



July Recipe Book 2025

Created by EpicLuv



Simple Waldorf Salad

7 ingredients · 10 minutes · 2 servings



Directions

1. In a bowl, whisk together the coconut milk, lemon juice, and sea salt.
2. Divide the lettuce, apple, celery, and grapes onto plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers

Refrigerate the salad and dressing in separate airtight containers for up to five days.

Serving Size

One serving equals approximately two cups.

Additional Toppings

Hemp seeds, nuts, pumpkin seeds, sunflower seeds, or chickpeas.

No Lemon Juice

Use apple cider vinegar instead.

Ingredients

1/3 cup Canned Coconut Milk

2 tsps Lemon Juice

1/4 tsp Sea Salt

1/2 head Green Lettuce (chopped)

1/2 Apple (medium, cored, chopped)

2 stalks Celery (sliced)

1 cup Grapes (seedless, halved)

Lemon Basil Blueberry Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients in a blender and blend until smooth. Pour into a glass, and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in a sealed jar for up to two days.

Serving Size

One serving is equal to approximately two cups.

Make it Vegan

Use coconut milk or yogurt in place of kefir.

Ingredients

- 1 cup** Blueberries (frozen)
- 1/4** Cucumber (medium, chopped)
- 1/4** Avocado (medium)
- 2 tbsps** Pitted Dates
- 1/4 cup** Hemp Seeds
- 2 tsps** Chia Seeds
- 1/4 cup** Basil Leaves (packed)
- 1/2** Lemon (juiced, zested)
- 1 cup** Plain Kefir

Blueberry & Peach Salsa with Tortilla Chips

8 ingredients · 15 minutes · 5 servings



Directions

1. Add the blueberries, peach, cilantro, garlic, onion, lime juice, and salt to a bowl and gently toss to combine. Serve with tortilla chips. Enjoy!

Notes

Leftovers

Refrigerate the salsa in an airtight container for up to four days.

Serving Size

One serving is approximately half a cup of salsa and half a cup of tortilla chips.

More Flavor

Add diced tomatoes and avocado to the salsa.

Ingredients

- 1 1/4 cups** Blueberries
- 1** Peach (large, diced)
- 1/4 cup** Cilantro (finely chopped)
- 1** Garlic (clove, minced)
- 1/4 cup** Red Onion (finely chopped)
- 1** Lime (medium, juiced)
- Sea Salt & Black Pepper (to taste)
- 2 1/2 cups** Corn Tortilla Chips

Coconut Yogurt with Grapes & Walnuts

3 ingredients · 5 minutes · 1 serving



Directions

1. Add the yogurt and grapes to a bowl. Top with chopped walnuts. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

More Protein

Stir protein powder into the yogurt before serving.

Likes it Sweet

Add maple syrup or agave.

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1/2 cup Grapes (halved)

2 tbsps Walnuts (chopped)

Overnight Oats with Berries & Walnuts

6 ingredients · 8 hours · 2 servings



Directions

1. In a large bowl or container combine the oats, chia seeds, and milk. Stir to combine. Place in the fridge for eight hours, or overnight.
2. Divide the oats evenly between bowls or containers and top with blueberries, strawberries, and chopped walnuts. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add a dash of cinnamon and/or vanilla. Stir in protein powder and use additional liquid.

Ingredients

- 1 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 3/4 cup Blueberries
- 3/4 cup Strawberries (quartered)
- 1/3 cup Walnuts (roughly chopped)

Melon & Tomato Salsa

7 ingredients · 5 minutes · 4 servings



Directions

1. Add the cantaloupe, tomatoes, red onion, cilantro, garlic, and juice of the lime to a bowl and mix to combine. Season with salt and pepper to taste. Enjoy!

Notes

Serving Size

One serving is approximately equal to 3/4 cups of salsa.

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add jalapeno or red pepper flakes.

Serve it With

Chips, on top of salads, or beside protein of choice.

Cantaloupe

One-half of a small cantaloupe is approximately two cups.

No Cantaloupe

Use peaches, mango, or honeydew instead.

Ingredients

1/2 Cantaloupe (small, cut into small cubes)

1 cup Cherry Tomatoes (quartered)

1/2 cup Red Onion (finely chopped)

1/2 cup Cilantro (finely chopped)

2 Garlic (clove, minced)

2 Lime (juiced)

Sea Salt & Black Pepper (to taste)

Cottage Cheese & Blueberry Chia Pudding

6 ingredients · 1 hour 15 minutes · 2 servings



Directions

1. Add the cottage cheese, milk, chia seeds, honey, and vanilla to a bowl and mix until well combined.
2. Let it sit for five to 10 minutes, then stir again. Refrigerate covered for at least one hour or until the chia seeds have set.
3. Divide evenly into bowls or containers. Top with blueberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 3/4 cup.

More Flavor

Add cinnamon and mashed or melted frozen berries to the pudding mixture.

Additional Toppings

Nuts, seeds, or granola.

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Cow's Milk, Whole
- 1/4 cup Chia Seeds
- 2 tbsps Raw Honey
- 1 tsp Vanilla Extract
- 1/2 cup Blueberries

Watermelon Mint Agua Fresca

5 ingredients · 10 minutes · 4 servings



Directions

1. Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon and add to blender with maple syrup and water.
2. Divide mint and lime wedges into drinking glasses. Use a muddler or the end of a wooden spoon to mash them together.
3. Add ice (optional) and pour watermelon agua fresca into each glass. Stir to combine and enjoy!

Notes

Less Pulp

Strain your agua fresca after blending.

Garnish With

Lime wedge, mint leaves or coarse ground sea salt.

Likes it Fizzy

Use sparkling water instead of flat.

No Maple Syrup

Use honey instead.

Watermelon Size

This recipe was developed and tested using a 5 lb. watermelon.

Ingredients

1/2 Seedless Watermelon (large)

2 tbsps Maple Syrup

1 cup Water

1/4 cup Mint Leaves

1/2 Lime (sliced into wedges)

Grilled Apricots with Yogurt & Pistachios

3 ingredients · 15 minutes · 2 servings



Directions

1. Preheat the barbecue to medium heat. Place the apricot halves on the grill face down and cook for seven minutes, until softened and they have grill marks.
2. Add apricots to a plate, face up, and top with yogurt and pistachios. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Can be kept refrigerated in an airtight container for up to three days.

Serving Size

One serving is equal to four apricot halves.

Make it Vegan

Use dairy-free yogurt instead.

Additional Toppings

Add raw honey and sea salt.

Ingredients

4 Apricot (halved, pits removed)

1/4 cup Plain Greek Yogurt

2 tbsps Pistachios (chopped)

Air Fryer Plum & Blueberry Crumble

9 ingredients · 20 minutes · 3 servings



Directions

1. Preheat the air fryer at 350°F (175°C).
2. Place the plums and blueberries into ramekins.
3. In a small bowl, mix together the lemon zest, vanilla, and half of the maple syrup and spread evenly over the fruit.
4. In a small bowl, mix the flour, oats, and the remaining syrup together. Rub in the butter with your fingers until the mixture is crumbly.
5. Spread the crumbles evenly over the blueberry-plum mixture. Cook in the air fryer for 12 to 15 minutes or until the tops are golden brown and the berries are soft.
6. Top with yogurt (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one ramekin, approximately 1/2 cup. Each ramekin was 3 1/2-inch (9 cm) round.

Ingredients

- 2 Plum (pitted, chopped)
- 1 cup Blueberries
- 1 tsp Lemon Zest
- 1 tsp Vanilla Extract
- 3 tbsps Maple Syrup (divided)
- 1/2 cup Almond Flour
- 2 tbsps Quick Oats
- 3 tbsps Butter
- 1/2 cup Plain Greek Yogurt (optional)