

MIXTAPE

MEALS

TOUR TO SUMMER 2021



HIGH VOLTAGE TIPS + TRICKS

Amp up your groceries and eating habits by using these tips + tricks!



FRUITS AND VEGETABLES

For the best price, taste and nutritional value, buy fruits and vegetables in season. Organic or sustainably grown should always be your first choice; if you have the opportunity to shop local by visiting a farmers market, even better! Why organic? Organic fruits and veggies keep the chemicals, pesticides and GMO's out of your food and are often more nutrient-rich and flavorful!



THE DIRTY DOZEN

We advise purchasing organic and non-GMO produce as much as possible. Some fruits and vegetables are more likely to be contaminated with pesticides—so make sure you're at least purchasing the following organic produce: strawberries, nectarines, apples, spinach, peaches, grapes, pears, cherries, tomatoes, celery, potatoes and bell peppers.



FISH AND MEAT

When sourcing meat, look for free range, organic, raised without antibiotics and hormone free. When sourcing fish, look for sustainable and environmentally responsible fish. The Seafood Watch website or App is a great resource! <https://www.seafoodwatch.org>



EAT WHOLE

Eating WHOLE (unprocessed) = the most nutritious and best for your bod! Processed foods contain additives, artificial flavorings and other chemical ingredients. Shop the outer aisles at your grocery store and you'll be on the right path. ;)



LIMIT OR ELIMINATE GLUTEN

It may seem like a fad, but continued research shows that most people have some level of gluten intolerance. Gluten is commonly found in bread, pasta and cereals but is also found in less obvious items like sauces, beer, and salad dressings.



LIMIT OR ELIMINATE DAIRY

Another often undiagnosed allergen, dairy can wreak havoc on your digestive system. Swap whole milk for a nut alternative like almond or cashew and try to stay away from cheeses (other than a sprinkle!).



SUGAR, SUGAR

Limit or eliminate added sugar and NO artificial sweeteners. A little natural sugar is okay and gives us energy, but high intakes cause our blood sugar to spike and then crash— that tired slump that leaves us craving more. It's a cycle that prohibits weight loss and eventually leads to more serious conditions like diabetes and heart disease. If you need a little something, try a more natural sweetener like honey or maple syrup.



DRINK UP

Drink approximately half an ounce of water per day for every pound of body weight. If you weigh 150lbs, you need 75oz. Divide that by eight to calculate the number of cups you need, which in this case is 9 cups. Say no to soda and sugary drinks. Limit your alcohol consumption either completely, or to 1-2 times a week. One glass of red wine is your best bet.



BASICS PT 1

CHICKEN OR TURKEY BREAST

1. Preheat oven to 400°F.
2. Rub a roasting pan and a piece of parchment paper large enough to cover the pan with olive oil.
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 or turkey breasts to the roasting pan. Add a few lemon wedges around the breasts for flavor.
5. Cover the breasts with parchment paper, oil side down. Tuck the edges into the pan, so it sits over the breasts like a blanket.
6. Bake for 20 minutes (may vary). Including prep time, this should take around 30 – 40 minutes with a final internal temperature of 165°F.



SALMON OR WHITE FISH FILET

1. Preheat the oven to 425°F. Line a roasting pan or baking sheet with foil.
2. Pat the fillet dry with a paper towel.
3. Drizzle each fillet with a little olive oil and rub it over each side 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.



POACHED EGG

1. Fill a saucepan with approximately 3 – 4 inches of water. Add ½ tsp white wine vinegar and bring to a gentle simmer.
2. Break a cold egg into a small bowl.
3. With a spoon, start stirring the water in a circle gently. Holding the bowl above the simmering water, gently slip the egg into the water. (Repeat for second or third egg)
4. Cover pot with lid, turn off the heat and let sit for exactly 5 minutes.
5. Remove eggs with a slotted spoon and drain well.



HARD BOILED EGGS

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 12 minutes then remove eggs with a slotted spoon.



BASICS PT 2

SHRIMP

1. Begin with 1 lb cleaned, deveined and fully thawed shrimp.
2. Warm 1 TBSP of olive oil in saucepan over medium-high heat.
3. Add shrimp to the hot pan. Sprinkle with salt and pepper. Add the juice of half a lemon. Add any other desired seasonings (curry, chili, etc).
4. Sauté shrimp until they become pink and opaque, stirring frequently for 4 – 5 minutes.
5. Serve chilled or hot.

TURKEY MEATBALLS

- 1 lb ground turkey
- 2 shallots, minced
- 2 garlic cloves, minced
- 2 TBSP parsley, finely chopped
- 1 tsp salt
- 1 tsp pepper

1. Preheat the oven to 350° F and prepare a baking pan with aluminum foil.
2. In a large mixing bowl, combine all ingredients. Shape into palm size meatballs and place 2 inches apart on the baking sheet.
3. Bake for 20 – 25 minutes or until center is no longer pink.

TEMPEH

- 1 TBSP tamari
- 1 TBSP maple syrup
- 1 tsp vegetable bouillon + 1 cup warm filtered water
- ½ tsp liquid smoke
- ½ tsp smoked paprika
- ¼ tsp black pepper, or to taste

1. Remove tempeh from its packaging and cut it into ½" strips.
2. Whisking remaining ingredients together in a small bowl.
3. Line tempeh in non-stick pan and evenly pour the marinade over it.
4. Bring the mixture to a simmer over medium heat for and cook for 3 minutes, then flip the tempeh strips. Cook for 3 more minutes or until marinade begins to evaporate and becomes sticky. Cook for 2 more minutes.
5. Remove from heat and serve.

ROASTED VEGETABLES

1. Preheat the oven to 425° F.
2. In a small bowl, stir olive oil and spices of your choice (try garlic powder, cumin and a pinch of chili powder). Add vegetables and coat.
3. Toss until fully coated. Cover a large roasting pan with aluminum foil and spread vegetables evenly.
 - For root vegetables, squash, onions: 30 to 45 minutes
 - For broccoli, cauliflower, brussel sprouts, zucchini, bell peppers, tomatoes: 15 to 25 minutes



TURN UP YOUR BASICS

Don't let your basics be boring! Turn it UP a notch by trying some of our favorite flavors! For chicken, shrimp or salmon we suggest our **TERIYAKI TIME**. For a plant-based protein we suggest our **MARINATE MY SOY**. For any kind of meat or veggie we suggest the **SPICE IT ALL UP!**



TERIYAKI TIME

1 C water
5 TBSP packed coconut sugar
¼ C soy sauce or coconut aminos
1 clove minced garlic
½ tsp ground ginger

To Thicken:

2 TBSP arrowroot powder
¼ C water



MARINATE MY SOY

¼ C tamari
¼ C water
Juice of half a lemon
1 minced garlic clove



SPICE IT ALL UP

2 TBSP garlic powder
2 TBSP onion powder
1 TBSP chili powder
1 TBSP smoked paprika
1 TBSP parsley
1.5 tsp black pepper
1 tsp salt

SMOOTHIES



TROPIKALE SMOOTHIE

1 banana
½ C frozen mango
½ C frozen pineapple
1 handful kale
1 handful spinach
¼ C full fat coconut milk
½ C water



BERRY VANILLA SMOOTHIE

1 banana
½ C frozen blueberries
½ C frozen strawberries
¼ C walnuts
1 tsp vanilla extract
¾ C unsweetened almond milk



SMOOTH CAFFEINATOR

1 frozen banana
2 TBSP cacao
2 pitted dates
⅓ C cold brew coffee
⅓ C unsweetened almond milk
1 TBSP hemp seeds
Handful of ice
Dash of cinnamon

BUILD YOUR OWN BREAKFAST BOWLS

Which breakfast bowl fits your rockstar mood? Sweet or Savory?



CHOOSE YOUR BASE:



CHOOSE YOUR TOPPINGS:



APPLESAUCE BOWL

- ¾ C applesauce
- ¼ C toasted coconut caramel flakes
- ¼ C granola (see our recipe below!)
- 2 TBSP chia seeds
- 1 TBSP almond butter

ACAI BOWL

- 1 acai packet
- 1 frozen banana
- 1 C frozen blueberries
- ¼ C almond or coconut milk
- ¼ C strawberries
- ¼ C blueberries
- ¼ C granola (see our recipe below!)
- 2 TBSP hemp seeds
- 2 TBSP coconut flakes
- Drizzle of honey

YOGURT BOWL

- 8 oz. plain greek yogurt
- 1 apple, diced
- ¼ C walnuts
- Pinch of nutmeg
- Pinch of cinnamon
- 2 TBSP maple syrup



MAPLE GRANOLA!

INGREDIENTS

- ½ C oats
- ½ C walnuts
- ½ C pecan pieces
- ½ C coconut shreds
- 3 TBSP hemp seeds
- ¼ C maple syrup
- ¼ C coconut oil, melted
- 1 tsp vanilla extract

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Add all ingredients to a parchment paper lined baking sheet
3. Mix thoroughly and spread flat across the surface of the baking sheet
4. Bake in the oven for 22-25 min, or until golden brown.
5. Enjoy!

BUILD YOUR OWN BREAKFAST BOWLS



CHOOSE YOUR BASE:



FARRO



SAUTEED KALE

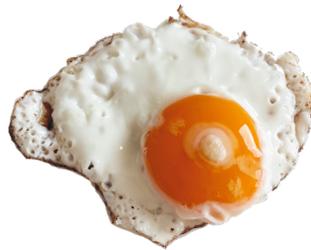


SWEET POTATO HASH

CHOOSE YOUR EGG:



Scrambled



Fried



Poached

CHOOSE YOUR TOPPINGS:



Cucumbers



Lemon Juice



Parmesan Cheese



Green Onions



Sesame Seeds



Mushrooms



Red Pepper Flakes



Olive Oil



Cilantro



Tomatoes



Avocado



Black Beans



Pine Nuts

LIGHT IT UP W/ SOME SAUCE:



GREEN DREAM

2 C lightly packed herbs (cilantro, parsley, chives)
¼ C extra virgin olive oil
Juice of 1 lemon
1-2 garlic cloves
1 TBSP capers
1-2 anchovies
S + P



PESTO

2 cups basil
½ C freshly grated parmesan
½ C extra virgin olive oil
Juice of ½ lemon
¼ C pine nuts
2 garlic cloves
S + P



TOMATILLO SALSA

6 medium tomatillos
¼ yellow onion
1 jalapeno pepper
2 garlic cloves
1.5 TBSP extra virgin olive oil
Juice of ½ lime
¼ C cilantro
Sea salt

OUR FAV COMBOS:



Farro
Scrambled Eggs
Cherry Tomatoes
Cucumber
Olive Oil
Lemon Juice
Pine Nuts
Parmesan Cheese
Pesto

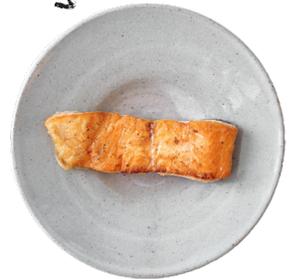


Sweet Potato Hash
Poached Egg
Avocado
Black Beans
Cilantro
Tomatillo Salsa



Sauteed Kale
Fried Egg
Turkey Bacon
Mushrooms
Green Onion
Olive Oil
Red Pepper Flakes
Sesame Seeds
Green Goddess Dressing

LUNCH MUNCH MIX N' MATCH



Teriyaki Chicken

Meatballs

Salmon



Pineapple

Carrots

Broccoli



Celery

Radish

Snap Peas

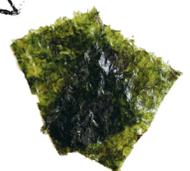


Avocado



Onion

Cilantro



Seaweed



SIMPLY SALMON



W/

GREEN GODDESS

- 2 garlic cloves
- ¼ C herbs
- 3 TBSP olive oil
- 1 TBSP lemon Juice
- 1 TBSP vinegar
- 1 tsp white miso paste



BAHN MI MEATBALLS



W/

BAHN MI SAUCE

- ¾ cup unsalted beef stock
- 1½ TBSP reduced-sodium soy sauce
- 1½ TBSP sriracha
- 1½ TBSP creamy peanut butter
- 1 TBSP minced garlic



TANGY TERRIAKI



W/

LIME VINEGRETTE

- ½ C finely minced cilantro leaves
- ½ C sunflower oil
- 3 TBSP freshly squeezed lime juice
- 1 TBSP apple cider vinegar
- 1 tsp garlic salt
- Pepper to taste



THE BLT WRAP

Turkey Bacon
Mixed Greens
Tomatoes
Hummus

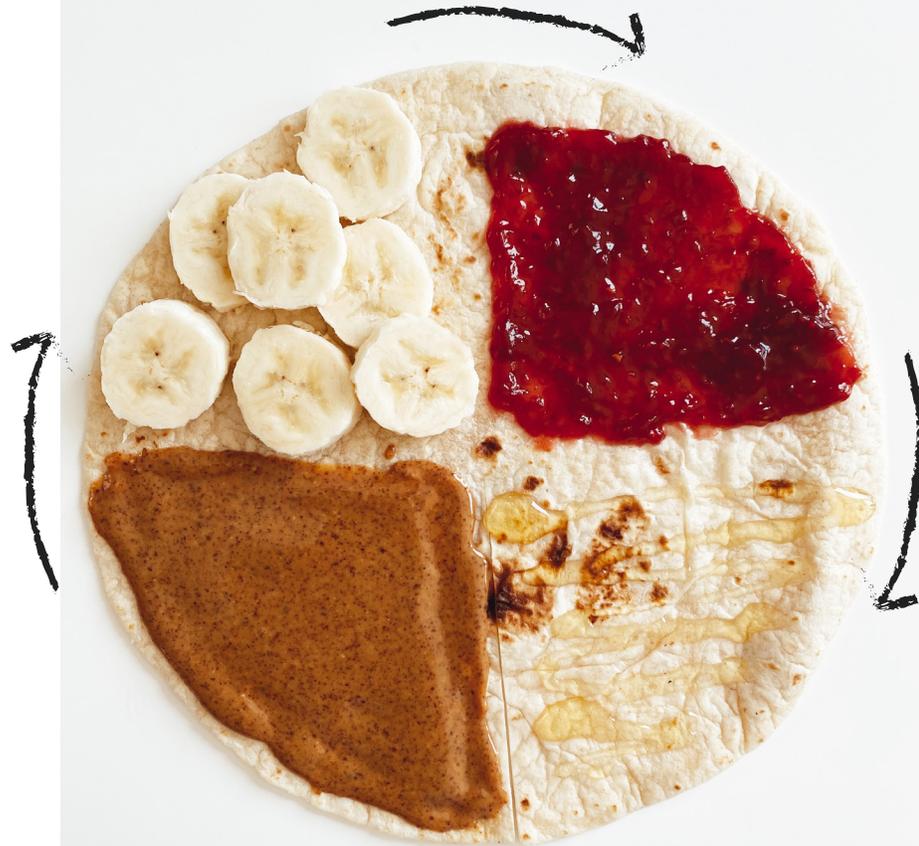
THE PB+J WRAP

Almond Butter
Bananas
Raspberry Jam
Honey

TURN UP THE W(RAP)!

HOW TO MAKE THE 4 WAY WRAP?!

1. Take a knife and cut from the middle of the tortilla to the bottom of the tortilla.
2. Load 4 ingredients onto each quarter of the tortilla.
3. Fold the wrap up, starting from the bottom left quarter, folding it up over the top left, then folding it over to the top right, then folding it down to the bottom right.
4. Eat + enjoy!



**For a gluten-free option, swap the tortilla for an almond or casava flour wrap*

O.G. (ORIGINAL GARLIC)



1 can chickpeas (drained + rinsed)
 Juice of 1 lemon
 4 garlic cloves
 ¼ C tahini
 2 TBSP extra virgin olive oil
 ½ tsp ground cumin
 Sprinkle of smoked paprika
 Salt (to taste)
 2-3 TBSP water

ROASTED RED PEPPER



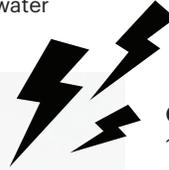
1 can chickpeas (drained + rinsed)
 Juice of 1 lemon
 1 garlic clove
 ¼ C tahini
 1 jar roasted red peppers
 2 TBSP extra virgin olive oil
 ½ tsp cumin
 Salt (to taste)
 2-3 TBSP water

ROASTED JALAPENO



1 can chickpeas (drained + rinsed)
 2-3 whole jalapenos (depending on spice level)
 3 garlic cloves (skin on)
 ¼ C tahini
 Juice of 1 lemon
 1 tsp cumin
 2 TBSP extra virgin olive oil
 Salt (to taste)
 2-3 TBSP water
 1 handful spinach *optional*

HUMMUS 3 WAYS!



O.G. DIRECTIONS:

1. In a food processor or blender, combine the tahini + lemon juice. Blend for 30 seconds, scrape the sides, blend for 30 seconds more. The consistency should be creamy and whipped.
2. Next, add your chickpeas, garlic, EVOO, cumin, and salt. Blend until smooth. This is where you can add a TBSP of water at a time if too thick.
3. Serve with veggies + pita, and garnish with a drizzle of olive oil + sprinkle of smoked paprika.

ROASTED RED PEPPER DIRECTIONS:

1. In a food processor or blender, combine the tahini + lemon juice. Blend for 30 seconds, scrape the sides, blend for 30 seconds more. The consistency should be creamy and whipped.
2. Next, add your chickpeas, garlic, roasted red peppers, EVOO, cumin, and salt. Blend until smooth. This is where you can add a TBSP of water at a time if too thick.
3. Serve with veggies + pita, and garnish with a drizzle of olive oil and black pepper.

ROASTED JALAPENO DIRECTIONS:

1. Preheat oven to 425 degrees Fahrenheit.
2. Place garlic cloves and whole jalapenos on a baking sheet and drizzle with oil of choice. Roast for 15-17 min, flipping jalapenos half way through. Once done, set aside to cool.
3. Peel garlic cloves and skin + seeds from jalapenos. (Wash hands thoroughly after!)
4. Add all ingredients to food processor or blender (start with 1 jalapeno and work your way up) and blend until creamy and smooth.
5. Serve with veggies + pita, and garnish with toasted pumpkin seeds + fresh cilantro.





APPLE NACHOS

INGREDIENTS:

2 apples (granny smith, pink lady, honey crisp, or a mix!)

½ C natural peanut butter (this is important, the only two ingredients should be peanuts + salt!)

Handful chocolate chips

Sprinkle of shredded coconut

Sprinkle of cinnamon

DIRECTIONS:

1. Wash and slice your apples into thin slices, about ¼ - ½ inch thick.
2. Spread evenly across a large plate, covering the surface.
3. Stir your peanut butter to make sure oil is well incorporated, and drizzle over the apple slices, making sure each slice is coated.
4. Sprinkle chocolate chips over the top to coat the apple slices evenly
5. Sprinkle shredded coconut + a dash of cinnamon.





MATCHA PROTEIN BALLS

MAKES 12 PROTEIN BALLS

PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

INGREDIENTS:

- 1 C unsweetened coconut shreds
- 2 TBSP hemp seeds
- 1 scoop protein powder of choice
- ¼ C coconut butter or oil
- 3 pitted dates
- 2 TBSP ceremonial grade matcha
- 1 tsp vanilla extract
- ½ C almond flour

DIRECTIONS:

1. Add all ingredients to food processor or high speed blender until well incorporated and a dough forms. You may need to stop and scrape down the sides a time or two.
2. Roll mixture into 1-2 inch balls.
3. Sprinkle with shredded coconut or matcha overtop.
4. Freeze for 15 minutes and serve.

INSIDE OUT ENCHILADA

SERVES: 4-6

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

INGREDIENTS:

2 chicken breast, shredded
½ C yellow onion, diced
1 tsp garlic, minced
1 red bell pepper, diced
1 C zucchini, chopped
1 15 oz can enchilada sauce
4 regular sized tortillas of choice, cut into strips
½ C cilantro, chopped
¼ C green onions, sliced
½ C shredded cheese of choice
1 avocado
1 tsp red chili flakes
½ tsp of cumin
½ tsp chili powder
½ tsp paprika

DIRECTIONS:

1. Heat your skillet on medium high with 1 TBSP oil.
2. Saute garlic + onions for several minutes until tender and aromatic. Add chicken breasts and sear on both sides. As they cook and become tender, use two forks to shred. (Tip: If the pan starts to get dry, pour a dash of water in the skillet to deglaze.)
3. Next, add your seasonings, zucchini, red bell pepper, half of your enchilada sauce, and let it simmer for several minutes, until veggies are soft.
4. Pour in the remaining sauce, as well as ¼ C cilantro and ¼ C cheese.
5. Stir in tortilla strips immediately after and cover with a lid to cook for 10 minutes on low heat.
6. Sprinkle on top your remaining cheese, green onion, cilantro. Cover for one more minute to melt.
7. Serve with avocado + red chili flakes and dig in!



ONE POT VEGGIE CURRY

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

INGREDIENTS:

- 1 can full fat coconut milk
- 4 C water
- 2 TBSP veggie bouillon
- 1 head broccoli
- 5 carrots, chopped
- 3-4 cloves garlic
- 1 yellow onion, diced
- 6 medium gold potatoes
- 1 head of kale
- 1 C mushroom of choice, sliced
- 2 TBSP curry powder
- 1 TBSP turmeric



DIRECTIONS:

1. In a large pot, heat 1-2 TBSP oil on medium high. Add onion and garlic until aromatic and golden brown.
2. Add your water to the pot, then veggie bouillon. Stir until fully dissolved, and bring to a boil.
3. Add potatoes, carrots, and spices. Let simmer for 20 minutes.
4. Add in remaining veggies and coconut milk, let simmer for an additional 5-10 minutes.
5. Serve on its own or over rice, and garnish with black pepper + cilantro.

MEDITERRANEAN SKILLET

SERVES: 2

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

INGREDIENTS:

6 ounces fingerling or new potatoes

6 ounces Sungold tomatoes

2 wild Alaskan halibut fillets (about 6 ounces each)

3 TBSP pitted Kalamata olives

1 lemon

½ cup cooked quartered artichoke hearts

4 or 5 sprigs organic fresh basil

DIRECTIONS:

1. To prep, cut the potatoes in half lengthwise, then in half crosswise. Cut the tomatoes and olives in half. Zest the lemon then cut and juice half. Slice the remaining half into wedges.
2. In a large frying pan over medium-high heat, warm 2 to 3 teaspoons oil until hot. Add the potatoes, season with salt and pepper, and cook, stirring occasionally, until starting to brown, 4 to 6 minutes. Stir in the tomatoes, lightly crushing them with the back of a wooden spoon, and season with salt and pepper. Cook, stirring occasionally, until the potatoes are starting to soften and the tomatoes begin to release their juices, 2 to 3 minutes.
3. Pat the halibut with a paper towel until dry; season generously with salt and pepper.
4. To the pan with the potatoes and tomatoes, add ¼ cup water and bring to a simmer over medium-high heat. Add the fish, nestling the fish among the vegetables. Add the olives and artichoke hearts, cover, and cook until the potatoes are tender and the fish is opaque and flaky, 10 minutes. Remove from the heat, stir in 1 tablespoon lemon juice, and season to taste with salt and pepper.
5. When the fish is almost done, strip the basil leaves from the stems; coarsely tear the leaves.
6. Transfer the fish and vegetables to individual plates, garnish with the basil and lemon zest, and serve with the lemon wedges.



ONE SKILLET WONDER



STUFFED DATES

INGREDIENTS:

Package of dates (pitted)
Nut butter of choice (we love cashew,
almond, or peanut!)
Handful of pecans
½ C chocolate chips
1 tsp coconut oil

DIRECTIONS:

1. Use a knife to slice down one side of each date. Remove the pit and discard.
2. Using a spoon or butterknife, scoop your nut butter into each date, making sure not to overfill.
3. Add one walnut to the middle of each date for a crunch.
4. Stick your dates in the freezer for 5-10 minutes to let the nut butter solidify.
5. Get started on melting your chocolate. Add your chocolate chips to a bowl with your coconut oil. Microwave in 30 second increments, stirring in between, until fully melted.
6. Remove the dates from the freezer and drizzle chocolate over each one.
7. Top with flaky sea salt and freeze again for 5-10 minutes until chocolate has solidified.
8. Remove and DIG IN.



COCO BARK

INGREDIENTS:

12 oz. chocolate chips or high quality chopped chocolate
1 tsp coconut oil
2 TBSP raspberry jam
Handful cacao nibs
Handful slivered almonds
Flaky sea salt

DIRECTIONS:

1. Add your chocolate and coconut oil into a microwave safe bowl and heat in 30 second increments, stirring in between, until fully melted.
2. Pour melted chocolate into an 8x8 parchment paper lined baking pan.
3. Add your mix-ins! Get creative with these and have fun!
4. Using a spoon, stir in the raspberry jam. Work it throughout the chocolate and swirl it around so you get a taste in every bite!
5. Top with nuts, coconut flakes, and flaky sea salt.
6. Freeze for 15 min or until fully solidified. Break into pieces with your hands or a sharp knife. Store in the freezer. Enjoy!

CHOCOLATE NICE CREAM

INGREDIENTS:

2 frozen bananas
1 can full fat coconut milk or cream
 $\frac{1}{2}$ C cacao or unsweetened cocoa powder
 $\frac{1}{4}$ C coconut sugar
1 tsp vanilla extract
Pinch of salt

DIRECTIONS:

1. Blend all base ingredients together and pour into a ziplock bag. Lay flat on a sheet pan and freeze overnight.
2. Once frozen and ready to use, break into pieces and put back into the blender and blend again. (You can use a little bit of almond/coconut milk to get this going if you need.)
3. Put in a container and freeze for 1 more hour.
4. Grab your ice cream scooper, dish it up, and serve with toppings of choice!

