



March 2024 Monthly Recipe

Created by EpicLuv



Warm Chicken & Bell Pepper Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Season the chicken with salt and pepper, then lightly coat in arrowroot powder, shaking off excess.
2. Heat the oil in a large pan over medium high heat and cook the chicken for five to seven minutes.
3. Add the bell peppers, dill, and the garlic to the pan then stir in the vinegar. Cook for an additional three to four minutes until the peppers are soft and the chicken is cooked through.
4. Divide the romaine leaves evenly between plates. Top with the chicken and peppers. Garnish with sunflower seeds and fresh dill. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

Make it Vegan

Use black beans, lentils, or tofu instead of chicken.

More Flavor

Use toasted pine nuts instead of sunflower seeds. Add tomatoes, cucumbers, and green onions.

Ingredients

- 1 lb** Chicken Breast (boneless, skinless, cut into thick strips)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Arrowroot Powder
- 3 tbsps** Extra Virgin Olive Oil
- 2** Red Bell Pepper (small, thickly sliced)
- 3 tbsps** Fresh Dill (chopped, plus more for garnish)
- 2 tbsps** Garlic Powder
- 2 tbsps** Red Wine Vinegar
- 10 leaves** Romaine (chopped)
- 2 tbsps** Sunflower Seeds (toasted)

Carrot & Pineapple Smoothie

3 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cups.

No Oat Milk

Use plain coconut milk or cow's milk instead.

More Flavor

Add ginger.

Ingredients

- 1 Carrot (medium, chopped)
- 1 cup Frozen Pineapple
- 1 cup Oat Milk (unsweetened)

One Pan Potato, Black Beans & Eggs

9 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C).
2. Place the potatoes and onion in a large oven-safe pan and toss with the oil and taco seasoning. Season with salt and pepper.
3. Transfer the pan to the oven and bake for 30 to 35 minutes, until the potatoes are cooked through.
4. Remove the pan from the oven and reduce the oven to 400°F (205°C).
5. Add the beans to the pan and stir to combine. Make small wells in the pan and crack the eggs into them. Season with salt and pepper. Return to the oven and bake for seven to eight minutes or until the whites of the eggs are set and the yolks are cooked to your desired doneness.
6. Divide the eggs, beans, and potatoes onto plates and top with avocado and cilantro. Enjoy!

Notes

Leftovers

Eggs are best enjoyed immediately. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/2 cups potatoes and beans and one egg.

More Flavor

Add hot sauce.

Ingredients

- 4 cups Mini Potatoes (quartered)
- 1 Yellow Onion (medium, chopped into wedges)
- 1 1/2 tbsps Avocado Oil
- 2 tsps Taco Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Black Beans (cooked)
- 4 Egg
- 1 Avocado (medium, sliced)
- 2 tsps Cilantro (chopped fine, for garnish, optional)

Mango Coconut Green Smoothie

7 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

Notes

Coconut Butter

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

No Protein Powder

Use hemp seeds instead.

Ingredients

- 1/4 cup** Frozen Cauliflower
- 1/4 cup** Frozen Broccoli
- 1/2 cup** Frozen Mango
- 1 cup** Unsweetened Almond Milk
- 1/4 cup** Canned Coconut Milk (full fat)
- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Coconut Butter

Egg & Black Bean Tacos

9 ingredients · 15 minutes · 2 servings



Directions

1. In a bowl, add the black beans and the lime juice. Use a fork and smash the beans until mostly mashed. Season with salt and pepper.
2. Heat a non-stick pan over medium heat and melt the butter. Add the whisked eggs to the pan and season with salt and pepper. Stir the eggs frequently until cooked through. During the last minute of cooking, top with the cheese and cover to let it melt.
3. Spread the mashed beans onto the tortillas. Top with the egg, avocado, and cilantro. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is two tacos.

More Flavor

Add hot sauce, sour cream, and/or Greek yogurt.

Dairy-Free

Omit the cheese.

No Black Beans

Use refried beans.

Ingredients

- 1/2 cup Black Beans
- 1/2 Lime (juiced)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Butter
- 5 Egg (whisked)
- 3 ozs Cheddar Cheese (shredded)
- 4 Corn Tortilla (small, warmed)
- 1/2 Avocado (cubed)
- 2 tbsps Cilantro (chopped)

Peach Raspberry Smoothie

3 ingredients · 5 minutes · 2 servings



Directions

1. In a blender, add all ingredients and blend until smooth. Pour into glasses and enjoy!

Notes

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add a scoop of vanilla protein powder to bump up the flavor and satiety factor.

Additional Toppings

Top with fresh raspberries or frozen peaches for a fun garnish.

Blending Tip

Thaw the peaches in the fridge overnight for an easier blend.

Ingredients

1 cup Frozen Peaches

1 cup Frozen Raspberries

2 cups Canned Coconut Milk

Sun Dried Tomato & Feta Potato Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Boil the potatoes in water until tender, about 15 minutes. Drain and cool slightly.
2. Cut the potatoes in half or into bite-sized chunks.
3. Meanwhile, in a large bowl combine the olives, shallots, sun dried tomatoes, capers, dill, oil, vinegar, and Greek seasoning. Add the potatoes and toss gently. Top with feta cheese.
4. Serve at room temperature or refrigerate for at least an hour before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

More Flavor

Add more fresh herbs like basil, parsley, or chives. Add diced bell peppers and cucumbers.

Additional Toppings

Nuts and seeds.

Ingredients

- 4 cups** Mini Potatoes
- 1/4 cup** Pitted Kalamata Olives (chopped)
- 1/4 cup** Shallot (chopped)
- 1/4 cup** Sun Dried Tomatoes (drained, chopped)
- 2 tsps** Capers (drained)
- 1/4 cup** Fresh Dill (chopped)
- 2 tbsps** Extra Virgin Olive Oil
- 1 tbsp** Red Wine Vinegar
- 2 tsps** Greek Seasoning
- 2 tbsps** Feta Cheese (crumbled)

Roasted Carrot & Fennel Salad

10 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Place the carrots and fennel on the baking sheet. Season with salt and pepper and spray with avocado oil. Bake in the oven for 25 to 30 minutes or until browned.
3. Meanwhile, in a bowl, whisk together the olive oil, lemon juice, honey, salt, and pepper.
4. In a serving bowl, toss together the arugula and spinach. Top with roasted carrots, fennel, and feta cheese. Serve with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three cups.

Make it Vegan

Omit the feta cheese and use maple syrup instead of honey.

More Flavor

Add broccoli and bell pepper.

Ingredients

- 2 Carrot (medium, roughly chopped)
- 1 bulb Fennel (medium, sliced into wedges)
- Sea Salt & Black Pepper (to taste)
- 1/16 oz Avocado Oil Spray
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1 tsp Raw Honey
- 2 cups Arugula
- 2 cups Baby Spinach
- 1/4 cup Feta Cheese (crumbled)

Cauliflower & Blueberry Porridge

4 ingredients · 10 minutes · 1 serving



Directions

1. Add the coconut milk, cauliflower rice, coconut, and blueberries to a small pot over medium heat. Bring to a simmer and cook for four to five minutes or until some of the liquid has evaporated and the cauliflower rice has softened.
2. Add to a bowl, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about 1 3/4 cups of porridge.

More Flavor

Add honey or maple syrup.

Additional Toppings

Chopped nuts and seeds.

Ingredients

- 1 cup Canned Coconut Milk (full fat)
- 1 1/2 cups Cauliflower Rice
- 2 tbsps Unsweetened Shredded Coconut
- 1/3 cup Frozen Blueberries

Greek Salmon Salad

10 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl, whisk together the oil, lemon juice, salt, and pepper.
2. Arrange the remaining ingredients on a serving platter. Drizzle with the dressing and enjoy!

Notes

Leftovers

Best enjoy immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 2 1/2 cups.

More Flavor

Add olives and bell pepper.

Dairy-Free

Omit the feta cheese or use plant-based cheese instead.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 10 **ozs** Canned Wild Salmon (drained)
- 1/2 **head** Green Lettuce (separated into leaves and washed)
- 1 Tomato (medium, chopped)
- 1 Cucumber (small, thinly sliced)
- 1 Avocado (small, sliced)
- 1/4 **cup** Red Onion (sliced)
- 1/3 **cup** Feta Cheese (crumbled)