



Heart Healthy Oatmeal

Bring 1 cup water to a boil:

1. Add 1 pinch of salt
2. Add $\frac{1}{4}$ cup dried cranberries
3. Add Oats
4. Cover for 2 minutes

Serve with a side of Almond Milk and a piece of fruit

Add 1 tsp coconut sugar if needed



Chicken & Green Beans

Begin by marinating the chicken for at least 2 hours

Marinade:

1. Dry Lemon Pepper
2. Dry Garlic
3. Fresh Garlic
4. Onion
5. 1 Fresh Lemon
6. Olive Oil 1 Cup
7. Salt/Pepper

Pan Sautee Grilled Chicken

Green Beans:

1. Blanch- Bring water to a boil
2. Add salt to the water
3. Stir in Green Beans for 2 minutes
4. Flash Cool in a bowl with ice water
5. Sautee Quickly in Olive oil and Garlic



Bistro Spinach Salad

Start with a bed Spinach:

1. Add D'Anjou Pear slices
2. Add Strawberries

In a bowl Mix:

1. Fig Balsamic Vinegar
2. Add juice of 1 lemon
3. Add Olive Oil
4. Add salt

Top the salad with Dressing and toss

Top that off with Feta cheese cubes



Scrambled Egg & Bacon

Start by Toasting the Whole Grain Bread

Get 1 piece of bacon on the griddle

Crack 2 eggs into a bowl:

1. Add dry chives
2. Add salt and pepper

Soft Scramble

Top with Sharp White Cheddar Cheese and chives



Cabbage and Apple Slaw

1. Begin by shredding Green Cabbage
2. Shred Purple Cabbage
3. Shred Carrots
4. Add Slices of Fuji Apples

In a separate bowl:

1. Mix $\frac{1}{2}$ cup of Apple Cider Vinegar
2. Add $\frac{1}{2}$ cup agave nectar

Mix all together



Savory Salmon

Begin by marinating the salmon for at least 2 hours

Marinade:

1. Fresh Ginger
2. Fresh Garlic
3. 1/3-cup sesame oil
4. ½ cup low sodium Soy Sauce
5. 3 TBSP Sesame Seeds

Once Marinade Grill the Salmon on high heat, finish in the oven at 350degrees for 4 minutes

On a bed of spinach Plate the Salmon

Side:

STEAM Cauliflower: In a medium saucepan, bring 2 cups of low sodium chicken stock to a boil.



Zucchini Boats

Begin by Hollowing out Halved Zucchini
Bring 2 ears of corn to a boil

In a separate bowl mix the following:

1. Diced Tomatoes
2. Dices Feta Cheese
3. Red Onion
4. Hot House Cucumber (Diced)
5. Add Parsley
6. Add $\frac{1}{2}$ cup distilled Vinegar
7. Top with Ground Fresh Black Pepper