

G U I D E B O O K



WELCOME

Welcome to the 24-Day JumpStart® and congrats! These pages are filled with everything you will need to track your progress over the next 24 days. Staying focused and consistent is important, but what's more important is to remember that we're all human. We have slip ups. When you have a minor setback, take a moment to reset. Recall your goals for this new lifestyle and get back on track. We believe in you!

— Team AdvoCare

TABLE OF CONTENTS

Welcome	2
Intro to Pillars of Wellness	4
Pillar 1: Nutrition	6
Balanced Diet	6
Fats	10
Vitamins + Minerals	12
Portion Control	14
Simple Swaps	16
Meal Prep + Planning	18
Meal Ideas	22
Snack Ideas	23
Hydration	24
Fueling Workouts	27
Pillar 2: Exercise	30
Pillar 3: Stress Management	32
Pillar 4: Sleep	34
Pillar 5: Supplementation	37
What's Next?	39
Featured Contributors	40
Recipes	42

INTRODUCTION TO

PILLARS OF WELLNESS

Research has shown that there are specific fundamental elements that support overall health and well-being. The five pillars of wellness represent the key lifestyle elements that contribute toward your overall health and well-being. At AdvoCare, we believe a sustainable balance of all five pillars is important in order to live a healthy lifestyle and meet your personal health goals.

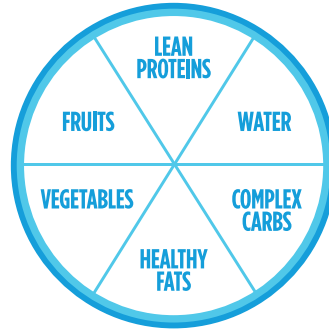


NUTRITION

PILLAR 1

BALANCED DIET

A well-balanced diet is one that contains a variety of nutrient-rich foods including lean proteins, complex carbohydrates, healthy fats, fruits, vegetables and water. It's an eating plan that should be sustainable, one that you enjoy and can consume with friends, family, at home, at work and when traveling. It supports healthy physical activity and provides you with the energy you need to manage the daily activities of everyday living. While it should be strategic, it should not be restrictive and should encompass a variety of foods.



While balance can mean a lot of things to many people, a good rule of thumb is to live by the 80/20 Rule. Eighty percent of the time, focus on consuming nutrient-rich foods and beverages that provide your body the energy and nutrients it needs to participate in exercise and maintain a strong, healthy life. Twenty percent of the time, there is room for some of the foods that you enjoy, but maybe should not be consumed every single day. Birthday parties, vacations and holidays will come, and you should enjoy them, but balance them with other healthy foods and activities.

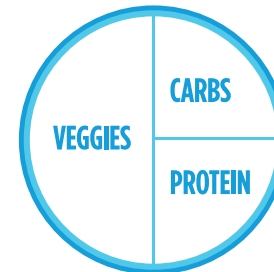
Remember that balance isn't yes or no, always or never; instead, it consists of making healthy decisions on a regular basis to give your body the energy, nutrients and activity it needs.

UNDERSTANDING CALORIE NEEDS

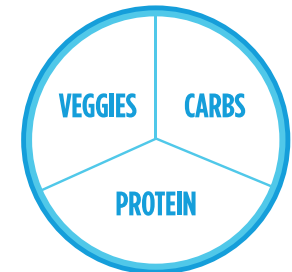
Calories provide your body with energy and are found in carbohydrates, protein and fats, otherwise known as macro-nutrients. While consuming adequate calories is essential to life, consuming too many calories can have negative effects on body weight and overall health. Long-term consumption of extra calories can lead to weight gain and put you at risk for developing a variety of metabolic-related health issues.

Paying attention to calories is an important part of managing your weight, and all that starts with knowing how many you need. There is no one-size-fits-all approach to nutrition. In order to be successful, long term, it is important to individualize your nutrition needs to your body. The CDC recommends talking to your doctor for your caloric needs.

The key to carbohydrate intake is to choose quality sources and manage how much you consume. For most people looking to lose weight, making one-fourth of your plate carbohydrates, one-fourth protein and one-half vegetables can help manage calories while still providing you with a vast amount of nutrients. If you are a heavy exerciser, shaping your plate to one-third carbohydrates, one-third protein and one-third vegetables can give you adequate energy for your level of activity.



TO LOSE WEIGHT



WITH HEAVY EXERCISE

MACRONUTRIENTS

CARBOHYDRATES

Carbohydrates are one of your body's main sources of energy and its preference when it needs energy. While each gram of carbohydrate contains four calories, the nutrients differ. The key to carbohydrate intake is to choose quality sources and manage the amount you consume.

SIMPLE CARBOHYDRATES

This type of carbohydrate breaks down quickly and is used as a fast source of energy for the body. Typically, simple carbohydrates are often lower in vitamins and minerals and should therefore be eaten less often.

TABLE SUGAR	COOKIES, CAKES & OTHER PASTRIES
HONEY AND AGAVE NECTAR	WHITE FLOUR
CORN AND MAPLE SYRUP	SODA
CANDY	SUGAR-SWEETENED BEVERAGES

COMPLEX CARBOHYDRATES

This type of carbohydrate breaks down at a slower rate and helps you stay fuller longer than simple carbohydrates. They are made up of glucose (sugar), starch and fiber.

WHOLE GRAINS <i>Whole wheat, oats, quinoa, couscous, farro, barley, buckwheat, brown rice, etc.</i>	STARCHY VEGETABLES <i>Potato, sweet potato/yams, corn, peas, pumpkin, winter squash like butternut, acorn and spaghetti</i>
VEGETABLES	BEANS AND LEGUMES

When evaluating calories of carbohydrates, typically the grain foods contain more carbohydrates per serving than beans or vegetables, which means they also have more calories. Foods like pasta, rice, couscous and other grains have more calories than broccoli, for instance. It's not to say you can't eat them, they just need to be accounted for in your total calorie needs. It is important to note, however, that whole grains also provide B vitamins, iron, folate and other nutrients required for optimal health. Non-starchy vegetables, on the other hand, contain some grams of carbohydrate but more fiber. They are typically considered a low-calorie food and can be eaten in greater quantities in the diet without providing extra calories. Be sure that you are not lathering your veggies in butter and high-calorie sauces, as that can add extra calories. Starchy vegetables like potatoes, sweet potatoes, peas, corn and winter squash contain more carbohydrates than their non-starchy counterparts. They are also a good source of a variety of nutrients but should be counted for more like a grain than non-starchy vegetables.

PROTEIN

Protein is comprised of smaller components known as amino acids. Out of 22 amino acids, nine are considered essential because they cannot be made in the body. You get them from foods you consume or by supplementation. The other amino acids are also found in food but can be synthesized by the body.

Similar to carbohydrates, each gram of protein provides the body with four calories, but protein takes longer to digest. Protein sources are considered complete, meaning they contain all the essential amino acids, or incomplete, meaning they only contain some of the essential amino acids.

As with other food groups, there are high and low-quality proteins in which to choose. Typically the recommendation is to consume high-quality proteins that are lean, meaning lower in saturated and total fat. Animal foods naturally contain fat, but there are some small tweaks you can make in order to create a lean protein option:

<i>Take the skin off your chicken or turkey, or opt for breast meat</i>
<i>Buy lean cuts of red meat and cut off visible fat</i>
<i>Choose low-fat or fat-free dairy</i>
<i>Bake, grill and pan sear instead of fry</i>
<i>Go with fish—it's naturally lean</i>



FATS

Like carbohydrates and protein, fat is an essential macro-nutrient in the diet. However, fat yields nine calories per gram, so you don’t need as much fat in the diet as you do carbs and protein. Eating too many calories from all three categories can cause weight gain, but distributing fat throughout the day can help you get full faster and stay full longer.

“GOOD FATS”	
<i>Monounsaturated fatty acids come from plant foods. This type of fat has been shown to help lower bad cholesterol (LDL) and triglyceride levels and raise good cholesterol (HDL) levels. You can find monounsaturated fat in these foods:</i>	
AVOCADOS & AVOCADO OIL	MACADAMIA NUTS
OLIVES & OLIVE OIL	ALMONDS
SUNFLOWER OIL	PISTACHIOS
CASHEWS	SESAME SEEDS
HAZELNUTS	NUT BUTTERS
<i>Polyunsaturated fatty acids provide two essential fatty acids your body can't make, omega-3 and omega-6. You can find polyunsaturated fat in these foods:</i>	
CANOLA OIL	MACKEREL
SOYBEAN & SOYBEAN OIL	SALMON
WALNUTS	TUNA
CHIA SEEDS	SARDINES
FLAX SEEDS	EGG YOLK

“BAD FATS”	
<i>Saturated fat can contribute to inflammation in the body when consumed in excess and an increase in total and bad cholesterol (LDL) levels. You can find saturated fat in these foods:</i>	
WHOLE FAT DAIRY FOODS	COCONUT OIL
BUTTER	PALM OIL
GRISTLED & MARBLED BEEF	PALM KERNEL OIL
SKIN ON CHICKEN & TURKEY	FRIED FOODS
EGG YOLK	BAKED GOODS & DESSERTS
VISIBLE FAT & SKIN ON BEEF, PORK & OTHER ANIMAL PROTEINS	
<i>The other “bad” fat is called trans fat. Ideally, you should consume little to no trans fat in the diet. You can find trans fat in these foods:</i>	
FRIED FOOD	SHORTENING
MARGARINE	MICROWAVE POPCORN
PACKAGED COOKIES, PASTRIES & CAKES	
PROCESSED FOODS CONTAINING HYDROGENATED OR PARTIALLY HYDROGENATED OILS	

MICRONUTRIENTS

VITAMINS AND MINERALS

Vitamins and minerals are known as micro-nutrients since they are required by the body in small amounts but do not provide calories like macro-nutrients (carbohydrate, protein and fat). Micro-nutrients are essential to every metabolic process in your body! They help create energy from the food you eat, strengthen your immune system, help build strong bones, enhance recovery from exercise and so much more. Think of micro-nutrients as the “behind the scenes crew” working to pull off a big concert—you don’t know they’re there, but without them the show would not go on.

While we could spend weeks discussing each vitamin and mineral’s role in the body, it is more important to understand a general view of how certain ones work together to improve your health and where you can find them in food. Knowing the micro-nutrients you need to help strengthen your immune system, build and maintain strong bones and recover from exercise will help you live a more nutrient-rich life!

FOODS TO STRENGTHEN IMMUNE HEALTH

Lots of vitamins and minerals play a role in immune health, but vitamins A, B-6, C, D, E as well as the minerals zinc, selenium, magnesium, iron and copper top the chart in regards to helping your body remain healthy. While you may be thinking “How will I ever get all these nutrients in my diet?”, the truth is that consuming a balanced, nutrient-rich diet can provide you with what you need. Focus on getting a variety of fruits, vegetables, whole grains, lean proteins and healthy fats into your meals and snacks to help boost your immune health.

What are some examples of the foods that contain immune-strengthening nutrients?

Vitamin A	Orange and yellow fruits and vegetables, cod liver oil, eggs, broccoli, spinach
Vitamin B-6	Fish, pork, poultry, beef, whole grains, eggs, milk, spinach, carrots
Vitamin C	Citrus fruits, tomatoes and tomato sauces, bell peppers, green vegetables
Vitamin D	Milk, fatty fish (salmon, trout, tuna, mackerel), eggs, fortified foods
Vitamin E	Vegetable oils, nuts, seeds, green leafy vegetables, fortified breakfast cereals
Zinc	Meat, fish, dairy, eggs, legumes, nuts, seeds, whole grains
Selenium	Beef, chicken, pork, tuna, tofu, cottage cheese, Brazil nuts, enriched foods
Magnesium	Avocados, nuts, seeds, legumes, tofu, whole grains, fatty fish
Iron	Beef, turkey, tofu, shellfish, spinach, legumes, pumpkin seeds, quinoa, broccoli
Copper	Oysters and shellfish, whole grains, beans, nuts, potatoes, organ meats

FOODS TO BUILD AND MAINTAIN STRONG BONES

Calcium, vitamin D, phosphorus and magnesium are the main micro-nutrient players when it comes to supporting bone health. This is true whether you are building bone ages 0–30 years or striving to maintain bone mineral density age 30 years+. Calcium and vitamin D work in concert together to build bone, as without adequate vitamin D you only absorb about 10–20% of the calcium consumed. The best sources of calcium in the diet are dairy foods (cow’s milk, cheese and yogurt), but some calcium can also be found in fortified and plant foods. Vitamin D can be found in milk, egg yolk and fatty fish (salmon, trout, tuna, mackerel, sardines) but is ideally “consumed” with 15–20 minutes of sunlight exposure in the middle of the day.

**CALCIUM +
VITAMIN D**



FOODS TO RECOVER FROM EXERCISE

While a variety of micro-nutrients are needed to support exercise, focusing on antioxidants and omega-3 fatty acids can help with the recovery process. Antioxidants help protect cell membranes from oxidative damage that occurs during exercise. They are a classification of vitamins and minerals such as vitamins A, C and E, selenium, zinc and copper. Polyphenols and flavonoids that are found in plants also have antioxidant properties. Bright colored fruits and vegetables are the body’s biggest suppliers of antioxidants, as they are loaded with the nutrients required to rebuild, recover and restore. Animal and plant proteins also provide the body with an abundance of zinc and selenium.

To obtain the vitamins and minerals your body needs, focus on eating a variety of colors of fruits and vegetables. Each color supplies the body with a package of nutrients, so try to eat a rainbow of colors. Ideally, you want to consume at least five servings (more is better) a day. The list below will help you identify what a serving is:



FRUIT

- 1 medium-size fruit (apple, orange, peach, pear, etc.)
- 1 cup berries
- ½ banana
- ½ cup chopped fruit (pineapple, melons, mango, etc.)
- ¼ cup dried fruit
- 15 individual bite-size fruit (grapes, cherries)
- 4 oz 100% fruit juice

VEGETABLES

- 1 cup green leafy vegetables
- 1 cup raw vegetables
- ½ cup cooked vegetables
- 6 oz 100% vegetable juice



PORTION CONTROL

Portion control is an important tool for weight management and consuming the proper amount of calories to help reach your personal goal. The reality is that plates and portion sizes are bigger these days, and you need tools and tips in place to help you consume the right amount of nutrition. The goal is to think of eating until you are not hungry, instead of until you are full. Here are some tips to help you control portions:

- **Shape your plate!** Make half of it veggies, one-fourth lean protein and one-fourth whole grains. Want seconds? Grab more veggies!
- **Double Check!** Some packaged foods list nutrition facts for “1 serving” when the package might contain 2–3 servings total.
- **When in doubt, measure it out!** Try a food scale to help you learn how to accurately measure the amount of food you need.
- **Snack smart!** Portion out the bag or box into snack baggies for the total servings that are on the food label.

- **Make it colorful!** Multiple colors of food typically means adding fiber. Try increasing fiber-rich vegetables and drinking more water if you struggle with not feeling full after you eat.
- **Watch the clock!** Nutrient timing is key to healthy eating. If you skip meals, you set yourself up to feel “starving” and likely to make less optimal food choices. The goal is to fuel your body with nutrient-rich foods every few hours.
- **Don't wait!** Eating regularly helps stabilize your blood sugar, and thus your energy levels. This helps you feel hungry and satisfied versus starving or stuffed.
- **No regrets!** When eating out at restaurants, try these tips to help make healthy menu decisions:
 - Ask for a to-go box and reserve half of your meal for later.
 - Ask for your sauces, spreads and dressings on the side.
 - Look for menu items with words like baked, grilled, roasted, pan-seared, sautéed and steamed.
 - Avoid menu items with words like crispy, fried, battered, breaded, creamy, buttered and stuffed.

SIMPLE SWAPS

It can be hard to remove some of your favorite high-calorie foods from your diet, but simple swaps can help you still enjoy the foods you love for less calories.

CARBOHYDRATES	
Avoid or limit high-sugar, low-fiber carbohydrates. Instead, look for whole grains that are higher in fiber.	
AVOID/MINIMIZE	BETTER CHOICE
POTATO FRIES	BAKED SWEET POTATO FRIES
WHITE BREAD	WHOLE WHEAT/GRAIN BREAD
FRUIT JUICE	FRESH BERRIES
HIGH-SUGAR CEREAL	HIGH-FIBER CEREAL

PROTEINS	
Avoid fried or breaded proteins or proteins cooked in a creamy sauce. Instead, look for lean cuts of meat that are grilled,	
AVOID/MINIMIZE	BETTER CHOICE
FRIED FISH OR FISH STICKS	FRESH COD OR WHITE FISH
FRIED CHICKEN	GRILLED, BROILED OR POACHED CHICKEN BREAST
HIGH-FAT PORK (EX. SAUSAGE)	PORK TENDERLOIN
CREAM CHEESE	LOW-FAT COTTAGE CHEESE
GROUND CHUCK	LEAN SIRLOIN BEEF OR FILET MIGNON

LOWER CALORIE SAUCES/SEASONING:
<ul style="list-style-type: none">• Apple Cider Vinegar (Mix with 1 packet of sweetener and mustard for a DIY honey mustard sauce)• Balsamic Vinegar• Ketchup (Ideally reduced sugar)• Mustard (Dijon, grainy mustard, spicy mustard)• Salsa or hot sauce• Soy Sauce or liquid aminos or coconut aminos (low sodium)• Sriracha

FATS	
Avoid and limit the intake of saturated fats in your diet. Instead, look for monounsaturated and polyunsaturated fats and sources of omega-3 fatty acids.	
AVOID/MINIMIZE	BETTER CHOICE
CREAMY DIPS/SAUCES	AVOCADO
MARGARINE	OLIVE OIL
POTATO CHIPS	NUTS AND SEEDS
CORN OIL	CANOLA OIL
FATTY RED MEAT	FRESH SALMON

ADDITIONAL HEALTHY SWAPS	
INSTEAD OF	TRY
PASTA	ZUCCHINI NOODLES OR SPAGHETTI SQUASH
BREAD	PORTOBELLO MUSHROOMS OR LETTUCE
CHIPS	MINI BELL PEPPERS OR CARROT CHIPS
SOUR CREAM	0% PLAIN GREEK YOGURT
RICE	SHREDDED CAULIFLOWER RICE
BREAD CRUMBS	OLD FASHIONED OATS
TACO SHELLS	LETTUCE WRAP
MASHED POTATOES	MASHED CAULIFLOWER
SOFT DRINKS	SPARKLING WATER WITH LIME OR LEMON
CANDY	FROZEN GRAPES OR CHERRIES



MEAL PREP AND PLANNING

Meal prep may seem overwhelming when you first start, but it can help you in a variety of ways:

- Make healthier, more mindful choices – When you are prepared with meals and snacks, it can help you avoid temptation. Many people choose a less healthy option when they are not prepared.
- Save money – Planning ahead, making a grocery shopping list and having healthy meals and snacks available is typically cheaper than eating out or grabbing food on the go.
- Save time – Taking a few hours to meal prep one day a week can help you save time the other six days, as well as make better choices.

To get started meal prepping, start small and keep it simple. Plan one to two meals a day and pack healthy snacks that don't require any prep. AdvoCare Meal Replacement Shakes require minimal prep time and take the guesswork out of breakfast! AdvoCare Ready-to-Drink Protein is great for on-the-go nutrition, especially in place of an afternoon snack.

What does a meal prep day look like? Dedicate a few hours and save time throughout the week.

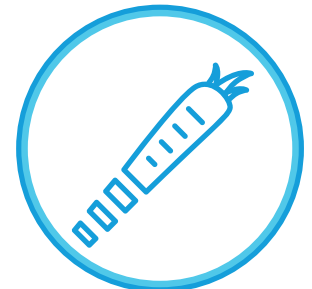
1. GROCERY SHOP – Create a plan, make a grocery list, and stick to it!

- Tip: Stick to the outer edges of the grocery store for most of your shopping, as this is typically where you find produce, dairy, meat and other whole foods. When you go through the aisles, be on the lookout for high fiber, less processed carbohydrates like whole grain breads, quinoa, rice, etc., healthy fats like nuts, seeds and nut butters, spices to cook with, etc.
 - If you're getting condiments, be mindful of the sugar and sodium content— take a look at the food label and ingredient list to double check your choice.



2. PRODUCE PREP – When you get home, take time to peel, chop and cut all your produce.

- Put prepped veggies and fruit into containers in the fridge so that they are easy to grab for a snack or to toss into a dish for an easy dinner.
- Roasting is a delicious way to eat vegetables and often a great way to learn to like other veggies. Drizzle your veggies with olive oil, herbs and spices then cook on 400 degrees F for 45 minutes to an hour. Store in an airtight container in the refrigerator. Veggies cooked like this can stay fresh in the fridge up to five days, making veggies an easy addition to weeknight meals.



3. SNACK-BAGGIE TEMPTING FOODS

- If foods that come in large packages like nuts and crackers tempt you to eat too many, try snack bagging them right after you grocery shop. Use the serving size on the box or bag to determine how many servings are in the container. From there, get out that many snack bags and separate. This will make your life easier when it comes to snack time as well as help you watch your portion sizes



4. PICK ONE OR TWO PROTEINS FOR THE WEEK

– Having protein options already cooked can make it easier to increase meal variety.

- Choose one or two protein options that can be used in a variety of meals and cook those on your prep today.
- Flavoring your protein with basic seasonings can make it easier to add to various dishes.
- For example, cook chicken in a slow cooker or pressure cooker to be used for a basic carb-protein-veggie meal, wrapped up in chicken lettuce tacos, tossed into a soup or as a protein addition to a salad. Similarly, ground beef or turkey can be used in tacos, taco salad, zucchini-noodle pasta dishes and even in breakfast scrambles.



5. MAKE BREAKFAST EASY

– Breakfast can be a struggle for many people due to morning time constraints, so prep what you can beforehand.

- The AdvoCare Meal Replacement Shakes are a great option to mix in the morning. They can also be used to make overnight chia puddings.
- Adding milk or yogurt to oats in a jar (with a lid) and mixing in some of your favorite nut, seed and fruit toppings to make “overnight oats” can make getting fiber and protein easy in the morning.
- Egg muffin cups are another great way to prep breakfast. Choose a cheese, meat and vegetable, and whip up a batch on the weekend. Store in an airtight container, and you have protein ready to go for busy mornings.



MEAL IDEAS

Fruit
Eggs Scrambled
with Veggies
Whole Wheat
Toast

Smoothie
with Greek
Yogurt, Low-Fat
Milk, Fruit &
Peanut Butter

Oatmeal
with Almond/
Peanut Butter
Greek Yogurt

Salad with
Chicken, Cheese,
Nuts, Fruit, Balsamic
Vinaigrette and
Whole Wheat
Crackers

Whole Grain
Wrap with Chicken,
Cheese, Hummus,
Veggies
Side of Fruit

Chicken Bowl:
Sautéed Chicken
Brown Rice
Veggies

Salmon
Roasted Sweet
Potato
Asparagus

Lettuce Tacos
Lean Ground Beef
Quinoa
Roasted Veggies

HEALTHY SNACKS are essential to help you ward off afternoon vending machine calls. Consider packing snacks in your lunch box and keeping them handy in your purse, desk as well as at home in the pantry and fridge.

Peanut Butter
Whole Grain
Crackers

String Cheese
Apple

Protein Bar
(with carbs and
protein)

Greek Yogurt
1/4 Cup Granola

10 Almonds
String Cheese
Fruit

Hard-Boiled Egg
Whole Grain
Granola Bar

Veggies
Whole Wheat
Crackers
Hummus

1/2 Turkey and
Avocado Sandwich
on Whole Grain
Bread

Having snacks that can be stored in a bag or desk are key for afternoon snack attacks when you need fuel to keep working or chase kids. These are easy options that will help you feel satisfied and keep you from looking for junk food around the office or your house.

- Nuts
- Turkey Jerky (Watch out for sodium levels and added ingredients)
- Whole Grain Crackers and Nut Butter
- Tuna (in water)
- Protein Shakes (like AdvoCare BodyLean 25®)
- Protein Bars (like AdvoBar®)



HYDRATION

Maintaining proper hydration is a key component to your health. Water helps your body in a variety of ways including:

- Regulating body temperature
- Helping to lubricate and cushion joints
- Helping rid the body of wastes through urination, perspiration and bowel movements

In fact, depending on age, the human body is comprised of 60-80% water, making it essential that you're hydrating continuously. The general guideline is to consume half your bodyweight (in pounds) in ounces of fluid per day. Exercise will increase your fluid needs, an additional five to 10 ounces for every 20 minutes of consistent activity.

Most people are walking around dehydrated on a daily basis. How do you know if you are hydrated? The easiest way is to look at the color of urine. Pale yellow to clear is generally deemed “hydrated” while apple juice and darker usually means “dehydrated”. You are more likely to be dehydrated when you wake up in the morning, when it is really hot and humid outside and/or if you workout twice a day. These are times you might need to drink more than what is “normal” for you. Even mild dehydration can cause dizziness, muscle cramps and fatigue, and extreme dehydration has further consequences.



What beverages count toward your total fluid needs? Water is always a great, calorie-free option for hydration, but many of the other beverages we consume will add to your calorie count.

Try adding AdvocaCare Rehydrate® to your water for a smart sip swap.

JUICES

If you want to juice, the best way is to create a base with vegetables and then add 2 servings of fruit (see carbohydrate section for serving sizes). Another option is to blend or puree the whole fruit and vegetable which will allow you to get the benefits of the nutrients and fiber to help you feel full.

ALCOHOL

Take inventory of what you are drinking and how much. See if those beverages are adding a significant amount of calories to your day and if they are, consider some simple sip swaps.

Certain drinks, such as red wine, have actually been shown to offer numerous benefits when consumed in appropriate amounts. Tannins, which give red wine its color, have been linked to heart health; and resveratrol, a powerful antioxidant, protects against cell damage.

*Reference based on American Heart Association Recommendations
https://www.heart.org/HEARTORG/Conditions/Alcohol-and-Cardiovascular-Disease_UCM_305173_Article.jsp?appName=MobileApp*



CAFFEINE

Caffeine is a naturally occurring substance found in a large variety of plants and beverages we consume. Caffeine is a thoroughly researched ingredient, and the general consensus is that a moderate amount consumed daily is not harmful. It is important to remember, however, that everybody and every body is different. Those that are extra sensitive to the effects of caffeine should carefully monitor their consumption and discuss with their physician if necessary.

Newer research supports that on average, a healthy person can safely consume up to 500 mg of caffeine a day. It is important to be cognizant of the foods, drinks and supplements you consume and how much caffeine they contain. Coffee, tea, chocolate and other beverages all contain various amounts of caffeine per serving.

AdvoCare products containing caffeine:

- Spark® (120 mg)
- AdvoCare Slam® (120 mg)
- MNS Omni® (140-150 mg)
- MNS Delta® (280-300 mg)
- ThermoPlus® (40-50 mg)
- AdvoCare® PRE Workout (120 mg)
- BioFuel® (110 mg)
- AdvoCare Slim® (120 mg)

Note: Products with a range of numbers listed contain caffeine from herbal sources, therefore, a range is an approximation of the total caffeine content.

FUELING WORKOUTS

It is important to consume the right foods at the right time to fuel your workout and promote optimal recovery. Knowing what to eat and when can help you have the energy you need to train at an optimal level.

PRE-WORKOUT FUEL AND HYDRATION

The goal of a pre-workout meal or snack is to provide the body with fuel and hydration to get to and through the workout, whether that be cardio, weight training or a combination of the two. Ideally you include a pre-workout meal 2-4 hours before activity that is rich in complex carbohydrates (think oatmeal or brown rice), moderate in lean protein (think chicken or dairy), lower in fat (think nuts and oils) and fiber (think broccoli and cauliflower). You also want to be sure to consume plenty of fluids pre-workout, at least 16-20 ounces. This will help to give you the energy you need to move. Nutrient-rich examples of pre-workout meals include:

Low-Fat
Greek Yogurt

Oatmeal with
Berries & Nuts

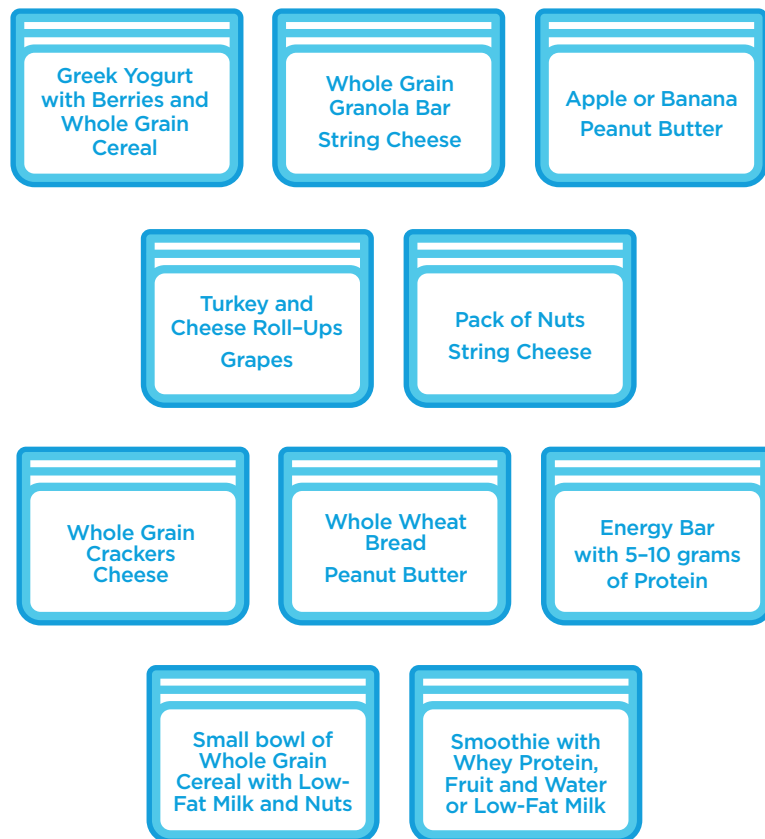
Water

Turkey and
Cheese Sandwich
on Whole Wheat
Bread with
Lettuce, Tomato
& Avocado

Fruit & Water

Brown Rice
Grilled Chicken
Green Beans
Unsweet Tea

If a meal isn't a feasible pre-workout option and you need to eat something closer to your activity, try a snack with carbohydrates and protein. Here are some examples:



If you workout early in the morning and don't have time to eat hours before, try a granola bar, banana or even dry cereal or crackers within the 30 minutes before you get moving. If the workout will be intense or extra long, pump the snack up to one of the ones listed above.

DURING-WORKOUT FUEL AND HYDRATION

During exercise, your main goal is to stay hydrated. Ideally, you should be consuming 5-10 ounces of fluid every 20 minutes of consistent movement for up to 90 minutes. The sports nutrition recommendation for fueling during exercise longer than 90 minutes is 30-60 grams of carbohydrate per hour in combination with water.

AdvoCare products to promote successful during-workout practices:

- Slam®
- Rehydrate Gel

POST-WORKOUT FUEL

Post-workout is all about recovery. Think of recovery as having three Rs: Replenish, Rebuild, Rehydrate. Replenish means you need carbohydrates to replace what was burned off in exercise. Rebuild means you need protein. Exercise causes breakdown and thus requires high-quality protein to help rebuild and repair muscle fibers. Rehydrate means you need to drink adequate fluid to replace the electrolytes you lost in sweat.

AdvoCare products to promote successful after-workout practices:

- AdvoCare Rehydrate®
- Post-Workout Recovery
- BioCharge®

Here are some nutrient-rich, high-quality protein post-workout recovery snacks:

- Low-fat chocolate milk
- Vanilla yogurt with fruit and honey, water
- Protein bar, water
- Beef or turkey jerky, a banana, water
- Smoothie made with low-fat milk, whey protein and fruit

[†] <https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/nutritionathleticperf.pdf>

EXERCISE

PILLAR 2

Any amount of physical activity is better than none, but the recommended amount is 150 minutes per week (or two hours and 30 minutes) in at least 10 minute intervals.

The CDC recommends adults receive:

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week AND muscle-strengthening activities on 2 or more days a week

OR

1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity every week AND muscle-strengthening activities on 2 or more days a week

OR

An equivalent mix of moderate and vigorous-intensity aerobic activity AND muscle-strengthening activities on 2 or more days a week

INTENSITY

- *Moderate:* Brisk walking, water aerobics, general gardening
- *Vigorous:* Jogging, jump rope, heavy gardening

TYPES OF ACTIVITY

- *Aerobic activity:* Any endurance activity performed in a rhythmic manner for a sustained period of time. These activities typically increase your heart rate and help improve cardiovascular fitness.
- *Muscle strengthening:* Any activity which increases skeletal muscle strength, power, endurance and mass. It is imperative to work all major skeletal muscle groups such as shoulders, chest, triceps, biceps, abdomen, legs and back.

IDEAS TO GET MOVING

Having an active lifestyle does not mean you have to go to the gym, although working out at the gym is great to do. It may just mean being a little more creative.

On the following page you'll find some suggestions on ways to incorporate physical activity into your daily routine.



AT HOME:

- Garden or mow the grass
- Go on a short walk
- Walk the dog
- Stand while talking on the phone
- Park further away when shopping
- Jog in place or do squats while watching TV



AT WORK:

- Brainstorm project ideas with co-workers while taking a walk
- Use a standing desk
- Walk to speak to someone instead of using the phone
- Take the stairs instead of the elevator
- Walk while waiting for the plane at the airport
- Participate in a recreational league at your company
- Walk around your building for a break during the work day or during lunch



AT PLAY:

- Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
- See the sights in new cities by walking, jogging or bicycling
- Join a recreational club that emphasizes physical activity
- At the beach, sit and watch the waves instead of lying flat
- Better yet, get up and walk, run or fly a kite
- When golfing, walk instead of using a cart
- Dance



STRESS MANAGEMENT

PILLAR 3

Stress is your body's normal response to a challenge or demand. Not all stress is negative; in fact, a little stress can be a good thing when managed properly. Short-term and low levels of stress can help motivate you to achieve your goals, meet a deadline or get away in a dangerous situation. Prolonged periods of stress can become unhealthy. When experienced continuously, stress can cause cortisol, the flight or fight hormone, to be released from the adrenal gland. A high level of circulating cortisol is associated with bad food choices and weight gain. Long bouts of stress can lead to negative outcomes such as irritability, reduced sleep, bad food choices and negative effects on cardiovascular health. Some common indicators of stress are headaches, muscle pain/tension, fatigue, overeating, social withdrawal and exercising less often. Managing stress is a key aspect of a healthy lifestyle. While stress is inevitable, there are many ways to help negate its effects and keep stress levels under control. Creating a stress-management strategy is a fantastic way to keep your stress in check.

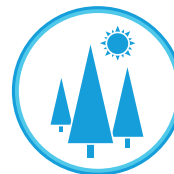
LISTEN TO MUSIC



GO FOR A WALK



GET OUTSIDES & ENJOY NATURE



MEDITATE TO SLOW YOUR HEART RATE



GET UP & STRETCH



READ A GOOD BOOK



LAUGH TO RELEASE ENDORPHINS



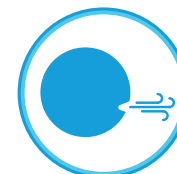
STEP AWAY & UNPLUG



HUG SOMEONE YOU LOVE



TAKE A DEEP BREATH



Sleep is one of the most underrated parts of a healthy lifestyle. One-third of your life is spent sleeping, which means it is an important part of daily life. While sleeping, memories are solidified and consolidated. During the day, the brain takes in large amounts of information; overnight, the information is processed and transferred from tentative, short-term memory to stronger, long-term memory in a process called consolidation. The body needs sleep in order to rejuvenate and repair damage to the body that may have occurred during the day. The American Academy of Sleep Medicine recommends adults aged 18 years and older sleep at least 7 hours each night to promote optimal health and well-being. Sleep satisfaction is associated with higher levels of daytime energy. Unhealthy levels of stress and a bad diet can negatively impact sleep. When possible try to find healthy outlets like exercise and meditation to help manage stress as well as choose healthy sleep-promoting foods to help get a good night's rest.

Sleep deprivation may impact your weight-loss goals, even for those who exercise regularly and maintain a balanced diet. Leptin, a hormone that transmits signals to the brain to regulate appetite control in the body, is dependent on the amount of time we sleep. Those who do not get enough sleep could be more likely to have larger appetites due to a normal drop of leptin in their bodies.

Inadequate sleep can also affect the process of muscle development in our bodies. Anabolic hormones regulate the process of protein degradation (the breakdown of muscle), while catabolic hormones regulate the process of protein synthesis (the building of muscle). Anabolic hormone levels have been shown to *increase* as a result of poor sleep. Similarly, catabolic hormone levels have been shown to *decrease* as a result of the same.

Vitamins and supplements that may help with sleep include: multivitamins, melatonin, valerian, 5-HTP, magnesium and calcium. Please consult with your health-care provider if you are having trouble sleeping or to discuss sleep disorders.

PREPARE A COMFORTABLE & RELAXING ENVIRONMENT

- Keep your room comfortably cool.
- Switch off your TV. Put your phone on silent and use light blocking (blackout) curtains in your bedroom.
- Sleep on a comfortable mattress and pillow to help support your natural sleeping position.
- Avoid eating heavy meals and caffeine later in the day, and limit fluid intake close to bedtime.
- Limit your exposure to bright light and sunlight during the evening hours leading up to slumber.

CREATE A ROUTINE THAT IS EASY TO FOLLOW & MAINTAIN

- Go to bed at the same time each night and wake up at the same time each morning, even on the weekends.
- Maintain an active lifestyle during the day. According to various research studies, increased physical activity often leads to increased sleep duration. Sleep experts recommend exercising at least three hours prior to bedtime. Exercising at this time is beneficial because body temperature is related to sleep. The rise and drop of your body temperature may cue your body to begin feeling sleepy.
- Avoid heavy meals and limit fluid intake before bedtime.
- Avoid food and drinks high in caffeine like soda and candy bars.
- Try not to consume spicy food that may cause heartburn.
- Manage stress daily. Those who suffer from high stress levels tend to have poor sleep habits.
- Try breathing exercises or yoga to help relieve daily stress.
- Exercising regularly not only helps you stay physically fit, but is also a great way to relieve stress and improve sleep quality.
- Put away cell phones and laptops. Discontinue answering emails and messages for at least 30 minutes before bed time. The time immediately before going to bed is crucial to your quality of sleep.

SUPPLEMENTATION

PILLAR 5

Even with our best efforts to maintain a balanced, healthy diet and lifestyle, nutritional gaps may arise from time to time. Although many of us lead busy lives, it is important to be intentional about the type and kind of food consumed. Food is fuel for the body. Consuming an appropriate mix of foods from specific food groups and subgroups—with the balanced intake of calories—is important to achieving a healthy lifestyle.

The foods we consume provide vitamins, nutrients and minerals necessary for your body to function. Foods in our diet that are nutrient dense play an important role in helping us meet the Food and Drug Administration's (FDA) dietary recommendations for the proper amounts of vitamins and minerals to consume each day. Eating a healthy, balanced diet that incorporates complex carbohydrates, protein and fats helps give your body the building blocks it needs; however, this still may not supply everything needed for optimal health. The Scientific Report of the 2015 Dietary Guidelines Advisory Committee issued by the Office of Disease Prevention and Health Promotion states that the typical American diet is inadequate in dietary fiber, calcium, magnesium, potassium, choline, and vitamins A, C, D, E, and K. In addition to these underconsumed nutrients among all Americans, iron and folate (females of reproductive age), protein (adolescent girls and older adults), and vitamin B12 (older adults) are underconsumed among these specific population subgroups.

Supplements are designed to fill in nutritional gaps to help you get the recommended daily amount of vitamins, minerals and nutrients your body needs to function at an optimal level. Supplements are intended to be taken in conjunction with a healthy, balanced diet and should not take the place of nutrients, vitamins and minerals obtained from whole foods consumed daily. Consult your health-care provider to ensure dietary supplement products are right for you, and research the quality of the products you choose.

Your Workbook included in you 24-Day JumpStart® will walk you through when to supplement.



*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



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WHAT'S NEXT?

CONGRATULATIONS!

We are so proud of you for completing the 24-Day JumpStart®, but this is just the beginning. Take advantage of this momentum and keep up the great work.

CELEBRATE!

Think about everything you've learned and accomplished in the last 24 days. Now share your results with family and friends! If you are a Distributor, be sure to consult the AdvoCare Policies and Procedures to see how to share results compliantly!

SET YOUR NEXT GOAL.

Look back at the Goals section in this guide. Did you accomplish what you hoped to accomplish? If you did—great job! Set your next goal and keep going. Didn't quite get there? Don't give up—remember that change doesn't happen overnight. Keep on keeping on—you've got this!

KEEP IT UP!

Keep rocking those healthy lifestyle choices, and stay consistent in your new healthy lifestyle and AdvoCare product routine. Ready to take it to the next level? AdvoCare has a variety of products to meet your weight-management, active lifestyle and sports nutrition needs.* For more information, visit advocare.com.

The 24-Day JumpStart® program and materials are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Responses to the 24-Day JumpStart® will vary based on individual characteristics. Participants should seek the advice of a physician or other qualified health-care provider with any questions regarding personal health or medical conditions or before beginning any new supplement, exercise or nutritional program.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

FEATURED CONTRIBUTORS



Amy Goodson
MS, RD, CSSD, LD

Amy Goodson, MS, RD, CSSD, LD is a registered dietitian and Certified Specialist in Sports Dietetics. She focuses on overall health, wellness and sports nutrition. Amy

has worked with the Dallas Cowboys, Texas Rangers, TCU Athletics, Ben Hogan Sports Medicine and more. She is a co-author of Swim, Bike, Run, Eat and nutrition contributor to retired NFL Player Donald Driver's book, The 3-D Body Revolution. She is a writer for Women's Running Magazine and is the owner of RD Career Jump Start, a business designed to help dietetic students, interns and new registered dietitians determine and take the steps necessary to reach their dream career.

With a bachelor's degree in communications and a master's degree in exercise and sports nutrition, Amy is passionate about marrying the two to provide quality, science-based nutrition information through speaking, media, writing and consulting. Amy consults for various companies, food brands and organizations and serves as a media dietitian for RDTV where she does food and nutrition TV segments nationwide. Amy has more than 600 media placements in a variety of TV, radio and print outlets.



Dr. Lauren Horton
MS-HEOR, PhD

Dr. Horton is passionate about improving the quality of life of those around her. She helps thousands of men and women discover how small steps and the right mix

of supplementation each day can lead to huge strides toward living a healthier lifestyle. Dr. Horton is most passionate about women's health and bridging the gap to increase the health of those in underserved communities. Nominated by the American Heart Association as a Woman of Impact, she is actively involved in helping to change the statistics surrounding heart disease in women and people of color.

Horton holds a bachelor's degree in biology from Rust College, a master's in Health Economics and Clinical Outcomes Research from Xavier University as well as a Ph.D. in biomedical science from Morehouse School of Medicine. She completed her post-doctoral studies at the University of Pennsylvania.

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RECIPES



INGREDIENTS

8 ea.	Large whole eggs	¼ tsp.	Salt
8 oz.	Turkey sausage, pre-cooked, crumbled	⅛ tsp.	Black pepper
2 c.	Fresh spinach, chopped	1 c.	2% cheddar cheese, grated
		To taste	Cooking spray

INSTRUCTIONS

1. Preheat oven to 350°F degrees. Grease a regular size 12-count muffin tin with cooking spray.
2. Roughly chop spinach.
3. In a medium size bowl, whisk eggs. Add in crumbled turkey sausage and spinach and whisk again to evenly incorporate.
4. Evenly distribute egg mixture into muffin tin, filling each cup approximately half full.
5. Bake for 20 to 25 minutes until eggs are set in the middle.
6. Remove from heat and evenly distribute cheese on top of muffins.
7. Allow cheese to melt and use a spoon to gently dislodge muffins from the tin.
8. Allow to cool on a cooling rack for at least a minute before serving, with a little salt and pepper to taste!
9. Store egg muffins in an airtight container in the refrigerator for up to 5 days.

Note: If using uncooked turkey breakfast sausage, be sure to brown in a skillet before adding to egg mixture.

EGG-CELLENT BREAKFAST MUFFINS

SERVINGS PER RECIPE: 12 MUFFINS



INGREDIENTS

2 ea.	Eggs	To taste	Hot sauce of choice
1 ea.	Sweet potatoes, diced	To taste	Cooking spray
1 c.	Fresh spinach torn or shredded	To taste	Other veggies
To taste	Garlic herb seasoning (or any blend)		

INSTRUCTIONS

1. In a small pan, spray nonstick cooking spray and sauté the sweet potatoes over medium-high heat until warm. Meanwhile, heat an omelet pan over medium, spray with nonstick spray, and add the eggs.
2. While potatoes are browning, add a handful of torn baby spinach, hot sauce and seasoning. Continue to sauté until spinach wilts.
3. Once eggs are half-set, spoon the potato and spinach mixture onto one-half of the eggs.
4. Continue to let eggs cook until mostly set and until bottom is firm.
5. Carefully fold the open half of the eggs over the potato and spinach mixture, then slide omelet onto serving plate. Top with salsa.

GOLDEN SWEET POTATO SPINACH OMELET

SERVINGS PER RECIPE: 1 OMELET



INGREDIENTS

- $\frac{3}{4}$ c. Milk, 1%
- $\frac{1}{3}$ c. Oats (quick cooking steel cut work great)
- 1 Tbs. Pecans, chopped
- 1 tsp. Honey
- 1 Tbs. Pure vanilla extract

INSTRUCTIONS

1. In a medium size mason jar, fill with oats.
2. Pour milk on top of oats and stir.
3. Stir honey and vanilla into oat mixture.
4. Let sit in refrigerator overnight or at least six hours.
5. When ready to eat, stir and top with pecans.
6. Can add sweetener if desired.



INGREDIENTS

2 c.	Milk, whole	2 tsp.	Vanilla extract
1½ c.	Old-fashioned rolled oats	1 tsp.	Baking powder
1 c.	Blueberries, frozen or fresh	1 tsp.	Cinnamon
¼ c.	Pure maple syrup	¼ tsp.	Sea salt
¼ c.	Red lentils	To taste	Cream
1 ea.	Large egg	½ c	Coconut shavings
2 Tbs.	Butter, melted and cooled slightly		

INSTRUCTIONS

1. Preheat the oven to 375°F degrees.
2. In an 8-inch square (or similar-sized) baking dish, mix together the oats, lentils, baking powder, cinnamon and salt. Evenly distribute berries and coconut on the top of mixture.
3. In a medium bowl, whisk together the milk, maple syrup, egg, butter and vanilla. Pour the mixture over the oats and give it a gentle stir to distribute everything evenly.
4. Bake for 40 minutes, or until the top is golden and the oats have set. Serve warm, topped with milk or a splash of cream.

Note: Leftovers reheat well



INGREDIENTS

8 ea.	Large eggs	½ ea.	Medium onion, finely diced
½ lb.	Cremini mushrooms, thinly sliced	3 ea.	Cloves of garlic, minced
½ lb.	Frozen spinach, thawed and squeezed dry (or fresh)	¼ c.	Milk, 1%
		2 Tbs.	Olive oil
1 c.	Cherry tomatoes, halved	To taste	Kosher salt
		To taste	Freshly ground pepper

INSTRUCTIONS

1. Preheat the oven to 375°F degrees and prep veggies.
2. In a large cast iron skillet, heat half the oil over medium heat and sauté the onions until soft and translucent.
3. Add the garlic and mushrooms and cook them until the mushroom moisture evaporates. Then, season the filling with salt and pepper to taste and spoon it on a plate to cool to room temperature.
4. In a large bowl, beat eggs with milk, salt and pepper until well combined. Then, add the sautéed mushrooms and spinach and stir to combine.
5. Brush the remainder of the oil onto the muffin tin or spray with a nonstick spray.
6. Evenly spoon in the frittata batter and top each muffin with halved cherry tomatoes.
7. Cook the muffins in the oven for approximately 20 minutes.
8. Let the muffins cool before storing. You can store in an airtight container for 4-5 days.

EGG-O-LICIOUS FRITTATA MUFFINS

SERVINGS PER RECIPE: 12 SERVINGS



INGREDIENTS

1 ea.	AdvoCare Meal Replacement Shake or AdvoGreens® Meal Replacement Shake
9 oz	Water
As needed	Chia seeds (amount based on your meal plan)

INSTRUCTIONS

1. In a blender, place AdvoCare Meal Replacement or AdvoGreens Meal Replacement Shake powder and water. Blend until well combined.
2. Pour shake mixture into a container with a lid (like a mason jar).
3. Add chia seeds and put lid on. Secure tightly.
4. Shake jar/container to mix the shake and chia seeds.
5. Leave in refrigerator overnight.
6. If meal plan states it, top with fruit in the morning.
7. Enjoy as pudding in the morning.

ADVOCARE CHIA SEED PUDDING

SERVINGS PER RECIPE: 1 SERVING



INGREDIENTS

2 ea.	Corn tortillas	¼ c.	Mozzarella cheese,
1 ea.	Egg		2%, grated
2 ea.	Egg whites	¼ ea.	Avocado
1 oz.	Turkey	To taste	Cooking spray

INSTRUCTIONS

1. In a medium skillet, scramble egg and egg whites.
2. Once eggs are cooked, remove and warm tortillas to liking.
3. Sprinkle graded cheese on tortilla.
4. Top with scrambled eggs, turkey and avocado.

DIET DITCHING BREAKFAST WRAP

SERVINGS PER RECIPE: 1 SERVING



INGREDIENTS

4 ea.	Medium sweet potatoes	2 tsp.	Fresh rosemary, finely chopped
4 c.	Fresh spinach		
6 ea.	Cloves garlic, minced	To taste	Salt
1 Tbs. + 1 tsp.	Olive oil, divided	To taste	Ground black pepper

INSTRUCTIONS

1. Preheat grill.
2. In a small bowl, add garlic, rosemary and teaspoon of olive oil. Stir until well combined and set aside.
3. Cut off a thin slice of each potato lengthwise to create an even base for potato to rest on. Slice off ends of each potato. Rest potato between two chopsticks or wooden spoons to act as a stop for the knife, and carefully cut vertical slits in each potato about every 1/8 inch.
4. Rinse potato under running water, fanning out to rinse inside of cut slits. Place potatoes on a plate and microwave at high for four minutes. Flip potatoes over and microwave again for an additional four minutes.
5. Brush potatoes with remaining olive oil and season with salt and pepper to taste. Once the grill is hot, lay the sweet potato pieces down onto the grill grates. Cover the grill and cook until each side has grill marks, between 3-6 minutes for each side, depending on the temperature of your grill.
6. Spread garlic and rosemary mixture over top of potatoes, cover and let cook another minute or until the desired consistency.
7. Lay over fresh spinach.
8. If you prefer to roast the sweet potatoes, brush potatoes with olive oil and seasonings. Then roast in the oven for 30-35 minutes at 425°F degrees or until tender. Once roasted, remove from oven and lay over spinach.

GRILLED SWEET POTATO SLICE

SERVINGS PER RECIPE: 4 SERVINGS



INGREDIENTS

- 1 c. Oats
- ½ c. Whey protein (chocolate or vanilla) or other protein powder
- ½ c. Natural peanut butter (can also use almond butter)
- ¼ c. Honey

INSTRUCTIONS

1. Line a cooking sheet with parchment paper or foil.
2. In a medium bowl, add the peanut butter and honey, and stir together until well combined.
3. Stir in the whey protein powder.
4. Add oats and mix until a dough forms. Can add more honey if desired.
5. After everything is thoroughly combined, roll the dough into 20-22 small balls and place on the cookie sheet.
6. Refrigerate for approximately 15-20 minutes or until the bites harden.
8. Let the muffins cool before storing. You can store in an airtight container for 4-5 days.

PEANUT BUTTER PROTEIN BALLS

SERVINGS PER RECIPE: 22 BALLS



INGREDIENTS

1 c.	Old-fashioned oats	½ c.	Almond butter
1 c.	Berry Macaroon Mix (dried fruit and nut isle) or chopped almonds	¼ c. 3 Tbs. 1 tsp.	Honey Cocoa (optional) Vanilla extract

INSTRUCTIONS

1. In a large bowl, add almond butter, honey, vanilla extract and cocoa (if using), and stir until well combined.
2. Add in oats and stir until well combined.
3. Roll in chopped berry macaroon almond mix or just chopped almonds.
4. Roll mixture into 20 ping-pong size balls and refrigerate.

“PICK-ME-UP” ENERGY BITES

SERVINGS PER RECIPE: 20 BITES



INGREDIENTS

1 c.	Cashews	1 tsp.	Pure vanilla extract
½ c.	Almonds	½ tsp.	Sea salt
½ c.	Peanuts	½ tsp.	Ground cinnamon
½ c.	Honey		

INSTRUCTIONS

1. Preheat oven to 350°F degrees.
2. Line an 8x8 baking pan with parchment paper, leaving flaps on all four sides.
3. Using a food processor, roughly chop the almonds and cashews. Pieces should be about a quarter inch at the largest.
4. In a large bowl, combine all ingredients, except honey, and stir until well combined.
5. Pour in the honey and mix with a fork until everything is evenly coated.
6. Spread mixture into the prepared baking dish, pressing down to pack it in and reach all edges and corners of the pan.
7. Bake in the oven for 20 minutes.
8. Once cooked, use the parchment flaps to press the bars down and compact them before they cool all the way.
9. After the bars have cooled (approximately 30 minutes), lift the bars out of the pan by the parchment paper flaps and flip over onto a piece of parchment so the bottom is now the top. Peel off the parchment paper.
10. Allow to cool completely and cut into (16) 2" x 2" bars.

VANILLA HONEY NUT BARS

SERVINGS PER RECIPE: 16 BARS



INGREDIENTS

1 ea.	Medium Granny Smith apple with skin	1 Tbs.	Peanut butter
4 oz.	Greek yogurt, plain, low fat	As needed	Mildly sweet dark chocolate baking chips

Instructions

1. Slice Granny Smith apple keeping the skin on.
2. In small bowl, add Greek yogurt and peanut butter and stir until smooth.
3. Stir in dark chocolate chips.
4. Dip apples and enjoy!

APPLE DIPPERS

SERVINGS PER RECIPE: 1 SERVING



INGREDIENTS

4 oz. Greek yogurt, vanilla, low fat
1 ea. Granny Smith apple
2 Tbs. Oats, toasted (or granola)
To taste Cinnamon

INSTRUCTIONS

1. On a cutting board, chop apple into cubes or slice in thin slithers.
2. In a small microwave-safe bowl, add the apple and cover it with cinnamon to taste. Cook in the microwave approximately 2-3 minutes, or until apples are tender and sizzling.
3. Drizzle apples with vanilla Greek yogurt.
4. Sprinkle toasted oats on top.
5. To make in bulk, try baking apples on a cookie sheet until soft and use the recipe to match ingredients to the number of apples used.



INGREDIENTS

1 ea.	Can chickpeas, rinsed & drained	½ c.	Peanut butter, natural chunky
¾ c.	Dark chocolate chips, reserve ¼ cup for the top	¼ tsp.	Baking powder
¾ c.	Maple syrup	¼ tsp.	Baking soda
2 tsp.	Vanilla	Pinch	Sea salt

INSTRUCTIONS

1. Preheat oven to 350°F degrees and line a loaf pan with parchment paper.
2. In a food processor (or high-speed blender), add all ingredients, except chocolate chips, and process until batter is smooth, similar consistency to hummus.
3. Stir in a one-half cup of the dark chocolate chips.
4. Scoop the batter into the lined pan and smooth it out evenly. Lightly press the remaining chocolate chips over top.
5. Bake for 60 minutes or until toothpick comes out clean. This will vary with ovens so be patient and wait until the edges are beginning to brown.
6. Cool for 10 minutes in the pan, and then transfer to a rack for another 30 minutes for them to set.
7. Cut into 16 squares.

CHICKPEA CHOCOLATE CHIP BARS

SERVINGS PER RECIPE: 16 BARS



INGREDIENTS

- 2 c. Rolled oats
- 1 c. Almond butter
- 1 ea. Apple, sliced
- 2 Tbs. Maple syrup
- 2 tsp. Cinnamon

INSTRUCTIONS

1. In a food processor, add all ingredients. If the mixture looks a little wet, you can add in some more oats.
2. Roll into balls or use a cookie scoop to drop balls onto a lined baking sheet.
3. Set in the fridge to chill for 30 minutes.



INGREDIENTS

5 oz.	Deli ham or turkey, thinly sliced, cut into 12 strips	¼ c.	Greek yogurt, plain
		2½ tsp.	Honey
4 ea.	Thick slices 2% cheddar cheese, cut into 12 triangles	1 tsp.	Dijon mustard
1 ea.	Large apple, cored and sliced into 12 equal slices		

INSTRUCTIONS

1. In a mixing bowl, add plain yogurt, Dijon mustard and honey and stir until well combined.
2. Wrap each apple slice with a triangle of turkey/ham and one triangle of cheese.
3. Dip and eat!



INGREDIENTS

¾ c.	Non-fat Greek yogurt
¼ c.	Fresh blueberries
2 Tbs.	Oats (ideally toast them)
To taste	Non-nutritive sweetener
To taste	Cinnamon

INSTRUCTIONS

1. In a mason jar or individual bowl, layer yogurt, cinnamon and blueberries, and top with toasted oats.

BLUEBERRY YOGURT PARFAIT

SERVINGS PER RECIPE: 1 SERVING



INGREDIENTS

6 c.	Kale	2 tsp.	Olive oil
2 Tbs.	Parmesan or Asiago cheese, shredded or grated	To taste	Lemon juice
		To taste	Kosher salt and pepper

INSTRUCTIONS

1. Preheat oven to 375°F degrees.
2. Prepare kale by tearing the leaves off the thick stems into bite size pieces. Dry completely. Spread out onto baking sheet.
3. Drizzle with olive oil and/or lemon juice.
4. Sprinkle with Parmesan, Asiago or your seasonings of choice and a sprinkle of kosher salt.
5. Bake for approximately 15 minutes, until edges are brown and kale is crispy when moved in pan.

It's best to eat kale chips immediately after baking, but if you do have leftovers or decide to save them, put them in a container covered with a paper towel. Storing them in a Ziploc bag or airtight container will cause them to wilt.



INGREDIENTS

4 c.	Romaine lettuce	½ ea.	Tomato, diced
3 oz.	Boneless, skinless chicken breast, grilled or baked	½ c.	Broccoli, chopped
		¼ c.	Corn, canned and drained
1 ea.	Egg white, hard-boiled, diced	¼ ea.	Medium avocado, seasoned and mashed
½ ea.	Green apple, sliced	2 Tbs.	Pecans, chopped
		To taste	Salt and pepper

INSTRUCTIONS

1. On a medium plate, place lettuce.
2. In a medium bowl, add tomato, broccoli, corn, mashed avocado and stir until well combined. Then, evenly distribute on salad.
3. Top salad with apple, egg white, pecans and chicken.



INGREDIENTS

3 oz.	Salmon, raw – serving may change based on meal plan calorie range	1 ea.	Scallions, minced
		1 ea.	Lemon, zested and juiced
		½ ea.	Avocado
1 c.	Water	1 Tbs.	Olive oil
½ ea.	Bunch kale (any kind will work), washed and chopped into 1” pieces	1 Tbs.	Pecans, chopped
		¼ c.	Reduced-fat feta cheese, crumbled
½ c.	Quinoa	To taste	Salt and pepper

INSTRUCTIONS

FOR THE SALMON:

1. In a medium non-stick pan, heat olive oil on medium-high heat.
2. Season salmon with salt and pepper to taste.
3. Place skin side of salmon down in pan and reduce heat to medium-low. Allow to cook approximately 5-6 minutes, or until well-browned and cooked about three-quarters way through.
4. Turn fillet over and cook about 2-3 minutes more or until just barely pink in the center.

FOR THE SALAD:

1. In a medium sauce pot, bring water to boil with a pinch of salt.
2. Add quinoa, lower heat to simmer and let cook 10 minutes.
3. After 8-10 minutes, when there is still some water left, add in chopped kale.
4. Cover and let simmer for 5 minutes, and then remove from heat and let sit another five minutes still covered.
5. Combine half of lemon juice with zest, scallions, olive oil, nuts and cheese in bowl.
6. Add quinoa-kale mixture to bowl.
7. Add the remainder of the ingredients into the bowl.
8. Add in ½ avocado (sliced or cubed).
9. Top with salmon.



INGREDIENTS

2 lbs.	Boneless, skinless chicken	1 c.	Whole kernel corn
2 c.	Farro	¼ c.	Parsley, chopped
1 c.	Baby spinach	¼ c.	Seasoned rice wine vinegar
1 c.	Dried cranberries		
1 c.	Pecans, chopped	To taste	Salt and pepper

INSTRUCTIONS

1. Grill or bake chicken.
2. In a medium sauce pot, cook farro and corn according to package. Let cool.
3. In a large bowl, add farro, dried cranberries, parsley, pecans, spinach and corn together. Toss until well combined.
4. Drizzle rice wine vinegar and stir until well combined.
5. Salt and pepper to taste.
6. Top with chicken breast.



INGREDIENTS

5 c.	Sweet potatoes, chopped	1 tsp.	Fresh rosemary, chopped
1 Tbs.	Extra virgin olive oil (EVOO)	Pinch	Salt
1 Tbs.	Balsamic vinegar	Pinch	Pepper
		To taste	Cooking spray

INSTRUCTIONS

1. Place chopped sweet potatoes in a Ziplock bag or large mixing bowl.
2. Add olive oil, balsamic vinegar, fresh rosemary (more if you like the flavor, less if you are using dried rosemary), pinch of salt and pepper. Toss to coat evenly.
3. On a foil lined baking sheet, sprayed with a non-stick spray, evenly arrange sweet potatoes. Try to create a single layer.
4. Bake for approximately 20 minutes at 400°F degrees. Remove from oven, stir and bake for another 20 minutes, or until tender.



INGREDIENTS

1 lb.	Yellow bell pepper, roasted and peeled (about 3 small)	½ tsp. ¼ tsp. ⅛ tsp.	Salt Sugar Pepper
⅓ c.	White wine vinegar	10 ea.	Small red beets
2 Tbs.	Extra virgin olive oil	8 c.	Mixed greens
1 ea.	Garlic clove, minced	4 oz.	Goat cheese, semi soft, crumbled
1 Tbs.	Honey		
1½ tsp.	Dijon mustard	½ c.	Walnuts, chopped

INSTRUCTIONS

ROASTED YELLOW PEPPER VINAIGRETTE:

1. Preheat oven to 375°F degrees.
2. Place yellow bell peppers on a sheet pan, roast in the oven for approximately 30 minutes.
3. Once cooked, place peppers in a Ziplock bag for 10-15 minutes until skin is easily removed.
4. Peel skin and remove seeds then combine all ingredients in a blender; process until smooth.

FOR THE SALAD:

1. Increase oven heat to 400°F degrees. Place beets on a foiled baking sheet and make a pouch out of the foil, sealing it tightly. Bake for approximately 40 minutes.
2. Remove from oven and let beets steam for 10 minutes. Open pouch and let beets cool slightly.
3. After beets have cooled enough to handle, remove and discard skins and cut into bite-size pieces.
4. On a plate, mix beets and mixed greens together, sprinkle in goat cheese, walnuts and toss in vinaigrette.



INGREDIENTS

4 c.	Raw kale, chopped	2 Tbs.	Balsamic vinegar, light
1 ea.	Fuji apple, diced	2 Tbs.	Dijon mustard
1 ea.	Granny Smith apple, diced	1 Tbs.	Red wine vinegar
1 c.	Walnuts, chopped	1 Tbs.	Honey
½ c.	Celery, sliced	To taste	Salt and pepper
¼ c.	Raisins or cranberries		

INSTRUCTIONS

1. On a cutting board, chop kale, apples and walnuts. Then slice celery.
2. In a small bowl, add Dijon mustard, balsamic vinegar, red wine vinegar and honey, and stir until well combined to make vinaigrette.
3. In a medium bowl, add all vegetables and fruit and toss. Drizzle vinaigrette and toss until well combined.
4. Salt and pepper to taste.



INGREDIENTS

3 ea.	Large cucumbers – peeled, seeded, and coarsely chopped	1 ea.	Large avocado, peeled, pitted, and coarsely chopped
1 ea.	Large avocado, peeled and pitted	1 ea.	Clove garlic
1 pt.	Cherry tomatoes, halved	2 Tbs.	Olive oil
2 ea.	Limes, juiced	To taste	Salt and pepper

INSTRUCTIONS

1. In a food processor, add cucumbers, one avocado, olive oil, lime juice, garlic, and salt and black pepper to taste.
2. Puree until smooth.
3. Transfer to a serving bowl.
4. Stir chopped avocado and tomatoes into soup. Serve at room temperature or chilled.

CHILLED CUCUMBER AND AVOCADO SOUP WITH TOMATOES

SERVINGS PER RECIPE: 4 SERVINGS



INGREDIENTS

8 oz.	Salmon	2 Tbs.	Smart Balance butter & Canola Oil Blend
2 ea.	Yellow summer squash, cooked	To taste	Paprika
2 c.	Spinach	To taste	Salt and pepper
1 c.	Tomato sauce	Garnish	Fresh basil

INSTRUCTIONS

FOR THE SALMON:

1. Sprinkle the salmon fillets generously with salt and pepper, and dust with a little paprika.
2. In a medium skillet, heat butter on medium-high heat.
3. Once the butter is melted, add the salmon fillets, skin side down.
4. Cook, without moving, until the sides are cooked just past halfway up the fillets.
5. Flip and cook, without moving, until the sides are fully cooked, and then remove from the heat for medium-rare.

FOR THE SPAGHETTI:

1. Spiralize or julienne the summer squash to make spiral noodles (or buy already spiraled).
2. Salt to taste and drain squash in a colander for 20 minutes to remove excess liquid.
3. Toss squash noodles and tomatoes with tomato sauce and fresh spinach until well combined. Salt and pepper to taste.
4. Sprinkle fresh basil on noodles and top with salmon.

SALMON SPIRAL SPAGHETTI

SERVINGS PER RECIPE: 2 SERVINGS



INGREDIENTS

FOR THE CRUST

- ½ ea. Large head cauliflower (or 2+ cups shredded cauliflower)
- 1 ea. Large egg
- 1 c. Mozzarella cheese, finely shredded
- 1 tsp. Oregano, dried
- ½ tsp. Minced garlic, dried (or fresh garlic)

- ½ tsp. Onion salt
- To taste Cooking spray

FOR THE TOPPING

- 3 ea. Canadian bacon slices, cut into strips
- ½ c. Tomato-basil marinara sauce (or pizza sauce)
- ½ c. Mozzarella cheese, finely shredded
- ½ ea. Pineapple tidbits

INSTRUCTIONS

1. In a food processor, shred the cauliflower into small crumbles (not a puree).
2. Place the cauliflower crumbles in a large bowl and microwave them (dry) for 8 minutes. Let cauliflower cool.
3. Prepare the crust: Preheat the oven to 450°F degrees. Spray a baking sheet or pizza pan with nonstick spray.
4. In a medium bowl, mix the cauliflower crumbles (about 1-½ cups since they shrink after cooking) with the remaining crust ingredients. Pat the “crust” into a 9 to 12-inch round on the prepared pan. Spray the crust lightly with nonstick spray and bake for 15 minutes (or until golden). Remove the crust from the oven and set oven to broil.
5. Prepare the pizza: Spread the sauce on top of the baked crust, leaving a ½-inch border around the edge. Sprinkle ¼ cup cheese on top. Add the bacon, spreading it out around the pizza. Sprinkle the remaining cheese on top. Broil the pizza 3 to 4 minutes, or until the toppings are hot and the cheese is melted and bubbly. Cut into 6 slices and serve immediately.
6. Veggie it up: Add veggies like spinach, broccoli or asparagus for some green and added fiber!

SUMMER CAULIFLOWER CRUST PIZZA

SERVINGS PER RECIPE: 6 SERVINGS



INGREDIENTS

10 c.	Fresh spinach	¼ c.	Red onion rings, sliced
8 oz.	Italian-style diced tomatoes, canned	3 Tbs.	Parmesan cheese, grated
3½ c.	Packaged couscous, any flavor	1 Tbs.	Minced garlic
		½ tsp.	Olive oil
1½ c.	Light Cheddar cheese, shredded	1 Tbs.	Water
		Garnish	Fresh basil

INSTRUCTIONS

1. Prepare couscous according to package directions.
2. In small saucepan or microwave, heat tomatoes.
3. In large skillet on medium heat, combine onions, garlic and oil. Stir until onions are heated and fragrant.
4. Add spinach and water to skillet. Stir until spinach is wilted and tender but still bright green, approximately 2 minutes.
5. On large platter, layer couscous, spinach and tomatoes.
6. Sprinkle with Cheddar and Parmesan cheese and garnish with basil.



INGREDIENTS

- 18 ea. Okra pods (3 cups; up to 4 inches long), washed & dried
- 1 ea. Large lemon, squeezed for juice (optional)
- ½ c. Parmesan cheese, shredded (optional)
- To taste Olive oil
- To taste Salt and pepper

INSTRUCTIONS

1. Heat your grill to high. (You can do this on the stovetop with a grill pan, too.)
2. Using a paring knife, cut the okra pods in half, lengthwise, leaving the pods connected at the top near the stem.
3. Lightly spray or drizzle with olive oil and season with a generous pinch of salt and pepper.
4. Place over direct heat on the grill approximately 4 minutes, rotating and cooking for another 3-4 minutes until you see blackened spots.
5. Pull off the grill and serve hot with drizzled lemon juice and topped with shredded Parmesan if desired.

LEMON AND PARMESAN GRILLED OKRA

SERVINGS PER RECIPE: 3 - 4 SERVINGS



INGREDIENTS

1 ea.	Rotisserie chicken, shredded without skin	½ c.	Red onion, cut into long pieces
2 ea.	Zucchini, spiralized	1 ea.	Red bell pepper, cut into long pieces
2 ea.	Handfuls kale, torn in small pieces	1 Tbs.	Olive oil
2 ea.	Avocado	To taste	Favorite salsa
1½ c.	Dry quinoa/rice blend	To taste	Cheese, shredded
1 ea.	Can black beans, rinsed	To taste	Salt and pepper
1 ea.	Can corn, rinsed		

INSTRUCTIONS

1. In a large saucepan, add 3 cups water (or broth) and dry quinoa or quinoa blend. Bring to a boil and let simmer for 15 minutes or until the quinoa absorbs all the liquid.
2. Cut and prep the onion, pepper, zucchini and kale.
3. In a saucepan on medium heat, add olive oil. Add the onion and bell pepper and sauté for 4-5 minutes. Then add the kale and zucchini. Continue to sauté for 4-5 more minutes.
4. In another medium pan on medium heat, add the rinsed corn and black beans. Heat for 5-6 minutes then turn to low.
5. While everything is cooking on the stove, shred the chicken and put into a bowl.
6. Mash the avocado and add salsa to taste or diced tomatoes to create guacamole. Salt and pepper to taste.
7. When quinoa is finished cooking, fluff with a fork.
8. To assemble the bowl: Put quinoa on bottom and layer black beans and corn mixture, followed by the veggie mixture. Next add shredded chicken, guacamole and top with salsa to taste.

1 serving = ½ c cooked quinoa, ½ c bean & corn mixture, ¾ c veggie mix, 3 oz chicken, ¼ c guacamole, sprinkle of cheese, 2 Tbs. salsa

CHICKEN BURRITO BOWL MAKEOVER

SERVINGS PER RECIPE: APPROX. 4 SERVINGS



INGREDIENTS

1½ lb.	Skinless, boneless chicken breasts	1 ea.	Pasta sauce, 24 oz. jar
		1 c.	Cilantro, chopped
9 ea.	Corn tortillas, 5-inch	1 ea.	Small tomato, sliced
2 c.	Monterey Jack, shredded	To taste	Salt and pepper

INSTRUCTIONS

1. Preheat oven to 400°F degrees.
2. Season chicken with salt and pepper.
3. In a small skillet on medium heat, add chicken, cover with cold water and bring to a simmer. Reduce heat to medium-low and cook, turning once or twice, until opaque and firm, approximately 10 minutes. Remove from heat, let cool, and cut chicken into small pieces or shred. You should have about 3 cups chicken.
4. In a 7x11-inch baking dish, spread one-third of sauce.
5. Arrange 3 tortillas on top of sauce, slightly overlapping.
6. Sprinkle one-third of chicken and cilantro over tortillas.
7. Top with a third of cheese.
8. Make two more layers of sauce, tortillas, chicken, cilantro and cheese.
9. Distribute tomato evenly on final layer of cheese.
10. Cover with foil and bake until bubbly, approximately 20 minutes. Remove foil and cook until top is lightly browned, 10 minutes more.



INGREDIENTS

FOR THE MEATBALLS:

- 2 lbs. Ground turkey, extra lean
- 1 c. Zucchini, shredded & liquid squeezed out
- ¼ c. Green onions, finely chopped
- 2 ea. Garlic cloves, grated
- 2 Tbs. Basil, finely chopped
- 2 Tbs. Coconut milk, light (canned)
- 1 Tbs. Fish sauce
- 2 tsp. Ginger, grated
- 1 tsp. Red curry paste
- ½ tsp. Hot pepper chili flakes

- To taste Cooking spray
- To taste Cilantro

FOR THE SAUCE

- 1½ c. Coconut milk, light (canned)
- 3 Tbs. Tomato paste
- 1 tsp. Red curry paste
- 1 tsp. Fish sauce
- ½ tsp. Hot pepper chili flakes, or to taste

INSTRUCTIONS

1. In a medium bowl, combine ingredients for meatballs, mix with your hands thoroughly. Make 28 meatballs by spooning heaping 1 tablespoon of mixture and rolling between your hands. Lay on a cutting board or plate. Set aside.
2. In a small bowl, whisk together sauce ingredients and set aside.
3. Preheat large skillet (12" or larger) on high heat and spray with cooking spray. Add meatballs and cook until brown, approximately 2-3 minutes. No need to cook the meatballs through. Add the sauce, reduce heat to medium and simmer for 15 minutes, uncovered. Add garnish like fresh cilantro and green onions.
4. Storage Instructions: Refrigerate covered for up to three days. Freeze in an airtight container for up to three months.

THAI TURKEY ZUCCHINI MEATBALLS

SERVINGS PER RECIPE: 28 MEATBALLS



INGREDIENTS

1 lb.	Ground chicken	½ c.	Roasted red bell pepper, chopped (or buy jarred)
4 ea.	Mozzarella cheese, slices		
2 ea.	Tomatoes, sliced	4 Tbs.	Pesto
1 c.	Spinach, chopped	2 tsp.	Coriander (cilantro)
½ c.	Panko	1 tsp.	Sea salt
4 Tbs.	Pepper	To taste	Pepper

INSTRUCTIONS

FOR THE BELL PEPPER:

1. Heat oven to 425°F degrees.
2. Wash and slice red bell pepper. Keep pieces of bell pepper large (cut into halves or fourths) so the skin can be peeled easily after roasting.
3. Place pieces of bell pepper on nonstick or foiled baking sheet. Roast in the oven for approximately 20-25 minutes, or until the peppers start turning black.
4. Remove from oven and let cool for 5-10 minutes.
5. Peel the skin off the peppers so just the flesh is left. Chop bell pepper into small pieces.

FOR THE CAPRESE CHICKEN BURGERS:

1. Heat the grill (you can use the stovetop if the outside grill isn't an option).
2. In a large bowl, combine all ingredients, except ground chicken, and stir until well combined.
3. Add chicken to mixture and stir to distribute all seasonings.
4. Evenly divide into 4 small burger patties. Grill for 4-5 minutes per side.
5. Top with 1 slice cheese and sliced tomatoes.

CHICKEN CAPRESE BURGERS

SERVINGS PER RECIPE: 4 SERVINGS



INGREDIENTS

FOR THE STEAK

- 1 lb. Lean flank steak
- 6 ea. Asparagus spears, medium thick
- 1 ea. Red bell pepper
- 1 c. Chopped kale
- ½ c. Carrots
- ½ c. Zucchini

FOR THE MARINADE

- 1 ea. Mandarin orange, juiced
- ½ c. Cilantro, chopped
- ¼ c. Bragg's Liquid Aminos or coconut aminos
- ¼ c. Rice vinegar
- 2 Tbs. Honey
- 1 Tbs. Ginger
- 1 Tbs. Garlic paste
- 1 Tbs. Sesame oil

INSTRUCTIONS

1. Preheat oven to 375°F degrees.
2. On a cutting board, cut vegetables into thin strips/pieces.
3. Slice flank steak in half to make it thinner, then cut into several strips.
4. In a medium bowl, add marinade ingredients and stir until well combined. Set aside about ¼ cup marinade for brushing after baking.
5. Add steak strips to marinade and let sit for at least 20 minutes.
6. Once marinated, take a strip of steak and place it flat down on a plate or table. Add zucchini, 1 asparagus spear, carrots, bell pepper and kale. Roll it up and repeat until all steak has been used. If needed, you can use a toothpick to secure the rolls.
7. Sear the rolls in a nonstick skillet for about 1 minute in order to “cook close” the rolls.
8. Place the rolls on a baking rack and bake for 15 minutes.
9. Once cooked, set baked steak rolls on plate and brush them with extra marinade.

FLANK STEAK WRAPPED VEGGIE ROLL

SERVINGS PER RECIPE: 6 ROLLS, 2 ROLLS PER SERVING



INGREDIENTS

FOR THE CHICKEN:

- 8 ea. Chicken breasts with skin (4 oz each)
- 2 ea. Lemons, cut crosswise into ½-inch-thick slices
- ¼ c. Fresh lemon juice
- ¼ c. Fresh oregano, finely chopped
- 2½ Tbs. Olive oil

- 1 Tbs. Minced garlic
- 1 Tbs. Kosher salt
- 1 tsp. Black pepper

FOR THE POTATO WEDGES:

- 8 ea. Medium sweet potatoes
- 2 Tbs. Olive oil
- To taste Salt and pepper

INSTRUCTIONS

FOR THE CHICKEN:

1. Pre-heat oven to 500°F for conventional oven and 475°F for convection.
2. In a large bowl, whisk together lemon juice, oregano, garlic, salt and pepper. Add oil in a slow stream, whisking.
3. Baste chicken with mixture and let marinate for 45 minutes before cooking.
4. In two shallow baking pans, roast chicken, skin sides up (on lower shelf of oven).
5. Switch position of pans halfway through baking, until skin is crisp and chicken is cooked through, approximately 40 minutes total.
6. Lemon slices can be grilled in a well-seasoned ridged grill pan.
7. Remove skin to serve.

FOR THE ROASTED SWEET POTATO WEDGES:

1. Decrease oven heat to 400°F, and place foil on a large baking sheet.
2. On a cutting board, cut sweet potatoes into 2" wedges and spread evenly on cookie sheet.
3. Drizzle with olive oil and salt and pepper to taste.
4. Roast in oven for approximately 40-45 minutes.

SWEET & SPICY CHICKEN

SERVINGS PER RECIPE: 8 SERVINGS



INGREDIENTS

1 lb.	Ground chicken breast	¾ c.	Buffalo sauce (or your favorite hot sauce!)
1 ea.	Large egg		
2 ea.	Green onions, thinly sliced	½ tsp.	Onion powder
¾ c.	Panko	To taste	Kosher salt and freshly ground black pepper
½ tsp.	Garlic powder	Drizzle	Blue cheese dressing

INSTRUCTIONS

1. Preheat oven to 400°F degrees. Line a baking sheet with parchment paper or a silicone baking mat; set aside.
2. In a large bowl, combine panko, egg, garlic powder, onion powder and green onions; season with salt and pepper, to taste. Once completely mixed, add in ground chicken and mix well. Roll the mixture into 1¼ to 1½-inch meatballs, forming approximately 24 meatballs.
3. Place meatballs onto prepared baking sheet and bake for 4-5 minutes, or until all sides are browned. Take baking sheet out and rotate meatballs.
4. Drizzle buffalo sauce and gently toss to combine. Place baking sheet into oven for 10-15 minutes.
5. Serve immediately, drizzled with blue cheese dressing, if desired. Or lightly dip them with your fork!

BUFFALO CHICKEN MEATBALLS

SERVINGS PER RECIPE: 6 SERVINGS, 4 MEATBALLS PER SERVING



INGREDIENTS

1½ lbs.	Raw large shrimp, peeled & deveined	2 Tbs.	Soy sauce (or Tamari for GF)
1 ea.	Bunch asparagus, ends trimmed, cut into 2-inch pieces	1 Tbs.	Fresh ginger
1 ea.	Box brown rice	1 Tbs.	Canola oil, divided
½ c.	Reduced-sodium vegetable broth	2 tsp.	Cornstarch (optional for thickening)
6 ea.	Cloves garlic, minced	1 tsp.	Cumin
3 Tbs.	Fresh lemon juice	1 tsp.	Paprika
2 Tbs.	Water	1 tsp.	Chili powder
		To taste	Salt and pepper

INSTRUCTIONS

1. In a small bowl, combine cumin, paprika and chili powder. Distribute evenly over shrimp and set aside.
2. In another small bowl, combine vegetable broth and soy sauce.
3. In another small bowl, combine the cornstarch and water, and mix well to combine.
4. Heat a large non-stick wok over medium-high heat. When hot, add one teaspoon of the oil, and then add the asparagus and cook until tender-crisp, approximately 3 to 4 minutes. Add the garlic and ginger and cook until golden, approximately 1 minute. Set aside.
5. Cook brown rice as directed on package.
6. Keep heat at medium-high, then add 1 teaspoon of oil and the shrimp until cooked through, about 1-2 minutes on each side. Set aside.
7. Increase the heat to high. Add the soy sauce mixture; bring to a boil and cook about 1-2 minutes. Add lemon juice and cornstarch mixture and stir well. When it simmers, return the shrimp and asparagus to the wok and mix well. Once cooked, remove from heat and evenly distribute over rice.



INGREDIENTS

8 ea.	Corn tortillas	2 ea.	Cloves garlic, grated or paste
1 ea.	Rotisserie chicken – skin and bones removed, meat shredded	1 ea.	Lime
1 c.	2% Cheddar or Monterey Jack cheese, shredded	½ c.	Light sour cream (Or you can use Greek yogurt instead)
2 c.	Romaine lettuce, chopped	½ ea.	Red onion, finely chopped
2 ea.	Large avocado	½ c.	Cilantro, finely chopped
2 ea.	Plum tomatoes, seeded, finely chopped	To taste	Salt and pepper

INSTRUCTIONS

1. Preheat the oven to 350°F degrees.
2. In a small bowl, mash the avocados (to your liking) with salt, lime juice and garlic.
3. Stir the sour cream into the avocado mixture and stir well. Add the onions, tomatoes and cilantro, and then stir until well combined.
4. Add the chicken and gently fold to coat, and then adjust the seasoning as needed.
5. Arrange the taco shells on a baking sheet and add some cheese to each.
6. Bake for 3-5 minutes, or until the cheese is melted.
7. Remove from the oven, and fill the tacos with the lettuce and chicken salad.

AVOCADO CHICKEN SALAD TACOS

SERVINGS PER RECIPE: 8 TACOS



INGREDIENTS

8 ea.	Skewers (Soaked if not previously)	1 c.	Fresh pineapple, cubed
2 lbs.	Beef sirloin steak, cut into 1-½-inch cubes	1 ea.	Lemon, juiced
2 ea.	Green bell peppers, cut into 2-inch square pieces	¼ c.	Soy sauce
½ lb.	Fresh mushrooms, stems removed	3 Tbs.	Light brown sugar
1 pt.	Cherry tomatoes	3 Tbs.	White balsamic vinegar
		1 tsp.	Garlic powder
		½ tsp.	Seasoned salt
		½ tsp.	Garlic pepper seasoning (or plain black pepper)

INSTRUCTIONS

1. Preheat grill for high heat.
2. In a medium bowl, add soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning and fresh lemon/lime juice. Stir until well combined.
3. Place steak in a large resealable plastic bag. Cover with the marinade, and seal. Refrigerate for 8 hours, or overnight.
4. Thread steak, green peppers, mushrooms, tomatoes and pineapple onto skewers in an alternating fashion until all ingredients are gone. Reserve leftover marinade for basting while on the grill.
5. Lightly oil the grill grate. Cook kabobs on the prepared grill for 10 minutes, or to desired doneness. Flip over halfway through, approximately 5 minutes. Baste frequently with reserved marinade during the last 5 minutes of cooking.



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