

Cottage Cheese Pancakes

Makes 8 pancakes

Ingredients:

- 1/2 cup cottage cheese
- 2 eggs
- 1 cup milk
- 2 cups flour
- 1 1/2 tsp baking powder
- Optional toppings: chocolate chips, berries, peanut butter, syrup

Instructions:

Add cottage cheese, eggs, and milk to a blender. Blend until smooth. Add flour and baking powder to the blender and mix until just combined. Preheat a nonstick skillet or griddle over medium-low heat. Pour batter onto the skillet to form pancakes. Cook for about 2 minutes per side, or until bubbles form and edges are set, then flip. Remove from heat and serve warm.

Nutrition (per pancake - with no toppings) | calories: ~160, protein: 8g, carbs: 26g, fat: 2.8g, fiber: 0.8g

Breakfast Enchiladas

Makes 10 servings

Ingredients:

- 1 tbsp olive oil
- 12 oz. turkey breakfast sausage
- 1 small onion, chopped
- 8 eggs
- Salt and pepper, to taste
- 10, 6 inch whole wheat flour tortillas
- 2 cups of your favorite enchilada sauce - I used Siete Enchilada Sauce
- 1/2 cup shredded Mexican Cheese

Instructions:

Preheat the oven to 350 degrees F. In a large skillet, heat oil over medium-high heat and saute the onion until translucent. Add turkey sausage and cook until browned. Transfer sausage mixture onto paper towels to soak up excess grease and set aside. In a large bowl, mix together eggs, salt and pepper. In the same skillet you browned the sausage, sprayed with cooking spray and pour in the eggs, letting them set for about 1 minute. Using a spatula, push the eggs around the pan to form large curds and continue to cook until the eggs have thickened. Remove eggs from heat and mix in turkey sausage.

In a 9x13 inch baking dish, spread a 1/2 cup of Enchilada Sauce on the bottom. Spoon about 2 tbsp of enchilada sauce into each tortilla, evenly divide the sausage/egg mixture and roll up, placing seam side down in the baking dish. Top the rolled up tortillas with the remaining Enchilada Sauce and top with cheese. Bake for 20 minutes until cheese is melted! Serve with desired toppings and enjoy!

Nutrition | 1 serving (1 tortilla) — calories: ~285, protein: 15g, carbs: 22.6g, fat: 15.7g, fiber: 3.9g

Chicken Caesar Salad Wrap

Makes 4 servings

Ingredients:

- 2 cups Romaine lettuce, chopped
- *4 Joseph's Lavash Wrap
- 1.25 lb chicken tenderloins, diced (Season with smoked paprika, garlic powder, onion powder, pink salt, pepper, a little chili powder)
- 1/2 cup Plain Greek Yogurt
- 2 tsp Worcestershire sauce
- 2 anchovy fillets, smashed with a fork into a paste
- Pink salt and a little pepper
- 2 tsp minced garlic
- 1 tbsp dijon mustard
- 1-2 tbsp lemon juice
- 1 tbsp avocado oil or olive oil
- 3-4 tbsp Parmesan cheese

*You can use a different wrap, it may just change nutritional info below

Instructions:

Wash and chop fresh romaine. Air fry (370F for 10-12 minutes) or bake chicken. Prep caesar dressing by combining plain Greek yogurt, Worcestershire sauce, anchovy fillets, pink salt/pepper, minced garlic, Dijon mustard, lemon juice, avocado oil, and parm cheese. Store in a container. To assemble: toss chicken and romaine in Caesar dressing, roll up in a hearty wrap and love every bite. You may have some chicken/romaine mixture that can't fit into the wrap, just eat it on the side!

Nutrition | 1 serving — calories: 444, protein: 46.8g, carbs: 19.3g, fat: 20.3g, fiber: 8.6g

Buffalo Chicken Meatballs

Makes ~16 meatballs

Ingredients:

- 1 lb ground chicken

- 1/2 cup oats (ground) or almond flour (blend oats in blender or food processor)
- 2 tbsp buffalo sauce (I love Kinder's Buttery Buffalo Sauce)
- 1 tsp garlic powder
- 1/2 tsp pink salt

Instructions:

Preheat the oven to 350F. In a bowl, combine all ingredients together. With a cookie scooper, scoop meatballs and disperse them on a greased sheetpan. Bake for 15-25 minutes or until cooked through and slightly browned. Take the pan out of the oven and drizzle a little more buffalo sauce on meatballs and toss around.

Suggestion — serve with roasted broccoli and maybe rice.

Nutrition | 1 meatball (if divided into 16) — calories: 46, protein: 4.5g, carbs: 1.9g, fat: 2.3g, fiber: 0.3g

Nutrition | all meatballs — calories: 740, protein: 71.5g, carbs: 30g, fat: 36g, fiber: 4.3g

Open Face Sweet Potato Burgers

Makes 6 servings - Perfect for meal prep!

Ingredients:

- 3 large sweet potatoes
- Avocado Oil
- Salt and pepper, to taste

Beef Sliders:

- 1 lb. ground beef
- 1 tsp Italian seasoning
- 1/2 tsp salt
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp pepper

Toppings (this is where you can customize to your liking!):

- Caramelized onions
- Avocado
- Tomatoes
- Pickles
- Mustard
- Cheese
- Lettuce

Instructions:

Preheat the oven to 375°F and line 2 large baking sheets with parchment paper. Slice sweet potatoes into ~1/3-inch thick rounds. Arrange on one baking sheet, lightly spray with avocado oil, and season with salt and pepper. Bake for 20–25 minutes, flipping halfway through, until tender and slightly crisp. In a mixing bowl, combine ground beef with all seasonings. Mix well and form into small slider patties. Place sliders on a second baking sheet and bake for ~15 minutes, or until cooked to your liking. Use one roasted sweet potato round as the base and top with a beef slider. (Optional toppings like avocado, cheese, etc. can be added if desired.)

Nutrition (1/6 of recipe) | calories: ~260, protein: 16g, carbs: 19g, fat: 13g, fiber: 3g

Shrimp Tacos with Pineapple Salsa

Makes 3 servings

Ingredients:

- 1-12oz bag frozen shrimp, cooked, deveined and tail off
- 1 tbsp Kinders All Purpose Seasoning (or something similar)
- 6 Xtreme Wellness Street Tacos (mini)
- 1 tbsp avocado oil
- 1/2 fresh pineapple, diced
- 1/2 red bell pepper, diced
- 1/2 small red onion, diced
- 1/2 jalapeno, deseeded and chopped
- 2-3 tbsp cilantro
- pink salt, pepper

Instructions:

Thaw out shrimp in a bowl with lukewarm water. In a skillet, add avocado oil and shrimp. Season well with a good all purpose seasoning. I like Kinders because it has some spice to it. Toss around and cook until shrimp is warmed through and slightly browned. In a bowl, combine pineapple, bell pepper, red onion, jalapeno, cilantro, and pink salt and pepper to taste. Warm up tortillas and disperse shrimp evenly, add pineapple salsa on top.

Nutrition | 1 serving — calories: 236, protein: 26g, carbs: 22g, fat: 6.8g, fiber: 7.5g

Taco Salad

Makes 1 serving | multiply ingredients for more servings

Ingredients:

- 5oz 93% grassfed ground beef
- taco seasoning

- 2 cups romaine lettuce, chopped
- 2 tbsp salsa, any kind
- 1/4 cup cottage cheese
- 1/4 cup grape tomatoes, chopped
- pickled jalapenos

Instructions:

This is great to prepare ahead for lunch. Brown ground beef with taco seasoning and chop veggies. Store in the fridge. To assemble: place lettuce in a bowl, warmed ground beef, grape tomatoes, pickled jalapenos, salsa, cottage cheese. Highly recommend crushing Popcorners Spicy Queso chips over it, but it is optional.

Nutrition — calories: 268, protein 33g, carbs: 8g, fat: 13.5, fiber: 4g

Nutrition with 1 serving of Popcorners — calories: 408, protein: 35g, carbs: 27g, fat: 19.5g, fiber: 4g

Chicken Fettuccine Alfredo

Makes 4 servings

Ingredients:

- 1 cup 2% milk
- 1/2 cup 1% cottage cheese
- 1 tablespoon cornstarch
- 3/4 cup grated fresh parmesan
- 10oz dry fettuccine noodles
- 16oz chicken tenderloins
- All purpose seasoning
- 1 tsp basil
- 1 tsp oregano

Instructions:

Fill a pot with water and bring to a boil. Add fettuccine noodles and cook according to directions or until al dente. In a blender, mix together milk, cottage cheese, cornstarch, parmesan, basil, and oregano. Meanwhile, season chicken tenderloins with all purpose seasoning and place in an air fryer according to directions (usually 380 for about 10-12 min) or in the oven at 350 for 15-18 minutes until cooked through and golden. Once fettuccine noodles are done, reserve 1/2 cup pasta water for possible use and drain the rest. Pour sauce from the blender over warm noodles and toss and cook on low heat until warmed through. If too thick, you can add a little pasta water. If it is thin, allow it to warm up and thicken. When warmed through, place noodles on the plate, then chicken tenderloins (about 3.5-4oz per serving), drizzle with any leftover sauce in the sauce pan and top with basil.

Nutrition | 1 serving — calories: 495, protein: 42.8g, carbs: 61g, fat: 8.6g, fiber: 2.25g

No Prep Snack List - This is a good list to have for quick and easy snacks!

- Beef Stick (18g protein) and 1 small apple
 - 1 tuna pouch and 1 single serve simple mills crackers
 - 1 single serve cottage cheese and 1 single serve plantain chips
 - 1 plain rice cake with cottage cheese on top and EBTB seasoning
 - 2 oz deli turkey (10g protein) around 1 cheese stick (cut cheese stick in half and roll deli turkey around each one)
 - Nut Snack Packs (perfect portion) and Mamma chia pouch
 - 1 single serve greek yogurt and 1/2 sliced banana
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Easy “Chips and Dip”

Makes 1 Serving

Ingredients:

- 1/2 cup cottage cheese 1%
- EBTB seasoning
- ~20 Popcorners, Sea Salt

Instructions:

Combine cottage cheese with EBTB seasoning. Dip and scoop using the popcorners

Nutrition | Popcorners + Dip - calories: 200, protein: 14g, carbs: 28g, fat: 3.5g