in the fridge up to 2 to 3 days.

Healthful Hint:

Try cauliflower rice instead of quinoa for a lower carb option

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 2 tbsps Dijon Mustard (grainy or regular)
- 1 tbsp Raw Honey
- 8 ozs Salmon Fillet
- 2 Zucchini (sliced in half lengthwise)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	411	Cholesterol	62mg
Fat	12g	Sodium	528mg
Carbs	42g	Vitamin A	443IU
Fiber	5g	Vitamin C	35mg
Sugar	13g	Calcium	65mg
Protein	31g	Iron	4mg

Grilled Shrimp Salad

9 ingredients · 25 minutes · 3 servings



Directions

1. Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
2. Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
3. Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
4. Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the dressing separate from the salad contents and cut into the avocado just before serving.

No Grill

Cook shrimp in a cast iron skillet over medium heat on the stove top.

Vegan & Vegetarian

Use portobello mushrooms instead of shrimp. Marinate and grill the same way.

Ingredients

- 1/3 cup Parsley (chopped and packed)
- 2 1/4 Lime (juiced)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/8 tsps Chili Powder
- 1 1/2 lbs Shrimp (raw, peeled and de-veined)
- 3 cups Coleslaw Mix
- 3/4 cup Cherry Tomatoes (halved)
- 3/4 Avocado (peeled and diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	438	Cholesterol	365mg
Fat	22g	Sodium	339mg
Carbs	15g	Vitamin A	4337IU
Fiber	7g	Vitamin C	66mg
Sugar	5g	Calcium	213mg
Protein	48g	Iron	3mg

Grilled Pineapple & Chicken Salad

11 ingredients · 20 minutes · 2 servings



Directions

1. Add 3/4 of the olive oil, apple cider vinegar, maple syrup, salt and pepper (to taste) to a small mason jar. Shake and set aside.
2. Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
3. Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
4. Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.

Notes

No BBQ

Preheat the oven to 350°F (177°C). Cook chicken for 30 minutes and pineapple slices for 15 to 20 minutes until soft.

Vegetarian

Skip the chicken and grill chickpeas in a grilling basket instead.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil (divided)
- 1 **1/2 tsps** Apple Cider Vinegar
- 1 **1/2 tsps** Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 8 **ozs** Chicken Breast
- 1 **1/2 cups** Pineapple (sliced into rings)
- 3 **cups** Baby Spinach
- 1/2 **cup** Blueberries
- 1/2 **Avocado** (diced)
- 1/4 **cup** Feta Cheese (crumbled)
- 1/4 **cup** Red Onion (thinly sliced)

Nutrition

Amount per serving

Calories	500	Cholesterol	99mg
Fat	28g	Sodium	307mg
Carbs	33g	Vitamin A	4498IU
Fiber	7g	Vitamin C	82mg
Sugar	20g	Calcium	177mg
Protein	32g	Iron	3mg

Veggie Skewers

6 ingredients · 15 minutes · 4 servings



Directions

1. Toss the mushrooms, onion and bell pepper in a bowl with the oil until well coated.
2. Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
3. Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one skewer with 7 to 8 pieces.

More Flavor

Add your choice of dried herbs or spices.

Ingredients

- 4 Cremini Mushrooms (halved)
- 1 cup Red Onion (chopped)
- 1 Red Bell Pepper (seeds removed, chopped)
- 2 tbsps Extra Virgin Olive Oil
- 4 Barbecue Skewers
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	87	Cholesterol	0mg
Fat	7g	Sodium	4mg
Carbs	6g	Vitamin A	932IU
Fiber	1g	Vitamin C	41mg
Sugar	3g	Calcium	12mg
Protein	1g	Iron	0mg

Mango Chickpea Salad with Grilled Chicken Kabobs

11 ingredients · 30 minutes · 4 servings



Directions

1. Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
2. In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
3. In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
4. Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
5. Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

Notes

Vegans & Vegetarians

Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

No Mango

Use diced pineapple or fresh blueberries instead.

No Arugula

Use baby spinach, kale or mixed greens instead.

Ingredients

- 1 lb Chicken Breast
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 cup Frozen Edamame (thawed)
- 1/2 Cucumber (diced)
- 1 Mango (diced)
- 4 cups Arugula
- 1/2 cup Tahini
- 2 Lemon (juiced)
- 1/2 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1/2 cup Water

Nutrition

Amount per serving

Calories	564	Cholesterol	82mg
Fat	24g	Sodium	101mg
Carbs	49g	Vitamin A	1618IU
Fiber	13g	Vitamin C	48mg
Sugar	18g	Calcium	253mg
Protein	44g	Iron	7mg

Grilled Cauliflower Steaks with Avocado Chimichurri

8 ingredients · 30 minutes · 4 servings



Directions

1. Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
2. Stir in the avocado until well coated and refrigerate.
3. Brush each side of the cauliflower steaks with the remaining olive oil. Preheat grill on medium heat. Cook the cauliflower steaks for about 5 to 6 minutes per side with the lid closed, or until tender and slightly charred.
4. Transfer to plates and top with your desired amount of avocado chimichurri. Enjoy!

Notes

Likes it Spicy

Add a chili pepper or red pepper flakes to the chimichurri.

Leftovers

Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

No Cilantro

Use parsley instead.

No Cauliflower

Use zucchini or portobello mushrooms instead.

No Grill

Roast cauliflower steaks in the oven at 400°F (204°C) for 30 minutes, flipping halfway.

No Food Processor

Use a blender or manually chop the cilantro, oregano, and garlic, then whisk together with the vinegar, oil, and salt.

Ingredients

- 1/2 cup Red Wine Vinegar
- 1 cup Cilantro (thick stems removed)
- 1/4 cup Fresh Oregano (stems removed)
- 4 Garlic (cloves, minced)
- 3/4 cup Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt
- 1 Avocado (peeled and cubed)
- 1 head Cauliflower (sliced into steaks)

Nutrition

Amount per serving

Calories	494	Cholesterol	0mg
Fat	48g	Sodium	644mg
Carbs	15g	Vitamin A	395IU
Fiber	8g	Vitamin C	78mg
Sugar	3g	Calcium	97mg
Protein	4g	Iron	3mg

Honey Garlic Chicken Thighs

10 ingredients · 30 minutes · 2 servings



Directions

1. Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
2. Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
3. Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
4. Preheat your grill over medium heat.
5. Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs

Use chicken breast or chicken wings. Grill time will vary.

No Asparagus

Use any grilled vegetable.

Healthful Hint:

Try cauliflower rice instead of quinoa for a lower carb option

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 2 **tbps** Raw Honey
- 3 **Garlic** (cloves, minced)
- 1 **tbsp** Chili Powder
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1 **lb** Chicken Thighs
- 3 **cups** Asparagus (woody ends snapped off)
- 1/2 **cup** Quinoa (uncooked)
- 3/4 **cup** Water

Nutrition

Amount per serving

Calories	670	Cholesterol	213mg
Fat	26g	Sodium	1519mg
Carbs	56g	Vitamin A	2770IU
Fiber	9g	Vitamin C	13mg
Sugar	20g	Calcium	118mg
Protein	56g	Iron	9mg

BBQ Farmer's Market Salad with Sunbutter Dressing

8 ingredients · 20 minutes · 4 servings



Directions

1. Heat the grill to medium. Brush the zucchini and cabbage with half the olive oil.
2. Place corn and cabbage on the grill. Close the grill and cook for 15 to 20 minutes. (Flip the cabbage halfway, and turn the corn every 5 minutes.)
3. Place zucchini slices on the grill and cook about 5 minutes, flipping halfway.
4. In a small mason jar, combine sunflower seed butter, remaining olive oil, apple cider vinegar and maple syrup. Close the jar and shake well.
5. Divide corn, cabbage and zucchini onto plates. Top the grilled veggies with dressing and sunflower seeds. Enjoy!

Notes

No Sunflower Seed Butter

Use almond butter, peanut butter or tahini instead. Season with salt to taste.

No Cabbage

Use cauliflower steaks, squash or romaine hearts instead.

No Zucchini

Use asparagus, bell pepper or eggplant instead.

More Protein

Mix in your favourite protein source like hemp seeds, lentils, chickpeas, beans, chicken, turkey or beef.

Ingredients

- 1 Zucchini (sliced into rounds)
- 2 cups Purple Cabbage (sliced into steaks with the stem intact)
- 2 ears Corn on the Cob (husked and soaked)
- 2 tbsps Sunflower Seed Butter
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Maple Syrup
- 1/4 cup Sunflower Seeds

Nutrition

Amount per serving

Calories	296	Cholesterol	0mg
Fat	23g	Sodium	17mg
Carbs	21g	Vitamin A	600IU
Fiber	3g	Vitamin C	36mg
Sugar	10g	Calcium	44mg
Protein	6g	Iron	1mg

Fusilli with Grilled Eggplant

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the grill to medium-high heat. If you do not have a grill, preheat oven to 425°F (218°C).
2. Add your tomato, onion and eggplant pieces to a large mixing bowl and toss with half of your extra virgin olive oil and season with salt and pepper. Toss well and transfer veggies directly onto the grill with tomatoes facedown. Let cook for about 7 - 8 minutes or until slightly charred, flipping the eggplant half way through. If using the oven, roast veggies for 25 to 30 minutes flipping the eggplant half way through and leaving tomatoes and onions faceup.
3. Remove your vegetables from the heat. Place tomatoes in a mixing bowl and slice and mash with a fork and knife. When cool enough to handle, finely chop the grilled onions and place in mixing bowl with mashed tomatoes. Mix well. Chop your grilled eggplant rounds into cubes and set aside.
4. Create the basil-lemon olive oil sauce by combining fresh basil leaves, remaining olive oil, lemon juice and minced garlic clove. Season with a pinch of salt and pepper and stir well with a fork. Set aside.
5. Cook your brown rice fusilli according to the directions on the package. Once al dente, strain and run cold water over the pasta to prevent from over-cooking.
6. Toss pasta in desired amount of basil-lemon oil. Plate pasta and spoon the tomato/onion mix over top. Finish by topping with grilled eggplant pieces and seasoning with fresh ground pepper. Serve alongside a grilled chicken breast (optional). Enjoy!

Ingredients

- 8 ozs Chicken Breast, Cooked
- 3 Tomato (sliced in half)
- 1 Sweet Onion (coarsley chopped)
- 1 Eggplant (sliced into 1/2 inch rounds)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 cup Basil Leaves (chopped)
- 2 1/2 cups Brown Rice Fusilli (uncooked)

Nutrition

Amount per serving

Calories	516	Cholesterol	59mg
Fat	15g	Sodium	74mg
Carbs	72g	Vitamin A	1436IU
Fiber	9g	Vitamin C	26mg
Sugar	9g	Calcium	43mg
Protein	25g	Iron	2mg

Healthful Hint:

For a lower carb option, replace Fusilli pasta with cauliflower rice or mushroom pasta

Spiced Salmon Kabobs

12 ingredients · 20 minutes · 4 servings



Directions

1. Preheat grill to medium heat.
2. In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
3. Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
4. Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
5. Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs

Serve with quinoa, brown rice or sweet potato.

Time Saver

Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.

Ingredients

- 2 tbsps Parsley (chopped)
- 1 tbsp Sesame Seeds
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 2 tbsps Maple Syrup
- 2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
- 1 1/4 lbs Salmon Fillet (sliced into 1 inch cubes)
- 2 Lemon (sliced into thin rounds)
- 8 Barbecue Skewers
- 6 cups Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	348	Cholesterol	78mg
Fat	17g	Sodium	364mg
Carbs	17g	Vitamin A	1834IU
Fiber	5g	Vitamin C	23mg
Sugar	10g	Calcium	103mg
Protein	33g	Iron	6mg

Mushroom Lentil Burgers

13 ingredients · 30 minutes · 9 servings



Directions

1. Heat olive oil in a large skillet over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
2. In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chili powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
3. Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of parchment paper.
4. Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
5. Remove from grill and top the burgers with your favourite burger fixings and enjoy!

Notes

More Carbs

Serve it on a gluten-free bun or in a wrap.

Keep it Light

Serve on a bed of greens or collard green wraps.

Extra Flavour

Brush the patties with clean BBQ sauce while grilling.

No BBQ

Preheat oven to 375°F (191°C) and bake the patties for 15 to 20 minutes per side.

Toppings

Sprouts, avocado, tomato, goat cheese, feta cheese, mustard or greens.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 4 **cups** Portobello Mushroom (diced)
- 3 Garlic (cloves, minced)
- 3/4 **cup** Walnuts (chopped and toasted)
- 2 **cups** Green Lentils (cooked, drained, rinsed and divided)
- 2 **tsp**s Tabasco Sauce
- 1 **tsp** Paprika
- 1 1/2 **tsp**s Chili Powder
- 2/3 **cup** Almond Flour
- 1/3 **cup** Parsley (chopped)
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper

Nutrition

Amount per serving

Calories	202	Cholesterol	0mg
Fat	13g	Sodium	94mg
Carbs	17g	Vitamin A	469IU
Fiber	7g	Vitamin C	4mg
Sugar	4g	Calcium	49mg
Protein	9g	Iron	3mg

Thai Turkey Burgers with Almond Carrot Slaw

12 ingredients · 30 minutes · 4 servings



Directions

1. In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
2. Heat a grill or pan to medium heat and cook the patties for 10 to 15 minutes per side, or until cooked through.
3. While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
4. To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

Notes

More Carbs

Serve on burger buns or sweet potato toast.

Make Ahead

Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.

No Boston Lettuce

Use cabbages leaves instead.

Oven Version

Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 2 stalks Green Onion (sliced)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Basil Leaves (chopped)
- 1 Garlic (clove, minced)
- 1 tbsps Ginger (peeled and grated)
- Sea Salt & Black Pepper (to taste)
- 2 Carrot (medium, grated)
- 1 Lime (juiced)
- 2 tbsps Almond Butter
- 2 tbsps Tamari (or Coconut Aminos)
- 1 head Boston Lettuce (peeled apart into leaves)

Nutrition

Amount per serving

Calories	244	Cholesterol	84mg
Fat	14g	Sodium	605mg
Carbs	7g	Vitamin A	5693IU
Fiber	2g	Vitamin C	7mg
Sugar	2g	Calcium	75mg
Protein	24g	Iron	2mg

Grilled Mediterranean Chicken Kabobs

10 ingredients · 30 minutes · 4 servings



Directions

1. Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
2. Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
3. Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
4. Preheat the grill to medium heat.
5. Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
6. Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Serve Them With

Rice, quinoa, grilled potatoes and/or tzatziki sauce.

Leftovers

Store covered in an airtight container in the fridge up to three days.

Serving Size

One serving is equal to approximately two kabobs.

Vegan & Vegetarian

Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers

If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Ingredients

- 1 Lemon (juiced)
- 1 tbs Red Wine Vinegar
- 1 tbs Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

Nutrition

Amount per serving

Calories	251	Cholesterol	82mg
Fat	10g	Sodium	62mg
Carbs	12g	Vitamin A	860IU
Fiber	3g	Vitamin C	112mg
Sugar	5g	Calcium	48mg
Protein	28g	Iron	1mg

Turn Them Into a Salad

Slide the chicken and vegetables off the skewers after grilling and toss them with leafy greens like arugula, kale or spinach. Add extra toppings if desired like tzatziki sauce, sunflower seeds or feta cheese.

Cedar Planked Salmon with Grilled Asparagus

12 ingredients · 30 minutes · 2 servings



Directions

1. Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
2. Toss asparagus in olive oil, salt and pepper to taste and set aside.
3. In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
4. Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
5. Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
6. Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
7. Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

Notes

Safety First

Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

No Asparagus

Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

Likes it Spicy

Add chili powder or red pepper flakes to the marinade.

No BBQ

Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

Prep Ahead

Soak the plank ahead of time and store in the freezer until ready to use.

Ingredients

- 1 Cedar Plank
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Maple Syrup
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 10 ozs Salmon Fillet
- 1 Lemon (sliced into rounds)

Nutrition

Amount per serving

Calories	362	Cholesterol	78mg
Fat	16g	Sodium	660mg
Carbs	24g	Vitamin A	1861IU
Fiber	5g	Vitamin C	21mg
Sugar	17g	Calcium	90mg
Protein	33g	Iron	6mg

More Carbs

Serve with quinoa, potatoes or brown rice.

Keep it Simple

Omit the marinade and season the salmon with olive oil, salt and pepper.

Grilled Vegetable & Lentil Salad

15 ingredients · 20 minutes · 4 servings



Directions

1. Preheat grill to medium-high.
2. Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
3. Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
4. Remove veggies from the grill and toss in red wine vinegar.
5. Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils

Use chickpeas or black beans instead.

Vegan

Omit the cheese and top with toasted cashews instead.

Save Time

Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers

Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

Ingredients

- 2 Red Bell Pepper (cored and sliced)
- 1 cup Red Onion (coarsley chopped)
- 2 Zucchini (sliced into rounds)
- 2 cups Portobello Mushroom (sliced)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Cashews
- 1 Lemon (juiced)
- 1 tbsp Tamari
- 1 cup Parsley
- 2 tbsps Water
- 1 tbsp Red Wine Vinegar
- 8 cups Mixed Greens
- 2 cups Lentils (cooked, drained and rinsed)
- 1/2 cup Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	335	Cholesterol	17mg
Fat	13g	Sodium	529mg
Carbs	41g	Vitamin A	3428IU
Fiber	14g	Vitamin C	130mg
Sugar	11g	Calcium	210mg
Protein	19g	Iron	7mg

Steak & Veggie Kabobs

6 ingredients · 20 minutes · 5 servings



Directions

1. Pierce the steak, green bell peppers, cherry tomatoes, and red onions onto the barbecue skewers. Season with salt and pepper.
2. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals two 13.5-inch (34 cm) skewers.

More Flavor

Add your choice of additional herbs and spices. Use a charcoal grill.

Additional Toppings

Serve with lettuce wraps, grilled corn on the cob or a side of mixed greens.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Ingredients

1 3/4 lbs Top Sirloin Steak (cut into 1-inch pieces)

2 Green Bell Pepper (medium, chopped)

2 cups Cherry Tomatoes

2 cups Red Onion (chopped)

10 Barbecue Skewers

Sea Salt & Black Pepper

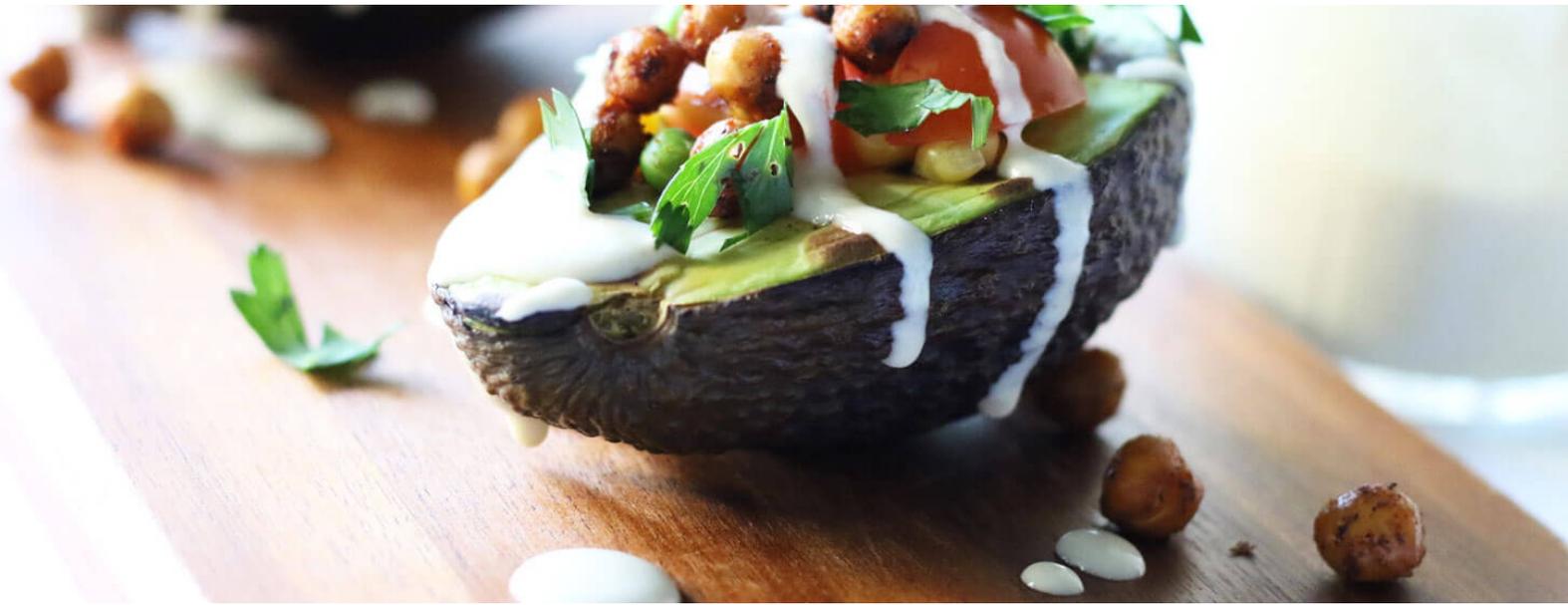
Nutrition

Amount per serving

Calories	386	Cholesterol	124mg
Fat	23g	Sodium	88mg
Carbs	10g	Vitamin A	674IU
Fiber	3g	Vitamin C	51mg
Sugar	5g	Calcium	65mg
Protein	33g	Iron	3mg

Grilled Chickpea Stuffed Avocados

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat grill to medium heat.
2. Combine the peas, corn and cherry tomatoes in a bowl. Set aside.
3. Combine the lemon and tahini together in a small jar. Seal and shake well. Set aside. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
4. In a small bowl, toss your chickpeas with olive oil and chili powder. Season with sea salt and black pepper to taste. Toss well until coated and transfer into a grilling basket. Grill for 15 to 20 minutes or until crispy. Toss with tongs periodically to prevent burning.
5. Brush the flesh of the avocado with a bit of olive oil then place face down on the grill. Grill for 5 minutes.
6. Remove the avocados from the grill. Stuff with the peas, corn and tomato mix. Add chickpeas on top then drizzle with tahini sauce. Garnish with chopped parsley and enjoy!

Notes

Extra Grilled Chickpea Mix

Not all of the grilled chickpea and veggie mix will fit inside the avocados, so serve it as a salad on the side.

Ingredients

- 1/2 cup Frozen Peas (thawed)
- 1/2 cup Frozen Corn (thawed)
- 1/2 cup Cherry Tomatoes (halved)
- 1 Lemon (juiced)
- 2 tbsps Tahini
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 2 Avocado (halved and pits removed)
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving

Calories	415	Cholesterol	0mg
Fat	25g	Sodium	97mg
Carbs	42g	Vitamin A	1704IU
Fiber	16g	Vitamin C	26mg
Sugar	7g	Calcium	104mg
Protein	13g	Iron	5mg

Spinach & Artichoke Turkey Burgers with Roasted Tomato Mayo

11 ingredients · 30 minutes · 4 servings



Directions

1. Wilt your spinach by placing olive oil and spinach together in a large frying pan over medium heat and stirring continuously until wilted. Once wilted, remove from heat immediately. Once cool, finely chop.
2. Combine spinach, artichokes, ground turkey, red pepper flakes, black pepper, half of the sea salt and almond flour together in a bowl. Mix well and shape into 6 to 8 even-sized patties.
3. Heat grill over medium heat. Cut your tomato in half. Place both halves on the grill face down. Add the patties and grill for about 7 to 8 minutes per side or until cooked through. At about the 10 minute mark, remove the tomato from the grill and add it to your food processor or blender along with the cashews and remaining sea salt. Blend well until smooth. Pour into a dish and set aside.
4. When burgers are done, top them with your roasted tomato mayo and serve them wrapped in large green lettuce leaves. Enjoy!

Notes

No Grill

Cook burgers in the oven at 350°F (177°C) for 15 minutes per side. Roast your tomato in the oven as the burgers cook.

More Carbs

Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers

Can be frozen up to 6 months in an airtight container.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 4 **cups** Baby Spinach
- 1/2 **cup** Artichoke Hearts (chopped)
- 1 **lb** Extra Lean Ground Turkey
- 1/2 **tsp** Red Pepper Flakes
- 1/2 **tsp** Black Pepper
- 1 **tsp** Sea Salt (divided)
- 3/4 **cup** Almond Flour
- 1 **Tomato**
- 1/2 **cup** Cashews
- 1 **head** Green Lettuce (separated into leaves and washed)

Nutrition

Amount per serving

Calories	423	Cholesterol	84mg
Fat	30g	Sodium	805mg
Carbs	14g	Vitamin A	3938IU
Fiber	5g	Vitamin C	16mg
Sugar	3g	Calcium	122mg
Protein	30g	Iron	4mg

Grilled Caesar Salad

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C).
2. Line a baking sheet with foil or parchment paper. Spread your bacon across the baking sheet.
3. Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap with foil. Place both the bacon and the garlic in the oven. Let your garlic roast for 30 minutes. Let your bacon cook for about 8 minutes per side or until crispy. (Tip: Set two separate timers.)
4. When the bacon is cooked, wrap bacon in paper towel to absorb the grease and then chop into fine pieces and set aside.
5. When the garlic is finished, let it cool and squeeze all the cloves/flesh into a blender or food processor. Discard the remaining skin. Add olive oil, lemon juice, mustard, a pinch of sea salt and black pepper. Blend well until smooth.
6. Preheat your grill on medium heat.
7. Brush the face of your halved romaine hearts with a bit of olive oil then place them directly on the grill face down. Grill for about 5 minutes.
8. Remove romaine hearts. Place two on a plate and drizzle with desired amount of caesar dressing. Sprinkle with bacon and grated parmigiano reggiano cheese. Enjoy!

Notes

More Protein

Grill up some chicken breasts while you cook the bacon. Slice into strips and serve them alongside the romaine hearts.

Work Ahead

The bacon, dressing and chicken (optional) can all be cooked in advance. Then simply grill the romaine hearts and assemble when ready to eat!

Ingredients

- 8 slices Bacon
- 1 Garlic (whole bulb)
- 1/3 cup Extra Virgin Olive Oil (plus some extra for brushing)
- 1 Lemon (juiced)
- 2 tbsps Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 4 heads Romaine Hearts (halved)
- 1/4 cup Parmigiano Reggiano (grated or shaved)

Nutrition

Amount per serving

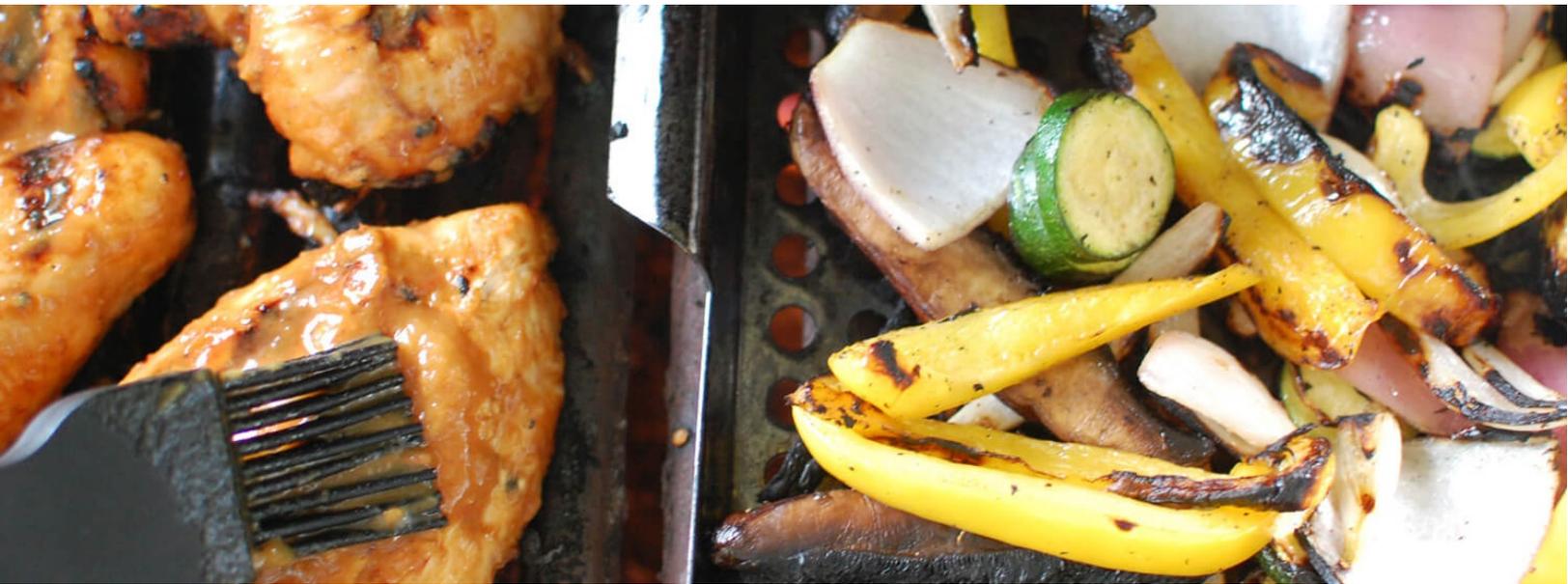
Calories	413	Cholesterol	43mg
Fat	40g	Sodium	551mg
Carbs	2g	Vitamin A	2510IU
Fiber	1g	Vitamin C	6mg
Sugar	1g	Calcium	90mg
Protein	10g	Iron	1mg

No Grill

Roast the romaine hearts in the oven at 425°F (218°C) for 15 to 20 minutes or until they start to char.

BBQ Chicken with Grilled Balsamic Vegetables

16 ingredients · 1 hour · 4 servings



Directions

1. Heat olive oil in a saucepan over medium heat. Add red onion and saute for about 5 minutes or until soft. Add garlic and saute for another minute. Add in diced tomatoes and stir occasionally for 10 minutes. Add in tabasco, vinegar, mustard, molasses, honey and salt. Stir well. Reduce heat and let barbecue sauce simmer for 25 minutes.
2. Transfer to blender and blend until smooth. Let cool while you prepare the rest.
3. Place all diced vegetables in a bowl and toss with olive oil. Transfer to a grilling basket.
4. Preheat grill on medium heat. Add vegetables and chicken breasts. Use a brush to coat the chicken breasts with barbecue sauce. Toss the vegetables occasionally. After 8 to 10 minutes, flip the chicken breasts and coat with barbecue sauce again. Cook for another 8 to 10 minutes or until chicken is cooked through.
5. Once chicken is cooked through, transfer to a plate. Transfer grilled vegetables back into bowl and toss with balsamic vinegar.
6. Plate chicken and grilled veggies. Serve with extra barbecue sauce if you desire. Enjoy!

Notes

No BBQ

Preheat the oven to 350°F (177°C). Marinate the chicken in the barbecue sauce ahead of time. Roast the chicken and the veggies together on a large baking sheet for 30 minutes or until chicken is cooked through.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 **cup** Red Onion (chopped)
- 3 **Garlic** (cloves, minced)
- 2 **Tomato** (diced)
- 2 **tsps** Tabasco Sauce
- 1/4 **cup** Apple Cider Vinegar
- 1/4 **cup** Yellow Mustard
- 1/4 **cup** Fancy Molasses
- 2 **tbsps** Raw Honey
- 1/2 **tsp** Sea Salt
- 1 **lb** Chicken Breast
- 1 **Yellow Onion** (coarsely chopped)
- 1 **Zucchini** (coarsely chopped)
- 2 **cups** Portobello Mushroom (coarsely chopped)
- 1 **Yellow Bell Pepper** (coarsely chopped)
- 1 **tbsp** Balsamic Vinegar

Nutrition

Amount per serving

Calories	333	Cholesterol	82mg
Fat	7g	Sodium	557mg
Carbs	39g	Vitamin A	1094IU
Fiber	4g	Vitamin C	105mg
Sugar	30g	Calcium	88mg

Protein 30g **Iron** 3mg

White Bean Burgers

13 ingredients · 30 minutes · 4 servings



Directions

1. In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and egg. Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
2. Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
3. In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patties for 6 - 7 minutes per side or until golden brown.
4. Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one burger.

Ingredients

- 2 cups** White Navy Beans (cooked, drained and rinsed)
- 1** Garlic (clove, minced)
- 1/4 cup** Basil Leaves (chopped)
- 1** Egg (whisked)
- 1/2 cup** Almond Flour
- 2** Tomato (diced)
- 1/2 cup** Green Olives (pits removed and chopped)
- 1/4 cup** Red Onion (finely diced)
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 4 cups** Baby Spinach
- 1** Lemon (cut into wedges)

Nutrition

Amount per serving

Calories	302	Cholesterol	47mg
Fat	14g	Sodium	190mg
Carbs	33g	Vitamin A	3907IU
Fiber	13g	Vitamin C	24mg
Sugar	2g	Calcium	157mg
Protein	14g	Iron	5mg

Key Lime Mousse

5 ingredients · 10 minutes · 2 servings



Directions

1. In a food processor or blender, combine the avocados, lime juice, lime zest, maple syrup, canned coconut milk, and vanilla extract. Process until smooth, scraping down sides if necessary. Divide into bowls and enjoy!

Notes

Toppings

Kiwi slices, hemp seeds, or shredded coconut.

No Coconut Milk

Use almond milk or cashew milk instead.

Ingredients

- 1 Avocado (peeled and pitted)
- 1 Lime (zested and juiced)
- 1 **tbsp** Maple Syrup
- 1 **tbsp** Canned Coconut Milk
- 1/2 **tsp** Vanilla Extract

Nutrition

Amount per serving

Calories	209	Cholesterol	0mg
Fat	16g	Sodium	11mg
Carbs	17g	Vitamin A	158IU
Fiber	7g	Vitamin C	17mg
Sugar	7g	Calcium	26mg
Protein	2g	Iron	1mg

Grilled Cherry Stuffed Peaches

2 ingredients · 10 minutes · 2 servings



Directions

1. Preheat grill to medium heat.
2. Cut the peaches in half and remove the pits. Cut the cherries in half and remove the pits.
3. Place the peaches and cherries face down on the grill and grill for 5 to 8 minutes, or until slightly charred. (Note: Use a basket to grill the cherries if the grates of the grill are too far apart.)
4. Remove everything from the grill and let cool. When cool enough to handle, roughly chop the cherries and stuff them into the centre of each peach. Enjoy!

Notes

Serve it With

For an added touch, serve it with coconut whipped cream or banana ice cream.

Ingredients

2 Peach (large)

1 cup Cherries

Nutrition

Amount per serving

Calories	107	Cholesterol	0mg
Fat	1g	Sodium	0mg
Carbs	27g	Vitamin A	538IU
Fiber	4g	Vitamin C	15mg
Sugar	22g	Calcium	19mg
Protein	2g	Iron	1mg

Grilled Fruit Medley

6 ingredients · 10 minutes · 4 servings



Directions

1. Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
2. Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
3. Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

Other Grilled Fruit Ideas

Use watermelon, peach, apricot, cantaloupe, or mango.

No Grill

Use a grill pan on the stovetop instead, or broil in the oven.

Serve it With

Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

Serve it as a Salad

Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

Storage

This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.

Ingredients

- 2 cups Pineapple (diced and cored)
- 1 cup Strawberries (halved and stems removed)
- 1 Nectarine (sliced and pit removed)
- 12 Barbecue Skewers
- 1 cup Blueberries
- 1/4 Lime (juiced)

Nutrition

Amount per serving

Calories	90	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	23g	Vitamin A	191IU
Fiber	3g	Vitamin C	67mg
Sugar	16g	Calcium	21mg
Protein	1g	Iron	1mg

Mango Coconut Popsicles

2 ingredients · 40 minutes · 4 servings



Directions

1. Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
2. Roughly scoop mango puree into 3oz. paper cups.
3. Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
4. Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk

Use almond milk or cashew milk instead.

Ingredients

2 cups Frozen Mango

1 cup Canned Coconut Milk (divided)

Nutrition

Amount per serving

Calories	156	Cholesterol	0mg
Fat	11g	Sodium	16mg
Carbs	14g	Vitamin A	893IU
Fiber	1g	Vitamin C	30mg
Sugar	12g	Calcium	11mg
Protein	1g	Iron	0mg

Coconut Banana Ice Cream

2 ingredients · 1 hour 30 minutes · 3 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
2. Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Notes

Chocolate Lover

Add cocoa powder while blending.

Topping Ideas

Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.

Ingredients

3/4 cup Canned Coconut Milk (full fat)

2 1/2 Banana (sliced and frozen)

Nutrition

Amount per serving

Calories	194	Cholesterol	0mg
Fat	11g	Sodium	16mg
Carbs	24g	Vitamin A	63IU
Fiber	3g	Vitamin C	9mg
Sugar	13g	Calcium	7mg
Protein	2g	Iron	0mg

PORTABLE SNACKS

MAKE HEALTHY CHOICES
EVEN ON-THE-GO!

SIMPLE RECIPES FOR SNACKS
THAT GO ANYWHERE YOU DO!
TAKE TO THE BEACH, PARK,
LAKE, OR HAVE ON HAND AT
HOME!



phatcatfit.com

BENTO BOX



Create a super, easy Snack/Bento Box to take on the road, to the beach or just easy meal prep to keep you on track for the week. Think healthy lunchables for adults. Mix and match your food into themes, like a greek bento box with olives, cucumber, tomatoes, feta and Turkey. Think of deconstructing your favorite wraps or sandwiches into its components.



Pick something from each category and organize it into a separated container. Mix and match as you wish. Here are some ideas to get you started. Think of food you may not mind eating with your fingers, otherwise pack a fork.

Tips for keeping your ingredients fresh:

- You may wish to do a vinegar wash to extend the life of your berries; dry fruit as much as possible before portioning out
- Toss cut fruit with lemon juice to prevent browning
- Keep leafy greens away from wet fruit or vegetables
- Keep chips, crackers or breads separate from vegetables
- Keep condiments in small containers and add dressings right before serving



BENTO BOX IDEAS

Pick something from each category and organize it into a separated container.
Mix and match as you wish.

Proteins

Nitrate-Free Lunch meats
(Turkey, Roast Beef, etc..)
Hard-Boiled eggs
Healthy Tuna Salad
Cooked/sliced chicken or
turkey breast
Any cooked meat you are
OK eating cold



Fruit

Blueberries
Strawberries
Raspberries
Blackberries
Grapes
Melon Cubes
Apple slices
Pear slices

Veggies

Baby carrots or carrot sticks
Celery sticks
Peppers
Baby sweet peppers
Cucumbers
Cherry or grape tomatoes
Cooked asparagus spears
Leftover roasted or grilled
vegetables



Healthy Fats

Avocado
Olives
Raw nuts
Pumpkin seeds
Goat Cheese
Organic raw cheeses (the less
processed the cheese, the
better)

Healthy Carbs*

Mini whole wheat pitas
Lower carb wrap cut into
pieces (Carb Balance, Whole
wheat, Cauliflower, etc.)
Lower carb, healthy crackers
Healthier chips (like Siete
brand)

*Healthy carbs in moderation - the less
ingredients, the better. Look for those
using high quality oils



Dips/Dressings*

Hummus
Tzatziki
Dips made with yogurt
Pesto
Romesco dip (made with
roasted red pepper, Traders
Joes has a great one)

*select those using the least
ingredients



Tuna, Spinach & Feta Pita

6 ingredients · 10 minutes · 2 servings



Directions

1. In a mixing bowl, combine the tuna, spinach, green onions, feta, and lemon juice.
2. Gently open each pita pocket and fill with the tuna mixture. Enjoy!

Notes

Leftovers

Refrigerate the tuna mixture in an airtight container for up to three days.

Serving Size

One serving equals approximately half a pita (8-inch) filled with two cups of the tuna mixture.

Gluten-Free

Use lettuce wraps or gluten-free bread instead of pita.

Dairy-Free

Use vegan cheese instead of feta cheese, or omit completely.

More Flavor

Add mustard, olive oil, or mayonnaise.

Additional Toppings

Add chopped celery, red onion, tomatoes or cucumber.

Ingredients

2 cans Tuna (drained, broken into chunks)

2 cups Baby Spinach (chopped)

1/2 stalk Green Onion (sliced)

1/4 cup Feta Cheese (crumbled)

1 tbsp Lemon Juice (to taste)

1 Whole Wheat Pita (sliced in half)

Nutrition

Amount per serving

Calories	285	Cholesterol	76mg
Fat	6g	Sodium	780mg
Carbs	20g	Vitamin A	3107IU
Fiber	3g	Vitamin C	12mg
Sugar	1g	Calcium	157mg
Protein	39g	Iron	5mg

Curried Chicken Wrap

6 ingredients · 10 minutes · 1 serving



Directions

1. In a bowl, mix together the chicken, mayonnaise, curry powder, and apple until combined.
2. Lay the tortilla flat and add the chicken mixture. Top with parsley, roll the tortilla tightly and enjoy!

Notes

Leftovers

For best results, enjoy the day of.

Egg-Free

Use vegan mayonnaise instead.

Additional Toppings

Top with sprouts, additional herbs of choice, or feta cheese.

Ingredients

3 ozs Chicken Breast, Cooked (shredded or chopped)

1 1/2 tsps Mayonnaise

1/4 tsp Curry Powder

1/4 Apple (chopped)

1 Whole Wheat Tortilla

1 tbsp Parsley (optional)

Nutrition

Amount per serving

Calories	329	Cholesterol	91mg
Fat	12g	Sodium	344mg
Carbs	26g	Vitamin A	379IU
Fiber	6g	Vitamin C	7mg
Sugar	6g	Calcium	116mg
Protein	30g	Iron	2mg

Roasted Red Pepper Lentil Dip

8 ingredients · 20 minutes · 6 servings



Directions

1. Add the lentils and water to a pot over medium heat. Bring to a gentle simmer and cook for 12 to 15 minutes or until tender. Drain really well to remove excess water.
2. Add the lentils and remaining ingredients to a food processor and blend until very smooth. Season with additional salt and lemon juice if needed.
3. Serve chilled and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/3 cup of dip.

More Flavor

Add red pepper flakes for a spicier dip.

Serve it With

Veggies, crackers or flatbread.

No Store-Bought Peppers

Roast your own red peppers instead.

Ingredients

- 1/2 cup Dry Red Lentils (rinsed well)
- 2 cups Water
- 4 1/4 ozs Roasted Red Peppers (from the jar)
- 2 tbsps Lemon Juice
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Tahini
- 1 Garlic (small, minced)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	113	Cholesterol	0mg
Fat	5g	Sodium	258mg
Carbs	13g	Vitamin A	270IU
Fiber	3g	Vitamin C	8mg
Sugar	1g	Calcium	23mg
Protein	5g	Iron	2mg

Celery with Goat Cheese

2 ingredients · 5 minutes · 1 serving



Directions

1. Spread the goat cheese evenly overtop each celery stick. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Make it Vegan/Dairy-Free

Use vegan cheese instead of goat cheese.

Additional Toppings

Sprinkle sunflower seeds, pumpkin seeds, crushed nuts, chopped dried fruit, or hemp seeds overtop.

No Celery

Use carrot sticks, cucumber slices, or rice cakes instead.

Ingredients

1/4 cup Goat Cheese

2 stalks Celery (leaves removed, cut into sticks)

Nutrition

Amount per serving

Calories	81	Cholesterol	10mg
Fat	6g	Sodium	194mg
Carbs	3g	Vitamin A	359IU
Fiber	1g	Vitamin C	2mg
Sugar	2g	Calcium	52mg
Protein	5g	Iron	0mg

Veggies & Feta Snack Plate

4 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a plate and enjoy!

Notes

Leftovers

Refrigerate ingredients separately in an airtight container for up to three days.

Veggies

Use any veggies on hand like carrots, celery, cherry tomatoes, or snap peas instead.

No Kalamata Olives

Use green olives instead.

No Feta Cheese

Omit or use another cheese instead.

Ingredients

1/4 Cucumber (medium, sliced)

1/4 Red Bell Pepper (sliced)

1/4 cup Pitted Kalamata Olives

1/4 cup Feta Cheese (cut into cubes)

Nutrition

Amount per serving

Calories	157	Cholesterol	33mg
Fat	12g	Sodium	677mg
Carbs	8g	Vitamin A	1280IU
Fiber	2g	Vitamin C	40mg
Sugar	3g	Calcium	229mg
Protein	6g	Iron	3mg

Everything Bagel Hummus & Veggies

4 ingredients · 5 minutes · 2 servings



Directions

1. Add the hummus to a bowl and stir in the Everything Bagel seasoning. Serve with carrot sticks and cucumber slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Veggies

Use any raw vegetable instead or serve with crackers or pita bread.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

1/2 cup Hummus

2 tsps Everything Bagel Seasoning

2 Carrot (medium, peeled and cut into sticks)

1/2 Cucumber (medium, sliced)

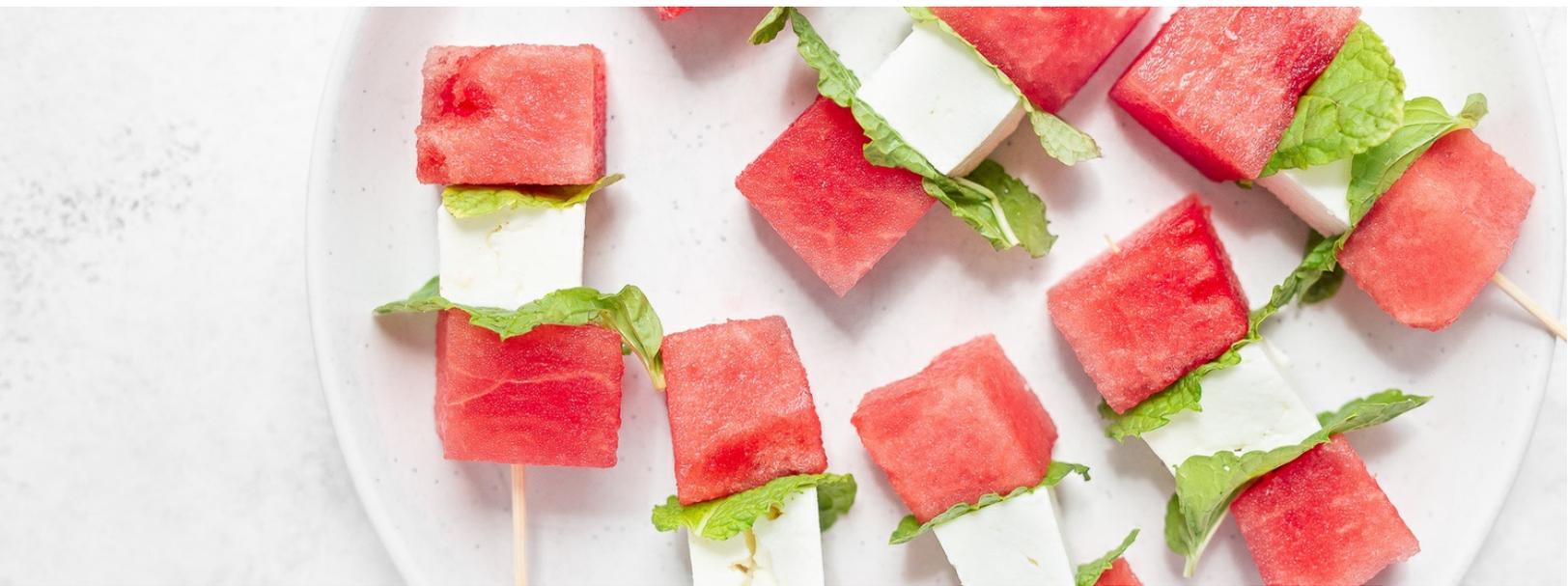
Nutrition

Amount per serving

Calories	182	Cholesterol	0mg
Fat	11g	Sodium	506mg
Carbs	18g	Vitamin A	10284IU
Fiber	5g	Vitamin C	6mg
Sugar	5g	Calcium	61mg
Protein	6g	Iron	2mg

Watermelon & Feta Skewers

3 ingredients · 15 minutes · 6 servings



Directions

1. Take a toothpick and thread the watermelon, a mint leaf, and feta cheese one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving equals approximately four toothpicks.

More Flavor

Drizzle balsamic glaze on top.

Additional Toppings

Add cucumber slices.

Ingredients

1/2 Seedless Watermelon (medium, cut into cubes)

1/4 cup Mint Leaves

1 1/2 cups Feta Cheese (cubed)

Nutrition

Amount per serving

Calories	213	Cholesterol	33mg
Fat	9g	Sodium	431mg
Carbs	30g	Vitamin A	2346IU
Fiber	2g	Vitamin C	31mg
Sugar	23g	Calcium	214mg
Protein	8g	Iron	1mg

Roast Beef & Pickle Rollups

2 ingredients · 5 minutes · 4 servings



Directions

1. Wrap each pickle half in a slice or two of deli roast beef. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one rollup.

More Flavor

Add a bit of mayonnaise.

Additional Toppings

Add mixed greens or sprouts.

Ingredients

1 1/2 cups Pickle (halved lengthwise)

6 ozs Deli Roast Beef

Nutrition

Amount per serving

Calories	63	Cholesterol	29mg
Fat	2g	Sodium	730mg
Carbs	1g	Vitamin A	114IU
Fiber	1g	Vitamin C	1mg
Sugar	1g	Calcium	2mg
Protein	10g	Iron	1mg

Peanut Butter Breakfast Bars

10 ingredients · 25 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
2. In a mixing bowl, stir together the oats, flour, baking powder, baking soda, and stevia until well combined. Add the eggs, almond milk, coconut oil, and peanut butter. Stir well to combine.
3. Transfer the mixture to the baking dish and sprinkle the dark chocolate chips overtop. Bake for 12 to 15 minutes or until lightly golden brown and cooked through. Allow them to completely cool then slice into squares and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week, or freeze if longer.

Serving Size

A 9- x 12-inch baking dish was used to make 12 servings.

Nut-Free

Use rice milk or oat milk instead of almond milk.

More Flavor

Add cinnamon and vanilla extract. Substitute some of the almond milk for butter.

Additional Toppings

Whole peanuts and/or chocolate drizzle.

Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.

Ingredients

- 1 1/2 cups Oats (rolled)
- 1/2 cup All Purpose Gluten-Free Flour
- 1/2 tsp Baking Powder
- 1/2 tsp Baking Soda
- 2 tbsps Stevia Powder
- 3 Egg
- 1/4 cup Unsweetened Almond Milk
- 1/4 cup Coconut Oil (melted, then measured)
- 1/2 cup All Natural Peanut Butter (runny, chunky)
- 1/2 cup Dark Chocolate Chips (or chunks)

Nutrition

Amount per serving

Calories	245	Cholesterol	47mg
Fat	15g	Sodium	96mg
Carbs	22g	Vitamin A	78IU
Fiber	3g	Vitamin C	0mg
Sugar	6g	Calcium	38mg
Protein	6g	Iron	1mg

Peanut Butter Banana Muffin Brownie Bites

7 ingredients · 25 minutes · 9 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a muffin tin with baking cups.
2. In a mixing bowl, combine the mashed banana, maple syrup, peanut butter, and almond milk. Stir in the cocoa powder and baking powder then fold in the chocolate chips. The batter should be thick and fudgy.
3. Divide the batter between the baking cups and bake for 17 to 20 minutes or until the brownies are spongy to the touch.
4. Let the brownies cool slightly in the pan before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Keep in an airtight container for up to five days.

Serving Size

One serving is one brownie.

More Flavor

Add vanilla extract or a pinch of salt.

Additional Toppings

Top with more chocolate chips before baking.

Banana

A ripe, just speckled banana works best for this recipe.

Ingredients

- 1 Banana (medium, mashed)
- 1/4 cup Maple Syrup
- 1/2 cup All Natural Peanut Butter
- 2 tbsps Unsweetened Almond Milk
- 1/2 cup Cocoa Powder
- 1/2 tsp Baking Powder
- 1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories	172	Cholesterol	0mg
Fat	10g	Sodium	34mg
Carbs	19g	Vitamin A	15IU
Fiber	3g	Vitamin C	1mg
Sugar	12g	Calcium	44mg
Protein	5g	Iron	1mg