

Submitted By:**Recipe**

BJ Flanagan

3 egg whites, 1 Advocare pumpin Meal replacement shake. Mix it up, pour it on the griddle and voila!

Amanda Campbell

This has been my favorite!! Cut a zucchini into thin slices and toss in 1 Tbsp olive oil, sea salt, and pepper. Sprinkle with paprika and bake at 450°F for 25 to 30 minutes

Whitney Sevy

Grease a casserole dish and add 2+ cups of chopped veggies. I used zucchini, peppers, tomatoes, and onions. Whisk together 8 large eggs with a little salt and pepper, then pour over veggies. Bake at 400 for 25 minutes. Cut into squares and enjoy all week for breakfast! :) soo good!!

Jodi White Crismond

Almond butter cookies 1tsp vanilla extract 1 cup creamy almond butter Sea salt Dark chocolate- cut into chunks 1/2 tsp baking soda 1 egg 1/3 c honey Preheat oven to 350. Mix all ingredients together minus sea salt and bake 10-12 min. Take out of the oven and sprinkle with sea salt. Mmm sweet tooth satisfied!

Belle Granuzzo Sheehy

Egg muffins for breakfast. Mix 3 whole eggs and 3 egg whites Cut all your veggies. I used onions, spinach and peppers. In a muffin baking sheet, distribute your veggies and pour in your egg mixture 3/4 full. About 3 tbsp. Bake for 15-20 minutes at 350.

Nicole Cooke

Mexican Turkey Bowls!! ingredients: (I have doubled this recipe for lunches and dinners because we love it so much)!! - 1 lb of lean ground turkey - packet of taco seasoning (OR YOU CAN MAKE YOUR OWN) - cooked brown rice (i made what the package suggested for 4 servings) - 2 cans of black beans, rinsed and drained directions: - i cooked the turkey through before adding the taco seasoning. then i simply gathered 4 containers and layered 1/2 cup black beans, 2/3 cup of the prepared brown rice, and 1/4th of the ground turkey (approximately 4 ounces). i did have some left over this day and put together a small fifth container. when serving i use lots of fresh salsa (my mom's is the best!). you can also add reduced fat shredded cheddar, fat-free sour cream or plain greek yogurt, avocado, cilantro, jalapenos, etc. whatever mexican toppings your heart desires! Katy Redman, Karen Woodall Pirtle, Greg Cooke, Courtney Tyler Weaver, Jamie Moore

Kearsten Wright

Banana pancakes! 2 eggs 1 banana Mash all together and cook like regular pancakes!

Tristan Topps

Sweet Treat Advoblizzard!! 1 pkg of Vanilla meal replacement (or Chocolate) 1 cup of ice 8oz of water or Almond Milk 1/2 Advobar (other half goes crumbled on top) Blend until shake like consistency and ENJOY!!!

Lindsey Rae Slough

My SWEET potato pizza Crust: 3 large sweet potatoes 1 tbsp olive oil, extra virgin 1 large garlic clove, crushed 1/2 tsp smoked paprika 1/2 tsp salt 1/2 tsp ground black pepper 2.5 oz low fat mozzarella cheese, shredded Toppings: 1/2 red onion, sliced 1 red, green, yellow peppers diced 1 cup small broccoli florets 1 lb ground meat (turkey, chicken, beef), extra lean 1 tsp oregano, dried 1/2 tsp salt 1/2 tsp ground black pepper 3/4 cup tomato sauce (low sodium, no preservative, homemade if possible) 2.5 oz low fat mozzarella cheese, shredded Cooking spray (explore healthier options here) Directions Preheat oven at 450 degrees F and spray half sheet baking tray (I use this one) with cooking spray. Wash and pat dry sweet potatoes. Cut off the ends. I didn't peel mine to keep the nutrients in the skin but you can if you want to. Using sharp knife (my choice) or a mandoline, cut each sweet potato lengthwise into 1/8 of an inch thick slices. Add to a large bowl. Drizzle with olive oil and add garlic, smoked paprika, salt and pepper. Toss gently to coat. Lay potato slices in a single layer lengthwise, making sure they overlap by 1/8 of an inch. Now time to add your veggies, nothing else. If you add too many toppings now, they will either burn or steam the potatoes. Veggies go in now to roast along with potatoes. Spread the veggies on top of sweet potatoes and spray with cooking spray, and sprinkle with a pinch of salt and black pepper. Bake on the middle oven rack for 20 minutes and then broil on High for 10 more minutes, turning the sheet half way through broiling. In the meanwhile, preheat large non-stick skillet on medium heat and add turkey, oregano, salt and pepper. Cook for 10 minutes or until golden brown and crispy, stirring occasionally and breaking into pieces. Chicken or sausage would be great too. Any or no protein works. Remove from the oven and sprinkle with cheese, making sure majority of cheese shreds covers the seams. This way cheese will act as a glue and help form "the crust". Drizzle tomato sauce on top. Sprinkle meat and cover with remaining cheese. Return pizza to the oven and broil on High for 8 - 10 minutes or until cheese is bubbly and golden, turning the sheet half way. Cut into 12 slices and serve hot or cold.

Cheryl Davis Riley Love this one!!! Slow Cooker Chicken Azteca 3-4 boneless skinless chicken breasts, trimmed of fat ½ cup chicken broth 1 cup salsa (No Sugar Added) 1 can low sodium black beans (rinsed and drained) 2 cloves minced garlic 1 tsp cumin Place chicken in slow cooker. Top with remaining ingredients. Cover and cook over low for 6-7 hours. This can be served several ways. You can shred the chicken in the slow cooker, stir and serve. Or, you can remove the chicken breasts and top with the salsa mixture in the slow cooker. You can also have the leftover shredded mixture on a whole wheat tortilla or over lettuce for a Tex/Mex salad.

Mandy Aikens Multigrain tortilla, spread with natural peanut butter, topped with Apple slices and sprinkled with cinnamon. Baked in the toaster oven on 350 for about 5 minutes! Perfect cleanse snack!

Kim Schneider Drake I'll have to say my favorite new recipe is Advocare's very own Hummus Crusted Chicken. Wow was it good!!!

Sher Bear Sweet potato crusted breakfast casserole with turkey sausage, onions, & bell peppers... Delicious & fed us breakfast for 4 days!!

Heather Wagner These oven baked chicken fajitas were so delicious! Even more so the next day! Served with 100% whole wheat tortillas & Greek yogurt in place of sour cream! <http://realmomkitchen.com/9318/oven-baked-chicken-fajitas/>

Shelly Tabar-Thomas SPAGHETTI SQUASH WITH CHICKEN AND BROCCOLI: This is today's lunch. Mmm!! Prepare spaghetti squash by cutting it in half. Scoop out the seeds. Drizzle olive oil and a few crushed garlic cloves on the open side of the spaghetti squash. Place in oven for 35-45 minutes at 375. Let cool for 10 minutes. Use a fork to remove the "spaghetti". Then I added plain old chicken and steamed broccoli. If you want to add a spice, add crushed red pepper and maybe some oregano to taste. Mix it all together. ENJOY! ☺

P.J. Mouton Protein Packed Snack! We call it a Bowl of Health. 1 cup 0% Greek Yogurt 1/3 cup raspberries 1/4 cup blueberries 1 tbsp pistachios 1 tbsp cocoa nibs Eat and enjoy! For more crunch, add an additional tbsp of pistachio .

Dusty Buford-Walker Omg the BEST!!!! Zucchini pasta.saute garlic in coconut oil..add artichoke hearts and onion. Add zucchini pasta and mrs dash for seasoning. Let saute about 3 minutes. Remove and add cherry tomatoes and a pitch of parmesan. !!!! Mmmm carbs free and veggie packed!!!!

Bill Burkhart How about that Jenny Donnelly muscle gain ice cream...

Megan Claire McGrath Buffalo Chicken Sweet Potatoes: Bake sweet potato as usual, I microwave for 6 minutes on each side, then wrap in foil and bake until chicken is ready....For chicken, I shred chicken in a crockpot for 5-6 hours, add white meat skinless chicken breast to crock pot with 1 inch of low sodium chicken broth, when chicken is tender pull apart. Transfer 4 ounces of chicken to skillet and add sugar free buffalo or hot sauce (here in CT I use Archie Moore's buffalo sauce). Once chicken is coated and heated through cut open baked potato and add chicken mixture into the middle! DELISH

Nikki Lunsford Garces Buffalo Chicken Quinoa! Saute chicken with a little evoo, garlic powder, onion powder, s&p. Then add franks wing sauce. I put it on quinoa, shred some fresh spinach in it and DELISH!!!

Tiffany Sevick Here is a quick and easy way to satisfy that game day grubb need with some healthy oven "fried" boneless wings!! What you will need: Boneless chicken breast (Cut into LG bite size chunks) Low fat cheddar cheese...optional Your choice of wing sauce...for dipping Crushed corn flakes Non fat milk 1 egg Olive oil Garlic Paprika Pepper Heat oven to 350°. Lightly oil a cookie sheet. Mix all dry ingredients in a gallon bag. Whisk egg and milk together. Dip chicken pieces into your egg mixture then place them into your dry ingredients. Seal bag and shake. Place chicken pieces on cookie sheet and bake for about 10 to 12 minutes, flip and bake for another 12 minutes....Depending on the thickness of your chicken. Remove, let cool and enjoy with your favorite dipping sauce. Can you say Yummmm!?!?!?

Carrie Clemetson-Swanson

Chicken Tortilla Soup. *3 cups shredded chicken (no skin) Rotisserie or grilled. *1 can low sodium black beans, drained. * 1-2 cups of frozen corn * 1 small can diced green chilis * 8 cups chicken broth or vegetable broth * 1/2 cup mild salsa or fresh pico Salt and pepper to taste. * fresh cilantro. Delicious and packed with yummy healthy stuff. Freeze leftovers. ENJOY!

Rebekah Zimmerman

Zucchini pizza boats: 1-2 zucchinis hollowed out, 1 tomato purees with seasonings (I like oregano/fresh basil/pepper), Browned ground turkey, chopped onion, chopped mushrooms, OPTIONAL, thin sliced reduced fat mozzarella Dress the hollowed zucchini up like a pizza and bake at 400 for 15-20 minutes

Kelly Cushing Ruby

"Skinny" Cookies -- great for snacks: 3 Mashed (ripe) Bananas, 1 Tbsp Vanilla extract, 1/4 cup unsweetened applesauce, 1/4 cup unsweetened cocoa powder, 1/4 cup almond butter, 1 cup oats. Mix all together, let sit 20 minutes, scoop onto cookies sheet and bake at 350 for 1--12 minutes. Deilish!

Sara Strife Maguire

Avocado Pesto Cream Sauce with Spaghetti Squash 4 services 2 ripe Avocados halved, seeded and scooped out 2 cloves garlic 1/2 cup fresh basil leaves 2 tbs lime juice 1 tbs olive oil 2tbs pine nuts 1 spaghetti squashed 1 7oz can corn 1/2 cup Cherry tomatoes Sauce Add avocados, garlic, basil, lime juice, olive oil and pine nuts into a food processor. Mix till creamy. You can add salt and pepper to taste. Cook spaghetti squash Halve spaghetti squash. Scoop out seeds and discarded. In a microwave safe bowl put halved spaghetti squash and 1 inch water in bottom of bowl. Cook 10 mins on high until fork pierces skin. Use fork to scrape out. Add sauce to spaghetti squash. Halve tomatoes and add corn.

Stephanie Bright

ICE CREAM! *Peel a banana and freeze it in ziplock bag *When frozen, add to food processor with 3 frozen whole strawberries, a little bit of water and 1 tbsp Chocolate PB2 (powdered peanut butter) It actually tastes like ice cream! Great for anyone with a sweet tooth

Katie Howard

Love this thread! Taking pics of so many fun ideas!! Thanks for sharing! We made these last night and were shocked how yummy they are!

Krystin Devens Apple banana quinoa muffins! Turned out amazing!!!!
<http://pinterest.com/pin/126804545734259412/> These are mine!

Jeff Bowman <http://shewearsmanyhats.com/white-bean-chicken-chili/>

Nancy Riley My favorite so far is the Applesauce Chicken--little bit sweet with a kick!
Applesauce Chicken 4 skinless boneless chicken breasts 1 cup applesauce (No Sugar Added) 1/2 cup water small onion, sliced 1 tablespoon minced garlic 2 teaspoons apple cider or white vinegar pinch of cinnamon 1/2 teaspoon black pepper pinch of red pepper flakes (optional) Sauté the onion and garlic over medium-high heat in a non-stick skillet lightly coated with no fat/no calorie cooking spray. Add the chicken and sauté on both sides until browned. Add the rest of the ingredients and heat until bubbly. Reduce heat to medium-low, then cover and cook for 15 minutes or until the center is no longer pink. *Can be converted to a slow cooker recipe by placing all ingredients in a slow cooker. Cover and cook for 3-4 hours on high or 6-7 hours on low.

Kelley Winters 1 Avocado~ frozen 1 Banana~ frozen 1 c Coconut Milk~ frozen ~options~
*1 tsp unsweetened Cocoa powder ~or favorite fruit *Blend on high till smooth *Top with buckwheat/quinoa Muesli YOU WILL NEVER WANT DAIRY ICE CREAM AGAIN!

Alicia Kelly McAuliffe Shrimp and Asparagus Stir Fry with Lemon Sauce

Justin Kauffman Apple/Banana oatmeal muffins 3 bananas 1 Apple 1 cup vanilla flavored almond milk 2 eggs 1tsp vanilla extract 3 cups oats 1 tbsp baking powder 1.5tsp cinnamon Bake 375 18-20 mins

Lynette Wilson Shaver

I absolutely love this recipe! **QUINOA CHICKEN PARMESAN** Prep Time: 15 minutes Cook Time: 30 minutes Total Time: 45 minutes Yield: 4 servings
With an amazingly crisp quinoa crust, you'll never guess that this is actually so healthy and packed with tons of protein! **INGREDIENTS** 1 cup quinoa 1 tablespoon Italian seasoning 2 boneless, skinless chicken breasts, cut crosswise in half Kosher salt and freshly ground black pepper, to taste 1/2 cup all-purpose flour 2 large eggs, beaten 1/2 cup shredded mozzarella cheese 1/4 cup grated Parmesan cheese 1 cup marinara sauce, homemade or store-bought 1/4 cup basil leaves, chiffonade **INSTRUCTIONS** Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a large saucepan of 1 1/2 cups water, cook quinoa according to package instructions. Stir in Italian seasoning. Season chicken with salt and pepper, to taste. Working in batches, dredge chicken in flour, dip into eggs, then dredge in quinoa mixture, pressing to coat. Place chicken onto the prepared baking sheet. Place into oven and bake for 20-25 minutes, or until golden brown. Top with cheeses and marinara. Place into oven and bake until cheeses have melted, about 5 more minutes. Serve immediately, garnished with basil, if desired.

Karen Hecht Geraci

NO BAKE Protein Peanut Butter Cups Ingredients You'll Need: -4 Cupcake Liners -2 TB of PB2 -1 TB of water (*may need more) -2 TB of Plain Greek Yogurt -1 TB of coco powder (unsweetened) -1 Scoop of Chocolate Protein Powder *Optional: -1 Stevia Packet or a small spoonful of Honey *For Taste Mix together the Coco Powder, Greek Yogurt, and Chocolate Protein Powder. Slowly one TB at a time, add water, until the mixture is easy to pour (NOT THICK). Next (in a separate bowl) mix together your PB2 & water. You may have to slowly add water so that this mixture is also a liquid consistent. First pour your chocolate mixture into the bottom of the cupcake liners, about a quarter of the way up. Then Pour your PB2 mixture in. And one more time, Top it off with some more of the Chocolate Mixture. NOTE: You don't want to fill these up too high since they are mostly liquid. Now just pop them in the freezer for about 15 minutes and you're all done! I store my leftover ones in the freezer in tupperware containers. They are a great snack when I'm having a chocolate craving! ENJOY

Kimber Bertrand

Stuffed Peppers with ground turkey and brown rice (cheese optional)
Ingredients: 4 bell peppers (different colors, if available), cored and seeded
1/2 cup brown and wild rice mix, cooked 1 pound ground turkey meat 3
cloves garlic, minced 1/2 red onion, minced 1 TBSP olive oil 1 TBSP cumin
1/2 cup shredded Cheddar cheese Salt and pepper, to taste Directions:
Pre-Heat Oven to 350 Heat olive oil in a large skillet over medium heat.
Sauté onion and garlic until translucent (about 3-4 minutes). Add ground
turkey meat, cumin, salt and pepper and cook until browned (about 10-12
minutes). Combine prepared rice mix and ground turkey in the skillet. Oil a
baking pan and place bell peppers upright then stuff 1/3 full with ground
turkey and rice mixture. Then, layer in 1/2 of the cheese among the four
peppers. Repeat stuffing layer and cheese layers until the peppers are fully
stuffed. Place stuffed bell peppers in oven and cook 12-15 minutes, until
peppers are soft. For softer peppers, cook longer. Remove peppers from
oven and serve upright.

Raul Campa

Tex-Mex Chili 1 lb ground turkey, bison, or super lean ground beef 2 small
cans of low sodium black beans, rinsed and drained 2 cloves minced garlic
1 medium green bell pepper, chopped 1 medium to large onion, chopped 1
(29 oz) can crushed tomato (No Sugar Added) 1 (16oz) jar salsa (No Sugar
Added) ¼ cup (approx) Chili Powder (more or less to taste) 2 tsp (approx)
cumin (to taste) Brown meat in a large stock pot along with garlic, bell
pepper, and onion. Add beans, tomatoes, salsa, and spices to taste.
Simmer on low heat for about 30 minutes.

Crystal Justin Dyer

I have found so many it's hard to choose just one. This one is amazing and
cures when I want a milkshake craving! Frozen fruit any kind (the one
pictured is peach) for this particular single serve I used about 5-6 slices 1/2
cup ice and a cup - 1 1/2 cup of almond milk (I used silk unsweetened) and
blend together!

Stephanie Davis

<http://www.cookingclassy.com/2014/07/chicken-avocado-lime-soup/>

Kathy Rick Draper	Saintly Peaches! Took 2 cups thawed peach slices and added a few drops of stevia and a tsp cinnamon. Split into 2 baking dishes. Chop one AdvoCare bar into small pieces. Sprinkle on peaches and press into peaches slightly. Bake at 350 for about 15 minutes
Nicole Fletcher	Lemon Protein Cake (Made in a Mug!) I love this when I have a craving for tart and sweet. I use a fresh Meyer lemon. Yum! http://rxforhealthyliving.com/2014/08/04/lemon-protein-mug-cake-starbucks-lemon-loaf-remake/
Phyllis Infinger Burk	Slow Cooker Chicken Enchilada Soup Ingredients 1 1/2 lbs. boneless skinless chicken breasts 1 medium yellow onion, diced 1 bell pepper, thinly sliced 1 jalapeno, diced 2 cloves garlic, minced 1 15-oz. can diced tomatoes 2 cups chicken stock 1 tbsp chili powder 1 tbsp cumin 1 tsp dried oregano 1/2 tsp paprika Salt and freshly ground pepper, to taste 2 tbsp fresh cilantro, chopped 1 avocado, pitted and sliced Instructions Add the chicken to the bottom of the slow cooker. Add the onion, bell pepper, jalapeno, and garlic on top of the chicken. Pour the diced tomatoes and chicken stock over the top. Sprinkle with chili powder, cumin, oregano, paprika, salt, and pepper. Cover and cook on low heat for 8 hours. Use a fork to shred the chicken before serving. Garnish with cilantro and avocado. Notes Servings: 4-6 Difficulty: Easy By Rebecca Bohl (PaleoGrubs.com)
Erica Busch Sweitzer	OMG! I made this the other night!! My husband is doing the Challenge and he loved it- had it for lunch yesterday he loved it so much! I did add mushrooms and red pepper for added veggies in the dish! http://avocadopesto.com/2013/06/15/quinoa-with-paprika-chicken-and-asparagus/
Brooke Storts Caviness	Muscle Candy! 1 cup chocolate muscle gain, 1 cup peanut butter, 1 cup local honey and 1 cup steel cut oats. Mix it all up and form into cookies. Tastes just like no-bake cookies! Incredible!!
Angela Whiting Clements	Cucumber sub with turkey
Allison Peasley McFadden	Cleanse Pancakes: 2 eggs 1 banana 1 packet of MRS (I used Pumpkin Spice) A splash of unsweetened almond milk to thin out if needed Makes about 6 pancakes....spread with almond butter and extra sliced bananas

BrendiTony Jensen Sweet potato Sheppard pie!! I used a bag of frozen broccoli, cut up 2 zucchinis, 1 bag of green beans and 1 bag of mixed veggies. We raise our own beef so it's very lean hamburger which I used 3 lbs, 2 onions chopped, 6 cloves of fresh garlic chopped and seasoning. Peel and cut sweet potatoes in cubes and boil. When tender mash and put hamburger mixture over Sweet potatoes:) I'll post recipe in comments

Jacy Bunz Personal pizzas Fold flatbread in multi grain or olive oil and rosemary 2 oz grilled chicken 1 wedge garlic and herb laughing cow cheese spread Spinach Tomato slices Cut flatbread in half and spread each half with half of the laughing cow cheese Place spinach leaves on top followed by a slice of tomato and the chicken strips Bake in 350* oven until flatbread is crisp and toppings are hot. Slice in half and enjoy with a salad for a light and delicious meal! You get both pizzas for 247 calories!

Amy Goessl McCullough Turkey and sweet potato chili... This was so good. My kids loved it! Easy and fast to make! <http://www.skinnytaste.com/2013/10/no-bean-turkey-and-sweet-potato-chili.html?m=1>

Meagan Love-Ficken Stuffed Green Peppers Recipe by Meagan Ficken ~ 3-4 green peppers ~ Ground Turkey meat ~ 1 can of tomato sauce ~ Multi-grain medley (quinoa, brown rice, red rice and wild rice = 100% whole grain) ~ Brown turkey in skillet ~ Cook rice ~ Combine rice and turkey into bowl ~ Cut peppers in half and clean out ~ Stuff peppers with rice and turkey mix and place in baking dish ~ Top with tomato sauce and cover with foil ~ Bake at 350° for about 20 minutes or until the peppers are soft. Serve and enjoy!

Carol Weber Kiripolsky Blackened Chicken with Quinoa - A winner for my entire family! 2 boneless skinless chicken breasts 1/2 t. Paprika 1/4 t. Each of pepper, cayenne, onion powder, & cumin 1 t. Extra virgin olive oil 2 c. Organic low sodium chicken broth 1 c. Quinoa Juice and zest of 1 lime 2 Tbsp. Cilantro Combine paprika, pepper, cayenne, onion powder and cumin and season chicken with it. Heat skillet, add olive oil and add chicken. Cook 7 minutes each side covered. Let set 5 minutes before slicing. Combine chicken broth and quinoa. Simmer 10-15 minutes covered until broth is absorbed. After cooking, place in a bowl and toss in lime juice and zest, cilantro and a bit of pepper. To cool down the spice, serve with avocado or avocado pureed with plain non fat Greek yogurt.

Paula Jameson Guaqamole Deviled Eggs - 6 hard boiled eggs, 1 med avocado, minced garlic to taste, 2 TBS green chile verde sauce or any red salsa, 1tsp minced onion, chopped fresh cilantro to taste. Pit, peel and mash the avocado with just 2 of the egg yolks. Fill egg white halves and garnish with sprinkle of chili powder or paprika. Great snack for the big game day coming up!

Patrice James 1 cup Cucumber slices, 1 cup of cherry tomatoes, 1 cup avocado cubed, squeeze a lime over the top yummy.

Christina Ann Coluccio FIESTA CHICKEN in crockpot on low for 6 hours: 2 pounds boneless skinless trimmed chicken breasts 1 cup each red, yellow, orange and green bell peppers 1 large diced onion 1-2 cans of rinsed low sodium black beans 1 can diced tomatoes Chili peppers or hot sauce to taste Cover and chicken if tender - can be shredded or served in small pieces. Can be served with brown rice or quinoa. Feeds 6. AWESOME AS LEFTOVERS IF THERE ARE ANY!!!

Lori Kohl Crockpot balsamic pork roast which I found on the advocare fb page has become my family's favorite meal. I replaced the salt with minced garlic and just drizzle a little honey on top. My 10 yr old son ate 4 helpings last night changing my plans to have this for lunch the next 2 days lol. Everyone who tries it LOVES It. So full of flavor and yummy! I'll b making this even when were done with the challenge

Shannon Osburn
Marange

A favorite snack has been a plain rice cake with natural peanut butter and almonds on top!

Liz Gervich Thebeau

DB9 caramel almond bar heated for 10 seconds the smashed on apple halves. Tastes like a caramel apple and the cool crisp apple paired with the warm bar is delish!

Denise Ellis

My favorite so far has been the Advocare recipe for Chicken Fried Rice: 4 cups brown rice, prepared 2 cups rotisserie chicken, chopped or 1/2 pound boneless, skinless chicken breasts cooked 1 cup frozen peas and carrots, thawed 1/2 white onion, finely chopped 2 cloves garlic, minced 2 eggs 3 tablespoons sesame oil 1/4 cup soy sauce Prepare rice per package directions and set aside. In a large skillet heat sesame oil and sauté onion until transparent. Add the garlic, peas and carrots. Cook until vegetables are tender, stirring occasionally. Crack eggs over the vegetables and stir throughout the vegetables while scrambling the eggs. Add the chicken, rice, and soy sauce. Stir until soy sauce is well incorporated. Remove from stove and serve hot.

Danielle Benke

mashed avocado with lemon and tuna, inside hollowed out mini cukes!

Jeanne Dasher

MUSCLE GAIN GRANOLA 1 cup coconut oil (melted) 1/2 cup chocolate Muscle Gain 1/2 cup vanilla Muscle Gain 4 cups old fashioned oats 1 cup sliced almonds 1 cup broken pecans 1 cup hazelnuts (or your favorite nuts) Mix in large bowl, put on cookie sheet and bake 250° for 20 minutes. It stores in an empty muscle gain container perfectly.

Brittini Branham

Banana oatmeal cookies! 2 ripened bananas, 1 cup oatmeal, mix well and bake at 350 for 15 minutes. Cool for 30 minutes and enjoy! I added raisins and if I'm having the chocolate cravings a small handful of dark chocolate chips. Delicious! (Credit to burlap bag)

Tabatha Candies

Chicken tortilla soup! Perfect for this chilly weather!! I highly recommend this recipe

Angela Maradiaga	<p>Chicken Lime Soup!!! Chicken Breast Onion Garlic Clove - Minced Cilantro 1 can of organic tomatoes Cabbage Chipotle peppers in Adobo sauce - 2 peppers and two tbls of sauce. 3 Limes 5 Cups of reduce sodium chicken broth 1-2 cups of water Chicken onion and garlic sauce cooked in coconut oil. Cook Onion and Garlic in Coconut oil or Olive oil (about 5 minutes) Add Chicken. (I like to season with Mrs.Dash Chicken Lime and Garlic herbs) and squeeze 1 lime on top. Let it sit while you cook the onions. After chicken is cooked I add the tomatoes, chicken broth and cabbage and squeeze in two limes. Let it cook for a good 15 minutes or until cabbage is soft. You can add more veggies or potatoes... . Added 1 crushed tostada (optional) And slices of avocado</p>
Nicole Garner	<p>Made these for dinner last night AND a lunch today! Butter lettuce (as the shell) Extra lean ground turkey (seasoned like taco meat w/minimal salt) HEB Black Beans with lime & jalapno (drained & rinsed) Avocado Prep meat - rinse beans and mash - assemble and eat! So freaking delish!!!!</p>
Christy Conley Roldan	<p>Roasted Shrimp and Broccoli Simple and delicious.</p>
Shanda Macomber	<p>Apple in oven for 30 minutes with cinnamon. Love it!</p>
Elizabeth Timpe	<p>http://www.ambitiouskitchen.com/2013/04/crunchy-cashew-thai-quinoa-salad-with-ginger-peanut-dressing/</p>
Joni Brott Baker	<p>2 servings whole wheat noodles 1 avocado 2 cloves garlic 1 tbsp lemon juice 2 tbsp olive oil 1/3 cup chopped fresh basil or spinach 1 can albacore tuna Cook noodles. Mix everything else together except tuna in food processor. When noodles are done, mix everything together. Add green beans for a full meal. Delish!!!</p>
Jacqi DeWolf Aubrey	<p>broccoli avacado quesadillas: I added chicken to give it more protein. These things were delicious! http://www.mountainmamacooks.com/2014/07/broccoli-quesadilla-avocado-garlic-dill/</p>

Alicia Penry Strawberry oatmeal Breakfast smoothie 1C. Unsweetened vanilla almond milk, 14 strawberries, 1 banana cut into chunks, 1/2 C. Rolled Oats, 1/2t. Vanilla Extract, 1 1/2t. Honey

Liz Jackson Black bean with papaya and mango salsa! 1- can non salted black beans rinsed 1 - Papaya diced 1 - mango diced 1 - red onion diced 1 - red bell pepper diced 1/2 lime for juice 2 tablespoons honey 1 tablespoon ginger root grated Pinch salt (taste and add as needed) 1/2 cup diced cilantro

Heather Biernbaum This recipe has SO much flavor!! It was a huge hit in our house!
<http://www.skinnymom.com/2014/01/24/skinny-italian-sausage-and-peppers/>

Eric Simpson Stuffed poblano peppers. 98% lean all natural ground turkey breast chopped green onion all natural fresh salsa whole grain rice black beans 1/2 pack taco seasoning sprinkle with cheddar Cook rice. Saute onions in skillet and add turkey. Add taco seasoning. Add salsa, beans, and rice. Stuff hollowed out peppers with mixture and bake at 350 for 20-25 minutes, then sprinkle with cheese and bake until melted.

Raylyn Gilkison GUILT FREE BOMB MEATBALLS 3 lbs super lean ground beef (I used 97/3) or ground turkey/chicken breast 1 cup finely chopped onion 1 cup finely chopped celery 1 cup finely chopped mushroom 2 small or 1 large can chopped green chilis 4 eggs 2 heaping tbsp minced garlic Seasonings of choice (I used pizza seasoning, it had red pepper flakes...mmmm!) Use small scoop to make meatballs and put on baking sheet lined with foil (for easy cleanup) Bake @ 450* covered for 10 min, uncover and bake another 10 min. Depending get on the size of you meatballs, a meal would be 4 for women or 6 for men. You can freeze these or keep in the fridge for several days to feed off of. They never last long enough for us to freeze :-) We served with our own, homemade marinara sauce. Serve over steamed spaghetti squash or steamed zucchini noodles.

Nancy Kohler Adams

Often, getting all that protein in, in a day is difficult. But, I found this to be perfect - especially 1-2 hrs prior to a workout! Peanut Butter Cup SMOOTHIE. :) 1/2 Frozen Banana; 2Tbl Greek Yogurt; Spinach Leaves; 2Tbl PB2; 8oz of Almond Milk Unsweetened & 1 pouch of AdvoCare's Muscle Gain!!! Yum Yum!! 45 g Protein . . 27% of your daily Iron!

Clelie Hebert

Mexican Chicken Chili ***bonus**** it's a crock pot meal! 2lbs boneless skinless chicken Jar of salsa (make sure there is no added sugar or preservatives) 3 carrots chopped 2zucchini chopped 2 celery chopped 1 onion chopped 1 jalapeño chopped 4 cups chicken broth 2 cups black beans 1/4 cup taco seasoning (2tbs chili powder, 2tsp cumin, 1tsp onion powder, 1tsp garlic powder, 1tsp pepper, 1tsp cayenne) Throw it all in the crock pot on low 6 hours. Shred chicken when done. DELISH!!!

Maggie McRobert

Turkey Meatloaf: 1 lb ground lean turkey Whole wheat breadcrumbs 1 egg Worcestershire sauce Pepper Sautéed peppers and onions that were diced Mix everything together and bake at 375 for almost an hour. I split it into 2 smaller loaves. So yummy! I had with roasted Brussels sprouts.

Kellie Miller Penson

Oh my goodness this was so delish! Fiesta Bowl (or that's just what I am calling it because it's like a FIESTA in your mouth!) Whole grain wild rice Black beans Lean ground beef taco meat (Browned then rinsed and drained. Seasoned with Mrs. Dash Taco seasoning.) Topped with Fresh Garden Salsa (I purchased sun dried tomato style from the produce section. Salsa in this section has WAY less sodium than the Mexican food section) Side of fresh steamed broccoli. I am just having to refrain from filling the bowl back up! So good!

- Katie Evans My very own creation... Venison stew! -1 lb of venison steaks -1 vidalia onion -1 32 oz gluten free, vegetable broth -1 small pack of baby carrots -1 pack of fresh broccoli (broken up) -1/2 pack of red potatoes cut in half -2 cloves of garlic -Ms Dash all purpose seasoning to taste. -onion power to taste I simply seared the meat in a pan on both sides along with the onions in the pan... Threw that in the crockpot with all the other ingredients. Let cook on low 6-8 hours!! Delicious and perfect for rainy cold days like today! :) enjoy!
- Darci Bean Organic Baby Spinach 3 Tablespoons of Pico de Gallo 3 Tablespoons of Fresh Salsa 1 Can of Chunk Light Tuna in water, drained well 1 Wholly Guacamole, 100 Calorie Mini Pack This is my recipe and my blog!
<http://www.everythingmommyhood.com/2015/01/recipe-tuna-spinach-salad-clean-eating-advocare-friendly.html>
- Jennifer Arnold My apple nachos! One Apple sliced and cored Tbs of white chocolate wonderful heated and drizzled. Tbs of dark chocolate dreams heated and drizzled. Chopped strawberries. Oats sprinkled. A few dark chocolate chips!
- Tracie Kolb this has been one of my favorites
<http://smilesandwich.com/2014/07/25/amish-one-pan-ground-beef-and-cabbage-sketlet/>
- Darla Headrick Dill Paleo Turkey and Vegetable Soup. I made this last night out of leftover turkey breast that I had cooked a day ago super yummy! 3 cups of pre-cooked turkey, shredded 3 celery stalks, diced 3 carrots, diced small 1 large yam or sweet potato, diced 1 medium onion, diced 2 quarts of chicken, turkey or vegetable broth (make your own or use organic pre-packaged stock) 2 garlic cloves, minced 1/4 cup flat-leaf parsley, finely chopped 1 bay leaf salt and pepper to taste
- Maria Di Bernardo Bocchino Honey chicken in Crock Pot: 6 Skinless , boneless Chicken thighs 1/2 cup organic natural honey 1/2 cup honey mustard 2 tbsp of Lite soy sauce Basil (sprinkle on top before cooking) Put chicken in crock pot .. Add honey, honey mustard, and soy sauce.. Sprinkle with basil .. Cook on high in crock pot for 8 hours... DELISH!!!

Erin Creswell Rogers Jen Connelly Mel Keeler Katie Biga Erin McGrath Phoebe Sussler Pilj Amy Lawrence Oliveira Amy McIlwain WHAT great recipe ideas!! YUMMY Jennifer Lynn Camp

Tracy Wright Horchata- 1 vanilla meal replacement shake 10-12oz. Water 1-2 TBL Spoon cinnamon Place all ingredients in a blender bottle, add ice and shake. Serve immediately

Daniele Bardsley These protein muffins are easy to take on the go! And really delicious! <http://bettruebalanced.blogspot.com/2014/01/oatmeal-protein-muffins.html?m=1>

Janice Rakes Buffalo Chicken Spaghetti Squash!! <http://mrsmcp.com/buffalo-chicken-spaghetti-squash/#sthash.apxLrbeT.qjtu>

Valerie Millsapps Muscle Gain Chocolate Waffles 2 scoops Muscle Gain 1 teaspoon cinnamon 1 banana 2 egg whites 3 tablespoons unsweetened almond milk Mixed all together until smooth in my ninja prep. Makes 2 waffles. Heat waffle maker. Spray with pam. And pour into pan until done. I'm making more tonight and freeze. In the mornings we can pop in microwave 1 1/2 minutes and Enjoy! So good!

Alix Lewis RN This has been my favorite recipe!! Zucchini Noodles with Lemon Garlic spicy Shrimp. Delicious!!

Jamie Gupton <http://www.pinterest.com/pin/195414071307634908/>

Heather Connell These turkey meatballs are amazing! Plus, easy to make a double recipe, individually freeze them & pull out for a snack, to add to a salad or whatever! Love! <http://hellostripes.blogspot.com/2013/08/recipe-clean-turkey-meatballs.html?m=1>

Tami Krell My No Name Salad. 2 Chicken breast broiled and cubed Cherry tomatoes cut in half Avocado. Cubed. At least 2 Red onion diced 2 Tablespoons lime or lemon juice Dash of pepper I used Boathouse Avocado and Cilantro Yogurt Dressing approx 1/2 C Mix together and let chill. Yummy!

Michelle Miller D'Ettorre No Bake Energy Bites that taste like oatmeal cookies! <http://isobreathing.com/oatmeal-craisin-no-bake-bites/>

- Gabrielle Zoldos Apple Chicken Sausage with Red & Green Peppers and Sweet Potato. 1 package of Apple chicken sausage 1 red pepper - 1 inch pieces 1 green pepper - 1 inch pieces 2 small sweet potatoes - cut into 1 inch pieces 2 TSP coconut oil salt & pepper if you want to taste Start with Sweet Potatoes, add a little oil to pan and sautee until done. Set aside, add a little more oil, then add peppers, sautee until done, set aside. Add chicken sausage. Once those are completed, add sweet potatoes and peppers back in pan. Add seasoning if you want. Enjoy. Takes about 20 minutes!
- Chelsea Lovejoy Broccoli, zucchini, onions, mushrooms(optional), sweet potato, topped with chicken breasts and seasoned with dry Italian seasoning and ranch. Cover with foil and bake at 375 for 45 min!
- Maury Potts This was amazing!!! I would double the kale next time though! I used coconut oil wherever it said butter or oil, and served with brown rice. If the hubby likes it then we are golden!!
<http://pinterest.com/pin/150518812521874156/>
- Marisa Eagle My new favorite lunch! So easy and healthy! Just add a few spritzes of liquid aminos.
- Leah Marina Kallay <http://lasvegasphotographercindylarkin.blogspot.com.au/2013/10/spinach-zucchini-ravioli.html?m=1>
- Sara St. Lewis Lemon Pepper Tilapia Lettuce Wraps with Pineapple - 4 Tilapia Fillets
Lemon Juice Sea salt - Pepper Fresh Basil Extra Virgin Olive Oil Pineapple
Lettuce Cucumber/carrot Fresh Garlic Dill Pico De Gallo (onion, tomato, lime juice, fresh cilantro) 1.) Coat pan with EVOO and lay Tilapia in pan. (Pre-heat oven to 400 degrees) 2.) Lightly cover filet with lemon juice, minimal salt/pepper, add minced fresh basil, and fresh garlic! 3.) Carefully place pineapple so that it surrounds the tilapia. 4.) Bake at 400 degrees for 20-24 minutes or until filet is white and flakey. 5.) While tilapia is baking, prepare and wash lettuce so that it may be used as wraps. 6.) Mince cucumber and shred carrot. 7.) Once the tilapia is fully cooked, flake apart. 8.) Lay down lettuce, add tilapia and pineapple. 9.) Add pico de gallo, cucumber, carrot and a dash of lemon juice! Make wraps and ENJOY!!!

Traci Ferguson Spalding <http://pinterest.com/pin/Axq6awAQQCwBxA0ZRN0AAAA/> This was my first experience with quinoa and it was delish!

Kelly Crittenden Turkey meatloaf! Ground turkey, 1 zucchini, 1 small onion and extra spicy mrs dash spice! Bake for 1 hour at 350 degrees.

Melissa Melissa Sausage Tomato soup (add turkey sausage) <http://diethood.com/roasted-tomato-soup/>

Tommy N Jennifer Allen Avocado & Tomato Salad Wrap Put on a 100% whole grain tortilla, add 1 boiled egg, sun flower seeds and spinach leaves....ROLL - and that's a WRAP!!!

Kerry Jo Muller <http://andoverdietcenter.com/balsamic-chicken-bake>

Katie Voss Conner Greek Ground Chicken Meatballs with homemade Lemon Vinegarett dressing Meatballs 1lb ground chicken 1 cup spinach chopped 5-7 Whole wheat ritz crackers 1/2 cup feta cheese Juice of one lemon Salt and pepper Mix all ingredients in mixing bowl. Once mixed form in 1 inch balls on a baking sheet. Bake 400 for 25 min until golden brown. Lemon Vinegarett Dressing 1/4 cup extra Virgin olive oil 1 tsp minced garlic 1/2 lemon juice Salt and pepper Whisk thoroughly. Serve on a bed of spinach and top Greek Ground Chicken Meatballs with Lemon Vinegarett!!!! Enjoy!

Sue DeLuca Schneider Vegetable Curry with Garbanzo beans! Just can't get enough! Yum!!!!

Deb Kugler Goheen Donna Piel Bornhoft Jeanette Ninemire Stephanie Tiffany Krystal Sears Holly Barnett Melissa Ninemire Nicole Ninemire Joleen Northrup Locke If I shared this, it wouldn't keep the comments, so wanted to tag you so you could get some ideas.....Too late to enter the contest, but lots of great recipes here!

Crystal Foltz Gedris Didn't take a picture but Sloppy Joes and not Manwich. I do not like Manwich so I make my own and I feel it's challenge friendly. Very lean hamburger (or turkey burger), chopped small yellow onion and green pepper (1 of each), after browning burger with onion and green pepper add 1 can of your choice spaghetti sauce (no salt added and low sugar) then add minced garlic, pepper, chili powder and paprika to taste. I did not have a bun with this just ate it plain and made sweet potato fries with it and had a veggie.

Felicea Shannon 6 peppers cut/ chunked 3 cans diced Italian tomatoes 1.5 pounds ground turkey-cooked 1 cup brown rice-cooked Mix all together in a deep dish (i used my pampered chef deep dish baker) Cooked on 350 for 2 hours Seperated into 8 containers and I had 8 grab and go foods!!!

Dennis Toney II Need for or meal ideas here ya go... Nkahunu Xiong and Howard Fuller hope this helps guys... Keep up the great work...

Stacy Cloyd Amanda Maness, Helen De Leon, Sara Jo Pahls check these recipes out - they are challenge friendly too :)

Kim Nida Shannon Champion McVeigh did u Chk all these out?! Yum!

Elizabeth Pringle Duncan It's cold!!! Make time to where you can enjoy a hot breakfast filled with yummy protein. This meal prep in an hour made 50 packets for breakfasts. Each bag has the following BASE ingredients and then you can share your add ons or modified recipes: 1/2 c. Organic oats 1 T. AdvoCare Muscle Gain 1 T Oat powder (you can take oatmeal and blend in a blender... This makes it thick!) 1 t. Honey powder (can be excluded or you can use alt. sweetener) Recipes made with this base can be found on Win At Life Headquarters page...such as Almond Joy Oatmeal packets <3 #advocareallin #winatlife #noprepackagedyuck

LawsonandJess Bost "Bowling Pasta" - 2 zucchini squash + 1 summer squash, shredded, julienned or - if you have it - use a "zoodler" to make noodles. Put shredded/noodled squash in a colander and toss with light salt. Let sit so that the salt "sweats" the water out of the squash (this makes it limp just like cooked noodles!). Rinse and pat dry. Then, add to the noodled squash any of the following (or make up your own!): -Grilled chicken or sausage - Sliced olives -Steamed broccoli -Artichoke hearts -Sundried tomatoes -FF or LF feta cheese (totally optional if you're avoiding dairy completely) Toss together with your favorite oil & vinegar dressing. It's even better the next day!!

Veleta DuPree Greer Slow Cooker Chicken Burritos Ingredients: 3-4 boneless skinless Chicken Breasts 1 (8oz) can tomato sauce (no sugar added) 1/2 C Salsa 1 Package of Low Sodium Taco Seasoning 1tsp chili powder 1tsp cumin 2 cloves minced
Directions: Place chicken in slow cooker. Pour ingredients on top of chicken. Cover and Cook on low for 6 hours or until chicken is cooked.

Angie Rothbauer Cauliflower pizza crust! <http://www.popsugar.com/fitness/Low-Carb-Cauliflower-Crust-Pizza-Recipe-30739512?ref=34318684>

Sanita Glick Simms Apple Onion Pork Chops Ingredients: 4 pork chops 1 onion 3-4 apples, peeled 1 fresh garlic Pinch of rosemary Directions: Cut up onions and apples and cook until onions are translucent. Add garlic and rosemary
Meanwhile, brown pork chops When finished transfer pork chops to 9x13 baking dish and cover with onions and apple mixture Bake at 375 for 30 minutes (I added some chicken broth to the bottom of baking dish so pork chops wouldn't dry out)

Kayla Pruett Chicken Parmesan with Zoodles. 2- Boneless Skinless Chicken Breasts, halved 1 cup Almonds (milled to create a "dust like" consistency) 1 egg 1 tsp each Garlic powder, Onion Powder Sugar free organic Pasta sauce (aldi has a great one) 2-5 Zucchini (depending on size) 1 cup fresh parmesan cheese
1.Mix together milled almonds and seasonings. 2. Dip Chicken in beaten egg and then coat in the almond breading. 3. Bake at 350 degrees for about 25-35 minutes. 4. Immediately top each peice of chicken with 1/4 cup parmesan cheese when removing from over so it melts a little. 5. While the chicken is cooking, cut your zucchini into noodles, using a mandolin slicer or a spiral veggie cutter until you have enough 'noodles'. After removing chicken from the oven, saute the zucchini in 1 tbs of coconut oil, until warm. Do not overcook or you will havr VERY mushy 'spaghetti'. 6. Measure out your zoodles, top with chicken parm and spaghetti sauce for a DELICIOUS carb-free chicken parmesan and spaghetti. :)

Mariel Inglima

Zucchini "Pasta" w/ shrimp cherry tomatoes and pesto sauce Pesto ingredients: 3 cups fresh basil leaves stems removed 4 garlic cloves 1/2 cup toasted pine nuts Pepper 5 Tbs Olive oil Other ingredients: 4 fresh zucchini ; washed 1 cup cherry tomatoes 15-20 shrimp deveined shell off Recipe: Use a mandolin or slicer to cut zucchini into pasta like form set aside. Halve cherry tomatoes and set aside. I steamed my shrimp until they turn a nice pink color you know their done. For the pesto : Add basil leaves and garlic into food processor and pulse slowly, add in toasted pine nuts(toasting the nuts brings out their nutty flavors and adds tons of flavor to the pesto) and pepper. Pulse slowly. Lastly add olive oil and pulse until sauce like forms. Add zucchini shrimp and tomatoes into an oiled saute pan on medium heat. Saute until heated through. Add pesto and stir in until all the ingredients are coated thoroughly. This recipe is an absolute must try!! It actually feels like your having a pasta dinner but you don't have the tired bloated feeling after your done eating!

Rhonda Penn Seidman

I usually make it a head of time and just put it in the oven 25 minutes before we eat dinner....or you can make more chicken to go with it and then have it for dinner, two nights in a row.... I also roast a variety of veggies on the bottom as opposed to just zucchini...you can switch it up as you like.... (I don't use lemon, just the lemon juice) *In the cleanse, you might want to omit the added salt. Hummus-Crusted Chicken Prep Time: 10 minutes Cook Time: 25 minutes Total Time: 35 minutes Yield: 4 Servings
Ingredients 4 boneless, skinless chicken breasts salt and pepper 1 zucchini, chopped 1 yellow squash, chopped 1 medium onion, chopped 1 cup hummus, homemade or storebought 1 Tbsp. olive oil 2 lemons 1 tsp. smoked paprika or sumac Method Preheat oven to 450 degrees. Prepare one large baking dish or two smaller baking dishes with cooking spray. Pat the chicken dry. Season the chicken breasts with generous pinches of salt and pepper. In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with salt and pepper. If using one baking dish, place all of the vegetables on the bottom of the dish in an even layer. Lay the four chicken breasts evenly on top, then cover each chicken breast with the hummus so that the entire breast is covered. Squeeze the juice of one lemon over the chicken and vegetables. Then sprinkle the pan with smoked paprika or sumac. Thinly slice the remaining lemon, and place the slices in between the chicken and vegetables if desired. **If using two pans, use one for the chicken and one for the vegetables.** Bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.

Maria Bourbeau

Homemade burrito bowl.

Pamela Pellerito

Garlic Chicken and spinach with Quinoa: Sauté garlic cloves and minced garlic in pan for 5 mins. Dice 2 chicken breasts Place in pan with garlic and cook all the way through. Add in spinach Cook quinoa according to package Place chicken on top of quinoa Enjoy!

Sara Lawson

I shredded zucchini like spaghetti and boiled it for ten minutes. Then I mixed it with cooked ground turkey and organic tomato basil spaghetti sauce and baked it at 375 for 20 minutes. So good! My 4 year old called it "da bomb" and my 2 year old ate a while plate as well.

Marilyn Russell Matherne

Quinoa chicken salad with citrus and avocado.
<http://sallysbakingaddiction.com/2014/06/12/citrus-chicken-quinoa-salad/>

Vivien Irvin

Turkey Meatloaf*** 1 large onion chopped 2 pounds ground turkey 2 eggs blended 1/2 cup oatmeal 1/2 cup no sugar added organic applesauce or 1 large apple and 1/4 cup water blended in blender 1 large can sodium free tomato paste 2 Tbs organic Agave Nectar 1 tsp Worcester Sauce 1 tsp mustard 1/4 tsp chili powder 1 tsp mrs. Dash sodium free S & P to taste Pam spray Directions: Saute chopped onion in Pam cooking spray until translucent. Mix ground turkey, onion, oats, eggs, applesauce, 1/4 cup tomato paste, mrs dash and salt and pepper. Form meat into two loafs and put on a cookie sheet with sides sprayed with Pam or in 2 loaf pans sprayed with Pam. In a separate bowl, mix remaining tomato paste, agave nectar, Worcester, mustard and chill powder. Spread mixture over top of loaves. Bake for 45 minutes at 375 Degrees. Turn broiler on low and broil top for 1-2 minutes. Keep an eye on it so the nectar doesn't burn. Enjoy!! Ps: the following day, make a meatloaf wrap for lunch using a whole wheat or flax seed tortilla. Yum!

Cara Doerr

Primal Turkey Chili <3 2 slices Bacon (chopped), 1 onion diced, 4-5 cloves of garlic minced, 2 lbs ground turkey, 1 cup red/yellow/orange bell peppers diced, 1/2 jalapeno pepper finely chopped (if you like it spicy), 2 cups broth or water, can of diced tomatoes, 2 tbs chili powder, 1 tsp paprika, 1 tsp oregano, 1 tbs cocoa powder, and 1 tbs apple cider vinegar. Cook bacon until lightly brown and some fat rendered. Add onion and peppers and cook until partially translucent. Add the garlic and cook about 5 more minutes. Add turkey until cooled all the way through. (May need to spoon out fat if not using most lean) add seasoning (not cocoa powder and vinegar,) broth or water, and tomatoes. Simmer covered for an hour stirring every 20 minutes. Add cocoa powder and vinegar and cook 20 more minutes. Garnish with plain greek yogurt, green onion, and a sprinkle of cheese. Side note: I am loving the challenge and down 10 pounds!

Melisa Hurst

Skinny Chicken Pesto Bake with Baked Parmesan Zucchini
<http://damndelicious.net/2014/06/21/baked-parmesan-zucchini/>
<http://www.skinnytaste.com/2012/09/skinny-chicken-pesto-bake.html?m=1>

Cindy Olinger Pund

Crockpot Slop (Disgusting name - great meal!) Ingredients: Put in crockpot in order. DO NOT STIR!!!! 1 large can of green beans (do not drain) 8 cut up potatoes (I used half potatoes and half cabbage) 2 (1 pkg) sliced up Oscar Mayer turkey smoked sausage 1 diced up onion Put in enough water to cover the potatoes Drop in 4 chicken bouillon cubes (I used the dry broth base) Salt and Pepper to taste! Directions: Cook in Crockpot for 4-6 hours on High

Ashley Jackson Chavez

Fish and shrimp tacos in a red cabbage leaf Ingredients: Cod filets Large shrimp Slaw: Carrots White onion Green onion Cilantro Lime Tomato Other toppings: Charred poblano (chopped) Cubed avocado Seasoning for fish Garlic powder Smoked Paprika Honey jalapeno seasoning Chili powder Red pepper flakes Season to taste Red cabbage leaf for your "tortilla" Shred all of the slaw ingredients and squeeze the lime in. Set it to the side and char your peppers and set them to the side to be chopped while your fish cooks. Cube your avocado and squeeze some lime on top. Have your red cabbage leaves steaming while you prep and cook everything else. Cook your fish and shrimp seasoned to taste (we used the stove top and a cast iron griddle) Combine all of your ingredients in the red cabbage leaf and enjoy!! Next time (because there will for sure be a next time) we are going to shred our red cabbage into the slaw and use lettuce for our tortilla!!

Joyce Guillen

Lentil Soup 327 Reviews Recipe courtesy of Alton Brown SHOW: Good Eats EPISODE: Pantry Raid 6: Lentils SAVE RECIPE 2 videos | Alton's Lentil Soup (02:19) Total Time: 1 hr 15 min Prep: 30 min Cook: 45 min Yield:6 servings NUTRITION INFO HEALTHY Next Recipe Ingredients 2 tablespoons olive oil 1 cup finely chopped onion 1/2 cup finely chopped carrot 1/2 cup finely chopped celery 2 teaspoons kosher salt 1 pound lentils, picked and rinsed 1 cup peeled and chopped tomatoes 2 quarts chicken or vegetable broth 1/2 teaspoon freshly ground coriander 1/2 teaspoon freshly ground toasted cumin 1/2 teaspoon freshly ground grains of paradise Directions Place the olive oil into a large 6-quart Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes. Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Using a stick blender, puree to your preferred consistency. Serve immediately. Recipe courtesy Alton Brown, 2006 Read more at: <http://www.foodnetwork.com/recipes/alton-brown/lentil-soup-recipe.html#lightbox-recipe-video?oc=linkback>

Lindsey Ealey

Burrito bowls 4 boneless-skinless chicken breasts 1 28oz can diced tomatoes 1 jar of favorite salsa 1 can pinto beans 1 can black beans 2 diced jalapeNos Put all in crock pot on low for 5-7 hours Next make some quinoa. I added cilantro and lime to mine. Put chicken mix over quinoa, add lettuce for crunch and enjoy!

Carrie Clippinger

My own version of Cleanse Friendly Chicken Parm: Grilled Chicken, topped with HOMEMADE spag. sauce. Pair with Fresh Asparagus, grilled! VIOLA! Tastes great, very filling!

Amanda Smith Cole

Homemade Fresh Pico -diced tomatoes -onion -jalapeno -cilantro -lime juice Great to keep on hand and add to egg whites, chicken, fish, etc.

Sarah Clemen

Paleo breakfast meatballs!
<http://canadagirleatpaleo.com/2013/12/07/breakfast-meatballs/>

Tammy DeLane

Pulled chicken lettuce wrap tacos mmm Boneless skinless chicken breast Reduced sodium taco seasoning Garlic Onion Red yellow and orange sweet peppers Water Crushed tomatoes All put in the crock pot Served on lettuce with homemade guacamole Homemade salsa Onions and a squeeze of lime.

Kaelyn Alisha Elder

<http://scrumptious-recipe.blogspot.com/2014/08/taco-chicken-bowls.html?m=1> I made this, minus the cheese and used brown rice instead of white.

Chris Thompson

Feta cheese pizza! handful kale 1 small onion, chopped 1 15 oz. can diced tomatoes 2 Tbsp. grapeseed oil dash of Italian herb seasoning 1 cup feta cheese crumbles Directions: Preheat oven to 350 degrees. Saute onions in grapeseed oil until tender. Add in handful of kale and mix with onions until wilted. Spread diced tomatoes and their juices over pizza crust, careful to leave the edge of the crust plain. Spread onion and kale mixture. Top with feta cheese Sprinkle the Italian seasoning bake! Also I'll throw 99/1 ground turkey to beef up the protein

Lisa Michelle

1lb Ground chicken with low sodium taco seasoning, homemade fresh salsa, and black beans. My healthy chipotle!

Renee Jaeckle

Salmon burger with guacamole flavored Greek yogurt. (can be topped with roasted garlic sauteed spinach and tomatoes) One pre-cooked salmon burger. Or can make your own! Whole wheat thin bun 2 tablespoons of Greek yogurt(or more to make for later) 2 teaspoons of low sodium guacamole seasoning. (I use a lot of Products from WildTree) (Suggested toppings) Fresh Spinach Fresh Tomatoes Red onions (some fresh roasted garlic would be good to add to the yogurt and or sauted vegetables) Cook the salmon patty according to the directions. Toast your sandwich thin. Mix your Greek yogurt with your guacamole seasoning. You can make ahead to let the seasonings marinate more in the yogurt. I made it right away and it was good to, spread yogurt mix on each side of bread. Top with your favorite veggies I use tomatoes and spinach. You can also saute some tomatoes and spinach and other veggies and use them as a topping cooked or as a side seasoned with some roasted garlic and herb seasoning and a little olive oil. How to make roasted garlic! (you can add it to the flavored Greek yogurt) <http://www.food.com/recipe/how-to-roast-garlic-303247>

Ami Hines FAUX PAD THAI! Zucchini Zoodles, Carrot Shreds, minced garlic, (any veg you want really) sauteed in a LITTLE coconut oil. Add a little lime juice and soy sauce THEN a T of Natural Peanut Butter. Towards the end add some cabbage and a few cashews and even bean sprouts would have been amazing. The zoodles hold the peanut butter just like a pasta. You will THINK you are eating Pad Thai and you will message me to tell me I'm a genius. Your welcome. <3 <3 <3

Zach Chapman My version of chips and guacamole. 1 plain rice cake half an avocado mixed with 1/4 cup of cooked green pepper

Kelly Bishop These muffins turned out so great! 2-1/2 cups old fashioned oats 2 ripe bananas 1 cup applesauce 2 eggs 3/4 cup agave 1tsp baking soda 1-1/2 tsp baking powder 1 tsp nutmeg 1 tsp cinnamon put all ingredients in blender and slowly add oats. I had to stir them in. Bake at 400 for 15-20 minutes or until toothpick comes out clean. I added walnuts and next time I will add diced apples. YUM

Dani Motruk <http://paleogrubs.com/butternut-squash-gratin-and-cauliflower-sauce-recipe>

Czarina Azzam <http://www.mastercook.com/app/Recipe/WebRecipeDetails?recipeId=672551>

Andrea Wingate Hindmon Spaghetti squash, low sodium sauce, peppers, onions and turkey meatballs!

Amanda Nevinger <http://thelemonbowl.com/2014/02/slow-cooker-italian-chicken-soup.html>

Alan Pascal I know I'm late on this but after making cauliflower tortillas. I whipped up clean huevos rancheros this morning using the cauliflower tortillas. 2 eggs prepared over easy/ sunny side up using non fat cooking spray 2 tablespoons salsa 1/4 cup non-fat refried beans Cilantro for garnish 2 cauliflowers tortillas prepared by recipe below. Heat and place 2 cauliflower tortillas on plate Prepare 2 eggs Plate the 2 tortillas and place hot eggs on top of tortillas, add salsa Heat 1/4 cup refried non fat beans Add as the side to the eggs, garnish with cilantro Presto clean breakfast.. Enjoy!

Kristina Meredith

My favorite snack. It is delicious and chock full of protein. 1 tablespoon natural peanut butter 1 tablespoon almond butter 1 tablespoon cashew butter 1/2 cup loose honey granola Mix all ingredients and eat with various items. Toast, apples, banana, rice cakes or by itself. It satisfies sweet, salty and crunchy taste all in one snack. Very very yummy.

Alyssa Dewar

Slow cooker azteca chicken! Absolutely in love with this recipe & so easy to cook

Christy Phillips Acevedo

Love my Southwest Breakfast Stack 1 Egg fried in pan sprayed with Pam 1/2 of an Avocado diced 1/4 c. of fresh salsa Cracked Himalayan Sea Salt Cracked Pepper Lime wedge Layer egg, then diced avocado, then salsa....sprinkle with salt and pepper and squeeze lime wedge over top. Simple and Yummy!

Jamie Lynn

Asian Chicken Lettuce Wraps 3/4C - chicken broth 2 TBS - soy sauce 1 TBS - coconut oil 1 pound - ground chicken or turkey 1 - large carrot (peeled and diced) 3 - cloves garlic (minced) 4 - scallions chopped 1 - head of lettuce, leaves separated ground ginger Heat meat over medium heat with the coconut oil. Once browned add carrot, garlic, and chicken broth. After 5 minutes, add scallions and sprinkle in some ground ginger. Cooke until broth is absorbed. Serve mixture over lettuce leaves.

Kaci Schawe Mello

Unstuffed cabbage rolls Ingredients: 1 1/2 to 2 pounds lean ground beef or turkey 1 tablespoon olive oil 1 large onion, chopped 1 clove garlic, minced 1 small cabbage, chopped 2 cans (14.5 ounces each) diced tomatoes 1 can (8 ounces) tomato sauce 1/2 cup water 1 teaspoon ground black pepper 1 teaspoon sea salt Directions: In a large skillet, heat olive oil over medium heat. Add the ground beef and onion and cook, stirring, until ground beef is no longer pink and onion is tender. Add the garlic and continue cooking for 1 minute. Add the chopped cabbage, tomatoes, tomato sauce, pepper, and salt. Bring to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender. Yield: Serves 6 to 8

Dawn Miller Grindstaff

Crock pot chicken fajitas Slice green, red, yellow, orange peppers & 1 onion, place in crock pot. Add 6 skinless boneless chicken breast. Sprinkle low sodium taco seasoning mix or fajita mix. Add 1 cup reduced sodium chicken broth. Cook on high for 5 hours. Serve with salad & Greek yogurt.

Samayyah Crawford

Protein veggie meatballs 1 pound ground turkey 1/2 cup. Almond meal 1/2 a onion As much of the following as you wish: Chopped kale, cabbage bell peppers 1 egg (for binding Italian seasoning, garlic salt, pepper.... blend roll into balls and bake at 350 for 30-45 min or until juices run clear.

Quinoa, Black Bean, Turkey Chili INGREDIENTS: 1 cup uncooked quinoa, rinsed 2 cups water 1 pound extra lean ground beef 1 tablespoon olive oil 1 onion, chopped 4 cloves garlic, minced 1 jalapeno pepper, seeded and minced 1 tablespoon chili powder 1 tablespoon ground cumin 1 (28 ounce) can crushed tomatoes 2 (19 ounce) cans black beans, rinsed and drained 1 green bell pepper, chopped 1 red bell pepper, chopped 1 zucchini, chopped (optional) 1 teaspoon dried oregano leaves 1 teaspoon dried parsley salt and ground black pepper to taste 1 cup frozen corn kernels, thawed 1/4 cup chopped fresh cilantro DIRECTIONS: 1. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. 2. Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease; set beef aside. 3. Heat the olive oil in a large pot over medium heat. Stir in the onion, garlic, and jalapeno pepper; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with chili powder and cumin; cook 1 minute more to release the flavor of the spices. Stir in the tomatoes, black beans, green bell pepper, red bell pepper, zucchini, oregano, and parsley. Season to taste with salt and black pepper. Simmer until the bell peppers are tender, about 20 minutes. 4. Once the red and green peppers are tender, stir in the quinoa, beef, and corn kernels. Return to a simmer, and cook 5 minutes to reheat. Stir in the cilantro to serve.

Christina Nguyen

Nicole Tarver Ruffo

Mexican Bowls Author: Jenny Collier Ingredients - 1 lb Ground Turkey - 3 cups Brown Rice, cooked - can of Black Beans, heated through - packet of Taco Seasoning Toppings of your choice: Shredded Cheddar, Sour Cream, Pico de Gallo, Cilantro, Guacamole Instructions Saute ground turkey in a skillet over medium-high heat. Break apart with spatula or spoon. When turkey is no longer pink and cooked through add taco seasoning. Layer a serving of each of the cooked brown rice, warmed black beans, and ground turkey into individual bowls. Top with your desired toppings.

Kevin Duy

Turkey Meatballs with Spinach...I substitute oatmeal for breadcrumbs and use fresh spinach instead of frozen.
<http://homecookingmemories.com/baked-turkey-meatballs-with-spinach-10-ideas-for-meatballs/>

Stacey Valentine

My ultimate favorite so far Black Beans and Rice INGREDIENTS 1 pound extra lean ground beef, turkey, or bison 1 onion, chopped 1 bell pepper, chopped 2 cloves minced garlic 1 TBSP lemon juice 1 TBSP mustard, prepared 1 tsp chili powder 2 TBSP Braggs Liquid Aminos 1 Dash cayenne pepper 1 cup tomato sauce (No Sugar Added) 1 can low sodium black beans, rinsed and drained INSTRUCTIONS Brown beef with onion, peppers, and garlic in a large nonstick skillet. In a small bowl combine lemon juice, mustard, chili powder, liquid aminos, and cayenne with a small amount of tomato sauce and whisk until thoroughly blended. Stir in remaining tomato sauce, then add to meat mixture. Add beans and cook for 20 minutes, or until flavors are well blended. Serve over brown rice.

Taylor Renee' Gray

<http://detoxinista.com/2012/01/the-secret-to-perfect-cauliflower-pizza-crust/> Cauliflower crust pizza with chicken, organic tomato paste, and lots of veggies! -NO CHEESE!!! Perfect way to substitute your craving for dominos ;)

Beth Powers

Sun dried tomato, chicken sausage, kale & quinoa bake. Substitute broth with organic broth and leave out the salt.

Charissma Morrison

Avocado Salad with salmon Avocado salad Avocado Onion Bell peppers Black beans Lime Vinager Sea salt Pepper Cayenne pepper And mix it all together Salmon Salt Pepper Olive oil Garlic Rosmary Put it in the oven bake 400 for 20 min and broil 3 min

Jennifer Lea <http://www.insockmonkeyslippers.com/rosemary-and-garlic-roasted-salmon-revisited> with a side of oven roasted asparagus :)

Nicole Haines Shrimp Tacos Three shrimp per small whole wheat tortilla. Saute shrimp in 2tsp of olive oil, pinch of garlic, and cilantro. Heat tortilla. Layer cut up cabbage, 3 shrimp, onion, cilantro, and lite Kroger brand southern ranch on top.

Carmen Nelms Humphrey Taco chicken bowl-sooo yummy!
<http://www.busymomhealthyrecipes.com/2014/03/advocare-max-phase-day-9.html?spref=pi>

Gwendolyn Boyd Mier Heavenly Hummus Wraps ~ courtesy of the Pioneer Woman (I altered the recipe for 24DC) Olive Oil Pam 1/4 whole Red Onion, Halved And Sliced 1 Whole Grain FlatOut 1/3 cup Hummus 1 whole Roasted Red Pepper (jarred), Sliced 3 whole Canned Artichoke Hearts, Halved 2 cups Mixed Greens 1 Tsp Extra Virgin Olive Oil 1 Tsp Balsamic Vinegar 1 Tbsp Feta Cheese Crumbles Spray skillet with Pam and set over medium-low heat. Add the red onions and cook slowly for 10-15 minutes, stirring occasionally, until soft and deep golden brown. Set aside and let them cool slightly. Meanwhile, rinse the red pepper and artichokes, then pat dry before slicing. This will help rid any extra sodium. Grill the tortilla on a grill pan over medium heat for 1 minute, just until it has grill marks on the outside. (If you don't have a grill pan, just use a skillet.) The tortilla should still be soft and pliable; just with a little bit of color! Let the tortilla cool slightly. To assemble the wrap, spread the hummus down the middle third of the tortilla. Arrange the cooked onion slices and the sliced roasted red peppers all over the hummus. Add the artichoke heart halves. Toss the salad greens in the balsamic vinegar and oil, then lay them on the wrap. Finally, sprinkle the crumbled feta all over the greens. Carefully wrap up the tortilla, tucking in the ends. Slice the wrap down the middle and chow down!

Susan E. Archbold Ingoglia I like chicken chili with white bean over brown rice. Brown One pkg ground chicken in a little (1tbs) olive oil with one whole chopped onion and tsp of minced garlic Add two cans of drained white beans One can of rotelle A quarter each of green, yellow, and red pepper chopped fine 1/2 tsp Garlic powder 2 tbs Chili powder Packet of Sazon 1 cup chicken stock Simmer Serve over brown rice Love this because the left overs make great lunches!

Lauren Ashley Suever

Paleo Thai chicken lettuce boats with a "not" peanut sauce Marinade* -2.5 lb organic chicken, chopped into small pieces -9 tbsp liquid aminos -3 tbsp seasoned rice vinegar -3 tbsp sesame oil -6 gloves garlic, crushed -6 tbsp red onion chopped -1/2 lime Juice (squeeze most of juice out save part for sauce) -1-1/2tsp red pepper flakes, more to taste -3 tsp fresh grated ginger Vegetable mix* -3/4 cup baby Bella mushrooms, chopped fine -4 handfuls fresh organic spinach, chopped -1/2 red onion, chopped -2/3 cup organic rainbow carrots -3 tbsp basil leaves -3 tbsp sesame oil -1 tbsp garlic powder -2-4 tsp red pepper flakes, more to taste -3 tsp sesame seeds or flax see (optional adds texture) -Dash of Himalayan sea salt -Dash of freshly ground pepper (No) peanut sauce -9 tbsp raw almond butter -3 tbsp coconut aminos -3 tbsp seasoned rice vinegar -3 tbsp sesame oil (or oil of choice) -rest of the lime juice squeezed in -3 garlic clove, crushed -2 tbsp crushed red pepper Instructions: First chop up chicken into very small pieces (this is the most time consuming part) then use food processor to chop all garlic place in separate container then chop all onion place in separate container mix all ingredients for part one mix well and place in fridge to marinate while chopping veggies for part two! Heat oil in part two in skillet with garlic powder chop all ingredients except spinach (add to skillet un-chopped) in food processor until it's nicely chopped add to skillet cook until starts to look soft add meat mixture cook until done! While it's cooking mix together the sauce! When done add to romain lettuce hearts to make cute little lettuce wrap boats! I added some candied pecan pieces on top for a little crunchy!! Warning this is slightly spicy!

Janet Stramel

The Sweet & Sour Chicken has been my favorite so far...
<http://www.cleaneatingmag.com/recipes/sweet-sour-chicken/>

Lindsey Simpson

Cheryl Costner Telicia Hefner Renee Rhodes Jenna Cheek Cornett Pamela Pace Shull Eric Simpson Angie Brendle King(show Kyle)

Melissa Konchar-Scott

<http://www.fitsugar.com/Low-Carb-Tortilla-Soup-33941339> I didn't use any butter or ghee, and I added 1.5 tsp of Cumin. I baked my chicken in the oven with 6 pepper fusion spice mix. And then added it to the soup, (I like to make sure my meat is cooked before I add it to soup!) I also added corn and would have thrown in black beans if I had them. When the soup was done I threw in two cups of that Minute ready to serve microwave brown rice and I served it with fresh avacado, lime and cilantro.

- Mandy Miskanis
Chicken potatoe casserole 4 chicken breasts cut up and baked One can sodium and fat free cream of chicken soup 6 diced potatoes or frozen all natural bag 1/2 of an onion Fat free, sodium free sour cream Pinch of fresh garlic Bake at 375 for 45 minutes and pull out and top with soy cheese
- Stephanie Park
Lettuce wrapped oven baked burgers. Mix ~1 pound ground beef in a bowl with salt, pepper, 1/4 chopped red onion and 1 tablespoon soy sauce. Place mix in a pyrex style glass baking dish for ~30 mins at 400 degrees. Place in lettuce wraps with tomato, sliced onion, etc & enjoy!
- Amanda Powley Tinsley
Muscle Gain Ice Cream!! Recipe: makes 2 servings 4 scoops vanilla muscle gain 2 tblspns peanut buttter 16oz unsweetened almond milk Liquify in blender for one minute then pour mixture into counter top ice cream maker let run for 20min.
- Kerry W Sokolowski
Chicken and Sausage-flavored Kale Soup ----- 3/4 c. Chopped Onion 4 stalks of celery, chopped 2 garlic cloves, minced 8 c. Chicken or Vegetable Broth 2 medium potatoes, peeled & cubed 1/4 tsp. salt 1/4 tsp. pepper 8 to 10 oz. of fresh kale, washed & chopped 1 package of turkey kielbasa or Polish sausage, sliced (~1 lb.) 1 can of cannellini beans, rinsed & drained 1 lb. of grilled, cooked chicken breast meat, cubed. Avocado - sliced, if desired Add onion, celery, garlic, broth, potatoes, salt, pepper, and kale to a crockpot. Cook on low for 5 hours. Add chicken, sausage and beans. Cook for another 1 hour. Remove sausage slices in your bowl if you are eating clean. Feed them to your dog and rest of family. Serve in soup bowls. Top with avocado, if desired.
- Kim Zipperer
Baked cauliflower poppers... Didn't use as much oil as it said and I didn't dip them in any sauce. Just ate plain! Delicious!
<http://www.delightedmomma.com/2012/01/baked-cauliflower-poppers.html?m=1>
- Trish Preston
Taco Salad using ground turkey and black beans and avocado and corn and lettuce. I serve mine with brown rice or on a flatbread tortilla.
- Stephanie Parker Shipman
Chicken breast seasoned with Mrs. Dash fiesta-lime seasoning and lemon/lime juice. Grilled with bell peppers and onions. So moist and yummy!

Alicia Kelly McAuliffe

Shrimp and Asparagus Stir Fry with Lemon Sauce Print Ingredients 4 tablespoons olive oil, divided 1 pound large raw shrimp, peeled & deveined 1 pound asparagus, ends trimmed and each stalk cut into 2-3" pieces ½ teaspoon salt, divided 1 teaspoon minced ginger (Gourmet Garden Ginger Paste) 1 teaspoon minced garlic Lemon Sauce ...” cup chicken stock 1 tablespoon cornstarch (to thicken sauce but could leave out) 1 tablespoon honey 1 tablespoon soy sauce ¼ cup lemon juice 1 teaspoon lemon zest Instructions In a small bowl, whisk together all of the lemon sauce ingredients and set aside. In a large frying pan, heat 2 tablespoons olive oil over medium-high heat. Add shrimp to pan in a single layer and cook for about 3 minutes, turning them over to cook both sides. Season shrimp with ¼ teaspoon salt. Shrimp should be beginning to pink on both sides and be opaque, but just slightly undercooked. Remove from frying pan and place shrimp on a plate. In same frying pan, heat another 2 tablespoons of oil over medium-high heat. Add asparagus and cook until asparagus is tender-crisp, bright green, and just barely beginning to brown. Season asparagus with ¼ teaspoon salt (or more if needed). Add ginger and garlic and stir to combine with asparagus. Cook for another 30-45 seconds or so. Pour in lemon sauce mixture into frying pan with asparagus. Add shrimp back into pan and combine sauce with asparagus and shrimp. Simmer for about a minute or until sauce is thickened. Remove from heat and serve.

Kayla Michele Kuehl

🍌 Whole Grain Waffles or Toast 🍌 Peanut Butter 🍌 Sliced strawberries 🍌 Sprinkle of cinnamon Delicious PB&fruit sandwich! You could also do apples for those who think strawberries on peanut butter is weird

Julie Walsh

Lol. The turkey sausage was precooked crumbles so I didn't have to worry about cooking that too. I used 6 eggs. Cut up half green pepper, chopped up four mushrooms, chopped a little onion, and had feta crumbles. I used two muffin pans so I could skip spaces so the uncooked turkey bacon wasn't overlapping. Sprayed the muffin pan with Pam. Placed two pieces of uncooked turkey bacon in an x. Then in each muffin space on top of bacon I put a little onion, green pepper, mushroom, and one piece of feta crumble in each. Mixed up six large eggs, small amount of nonfat milk and pepper. Then I poured egg on top of ingredients. Oven temp 375 for about 20 min. Try not to fill up muffin spaces to top with egg because it may cook over and out dripping onto bottom of oven. I placed to cookie sheets under my muffin pans after I saw some were cooking over. Let cool for about 5 minutes. Take a small spoon and go around edge of egg and the will scoop right out.

Nichole Schmidt

Seasoned ground turkey and onions (sauted and cooked together...Seasoned with black pepper and garlic), roasted veggies and quinoa...mix it all together!!! Soooo yummy!

Jenn MacKenzie

My black bean turkey neat ball soup. Low fat low salt chicken stock Onion Garlic Touch evvo Salt pepper to taste Green chiles Water chestnuts Carrots Parsnips Special spices Cilantro Meatballs are 99% fat free mixed with 2 brown rice cakes - one egg - dash of soy sauce - and some roasted kale. Cook separte then add to soup simmer and serve as is or with squirt of lime and bean sprouts!

Liz Goggans

Mexican Quinoa Bowl -homemade salsa (I threw an onion, 2 Serrano peppers, a can of no salt added fire roasted diced tomatoes, lime juice, cilantro, and two garlic cloves in my food processor) -cooked quinoa -corn - black beans -mixed in some ground cumin and Mexican oregano It was delicious!

Meagan Ross

<http://www.fannetasticfood.com/2010/10/28/quick-and-easy-mexican-brown-rice-casserole/> But added a little ground turkey with low sodium taco seasoning and a little onion The hummus makes it so yummy and creamy, like cream cheese would!

Krista Alexzandra <http://www.tasteofhome.com/recipes/spinach-turkey-meatballs> I used Italian seasoned ground turkey and omitted the seasoned salt. I also used oats instead of breadcrumbs. Delicious!

Melissa Cox Moehle Lemon chicken spinach dish!

Amanda Joy Grooms Used lean meat, salt free broth and left the salt out. Perfect for a taco salad and it would be the perfect meat for chili. Made the avocado dressing as well. <http://paleonewbie.com/slow-cooked-spicy-shredded-beef-tacos/>

Jenn Marie Turkey burger topped with mashed avocado with a little lime juice. ..them typed with a slice of pineapple. .with seared red and green bell peppers! Yummmmmm

Rachel Hoover <http://www.gimmesomeoven.com/hummus-crust-chicken/>

Brett Badgley Snodgrass My favorite and nutrient packed as well! Vegetarian chili <http://karyn-wells.blogspot.com/2012/01/day-1-of-daniel-fast.html?m=1> Making it now!

Blythe Helton Sesame Salmon Sammys! I have altered this recipe to be "friendly". Substitute panko with cooked quinoa, Substitute the dill yogurt sauce with whipped avocado and garlic instead, Substitute parsley with basil, no soy (can add bragg in place of), try this in an Ezekiel live grain wrap loaded with fresh organic baby spinach and cucumber. Also great wrapped in a big leaf of lettuce. YUM!
<http://www.canyoustayfordinner.com/2010/07/19/sesame-salmon-burgers-with-dill-yogurt-sauce/>

Lisa Marie Hunt Cauliflower fried rice. 1 head if cauliflower chopped into medium sized bites and steamed till slightly soft. Toss in a blender and chop Add a tiny but of oil and garlic to a fry pan Once oil is hot add cauliflower Cook for about 3 mins then flip Cook 3 more mins then add 5-6 of you favorite veggies. I add black beans, broccoli, asparagus, sprouts, peas, carrots, onions. Fry up for about another 2-3 mins then crack 1 egg into it and stir. Continue to cook till egg is done stirring every once in a while. We eat ours with steamed chicken or as a base to chicken stir fry. First time I made it my kids thought it was real rice!

- Megan Coco Amend This has been my favorite thus far. I serve it on red pepper wedges for some great crunch! Clean Eating Tuna Salad (Makes approximately 8 servings) Ingredients: 3 cans water-packed tuna 1/2 cup non-fat Greek yogurt 2 teaspoons lemon juice 1 carrot grated 1/2 teaspoon dried dill 1 teaspoon dried parsley 1 small tomato 1/4 teaspoon dijon mustard 1/2 a small white onion 1 hard boiled egg 1/2 teaspoon garlic powder 1 teaspoon honey (optional) Salt and pepper to taste Directions: Mix all ingredients together in a large mixing bowl and serve. Read more: <http://www.thegraciouspantry.com/clean-eating-tuna-salad/#ixzz3OunpFLu5> © The Gracious Pantry. All rights reserved. Follow us: @graciouspantry on Twitter | GraciousPantry on Facebook
- Kimberly Brothers Smith Buffalo Chicken! <http://www.heandsheeatclean.com/2014/01/eat-clean-crock-pot-buffalo-chicken.html?m=0>
- Quinn Casper Melton Buffalo chicken spaghetti squash (minus bleu cheese) <http://mrsmcp.com/buffalo-chicken-spaghetti-squash/#sthash.apxLrbeT.qjtu>
- Kelly Secory VanderHoek Chicken enchilada soup: 3 boneless, skinless chicken breasts 2 cans black beans, drained and rinsed 1 can sweet corn, drained 1 can low sodium chicken broth 1 can red enchilada sauce 2 gloves garlic, minced 1 small onion, diced 1 t. salt 1 t. cumin Now here's my favorite part of the recipe: DUMP everything into the crock pot and cook on low for 6-8 hours. Shred chicken and return to soup. I served it with sliced avocado on top. YUM!!
- Tanya Frankwick <http://www.rachelcooks.com/2013/10/11/slow-cooker-pumpkin-pie-steel-cut-oats/>
- Amanda Wilson Thai with broccoli slaw instead of noodles <http://megoonthego.com/2013/06/clean-eating-thai-chicken-stir-fry/>

Ron Humphrey I normally don't like zucchini, but my wife made these and I actually ate them. remove the cheese to make cleanse compliant. Taco Stuffed Zucchini Boats Skinnytaste.com Ingredients: 4 medium (32 ounces) zucchinis, cut in half lengthwise 1/2 cup mild salsa 1 lb 93% lean ground turkey 1 tsp garlic powder 1 tsp cumin 1 tsp kosher salt, or to taste 1 tsp chili powder 1 tsp paprika 1/2 tsp oregano 1/2 small onion, minced 2 tbsp bell pepper, minced 4 oz can tomato sauce 1/4 cup water 1/2 cup reduced fat Mexican blend shredded cheese 1/4 cup chopped scallions or cilantro, for topping

Patty Larsen h I loved the ice cream
http://youtu.be/GBtcidE3P24?list=PLdOe_vK24qzyc74wMRhVg5A0_H-CYy2E

TJ Butler By far the Chicken Azteca! Having it for lunch today!

Tina Gitzlaff Chicken Asparagus Carbonara! (used spray instead of fat)
<http://paleoleap.com/chicken-asparagus-carbonara/>

Natasha Enos Who doesn't love pasta?! Steamed Zucchini spaghetti with a homemade spicy ground turkey ragout. 1 Large zucchini (use the vegetti for pasta strands) 1 can of sugar free & salt free crushed tomato 1 tbs of coconut oil 2 tbs of red pepper flakes 1 onion chopped Basil to taste Oregano to taste Garlic powder to taste Cayenne pepper to taste 1 lb of 93/7 ground turkey On low heat, warm up the coconut oil with the red pepper flakes until fragrant. Then add onions. Cook until tender. Next add ground turkey. Cook until meat is browned. Then add crushed tomatoes, basil, oregano, garlic powder, and cayenne pepper. Put the lid on and let it simmer about 15 minutes. Put the zucchini pasta into the steamer for 12 minutes. Once done, you can plate! Great recipe for getting your pasta craving satisfied!

Ray Gonzalez

The ultimate Rawsagna: Step 1: basil "cheese" 1 cup of almonds soak in water overnight. (Cashews work well also) 1 large handful of basil 1 clove of garlic Juice from 1 lemon A pinch of pepper BLEND INGREDIENTS TOGETHER Until smooth and creamy and set aside. Step 2: red pepper marinara 2 red peppers 1 large handful of basil 2 cloves of garlic Juice from 1 lemon Pinch of Cayenne pepper Step 3:Then stack it!! You will need at least 2 large zucchini sliced thin but cut lengthwise. I cut the ends to have them all the same length and began stacking. And garnished with fresh basil

Melanie Jackson Arnold

THE ULTIMATE SATISFYING WEIGHT LOSS SOUP

<http://www.eatingwell.com/recipes/veggistrone.html> Can toss in leftover chopped cooked chicken or whole wheat pasta or brown rice to make it even more satisfying. Top with a generous spoonful of parmesan cheese. YOU'LL LOVE IT!!

Jen Stearns Gallo

These were so easy and a surprisingly addictive guilt-free snack!! Roasted Fajita-Spiced Chickpeas Ingredients 2 (15-ounce) cans chickpeas (aka garbanzo beans) 2 Tbsp light tasting oil (olive, grapeseed etc) 1/2 tsp sea salt, more or less to taste 1/2 teaspoon black pepper 1/2 Tablespoon chili powder 1/4 tsp ground cumin 1/4 tsp paprika 1/4 tsp onion powder 1/4 tsp garlic powder 1/8 tsp cayenne pepper, omit or reduce if you don't like heat Directions 1. Preheat oven to 350F. Line a large baking sheet with a silicone mat or foil. 2. Drain and rinse chickpeas in a colander. Drain them well, shaking excess water let air dry or pat dry with towel. 3. In a medium mixing bowl, combine oil, salt, pepper and spices. Add chickpeas and toss to coat the chickpeas well. 4. Spread the chickpeas onto baking sheet in a single layer and bake for 40-50 minutes until crispy, shaking pan once or twice in the middle of cooking. Serve warm or let cool and enjoy! Store in air-tight container once completely cooled.

Tom Meschede

<http://www.simplyorganic.com/recipes/black-bean-chili-with-acorn-squash-and-toasted-pitas>

Dirty Rice €“ Brown Rice with Ground Turkey, Peppers, and Spices 2.5 cups brown rice 5 cups water 1 tbl olive oil Red onion garlic onion ground turkey yellow bell pepper garlic powder thyme chili powder cinnamon cumin cayenne salt pepper cilantro Measure 2.5 cups of brown rice, 5 cups of water, and 1 tablespoon of olive oil into a medium pot. Bring pot to a rolling boil over high heat. Once boiling, reduce the heat to low, cover and simmer (without opening) for 40 minutes, making sure the water hasn't all evaporated. Dice red onion and finely chop 8 cloves of garlic. Cook vegetables with 2 tablespoons of olive oil in a large skillet over medium heat. Add turkey and cook for about 10 minutes until browned, stirring and breaking up chunks with a spoon. Add diced yellow pepper, season with garlic powder, thyme, chili powder, cinnamon, cumin, cayenne, salt, and pepper and cook for a few minutes longer. Stir in half a bunch of cilantro, finely chopped. Stir in cooked brown rice and adjust seasonings to taste. **I used the bags of brown rice that you just put in the microwave for 90 seconds. It took about 1/2 bags to make 2 1/2 cups cooked. I also browned the onions/garlic in a small amount of coconut oil instead of olive oil. I added a few dashes of Worcestershire Sauce. Just put a couple of dashes of each seasoning and used dried cilantro instead of fresh.

Leigh Anne Baker

Kristen Masson <http://www.closetcooking.com/2012/07/pineapple-and-shrimp-fried-quinoa.html?m=1>

Tricia Burns

Diced sweet potato hash 3 sweet potatoes 1 large onion Fresh spinach Bell pepper 2 eggs scrambled Dice 3 sweet potatoes (i bought mine pre diced from the market) cook until soft. Remove and saute onions and bell pepper until soft. Add potatoes back and stir in spinach leaves (i did 2 handfuls). After the leaves have withered add the eggs and cook until desired doneness of eggs. For we have eaten this for breakfast lunch and dinner. Serves 2-3

Melissa Smedema

Stuffed Peppers Ingredients: Whole (but cleaned out green pepper) leave wet Brown rice Cooked chicken cubed Black beans Can of diced tomatoes or fresh tomatoes cooked down Salt free creole seasoning Fill each green pepper with a few tablespoons of each. Mix together a bit. Spay a little olive oil over Wrap in foil loosely Cook at 350 until pepper is cooked to your liking! Enjoy! Great to make ahead and leave in refrigerator for later in the week too!

Tasa Beatty Avocado and Tomato Salad 4 cups avocados, diced medium 2 cups grape tomatoes or 2 cups cherry tomatoes 2 cups cucumbers, peeled and diced medium 1 cup red onion, diced small 4 tablespoons fresh cilantro, chopped 2 teaspoons fresh garlic, minced 2 tablespoons lime juice 1/4 cup olive oil salt fresh black pepper Lettuce (if you want) Toss all ingredients in a bowl and top on a bed of lettuce (if desired) Makes 8 servings Calories 201.9 Total Fat 17.9 g Sodium 10.2 mg Total Carbohydrate 11.6 g Dietary Fiber 5.8 g Sugars 1.8 g

Joshua Pontbriand My favorite is turkey meat loaf. Bonus is my wife and kids like it to so we can all eat healthy together.

Jennifer Moore Turkey, spinach and feta cheese burgers.

Melissa Clingerman This was made by myself and a friend who is doing the 24 day challenge! Not only is it delicious but it makes a lot which makes it great for quick easy leftovers! <http://abc.go.com/shows/the-chew/recipes/chicken-cacciatore-with-spaghetti-squash-lisa-mcdermott>

Sarah Hammond <http://pinterest.com/pin/205547170467089468/> Ravioli!!

JaminandJoy Boyer http://mobile.eatingwell.com/recipes/chocomole_pudding.html

Mary Truax Rup Crockpot Cilantro Lime Chicken Source: whatacrockpot.com Recipe type: Crockpot Prep time: 5 mins Cook time: 8 hours Total time: 8 hours 5 mins Serves: 4-6 Ingredients 2 chicken breasts 1 bunch of fresh cilantro, chopped 1 red onion, chopped 1 can of black beans, drained & rinsed 2 cups of frozen corn 2 tsp minced garlic 1 tsp cumin Juice squeezed from 2 Limes Romain Lettuce (for serving) Instructions: Place all ingredients in freezer bag. Freeze flat. Thaw overnight in fridge. Dump in crockpot and cook on LOW 8 hours or HIGH 4 hours. Shred chicken and stir mixture together. Serve in lettuce boats or over rice and enjoy. Wordpress Recipe Plugin by EasyRecipe - See more at: <http://www.stockpilingmoms.com/2014/01/crockpot-cilantro-lime-chicken/#sthash.CsuM7PW2.dpuf>

Kayla Whitacre

{SLOW COOKER} QUINOA TEX MEX INGREDIENTS 1 and 1/2 cups quinoa, well rinsed 1 can (15 ounces) black beans, drained and rinsed 16 oz fresh salsa 1 cup sweet peppers, chopped 2 cloves minced garlic 1 medium yellow onion, chopped 2 tablespoons chili powder 1 and 1/2 teaspoons ground cumin 1 cup Chicken broth 2-4 tablespoons taco seasoning Optional: green onions, salt and pepper to taste INSTRUCTIONS Rinse the quinoa well. I rinse my quinoa in a mesh strainer under hot water. Place the washed quinoa, drained and rinsed black beans, and fresh salsa in the crock pot. Chop the sweet peppers, and add the chopped peppers, minced garlic, and chopped onion to the slow cooker. Stir everything together. Add in the chili powder, ground cumin, and chicken broth. Stir again and cook for 3-4 hours on high or until the liquid is completely absorbed and the quinoa is cooked through. All slow cookers cook a little differently so make sure to occasionally check the dish to make sure the quinoa isn't burning or sticking all to the sides. Remove from heat and stir in taco seasoning, salt and pepper. *modified from <http://www.chelseasmessyapron.com/slow-cooker-tex-mex-quinoa-casserole/>

Melissa Hallinan

This is a favorite winter time favorite around my house we didn't name it it is just our favorite soup. 2 tsp. olive oil 1 ¼ lbs lean ground beef, turkey or shredded chicken 1 onion, chopped 2 cloves garlic, chopped 1 bell pepper, seeded and chopped 8 oz. mushrooms, chopped 1 (14 oz.) can crushed tomatoes 1 (32 oz.) bottle reduced-sodium tomato or vegetable cocktail juice 1 Tbs. fresh lemon juice 1 (14 oz.) can black, navy or pinto beans, rinsed and drained 1 Tbs. ground cumin 1/8 tsp. cayenne, or to taste ¼ cup each fresh cilantro and parsley, chopped In stockpot, heat olive oil over medium-high setting. SautE meat/poultry until cooked through, about 5 minutes. Drain and set aside. SautE onion, garlic, peppers and mushrooms until soft, about 5 minutes. Stir in remaining ingredients, except cilantro and parsley. Cover and simmer 20 minutes. Stir in cilantro and parsley. Cover; simmer 10 minutes longer. Store soup in refrigerator up to 5 days, Make 12-14 cups. 1 serving = 3 cups.

Terri Williams

Delish and so healthy!! 2cups packed spinach or kale 1/2 cup chick peas drained/rinsed 1 clove garlic chopped 2tsp olive oil Pinch chili flakes 1tbsp fresh minced Rosemary Kosher salt Pepper Juice 1/2 lemon 3/4 cup chopped sundried or fresh tomatoes 1/4 cup toasted pine nuts
Directions: Large skillet over medium heat, add enough olive oil to coat pan then add garlic, Rosemary, chili flakes, salt & pepper. Once onion starts to soften add the chick peas and cook a few minutes until they turn lightly golden brown. Add Kale leaves, tomatoes and lemon juice and then give everything a good stir. Top with toasted pine nuts and Parmesan if you'd like.

Amanda Edlin Bricknell

Hot Body Chili...perfect thing to eat while watching the Seahawks WIN and it's SO easy! 1 lb ground turkey 1 small onion, finely chopped 16 oz can crushed tomatoes 3 Tbsp chili powder 1 cap full white vinegar (about 1 tsp) 8 oz tomato sauce 1 bay leaf 8 oz kidney or black beans (rinsed and drained) Salt and pepper to taste - Cook turkey and onion over medium heat in a large pot. Crumble turkey with spoon until almost cooked through. - Add remaining ingredients, except beans. Cover, cook on low for at least 15 minutes (or up to 2 hours for even better flavor), stirring occasionally. - Add beans, give them time to heat through and remove bay leaf. Serve with your favorite healthy toppings...avocado, green onion, hot sauce. Serves 4 228 Calories 33 g. Protein 22 g. Carbohydrates 2 g. Fat 6 g. Fiber

Laura McDowell

<http://insidebrucrewlife.com/2014/02/skinny-banana-oatmeal-pancakes/>

Jamie Clark

Paleo Sweet Potato Chili Indulge yourself in a bowl of spicy chili that is full of beef and sweet potatoes. It's thick, rich and slightly sweet while being grain free, sugar free and dairy free. **Ingredients** 2 lbs. hamburger 1 red onion, chopped 1 teaspoon minced garlic 1 large can (29.5 oz) can tomato sauce 2 cups petite diced tomatoes, with juice 3 cups beef stock 3 carrots, chopped (about 1 cup) 5 small sweet potatoes, peeled and cubed (about 45 cups) 2 bay leaves ½ teaspoon thyme 2 tsp. salt 1 ½ teaspoons black pepper ½ cup chili powder dash of oregano dash of red pepper flakes **Instructions** 1. In a large saucepan, brown hamburger, onions and garlic. Drain off the fat. Add the remaining ingredients to the saucepan. Mix well, bring to a boil and simmer for about 30-40 minutes or until the sweet potatoes and carrots are cooked through. 2. **Slow Cooker Option:** Instead of simmering the chili on the stove, you can brown the ground beef, add the other ingredients, then put it all in your crockpot and let it simmer on low all day (6-8 hours) or on high for 4-5 hours

Vicky Morales

Mediterranean stuffed peppers

Gerianne Sanok

Bruschetta Chicken: This is light and colorful...I love the way it looks: **Ingredients** 3 or 4 chicken breasts 4 or 5 small tomatoes, chopped 1 clove garlic, minced 1/2 small red onion, chopped 1 tsp. olive oil 1 tsp. balsamic vinegar 1/8. tsp sea salt Handful basil, chopped **Instructions** Preheat oven to 375 degrees F (if you choose to bake your chicken rather than grill). Sprinkle some salt and pepper over top, cover and bake for about 35 to 40 minutes (depending on the size of your breasts) until juices run clear. Meanwhile, combine chopped tomatoes, garlic, onion, olive oil, balsamic vinegar, sea salt and basil in a bowl. Refrigerate until chicken is ready to be served and spoon over top of the chicken. <http://www.eat-yourself-skinny.com/2013/09/bruschetta-chicken.html>

William Beene

Sant Fe Turkey Stuffed Bell Peppers!!!!
<http://www.skinnytaste.com/2012/09/santa-fe-turkey-stuffed-peppers.html?m=1>

- Melissa Kammer
Riethman
- Banana Pancakes: 1 banana 1 egg (I add 2 scoops vanilla muscle gain but you don't have to). mix well in a bowl. This will make a nice pancake batter. Cook stove top until golden brown on each side. Serve with fresh fruit or a tsp. of melted Almond butter. Enjoy!
- Kayla Weaver
- Winter Chicken Bake. Page 9 in the Advocare Cookbook!!! Click Like if you have tried this recipe, or if your interested. If you click on the picture. You can save it as a picture for later!!!
- Julie Biebel Ledger
- Taco Chili 1lb lean ground turkey, browned 1can diced chilies 1 can low sodium kidney beans 1 can low sodium hominy (type of corn) 1 can low sodium pinto beans 1 packet dry ranch dressing 1 packet Mrs. Dash taco seasoning *Use low sodium ingredients where ever possible and rinse all items that came out of the can or use dried beans instead* Mix all ingredients together in pan or crockpot.
- Gwen Helmka
- Perfect way to start the day.... balance of carbs & protein and you'll be satisfied and feel full for a long time!
<http://beanpotrecipeswithgwenhelmka.blogspot.com/2014/12/healthy-eggs-in-mini-recipe.html>
- Susan Kavanagh
- Frozen Dragon Fruit Bowl Frozen Dragon fruit blended in blender w/splash of coconut milk & 1/2 frozen banana Toppings (use your fav healthy toppings) Low sugar granola 1/2 banana Unsweetened shredded coconut Unsalted roasted pumpkin seeds Golden raisins (about 1 TBLS) Sprinkle ground chia seeds Enjoy the taste, the health benefits & the beauty!
- Lucy Balata Sambor
- <http://www.skinnytaste.com/2013/08/zoodles-and-meatballs-zucchini-noodles.html>
- Alisha Berning
- I love this Shrimp Stir-Fry 4oz. cooked Shrimp, 1 1/2 cups packaged coleslaw mix, 2 Tbsp no sugar Teriyaki Sauce, 1/2 cup cooked brown rice. Combine Shrimp with packaged coleslaw mix, and teriyaki sauce in a skillet with olive oil, stir-fry until done to taste and serve with brown rice.

Ashley Dupont	Avocado Chicken Salad 2 Chicken Breasts 1 Ripe Avocado 1/2 a medium Red Onion (If you like but gives great taste!) Seasonings all to your personal taste: Lemon Juice Dill Weed Salt Pepper Cilantro Splenda (very Little) 1 tbsp Cook the chicken breast and then allow plenty of time to cool. Once it has chilled, dice up the chicken breast into small pieces. Then you will cut up the Avocado and scrape out into a bowl with chicken. You can add the seasonings to your liking and enjoy! :)
Adam Lukoic	Chicken lettuce wraps
Amber Loughead	Clean Eating Tofu Scramble! http://minimalistbaker.com
Stevie Shallene	Honestly... it's just a really simple smoothie.. My son and I are both sick and I couldn't eat all day. I made a thick smoothie and ate it like ice cream to make sure I had some sort of nutrients today... 1/2 ripe banana 1 cup frozen strawberries 1/3 cup frozen blueberries Handful of spinach 1 tsp local honey 1/2 cup coconut milk For my kid, I add rolled oats before blending
Haley Carson	Homemade spaghetti sauce with whole wheat noodles... Cut 4 whole tomatoes, an onion, 1tb of olive oil, pepper, a pinch of salt, pepper flakes, garlic, Italian herbs, oregano and parsley steam until cooked and blend!
Erica Aldredge Spiva	Roasted red pepper quinoa and brown rice mix, with one package of ground turkey, and just a bit of sriracha to taste (If you like spicy). I cook the turkey and quinoa separately and then mix together once they're finished. It's a big hit!
Gwen Tullar Sollenberger	Healthy Chicken and Waffles! Quick and easy! Multigrain Toaster Waffles (I love Trader Joe's) and Chicken & Maple Sausage Patties (Applegate). I eat it on the go to work!
Sarah VanBibber	http://www.bonappetit.com/recipe/quinoa-tabbouleh
Shaney Netherton Kovalski	I'm a newbie to Advocare and am having a BLAST coming up with new ideas! My fave so far is tomatoe & mozzarella veggie burger crumbled on top of dark green salad, seasons, almonds and half of avocado! Yum!

Lauren Zutt

RECIPE: 1 head of living lettuce for taco shells 1/2 cup of quinoa 1 cup veggie stock 1 lb ground turkey 1/4 red onion 1 avocado black olives cilantro all-natural salsa Seasonings: Mrs. Dash southwest chipotle, cayenne pepper, cumin, coriander, taco seasoning, garlic, salt & pepper Cooked the quinoa in the veggie stock + cilantro + onion + southwest chipotle for extra flavor. Turkey browned with a dash of all the seasonings.

Miranda Jerkins

Shrimp Lettuce Wraps Print Prep time 10 mins Cook time 10 mins Total time 20 mins Author: Fit, Fun & Delish! Recipe type: Asian Serves: 2
Ingredients 1 head romain lettuce hearts ¼ cup low-sodium chicken broth 1 tablespoon hoisin sauce ½ tablespoon low-sodium soy sauce 1 teaspoon rice vinegar ¼ teaspoon Asian sesame oil 1.2 teaspoon chili garlic sauce ½ tablespoon cornstarch 1 tablespoon canola or olive oil, divided 30g cashews (little less than ¼ cup), coarsley chopped 6 oz shrimp, deveined & cut into small cubes 1 large garlic clove, minced 1 medium red bell pepper, seeded and diced 3 green onions, the white and green, sliced ...> cup chopped cilantro ¼ shredded carrots Instructions Divide the lettuce into leaves and set aside. In a small bowl, whisk together the chicken broth, hoisin sauce, soy sauce, rice vinegar, sesame oil, chili garlic sauce, and cornstarch. Set aside. In a medium skillet, heat ½ tablespoon oil over medium-high heat until almost smoking. Add the shrimp and stir-fry until browned. About 2 minutes. Transfer the shrimp to a plate and discard any juices from the pan. In the same skillet, heat the other ½ tablespoon of oil over medium-high heat. Add the garlic, bell pepper, green onions, and carrots. Stir fry until tender-crisp, about 2 minutes. Return the shrimp to the pan and add the cashews and cilantro. Add the soy-sauce mixture and stir-fry until the shrimp is thoroughly cooked. About 3 minutes. Spoon the shrimp mixture evenly onto lettuce leaves and enjoy!

Corinne Ryan

The Fish Taco Bowl!!! Since starting AdvoCare 14 months ago I've found my taste buds have completely changed. One thing I have avoided my whole life is seafood, so with this challenge I decided I am going to go outside my comfort zone and try some fish! It was delicious!! Thank you for the awesome recipes!

DeWayne Hegwood	<p>Quinoa with Roasted Garlic, Tomatoes, and Spinach Ingredients 1 whole garlic head 1 tablespoon olive oil 1 tablespoon shallots, finely chopped 1/4 teaspoon crushed red pepper 1/2 cup uncooked quinoa, rinsed and drained 1 tablespoon dry white wine 1 cup fat-free, less-sodium chicken broth 1/2 cup baby spinach leaves 1/3 cup seeded tomato, chopped 1 tablespoon shaved fresh Parmesan cheese 1/4 teaspoon salt Notes / Directions 1. Preheat oven to 350°. 2. Remove papery skin from garlic head. Cut garlic head in half crosswise, breaking apart to separate whole cloves. Wrap half of head in foil; reserve remaining garlic for another use. Bake at 350° for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. 3. Heat oil in a saucepan over medium heat. Add shallots and red pepper to pan; cook 1 minute. Add quinoa to pan; cook 2 minutes, stirring constantly. Add wine; cook until liquid is absorbed, stirring constantly. Add broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Remove from heat; stir in garlic pulp, spinach, tomato, cheese, and salt. Serve immediately.</p>
Nicole King White	<p>Veggie hash with eggs 1 cup potato of choice 2 green onions sliced 3 mini sweet peppers chopped 1 cup zucchini/yellow squash Sauté in pan till potatoes are soft Add 2 tablespoons of salsa stir In separate pan cook 2 eggs to your desire we prefer over easy. Put veggie hash on plate top with eggs. According to my calculations it is a total of 302 calories and it really hits the spot. My husband will also eat it with one egg and one small chicken breast.</p>
Jay L. Meyers	<p>Smoked, lean venison polish sausage in steamed cabbage and green peppers. Summer and fall bounty from nature.</p>
Heidi Sagendorph Coffey	<p>Mexican in a crock, ground turkey, low salt taco mix, low salt diced tomatoes, all color peppers, tomatillos, jalapeno, cilantro, black beans. Can be served over lettuce or on it's own</p>
Amy Peevey	<p>My favorite... http://www.melskitchencafe.com/summer-couscous-salad/</p>
Frances Beeler Kilgore	<p>Smoked salmon with broccoli and quinoa (seasoned with rosemary)</p>

Susie M Salinas The baked chicken with hummus!!! Omg!!! Delicious!!!!!! Double dog dare you to try it

Ryann Smith Groseclose <http://recipesbyryann.blogspot.com/2014/02/crock-pot-chicken-chickpea-clean-green.html?m=1>

Melanie Donato http://www.skinnytaste.com/2013/02/slow-cooked-jerk-pork-with-caribbean_19.html?m=1

Angela Brooder White Chicken Chili. I didn't measure but this is what I used: shredded chicken breast, homemade chicken stock, great northern beans, salsa verde, cumin, onion and green pepper. You can adjust everything based on your taste. It was so amazing that I ate it while my family had pizza and wings and I didn't even care.

Sarah Bond 2lbs lean ground meat drained (ground turkey, ground chicken or ground beef), 1 can reduced sodium black beans drained and rinsed, 2 packs of reduced sodium taco seasoning and 1 jar of salsa (we used mango salsa) --- came out very good!

Stephanie McClintock Belanger Meatballs so good my two toddlers ate all of them! -1 cup fine breadcrumbs (I dried whole wheat bagels that were about to be old and crushed) -1/2 cup milk (skim) -1 large egg -1/4 cup parm cheese grated - 1/4 cup Italian Season -1 pound ground turkey (93%) -fresh garlic to taste - black pepper to taste Combine milk & crumbs in a small bowl and set aside. Whisk egg in large bowl. Whisk in pepper, parm, seasoning. Add meat to egg mixture and combine with hands. Add breadcrumbs to meat mixture and combine with hands. Do not over work the meat or it will cook tough. Make into 1-1 1/2 inch balls and space slightly apart on baking sheet (I lined mine with foil. I should have sprayed it because they stuck) Bake at 400° for 25-30 minutes. Done! You can refrigerate for leftovers the next day, or make a double batch and freeze for a later date. You can also freeze uncooked by freezing on a pan, then placing in a zip lock once frozen. Thaw, bake, dinner!

Lisa Hofmann Azteca chicken - can use the leftovers in so many things this week!

Melissa Jackson Chicken spaghetti squash pad Thai :-) cook a spaghetti squash whole for one hour at 350 in the oven. Boil chicken breasts and shred. Toss together in a pan with bragg amino acids, a tbsp of peanut butter, a splash of rice vinegar, and veggies of choice (zucchini, cabbage, etc). Soooooo soooo good!

Jessica Keith Chili Lime Shrimp- Frozen jumbo shrimp, thawed. Put shrimp in bowl, add two limes squeezed, crushed red pepper and cilantro, and a tsp of minced fresh garlic. Let it marinate for 20 minutes. Pour everything in a pan cook until pink and bam! Delicious, easy and no seasonings!!!

Sara Gallagher Watson <http://m.skinnymys.com/flush-the-fat-away-vegetable-soup/>

Amanda Mims Shakshuka. Delicious. Easy. Made it in 30 minutes after work last night, and my boyfriend who's not doing the Challenge has requested it for dinner once a week now. Here's a link to what I used as inspiration, but made my own changes. <http://toriavey.com/toris-kitchen/2010/07/summer-2010-travel-blog-shakshuka/>

Lisa Allen Oh I tried the one pan mexican quinoa (<http://damndelicious.net/2014/04/09/one-pan-mexican-quinoa/>) and I absolutely loved it! We added a little skirt steak too it and I had it with chicken for lunch the next day - amazing!

Shannon Sweet <http://cinnamoneats.com/2014/03/12/grass-fed-persian-spiced-beef/>

Jody Grantinetti h We also add some fresh Cilantro & half a jalapeno <http://www.skinnytaste.com/2014/10/spicy-whole-wheat-linguini-with-sausage.html>

Brandy Ochello Bright Super easy and DEEELISH! <http://m.skinnymys.com/quinoa-shrimp-paella/>

Judy Ann Robinson I made these delicious sliders using venison, but believe it would be good with chicken. I left out butter. Used Worcester shire sauce with tomato paste and liquid instead BBQ sauce. Don loves them

Erin Jones Cajun chicken lettuce wraps! Chicken breast strips grilled or roasted with Wildtree Cajun seasoning Fresh avocado Red, yellow, & green bell pepper strips Sugar snap peas Any veggies you like! Lettuce cups -we use romaine and butter lettuce Peanut sauce - organic peanut butter powder, water, and sriracha. Can add a tsp of soy sauce for flavor. Put chicken and veggies on lettuce cup, spoon sauce over top, roll, and enjoy!

Jennifer Mackey Quinoa Enchilada Casserole 2 cups cooked quinoa 2 cups cooked and diced chicken Corn - any amount Black beans - any amount 1 1/2 cans enchilada sauce 1 can green chilies Mix and bake in oven until warm throughout. Garnish with tomatoes, avocado, onions, plain Greek yogurt, whatever you want!

Valerie Wheeler Deyo <http://www.lexiscleankitchen.com/2014/07/02/sriracha-lime-chicken-chopped-salad/>

Kara Potts Wehrly Healthy Sweet-N-Sour Chicken Recipe Ingredients: 6 Boneless Chicken Breast (4 lbs) 1 Pineapple (*see note) 1 cup Balsamic Vinegar (I use a little less) 2 tablespoons Extra Virgin Olive Oil 2 tablespoons of Southwestern Chipotle Mrs. Dash 1/2 of a Green & 1/2 of Red Pepper 1 -2 drops of liquid stevia or pure stevia extract * optional if you prefer a little sweeter Cooking Instructions: Blend half of the pineapple until it becomes pineapple juice. The other half of the pineapple is used later on. (If you don't have a blender you can always use pure canned pineapple juice and the tidbits) With poultry scissors cut chicken into 1"x 2" inch strips, Marinate the pineapple juice, Balsamic Vinegar, Olive oil, Pure Stevia & Mrs Dash to chicken ... Mix it up & let it marinate 30 to 40 mins. This helps to tenderize the chicken. After it has marinated ... Heat up a non stick pan... Spray with a little of Olive oil / Pam. Place the chicken in the pan & let it brown on both sides 2 to 3 min. After the chicken is browned ... Add it all to one BIG pan & pour all the juice left over from the marinade. Stir in the left over pineapple chunks, and the green & red peppers ... Cover and simmer till peppers are heated & juice thickens up a little Serve over 1/2 cup rice or quinoa ... Mmmmm..... ENJOY !!!

Jennifer Murphy

Curried Ground Turkey with Sweet Potato (recipe courtesy of sixsistersstuff.com but modified to make challenge friendly) 1 pound ground turkey 1 chopped onion 2 chopped garlic cloves 1-2 chopped fresh red chiles (optional) 1 inch piece of fresh ginger, peeled and grated fine 1 tbsp garam masala (or curry powder) 1 tsp turmeric 1 tsp ground coriander 2 medium sweet potatoes peeled and cut into 1 inch pieces 2-4 Roma or other plum tomatoes, diced 1 cup fresh or frozen peas 1/2 cup water 1.) Spread turkey out in pan with a lot. Try not to crowd meat (you may need to cook in batches) cook meat without browning until it begins to brown 2.) Add the chopped onion & chiles stir and saute 4-5 min or until onion begins to color a bit 3.) Add grated ginger & garlic, mix well saute 1-2 min 4.) Mix in spices, water and potatoes. Stir and simmer on med-low ~20 min or until potatoes are tender. 5.) When potatoes are tender add in diced tomatoes & peas, mix well, cook 2-3 min 6.) Enjoy! I know we do!! ;)

I am absolutely obsessed with these Blissful Blueberry Banana Spelt Muffins (vegan + refined sugar-free)

<http://ohsheglows.com/2014/02/19/blissful-blueberry-banana-spelt-muffins-vegan-refined-sugar-free/>

Ingredients: 3/4 cup mashed ripe banana (about 2 medium) 3/4 cup + 2 tablespoons unsweetened almond milk 1 teaspoon apple cider vinegar 1/4 cup pure maple syrup 1 teaspoon pure vanilla extract 1/4 cup coconut oil, melted 2 cups light spelt flour 6 tablespoons coconut sugar (or Sucanat or natural cane sugar) 2 teaspoons baking powder 1.5 teaspoons cinnamon 1/2 tsp fine grain sea salt 1/2 tsp baking soda 1/2 cup chopped walnut pieces 1 cup frozen or fresh blueberries (see note) Directions: Preheat oven to 350F and grease a muffin tin. In a medium bowl, mash bananas and measure out 3/4 cup. If you have any leftover mashed banana you can freeze it for a smoothie. Place mashed banana into medium bowl along with the milk, vinegar, maple syrup, and vanilla. No need to stir it yet. Melt the coconut oil in a small pot over low heat. Set aside. In a large bowl, mix together the dry ingredients (flour, sugar, baking powder, cinnamon, salt, and baking soda). Stir coconut oil into the wet mixture. Pour wet ingredients onto the dry ingredients and stir until just combined. Do not overmix as spelt is a fragile little flour. Gently fold in the walnuts and then the blueberries, being sure not to overmix as this can result in dense muffins. Spoon about a heaping 1/4 cup of batter into each muffin tin, filling each tin about 3/4 full (they will seem very full, but this is normal!) I like to press a few extra blueberries on top of each so they look pretty after baking. Bake at 350F for 23-27 minutes until a toothpick comes out clean. I baked them for 25 minutes. Cool in pan for 5-8 minutes and then transfer muffins to a cooling rack and cool for another 15 minutes. Note: If

Kayla Wolthoff

using frozen blueberries, be sure to leave them in the freezer (do not thaw) until just before you stir them into the batter. This helps prevent bleeding.

Dianne Fields

Cocoa Dusted Almonds 2 cups whole raw almonds 2 Tbs. Agave Syrup 2 tsp. Sea salt 2 Tbs. Unsweetened cocoa powder (Hershey 's extra dark or other) Mix almonds, agave, and salt in bowl. Spread in a single layer on parchment lined baking sheet. Bake about 10 minutes in preheated 350 to 400 degree oven. Stir several times and watch to be sure not burning. Immediately return to bowl and add cocoa. I discovered that this works best in a bowl with cover to shake for even coating. This might work with Blender bottle without ball. Cool completely and store in airtight container. A bit messy to eat, but worth it.

Lindsey Branch-Coffman

Crockpot Quinoa Recipe Food Fanatic Crockpot Quinoa adds a little Mexican flavor in with your quinoa. Effortless and tasty. Ingredients 1 cup quinoa, uncooked 1 cup frozen corn 2/3 cup reduced sodium chickpeas, drained and rinsed 1/2 cup black beans, drained and rinsed 1 cup red pepper, chopped, about 1 large pepper 1 cup roma tomato, chopped, about 2 tomatoes 1/2 cup onion, roughly chopped, about 1/2 large onion 1/2 tablespoon cumin 1 tablespoon garlic, minced 1/4 teaspoon salt pinch of black pepper 1-1 1/2 tablespoons sauce from a can of chipotle peppers in adobo sauce 2 cups reduced sodium vegetable broth shredded cheddar cheese, for garnish

Amber Peele <http://pinterest.com/pin/93238654761567646/> This was amazing!!! Prob the best salmon I've ever had!

Judy Bunn Lase <http://www.facebook.com/l.php?u=http%3A%2F%2Fgymjunkie-katie.blogspot.com%2F2013%2F02%2Frecipe-for-health-eat-your-vegetables.html&h=IAQEf5yAl>.
Who is craving PIZZA?? Try this amazing crust!!

Brittney McBride D.j. McBride Crystal Paige McBride there are some good recipes in this thread.

Meki Clark
Ingredients 1 head of lettuce, washed and leaves cut or torn into large pieces 2 tomatoes, sliced or quartered ½ red onion, thinly sliced 1 avocado, sliced or diced 1 tbs finely chopped cilantro Juice of 2 limes 2 tbs olive oil Salt and pepper to taste
Instructions To make the dressing whisk the chopped cilantro, lime juice, olive oil, salt and pepper together. Combine the lettuce, tomatoes, onions and avocado in a large bowl. Toss the salad with the dressing and serve.
*Can add chicken/shrimp/salmon

Sherry Brown
Jennifer Ingersoll Jennifer Crowder Angie Bracewell Bunkley Beth Smith Lonnie Frank Smith Bill Ingram Michael Stacey Najjar BobbyandKristy Slusser Klair Slusser Adam White Meghan Gross Lisa Hiser Harrington so many wonderful recipes!! If you haven't already, be sure and like this page!

Melissa Loyd Hummus-crust chicken with zucchini and squash.

Anastasia Rogers <http://www.alexaeatsclean.com/2013/11/recipe-oven-baked-chicken-fajitas.html?m=1>

Aimee Larsen Minus the mushrooms. It's from the Oh She Glows vegan cookbook.

Tamara Prine Miller Paleo coconut chicken. So yummy!!! <http://paleoleap.com/coconut-crust-chicken-strips/>

Jessica Henson Alexander Minus the mushrooms- and I use garlic powder, paprika, mrs.dash and pepper in place of seasoning mix Also used low sodium spicy v8 DELISH!

Meghan Cotton <http://meghancotton.wix.com/coachmeghanfitness#!Guacamole-Deviled-Eggs/cktf/D34CEC5D-D93E-4303-A305-1AB429DA5186>

Angela Mendes Leja

Ground Turkey and Sweet Potato Chili with Quinoa. Filling and nutritious!
1lb ground turkey 1 large shallot or 1 small onion, chopped 3 garlic cloves,
minced salt and pepper 3 cups chicken broth (plus extra for reheating)
28oz can crushed tomatoes 15oz can baked beans (I like sweet baked
beans) 1 cup uncooked quinoa, rinsed 1 large sweet potato (about 1lb,)
peeled and chopped small 2 Tablespoons chili powder 1 teaspoon cumin
1/2 teaspoon salt 1/2 teaspoon paprika 1/4 teaspoon red chili pepper
flakes Toppings: shredded Monterey Jack cheese, chopped avocado,
tortilla chips, green onions Directions Add ground turkey and shallot to a
large skillet over medium-high heat. Season liberally with salt and pepper
then cook until no longer pink, breaking turkey up as it cooks. Add garlic
then cook for 30 more seconds then add to a 6 quart crock pot. Add
remaining ingredients, except toppings, into crock pot then cook on high
for 3 hours, or low for 5-6 hours, or until sweet potatoes are tender. Serve
with toppings. May need to add more chicken broth when reheating.

Sarita Edgerton

Chicken Fajita soup. Organic chicken breast in the crockpot. Cut up tri
colored bell peppers, Mrs. Dash's no msg fajita seasoning, sliced onion, 2
cartons of fat free, msg free organic chicken broth, 2 cans organic diced
tomatoes. Cook chicken in broth with other ingredients. When done, shred
chicken and put back into pot. Simmer and serve with freshly diced
tomatoes and cilantro and jalapenos.

Robin Furmanski Butolph

Southwest shredded chicken (I'm not a cook so this one was great for me!)
2 chicken breasts One can of Rotel One taco seasoning packet Put in
crockpot on high for 3-4 hours and shred with a fork. I used mine on
peppers and in lettuce wraps.

Jenny Gutierrez Spaghetti squash. versatile! Use in place of noodles, and I am having it now with salt and pepper. I can see this for breakfast with eggs too, kind of like hash browns! Spaghetti squash with turkey and sauce: Preheat oven to 375 Cut squash in half; place face down in pan. Scoop out with fork. Bake in oven about 40 minutes Top with cooked lean ground turkey, veggies and a low sugar/no sugar added spaghetti sauce Breakfast Bake spaghetti squash as mentioned above. Scoop out and place in sauce pan with a few egg whites, maybe one yolk. Cook until egg is done. (Option, cook egg separately and season squash with salt and pepper)

Kasey Knight Trenum Bountiful Chicken Veggie Harvest Soup is amazing!
<http://www.time2saveworkshops.com/bountiful-chicken-veggie-harvest-soup/>

Kristi Diehl Basil-avocado chicken salad wraps

Noreen Petty This one is a family favorite & the kids devour it as well. I eat mine as a lettuce wrap instead of tortilla and love it!
<http://www.skinnytaste.com/2012/02/cilantro-lime-tilapia-tacos.html>

Lori Miller Fisher <http://www.gimmesomeoven.com/tomato-basil-chicken-stew/>

Wendelin Darden No recipe just spaghetti squash and stir fry veggies and a few shots of soy sauce for flavor family loved it!

Jody Merritt Steamed Basa Fish with Pepper Medley and Broccoli Rice Ingredients: 2 Basa fillet 1 sprig dill 1 sprig tarragon Dash ground sage 1/4 c green pepper 1/4 c red pepper 1/4 c yellow pepper 1/4 c yellow onion 1 t garlic powder 1 t chili powder 1 T olive oil 1/2 c broccoli florets 1 c cooked brown rice In saute pan, add olive oil at medium heat. Add onion, cook 3 min. Add peppers, cook 5 minutes, tossing with garlic and chili powder. Add salt and pepper to taste. In large pan, place rack in bottom. Add water about halfway up rack. Heat to simmer. Rub fillets with olive oil, salt and pepper, and sprinkle with sage. Place fillets on rack. Place dill and tarragon on fillets. Cover pan and steam fish for 8 min. Add broccoli to brown rice. Add 1 T butter and salt/pepper to taste. Cover and heat. Serve fish on plate, after removing herbs. Garnish fish with pepper medley. Add broccoli rice to plate. Add dash of lemon juice.(optional)

Jordan Lairsey	http://www.popsugar.com/fitness/Low-Carb-Cauliflower-Crust-Pizza-Recipe-30739512?ref=34318684
Gidget Hensley Funk	Baked cabbage, rubbed with fresh garlic and a little turkey bacon on top!
Ronielle Clapp	I like the eggs, avocado, on whole wheat tortilla. My quick go to for any time of day meal.
Nikki Perez	Turkey patti seasoned with taco seasoning, on george foreman with sunny side egg on top, with quinoa and brown rice and green salsa Delicious!!!! Boiled 3 jalapenos, 1 tomato, 1 tomatillo for about 10 minutes Blend with a half a cup of. Its own water Add cilantro and lime in salsa
ChasityGreg Roth	Absolutely delicious! Lots of protein, an healthy fats and carbs. Winner winner chicken dinner. http://paleoleap.com/sweet-potato-buffalo-chicken-casserole/
Mandy Meshell Flinn	Chicken, Sweet Potato, and Apple Skillet Work Time: 30 minutes Total Time: 35 minutes Servings: 4 1 lb boneless, skinless chicken breasts, cut into 1/2" cubes 4 tsp olive oil 1 1/2 c Brussels sprouts, trimmed and quartered 1 med sweet potato (8 oz), peeled and cut into 1/2" cubes 1 med onion, chopped 2 Golden Delicious apples, peeled, cored, and cut into 3/4" cubes 4 cloves garlic, sliced 1 tsp chopped fresh thyme or 1/4 tsp dried 1/4 tsp ground cinnamon 1 c reduced-sodium chicken broth 1/8 tsp salt 1. SEASON chicken lightly with salt. Heat 2 teaspoons of the oil in large nonstick frying pan or cast-iron skillet over medium-high heat. Add chicken and cook until lightly browned and cooked through, about 5 minutes. Transfer to plate. 2. RETURN pan to heat and add remaining 2 teaspoons oil. Add Brussels sprouts, sweet potato, and onion. Cook, stirring occasionally, until crisp-tender, about 5 minutes. Stir in apples, garlic, thyme, and cinnamon. Cook 3 minutes. Pour in 1/2 cup of the broth, bring to a boil, and cook until evaporated, about 2 minutes. Add reserved chicken and remaining 1/2 cup broth. Season with the salt and black pepper as needed. Cook until hot, about 2 minutes.
Ashley Valdez	https://www.facebook.com/ashley.valdez.90/posts/1009582982420288 I added some ground turkey. Mom delicious!!

Suz Gasaway These Brussel Sprouts were absolutely AH-MAZING. They soaked up the flavor of the sauce and it combined beautifully with the roasted flavor of the Brussel sprouts. Advo - Friendly edits: less olive oil (instead of vegetable oil), liquid Aminos (instead of soy), dash of honey (instead of maple syrup). <http://thebakermama.com/recipes/crispy-asian-brussels-sprouts/>

Liz Stoneking Coconut Lime Shrimp 8 jumbo shrimp 1/2 teaspoon of melted coconut oil 1/2 lime - or to taste

Amanda Diefenbach Clean Crockpot Turkey Chili <http://jennycollier.com/clean-crockpot-turkey-chili/>

Elyse Hunsicker Johnson <http://www.snixykitchen.com/2012/06/01/seared-sesame-crust-tuna-with-orange-ginger-soy-sauce/> It is seriously delicious!

Janelle Marie Mendez Obviously not my own recipe, found it online..... but it was so delicious! <http://m.skinnymys.com/turkey-sloppy-joes/>

Brittany Cruz Blackened chicken with lime and cilantro quinoa. The chicken is spicy to we used a spoonful of Non Fat Greek yogurt and avocado in a blender to create a dressing, it helped cool off the chicken. I actually got this (as well as my entire week of recipes) off of the Advocare blog. Definitely a do over in my house! My husband loved it, too! Here is the recipe link: <http://www.sarcasticcooking.com/2012/03/15/blackened-chicken-and-cilantro-lime-quinoa/>

Tracy L. Binz My husband and I love pad Thai but not the noodles. We found this Advocare friendly recipe and gave it a try. Mmmmm it was sooo good. I substituted liquid aminos for the soy sauce. <http://pinterest.com/pin/140807925825952297/>

Caitlin McClain Cilantro lime scallops and mango salsa!

Olivia Richmond <http://www.gimmesomeoven.com/chicken-caprese/> Cherry tomatoes, fresh basil and mozzarella over a chicken breast. So good and all good for you!

Krystal Steen

Braised collard greens topped with spicy shrimp (seasoned with chili powder, cayenne & garlic salt), topped with toasted almond slices, white acres peas and turkey bacon. Made it up last night!

Jessica Trakas

3 bananas 2 cups old-fashioned oats 1/4 cup creamy peanut butter 1/4 cup unsweetened cocoa powder 1/3 cup unsweetened applesauce 1 tsp. vanilla extract Dash of cinnamon (optional) Directions: Preheat oven to 350°F. Mash bananas in a large bowl, then stir in remaining ingredients. Let batter stand for approximately 20 minutes, then drop by teaspoonfuls onto ungreased cookie sheet. Sprinkle with cinnamon if desired. Bake 10-12 minutes. Freezing Directions: Cool completely, then place cookies in a freezer bag. Seal, label, and freeze. Protein and a clean sweet

Celeste Bartscher
VanHoutte

Tex Mex chili, found it on the Advocare site.

Jacki Galles-Trujillo

Simple tomatoes and avocado salad...chop tomatoes, avacado, cilantro and green onion to taste, add chicken peas, drizzle of olive oil, squeeze of lime juice.garlic, salt and pepper! Can also add spinach leaves, chicken breast or tuna!! Stir and .mmmm