



September 2025 Recipe Book

Created by EpicLuv



Butternut Squash Fries

2 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the butternut squash fries on the baking sheet and season with salt. Toss to coat the fries with the salt then arrange into a single, even layer (do not overcrowd the pan).
3. Bake for 35 to 40 minutes, flipping halfway through, or until the fries are cooked through and have browned on both sides. Season with additional salt, if needed, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add dried spices like chili powder or cinnamon.

Additional Toppings

Serve with your favorite dipping sauce.

Ingredients

2 cups Butternut Squash (peeled, cut into thick fries)

1/8 tsp Sea Salt

Roasted Squash Pasta with Brown Butter & Kale

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Place the squash on the prepared baking sheet and drizzle with half of the oil and season with salt and pepper. Transfer to the oven and cook for 25 to 30 minutes, tossing halfway through, until roasted and cooked through.
2. Meanwhile, cook the spaghetti according to the package directions. Once done, drain and reserve some of the pasta water.
3. Melt the butter in a large pan over medium-low heat. Let it foam and lightly brown, about three to five minutes, stirring frequently. Remove the butter and set aside.
4. Add the remaining oil to the pan. Add the sage and cook until crispy, stirring often, about one to two minutes. Remove the sage with a slotted spoon and set aside. Add the kale to the pan and cook until wilted, about two minutes.
5. Add the pasta to the pan, along with the reserved water, brown butter, and squash. Cook for a few minutes until a sauce forms, stirring frequently. Remove from the heat and stir in the parmesan cheese.
6. Divide the pasta evenly between serving plates and top with the sage and pecans. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Chili flakes.

More Flavor

Add a squeeze of lemon juice.

Ingredients

- 3 cups** Butternut Squash (peeled, seeds removed and cubed)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 9 ozs** Whole Wheat Spaghetti
- 1 cup** Water (reserved from cooking pasta)
- 3 tbsps** Butter
- 1/3 cup** Fresh Sage
- 4 cups** Kale Leaves (finely shredded)
- 1/3 cup** Parmigiano Reggiano (finely grated)
- 1/4 cup** Pecans (toasted, finely chopped)

Creamy Apple Pie Protein Oatmeal

8 ingredients · 20 minutes · 1 serving



Directions

1. Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
2. Cook the oats according to the package directions.
3. Stir the protein powder into the yogurt.
4. Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Serving Size

One serving is approximately two cups.

Additional Toppings

Cinnamon, chia seeds, ground flax seeds, nuts.

Ingredients

- 1/2 Apple (diced small)
- 1 **tbsp** Water
- 1 **tbsp** Maple Syrup (plus more for garnish)
- 1/2 **tsp** Cinnamon (plus more for garnish)
- 1/2 **cup** Oats (rolled)
- 2 **tbsps** Vanilla Protein Powder
- 1 **cup** Plain Greek Yogurt
- 1 **tbsp** Hemp Seeds

Shaved Brussels Sprouts, Bacon & Apple Salad

8 ingredients · 15 minutes · 3 servings



Directions

1. In a food processor, add the Brussels sprouts and process until shredded, about twenty seconds.
2. In a large bowl, mix together shaved Brussels sprouts, apple, onion, and bacon.
3. In a small bowl, whisk together apple cider vinegar, olive oil, dijon mustard, and maple syrup. Add to salad and toss to combine.
4. Portion into bowls and enjoy!

Notes

Leftovers

Refrigerate in a resealable container for up to four days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Top with grilled chicken or cooked chickpeas for an extra satiating meal.

Additional Toppings

Sprinkle with nutritional yeast or grated parmesan for extra flavor.

Make it Vegan

Omit bacon for a vegan alternative.

Ingredients

4 cups Brussels Sprouts (trimmed and halved)

1 Apple (chopped)

1/4 cup Red Onion (medium, diced)

3 slices Bacon, Cooked (chopped)

3 tbsps Apple Cider Vinegar

2 tbsps Extra Virgin Olive Oil

1 tbsp Dijon Mustard

1 tbsp Maple Syrup

Apple & Peanut Butter Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately two cups.

Ingredients

- 1 Apple (medium, peeled and chopped)
- 1 Banana (frozen)
- 4 Ice Cubes
- 2 **tbsps** Vanilla Protein Powder
- 2 **tbsps** Oats
- 1 **tbsp** All Natural Peanut Butter
- 3/4 **tsp** Cinnamon
- 1 **cup** Unsweetened Almond Milk

Kale, Chickpea & Farro Salad

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook the farro according to the package directions.
2. In a large bowl, add the farro, kale, chickpeas, artichoke hearts, oil, vinegar, salt and pepper. Toss to combine.
3. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2 1/4 cups.

Additional Toppings

Top with feta cheese.

Gluten-Free

Use quinoa instead of farro.

No Red Wine Vinegar

Use white wine vinegar, apple cider vinegar, or lemon juice.

Ingredients

1/2 cup Farro (uncooked, rinsed)

4 cups Kale Leaves (chopped, massaged)

1 cup Chickpeas (cooked)

2/3 cup Artichoke Hearts (from the can, drained, chopped)

2 tbsps Extra Virgin Olive Oil

2 tsps Red Wine Vinegar

Sea Salt & Black Pepper (to taste)

Artichoke & Pumpkin Seed Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl or jar, combine the oil, lemon juice, salt, and pepper. Whisk or shake the jar until well combined.
2. Add the remaining ingredients to a bowl, add the dressing, and toss to combine. Divide evenly between plates or bowls, and enjoy!

Notes

Ingredients

2 tbsps Extra Virgin Olive Oil
1/2 Lemon (medium, juiced)
Sea Salt & Black Pepper (to taste)
4 cups Mixed Greens
1 cup Artichoke Hearts (from the jar, chopped)
1/4 cup Red Onion (sliced)
1/4 cup Pumpkin Seeds
2 tbsps Hemp Seeds

Peach Collagen Overnight Oats

8 ingredients · 8 hours · 2 servings



Directions

1. In a blender, add the milk, collagen, maple syrup, lemon juice, salt, and half of the chopped peaches. Blend until smooth.
2. Add the milk mixture to a bowl and stir in the chia seeds. Lastly, stir in the oats.
3. Divide evenly into jars and refrigerate for at least three hours or overnight.
4. Once the overnight oats have set, top each jar with the remaining chopped peaches. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one heaping cup.

Additional Toppings

Top with a dairy or plant-based yogurt of your choosing.

Dairy-Free

Use a dairy-free milk alternative like coconut, almond or cashew milk.

Ingredients

- 1 cup Cow's Milk, Whole
- 2/3 oz Collagen Powder
- 2 tbsps Maple Syrup
- 2 tbsps Lemon Juice
- 1/8 tsp Sea Salt
- 2 Peach (medium, chopped, divided)
- 2 tbsps Chia Seeds
- 1 cup Oats

Cinnamon & Ginger Pear Muffins

11 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a muffin tray with liners.
2. Combine the milk and lemon juice in a small bowl and set aside.
3. In a large bowl mix together the flour, sugar, baking powder, cinnamon, ginger, and salt.
4. Add the milk mixture, oil, and vanilla to the dry ingredients and stir with a spatula until just combined. Do not over mix. Fold in the pears.
5. Divide the batter evenly between muffin cups. Bake for 22 to 25 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Store in an airtight container at room temperature for the first day and then transfer to the refrigerator in a sealed container for up to one week. Freeze for up to three months.

Serving Size

One serving is one muffin.

No Avocado Oil

Use melted coconut oil.

How to Measure Flour

Fluff the flour first and then spoon it into your measuring cup. Use the back of a knife to level off the flour. Do not scoop the flour with your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your muffins dry and crumbly.

Flour Measurement

11 ounces (312g) of flour is approximately 2 1/2 cups.

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 2 tsps Lemon Juice
- 11 ozs Unbleached All Purpose Flour
- 1/2 cup Brown Sugar
- 2 tsps Baking Powder
- 1 tsp Cinnamon
- 1/2 tsp Ground Ginger
- 1/4 tsp Sea Salt
- 1/3 cup Avocado Oil
- 1 tsp Vanilla Extract
- 2 Pear (medium, finely diced)

Orzo with Chicken & Peas

10 ingredients · 35 minutes · 4 servings



Directions

1. Pat the chicken dry with paper towel and season with salt and pepper.
2. Heat a large Dutch oven or skillet over medium heat. Once hot, add the oil. Add the chicken, working in batches if needed, and cook for 12 minutes, flipping once, or until the chicken is cooked through. Remove and set aside.
3. Reduce the heat to medium-low. Add the shallot and cook for three minutes, stirring often, until just starting to brown. Add the garlic and cook for one minute, until fragrant.
4. Increase the heat to medium and add the orzo, stirring often, for one minute. Add the broth and scrape up any brown bits from the pot. Add the peas and bring to a low boil, then reduce the heat to medium-low. Cook for nine to 10 minutes, stirring frequently to avoid any sticking, until the orzo is cooked al dente and most of the liquid has been absorbed.
5. Remove from the heat and stir in the lemon juice, lemon zest, and parmesan. Season with salt and pepper.
6. Divide the orzo evenly between plates and top with chicken. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of orzo and peas and 1 1/2 chicken thighs.

Additional Toppings

Top with fresh herbs such as parsley, basil, or mint.

Gluten-Free

Use gluten-free pasta or rice.

Dairy-Free

Omit the cheese or use dairy-free parmesan.

Ingredients

- 1 1/2 lbs Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 3/4 cup Shallot (finely chopped)
- 4 Garlic (cloves, minced)
- 1 1/4 cups Orzo (dry)
- 2 1/2 cups Chicken Broth
- 1 1/3 cups Fresh Peas (or frozen)
- 1/2 Lemon (juiced and zested)
- 1/2 cup Parmigiano Reggiano (finely grated)