



August 2025 Recipe Book

Created by EpicLuv



Cantaloupe, Avocado & Feta Salad

6 ingredients · 10 minutes · 2 servings



Directions

1. Add the arugula to a serving bowl. Arrange the feta cheese, cantaloupe, and avocado on top.
2. Season with salt and pepper and drizzle with balsamic glaze. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 3/4 cups.

More Flavor

Add a cooked protein of choice. Use your favorite salad dressing instead of balsamic glaze.

Dairy-Free

Omit the feta or use plant-based cheese instead.

Ingredients

2 cups Arugula

1/3 cup Feta Cheese (cubed)

1/4 Cantaloupe (medium, cubed)

1 Avocado (medium, chopped)

Sea Salt & Black Pepper (to taste)

3 tbsps Balsamic Glaze

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)

Spicy Watermelon Salad with Grilled Chicken Kabobs

11 ingredients · 1 hour · 4 servings



Directions

1. Make the marinade: add 1/4 of the watermelon, half of the lime juice and zest, oil, honey, tamari, salt, and pepper to a blender and blend for at least 30 seconds. Add the marinade and chicken to a sealable container. Cover with a lid, shake, and allow to marinate in the fridge for at least 30 minutes (this can also be done overnight).
2. Preheat the barbecue to medium heat. Add the chicken to the skewers and cook on the grill for 20 minutes, flipping halfway through.
3. Meanwhile, combine the remaining watermelon, lime juice, lime zest, jalapeño, cilantro, and feta in a large bowl. Season with salt and pepper and toss to combine.
4. Serve the chicken kabobs with watermelon salad. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one 10-inch (25 cm) chicken kabob and 1 1/4 cups of salad.

Dairy-Free

Use dairy-free cheese instead of feta.

Ingredients

3/4 Seedless Watermelon (medium, cubed, divided)

2 Lime (juiced, zested, divided)

1 tbsp Extra Virgin Olive Oil

1 tbsp Raw Honey

1 tbsp Tamari

Sea Salt & Black Pepper (to taste)

1 lb Chicken Breast (cubed)

4 Barbecue Skewers

1 Jalapeno Pepper (thinly sliced)

1/2 cup Cilantro (chopped)

1/2 cup Feta Cheese (cubed)

Nectarine, Tomato & Mozzarella Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl, whisk together the oil, vinegar, and honey. Season with salt and pepper.
2. Place the nectarine and tomatoes onto a serving dish and add the mozzarella. Pour the oil mixture over top and garnish with basil. Divide evenly between plates or bowls and enjoy!

Notes

Leftovers

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

Serving Size

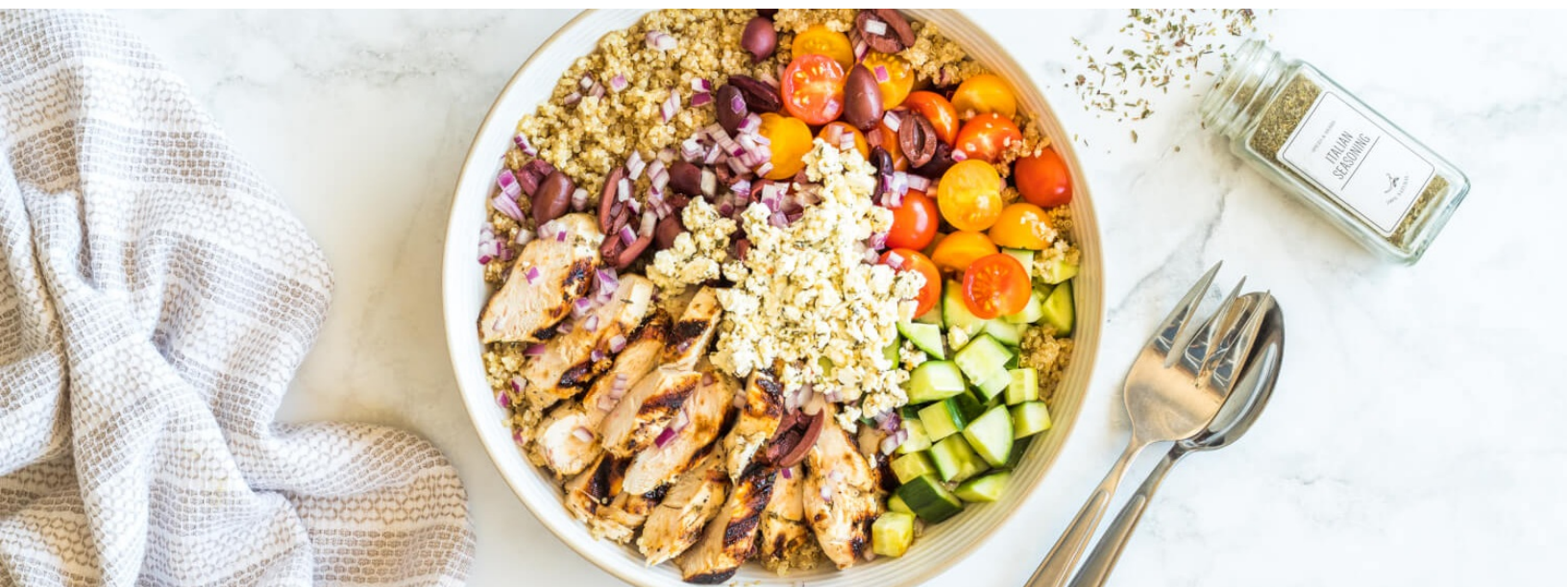
One serving is equal to approximately 1 1/2 cups.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tsp** White Wine Vinegar
- 1/2 **tsp** Raw Honey
- Sea Salt & Black Pepper (to taste)
- 2 Nectarine (pit removed, sliced)
- 1 1/2 **cups** Cherry Tomatoes (halved)
- 2 1/2 **ozs** Mozzarella Ball (torn into pieces)
- 2 **tbsps** Basil Leaves (sliced)

Grilled Chicken & Quinoa Bowls

10 ingredients · 1 hour 10 minutes · 3 servings



Directions

1. Marinate the chicken in the fridge for at least 30 minutes with half each of the oil, lemon juice, and Italian seasoning.
2. Cook the quinoa according to the package directions.
3. Gently toss the feta in the remaining oil, lemon juice, and seasoning.
4. Meanwhile, preheat the grill to medium-high heat. Grill the chicken for eight to 10 minutes per side, or until cooked through. Let rest for five minutes before slicing into bite-sized pieces.
5. Divide the cooked quinoa, chicken, cucumber, tomatoes, red onion, and olives evenly into bowls. Top with the feta mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of chicken, 3/4 cup of quinoa, one heaping cup of vegetables, and two tablespoons of feta mixture.

More Flavor

Add a sprinkle of sumac or a drizzle of balsamic glaze.

Additional Toppings

Roasted chickpeas and/or sliced avocado.

Dairy-Free

Omit or replace the feta cheese with a plant-based cheese alternative.

Ingredients

- 15 ozs** Chicken Breast (boneless, skinless)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 2 tbsps** Lemon Juice (divided)
- 2 tsps** Italian Seasoning (divided)
- 3/4 cup** Quinoa (dry, rinsed)
- 1/4 cup** Feta Cheese (crumbled)
- 1/2** Cucumber (large, diced)
- 2 cups** Cherry Tomatoes (halved)
- 1/4 cup** Red Onion (finely chopped)
- 1/2 cup** Pitted Kalamata Olives (chopped)

Tomato, Peach & Burrata Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. Spread the tomatoes and peach slices evenly on a serving dish. Top with dollops of burrata.
2. Whisk the oil and honey together in a small bowl and drizzle it over the salad. Sprinkle the salad with salt and chili flakes. Divide evenly between plates and enjoy!

Notes

Leftovers

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

Serving Size

One serving is approximately one cup of salad with 1/4 cup of burrata.

Additional Toppings

Fresh basil or parsley.

Ingredients

4 Tomato (medium, cut into wedges)

1/2 cup Cherry Tomatoes (halved)

2 Peach (small, sliced)

8 ozs Burrata

2 tbsps Extra Virgin Olive Oil

2 tsps Raw Honey

1/2 tsp Sea Salt (flaky)

1/2 tsp Chili Flakes

Greek Orzo Pasta Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Cook the orzo according to the package directions. Drain and transfer to a large bowl.
2. Meanwhile, in a small bowl, mix together the oil, lemon juice, oregano, salt, and pepper.
3. Add the tomatoes, olives, cucumber, and dressing to the orzo and mix well. Add the feta and basil and gently toss to combine. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Make it Vegan

Use a plant-based feta alternative instead.

Ingredients

- 1 1/3 cups Orzo
- 1/2 cup Extra Virgin Olive Oil
- 1 Lemon (medium, juiced, zested)
- 1 tsp Oregano
- Sea Salt & Black Pepper (to taste)
- 2 cups Cherry Tomatoes (halved)
- 3/4 cup Pitted Kalamata Olives
- 1/3 Cucumber (large, diced)
- 1 cup Feta Cheese (crumbled)
- 1/2 cup Basil Leaves (chopped)

Grilled Turkey Burger with Avocado & Corn Salsa

9 ingredients · 25 minutes · 2 servings



Directions

1. In a bowl, combine together the turkey, half of the red onion, and half of the cilantro. Mix well and season with salt and pepper.
2. Form the mixture into even patties and preheat the grill to medium heat.
3. Add the patties to the grill and cook for six to seven minutes per side or until cooked through.
4. Meanwhile, in a bowl mix together the corn, avocado, oil, and lime juice. Season with salt and pepper.
5. Divide the turkey burgers into the buns. Top with the corn salsa and enjoy!

Notes

Leftovers

Refrigerate the ingredients in separate airtight containers. The salsa is best served fresh. Refrigerate the burgers for up to three days.

Serving Size

One serving is equal to one turkey burger.

More Flavor

Add tomato and lettuce to the burger.

Gluten-Free

Use a gluten-free bun instead.

Whole Wheat Bun

One bun is equal to approximately 57 grams or two ounces.

Ingredients

8 ozs Extra Lean Ground Turkey
1/4 cup Red Onion (small, diced, divided)
3 tbsps Cilantro (chopped, divided)
Sea Salt & Black Pepper (to taste)
1/2 cup Corn
1/2 Avocado (medium, chopped)
1 tbsp Extra Virgin Olive Oil
1 Lime (juiced)
4 1/16 ozs Whole Wheat Bun (toasted)

Black Bean, Corn & Shrimp Salad with Tortilla Chips

10 ingredients · 15 minutes · 4 servings



Directions

1. In a large bowl combine the beans, corn, shrimp, cumin, oil, and lime juice. Season with salt and pepper and toss to combine.
2. Fold in the avocado and top with chives. Serve with tortilla chips and enjoy!

Notes

Leftovers

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

Serving Size

One serving is approximately 1 1/2 cups of shrimp salad and one cup of tortilla chips.

More Flavor

Add jalapeño or hot sauce.

No Chives

Use chopped cilantro or parsley instead.

Ingredients

- 1 1/2 cups Black Beans (cooked)
- 1 1/2 cups Corn
- 1 lb Shrimp, Cooked (chopped)
- 1/2 tsp Cumin
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lime Juice
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (medium, cubed)
- 2 tbsps Chives (finely chopped)
- 4 cups Corn Tortilla Chips

Salmon Tacos with Cilantro Lime Dressing

7 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Coat the salmon in oil and season with taco seasoning. Place the salmon on the baking sheet and cook in the oven for 12 to 14 minutes, or until cooked through.
3. Meanwhile, combine the corn, cabbage, and half of the cilantro lime dressing in a bowl.
4. Divide the salmon and corn mixture evenly among the warmed tortillas. Top with the remaining dressing and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate the ingredients in separate airtight containers for up to three days and assemble just before serving.

Serving Size

One serving is equal to two tacos.

More Flavor

Add cilantro, jalapeño, and/or salsa.

No Cilantro Lime Dressing

Use green goddess dressing or your favorite dressing of choice instead.

Ingredients

- 10 ozs Salmon Fillet
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Taco Seasoning
- 1/2 cup Corn (cooked)
- 1 cup Purple Cabbage (thinly sliced)
- 1/4 cup Cilantro Lime Dressing (divided)
- 4 Corn Tortilla (small, warmed)

Grilled Corn & Chicken Caesar Salad

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the grill to medium heat. Place the corn on the grill and cook for 15 to 20 minutes until lightly charred, turning occasionally.
2. Meanwhile, in a bowl, combine the chicken with the lemon juice, oil, garlic powder, salt, and pepper.
3. Add the chicken to the grill and cook for six to seven minutes per side or until cooked through. Let it rest for five minutes before slicing.
4. Cut the kernels off the cob and add them to a large bowl. Add the grilled chicken, romaine, dressing, and cheese and toss to combine. Divide the chicken salad evenly between bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

Serving Size

One serving is approximately two cups of salad and half a cup of chicken.

Dairy-Free

Use a plant-based caesar salad dressing and a plant-based cheese alternative, or omit the cheese.

Ingredients

- 2 ears** Corn on the Cob (husk removed)
- 10 ozs** Chicken Breast (boneless, skinless)
- 2 tbsps** Lemon Juice
- 2 tbsps** Extra Virgin Olive Oil
- 1/2 tsp** Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 heads** Romaine Hearts (chopped)
- 1/4 cup** Caesar Dressing
- 1/4 cup** Parmigiano Reggiano (shaved)