



Smoothies & Salads



Cafe Mocha Protein Smoothie

Directions

Using your suggested individual unit portion, place ingredients in a blender in order listed; blend until creamy. Amount of liquid and ice you use is your choice.

Enjoy toasted walnuts separately. Make it your own!

** = The macronutrient gram value of protein powder, not the weight of it.*



Add a dash of cinnamon if desired.

2 Units

***14 grams** Chocolate Protein Powder

4" Frozen Banana

1/3 cup Cold Brew Coffee or

1/3 cup Silk Dark Chocolate Almond Milk
or combination of both

1/2 Tbsp. Cocoa Powder

6 Walnut Halves
(nut highest in antioxidants)

Ice

3 Units

***21 grams** Chocolate Protein Powder

6" Frozen Banana

1/2 cup Cold Brew Coffee or

1/2 cup Silk Dark Chocolate Almond Milk
or combination of both

1/2 Tbsp. Cocoa Powder

9 Walnut Halves
(nut highest in antioxidants)

Ice

4 Units

***28 grams** Chocolate Protein Powder

8" Frozen Banana

3/4 cup Cold Brew Coffee or

3/4 cup Silk Dark Chocolate Almond Milk
or combination of both

1 Tbsp. Cocoa Powder

12 Walnut Halves
(nut highest in antioxidants)

Ice

5 Units

***35 grams** Chocolate Protein Powder

10" Frozen Banana

1 cup Cold Brew Coffee or

1 cup Silk Dark Chocolate Almond Milk
or combination of both

1 Tbsp. Cocoa Powder

15 Walnut Halves
(nut highest in antioxidants)

Ice



Smoothies & Salads

Peachy Cream Protein Dream

Directions

Using your suggested individual unit portion, place ingredients in a blender in order listed; blend until creamy. Amount of liquid and ice you use is your choice.

Enjoy nuts separately. Make it your own!

** = The macronutrient gram value of protein powder, not the weight of it.*

2 Units

***10 grams** Vanilla Protein Powder
1/3 cup LF Plain Greek Yogurt
1 cup Peaches (fresh or frozen)
1/2 Tbsp. Flaxseed Meal
1/2 tsp. Vanilla Extract
Start with **4 oz.** Oat Milk
Ice
3 Whole Almonds or Cashews

3 Units

***15 grams** Vanilla Protein Powder
1/2 cup LF Plain Greek Yogurt
1 heaping cup Peaches (fresh or frozen)
3/4 Tbsp. Flaxseed Meal
1/2 tsp. Vanilla Extract
Start with **4 oz.** Oat Milk
Ice
5 Whole Almonds or Cashews

4 Units

***20 grams** Vanilla Protein Powder
2/3 cup LF Plain Greek Yogurt
1 1/2 cup Peaches (fresh or frozen)
1 Tbsp. Flaxseed Meal
3/4 tsp. Vanilla Extract
Start with **6 oz.** Oat Milk
Ice
7 Whole Almonds or Cashews

5 Units

***25 grams** Vanilla Protein Powder
2/3 cup LF Plain Greek Yogurt
1 1/2 heaping cups Peaches (fresh or frozen)
1 1/2 Tbsp. Flaxseed Meal
1 tsp. Vanilla Extract
Start with **8 oz.** Oat Milk
Ice
9 Whole Almonds or Cashews



Smoothies & Salads

Amazing Antioxidant Protein Smoothie

Directions

Using your suggested individual unit portion, place ingredients in a blender in order listed; blend until creamy. Amount of liquid and ice you use is your choice.

Enjoy toasted walnuts separately. Make it your own!

** = The macronutrient gram value of protein powder, not the weight of it.*

2 Units

***7 grams** Vanilla Protein Powder

1/3 cup LF Plain Greek Yogurt

1/4 cup Mango, chopped

1/4 cup Blueberries

Start with **4 oz.** No Added Sugar Vanilla
Almond Milk

Ice

6 Walnut Halves
(nut highest in antioxidants)

3 Units

***14 grams** Vanilla Protein Powder

1/3 cup LF Plain Greek Yogurt

1/3 cup Mango, chopped

1/3 cup Blueberries

Start with **4 oz.** No Added Sugar Vanilla
Almond Milk

Ice

9 Walnut Halves
(nut highest in antioxidants)

4 Units

***21 grams** Vanilla Protein Powder

1/3 cup LF Plain Greek Yogurt

1/2 cup Mango, chopped

1/2 cup Blueberries

Start with **6 oz.** No Added Sugar Vanilla
Almond Milk

Ice

12 Walnut Halves
(nut highest in antioxidants)

5 Units

***15 grams** Vanilla Protein Powder

1/3 cup LF Plain Greek Yogurt

2/3 cup Mango, chopped

2/3 cup Blueberries

Start with **6 oz.** No Added Sugar Vanilla
Almond Milk

Ice

15 Walnut Halves
(nut highest in antioxidants)



Smoothies & Salads

Pineapple Power Smoothie

Directions

Using your suggested individual unit portion, place ingredients in a blender in order listed; blend until creamy. Amount of liquid and ice you use is your choice.

Enjoy nuts separately. Make it your own!

** = The macronutrient gram value of protein powder, not the weight of it.*

2 Units

***10 grams** Vanilla or Strawberry Protein Powder

2 Tbsp. LF Plain Greek Yogurt

1/3 cup Pineapple Juice

3 Strawberries, frozen

2" Banana, frozen chunks
Ice

3 Whole Almonds or Cashews

3 Units

***14 grams** Vanilla or Strawberry Protein Powder

1/4 cup LF Plain Greek Yogurt

1/3 cup Pineapple Juice

4 Strawberries, frozen

4" Banana, frozen chunks
Ice

5 Whole Almonds or Cashews

4 Units

***20 grams** Vanilla or Strawberry Protein Powder

1/4 cup LF Plain Greek Yogurt

1/2 cup Pineapple Juice

3 Strawberries, frozen

4" Banana, frozen chunks
Ice

7 Whole Almonds or Cashews

5 Units

***28 grams** Vanilla or Strawberry Protein Powder

1/4 cup LF Plain Greek Yogurt

1/2 cup Pineapple Juice

6 Strawberries, frozen

6" Banana, frozen chunks
Ice

9 Whole Almonds or Cashews



Smoothies & Salads

Asian Chicken Salad

Dressing Ingredients

1 tsp. EVOO

1 1/2 tsp. Low Sodium Soy Sauce

1/3 cup Fresh Lemon Juice

1/3 cup Tahini

1/2 tsp. Garlic, minced

5 tsp. Water, cool

 **finger pinch each Salt & Black Pepper**

Dressing Directions

Make dressing by placing in a shaker jar with a lid, or in a small dish. Either shake or whisk until smooth; set aside.

Salad Directions

Step 1

Make dressing; set aside.

Step 2

Add as much cabbage as you desire and suggested portions of other ingredients to a container or a gallon Ziploc bag without chow mein noodles and dressing until you plan to enjoy the salad.

Step 3

When ready, add noodles and dressing; toss or shake. Eat from the container/bag or plate your yummy salad.

Salad Ingredients

2 cups Chicken Breast, shredded or diced

2 cups Shredded Cabbage

1/2 cup Sugar Snap Peas, thinly sliced

1/2 cup Grated Carrots

1/2 Red Bell Pepper, seeded, thinly sliced

4 Scallions, thinly sliced

Chow Mein Noodles

Black Sesame Seeds



Asian Chicken Salad

Layer salad in order listed

2 Units

Grab of Cabbage

1/4 cup EA: Peas, Carrot, and Bell Pepper

A few pinches scallions & sesame seeds

2 oz. Chicken

1/4 cup Chow Mein Noodles

1 Tbsp. Dressing

3 Units

Grabs of Cabbage

1/3 cup EA: Peas, Carrot, and Bell Pepper

A few pinches scallions & sesame seeds

3 oz. Chicken

1/4 cup Chow Mein Noodles

1 1/2 Tbsp. Dressing

4 Units

Grab of Cabbage

1/2 cup EA: Peas, Carrot, and Bell Pepper

A few pinches scallions & sesame seeds

4 oz. Chicken

1/3 cup Chow Mein Noodles

1 Tbsp. Dressing

5 Units

Grabs of Cabbage

2/3 cup EA: Peas, Carrot, and Bell Pepper

A few pinches scallions & sesame seeds

5 oz. Chicken

1/3 cup Chow Mein Noodles

2 Tbsp. Dressing



To make this Vegetarian, use the Bonus Baked Tofu Recipe in place of the steak. You'll need to be a bit resourceful, but this will turn out great!



To make it Vegan, do the above and use Coconut Aminos in place of Soy Sauce.



Smoothies & Salads

Beef Power Salad

over bed of Ancient Grains

*Marinate steak 1-12 hrs.

Ingredients

1 Lb. Beef Tenderloin Filets

3/4 cup Firm Plum, pitted, finely diced

1/3 cup Yellow Onion, finely diced

3 tsp. Garlic, minced

3 Tbsp. Low Sodium Soy Sauce

**1 1/2 Tbsp. Splenda Brown Sugar or
3 Tbsp. Coconut Sugar**

2 Tbsp. Toasted Sesame Oil

4 Green Onions, diced thin, divided

**1 cup uncooked Bulgur (see other
Ancient Grain options)**

**1 cup Napa Cabbage or Bok Choy or
Green Cabbage, thinly sliced**

1 cup Broccoli Florets

1 large Carrot, peeled, sliced thin

1 cup packed Baby Spinach Leaves

1 Jalapeño Pepper, thinly sliced

Toasted Sesame Seeds

Step 1

Thinly slice beef into thin slices and place into gallon Ziploc bag. Add plum, onion, garlic, soy sauce, sugar, sesame oil and 2 of the sliced green onions. Seal and massage well until all of the steak pieces are completely coated. Refrigerate for 1 to 12 hours. When meat has finished marinating, transfer to a large bowl. Add cabbage, broccoli and carrot; stir to combine.

Step 2

Make bulgur according to directions. When done, keep covered and remove from heat. Heat a large skillet or grill pan to high heat. When hot, add steak-vegetable mixture, working in batches, transferring to a waiting bowl as you go. This process takes about 1 - 2 min. per batch; steak should still be slightly pink and veggies tender crisp. Don't overcrowd batches to try to speed up process. With the final batch, pour any remaining marinade over top steak-vegetable mixture. Remove final batch to the bowl and add reserved 2 diced green onions, tossing to combine.

Directions Continue



Smoothies & Salads

Beef Power Salad

over bed of Ancient Grains

Step 3

Add bulgur to each serving plate or bowl, then spinach leaves, then steak-veggie mixture. Top with jalapeno slices and a sprinkle of toasted sesame seeds.

Notes About Grains

Any grain you like can be used with a grain salad: quinoa, farro, spelt, bulgur, millet, brown rice, red rice, wild rice, rye berries, pearled barley. (And yes, I know that some of these are actually seeds, not grains; but they're all perfect for grain salads.) Don't worry about how to cook each kind: just cook them all like pasta. Bring a pot of salted water to a boil, add your chosen grain (or pseudo-grain), and cook it until it's done. Drain through a colander or sieve. Taste the grain to know when it's done. You want it to be a little al dente and to taste good. Cooking it this way requires a little more attention, but it gives you full control, and the ability to do it all without having to measure anything.



To make this Vegetarian, use the Bonus Baked Tofu Recipe in place of the steak. You'll need to be a bit resourceful, but this will turn out great!



To make it Vegan, do the above and use Coconut Aminos in place of Soy Sauce.

Portion Sizes

2 Units: 1/4 cup any cooked ancient grain
1 heaping cup steak-veggie mixture

3 Units: 1/3 cup any cooked grain
2 cups steak-veggie mixture

4 Units: 1/2 cup any cooked ancient grain
2 heaping cups steak-veggie mixture

5 Units: 3/4 cup any cooked ancient grain
3 cups steak-veggie mixture



Smoothies & Salads

Cobb 2 Go

Dressing Ingredients

1/4 cup Red Wine Vinegar
2 tsp. Garlic, minced
1 heaping Tbsp. Dijon Mustard
1/4 cup EVOO

Dressing Directions

Make dressing by placing in a shaker jar with a lid, or in a small dish. Either shake or whisk until smooth; set aside.

Salad Ingredients

Canned Garbanzo Beans, drained, rinsed
Grape or Cherry Tomatoes, halved
Hard Boiled Egg
Cooked Chicken Breast, diced
Avocado, diced
Any type of Lettuce (except Iceberg)
Crumbled Blue Cheese
Cooked Bacon (Pasteurized Pork or Turkey Bacon), broken into bits

Salad Directions

Step 1

Add suggested portions of salad ingredients to a jar, container or a gallon Ziploc bag without dressing until you plan to enjoy the salad.

Step 2

When ready, add dressing, and toss or shake. Eat from the container/bag or plate your yummy salad.

Portion Sizes



Smoothies & Salads

Cobb 2 Go

Portion Sizes

2 Units

2 Tbsp. Garbanzo Beans
4 Tomatoes
1/2 Hard-boiled Egg
1 oz. Chicken, cooked, diced
2 Tbsp. Avocado, diced
1 1/2 cup Lettuce/Greens
1 Tbsp. Blue Cheese
1 1/2 Tbsp. Bacon Bits
1 Tbsp. Dressing

3 Units

3 Tbsp. Garbanzo Beans
4 Tomatoes
1/2 Hard-boiled Egg
2 oz. Chicken, cooked, diced
1 Tbsp. Avocado, diced
+/- 2 cups Lettuce/Greens
2 Tbsp. Blue Cheese
2 Tbsp. Bacon Bits
1 1/2 Tbsp. Dressing

4 Units

1/4 cup Garbanzo Beans
6 Tomatoes
1 Hard-boiled Egg
2.5 oz. Chicken, cooked, diced
1 1/2 Tbsp. Avocado, diced
+/- 2 cup Lettuce/Greens
1 1/2 Tbsp. Blue Cheese
2 Tbsp. Bacon Bits
2 1/2 Tbsp. Dressing

5 Units

1/3 cup Garbanzo Beans
6 Tomatoes
1 Hard-boiled Egg + **1/2** White
3.5 oz. Chicken, cooked, diced
2 Tbsp. Avocado, diced
+/- 2 cup Lettuce/Greens
2 Tbsp. Blue Cheese
2 Tbsp. Bacon Bits
2 1/2 Tbsp. Dressing



Summer Garden Salad

Dressing Ingredients

2 tsp. EVOO

3 Tbsp. Fresh Lime Juice

2 tsp. Raw Honey

1/2 tsp. Dijon Mustard

 **finger pinch** each Kosher Salt & Black Pepper

Dressing Directions

Make dressing by placing in a shaker jar with a lid, or in a small dish. Either shake or whisk until smooth; set aside.

Salad Ingredients

Canned Salmon or Albacore Tuna in H2O, drained, rinsed, flaked

Torn Romaine Leaves

Grape, Cherry or Yellow Pear Tomatoes, halved

English Cucumber, cut into ribbons with a vegetable peeler

Orange Bell Pepper, seeded, diced small

Radishes, thinly sliced

Fresh Chives, diced

Small Yellow Squash, halved, thinly sliced

1 Ripe Avocado, diced

4 Scallions, thinly sliced

Chow Mein Noodles

Salad Directions

Step 1

Make dressing; set aside.

Step 2

Add suggested portions of all salad ingredients to a container or gallon Ziploc bag without dressing until you plan to enjoy the salad.

Step 3

When ready, add dressing, and toss or shake. Eat from the container/bag or plate your yummy salad.

Directions Continue



Smoothies & Salads

Summer Garden Salad

2 Units

2 oz. Tuna or Salmon
2 Big grabs of greens
3 Tomatoes
1/3 cup Cucumber Ribbons
1/3 cup Bell Pepper
1 Radish
1 tsp. Chives
1/3 cup Yellow Squash
1 Tbsp. Avocado
1 Tbsp. Dressing

3 Units

3 oz. Tuna or Salmon
3 Big grabs of greens
4 Tomatoes
1/2 cup Cucumber Ribbons
1/2 cup Bell Pepper
2 Radish
2 tsp. Chives
1/2 cup Yellow Squash
1 1/2 Tbsp. Avocado
1 1/2 Tbsp. Dressing

4 Units

4 oz. Tuna or Salmon
4 Big grabs of greens
5 Tomatoes
2/3 cup Cucumber Ribbons
2/3 cup Bell Pepper
2 Radish
2 tsp. Chives
2/3 cup Yellow Squash
2 Tbsp. Avocado
2 Tbsp. Dressing

5 Units

5 oz. Tuna or Salmon
Up to 5 Big grabs of greens
6 Tomatoes
3/4 cup Cucumber Ribbons
3/4 cup Bell Pepper
2-3 Radish
2 tsp. Chives
3/4 cup Yellow Squash
2 1/2 Tbsp. Avocado
2 Tbsp. Dressing



*To make this Vegetarian, use the Bonus Baked Tofu Recipe in place of the steak.
You'll need to be a bit resourceful, but this will turn out great!*



Baked Tofu Cubes

Ingredients

14 oz. Extra Firm Tofu

2 Tbsp. LS Soy Sauce or

Bragg's Liquid Aminos or Coconut Aminos

2 Tbsp. Avocado Oil

1 1/2 tsp. Garlic or Onion Powder

2 Tbsp. Nutritional Yeast, divided

4 Tbsp. Cornstarch, divided

Directions

Pre heat oven to 400° F. Line a rimmed baking sheet with parchment paper or aluminum foil (dull-side up); set aside.

Step 1

Drain tofu and wrap in a towel or paper towels to absorb moisture. Slice block into slabs then each slab into 4 pieces, and finally cut each piece into 1" cubes.

Step 2

Gently place tofu cubes into a large bowl. Add soy sauce, oil and garlic powder. Toss to coat and let sit for 5 min.

Step 3

Place half tofu into a gallon Ziploc bag with 1 Tbsp. nutritional yeast and 2 Tbsp. Cornstarch. Gently toss to coat. Transfer to prepared baking sheet in a single layer. Repeat process with second half tofu cubes and remaining nutritional yeast and cornstarch.

Step 4

Bake in pre heated oven for 30 min., turning once midway through. Tofu cubes should be a nice golden color.

Step 5

Serve immediately or store for future use in an airtight container, refrigerated for 4 – 5 days.

Reheat in a skillet or oven.

Microwave is not recommended.

Portion Sizes

2 1/2 oz. Baked Tofu Cubes = 1 unit protein



Smoothies & Salads