



May 2024 Recipe Book

Created by EpicLuv



Peach Green Tea Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add everything to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Fat

Add chia seeds or flax seeds.

Make it Vegan

Use maple syrup or another liquid sweetener instead.

Make it Green

Add spinach or kale.

Ingredients

- 1 1/2 cups Green Tea (strong brewed, chilled)
- 1 1/2 cups Frozen Peaches
- 1/2 cup Frozen Cauliflower
- 3 tbsps Lemon Juice
- 1 1/2 tbsps Honey

Nutrition

Amount per serving

Calories	211	Vitamin A	765IU
Fat	1g	Vitamin C	61mg
Carbs	54g	Calcium	32mg
Fiber	6g	Iron	1mg
Sugar	45g	Vitamin D	0IU
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	35mg
Sodium	20mg	Zinc	1mg
Potassium	641mg	Selenium	1µg

Tropical Coconut Oatmeal

6 ingredients · 15 minutes · 2 servings



Directions

1. In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
2. Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

More Flavor

Add a pinch of cinnamon.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (from the box)
- 1 1/2 tbsps Chia Seeds
- 1 Mango (cubed)
- 1 tbsp Coconut Butter (melted)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	432	Vitamin A	2130IU
Fat	18g	Vitamin C	61mg
Carbs	64g	Calcium	379mg
Fiber	12g	Iron	3mg
Sugar	29g	Vitamin D	63IU
Protein	9g	Vitamin B12	1.9µg
Cholesterol	0mg	Magnesium	73mg
Sodium	32mg	Zinc	2mg
Potassium	492mg	Selenium	13µg

Avocado Berry Salad with Kombucha Vinaigrette

10 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl or jar, whisk together the oil, kombucha, shallot, garlic powder, honey, salt, and pepper.
2. Add the mixed greens, strawberries, blackberries, and avocado to a large bowl. Add the dressing and mix to combine. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Chop the avocado just before serving. Add the dressing when ready to serve.

Serving Size

One serving is approximately 2 1/2 cups.

More Flavor

Add Dijon mustard to the dressing.

Additional Toppings

Top with chopped nuts.

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 fl ozs Kombucha (berry flavored)
- 2 tbsps Shallot (finely chopped)
- 1/4 tsp Garlic Powder
- 1/2 tsp Raw Honey
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 1/2 cup Blackberries
- 1 Avocado (medium, cubed)

Nutrition

Amount per serving

Calories	350	Vitamin A	233IU
Fat	29g	Vitamin C	68mg
Carbs	24g	Calcium	78mg
Fiber	11g	Iron	2mg
Sugar	9g	Vitamin D	0IU
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	48mg
Sodium	44mg	Zinc	1mg
Potassium	877mg	Selenium	1µg

Pineapple Fried Rice

9 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to the package directions and set aside to cool.
2. Heat the oil in a large skillet over medium-high heat. Add the pineapple, red bell pepper, and garlic and saute until soft, about four minutes.
3. Add the cooked rice, soy sauce, fish sauce, and lime juice. Stir fry for an additional three to four minutes, until heated through.
4. Divide into bowls and top with the green onions, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three to four days.

Serving Size

One serving equals approximately 1 1/2 cups.

Gluten-Free

Replace the soy sauce with tamari or coconut aminos. Choose a fish sauce labelled "gluten-free".

More Flavour

Add sesame oil, red chili flakes, or ginger.

Make it Vegan

Replace the fish sauce with additional soy sauce.

Add Protein

Add a scrambled egg, cooked chicken, shrimp, or edamame.

Ingredients

- 2/3 cup** Brown Rice (dry, uncooked)
- 2 tsps** Coconut Oil
- 1 cup** Pineapple (chopped)
- 1/2** Red Bell Pepper (medium, chopped)
- 2** Garlic (cloves, minced)
- 2 tbsps** Soy Sauce
- 1 tsp** Fish Sauce
- 1 tsp** Lime Juice
- 1 stalk** Green Onion (optional, sliced)

Nutrition

Amount per serving

Calories	332	Vitamin A	1221IU
Fat	7g	Vitamin C	80mg
Carbs	62g	Calcium	34mg
Fiber	4g	Iron	2mg
Sugar	10g	Vitamin D	0IU
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	104mg
Sodium	1118mg	Zinc	2mg
Potassium	409mg	Selenium	11µg

Strawberry Balsamic Salad with Maple Walnuts

8 ingredients · 15 minutes · 2 servings



Directions

1. Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
2. Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
3. Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein

Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time

Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese

Use feta or cashew cheese instead.

Storage

Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.

Ingredients

- 1/2 cup Walnuts
- 1 tbsp Maple Syrup
- 4 cups Baby Spinach
- 1 cup Strawberries (sliced)
- 1/4 cup Goat Cheese (crumbled)
- 1 1/2 tsps Balsamic Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	387	Vitamin A	5635IU
Fat	33g	Vitamin C	60mg
Carbs	20g	Calcium	122mg
Fiber	5g	Iron	3mg
Sugar	12g	Vitamin D	0IU
Protein	9g	Vitamin B12	0µg
Cholesterol	5mg	Magnesium	107mg
Sodium	264mg	Zinc	1mg
Potassium	603mg	Selenium	2µg

Nectarine & Pesto Zoodles

12 ingredients · 30 minutes · 4 servings



Directions

1. In a food processor, combine garlic, walnuts, spinach, basil, lemon juice, black pepper, sea salt and olive oil. Blend until a creamy pesto forms. Transfer to a jar and set aside.
2. Spiralize zucchini into noodles.
3. Mix together zucchini noodles, cherry tomatoes, nectarines and chickpeas. Chop the remaining basil leaves and toss well to mix.
4. Toss with desired amount of pesto and transfer into bowls. Enjoy!

Notes

No Nectarines

Used sliced peaches or plums instead.

Ingredients

- 1 Garlic (clove)
- 1/2 cup Walnuts
- 1 cup Baby Spinach
- 1 cup Basil Leaves (plus extra for garnish)
- 1 Lemon (juiced)
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 1/2 cup Extra Virgin Olive Oil
- 3 Zucchini
- 1 cup Cherry Tomatoes (halved)
- 2 Nectarine (thinly sliced)
- 2 cups Chickpeas (cooked, drained and rinsed)

Nutrition

Amount per serving

Calories	543	Vitamin A	2127IU
Fat	40g	Vitamin C	45mg
Carbs	40g	Calcium	117mg
Fiber	11g	Iron	4mg
Sugar	15g	Vitamin D	0IU
Protein	13g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	114mg
Sodium	174mg	Zinc	3mg
Potassium	1013mg	Selenium	4µg

Blackberry Smash Mocktail

7 ingredients · 10 minutes · 2 servings



Directions

1. In a shaker glass, muddle the blackberries with the water, maple syrup, lime juice, and mint, until smashed. Remove the mint.
2. Divide the ice cubes evenly between glasses.
3. Pour the blackberry mixture into the glasses and top with sparkling water. Garnish with mint. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated for up to three days.

Less Texture

Strain the blackberry mixture before pouring.

More Flavor

Use a flavored sparkling water.

Ingredients

- 1 cup Blackberries
- 2 tbsps Water
- 2 tbsps Maple Syrup
- 2 tsps Lime Juice
- 1/4 cup Mint Leaves (plus extra for garnish)
- 10 Ice Cubes
- 1 cup Sparkling Water

Nutrition

Amount per serving

Calories	86	Vitamin A	293IU
Fat	0g	Vitamin C	18mg
Carbs	21g	Calcium	51mg
Fiber	4g	Iron	1mg
Sugar	16g	Vitamin D	0IU
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	22mg
Sodium	5mg	Zinc	1mg
Potassium	183mg	Selenium	0µg

Mango Coconut Bites

7 ingredients · 20 minutes · 15 servings



Directions

1. Add the mango, coconut flour, cardamom, coconut milk, honey, coconut oil, and 3/4 of the shredded coconut to a food processor. Process until a slightly sticky dough has formed.
2. Add the remaining shredded coconut to a small bowl.
3. Roll the dough into balls, roughly two inches in diameter, then roll each of them in the shredded coconut until completely coated. Set on a plate or baking sheet.
4. Enjoy immediately or transfer to the fridge or freezer.

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is equal to one ball.

More Flavor

Add cinnamon.

Ingredients

- 1 Mango (large, peeled and diced)
- 2/3 cup Coconut Flour
- 1/2 tsp Cardamom
- 1/4 cup Canned Coconut Milk
- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil
- 1 1/3 cups Unsweetened Shredded Coconut (divided)

Nutrition

Amount per serving

Calories	114	Vitamin A	242IU
Fat	7g	Vitamin C	8mg
Carbs	13g	Calcium	3mg
Fiber	3g	Iron	1mg
Sugar	8g	Vitamin D	0IU
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	2mg
Sodium	14mg	Zinc	0mg
Potassium	44mg	Selenium	0µg

Pineapple Chicken Tacos

10 ingredients · 30 minutes · 2 servings



Directions

1. In a pot over medium heat, add the chicken breast, pineapple, jalapeño, onion, taco seasoning, and water. Bring to a simmer, cover the pot with a lid and let it simmer for about 20 minutes or until the chicken is cooked through.
2. Once the chicken is done, take it out and shred it with two forks. Put it back into the pot and cook for another five minutes or until the water has evaporated. Adjust the seasoning to your taste.
3. Divide the shredded chicken and avocado between tortillas. Top with cilantro and lime juice. Enjoy!

Notes

Leftovers

Refrigerate the chicken mixture in an airtight container for up to three days. Assemble before serving.

Serving Size

One serving is equal to two tacos.

More Flavor

Add cabbage and sauce of your choice.

Ingredients

- 6 ozs Chicken Breast (boneless, skinless)
- 2/3 cup Pineapple (chopped)
- 1/2 Jalapeno Pepper (diced)
- 1/4 Yellow Onion (medium, diced)
- 2 tsps Taco Seasoning
- 1/4 cup Water
- 1/2 Avocado (medium, sliced)
- 4 Corn Tortilla (small, warmed)
- 2 tbsps Cilantro
- 1/2 Lime (juiced)

Nutrition

Amount per serving

Calories	369	Vitamin A	241IU
Fat	11g	Vitamin C	39mg
Carbs	45g	Calcium	238mg
Fiber	7g	Iron	3mg
Sugar	8g	Vitamin D	1IU
Protein	23g	Vitamin B12	0.2µg
Cholesterol	62mg	Magnesium	47mg
Sodium	299mg	Zinc	1mg
Potassium	634mg	Selenium	20µg

Cherry & Strawberry Flaxseed Pudding

6 ingredients · 1 hour 5 minutes · 4 servings



Directions

1. Combine all of the ingredients except for the strawberries and cherries in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
2. Stir well, and divide into cups or containers if on-the-go. Top with the strawberries and cherries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Add the fruit just before serving.

Serving Size

One serving is equal to approximately 1/2 cup of flax seed pudding.

Additional Toppings

Top with nuts, seeds, and/or shredded coconut.

Ingredients

- 1 cup Ground Flax Seed
- 1 1/2 cups Plain Coconut Milk
- 1 tbsp Raw Honey
- 1 1/2 tsps Cinnamon
- 1 cup Strawberries (sliced)
- 1 cup Cherries (pitted)

Nutrition

Amount per serving

Calories	223	Vitamin A	219IU
Fat	11g	Vitamin C	24mg
Carbs	25g	Calcium	230mg
Fiber	8g	Iron	2mg
Sugar	13g	Vitamin D	38IU
Protein	7g	Vitamin B12	1.1µg
Cholesterol	0mg	Magnesium	10mg
Sodium	14mg	Zinc	0mg
Potassium	160mg	Selenium	0µg