



June Recipe Book 2024

Created by EpicLuv



Shredded Chicken, Avocado & Beet Salad

9 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Toss the beets in 1/4 of the oil and season with salt and pepper. Bake for 35 minutes, or until the beets are fork-tender.
2. Meanwhile, bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken, and let it simmer until the chicken is cooked through, about 15 to 20 minutes. Remove the chicken and shred into pieces using two forks.
3. In a small bowl, whisk together the remaining oil, lemon juice, and honey. Season with salt and pepper to taste. Set aside.
4. Arrange the lettuce, avocado, beets, and chicken on a plate. Top with the sunflower seeds and dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately four ounces of chicken, two cups of lettuce, one cup of beets, and 1/4 avocado.

Additional Toppings

Add pumpkin seeds and/or fresh herbs like chives, basil, and cilantro.

Ingredients

- 2 Beet (large, peeled, chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Chicken Thighs (boneless, skinless)
- 2 tbsps Lemon Juice
- 1 tsp Raw Honey
- 1/2 head Green Lettuce (leaves separated)
- 1/2 Avocado (large, sliced)
- 2 tbsps Sunflower Seeds

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)

Spicy Watermelon & Cilantro Salad

6 ingredients · 10 minutes · 4 servings



Directions

1. Combine all ingredients together in a large bowl. Toss, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/4 cups.

Make it Vegan

Use dairy-free cheese instead.

Ingredients

1/2 Seedless Watermelon (medium, cubed)

1 Jalapeno Pepper (thinly sliced)

1/2 cup Feta Cheese (cubed)

1/2 cup Cilantro (chopped)

1 Lime (juiced, zested)

Sea Salt & Black Pepper (to taste)

Peach & Couscous Steak Salad

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook the couscous according to the package directions and let cool.
2. Pat the steak dry with paper towel. Season all over with salt and pepper.
3. Heat a cast-iron skillet over medium heat until hot. Place the steak in the middle of the skillet and cook for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
4. Divide the couscous, peach, cucumber, and cherry tomatoes between serving plates. Slice the steak and place on top. Top with pesto and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Heat up the steak before serving.

Serving Size

One serving is equal to approximately two cups.

Gluten-Free

Use quinoa instead of the couscous.

More Flavor

Add lemon or lime juice and avocado.

Additional Toppings

Chopped parsley or cilantro.

Ingredients

1/2 cup Couscous (uncooked)

10 ozs Ribeye Steak, Boneless (room temperature)

Sea Salt & Black Pepper (to taste)

1/2 Peach (pitted, sliced)

1/2 Cucumber (thinly sliced length-wise)

1 cup Cherry Tomatoes (quartered)

1/4 cup Pesto

BBQ Salmon Bowls with Peach Salsa

8 ingredients · 35 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. Preheat your barbecue to medium heat. While the rice is cooking, pour half of the lime juice over the salmon fillets and add them to the barbecue. Cook for 12 minutes, flipping halfway through.
3. Meanwhile, make the salsa by combining the peach, red onion, jalapeno, cilantro, and remaining lime juice in a bowl. Mix well.
4. Divide the cucumber, rice, salmon, and peach salsa evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add sea salt to taste. Add a glaze to the salmon with tamari, ginger powder, and maple syrup.

Additional Toppings

Add mixed greens or avocado.

Ingredients

1/2 cup Basmati Rice (uncooked)

2 tbsps Lime Juice (divided)

12 ozs Salmon Fillet

1 Peach (finely chopped)

1/4 cup Red Onion (finely diced)

1/2 Jalapeno Pepper (finely diced)

3 tbsps Cilantro (finely chopped)

1/2 Cucumber (medium, finely chopped)

Flaxseed Pudding Parfait

7 ingredients · 35 minutes · 2 servings



Directions

1. In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.
2. To make the parfaits, set out glass cups or mason jars. Layer in the coconut yogurt and flaxseed pudding in separate layers.
3. Top the parfaits with raspberries and pecans. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Nut-Free

Use pumpkin seeds or hemp seeds instead of pecans.

More Flavor

Add vanilla extract or a variety of berries.

Ingredients

- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Unsweetened Coconut Yogurt
- 1/2 cup Raspberries
- 1/4 cup Pecans (crushed)

Cherry & Blueberry Yogurt Parfait

9 ingredients · 10 minutes · 2 servings



Directions

1. In a bowl, mix the Greek yogurt, oat milk, flax, and chia seeds together until smooth.
2. Layer the yogurt mixture, cherries, and blueberries into individual serving glasses, bowls, or jars.
3. If desired, drizzle the honey over the fruit layers. Repeat the layering process until all ingredients are used.
4. Top the parfait with pumpkin seeds and cinnamon. Serve immediately or refrigerate until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cups.

Dairy-Free

Use plant-based yogurt instead.

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Oat Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Chia Seeds
- 1/2 cup Cherries (pitted, halved)
- 1/2 cup Blueberries
- 1 1/2 tsps Raw Honey (optional)
- 2 tsps Pumpkin Seeds
- 1/16 tsp Cinnamon

Brazil Nut & Blueberry Coconut Yogurt Bowl

6 ingredients · 10 minutes · 2 servings



Directions

1. Layer the coconut yogurt, blueberries, nuts, cocoa powder, ground flax, and stevia powder (if desired), into a serving bowl.
2. Serve immediately or refrigerate until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cup.

Ingredients

- 2 cups** Unsweetened Coconut Yogurt
- 1 cup** Blueberries
- 2 tbsps** Brazil Nuts (chopped)
- 1 tbsp** Cocoa Powder
- 1 tbsp** Ground Flax Seed
- 1/16 tsp** Stevia Powder (optional, to taste)

Peach, Blackberry & Basil Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately.

More Flavor

Add a pitted date before blending.

Make it Vegan

Omit collagen powder and use plant-based protein powder.

Ingredients

1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)

1 cup Frozen Peaches

1/3 cup Blackberries (fresh or frozen)

1 tbsp Basil Leaves

2/3 oz Collagen Powder

Blackberry Kefir Chia Pudding

4 ingredients · 35 minutes · 1 serving



Directions

1. In a small bowl, add all of the ingredients except for the blackberries. Mix well and transfer to a small container. Refrigerate for at least 30 minutes.
2. Garnish with the blackberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

Make it Vegan

Use coconut yogurt or coconut kefir.

More Flavor

Add maple syrup.

Additional Toppings

Pumpkin seeds and/or hemp seeds.

Ingredients

1/3 cup Chia Seeds

2/3 cup Plain Kefir

1/2 tsp Cinnamon

1/3 cup Blackberries