
HYDRATING WATERMELON BERRY SMOOTHIE

Ingredients:

½ cup coconut water
1 cup frozen spinach
1 cup frozen berries
1 cup fresh, seedless watermelon
½ cup plain or vanilla yogurt

Directions:

Blend together until smooth and enjoy!



HYDRATING SUMMER SALAD

Ingredients:

1 ¼ cup of corn, rinsed and drained
1 can of black beans, rinsed and drained
1 medium cucumber, cubed
1 red bell pepper, cubed
1 lime
1 avocado, cubed
1 cup of cherry tomatoes, sliced in half

Directions:

Place the cucumber, black beans, corn, red pepper, cherry tomatoes, and chopped cilantro in a bowl. Squeeze the fresh juice from the lime onto the salad, and stir well. Mix in the avocado, season with salt and pepper, and enjoy.



LEMONY ORZO PASTA SALAD

Ingredients:

1 ½ cups of dry orzo pasta
2 Tbsp. olive oil
Juice and zest of 1 lemon
1 large English cucumber, seeded and chopped
1 Tbsp. chopped fresh mint
1 Tbsp. chopped fresh parsley
½ cup feta cheese, crumbled
Salt & pepper, to taste

Directions:

- Bring a large pot of salted water to a boil. Cook the orzo al dente according to package directions (about 9 minutes). Drain the pasta, let cool for a couple of minutes, and toss with the olive oil, lemon juice and zest, cucumber, herbs and feta.
- Season with salt and pepper, to taste. Serve chilled or at room temperature. Can be made up to a day in advance and kept in the refrigerator.



MEDITERRANEAN GRILLED EGGPLANT

For Eggplant:

½ cup olive oil
1 tsp. oregano
¼ tsp crushed red pepper
1 large eggplants, cut into ¼" rounds
¼ cup crumbled feta
2 Tbsp. freshly chopped parsley
Juice of ½ lemon
Salt & pepper, to taste

For Tahini Dressing:

1/3 cup tahini
Juice of 1 lemon
2 Tbsp. water
1 clove of minced garlic
Salt



- Make eggplant: Heat grill or grill pan over medium-high heat. In a small bowl, combine oil, oregano, and red pepper flakes. Brush all over eggplants and season with salt and pepper.
- Grill eggplants until tender and slightly charred, about 3 minutes per side.
- Top grilled eggplants with feta and parsley, then squeeze lemon juice over.
- Make tahini dressing: In a medium bowl, whisk together tahini, lemon juice, water, and garlic. Season with salt. If dressing is too thick, add more water, a tablespoon at a time, until desired consistency.
- Serve eggplant warm with tahini dressing.

PINEAPPLE SALSA GRILLED CHICKEN

Ingredients:

Juice of 4 limes, divided
¼ cup plus 1 Tbsp. freshly chopped cilantro
¼ cup olive oil
2 tsp. honey
1 lbs. boneless, skinless chicken breasts
1 cups chopped pineapple
1 diced avocado
¼ red onion, diced
Salt & pepper, to taste



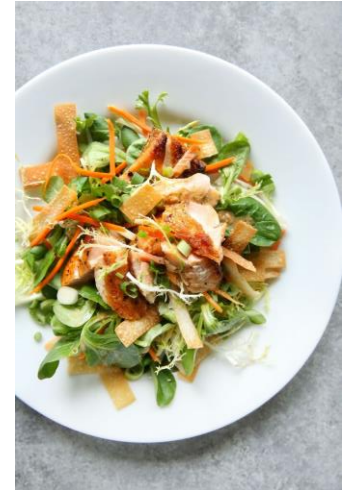
Directions:

- Make marinade: In a large bowl, whisk together juice of 3 limes, 1/4 cup cilantro, oil, and honey and season with salt.
- Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the refrigerator at least 2 hours, or up to overnight.
- When ready to grill, heat grill to high. Oil grates and grill chicken until charred and cooked through, 8 minutes per side.
- Meanwhile, in a medium bowl, stir together pineapple, avocado, red onion, remaining lime juice, and remaining tablespoon cilantro. Season with salt and pepper.
- Spoon salsa over chicken before serving.

SESAME GINGER SALMON SALAD

Ingredients:

2 Tbsp. soy sauce
Piece of ginger, chopped
1 clove of garlic, chopped
2 Tbsp. green onions, plus garnish
1 Tbsp. sesame seeds
¼ cup vegetable oil
3 Tbsp. white vinegar
2 Tbsp. honey
1 Tbsp. sesame oil
4 wonton wrappers, cut into strips
4 salmon pieces (about 2 lbs.)
1 Tbsp. olive oil
10 oz. mixed greens, washed
1 cup shredded carrots
Salt & pepper, to taste



Directions:

- > Preheat oven to 475°. In the bowl of a mini food processor add soy sauce, ginger, garlic, green onions, sesame seeds, vegetable oil, vinegar, honey and sesame oil. Pulse and blend until smooth; keep in refrigerator until ready to serve.
- > On a rimmed sheet pan, toss wonton strips with a drizzle of sesame oil, then season with salt and pepper. Spread wonton strips in an even layer across the sheet pan and bake until golden brown, 4 minutes.
- > Season salmon with salt and pepper. Heat cast-iron skillet over high heat and add olive oil to pan. When the pan is almost smoking, carefully place salmon in pan skin-side up. Cook for 4 minutes on each side.
- > Toss mixed greens and carrots with sesame ginger dressing. Serve salmon on bed of greens, garnish with green onions and drizzle with remaining dressing.
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CAPRESE ZOODLES

Ingredients:

4 large zucchini
1 Tbsp. olive oil
1 cup cherry tomatoes, halved
1 cup mozzarella balls, quartered if large
¼ cup fresh basil leaves
2 Tbsp. balsamic vinegar
Salt & pepper, to taste

Directions:

- > Using a spiralizer, create zoodles out of zucchini.
- > Add zoodles to a large bowl, toss with olive oil and season with salt and pepper. Let marinate 15 minutes.
- > Add tomatoes, mozzarella and basil to zoodles and toss until combined.
- > Drizzle with balsamic and serve.



CHUNKY MONKEY 'NICE' CREAM

Ingredients:

2 frozen bananas
¼ cup walnuts
¼ cup mini dark chocolate chips

Directions:

- > To a food processor add the frozen bananas. Process for about 30 seconds or until a smooth consistency.
- > To a small bowl add bananas, walnuts and chocolate chips. Mix to combine.
- > Enjoy or place in an air tight container and store in the freezer.



PORTOBELLO MUSHROOM BURGERS

Ingredients:

4 Portobello Mushrooms caps
2 Tbsp. balsamic vinegar
1 Tbsp. low-sodium soy sauce
1 Tbsp. olive oil
1 Tbsp. chopped rosemary
Seasoning of your choice
4 thick slices of red onion
4 oz. reduced fat Swiss cheese
4 thin slices of tomato
½ avocado, sliced thin
Baby spinach
4 whole wheat, low calorie buns or lettuce wraps



Directions:

- > In a large bowl, whisk together vinegar, soy sauce, oil, rosemary, and steak seasoning.
- > Place the mushroom caps in the bowl and toss with sauce, using a spoon to evenly coat. Let stand at room temperature for 20 to 30 minutes, turning a few times.
- > Heat the grill or indoor grill pan over medium heat. When hot, brush the grate with oil or lightly spray the grill pan.
- > Place the mushrooms on the grill, reserving marinade for basting. Grill for 5 to 7 minutes on each side, or until tender, brushing with marinade frequently.
- > Top the mushrooms with cheese during the last minute of cooking.
- > While the mushrooms cook, grill the onions about 1 minute on each side and grill the buns until toasted.
- > To finish, place the spinach and grilled Portobello mushrooms on the buns and top with the grilled onions, sliced tomato and avocado.

KALE CHIPS

Ingredients:

1 bunch of kale

1 Tbsp. olive oil

Seasoning of your choice (salt, pepper, garlic powder, onion powder, etc.)

> Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.

- > With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
- > Bake until the edges brown but are not burnt, 10 to 15 minutes.



INFUSED WATER IDEAS

- > Strawberry, Lemon, Mint
- > Apricot, Raspberry, Mint
- > Orange, Lime
- > Strawberry, Pineapple
- > Peach, Plum, Mint
- > Cucumber, Lemon, Celery
- > Apple, Cinnamon Stick, Pear
- > Watermelon, Strawberries
- > Strawberry Basil
- > Blackberries, Ginger, Lemon
- > Lemon, Mint, Ginger, Cucumber
- > Orange, Blueberry, Mint
- > Grapefruit, Rosemary
- > Cucumber, Thyme, Lime
- > Strawberry Lime
- > Lemon, Ginger
- > Blackberry, Orange
- > Cherries, Lime
- > Lemon, Raspberry, Mint
- > Apple, Mint, Lime
- > Mango, Raspberry, Ginger
- > Strawberry, Kiwi
- > Mint, Cucumber, Lemon
- > Strawberry, Cucumber, Mint
- > Kiwi, Orange
- > Honeydew, Cucumber, Mint
- > Blueberry, Lemon, Rosemary
- > Pineapple, Coconut, Lime
- > Watermelon, Kiwi
- > Grapefruit, Pomegranate, Mint

