



1 Week Slim Down Meal Plan by Blender Babes

I hope you enjoy this macro driven paleo (mostly!) one week Slim Down Meal Plan!

PLEASE NOTE THE FOLLOWING:

- 1) The No Bake Energy Bites, Smoothies, Hard boiled eggs and Snickerdoodle cookie butter that are listed at lunch/breakfast time are both SNACKS. Please enjoy in between Breakfast and Lunch and Lunch and Dinner.
- 2) The recipes + shopping list are for 1 person for the week. If feeding more than 1 person be sure to double, triple or quadruple the recipe as needed.
- 3) Where you see a green circle on the meal plan means "leftovers".

SOME TIPS FOR WEIGHT LOSS:

- 1) You may add a 1/2 scoop of protein or other boosts to your smoothies.
- 2) Try to eat dinner early, ideally no later than 7pm
- 3) If you are hungry late in the evening, eat a high protein snack such as raw vegetables and hummus or a protein only shake.
- 4) Drink PLENTY of water! Shoot for 8 cups minimum (drink 1 cup every hour)
- 5) Start your day with a cup of warm water + lemon (can add cayenne or ACV to boost) ENJOY! If you like this meal plan, be sure to check out Real Plans! I use this easy meal planning tool myself and with my clients for weight loss as well as maintenance (staying on track).



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Breakfast</p> <p> No Bake Energy Bites Gimme Some Oven</p> <p> Weight Loss Kiwi Ginger Green Smoothie</p>	<p>Breakfast</p> <p> LEMON POPPYSEED PUDDING — Dr Tara's Sunshine</p> <p>No Bake Energy Bites Gimme Some Oven (leftover)</p>	<p>Breakfast</p> <p> Clean Breeze Kombucha Green Smoothie</p> <p>No Bake Energy Bites Gimme Some Oven (leftover)</p>	<p>Breakfast</p> <p> Banana Wild Blueberry Smoothie With Chia Seeds (DF)</p> <p>LEMON POPPYSEED PUDDING — Dr Tara's Sunshine (leftover)</p>	<p>Breakfast</p> <p> Zucchini Smoothie - JoyFoodSunshine</p> <p>No Bake Energy Bites Gimme Some Oven (leftover)</p>	<p>Breakfast</p> <p> Detox Smoothie with Beet and Coconut Oil</p> <p>No Bake Energy Bites Gimme Some Oven (leftover)</p>	<p>Breakfast</p> <p> Dr. Oz Euro Nut Smoothie</p> <p>No Bake Energy Bites Gimme Some Oven (leftover)</p>
<p>Lunch</p> <p> Pina Colada Smoothie (DF)</p> <p> Spicy* Egg Salad Wraps</p>	<p>Lunch</p> <p> Perfect Hard Boiled Eggs SimplyRecipes.com</p> <p>Fiesta Enchiladas (Paleo) (leftover)</p>	<p>Lunch</p> <p> Banana Spice Smoothie</p> <p>Teriyaki Shrimp Sushi Bowl : The Almond Eater (leftover)</p>	<p>Lunch</p> <p> White Chicken Chili (Paleo) (leftover)</p> <p>No Bake Energy Bites Gimme Some Oven (leftover)</p>	<p>Lunch</p> <p> Tangy Mango Smoothies (DF)</p> <p>Thai Vegetables and Quinoa Bowl (V) (leftover)</p>	<p>Lunch</p> <p> Perfect Hard Boiled Eggs SimplyRecipes.com (leftover)</p> <p>Sheet-Pan Miso Chicken With Radishes and Lime Recipe - NYT Cooking (leftover)</p>	<p>Lunch</p> <p> Snickerdoodle Cookie Butter</p> <p>Ramen Stir-Fry (leftover)</p>
<p>Dinner</p> <p> Fiesta Enchiladas (Paleo)</p>	<p>Dinner</p> <p> Teriyaki Shrimp Sushi Bowl : The Almond Eater</p>	<p>Dinner</p> <p> White Chicken Chili (Paleo)</p>	<p>Dinner</p> <p> Thai Vegetables and Quinoa Bowl (V)</p>	<p>Dinner</p> <p> Sheet-Pan Miso Chicken With Radishes and Lime Recipe - NYT Cooking</p>	<p>Dinner</p> <p> Ramen Stir-Fry</p>	<p>Dinner</p> <p> The Best Baked Salmon Recipe Food Network Kitchen</p>

Meal Plan Summary

Monday

Breakfast

No Bake Energy Bites | Gimme Some Oven (p.9) , Weight Loss Kiwi Ginger Green Smoothie (p.9)

Lunch

Pina Colada Smoothie (DF) (p.9) , Spicy* Egg Salad Wraps (p.10)

Dinner

Fiesta Enchiladas (Paleo) (p.11)

Tuesday

Breakfast

LEMON POPPYSEED PUDDING — Dr Tara's Sunshine (p.12) , No Bake Energy Bites | Gimme Some Oven (leftover) (p.9)

Lunch

Perfect Hard Boiled Eggs | SimplyRecipes.com (p.12) , Fiesta Enchiladas (Paleo) (leftover) (p.11)

Dinner

Teriyaki Shrimp Sushi Bowl : The Almond Eater (p.14)

Wednesday

Breakfast

Clean Breeze Kombucha Green Smoothie (p.14) , No Bake Energy Bites | Gimme Some Oven (leftover) (p.9)

Lunch

Banana Spice Smoothie (p.15) , Teriyaki Shrimp Sushi Bowl : The Almond Eater (leftover) (p.14)

Dinner

White Chicken Chili (Paleo) (p.15)

Thursday

Breakfast

Banana Wild Blueberry Smoothie With Chia Seeds (DF) (p.16) , LEMON POPPYSEED PUDDING — Dr Tara's Sunshine (leftover) (p.12)

Lunch

White Chicken Chili (Paleo) (leftover) (p.15) , No Bake Energy Bites | Gimme Some Oven (leftover) (p.9)

Dinner

Thai Vegetables and Quinoa Bowl (V) (p.17)

Friday

Breakfast

Zucchini Smoothie - JoyFoodSunshine (p.17) , No Bake Energy Bites | Gimme Some Oven (leftover) (p.9)

Lunch

Tangy Mango Smoothies (DF) (p.18) , Thai Vegetables and Quinoa Bowl (V) (leftover) (p.17)

Dinner

Sheet-Pan Miso Chicken With Radishes and Lime Recipe - NYT Cooking (p.19)

Saturday

Breakfast

Detox Smoothie with Beet and Coconut Oil (p.20) , No Bake Energy Bites | Gimme Some Oven (leftover) (p.9)

Lunch

Perfect Hard Boiled Eggs | SimplyRecipes.com (leftover) (p.12) , Sheet-Pan Miso Chicken With Radishes and Lime Recipe - NYT Cooking (leftover) (p.19)

Dinner

Ramen Stir-Fry (p.20)

Sunday

Breakfast

Dr. Oz Euro Nut Smoothie (p.21) , No Bake Energy Bites | Gimme Some Oven (leftover) (p.9)

Lunch

Snickerdoodle Cookie Butter (p.22) , Ramen Stir-Fry (leftover) (p.20)

Dinner

The Best Baked Salmon Recipe | Food Network Kitchen (p.23)

Shopping List

Real Plans

Produce

Refrigerated

- 1 bell pepper
- 1 carrot
- 1/2 stalk celery
- 1 cup chopped mushrooms
- 1 bunch cilantro
- 3/4 cup cucumber
- 1 inch fresh ginger
- 2 green onion
- 1/2 jalapeño pepper
- 1/2 pound radish
- 4 scallion
- 1 yellow squash
- 1/2 cup zucchini
- 1/2 cup blueberries
- 3 ounces carrot
- 1 celery rib
- 1/2 cup cilantro
- 1 cucumber
- 3 teaspoons fresh ginger
- 1/8 cup fresh parsley
- 1/4 head iceberg lettuce
- 1 poblano pepper
- 3/4 red bell pepper
- 1 1/4 cups spinach
- 1 zucchini

Non-refrigerated

- 1/8 apple
- 3/4 cup avocado
- 1/2 beet
- 1 head garlic
- 1/8 cup lemon juice
- 1 1/4 lime
- 1/2 mango
- 1 1/2 onion
- 1/8 pineapple
- 1/2 avocado
- 2 1/4 banana
- fruit
- 3 1/2 kiwi
- lemon zest
- 1/2 inch lime
- 2 teaspoons minced garlic
- 1/2 pear

Meat/Seafood

- 3/4 pound chicken thigh
- 1/2 pound cooked shrimp
- 10 ounces shrimp
- 3 cups cooked chicken
- 1/3 pound salmon fillet

Eggs & Dairy

- 1/2 cup butter
- 5 egg
- 1/2 cup vanilla kefir
- 1/2 cup coconut milk yogurt
- 3 teaspoons unsalted butter

Spices

- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon cinnamon
- 1 teaspoon dried oregano
- 3/4 teaspoon garlic powder
- 1 tablespoon chili powder
- 1 teaspoon coarse sea salt
- freshly ground black pepper
- 1/8 teaspoon ground allspice

- 1/4 teaspoon ground black pepper
- 1/8 teaspoon nutmeg
- 1/8 teaspoon sea salt
- white sesame seeds

Grains, Legumes & Flours

- 1 cup cooked brown rice
- 3/4 cup ground flaxseed
- 1 tablespoon panko breadcrumbs
- 1/2 cup quinoa

Sweeteners & Baking Supplies

- 3 tablespoons arrowroot
- 1 tablespoon cacao powder
- 1 date
- 1 1/2 teaspoons light brown sugar
- 1/8 cup pure maple syrup
- 1 1/2 teaspoons sucanat

Vinegar and Oils

- 1 teaspoon apple cider vinegar
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sriracha

Canned/Jarred Goods

- 1 1/4 teaspoons almond butter
- 1 1/2 teaspoons cashew butter
- coconut aminos
- 1/3 cup cooked chickpeas
- 3/4 teaspoon Dijon mustard
- 1 tablespoon hazelnut butter
- 1/2 cup pineapple chunks
- 2 tablespoons sweet chili sauce
- 3/4 cup unsweetened almond milk
- 3/4 teaspoon white miso paste

Frozen Foods

- 1/4 cup frozen mango
- 1/2 cup frozen strawberries

Deli & Prepared Foods

- 10 coconut flour tortillas

Supplements

- 1 tablespoon chocolate protein powder

- 1 3/4 teaspoons ground cumin
- 1/8 teaspoon paprika
- sea salt and ground black pepper

- 1 tablespoon flour
- 1 cup old-fashioned rolled oats
- 1 1/2 tablespoons poppy seeds
- 6 ounces ramen noodles

- 1/8 teaspoon baking soda
- 1 tablespoon coconut sugar
- 1/2 cup honey
- 1 drop liquid stevia
- 1/2 cup semi-sweet chocolate chips
- 3 3/4 teaspoons vanilla

- 4 tablespoons coconut oil
- 1 tablespoon rice vinegar
- 1 teaspoon toasted sesame oil

- 1 1/3 cups almond milk
- 4 cups chicken broth
- 1/8 cup coconut cream
- 3/4 teaspoon Dijon mustard
- 11 1/2 ounces full fat coconut milk
- 4 tablespoons mayonnaise
- 1 tablespoon sriracha sauce
- 1/4 cup teriyaki sauce
- 1/2 cup vegetable stock

- 1/2 cup frozen pineapple
- 1/3 cup peas

- 1 cup cooked quinoa

- 3 tablespoons vanilla protein powder

Drinks

- 1/4 cup coconut water
- 4 cups ice
- 3/4 cup water

- 1 cup ginger kombucha
- 1/4 cup orange juice

Bulk

- 1 cup almond
- 6 tablespoons chia seeds
- 2/3 cup shredded coconut

- 1/4 cup cashews
- 1 tablespoon sesame seeds

Asian

- 1/2 cup tamari sauce

Time Line

Sunday	Morning	Hit your local farmer's markets and shops to pick up necessary ingredients for the week.
Monday	Morning	Prepare the No Bake Energy Bites Gimme Some Oven and Weight Loss Kiwi Ginger Green Smoothie.
	Afternoon	Prepare the Pina Colada Smoothie (DF) and Spicy* Egg Salad Wraps.
	Evening	Prepare the Fiesta Enchiladas (Paleo).
Tuesday	Morning	Prepare the LEMON POPPYSEED PUDDING — Dr Tara's Sunshine.
	Afternoon	Prepare the Perfect Hard Boiled Eggs SimplyRecipes.com.
	Evening	Prepare the Teriyaki Shrimp Sushi Bowl : The Almond Eater.
Wednesday	Morning	Prepare the Clean Breeze Kombucha Green Smoothie.
	Afternoon	Prepare the Banana Spice Smoothie.
	Evening	Prepare the White Chicken Chili (Paleo).
	Night	Soak chia seeds and freeze banana overnight for Banana Wild Blueberry Smoothie With Chia Seeds (DF).
Thursday	Morning	Prepare the Banana Wild Blueberry Smoothie With Chia Seeds (DF).
	Evening	Prepare the Thai Vegetables and Quinoa Bowl (V). Defrost the chicken thigh, if frozen.
Friday	Morning	Prepare the Zucchini Smoothie - JoyFoodSunshine.
	Afternoon	Prepare the Tangy Mango Smoothies (DF).
	Evening	Prepare the Sheet-Pan Miso Chicken With Radishes and Lime Recipe - NYT Cooking. Defrost the shrimp, if frozen.
	Night	Freeze banana for Detox Smoothie with Beet and Coconut Oil.
Saturday	Morning	Prepare the Detox Smoothie with Beet and Coconut Oil.
	Evening	Defrost the salmon fillet, if frozen. Prepare the Ramen Stir-Fry.
Sunday	Morning	Prepare the Dr. Oz Euro Nut Smoothie.
	Afternoon	Prepare the Snickerdoodle Cookie Butter.
	Evening	Prepare the The Best Baked Salmon Recipe Food Network Kitchen.

No Bake Energy Bites | Gimme Some Oven



Active time: 10 minutes Total time: 10 minutes Servings: 20

Ingredients

1 cup old-fashioned rolled oats
2/3 cup shredded coconut, (sweetened or unsweetened)
1/2 cup seed butter
1/2 cup ground flaxseed
1/2 cup semi-sweet chocolate chips, (or vegan chocolate chips)
1/3 cup honey
1 tablespoon chia seeds, (optional)
1 teaspoon vanilla

How to prepare

1. Stir everything together. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled.*
3. Roll into balls. Roll into mixture into 1-inch balls.
4. Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

Weight Loss Kiwi Ginger Green Smoothie



Active time: 10 minutes Total time: 10 minutes Servings: 1

Ingredients

1 1/2 kiwis
1/2 pear
1/2 stalk celery
1/2 teaspoon fresh ginger
1/2 cup water
3/4 cup spinach
1/2 cup pineapple chunks
1 drop liquid stevia, optional
1/2 cup ice

How to prepare

1. Place all ingredients into the blender in the order listed, secure lid, and blend until smooth.
2. For Blendtec: Press the whole juice setting and blend OR blend on a Medium to Medium-High speed for 50 seconds.
3. For Vitamix and other variable speed power blenders: Start on variable speed 1. Turn machine on and slowly increase speed to variable speed 10/High and blend until smooth, 1 minute OR use the smoothie setting.
4. All done! Enjoy!!

Pina Colada Smoothie (DF)



Active time: 10 minutes Total time: 10 minutes Servings: 1

Ingredients

1/2 lime
1/4 cup full fat coconut milk
1/4 cup coconut water
1/4 banana
1/2 cup frozen pineapple
1 1/2 teaspoons honey

How to prepare

1. Juice limes.
2. Blend all ingredients until smooth.
3. Serve.

Spicy* Egg Salad Wraps

Active time: 15 minutes Total time: 40 minutes Servings: 1



Ingredients

3 eggs
3/4 teaspoon Dijon mustard
1 1/4 tablespoons mayonnaise
1/4 red bell pepper
1 tablespoon sriracha sauce, more or less to taste
coarse sea salt, to taste
ground black pepper, to taste
1/4 head iceberg lettuce

How to prepare

1. Hard boil, cool, and peel eggs.
2. In a mixing bowl mash the peeled hardboiled eggs with a potato masher or a fork.
3. Mix in mustard and mayo until well combined.
4. Dice bell pepper and fold into egg mixture.
5. Add sriracha, salt and pepper to taste. If it's too hot, add more mayo to help cut the heat.
6. Remove whole leaves from iceberg lettuce head. Place a few spoonfuls of egg salad into a leaf, fold and enjoy.

Publisher's note

*Omit sriracha sauce to make mild egg salad if you have family members who don't like spicy food. Real Plans Tip: If you are following a Whole30 diet, be sure to use mustard, mayonnaise and homemade sriracha that are compliant with your food restrictions.

Fiesta Enchiladas (Paleo)

Active time: 30 minutes Total time: 1 hour 20 minutes Servings: 4



Ingredients

For the enchilada sauce:

- 2 tablespoons coconut oil
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground cumin
- 1/2 teaspoon coarse sea salt
- 1/8 cup arrowroot
- 2 cups chicken broth, or beef broth
- 1 teaspoon apple cider vinegar

For the Enchiladas

- oven safe dish
- coconut oil, for greasing and cooking
- 1 onion
- 1 small zucchini
- 1 bell pepper
- 1/4 bunch cilantro
- 2 cups cooked chicken
- 10 coconut flour tortillas

Publisher's note

If desired, assembled, unbaked enchiladas can be covered and frozen for a later meal.

How to prepare

1. Melt the coconut oil in a 4 quart pot over medium high heat, add the chili powder, garlic powder, oregano, cumin and sea salt.
2. Add the arrowroot powder, and then slowly pour in the broth and apple cider vinegar whisking constantly until the sauce thickens.
3. Remove from heat. Add a little water to thin if the sauce becomes too thick after sitting.
4. Preheat oven to 425F. Grease an oven safe dish.
5. Mince the onion; dice zucchini finely, and deseed and finely dice red peppers. Mince cilantro and shred the cooked chicken.
6. In a large pan over medium high heat, heat coconut oil, add minced onions and cook until they begin to soften. Add red pepper and zucchini; continue cooking until the veggies are just tender.
7. In a large bowl add the shredded chicken, veggie mixture, about 1/2 of the sauce, and half the cilantro. Stir to combine.
8. Spoon about 1/4 cup of the filling evenly down the center of the tortilla. Roll up the tortilla around the filling, and place in prepared baking dish, seam side down. Repeat with the remaining filling and tortillas.
9. Pour sauce over enchiladas. Bake for 25-30 minutes until bubbly.
10. Allow to cool for 10-20 minutes before serving.
11. Warm leftovers in a pan on the stove or in the oven, covered.

LEMON POPPYSEED PUDDING — Dr Tara's Sunshine



Active time: 10 minutes Total time: 10 minutes Servings: 2

Ingredients

1 cup unsweetened almond, or nut-free milk
1/4 cup full fat coconut milk
1/8 cup vanilla protein powder
1/8 cup lemon juice, (or juice of one lemon)
1/2 teaspoon vanilla
sea salt
Lakanto sugar-free monk fruit, sweetener adjusted to taste
1/4 cup chia seeds, (I used white chia seeds)
1 1/2 tablespoons poppy seeds
lemon zest, adjusted to taste
optional toppings:
lemon zest, or toppings of choice

How to prepare

1. Put almond milk, coconut milk, protein powder, lemon juice, vanilla, and sea salt into blender container and blend well. Sweeten to taste.
2. Add chia and poppy seeds and pulse-blend until just combined. Stir in lemon zest.
3. Pour into a bowl or single-serving mason jars and cover or seal tightly.
4. Let sit for 10 minutes, then shake or whisk well and put in the fridge overnight or for a minimum of 4 hours.
5. To serve, add to a bowl and add favorite toppings!

Perfect Hard Boiled Eggs | SimplyRecipes.com



Active time: 12 minutes Total time: 12 minutes Servings: 2

Ingredients

2 eggs

How to prepare

1. Note: Did you know? Older eggs are easier to peel than fresh eggs. If you are planning to make hard boiled eggs for Easter and want to make sure that the eggs are easy to peel, buy your eggs at least a week ahead of time (two weeks even better, they'll keep).
2. 1. Cover the eggs in a saucepan with water: Fill a saucepan about a quarter of the way with cold water. Place the eggs in a single layer at the bottom of the saucepan. Add more water so that the eggs are covered by at least an inch or two of water.
3. The more eggs that are crowding the pan the more water you should have over the eggs. 6 eggs should be covered by at least an inch, 7 to 12 eggs, 2 inches.
4. 2. Heat the pot on high heat and bring the water to a full rolling boil.
5. Adding a teaspoon of vinegar to the water may help keep egg whites from running out if an egg does crack while cooking. Also some people find adding 1/2 teaspoon of salt to the water helps prevent cracking as well as making the eggs easier to peel.

6. 3. Turn off the heat, keep the pan on the hot burner, cover, and let sit for 10-12 minutes.
7. If you have the type of stove burner that doesn't retain heat when turned off, you might want to lower the temp to low, simmer for a minute, and then turn it off.
8. Depending on how cooked you like your hard boiled eggs, the eggs should be done perfectly in 10-12 minutes. That said, depending on your altitude, the shape of the pan, the size of the eggs, the ratio of water to eggs, it can take a few minutes more.
9. Or if you like your eggs not fully hard cooked, it can take a few minutes less. When you find a time that works for you, given your preferences, the types of eggs you buy, your pots, stove, and cooking environment, stick with it.
10. If I'm cooking a large batch of eggs, after 10 minutes I'll sacrifice one to check for doneness, by removing it with a spoon, running it under cold water, and cutting it open. If it's not done enough for my taste, I'll cook the other eggs a minute or two longer.
11. I also find that it is very hard to overcook eggs using this method. I can let the eggs sit, covered, for up to 15-18 minutes without the eggs getting overcooked.
12. 4. Strain the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further. Or, if you are cooking a large batch of eggs, remove them with a slotted spoon to a large bowl of ice water.
13. I find it easiest to peel the eggs under a bit of running water.
14. The best way to store hard boiled eggs is in a covered container in the refrigerator. Eggs can release odors in the fridge which is why it helps to keep them covered.
15. They should be eaten within 5 days.

Teriyaki Shrimp Sushi Bowl : The Almond Eater



Active time: 15 minutes Total time: 20 minutes Servings: 2

Ingredients

1 cup cooked brown rice
1 cup cooked quinoa
1/2 pound cooked shrimp
1 tablespoon extra virgin olive oil
1/4 cup teriyaki sauce
1 tablespoon flour
1 tablespoon sesame seeds
3/4 cup cucumber, sliced
3/4 cup avocado, sliced
Spicy mayonnaise, sauce:
1/8 cup mayonnaise
1 teaspoon sriracha

How to prepare

1. Cook the rice and quinoa together over stovetop.
2. While they're cooking, place the shrimp in a large skillet with the olive oil and teriyaki sauce.
3. In the meantime, slice the cucumber and avocado and set aside, and prepare the spicy mayo and set aside.
4. Once the shrimp starts cooking, turn the heat to a simmer and stir in flour and sesame seeds to thicken the sauce. Place a lid over the skillet and cook shrimp for an additional 5-10 minutes, allowing time for the shrimp to absorb the sauce.
5. Add cooked rice and quinoa to a bowl and then top with cucumber, avocado and teriyaki shrimp.
6. Drizzle with spicy mayo and enjoy!

Clean Breeze Kombucha Green Smoothie



Active time: 10 minutes Total time: 10 minutes Servings: 1

Ingredients

1 small cucumber
2 kiwis
1/2 inch fresh ginger, optional
1 cup ginger kombucha
1/2 cup coconut milk yogurt
2 tablespoons cilantro
1 cup ice

How to prepare

1. Chop cucumber. Peel kiwis. Grate ginger.
2. Place all ingredients into the blender in the order listed and secure lid.
3. For Blendtec: Press the smoothie button.
4. For Vitamix: Use variable speed1. Turn machine on and slowly increase speed to variable speed 10, then to high. Blend for 30-45 seconds, using the tamper to press the ingredients into the blades.
5. All done! Enjoy!!

Publisher's note

This recipe was adapted from EatingWell. Kombucha is available in several different flavors, but for this green smoothie I like ginger kombucha the best.

Banana Spice Smoothie

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1/2 banana
1/2 cup vanilla kefir
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon ground allspice
1/2 cup ice

How to prepare

1. Place all ingredients into the blender in the order listed and secure lid.
2. For Blendtec: Press the smoothie button.
3. For Vitamix: Select variable speed 1. Turn machine on and slowly increase speed to variable speed 10, then to high. Blend for 30-45 seconds or until desired consistency is reached.
4. All done! Enjoy!!

Publisher's note

Recipe contributed by EatingWell.

White Chicken Chili (Paleo)

Active time: 30 minutes Total time: 1 hour Servings: 2



Ingredients

For the chili:
1/2 jalapeño pepper
1 poblano pepper
1/2 onion
1/2 red bell pepper
1 cup cooked chicken
1 tablespoon coconut oil
1/2 teaspoon coarse sea salt, plus more to taste
2 teaspoons minced garlic
1 1/2 teaspoons ground cumin
1/2 teaspoon dried oregano
1/4 teaspoon ground black pepper
2 cups chicken broth
3 ounces full fat coconut milk
1 tablespoon arrowroot
1 tablespoon water
For the garnish:
1 tablespoon cilantro
1/2 avocado

How to prepare

1. For the chili: Deseed and dice jalapeño and poblanos. Dice the onion. Chop bell pepper. Shred the chicken.
2. Heat oil in a large stockpot over medium-high heat. Add onions, jalapeños, poblanos, bell pepper, and salt. Sauté until the onions begin to soften.
3. Add the garlic, cumin, oregano, and pepper and sauté for an additional 1-2 minutes to release the flavor.
4. Add chicken broth and shredded chicken. Stir to combine, and allow to simmer for at least 30 minutes on low for flavors to combine.
5. 15 minutes before serving, stir in the coconut milk and heat through. Mix the arrowroot and water together and slowly pour it in to the chili, stirring continuously until chili is nice and thick (5-10 minutes).
6. Season chili with salt and pepper, to taste.
7. For the garnish: Chop cilantro. Peel, pit, and slice the avocado.
8. Serve chili topped with avocado and cilantro.

Banana Wild Blueberry Smoothie With Chia Seeds (DF)



Active time: 5 minutes Total time: 5 minutes Servings: 1

Ingredients

1 tablespoon chia seeds
1 banana
1 cup almond milk
1/2 cup blueberries, fresh or frozen
1 teaspoon honey
1 cup ice, if using fresh fruit

Publisher's note

This recipe adapted from The Very Best Recipes for Health by Martha Shulman.

How to prepare

1. Cover chia seeds with water and allow to soak overnight. Peel, slice, and freeze banana, if desired.
2. Place all ingredients into the blender in the order listed and secure lid.
3. Blendtec: Press the smoothie button.
4. Vitamix: Select variable speed 1. Turn machine on and slowly increase speed to variable speed 10, then to high. Blend for 30 seconds or until desired consistency is reached.
5. All done! Enjoy!!

Thai Vegetables and Quinoa Bowl (V)



Active time: 15 minutes Total time: 30 minutes Servings: 2

Ingredients

1/2 cup quinoa
1 carrot
2 green onions
1/4 cup cashews
1/4 cup cilantro
1 cup chopped mushrooms
1/2 cup vegetable stock
1/3 cup peas, fresh or frozen
coconut aminos, to taste
For the sauce:
1/2 lime
1/2 inch fresh ginger
2 tablespoons sweet chili sauce
1 tablespoon rice vinegar
1 tablespoon full fat coconut milk
1 1/2 teaspoons sucanat, (or other non-white sugar)
1 1/2 teaspoons cashew butter, (can crush cashews into a paste if don't have)
1 clove garlic

How to prepare

1. Soak the quinoa overnight in filtered water and rinse thoroughly before using.
2. Dice the carrots and green onions. Chop the cashews, cilantro and mushrooms.
3. Cook soaked quinoa with diced carrots in vegetable stock (use an extra half portion of broth if you forgot to soak your grains overnight).
4. Juice the lime. Peel and grate the ginger. Mince the garlic.
5. While quinoa is cooking, combine all of the sauce ingredients together in a bowl and whisk well to combine.
6. Once quinoa has absorbed all of the liquid, stir in the sauce and toss well to coat.
7. Stir in peas and mushrooms and continue cooking until the veggies are cooked. Add green onions.
8. Taste and season with coconut aminos to your preference.
9. Toss in half of the cashews and cilantro, then serve in a large bowl, topped with remaining cashews and cilantro.

Publisher's note

Feel free to customize this dish by using your favorite seasonal vegetables.

Zucchini Smoothie - JoyFoodSunshine



Active time: 10 minutes Total time: 10 minutes Servings: 1

Ingredients

3/4 cup unsweetened almond milk
1 tablespoon vanilla protein powder
1/8 teaspoon cinnamon
1/2 cup zucchini
1/2 cup spinach, frozen
1/4 banana, frozen
1/4 teaspoon vanilla

How to prepare

1. Place the ingredients in the order listed in the container of your Vitamix Blender (or other high-powered blender).
2. Blend, starting on low speed and increasing to high.
3. Blend on high for 30-50 seconds or until the mixture is smooth.
4. (Alternately, use the smoothie program).
5. Pour the zucchini smoothie into two glasses and enjoy immediately!

Tangy Mango Smoothies (DF)

Active time: 10 minutes Total time: 10 minutes Servings: 1



Ingredients

1/4 lime
1/2 ripe mango
1/4 cup orange juice
1/4 cup frozen mango
1/8 cup coconut cream

How to prepare

1. Juice limes and add juice to the blender.
2. Remove the skin of the fresh mango with a food peeler and cut into medium chunks.
3. Place the fresh and frozen mango, and orange juice and coconut cream in the blender. Blend for 2-3 minutes on high or until smooth.
4. Serve.

Sheet-Pan Miso Chicken With Radishes and Lime Recipe - NYT

Cooking

Active time: 10 minutes Total time: 45 minutes Servings: 2



Ingredients

3/4 pound chicken thigh, (about 4 pieces)
1 tablespoon extra virgin olive oil
sea salt and ground black pepper
1 1/2 teaspoons unsalted butter, at room temperature
3/4 teaspoon white miso paste
1/2 pound trimmed radish, halved if large
1/2 inch lime, cut half
1 scallion, light green and white parts only thinly sliced
white sesame seeds, for sprinkling (optional)

How to prepare

1. Heat oven to 450 degrees. Place one rack in the middle of the oven and another about 6 inches from the broiler.
2. On a large baking sheet, drizzle the chicken all over with 1 tablespoon oil, then season all over with salt and pepper. In a medium bowl, mash together the ghee and miso until combined. Lift up the skin on one chicken thigh, carefully creating a space between the skin and meat, and place about 1/2 teaspoon miso-ghee mixture inside. Close the pocket, then lightly press on top of the skin to spread it around. Repeat with remaining chicken thighs, adding 1/2 teaspoon miso-ghee mixture to each. Mass
3. Arrange the chicken skin-side up, evenly spaced apart, and roast on the middle rack for 15 minutes.
4. In the same mixing bowl, toss the radishes with the remaining miso-ghee mixture and the remaining 1 tablespoon oil. Season with salt and pepper.
5. After the chicken has roasted for 15 minutes, scatter the radishes around the chicken and cook until radishes are tender and lightly browned and chicken is cooked through (the temperature in the thickest part of the thigh should reach 165 degrees), another 10 to 15 minutes.
6. If the chicken skin is not as browned as you'd like, broil on the rack near the broiler until the skin is crispy and golden, 1 to 2 minutes.
7. Squeeze the lime juice over chicken and radishes, then garnish with the scallions and sesame seeds, if using. Divide among plates and serve.

Detox Smoothie with Beet and Coconut Oil

Active time: 15 minutes Total time: 15 minutes Servings: 1



Ingredients

1/4 banana
1/2 small beet
1/8 pineapple
1/2 cup frozen strawberries
1/3 cup almond milk
1 1/2 teaspoons coconut oil
1/2 cup ice

Publisher's note

This recipe contributed by Alicia Ann Lip from Staying Raw.

How to prepare

1. Peel, slice, and freeze banana.
2. Use a grater to remove the skin of the beet, cut into small cubes, and add to the blender. Be sure to wear gloves to avoid staining your fingers. Peel and core pineapple and cut into chunks. Hull strawberries, if desired.
3. Starting with almond milk, add ingredients to the jar in the order listed and secure lid. Blend until smooth.
4. For Blendtec: Press the smoothie button.
5. For Vitamix: Select variable speed 1, turn machine on, and quickly increase to variable speed 10/high. Run for 45 seconds or until smooth or use the smoothie setting.
6. Serve immediately and enjoy!

Ramen Stir-Fry

Active time: 20 minutes Total time: 20 minutes Servings: 2



Ingredients

6 ounces ramen noodles , (can be gluten-free)
1 celery rib
3 scallions
1 yellow squash, or zucchini
3 ounces carrots, shredded
10 ounces shrimp, (or other protein of choice)
Stir-Fry Sauce
1/2 cup tamari sauce, (gluten-free) or soy sauce
1 teaspoon toasted sesame oil
2 cloves garlic, minced
2 1/2 teaspoons fresh ginger, grated (1 inch)

Notes

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How to prepare

1. Whisk stir fry sauce ingredients into a bowl
2. Cook the ramen: Bring a medium sauce pot of water to a boil. Stir in the ramen and cook until just tender according to package directions. Drain and rinse with cold water. While the water heats and the ramen cooks, prepare your protein.
3. Prep your protein: Shrimp or scallops: Rinse and drain the shrimp or scallops. Pat dry on a paper-towel-lined plate. Season lightly with salt and pepper.
4. Chicken, steak, or pork strips: Cut a small corner from the packaging and drain off any excess liquid. Transfer the meat to a plate; pat dry with a paper towel. Season with salt and pepper.
5. Tofu: Pat the tofu dry with paper towels; cut into 1/2-inch cubes. Season with salt and pepper.
6. Cook your protein: In a wok or large frying pan over medium-high heat, warm 2 to 3 teaspoons oil until hot but not smoking. Add your protein and cook, stirring occasionally, until the protein is lightly browned and just cooked through, 2 to 4 minutes for regular shrimp; 4 to 6 minutes for jumbo shrimp, scallops, steak, pork, or tofu; and 6 to 8 minutes for chicken. Transfer to a plate. Do not clean the pan.

Meanwhile, prepare the vegetables.

7. 5. Prep the vegetables: Thinly slice the celery on the diagonal.
8. Trim the root ends from the scallions; thinly slice the scallions, keeping the white and green parts separate. Set aside the green parts for garnish.
9. Cut the zucchini in half lengthwise, then crosswise into ¼-inch-thick half-moons.
10. Shred the carrots
11. 6. Cook the vegetables; finish the chow mein: In the same pan used for your protein, if dry, add 1 to 2 teaspoons oil. Warm over medium-high heat until hot but not smoking. Stir in the celery and white parts of the scallions and cook until crisp-tender, 1 to 2 minutes. Stir in the zucchini, season with salt and pepper, and cook until crisp-tender, 1 to 2 minutes. Stir in the ramen and carrots and cook until heated through, about 1 minute.
12. Stir in your protein and stir-fry sauce, toss to coat, and cook until heated through, about 1 minute. Remove from the heat and season to taste with salt and pepper.
13. 7. Serve: Transfer the chow mein to individual plates, garnish with the green parts of the scallions, and serve.

Dr. Oz Euro Nut Smoothie

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1/2 cup full fat coconut milk, or other milk substitute
1 1/2 teaspoons vanilla
1 date
1 tablespoon cacao powder
1 tablespoon hazelnut butter, plus more to taste
1 tablespoon chocolate protein powder
1 1/2 teaspoons ground flaxseed, optional
1/2 cup ice, plus more as needed

How to prepare

1. Place all the ingredients into the jar.
2. For Blendtec: Press the smoothie button or blend on medium speed for 40-50 seconds.
3. For Vitamix and other variable speed blenders: Start on variable speed 1. Turn the machine on and slowly increase to speed 10/high.
4. Blend for 45 seconds, or until desired consistency is reached.
5. All done! Enjoy!

Publisher's note

This recipe contributed by Dr. Oz.

Cooking tips

Use 2 cups of ice for a thicker milkshake texture, and 1 cup for a smoothie.

Snickerdoodle Cookie Butter

Active time: 10 minutes Total time: 10 minutes Servings: 1



Ingredients

1/3 cup cooked chickpeas
1 1/4 teaspoons almond butter
1/2 teaspoon vanilla
1/8 teaspoon baking soda
1/8 teaspoon sea salt
1 tablespoon coconut sugar, or raw turbinado sugar
1/8 cup pure maple syrup
1/8 apple
1 1/2 teaspoons ground flaxseed

Publisher's note

This recipe adapted from Chocolate Covered Katie.

Cooking tips

The sweeteners in this can be varied - for instance, use 1/2 cup of sugar instead of maple syrup, or replace the sugar with honey. You can also use stevia to sweeten if you prefer. Just start with ~1/2 cup of sweetener and sweeten to taste from there!

How to prepare

1. Drain and rinse your chickpeas. For super smooth cookie dip, shell the chickpeas - but it will work fine without this step, as well.
2. Place all ingredients in your blender jar.
3. For Blendtec: Run the batters cycle. If ingredients stick to the sides of the jar, you may have to stop the cycle and push the ingredients down and in towards the blade.
4. If using a Twister jar use half the ingredients, run the batters cycle until blended, then repeat with the other half of the ingredients.
5. For Vitamix: Start on speed 1 and ramp up to speed 10, using the tamper to press ingredients down into the blades. Blend for 30 seconds or until smooth.
6. All done! Enjoy!

The Best Baked Salmon Recipe | Food Network Kitchen



Active time: 10 minutes Total time: 25 minutes Servings: 1
























Ingredients

1 1/2 teaspoons light brown sugar
1/8 teaspoon paprika
1/8 teaspoon garlic powder
1/8 teaspoon cayenne pepper
freshly ground black pepper
1 tablespoon panko breadcrumbs, can use GF
1/8 cup fresh parsley, chopped
1 1/2 teaspoons unsalted butter, melted
1/3 pound salmon fillet, preferably center-cut
3/4 teaspoon Dijon mustard

How to prepare

1. Preheat the oven to 425 degrees F. Line a baking sheet with foil. Mix the brown sugar, paprika, garlic powder, cayenne pepper, 1 teaspoon kosher salt and a generous amount of freshly ground black pepper in a small bowl. Mix the panko with the parsley, butter, 1/4 teaspoon kosher salt and a few grinds of black pepper in another small bowl.
2. Place the salmon skin-side down on the prepared baking sheet and spread the surface with the Dijon. Press the brown sugar mixture all over the salmon then top with the breadcrumb mixture. Crimp all four sides of the foil to create a border around the salmon, this will help collect the juices so they don't spread and burn. Bake until the breadcrumbs are golden brown, and the salmon is firm and flakes easily when pressed, 15 to 18 minutes. Cut into four equal portions for serving.

Macros

		Cals	Total Carbs	Fats	Proteins
Monday					
Breakfast	 No Bake Energy Bites Gimme Some Oven	132	12g (38%)	8g (58%)	1g (5%)
	 Weight Loss Kiwi Ginger Green Smoothie	208	53g (92%)	0g (3%)	3g (5%)
Lunch	 Pina Colada Smoothie (DF)	279	47g (62%)	11g (35%)	2g (3%)
	 Spicy* Egg Salad Wraps	271	7g (9%)	18g (63%)	18g (28%)
Dinner	 Fiesta Enchiladas (Paleo)	423	40g (38%)	18g (38%)	24g (24%)
Totals		1313	159g (46%)	55g (39%)	48g (15%)
Tuesday					
Breakfast	 LEMON POPPYSEED PUDDING — Dr Tara's Sunshine	311	25g (32%)	18g (49%)	15g (19%)
	 No Bake Energy Bites Gimme Some Oven (leftover)	132	12g (38%)	8g (58%)	1g (5%)
Lunch	 Perfect Hard Boiled Eggs SimplyRecipes.com	59	0g (2%)	3g (58%)	5g (41%)
	 Fiesta Enchiladas (Paleo) (leftover)	423	40g (38%)	18g (38%)	24g (24%)
Dinner	 Teriyaki Shrimp Sushi Bowl : The Almond Eater	666	62g (37%)	30g (40%)	38g (23%)
Totals		1591	139g (35%)	77g (43%)	83g (21%)
Wednesday					
Breakfast	 Clean Breeze Kombucha Green Smoothie	245	54g (80%)	0g (3%)	11g (18%)
	 No Bake Energy Bites Gimme Some Oven (leftover)	132	12g (38%)	8g (58%)	1g (5%)
Lunch	 Banana Spice Smoothie	78	20g (94%)	0g (1%)	1g (5%)
	 Teriyaki Shrimp Sushi Bowl : The Almond Eater (leftover)	666	62g (37%)	30g (40%)	38g (23%)
Dinner	 White Chicken Chili (Paleo)	382	17g (17%)	26g (59%)	22g (24%)
Totals		1503	165g (42%)	64g (38%)	73g (20%)
Thursday					
Breakfast	 Banana Wild Blueberry Smoothie With Chia Seeds (D.	320	66g (75%)	6g (18%)	6g (7%)
	 LEMON POPPYSEED PUDDING — Dr Tara's Sunshine ...	311	25g (32%)	18g (49%)	15g (19%)
Lunch	 White Chicken Chili (Paleo) (leftover)	382	17g (17%)	26g (59%)	22g (24%)
	 No Bake Energy Bites Gimme Some Oven (leftover)	132	12g (38%)	8g (58%)	1g (5%)
Dinner	 Thai Vegetables and Quinoa Bowl (V)	356	50g (56%)	12g (31%)	13g (14%)
Totals		1501	170g (44%)	70g (41%)	57g (15%)
Friday					
Breakfast	 Zucchini Smoothie - JoyFoodSunshine	41	10g (85%)	0g (5%)	1g (10%)
	 No Bake Energy Bites Gimme Some Oven (leftover)	132	12g (38%)	8g (58%)	1g (5%)
Lunch	 Tangy Mango Smoothies (DF)	260	44g (62%)	10g (34%)	3g (4%)

		Thai Vegetables and Quinoa Bowl (V) (leftover)	356	50g (56%)	12g (31%)	13g (14%)
Dinner		Sheet-Pan Miso Chicken With Radishes and Lime Re...	539	31g (16%)	36g (60%)	31g (24%)
Totals			1328	147g (40%)	66g (45%)	49g (15%)

Saturday

Breakfast		Detox Smoothie with Beet and Coconut Oil	229	42g (67%)	7g (28%)	2g (4%)
		No Bake Energy Bites Gimme Some Oven (leftover)	132	12g (38%)	8g (58%)	1g (5%)
Lunch		Perfect Hard Boiled Eggs SimplyRecipes.com (lefto...	59	0g (2%)	3g (58%)	5g (41%)
		Sheet-Pan Miso Chicken With Radishes and Lime Re...	539	31g (16%)	36g (60%)	31g (24%)
Dinner		Ramen Stir-Fry	560	66g (47%)	17g (28%)	35g (25%)
Totals			1519	151g (36%)	71g (43%)	74g (20%)

Sunday

Breakfast		Dr. Oz Euro Nut Smoothie	340	34g (34%)	25g (61%)	5g (5%)
		No Bake Energy Bites Gimme Some Oven (leftover)	132	12g (38%)	8g (58%)	1g (5%)
Lunch		Snickerdoodle Cookie Butter	187	28g (61%)	5g (25%)	7g (13%)
		Ramen Stir-Fry (leftover)	560	66g (47%)	17g (28%)	35g (25%)
Dinner		The Best Baked Salmon Recipe Food Network Kitch..	329	9g (12%)	16g (43%)	35g (45%)
Totals			1548	149g (37%)	71g (41%)	83g (22%)

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TARASHAUN HAUSNER

Tarashaun Hausner founded Blender Babes in 2013 after discovering how instrumental a highpowered blender was in helping her get her health back on track. She credits daily blending for aiding the healing of her unhealthy relationship with food. Physically and emotionally transformed from her journey, she made it her lifes purpose to help others heal their bodies and strive for optimal wellness

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