

Wholesome Eats:

30+ Nutritious Recipes
for a Healthier You



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Hey there, health enthusiast! We're about to embark on a journey that celebrates the incredible impact of good nutrition and balanced eating. It's like giving your body a big, warm hug from the inside out!

You see, what we eat doesn't just affect our waistlines; it's like fuel for our entire being. Imagine your body as a well-oiled machine, and every bite you take is like adding premium-grade fuel. When you provide it with the right nutrients, it performs at its absolute best.

Now, let's chat about balanced eating. It's not about strict diets or deprivation. It's more like a joyful dance with a variety of foods that your body craves and loves. Think of it as a delicious adventure, exploring all the vibrant tastes and textures our amazing planet has to offer.

So, if you're ready to treat your body like the superstar it is, let's dive in! Here's to a lifestyle that not only keeps you looking fantastic but feeling even better. Cheers to nourishing ourselves and living our best lives!

Embarking on a journey towards better health and well-being begins with a profound understanding of the vital role nutrition plays in our lives. It's more than just a plate of food; it's the cornerstone of our vitality, our strength, and our overall sense of wellness. Imagine each meal as an opportunity to nourish not only our bodies, but our minds and spirits as well.

Balanced eating is not about rigid rules or deprivation; it's a harmonious dance between the nutrients our bodies crave. It's about embracing a wide array of colors, textures, and flavors, allowing us to relish the abundance our planet has to offer. Through balanced eating, we gift ourselves the power to unlock our fullest potential, one meal at a time.

Beyond the plate, there lies a deeper invitation - the call to



embrace a healthy lifestyle. It's a commitment to cherish and respect the incredible vessel that carries us through life. It encompasses movement that invigorates, mindfulness that nurtures, and habits that fortify. It's a declaration that we deserve to thrive, to feel vibrant, and to live our lives to the fullest.

This journey is not about perfection, but about progress. It's about making choices that honor our bodies, minds, and spirits. It's about finding joy in every bite, celebrating every step, and relishing in the knowledge that each decision we make is a testament to the love we hold for ourselves.

So, let's embrace this journey together, armed with the knowledge that every bite, every choice, is a step towards a more vibrant, more nourished, and ultimately, a more fulfilled life. Here's to the incredible adventure that awaits us, guided by the wisdom of balanced nutrition and the promise of a flourishing, healthy lifestyle.

Content

INTRODUCTION:

- Brief overview of the importance of nutrition and balanced eating.
- Encouragement for a healthy lifestyle.

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Nutrition Tips:- Include general tips on balanced nutrition, portion control, and healthy eating habits.

SHOPPING LIST:

- Organized by category (e.g., fruits, vegetables, proteins, pantry staples).
- Include quantities needed for each recipe.



DISCLAIMER:

This eBook is for informational purposes only and not a substitute for professional medical advice or treatment.



“Health is not just about what you’re eating. It’s also about what you’re thinking and saying.” - Unknown



OVERNIGHT OATS WITH BERRIES AND ALMONDS

INGREDIENTS:

- 1/2 cup rolled oats
- 1/2 cup almond milk
- 1/4 cup Greek yogurt
- 1 tablespoon honey
- 1/4 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon sliced almonds
- 1 teaspoon chia seeds (optional)

INSTRUCTIONS:

1. In a mason jar or a container with a lid, combine rolled oats, almond milk, Greek yogurt, and honey.
2. Stir well to ensure all ingredients are fully combined.
3. Seal the container and refrigerate overnight (or at least 4 hours) to allow the oats to soak and thicken.
4. In the morning, give the mixture a good stir.
5. Top with mixed berries, sliced almonds, and chia seeds (if using).
6. Enjoy cold or gently heat in the microwave for a warm option.

SHOPPING LIST:

- Rolled oats
- Almond milk
- Greek yogurt
- Honey
- Mixed berries (strawberries, blueberries, raspberries)
- Sliced almonds
- Chia seeds (optional)



AVOCADO TOAST WITH POACHED EGG

INGREDIENTS:

- 2 slices whole-grain bread
- 1 ripe avocado
- Salt and pepper to taste
- 2 large eggs
- Red pepper flakes (optional)
- Fresh cilantro (optional, for garnish)

INSTRUCTIONS:

1. Toast the whole-grain bread to your desired level of crispiness.
2. While the bread is toasting, mash the ripe avocado in a bowl. Season with salt and pepper to taste.
3. Poach the eggs using your preferred method until the whites are set but the yolk is still runny.
4. Spread the mashed avocado evenly onto the toasted bread slices.
5. Gently place a poached egg on top of each toast.
6. Sprinkle with red pepper flakes and garnish with fresh cilantro if desired.
7. Serve immediately.

SHOPPING LIST:

- Whole-grain bread
- Ripe avocado
- Salt
- Pepper
- Large eggs
- Red pepper flakes (optional)
- Fresh cilantro (optional)





GREEN SMOOTHIE BOWL

INGREDIENTS:

- 1 large banana, frozen
- 1/2 cup frozen spinach
- 1/4 cup Greek yogurt
- 1/4 cup almond milk
- 1 tablespoon chia seeds
- Toppings: sliced kiwi, granola, and coconut flakes

INSTRUCTIONS:

1. In a blender, combine frozen banana, frozen spinach, Greek yogurt, almond milk, and chia seeds.
2. Blend until smooth and creamy. Add more almond milk if needed to reach your desired consistency.
3. Pour the green smoothie into a bowl.
4. Top with sliced kiwi, granola, and coconut flakes.
5. Enjoy with a spoon!

SHOPPING LIST:

- Large banana, frozen
- Frozen spinach
- Greek yogurt
- Almond milk
- Chia seeds
- Kiwi
- Granola
- Coconut flakes



GREEK YOGURT PARFAIT

INGREDIENTS:

- 1 cup Greek yogurt
- 1/4 cup granola
- 1/4 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon honey
- 1 tablespoon chopped nuts (e.g., almonds, walnuts)

INSTRUCTIONS:

1. In a glass or a bowl, layer half of the Greek yogurt at the bottom.
2. Add half of the granola on top of the yogurt.
3. Add half of the mixed berries on top of the granola.
4. Drizzle half of the honey over the berries.
5. Repeat the layers using the remaining ingredients.
6. Top with chopped nuts for added crunch and texture.
7. Enjoy immediately.

SHOPPING LIST:

- Greek yogurt
- Granola
- Mixed berries (strawberries, blueberries, raspberries)
- Honey
- Chopped nuts (e.g., almonds, walnuts)

QUINOA AND CHICKPEA SALAD WITH LEMON-TAHINI DRESSING

INGREDIENTS:

- 1 cup quinoa
- 2 cups water
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 red bell pepper, diced
- 1/4 red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint leaves, chopped
- 1/4 cup feta cheese, crumbled (optional)
- Salt and pepper to taste

LEMON-TAHINI DRESSING:

- 2 tablespoons tahini
- 3 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 tablespoon honey
- Salt and pepper to taste
- Water (to thin, if needed)

INSTRUCTIONS:

Cooking Quinoa:

1. Rinse quinoa under cold water in a fine-mesh strainer.
2. In a medium saucepan, bring 2 cups of water to a boil.
3. Add rinsed quinoa and reduce heat to low. Cover and simmer for 15-20 minutes, or until water is absorbed and quinoa is tender.
4. Remove from heat and let it sit, covered, for 5 minutes. Fluff with a fork.

MAKING LEMON-TAHINI DRESSING:

1. In a small bowl, whisk together tahini, lemon juice, olive oil, minced garlic, honey, salt, and pepper.
2. If the dressing is too thick, add water a tablespoon at a time until desired consistency is reached. Set aside.

ASSEMBLING THE SALAD:

1. In a large mixing bowl, combine cooked quinoa, chickpeas, cherry tomatoes, cucumber, red bell pepper, and red onion.
2. Pour the Lemon-Tahini Dressing over the salad and toss gently to combine, ensuring everything is evenly



SERVE:

1. Divide the salad into bowls or plates.
2. Garnish with extra herbs and feta cheese if desired.
3. Serve immediately and enjoy!

Shopping List:

- Quinoa
- Canned chickpeas
- Cherry tomatoes
- Cucumber
- Red bell pepper
- Red onion
- Fresh parsley
- Fresh mint leaves
- Feta cheese (optional)
- Tahini
- Lemons
- Olive oil
- Garlic
- Honey
- Salt
- Pepper

Feel free to adjust ingredient quantities to suit your taste preferences or dietary restrictions. Enjoy your vibrant and nutritious Quinoa and Chickpea Salad with Lemon-Tahini Dressing!



SPINACH AND STRAWBERRY SALAD WITH BALSAMIC VINAIGRETTE

INGREDIENTS:

- 4 cups fresh baby spinach leaves
- 1 cup strawberries, sliced
- 1/4 cup feta cheese, crumbled
- 1/4 cup sliced almonds, toasted
- Balsamic vinaigrette dressing

INSTRUCTIONS:

1. In a large mixing bowl, combine the fresh baby spinach, sliced strawberries, crumbled feta cheese, and toasted sliced almonds.
2. Drizzle the desired amount of balsamic vinaigrette dressing over the salad.
3. Gently toss the salad to ensure all ingredients are evenly coated with the dressing.
4. Serve in individual salad bowls or plates.

SHOPPING LIST:

- Fresh baby spinach leaves
- Strawberries
- Feta cheese
- Sliced almonds
- Balsamic vinaigrette dressing



KALE CAESAR SALAD WITH GRILLED CHICKEN

INGREDIENTS:

- 4 cups kale leaves, destemmed and chopped
- 1 cup grilled chicken breast, sliced
- 1/4 cup grated Parmesan cheese
- Caesar salad dressing
- Croutons (optional)

INSTRUCTIONS:

1. Place the chopped kale leaves in a large mixing bowl.
2. Add the sliced grilled chicken breast and grated Parmesan cheese to the bowl.
3. Drizzle the desired amount of Caesar salad dressing over the salad.
4. Toss the salad to coat the ingredients with the dressing.
5. Top with croutons if desired for an extra crunch.
6. Serve immediately.

SHOPPING LIST:

- Kale leaves
- Grilled chicken breast
- Parmesan cheese
- Caesar salad dressing
- Croutons (optional)

LENTIL AND VEGETABLE SOUP

INGREDIENTS:

- 1 cup green or brown lentils, rinsed and drained
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 6 cups vegetable broth
- 1 can (14 oz) diced tomatoes
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon paprika
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. In a large soup pot, heat a bit of oil over medium heat. Add chopped onion, carrots, and celery. Cook until softened, about 5 minutes.
2. Add minced garlic, cumin, coriander, and paprika. Stir for another minute until fragrant.
3. Pour in vegetable broth, diced tomatoes (with their juice), and rinsed lentils. Bring to a boil, then reduce heat to a simmer. Cover and cook for about 25-30 minutes, or until lentils are tender.
4. Season with salt and pepper to taste.
5. Ladle into bowls and garnish with chopped fresh parsley.



SHOPPING LIST:

- Green or brown lentils
- Onion
- Carrots
- Celery stalks
- Garlic cloves
- Vegetable broth
- Canned diced tomatoes
- Ground cumin
- Ground coriander
- Paprika
- Fresh parsley

BUTTERNUT SQUASH AND APPLE SOUP

INGREDIENTS:

- 1 butternut squash, peeled, seeded, and cubed
- 2 apples, peeled, cored, and chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Salt and pepper to taste
- 1/4 cup heavy cream (optional)
- Toasted pumpkin seeds (for garnish, optional)

INSTRUCTIONS:

1. In a large pot, heat a bit of oil over medium heat. Add chopped onion and cook until translucent, about 5 minutes.
2. Add minced garlic and cook for another minute until fragrant.
3. Add cubed butternut squash, chopped apples, vegetable broth, cinnamon, and nutmeg. Bring to a

- boil, then reduce heat and simmer covered for about 20-25 minutes, or until squash is tender.
4. Use an immersion blender or regular blender to puree the soup until smooth. Be careful when blending hot liquids.
5. Return the soup to the pot and heat over low heat. If using, stir in heavy cream for added richness.
6. Season with salt and pepper to taste.
7. Serve hot, garnished with toasted pumpkin seeds if desired.

Shopping List:

- Butternut squash
- Apples
- Onion
- Garlic cloves
- Vegetable broth
- Ground cinnamon
- Ground nutmeg
- Heavy cream (optional)
- Toasted pumpkin seeds (optional)





CHICKEN AND WILD RICE SOUP

INGREDIENTS:

- 1 cup wild rice blend
- 2 chicken breasts, cooked and shredded
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 6 cups chicken broth
- 1 bay leaf
- 1 teaspoon thyme
- Salt and pepper to taste
- 1/4 cup heavy cream (optional)
- Fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. In a large soup pot, combine wild rice blend, chopped carrots, chopped celery, chopped onion, minced garlic, chicken broth, bay leaf, and thyme.
2. Bring to a boil, then reduce heat, cover, and simmer for about 45-50 minutes, or until rice is tender.
3. Stir in the cooked and shredded chicken. Simmer for an additional 10-15 minutes to heat the chicken through.
4. If using, stir in heavy

- cream for added richness.
5. Remove the bay leaf and season with salt and pepper to taste.
6. Ladle into bowls and garnish with chopped fresh parsley.

SHOPPING LIST:

- Wild rice blend
- Chicken breasts
- Carrots
- Celery stalks
- Onion
- Garlic cloves
- Chicken broth
- Bay leaf
- Dried thyme
- Heavy cream (optional)
- Fresh parsley



BAKED SALMON WITH LEMON-DILL SAUCE

INGREDIENTS:

- 4 salmon fillets
- Salt and pepper to taste
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 tablespoons fresh dill, chopped
- 1 teaspoon lemon zest
- 2 cloves garlic, minced

INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C).
2. Place the salmon fillets on a baking sheet lined with parchment paper.
3. Season both sides of the salmon with salt and pepper.
4. In a small bowl, whisk together olive oil, lemon juice, fresh dill, lemon zest, and minced garlic.
5. Brush the salmon fillets with the lemon-dill mixture.
6. Bake in the preheated oven for about 12-15 minutes, or until the salmon is cooked to your desired level of doneness.
7. Serve hot with additional lemon slices and a sprinkle of fresh dill.

SHOPPING LIST:

- Salmon fillets
- Salt
- Pepper
- Olive oil
- Lemons
- Fresh dill
- Garlic cloves
- Garlic cloves
- Ginger
- Curry powder

CHICKPEA AND SWEET POTATO CURRY

INGREDIENTS:

- 2 sweet potatoes, peeled and cubed
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon ginger, grated
- 2 tablespoons curry powder
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14 oz) diced tomatoes
- 1 can (14 oz) coconut milk
- Salt and pepper to taste
- Fresh cilantro, chopped (for garnish)

INSTRUCTIONS:

1. In a large skillet or pot, heat olive oil over medium heat. Add chopped onion, minced garlic, and grated ginger. Cook until fragrant and onions are translucent, about 5 minutes.
2. Add curry powder and cook for another minute to toast the spices.
3. Add cubed sweet potatoes, chickpeas, diced tomatoes (with their juice), and coconut milk. Stir to combine.
4. Cover and simmer for about 20-25 minutes, or until sweet potatoes are tender.
5. Season with salt and pepper to taste.
6. Serve hot, garnished with fresh cilantro.

SHOPPING LIST:

- | | |
|------------------|-----------------|
| - Sweet potatoes | - Garlic cloves |
| - Olive oil | - Ginger |
| - Onion | - Curry powder |



TURKEY AND QUINOA STUFFED BELL PEPPERS

INGREDIENTS:

- 4 bell peppers, any color
- 1 cup quinoa, rinsed
- 2 cups chicken or vegetable broth
- 1 pound ground turkey
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- 1/2 cup shredded cheese (optional)
- Fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove seeds and membranes. Set aside.
3. In a medium saucepan, bring chicken or vegetable broth to a boil. Add rinsed quinoa, reduce heat to low,

cover, and simmer for about 15-20 minutes, or until quinoa is cooked and liquid is absorbed.

4. In a large skillet, cook ground turkey over medium heat until browned. Add chopped onion and minced garlic, and cook until onions are translucent.
5. Stir in diced tomatoes (with their juice), cooked quinoa, cumin, paprika, salt, and pepper. Mix well.
6. Stuff each bell pepper with the turkey-quinoa mixture and place them in a baking dish.

7. If using, sprinkle shredded cheese on top of each stuffed pepper.
8. Bake in the preheated oven for about 25-30 minutes, or until the peppers are tender.
9. Garnish with fresh chopped parsley before serving.

SHOPPING LIST:

- | | |
|------------------------------|------------------------------|
| - Bell peppers | - Canned diced tomatoes |
| - Quinoa | - Ground cumin |
| - Chicken or vegetable broth | - Paprika |
| - Ground turkey | - Salt |
| - Onion | - Pepper |
| - Garlic cloves | - Shredded cheese (optional) |
| | - Fresh parsley |

GARLIC PARMESAN ROASTED CAULIFLOWER

INGREDIENTS:

- 1 head cauliflower, cut into florets
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. Preheat your oven to 425°F (220°C).
2. In a large mixing bowl, combine cauliflower florets, olive oil, minced garlic, and grated Parmesan cheese. Toss until well coated.
3. Spread the cauliflower on a baking sheet in a single layer.
4. Roast in the preheated oven for about 25-30 minutes, or until the cauliflower is tender and golden brown.
5. Season with salt and pepper to taste.

6. Garnish with chopped fresh parsley before serving.

SHOPPING LIST:

- Cauliflower
- Olive oil
- Garlic cloves
- Parmesan cheese
- Salt
- Pepper
- Fresh parsley



ROASTED BRUSSELS SPROUTS WITH BALSAMIC GLAZE

INGREDIENTS:

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- Salt and pepper to taste
- 2 tablespoons balsamic glaze

INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C).
2. In a large mixing bowl, toss the halved Brussels sprouts with olive oil, salt, and pepper until well coated.
3. Spread the Brussels sprouts on a baking sheet in a single layer.
4. Roast in the preheated oven for about 25-30 minutes, or until they are golden brown and crisp on the edges.
5. Transfer the roasted Brussels sprouts to a serving dish and drizzle with balsamic glaze.
6. Toss gently to evenly distribute the glaze.
7. Serve hot.



SHOPPING LIST:

- Brussels sprouts
- Olive oil
- Salt
- Pepper
- Balsamic glaze



LEMON GARLIC ASPARAGUS

INGREDIENTS:

- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Zest of 1 lemon
- Salt and pepper to taste
- Lemon wedges (for serving)

INSTRUCTIONS:

1. Preheat your oven to 425°F (220°C).
2. Place trimmed asparagus on a baking sheet.
3. Drizzle olive oil over the asparagus and toss to coat evenly.
4. Sprinkle minced garlic and lemon zest over the asparagus, and toss again to distribute.
5. Spread the asparagus on the baking sheet in a single layer.
6. Roast in the preheated oven for about 12-15 minutes, or until the asparagus is tender yet still crisp.
7. Season with salt and pepper to taste.
8. Serve with lemon wedges on the side.

SHOPPING LIST:

- Asparagus
- Olive oil
- Garlic cloves
- Lemon
- Salt
- Pepper



SPICED ROASTED CHICKPEAS

INGREDIENTS:

- 2 cans (15 oz each) chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper (adjust to taste)
- Salt to taste

INSTRUCTIONS:

1. Preheat your oven to 400°F (200°C).
2. Pat the chickpeas dry with a clean kitchen towel or paper towels to remove excess moisture.
3. In a mixing bowl, toss the chickpeas with olive oil, cumin, paprika, cayenne pepper, and salt until evenly coated.
4. Spread the chickpeas on a baking sheet in a single layer.
5. Roast in the preheated oven for about 25-30 minutes, or until they are golden and crispy.
6. Allow them to cool before serving.

SHOPPING LIST:

- Canned chickpeas
- Olive oil
- Ground cumin
- Paprika
- Cayenne pepper
- Salt



GREEK YOGURT AND HONEY POPSICLES

INGREDIENTS:

- 2 cups Greek yogurt
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1 cup mixed berries (strawberries, blueberries, raspberries)

INSTRUCTIONS:

1. In a mixing bowl, combine Greek yogurt, honey, and vanilla extract. Mix until smooth.
2. Gently fold in the mixed berries.
3. Pour the mixture into popsicle molds.
4. Insert popsicle sticks and freeze for at least 4 hours or until solid.

SHOPPING LIST:

- Greek yogurt
- Honey
- Vanilla extract
- Mixed berries (strawberries, blueberries, raspberries)



ALMOND BUTTER ENERGY BITES

INGREDIENTS:

- 1 cup old-fashioned oats
- 1/2 cup almond butter
- 1/3 cup honey
- 1/2 cup ground flaxseed
- 1/2 cup dark chocolate chips
- 1 teaspoon vanilla extract

INSTRUCTIONS:

1. In a mixing bowl, combine old-fashioned oats, almond butter, honey, ground flaxseed, dark chocolate chips, and vanilla extract.
2. Stir until all ingredients are well combined.
3. Refrigerate the mixture for about 30 minutes to make it easier to handle.
4. Roll the mixture into bite-sized balls using your hands.
5. Place the energy bites on a baking sheet and refrigerate for another 30 minutes to set.
6. Store in an airtight container in the refrigerator.

SHOPPING LIST:

- Old-fashioned oats
- Almond butter
- Honey
- Ground flaxseed
- Dark chocolate chips
- Vanilla extract

BANANA-OAT CHOCOLATE CHIP COOKIES

INGREDIENTS:

- 2 ripe bananas, mashed
- 1 1/2 cups rolled oats
- 1/2 cup dark chocolate chips
- 1/4 cup chopped nuts (optional)
- 1/4 cup honey
- 1/4 cup coconut oil, melted
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- Pinch of salt

INSTRUCTIONS:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine mashed bananas, rolled oats, dark chocolate chips, chopped nuts (if using), honey, melted coconut oil, vanilla extract, cinnamon, and a pinch of salt. Mix until well combined.
3. Drop spoonfuls of the mixture onto the prepared baking sheet, shaping them into cookies.
4. Bake in the preheated oven for about 12-15 minutes, or until the cookies are golden brown.
5. Allow them to cool on the baking sheet before serving.

SHOPPING LIST:

- | | |
|------------------------|-------------------|
| - Ripe bananas | - Coconut oil |
| - Rolled oats | - Vanilla extract |
| - Dark chocolate chips | - Cinnamon |
| - Nuts (optional) | - Salt |
| - Honey | |



DARK CHOCOLATE AVOCADO MOUSSE

INGREDIENTS:

- 2 ripe avocados
- 1/4 cup unsweetened cocoa powder
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1/4 cup almond milk (or any milk of your choice)
- Dark chocolate shavings (for garnish, optional)

INSTRUCTIONS:

1. Scoop the flesh of the ripe avocados into a blender or food processor.
2. Add cocoa powder, honey, vanilla extract, and almond milk.
3. Blend until the mixture is smooth and creamy.
4. Spoon the mousse into serving dishes.
5. If desired, garnish with dark chocolate shavings.
6. Refrigerate for at least 30 minutes before serving.

SHOPPING LIST:

- | | |
|----------------------------|--|
| - Ripe avocados | - Almond milk (or any milk of your choice) |
| - Unsweetened cocoa powder | - Dark chocolate (for shavings, optional) |
| - Honey | |
| - Vanilla extract | |



SPINACH AND FETA STUFFED CHICKEN BREAST

INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 1 cup spinach leaves
- 1/2 cup feta cheese, crumbled
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. In a skillet, heat olive oil over medium heat. Add minced garlic and spinach leaves. Cook until spinach is wilted.
3. Slice a pocket into each chicken breast.
4. Stuff each chicken breast with the cooked spinach and crumbled feta cheese.
5. Season the outside of the chicken breasts with salt and pepper.
6. Place the stuffed chicken breasts in a baking dish and bake for about 25-30 minutes, or until chicken is cooked through.

SHOPPING LIST:

- | | |
|--------------------------------------|-------------|
| - Boneless, skinless chicken breasts | - Olive oil |
| - Spinach leaves | - Salt |
| - Feta cheese | - Pepper |
| - Garlic cloves | |



QUINOA-STUFFED BELL PEPPERS

INGREDIENTS:

- 4 bell peppers, any color
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 can (14 oz) black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 cup cherry tomatoes, halved
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- Shredded cheddar cheese (optional)

INSTRUCTIONS:

1. Preheat your oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove seeds and membranes. Set aside.
3. In a medium saucepan,

bring vegetable broth to a boil. Add rinsed quinoa, reduce heat to low, cover, and simmer for about 15-20 minutes, or until quinoa is cooked and liquid is absorbed.

4. In a large mixing bowl, combine cooked quinoa, black beans, corn, cherry tomatoes, cumin, chili powder, salt, and pepper. Mix well.

5. Stuff each bell pepper with the quinoa mixture.

6. If using, sprinkle shredded cheddar cheese on top of each stuffed pepper.

7. Place the stuffed peppers in a baking dish and bake for about 25-30 minutes, or until the peppers are tender.

SHOPPING LIST:

- | | |
|---|--------------------------------------|
| - Bell peppers | - Cherry tomatoes |
| - Quinoa | - Ground cumin |
| - Vegetable broth | - Chili powder |
| - Black beans | - Salt |
| - Corn kernels (fresh, frozen, or canned) | - Pepper |
| | - Shredded cheddar cheese (optional) |

TERIYAKI TOFU STIR-FRY

INGREDIENTS:

- 1 block extra-firm tofu, pressed and cubed
- 2 tablespoons soy sauce
- 2 tablespoons teriyaki sauce
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 1 inch ginger, grated
- 1 bell pepper, sliced
- 1 cup broccoli florets
- 1 carrot, julienned
- 1 cup snap peas
- Cooked brown rice (for serving)

INSTRUCTIONS:

1. In a bowl, marinate cubed tofu in soy sauce and teriyaki sauce for about 15 minutes.
2. In a large skillet or wok,

- heat sesame oil over medium heat. Add minced garlic and grated ginger. Cook for about 1 minute until fragrant.
3. Add marinated tofu and cook until golden brown on all sides. Remove from the skillet and set aside.
 4. In the same skillet, add bell pepper, broccoli, carrot, and snap peas. Stir-fry for about 3-5 minutes, or until vegetables are tender-crisp.
 5. Return the tofu to the skillet and stir to combine.
 6. Serve over cooked brown rice.



SHOPPING LIST:

- Extra-firm tofu
- Soy sauce
- Teriyaki sauce
- Sesame oil
- Garlic cloves
- Ginger
- Bell pepper
- Broccoli florets
- Carrot
- Snap peas
- Brown rice

MEDITERRANEAN CHICKPEA SALAD

INGREDIENTS:

- 2 cans (15 oz each) chickpeas, drained and rinsed
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1/2 red onion, finely chopped
- 1/4 cup Kalamata olives, pitted and sliced
- 1/4 cup feta cheese, crumbled
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint leaves, chopped
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

INSTRUCTIONS:

1. In a large mixing bowl, combine chickpeas, cucumber, cherry tomatoes, red onion,

Kalamata olives, feta cheese, fresh parsley, and fresh mint leaves.

2. Drizzle olive oil and lemon juice over the salad. Toss gently to combine.
3. Season with salt and pepper to taste.
4. Serve chilled.

SHOPPING LIST:

- Canned chickpeas
- Cucumber
- Cherry tomatoes
- Red onion
- Kalamata olives
- Feta cheese
- Fresh parsley
- Fresh mint leaves
- Olive oil
- Lemons



CAPRESE SALAD WITH BALSAMIC GLAZE

INGREDIENTS:

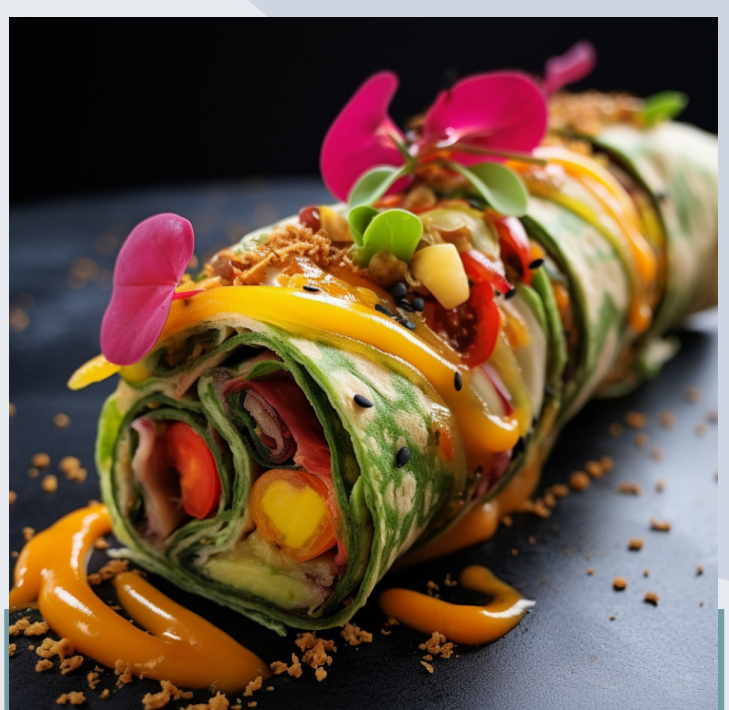
- 4 large tomatoes, sliced
- 8 ounces fresh mozzarella cheese, sliced
- Fresh basil leaves
- Balsamic glaze

INSTRUCTIONS:

1. Arrange alternating slices of tomato and mozzarella on a serving platter.
2. Tuck fresh basil leaves between the tomato and mozzarella slices.
3. Drizzle with balsamic glaze.
4. Serve chilled.

SHOPPING LIST:

- Large tomatoes
- Fresh mozzarella cheese
- Fresh basil leaves
- Balsamic glaze



VEGGIE AND HUMMUS WRAP

INGREDIENTS:

- Whole wheat wraps or tortillas
- Hummus
- 1 cucumber, sliced
- 1 bell pepper, sliced
- 1 carrot, julienned
- 1 cup spinach leaves

INSTRUCTIONS:

4. Roll up the wrap tightly, folding in the sides as you go.
5. Slice the wrap in half for easier serving.

SHOPPING LIST:

- Whole wheat wraps or tortillas
- Hummus
- Cucumber
- Bell pepper
- Carrot
- Spinach leaves

LENTIL AND SPINACH SOUP

INGREDIENTS:

- 1 cup green or brown lentils, rinsed and drained
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 6 cups vegetable broth
- 2 cups fresh spinach leaves
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon paprika
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. In a large soup pot, heat a bit of oil over medium heat. Add chopped onion, carrots, and celery. Cook until softened, about 5 minutes.
2. Add minced garlic, cumin, coriander, and paprika. Stir for another minute until fragrant.

3. Pour in vegetable broth and rinsed lentils. Bring to a boil, then reduce heat to a simmer. Cover and cook for about 25-30 minutes, or until lentils are tender.
4. Add fresh spinach leaves and cook for another 2-3 minutes, until wilted.
5. Season with salt and pepper to taste.
6. Ladle into bowls and garnish with chopped fresh parsley.

SHOPPING LIST:

- Green or brown lentils
- Onion
- Carrots
- Celery stalks
- Garlic cloves
- Vegetable broth
- Fresh spinach leaves
- Ground cumin
- Ground coriander
- Paprika
- Fresh parsley



AVOCADO AND CHICKPEA SALAD

INGREDIENTS:

- 2 avocados, diced
- 2 cans (15 oz each) chickpeas, drained and rinsed
- 1/2 red onion, finely chopped
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh cilantro, chopped
- 1/4 cup lime juice
- 2 tablespoons olive oil
- Salt and pepper to taste

INSTRUCTIONS:

1. In a large mixing bowl, combine diced avocados, chickpeas, chopped red onion, cherry tomatoes, and fresh cilantro.
2. Drizzle lime juice and olive oil over the salad. Toss gently to combine.
3. Season with salt and pepper to taste.
4. Serve chilled.

SHOPPING LIST:

- Avocados
- Canned chickpeas
- Red onion
- Cherry tomatoes
- Fresh cilantro
- Limes
- Olive oil
- Salt
- Pepper





“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”

- Buddha