

HIGHWAY TO WELL

WEEK 2

Rule #1: "healthy" does not mean "bland". The easiest way to avoid cravings is by creating healthy dishes that are FULL of flavor. This week, we're choosing bold, delicious flavors and our **#mixtapemeals** are more BOWL'd than ever.

'Cus if you like, the way, you **cook** that much, oh baby you should go and **love yourself**.



BUILD YOUR OWN BREAKFAST

1. greek yogurt base



GREEK YOGURT
1 serving = 3/4 C Greek yogurt

2. choose a topping



LEMON & RASPBERRY:

- 1/4 C granola
- 1/4 C raspberries
- 1 t fresh lemon juice
- pinch of salt

Line the bottom of your bowl with granola, add Greek yogurt and top with raspberries, lemon juice and a pinch of salt



NECTARINE & COCONUT

- 1 ripe nectarine, pitted & sliced
- 1/4 C granola
- 1 t shredded coconut
- 1 drop vanilla extract

Mix in 1 drop vanilla extract, top with nectarines, coconut and granola



BLUEBERRY & CHIA:

- 1/4 C blueberries
- 1 T fresh juice (pomegranate/blueberry)
- 1 t chia seeds
- slivered almonds

Mix the fresh juice with chia seeds, pour over the top of your greek yogurt. Serve with blueberries and slivered almonds.

SNACK PACK

GREEN GODDESS HUMMUS w/ crisp vegetables:

- 1/4 C tahini
- juice and zest of 1 large lemon
- 2 T olive oil
- 1/2 C parsley
- 1/4 C basil
- 1/3 C chives
- 2 garlic cloves
- 1 can of chickpeas
- 1/2 t sea salt

Combine all ingredients in a food processor and puree until smooth. Serve with crisp vegetables.



BUILD YOUR OWN BOWL

1. choose a base

Prepare each according to package directions and desired amounts.
Quinoa & Rice: 1 Serving = Approx 3/4 C cooked



SHREDDED BRUSSEL
SPROUTS OR CABBAGE



QUINOA OR BROWN RICE



TUSCAN KALE

2. pick a protein

1 serving = approx 4 oz



HARD-BOILED EGG



SALMON



CHICKEN OR TURKEY BREAST

1-5 chicken breasts, olive oil, lemon,
salt and pepper

1. Place eggs in a large pot and cover with water.
2. Bring water to a boil over medium heat.
3. Once the water reaches a boil, remove from heat and cover.
4. Let sit for 10 minutes then remove eggs with a slotted spoon.
5. Refrigerate. Peel before use.

1. Preheat the oven to 425 °F. Line a roasting pan or baking sheet with foil.
2. Pat the salmon dry with a paper towel.
3. Drizzle each fillet with a little olive oil and rub it over the salmon with your fingers to coat evenly. Sprinkle with salt and pepper. Lightly squeeze a lemon over the fillets and transfer to the oven.
4. Roast for 4 - 6 minutes

1. Preheat oven to 400 °F
2. Rub a roasting pan with a small amount of olive oil as well as a piece of parchment paper large enough to cover the pan.
3. Pat the chicken dry and rub with olive oil. Sprinkle with salt, pepper, and any other seasonings (onion powder, garlic powder, etc)
4. Transfer chicken breasts to the baking dish. Add a few lemon wedges around the breasts for flavor.
5. Cover chicken with parchment paper, oil side down. Tuck the edges into the pan, so it sits over the chicken like a blanket.
6. Bake for 20 minutes. Total cooking time should take around 30 - 40 minutes with a final internal temperature of 165°F

3. choose toppings



APPLES



AVOCADO



BLACK BEANS



ALMONDS



RAISINS



RED BELL PEPPER

how to roast veggies

Preheat oven to 425F. Peel and cube sweet potatoes and break cauliflower into bite-sized pieces. Place on a foil-lined baking sheet and drizzle with olive oil. Spread into a single layer and sprinkle with salt and pepper.

Bake for 15 - 20 minutes, stirring occasionally.



CAULIFLOWER



SWEET POTATO

4. pick a sauce

1 serving = 1 - 2 T



APPLE CIDER:

- 1/4 C olive oil
- 4 T lemon juice
- 4 T apple cider vinegar
- 2 t dijon mustard
- small pinch of cayenne pepper
- pinch of garlic powder
- salt and pepper to taste



CURRY:

- 1/4 C olive oil
- 1 t honey
- 1 T shallot, minced
- 1 t curry powder
- 2 T lemon juice
- salt and pepper to taste



CILANTRO:

- 1/3 C olive oil
- 2 T fresh cilantro, chopped
- 2 garlic cloves
- 1 T white wine vinegar
- 1 - 2 T lemon juice
- 2 - 3 T water
- salt and pepper to taste

Blend all ingredients in a food processor until smooth.

#MIXTAPEMEALS

Check in and support each other on social media using #mixtapemeals and share your favorite, beautiful combinations!

BOWL 1:

shredded brussel sprouts, salmon, red bell peppers, apple, almonds, raisins, apple cider sauce



BOWL 2:

kale and quinoa, soft-boiled egg, avocado, roasted sweet potatoes, black beans, cilantro sauce



BOWL 3:

quinoa or brown rice, chicken breast, avocado, roasted sweet potatoes, roasted cauliflower, apple, raisins, curry sauce



prep, fastest, prep!

MEAL PLANNING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GROCERY LIST

FRUITS & VEGGIES

PROTEIN

SPICES

GRAINS/NOODLES

PANTRY ITEMS
