
The
LITTLE
BLACK
DRESS
Project

RECIPE GUIDE

2.0

MAH-ANN'S PRO FITNESS



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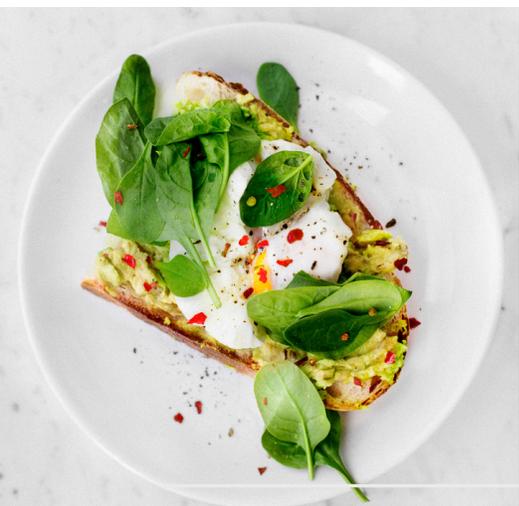
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ENERGIZING

Smoothies

Each recipe yields 1 serving.



LBD Energy Boost

1 cup raw baby spinach; 2 tbsp. cacao powder; 1 small banana; 1½ cup unsweetened almond milk; 10 fresh mint leaves; 1 Tbsp cacao nibs, 1 serving protein powder, ½ cup ice



Antioxidant Blueberry Smoothie

¾ cup frozen blueberries; ½ banana; 1 cup almond milk; 1 tbsp. chia seeds, ½ cup spinach; 1 serving protein powder, ½ cup ice



Skin Glow Smoothie

1 cup frozen strawberries; ⅓ avocado; 2 tbsp. cashews, 1-2 pitted dates; 1 cup almond milk; 1 serving protein powder, 1 cup ice, sprinkle cinnamon (if desired)



Caribbean Mango Smoothie

1 cup frozen mango chunks; ½ banana, 1 cup almond milk; ½ lime (juiced); dash of cayenne pepper; 1 scoop protein powder, 1 cup ice



Chocolate Banana Smoothie

1 cup almond milk; 1 small banana; 1 serving protein powder, 2 tsps. raw cacao; 1 tbsp cacao nibs, ¼ tsp. cinnamon; dash of cayenne pepper; 1 cup ice



Strawberry Smoothie

1 cup unsweetened almond milk; 1 cup frozen strawberries; ½ ripe banana; ½ tsp pure vanilla extract; 1 scoop protein powder; 1 tbsp goji berries (optional); 1 cup ice



Detoxifying Cucumber Mint Smoothie

1 medium cucumber (peeled, seeded, & diced); handful spinach; ⅓ avocado; handful of fresh mint leaves; 1 tbsp. fresh lime juice; 1 tsp. raw honey; 1 cup coconut water (or spring water); 1 cup ice

DELICIOUS

Breakfasts

LBD

Avocado Toast

(1 serving)

Ingredients

- 1 slice Ezekiel bread
- ½ ripe avocado, sliced
- ½ tomato, diced
- ¼ of lemon, squeezed
- salt and pepper to taste
- 1 tbsp pumpkin seeds
- 1 egg



Directions

1. In a bowl, smash avocado with a fork. Squeeze ¼ lemon, and season with salt and pepper. Stir to combine and set aside.
2. Warm a non-stick pan over medium heat. While pan is warming, toast bread.
3. Once the pan is warm, crack egg into the pan. Season with salt and pepper. Once edges of the egg are browning, flip the egg and continue cooking until desired doneness.
4. Top the bread with avocado mash, and top with diced tomatoes and pumpkin seeds.

EASY BREAKFAST *Casserole*

(4 servings)



Ingredients

- 1 onion, halved and thinly sliced
- 1 small bunch asparagus, ends removed and chopped into ½" pieces
- 1 red pepper, diced
- 1 zucchini, diced
- 1 cup cherry tomatoes, halved
- 8 large eggs
- 2 chicken sausage links (organic if possible, about 8 ounces total)

Directions

1. Preheat oven to 400°F. In a saute pan, place onion and sausage and cook until browned. Remove from heat.
2. Spray a glass baking dish with non-stick spray.
3. Beat eggs in a bowl and pour into prepared glass baking dish.
4. Add remaining ingredients and bake until egg has set, approx. 18-22 minutes.
5. Cut into squares like you would a brownie. Freeze individually wrapped squares and enjoy all week!

ROASTED HEIRLOOM *Tomato Scramble*

(2 servings)

Ingredients

- 1 onion, halved and sliced
- 1 medium heirloom tomato, diced
- 1 garlic clove, chopped
- 1 sweet yellow pepper, diced
- 1 yellow squash
- 1 tbsp. extra virgin olive oil
- salt and pepper to taste
- 4 eggs for omelet
- 1 avocado, sliced for garnish



Directions

1. Preheat oven to 400°F. Place vegetables on a lined baking sheet. Toss with olive oil and season with salt and pepper.
2. Roast until vegetables have softened and are lightly golden, about 15 minutes.
3. In a bowl, crack open eggs and whisk. Season with salt and pepper.
4. Heat a sauté pan over medium heat and scramble eggs. While cooking, add in all of the veggies from the baking sheet.
5. Once the eggs are cooked to your desired consistency, remove from heat and serve! Enjoy!

SUNSHINE

Scramble

(2 servings)

Ingredients

- 1 tbsp extra virgin olive oil
- 1 tomato (chopped)
- ½ cup broccoli (chopped)
- ½ yellow onion (chopped)
- ½ red pepper (chopped)
- 4 eggs
- sea salt & black pepper (for seasoning)
- 1 avocado



Directions

1. Heat a pan over medium heat, and sauté broccoli, onion, tomato, and pepper until tender (about 3-5 mins).
2. In a small bowl, add the eggs and whisk them together. Pour the eggs over the vegetables in the pan, and scramble to your liking.
3. Season with salt and pepper. (Be sure to keep stirring them so the eggs don't stick to the bottom of the pan).
4. Serve with sliced avocado.

SALAD

Dressings

CREAMY CITRUS

Vinaigrette Dressing

(12 servings)

Ingredients

- ¼ cup fresh squeezed orange juice
- 2 tsps fresh squeezed lemon juice
- 1 tsp balsamic vinegar
- 1 tbsp honey
- 1 tsp dijon mustard
- ½ tsp minced garlic
- ½ tsp salt, or to taste
- ¼ tsp pepper, or to taste
- 1 cup extra virgin olive oil



Directions

1. Place all of the ingredients into a blender except the olive oil.
2. With machine running, slowly add oil to blender. It will emulsify and turn nice and creamy.

GREEK

Vinaigrette

(10 servings)



Ingredients

- ½ cup extra virgin olive oil
- 2 tbsp red wine vinegar
- juice from ½ lemon
- 1 garlic clove, minced
- 1 tsp dried oregano
- ½ tsp honey
- salt and pepper to taste

Directions

1. In a small bowl, add all of the ingredients.
2. Whisk until blended and creamy.

HONEY DIJON

Vinaigrette

(10 servings)

Ingredients

- 1 garlic clove, chopped
- juice of one lemon
- 3 tbsp dijon mustard
- 1 tbsp honey
- ¼ cup apple cider vinegar
- ¾ cup extra virgin olive oil
- ½ tsp salt
- ¼ tsp black pepper
- 2 tbsp fresh parsley

Directions

Place all of the ingredients into a blender. Process on high for approximately 30-60 seconds until creamy. Enjoy!

MOM'S BALSAMIC

Dressing

(12 servings; 2 Tbsp. per serving)

Ingredients

- 1 cup extra virgin olive oil
- 1/3 cup balsamic vinegar
- 1 tbsp dried parsley
- ½ tsp sea salt
- ¼ tsp black pepper (just to season)
- 1 tbsp honey mustard
- 1 garlic clove, minced

Directions

Add all ingredients into a bowl & whisk until thick and creamy. Check for seasoning.

SALADS

& Wraps

DETOX

Salad

(1 serving)

Ingredients

- 2 cups mixed greens (not iceberg, chopped)
- ½ red bell pepper (chopped)
- ½ cup broccoli (chopped)
- ½ tomato (chopped)
- ½ cucumber (small, peeled and chopped)
- ½ cup alfalfa sprouts
- 1 tbsp pumpkin seeds
- Juice from ¼ lemon
- 2 ozs pre-cooked chicken breast



Directions

In a bowl, toss everything together with 1 tablespoon of any challenge-approved dressing. Enjoy!

LITTLE BLACK DRESS

Salad

(1 serving)



Ingredients

- ½ red bell pepper
- ½ tomato
- 1 cup baby spinach
- ½ cup broccoli
- ½ cucumber
- 1 tbsp pumpkin seeds
- 4 ozs pre-cooked chicken breast

Directions

In a bowl, toss everything together with 2 tablespoons of any challenge-approved dressing. Enjoy!

LITTLE BLACK DRESS

Side Salad

(1 serving)

Ingredients

- ¼ red bell pepper
- 1 cup mixed greens
- 1 tbsp pumpkin seeds
- ¼ avocado
- ½ cup broccoli
- ¼ cup cherry tomatoes
- ¼ cucumber

Directions

In a bowl, toss everything together with 1 tablespoon of any challenge-approved dressing. Enjoy!

CHOPPED GREEK

Chicken Salad

(1 serving)

Ingredients

- 1 cup chopped Romaine lettuce
- ½ cup cherry tomatoes, sliced in half
- ½ cucumber, peeled, halved and cut into slices
- ½ yellow bell pepper
- ¼ red onion, diced
- 6 Kalamata olives, pitted and halved
- 1 small jarred beet, halved and sliced
- 4 ounces cooked chicken breast, chopped

Directions

Toss all of the ingredients in a large bowl. Enjoy!

CARIBBEAN

Lettuce Wraps

(2 servings)



Ingredients

- ¼ tsp garlic powder
- ¼ tsp turmeric
- pinch of cayenne pepper
- salt and pepper to taste
- ¾ tbsp extra virgin olive oil
- Juice of half lime
- ½ ripe mango, pitted and diced
- 8 oz cooked chicken breast, sliced
- ¼ of a red onion, thinly sliced
- 1 tbsp. chopped fresh cilantro
- 4-6 bibb lettuce leaves
- ½ sliced avocado

Directions

1. In a bowl, whisk together the spices with the olive oil and lime juice.
2. Place remaining ingredients, except lettuce and avocado into the bowl and gently toss.
3. Place mixture into the center of the lettuce, add fresh sliced avocado, and enjoy!

DECONSTRUCTED

Cobb

(1 serving)

Ingredients

- 1½ cups Romaine lettuce, chopped
- 1/3 tomato, diced
- 1/3 mango, chopped
- 1/3 cucumber, peeled, halved and cut into slices
- ¼ cup large black olives, halved
- 5 ounces chopped organic turkey breast (deli)
- 1/3 avocado, cubed
- ½ apple, cored and chopped
- 2 tbsp creamy citrus vinaigrette dressing (see recipe)

Directions

Toss all of the ingredients in a large bowl. Enjoy!

CHICKEN SALAD

Wraps

(2 servings)

Ingredients

- 8 oz cooked chicken breast, chopped
- 1 small ripe tomato, chopped
- ½ tsp garlic powder
- ½ tsp cumin powder
- ½ cup full fat plain greek yogurt
- ½ yellow pepper, chopped
- ½ cup of seedless grapes, halved
- 2 stalks of celery, chopped
- ¼ cup of walnuts, chopped
- Salt and pepper to taste
- pinch paprika (optional)
- 4-6 bibb lettuce leaves

Directions

Place all of the ingredients, except lettuce into a bowl and mix. Place a mound of chicken salad in the center of leaf and roll. Enjoy!

COMFORTING

Soups

CREAMY

Vegetable Soup

(2 servings)

Ingredients

- 2 carrots
- 1 zucchini
- 1 yellow squash
- 1 package frozen broccoli, room temperature
- 4 cups vegetable stock
- ½ tsp curry powder
- ½ tsp cumin powder
- dash of rosemary
- salt and pepper to taste



Directions

1. In a large pot bring stock to a boil. Add all of the ingredients and cook for 10 minutes until vegetables are tender. Check for seasoning.
2. In small batches, add soup to blender and process until smooth and creamy. Serve and enjoy!

EASY *Lentil Soup*

(4 servings)

Ingredients

- ¼ cup extra virgin olive oil
- 1 medium onion, chopped
- 2 carrots, peeled and chopped
- 2 large garlic cloves, finely chopped
- 2 tsps ground cumin
- 1 tsp curry powder
- ½ tsp dried thyme
- 28 oz can of Fire Roasted diced tomatoes, drained
- 1 cup green lentils, rinsed
- 6 cups chicken or vegetable stock
- sea salt & pepper to taste
- 2 cups cauliflower, chopped
- 2 cups kale, chopped (ribs removed)
- Juice of ½ lemon

Directions

1. In a large stock pot, warm the oil over medium heat (30 seconds). Add onion and carrots, and stir occasionally until vegetables have softened. (5 minutes). Add the garlic, cumin, curry powder and thyme, stir until fragrant. Add tomatoes and cook for a few more minutes to combine flavors.
2. Stir and check the heat so that nothing is sticking to the bottom of the pot. Add lentils and broth and season with salt and pepper.
3. Raise the heat to bring to a boil, then partially cover the pot and reduce heat. Simmer for 20 minutes, and then add cauliflower.
4. Continue to simmer for another 10-20 minutes until the lentils are tender. Add the chopped kale.
5. Cook for approximately 5 minutes more or until the greens are tender. Remove the pot from heat and add lemon juice. Check for seasoning.

PROTEIN

Chicken & Turkey

ONE PAN BALSAMIC

Chicken & Veggies

(4 servings)

Ingredients

- 3 cups broccoli florets, chopped
- 2 carrots, peeled, cut into thirds and quartered
- 1 small red onion, halved and sliced
- 16 brussels sprouts, sliced
- 3 garlic cloves, sliced
- salt and pepper to taste
- 1/3 cup Mom's Balsamic Dressing (recipe above)
- 4 x 4 oz chicken breasts



Directions

1. Preheat oven to 350°F. In a bowl, combine all of the ingredients and gently mix. If needed, add a little more dressing.
2. Place mixture on a foil lined rimmed pan. Cover with aluminum foil, and bake for 25 mins.
3. Uncover and continue to cook for 8-15 more minutes, or until chicken is cooked through. Check for seasoning.

CHICKEN

Cacciatoro

(4 servings)

Ingredients

- 4 chicken thighs
- 4 chicken legs
- 1 onion, chopped
- 1 red bell pepper, diced
- 2 garlic, minced
- 28 oz can of crushed tomatoes
- 2 tbsp dried parsley flakes
- 2 tbsp extra virgin olive oil
- salt and pepper to taste



Directions

1. Preheat oven to 350°F. Season the chicken with salt and pepper.
2. In a large, oven-safe sauté pan, add the olive oil and sauté the chicken until golden brown on all sides, on medium-high heat. Remove the chicken from the pan and pour off all but 2 tbsp. of oil.
3. Add the onion and pepper and cook vegetables are tender. Add the garlic and sauté one minute more. Careful not to burn the garlic.
4. Add the tomatoes, parsley and seasoning.
5. Transfer sauté pan into preheated oven, and bake chicken and vegetables for about 30 minutes, or until the chicken is cooked through and tender. Enjoy!

BAKED *Pecan Chicken*

(4 servings)

Ingredients

- 1 lb boneless, skinless chicken breasts
- 2 large eggs
- 2 tbsp chopped parsley
- 1½ tsp salt, or to taste
- ¼ cups finely chopped pecans, toasted



Directions

1. Preheat oven to 400°F. Beat eggs until foamy.
2. In a bowl, combine the pecans, parsley and salt. Dip the chicken in the egg, then dredge in pecan mixture.
3. Arrange chicken breasts on a lightly greased aluminum foil-lined baking sheet for 20 to 25 minutes or until chicken is cooked through.

Protein: Chicken & Turkey

TURKEY & CABBAGE

Stir Fry

(4 servings)

Ingredients

- 2 tbsp extra virgin olive oil
- 1 lb ground turkey
- 2 cups shredded cabbage
- 1 sweet onion, halved and sliced thin
- 1 carrot, grated or diced
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp sea salt
- 1 tsp black pepper



Directions

1. In a large skillet, add the olive oil and cook turkey until browned.
2. Add the onions, cabbage, and carrot and cook until tender.
3. Add the remaining seasoning and cook for 5 minutes more.

Protein: Chicken & Turkey

LITTLE BLACK DRESS

Quinoa Bowl

(4 servings)



Ingredients

- 1/2 cup quinoa
- 1 cup spring water
- 1 tbsp extra virgin olive oil
- 1 lb. lean ground turkey
- 1 tbsp curry powder
- 1/8 tsp cayenne pepper
- sea salt & black pepper (to taste)
- 1 tbsp fresh ginger (peeled and grated)
- 1 cup pineapple (cored and sliced into chunks)
- 1 orange pepper, chopped
- 1/2 yellow pepper, chopped
- 1 medium carrot (grated)
- 1 zucchini (grated)
- 1 tbsp coconut aminos
- 1 cup baby spinach

Directions

1. In a saucepan, bring the quinoa and water to a boil. Turn down the heat, cover, and let simmer for 12 minutes. Remove from the heat, fluff with a fork, and set aside.
2. In a skillet over medium heat, add the turkey, curry powder, cayenne, and salt and pepper. Cook for 8-10 minutes or until the turkey is fully cooked.
3. Add the ginger, pineapple, pepper, carrot, zucchini, and coconut aminos and cook for 5 more minutes.
4. Stir in the spinach and mix until wilted. Serve and enjoy!

LITTLE BLACK DRESS

Turkey Burgers

(Makes 6-8 burgers. Not on the meal guide but can be used for “meals in a pinch!”)

Ingredients

- 1½ lb ground turkey meat
- 1 tbsp coconut oil
- 1 sweet onion, diced
- ½ red pepper, diced
- 1 tsp ground cumin
- 1/8 tsp cayenne pepper or red pepper flakes (optional)
- ½ tsp garlic powder
- ½ cup flat leaf parsley, finely chopped
- sea salt & pepper to taste



Directions

1. Over med heat, sauté onion in coconut oil until translucent. Add red pepper, cumin, garlic powder, parsley, cayenne pepper, and salt and pepper. Sauté for 5 minutes more, and remove from heat.
2. Once cool, add ground turkey to the mix, and form 4 oz. patties.
3. Heat up large skillet under med heat and add burgers. (1 tsp. coconut oil optional for cooking burgers)
4. Flip after 4-6 minutes and cook through on the other side until done.

Burgers freeze very well.

PAPRIKA *Salmon*

(3 servings)



Ingredients

- 1 lb salmon filet
- 2 tsp extra virgin olive oil
- 1 tbsp honey
- 1 tbsp dijon mustard
- 2 tsp freshly grated ginger
- 1 tsp paprika

Directions

1. Preheat oven to 350°F.
2. In a small bowl, blend olive oil, honey, mustard, ginger, and paprika.
3. Brush salmon fillets evenly with the olive oil mixture. Place in a medium baking dish.
4. Bake 15 to 20 minutes until the fish flakes easily with a fork.

GINGER COD

with Napa Cabbage

(3 servings)

Ingredients

- 1 lb cod filet
- 2 cups shredded napa cabbage
- 2 carrots, shredded
- 2 tbsp fresh lime juice
- 3 tbsp Braggs Liquid Aminos
- 2 tbsp extra virgin olive oil
- 2 tbsp honey
- 1 tsp ground ginger
- 1 tbsp sesame seeds

Directions

1. Mix 1 tbsp lime juice, 1 tbsp Braggs aminos, 1 tbsp olive oil and the ginger in a bowl and whisk together. Place the cod in the sauce and set aside.
2. Preheat a skillet over medium heat. Once warm, add sesame seeds and stir frequently until they are golden brown. About 2 to 3 minutes. Once done, transfer to a small bowl.
3. Add a splash of olive oil to the skillet and swirl to coat the bottom. Place the cod in the skillet; cook for 2 to 3 minutes on one side, then flip and pour in the remaining sauce. Continue to cook until the flesh is opaque, another 2 to 3 minutes.
4. In a separate bowl, combine the remaining 1 tbsp lime juice, 1 tbsp olive oil, 2 tbsp Braggs aminos, and honey in a large bowl; whisk together.
5. Add the shredded cabbage and carrot to the large bowl. Toss the salad until well combined.
6. To serve, arrange the salad on a plate and place the cod on top.

WALNUT CRUSTED *Halibut*

(3 servings)

Ingredients

- 3 x 5 ounce halibut fillets, skin removed
- 1¼ cups finely chopped walnuts
- 4 tbsp dijon mustard
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon zest
- 1 tbsp maple syrup
- ¼ tsp cayenne pepper
- 2 small sweet potatoes, peeled and thinly sliced into rounds
- 1 bunch asparagus, washed & ends trimmed
- 2 lemons, sliced

Directions

1. Preheat oven to 400°F. Line a sheet pan with aluminum foil lightly brush with olive oil. Arrange asparagus and sweet potatoes onto baking sheet. Season lightly with salt and pepper. (You may need two baking sheets.) Make room on the tray for 3 fillets.
2. In a small bowl, add walnuts, lemon zest, maple syrup, and cayenne pepper. Brush each fillet of fish with the mustard mixture and press any loose walnuts into the fish lightly. Place the fish on the baking tray with the veggies.
3. Bake for 10-12 minutes or until the fish flakes with a fork and is cooked through.
4. Allow to rest for about 5 minutes, and then enjoy!

SHRIMP SCAMPI

Over Zucchini Noodles

(2 servings)

Ingredients

- ½ lb medium shrimp, peeled and deveined
- 2 garlic cloves, minced
- 2 tsp extra virgin olive oil
- zest & juice from ½ lemon
- 2 tbsp chicken broth
- pinch of red pepper flakes
- salt and pepper to taste
- 2 tbsp fresh parsley, chopped
- 2 medium zucchini, ends removed, passed through a spiralizer (you may even be able to find these pre-spiralized at Whole Foods!)

Directions

1. Heat the oil in a large pan over medium-high heat. Do not let the oil smoke.
2. Add the shrimp, and season with salt and pepper. Cook for one minute on each side.
3. Add the garlic, lemon juice, zest, chicken broth, and red pepper flakes. Cook together for another minute.
4. Stir in the parsley. Lower the heat and remove the shrimp from the pan.
5. Add the zucchini spirals. Cook for one minute more.
6. Return the shrimp to the pan and remove from heat.

ORANGE BEEF

Stir Fry

(3 servings)

Ingredients

- 1 lb NY Strip Steak
- 3 scallions, thinly sliced
- juice of one orange
- 1 tbsp orange zest
- 1 tbsp honey
- 1 tbsp apple cider vinegar
- 2 tbsp Bragg's Liquid Aminos
- 2 tsp ground ginger
- pinch of red pepper flakes
- salt and pepper to taste
- 2 tbsp coconut oil

Directions

1. In a bowl, combine the beef, thinly sliced scallion, ginger, zest, salt and pepper. Toss to coat.
2. In a separate bowl, combine juice, braggs aminos, vinegar, honey, and 2 tbsp water.
3. Heat a large wok or skillet over high heat until hot. Add oil and swirl to coat.
4. Add beef mixture and remaining scallions and cook, stirring constantly, until beef is browned, about 5 minutes.
5. Add juice mixture; cook, stirring, until sauce is bubbling and slightly thickened, about 3 minutes.

PORK

Dishes

ROASTED ITALIAN

Sausage & Vegetables

(4 servings)

Ingredients

- 1 small butternut squash, peeled and chopped
- ½ lb green beans, tips removed and cut into thirds
- 1 head of broccoli florets
- 1 ½ red pepper, chopped
- 1 yellow pepper, chopped
- 1 lb sweet or hot Italian sausage links, sliced into rounds
- 1 tsp garlic powder
- 1 tsp dried thyme
- 2 tsps dried basil
- 1 tbsp dried oregano
- salt and pepper to taste
- pinch of red pepper flakes
- extra virgin olive oil (about ¼ cup)

Directions

1. Preheat the oven to 400°F In a large bowl, mix together all of the spices and the olive oil. Add the rest of the ingredients and toss to coat the sausage and the vegetables.
2. Spread evenly over a lined baking sheet.
3. Roast for 20 minutes, stir and roast another 15 minutes or until the sausage has browned and the vegetables are tender.

ROASTED *Broccoli*

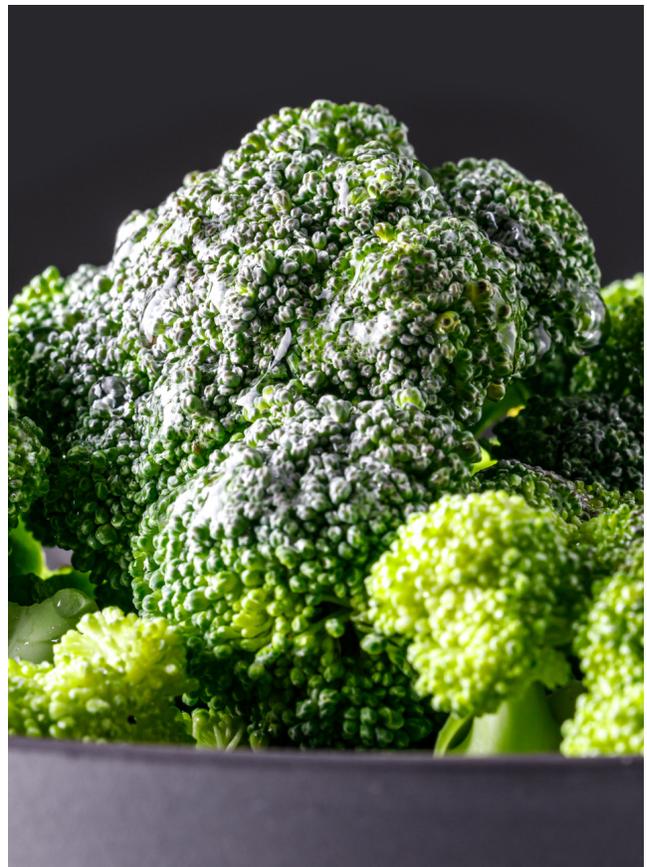
(3 servings)

Ingredients

- 4 cups broccoli (cut into florets)
- 2 tbsp extra virgin olive oil
- ½ tsp sea salt

Directions

1. Preheat oven to 425°F
2. On a rimmed baking sheet, toss the broccoli with olive oil and spread out on the sheet. Season lightly with salt.
3. Roast for 20-25 minutes. Enjoy!



ROASTED EGGPLANT

Zucchini & Squash

(4 servings)

Ingredients

- 1 eggplant, chopped
- 2 zucchini, chopped
- 2 yellow squash, chopped
- 2 garlic cloves, minced
- ½ a bunch of kale, washed, ribs removed and coarsely chopped (about 2 cups)
- 1 cup cherry tomatoes, halved
- ½ tsp dried rosemary
- ½ tsp dried basil
- 2 tbsp coconut oil
- 1 tbsp balsamic vinegar
- salt and pepper

Directions

1. In a large stock pot over medium-high heat, melt 1 tbsp coconut oil and add eggplant and brown on all sides.
2. Next, add in zucchini, squash and garlic along with the remaining coconut oil. Season with salt and pepper. Cook for about 3-5 minutes or until vegetables are softened. Make sure to continue stirring so nothing sticks to the bottom of the pot.
3. Next, add in balsamic, kale, rosemary, and basil. Mix well and saute until kale is wilted. (just a couple of minutes).
4. Add in cherry tomatoes while the kale is wilting. Enjoy!!

LBD SAUTEED KALE & Roasted Squash

(4 servings)

Ingredients

- 4 cups butternut squash, peeled and cubed (1¾ pound squash)
- 1 tsp olive oil
- 1 garlic clove, minced
- salt and pepper

Directions

1. Preheat the oven to 400°F. Place squash on a baking sheet and toss with olive oil and garlic, and season with salt and pepper.
2. Bake for 35 minutes until golden. Remove from oven. Then...

Ingredients

- 6 cups of kale, washed, ribs removed and coarsely chopped
- 2 tbsp extra virgin olive oil
- 1 tsp balsamic vinegar
- salt and pepper to taste
- 1 medium red onion, halved and sliced thin
- 2 garlic cloves, minced
- ½ cup raw pecans, chopped
- 1/3 lemon, juiced
- salt and pepper to taste

Directions

1. While the squash is in the oven, in a large stock pot over medium-high heat, add the oil and red onion. Cook for about 8 minutes until softened.
2. Add garlic and cook for about 1 more minute. Add the kale and balsamic vinegar, and season with salt and pepper. Cook just until the kale has wilted (1-2 minutes).
3. Next, add in the pecans and lemon juice. Gently mix in the butternut squash once it's done cooking.
4. Check for seasoning and serve.

ROASTED *Sweet Potatoes*

(4 servings)



Ingredients

- 2 tbsp extra virgin olive oil
- ¼ tsp cinnamon
- ¼ tsp cumin powder
- ¼ tsp cardamom (if desired)
- pinch of cayenne pepper
- salt and pepper to taste
- 2 large sweet potatoes, peeled and cubed

Directions

1. Preheat oven to 400°F. Mix the olive oil with the spices in a large bowl. Add the sweet potatoes and toss until the potatoes are evenly coated.
2. Transfer to a foil-lined baking sheet, making sure that none of the potatoes overlap.
3. Roast the potatoes for about 20 minutes or until fork tender and lightly golden.

APPLE SLICES & Hummus

(1 serving)

Ingredients

- 1 apple (sliced)
- ¼ cup hummus

Directions

Dip the apple in the hummus, or enjoy separately!

ALMOND BUTTER + Apple

(1 serving)

Ingredients

- 1 apple (sliced)
- 1 or 2 Tbsp. almond butter

Directions

Spread the almond butter over the apple slices. Enjoy!

1/2 SLICED *Avocado*

(1 serving)

Ingredients

- ½ avocado (sliced)

Directions

Enjoy!

RAW *Almonds*

(1 serving)

Ingredients

- 2 or 4 tbsp of
Raw Almonds

Directions

Enjoy!



CELERY

+ *Hummus*

(1 serving)

Ingredients

- 3 stalks celery (sliced)
- ¼ cup hummus pinch paprika (optional)

Directions

Spread hummus on the celery, and enjoy!

SLICED

Veggies

(1 serving)

Ingredients

- ¼ red bell pepper (sliced)
- 1 carrot, chopped
- ¼ cup broccoli, chopped,
- 1 stalk celery, sliced

Directions

Enjoy!