75 Healthy Lunch Ideas for Kids
by Autumn Calabrese
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Preface

Welcome to 75 Healthy Lunch Ideas for Kids. I’m so excited to present this book to you. Let’s face it, packing your child/children’s lunch each morning has turned into a dreaded task loaded with questions. What do you want to eat today? Will you eat this? How do I make it new and exciting for them? How do I get my kid to eat more fruit, more veggies, less processed food? How do I do it without breaking the bank? What do you do for a picky eater?

I’m a mom to an amazing 8-year-old boy; I’m lucky that he isn’t a picky eater…for the most part. That doesn’t mean he doesn’t give me a hard time about what he eats; it doesn’t mean his lunch box comes home empty having eaten all the delicious, healthy food I’ve packed for him, it just means that I can give him a little more variety. That’s my goal with this book, to help provide you with a variety of ideas of what you can pack your child that is both delicious and nutritious. I’ve stepped outside the box with some lunches and others are healthy spins on traditional lunch food. I’ve included several of my favorite healthy brands as well as coupons for them in the back of the book so that you can try them as well.

You will also find a lot of hyperlinks throughout the book linking to FIXATE™ recipes. These are recipes from my cookbook and my cooking show. You would need to purchase the book or sign up to be a member of Beachbody On Demand to have access to them. My best suggestion is to sign up for Beachbody On Demand if you would like access as pretty much ALL of the FIXATE™ recipes will be on there in the next few months, and we are adding new ones every month. Having said that, you can of course still use this book without having these recipes. For example, I have my FIXATE™ Turkey meatballs listed in a few lunches, if you don’t want to make my meatballs, you can find frozen meatballs at the grocery store. I suggest purchasing organic, gluten free items with ingredient lists that you recognize.

The best way to use this book is to sit down with your kids and go through it with them, ask them what they would be interested in trying, have fun with it. Mix and match the foods. You don’t have to put the exact items shown in a picture in your child’s lunch. You can sub broccoli in for cauliflower or snap peas. You can sub in a peach or a nectarine for a plum or watermelon.
I’ve given a list of a bunch of different fruits, veggies and snack foods to keep on hand. I suggest having at least 3-4 different vegetables, fruits, and snack items on hand at all times. Multiple healthy options give children a variety of choices when eating lunch.

Each meal contains four components: a main dish, fruit, a vegetable and a snack/treat. Don’t be fooled; sometimes the veggies are hiding in the main dish, which is an excellent way to get a picky eater to eat their vegetables. At my son’s school, they have both snack time and lunch, so I include both in most of these meal ideas.

I’m a strong believer in meal prepping, not just for myself but my son as well. On Sundays, I make a game plan. I decide what I’m going to want to make for dinner each night and what food Dom and I will have for breakfast and lunch throughout the week. A lot of my lunches are leftovers from dinner. So if I’ve prepared meatballs and pasta sauce for dinner one night, I can turn that into a fun meatball sandwich for Dom for school the next day. I’m killing two birds with one stone and saving myself a lot of time and energy in the kitchen. I strongly encourage you to try it. See what you can meal prep ahead of time, so when it comes to packing lunches, it’s fast and easy.

Now, let’s talk about what this book IS NOT. The book is NOT a diet or weight loss guide for children. It is simply to give parents more ideas of how to pack healthy lunches for your kiddos. I do not make any recommended serving sizes. All of the lunches vary in size. It is up to you as the parent to decide how much food to pack for your child. Kids need differing amounts of food during the various phases of development; it’s best to consult with your pediatrician if you have questions on this. This book can be used and is intended for everyone from preschoolers to high school students, which is why I don’t make recommended serving sizes.

Last and most important, you will see my color-coded containers from 21 Day Fix and my other fitness programs in some of the lunch photos. I am using them STRICTLY as a packing tool. Meaning this is not a recommended serving size for your child and they are not necessary to have to use this book. The 21 Day Fix nutrition plan is a weight loss plan designed for adults only, not children. If you are interested in using any weight loss
nutrition guide with your child, you need to consult with their doctor. This book does not offer advice on any weight loss or control for children. I don’t provide nutritional information on any of the lunches because again, I am not making a serving size recommendation. What you pack for a 5-year-old would be very different than the amount/size of a lunch you would pack for a 15-year-old. To keep the book universal, I specifically left these details out. I use the containers to pack my son’s lunch because he finds them to be fun since they are bright colored. For many people using this book, they have several sets of these containers; the containers are dishwasher and microwave safe, so it does make packing food in them easy.

Now that we’ve covered the basics go ahead and dive in. Be prepared to have fun, be creative, and think outside the box. I hope this helps not only relieve the stress of packing lunch for your kids each day but also brings a new awareness to getting our kids to eat a little healthier.
I grew up in a big Italian family where my siblings and I ate delicious homemade food, that may not have always been healthy, but certainly was tasty. The food was always a huge part of my life, not just because we were a food-centric family but also because for years, my dad owned an Italian restaurant. He cooked with love, and there was always something on the stove in the kitchen. Lucky for us, his restaurant was two blocks from our school. So, we regularly had hot food delivered to us at lunchtime. Sure, we were a bit spoiled in that way, but still, the school lunch that was available when we were growing up was much healthier than it is today. When we look at our current school lunch programs, and what kids are eating from the cafeteria, it is, for the most part, processed, junk food.

There is a noticeable absence of fruits and vegetables, and when they are made available, they are often not well prepared. When we as adults provide this type of food for children day in and day out, we aren’t leading by example. Instead, we are normalizing bad eating habits and an indifferent attitude towards nutrition. In creating this book, I hope to set an example for both parents and kids on how we can make lunch healthy and fun. Let’s give our children delicious food they enjoy, made at home with love. Nutritious meals add so much to our kids’ days and goes a long way in ensuring they have a positive experience at school.
Here is my solution: deceptively healthy, delicious lunches that our kids will get excited about eating.

Our children spend eight hours a day at school learning, playing and growing, both physically and mentally. They need proper nourishment to sustain them. Children burn through food faster than we do as adults, so it is crucial that we are providing them what their bodies need. Think about it like this, every cell in our body is fueled by what we eat. Food is information for the body. Like a driver in a car, food tells your cells what to do. If healthy food goes in, the body sends signals to turn on, repair, fight against diseases. If unhealthy food goes in, the body may begin: multiplying fat cells, shutting down some cancer-fighting cells, and turning on other cancer-producing cells. Everything we put in our mouths determines how our bodies will respond.

If you want an active, healthy, smart child, you need to feed them accordingly. However, that doesn’t mean that it has to taste bad or be a chore to get them to eat it. Look, I get it. I’m a single mom with an eight-year-old son who is full of energy and loves to eat. While he’s a good eater and I count my blessings for that, he still wants junk food. On top of junk food not being good for him, he also has mild allergies to wheat, soy, corn, peanuts, and walnuts. So even if I wanted to, I can’t just let him eat anything he wants. However, I still understand his not wanting to feel left out. So, how do we find the balance? That’s where my background in nutrition and my brother’s occupation as a professional Chef come into play big time.

Here is my solution: deceptively healthy, delicious lunches that our kids will get excited about eating. We have teamed up to create options that make both parent and child happy. The ideas found in this book aren’t just crackers, a juice box and some lunch meat with a few cookies. These lunches are meal suggestions built over time. In creating them, I have pulled recipes from both my FIXATE™ cookbook and cooking show by the same name. I have put new twists on old favorites and have walked the aisles of grocery stores looking for inspiration. Yes, you will need to prepare a little and cook a little, but your kids are worth it! You will be SHOCKED to see how your child’s behavior will improve once the whole healthy foods replace processed and sugary ones.

For many parents, preparing lunches is always that one last thing on the
already seemingly endless to-do list. Here’s how I manage it: Dom is not a morning person, and I am usually scrambling to get out the door. So, I’ve set myself up for success in a few different ways. First, I have a lunchbox that I use for Dominic that makes it easy to organize and pack his food. I also include his lunch menu for the week with my meal plan and prep. I make a grocery list and do my grocery shopping on Sundays. I also meal prep on Sundays, that way if there is something that I can cook ahead, like turkey meatballs, I take care of it then and don’t have to worry about it later. I pack Dom’s lunch the night before, right after I put him to bed. The house is quiet, so I can take a minute to think and get it packed. His lunch goes in the fridge, and the next morning it’s one less thing about which I need to worry.

This book will also provide you with variety, which is often a major challenge in lunch preparation. Variety is important for two reasons. One, if you eat the same thing every single day, you are going to get bored but second, and more importantly, you probably won’t get a wide variety of nutrients and phytonutrients. By switching up your fruits, vegetables, lean proteins and carbohydrates, you are ensuring your child gets a wide array of vitamins and minerals needed to maintain a healthy growing body. You will also find a steady composition to all the ideas in here. Just about every lunch has a protein source, fruit, vegetable and a healthy snack. You can ensure your kids get a balanced meal when there is more than one healthy thing in the lunch box from which to choose.

The warm and fuzzy benefit of making these meals is that by making your kids something homemade, they feel truly cared for even when they are away from you at school. By giving them a little piece of home with a lunch made with love, it’s like a hug while they are away from you. Dom loves when I pack his lunches. I include him in the process by giving him a limited set of choices. It’s vital that they feel empowered by their food and food choices. By getting them involved in meal preparation and food decision making, they become invested in their meals and are much more likely to eat the healthy foods they’ve chosen and had a hand in making. As you will see when you go through the lunches, I always include a little treat for him. That makes all the difference in the world. He gets so excited and always tells me, “You’re the best mom ever!” Mission accomplished. He’s happy, I’m happy.

I hope that this book makes life a little easier and that you and your family
find lunches you love and can add into your daily routine. Most importantly I hope it helps make food a little less daunting and a lot more fun!
Sandwiches are the staple go-to lunch food. Our kids all have their favorites. Here are 10 ways to pack popular sandwiches with a healthier flair.
Peanut Butter & Strawberry Jelly

AUTUMN’S TIPS* Allergy: You can swap out peanut butter for sunflower butter if your child has a nut allergy

- Laura Scudder’s® Peanut Butter* and Strawberry Jelly on 7 Grain Ezekiel® Bread
- Carrot and Celery Sticks
- Autumn’s Ranch Dressing
- Blueberries
- TERRA® Sweet Potato Chips

Almond Butter & Grape Jelly

AUTUMN’S TIPS* Allergy: You can swap out peanut butter for sunflower
butter if your child has a nut allergy.

- Almond Butter* and Grape Jelly
- FIXATE™ Gluten Free Bread (Find on FIXATE cooking show)
- Cucumber Slices
- Cantaloupe Balls
- Stretch Island Fruit Co™
- Fruit Roll Up
- FIXATE™ Granola Bar (Find on FIXATE cooking show)

**Turkey & Munster Sandwich**

- Applegate® Turkey and Munster Cheese, Just Mayo, Butter Lettuce on 7 Grain Ezekiel® Bread
- Broccoli Florets
- FIXATE™ Brownie (Find in FIXATE cookbook)
- Autumn’s Ranch Dressing
- Pear Slices
- Blue Diamond® Almond Nut Thins® Crackers

**Chicken & Cheddar Sandwich**
AUTUMN’S TIPS* Allergy: You can swap out peanut butter for sunflower butter if your child has a nut allergy. I grind my almond butter at the grocery store but if you buy it make sure the only ingredients are almonds and salt.

- Applegate® Chicken and Cheddar Cheese, Cucumber Slices, Mustard, Just Mayo on 7 Grain Ezekiel® Bread
- Strawberries
- Celery Sticks with Almond Butter*
- 2 Mini Justin’s® Peanut Butter Cups
FIXATE™ Mini Meatball Skewers

AUTUMN’S TIPS* These are the banana apple muffin base from Fixate cookbook. Instead of apple I subbed in chocolate chips (70% cocoa) and made them mini. Adjust bake time accordingly will bake faster.

- FIXATE™ Mini Meatball Skewers (Find in FIXATE cookbook)
- FIXATE™ Marinara Sauce (Find on FIXATE cooking show)
- Harvest Snap Sea Salt Peas
- Cantaloupe Balls
- FIXATE™ Mini Chocolate Chip Muffins (Find in FIXATE cookbook)

Ham & Cheddar Sandwich

- Applegate® Ham and Cheddar Cheese, Yellow Mustard
- FIXATE™ Gluten Free Bread (Find on FIXATE cooking show)
- Sliced Bell Peppers
- Blackberries and Raspberries
- HunnyBon Gummy Bears
Grilled Cheese & Tomato Soup

AUTUMN’S TIPS* Chocolate: When buying anything with chocolate, make sure it is at least 70% cocoa. Anything less than that is likely to have loads of added sugar.

- FIXATE™ Grilled Cheese and Tomato Soup (Find on FIXATE cooking show)
- Watermelon Triangles
- Barnana® Chocolate Covered Bananas*

Chicken Salad Sandwich

AUTUMN’S TIPS* Rotisserie Chicken: One of my favorite things to do to make meal prep a little easier is to buy a whole, Organic Rotisserie Chicken. That way I have it to eat for a few days.
• Chicken Salad*
• FIXATE™ Gluten Free Bread (Find on FIXATE cooking show)
• TERRA® Sweet Potato Chips
• Half Sour Pickle
• Red Grapes
• HunnyBon Fruit Bursts
Avocado BLT Sandwich

AUTUMN’S TIPS* Chocolate: When buying anything with chocolate, make sure it is at least 70% cocoa. Anything less than that is likely to have loads of added sugar.

- Applegate® Turkey Bacon, Butter Lettuce, Tomato Slices, Avocado Slices with Just Mayo
- Fixate™ Gluten Free Bread (Find on FIXATE cooking show)
- Cauliflower
- Hummus
- Oranges
- Go Raw Chocolate Square*

Bagel, Ham & Cream Cheese
AUTUMN’S TIPS* Potato Chips: Thinly sliced potatoes, drizzled in olive oil and lightly salted, place on cooking sheet in oven on 350º for 15 minutes.

- Applegate® Ham with Cream Cheese
- Whole Wheat Bagel
- Homemade Potato Chips* Mini Crab Apples
- Sort Sweets Die Free Jelly Beans
- Sour Pickle Halves
Pastas
FOR LUNCH

I grew up on white pasta, not the healthiest but always delicious. Dominic is a big fan of pasta too. Here are 11 healthier spins on amazing pasta dishes that you can feel good giving to your family.
Veggie Pasta Salad

- Veggie Pasta Salad
- Raspberries
- Go Raw Sprouted Cookies
- Extreme Health Chocolate Covered Chia Seeds

Chicken & Broccoli Spaghetti

- Chicken & Broccoli Spaghetti with Alioli Sauce
- Watermelon Triangles
- Fixate™ Pumpkin Energy Bites (Find on FIXATE cooking show)
- gimMe® Organic Sea Salt Seaweed Snack
**FIXATE™ Broccoli Mac & Cheese**

- Fixate™ Mac and Cheese with Broccoli and Chicken (Find in FIXATE cookbook)
- Mango
- GoGo squeeZ® Applesauce
- TERRA® Mediterranean Veggie Chips

**FIXATE™ Lasagna**

- Fixate™ Lasagna (Find on FIXATE cooking show)
- Red Grapes
- Popcorn Trail Mix
- Sweet Potato and Peanut Butter Protein Cookies
Mac & Cheese Bites

AUTUMN’S TIPS* Pasta: I like to use Andean Dream Organic Quinoa Pasta. It’s gluten free and high in protein.

- Mac & Cheese Bites*
- Mini Cornbread Muffins
- RXBAR® Blueberry
- Cantaloupe Balls
- Cucumber Sticks
- Autumn’s Ranch Dressing

Spaghetti Squash Bolognese

- Spaghetti Squash Bolognese
- Mixed Berries
• Snyder’s® Gluten Free Pretzels
• Annie’s® Bunny Fruit Snacks
Quinoa Pasta Shells & FIXATE™ Meatballs

AUTUMN’S TIPS* Pasta: I like to use Andean Dream Organic Quinoa Pasta. It’s gluten free and high in protein.

- Quinoa Pasta Shells
- with FIXATE™ Marinara (Find on FIXATE cooking show)
- Fixate™ Meatballs (Find on FIXATE cooking show)
- Cucumber and Tomato Salad
- Coconut Strips
- HunnyBon Fruit Bursts
- GoGo squeeZ® Cinnamon Apple

FIXATE™ Cauliflower Breadsticks

- FIXATE™ Cauliflower Breadsticks (Find on FIXATE cooking show)
• Zoodles with FIXATE™ Marinara (Find on FIXATE [cooking show])
• Mini Apple
• Autumn’s Chocolate Chip Cookies
Bow Tie Pasta with Meat & Pea Sauce

- **Bow Tie Pasta with Meat and Pea Sauce**
- Honeydew Balls
- FIXATE™ Flour-less Brownie (Find in FIXATE [cookbook](#))

Penne Pasta with Veg Sauce

- **Penne Pasta with Veg Sauce**
- Strawberries
- Mini Mixed Green Salad
- Newman’s Own® Italian Dressing
- Autumn’s Chocolate Chip Cookies
Veggie Ravioli in Alioli

- Veggie Ravioli (store bought) with homemade Alioli
- Cuties
- Coconut Dates (store bought)
- Harvest Snap Sea Salt Snap Peas
Pizza
FOR LUNCH

Pizza for lunch makes Dom a happy boy! Here are 5 ways to top and prepare a pizza that makes it a delicious and nutritious option.
Deep Dish Pepperoni Pizza

- Deep Dish Pepperoni Pizza
- Pineapple
- Mixed Green Salad
- Newman’s Own Italian Dressing
- Justin’s® Mini Peanut Butter Cups

Broccoli Crust Hawaiian Pizza

AUTUMN’S TIPS* This is the broccoli crust pizza crust from the Fixate Cooking Show. I topped it with Applegate™ Ham and pineapple to make it Hawaiian style.

- Broccoli Crust Hawaiian Pizza (Find on FIXATE cooking show)
- Blue Diamond® Almond Crackers
- Apple Slices and Almond Butter*
- RXBAR® Chocolate Sea Salt
Pizza Calzone with Pepperoni & Cheese

- Pizza Calzone with Applegate® Pepperoni & Organic Valley® Low Moisture Mozzarella Cheese
- FIXATE™ Marinara Dipping Sauce (Find on FIXATE cooking show)
- Snap Peas
- Blueberries
- Popcorn
- HunnyBon Chocolate Quinoa Crunch

FIXATE™ GF Pepperoni Pizza Bread

- Applegate® Pepperoni Pizza on Fixate™ Gluten Free Bread
- Kiwi and Pomegranate Seeds
- Cauliflower
- FIXATE™ Caesar Dressing (Find in FIXATE cookbook)
• Sweet Potato and Peanut Butter Cookies
Chicken Quesadilla Pizza on Ezekiel® Tortilla

- Chicken Quesadilla Pizza with Organic Valley® Low Moisture Mozzarella Cheese on Ezekiel® Tortilla
- FIXATE™ Marinara Sauce (Find on FIXATE cooking show)
- Blueberries & Pomegranate Seeds
- Cucumber Slices
- Matt’s Munchies® Island Mango Premium Fruit Snack
- Chickpeatos® Tomato Basil
Breakfast
FOR LUNCH

Packing breakfast for lunch is the best way to break up the monotony of standard noontime options. Here are 8 breakfast foods that make great meals to go.
Swiss Oatmeal with Banana & Green Apple

- Swiss Oatmeal with Bob’s Redmill® Gluten Free Oats
- Cuties
- Snap Peas
- Perfect Balance™ Trail Mix

FIXATE™ Mini Pancakes

AUTUMN’S TIPS* Mini Pancakes: I just made smaller versions of the Fixate pancakes.
- Fixate™ Mini Pancakes (Find on FIXATE cooking show)
- Applegate® Sausage
- Cucumbers
- Greek Yogurt with Blueberries and a drizzle of honey
- That’s It® Bar
FIXATE™ French Toast

AUTumn’s tips* Allergy: You can swap out peanut butter for sunflower butter if your child has a nut allergy.

- Fixate™ French Toast, Ezekiel® Cinnamon Raisin with Maple Whipped Cream (Find on FIXATE cooking show)
- Hard Boiled Egg
- Cucumber Spears
- Banana
- Justin’s® Almond Butter*

Peanut Butter & Banana French Toast

AUTumn’s tips* Allergy: You can swap out peanut butter for sunflower butter if your child has a nut allergy.
- Peanut Butter* French Toast on
- FIXATE™ Gluten Free Bread (Find on FIXATE cooking show)
- Melon Balls
- Spinach & Strawberry Salad with Balsamic Dressing
- Mamma Chia® Chia Squeeze
FIXATE™ GF Pancakes with Cream Cheese

- Fixate™ Gluten Free Pancakes with Cream Cheese (Find on FIXATE cooking show)
- Raspberries and Pineapple
- Broccoli Bites
- Perfect Balance™ Trail Mix

Waffle Sandwich with Applegate® Sausage

- Nature Path Organic Chia Seed Waffle Sandwich with Applegate® Sausage with a side of Organic Syrup
- Celery Sticks
- Red Grapefruit and Cuties with Basil
- Chickpeatos® Tomato Basil
• La Croix®
**FIXATE™ Blueberry Mini Muffins**

- Fixate™ Blueberry Mini Muffins (Find in FIXATE cookbook)
- Red Grapes
- One Hard Boiled Egg
- Broccoli Bites
- Greek Yogurt with Sunflower Butter topped with Paleonola® Granola
- La Croix®

**Pigs in an Egg Blanket**

- Applegate® Sausage and Egg Wrap
- Snap Peas
- Cuties
- Fixate™ Pumpkin Energy Bites (Find on FIXATE cooking show)
Eggs
FOR LUNCH

Eggs are a protein packed food that powers us mid-day. Here are 5 healthy lunch ideas that are egg-ceptionally fun.
Deviled Egg

- Deviled Egg
- Strawberries
- Fixate™ Mini Apple and Banana Muffins (Find in FIXATE cookbook)
- Ants on a Log

Egg Salad

- Egg Salad
- Green Grapes
- Mini Mixed Green Salad
- Blue Diamond® Almond Crackers Sea Salt
- Fixate™ Flourless Brownies (Find in FIXATE cookbook)
AUTUMN’S TIPS*Chocolate: When buying anything with chocolate, make sure it is at least 70% cocoa. Anything less than that is likely to have loads of added sugar.

- Hard Boiled Eggs
- Star Fruit
- Veggie Pasta Salad
- That’s It® Bar
- Lundberg Family Farms® Red Rice and Quinoa Thin Stackers with Melted Chocolate*

AUTUMN’S TIPS* Yogurt: I use Chobani® Strawberry Greek Yogurt and
*put it into a Ziploc® popcicle bag and freeze.*

- Hard Boiled Eggs
- Pineapple
- Snap Peas
- Popcorn*
- Chobani® Strawberry Greek Yogurt Pop
Turkey & Cheddar Egg Wrap

- Applegate® Turkey and Cheddar Egg Wrap
- Fixate™ Kale Chips (Find on FIXATE cooking show)
- Pomegranate Seeds
- KIND® Granola Bar
Soups
FOR LUNCH

Soup is warm comfort food. Here are 5 soups that win every time. P.S. You can “preheat” your thermos in the morning by pouring hot water in it for a few minutes. Empty the water, and pour in the soup.
**FIXATE™ Chicken Noodle Soup**

- Fixate™ Chicken Noodle Soup (Find in FIXATE cookbook)
- Mini Fixate™ Caesar Salad (Find in FIXATE cookbook)
- Pink Grapefruit Slices
- Fixate™ Pumpkin Pie Energy Bites (Find in FIXATE cookbook)

**FIXATE™ Chicken Tortilla Soup**

- Fixate™ Chicken Tortilla Soup (Find in FIXATE cookbook)
- Simply Organic® Yellow Corn Chips
- Fixate™ Guacamole (Find on FIXATE cooking show)
- Blackberries
• That’s It® Bar
Bobby’s Pasta Fagioli

- Bobby’s Pasta Fagioli
- Avocado Pudding
- Bell Pepper Sticks
- Kiwi and Strawberries

Butternut Squash Soup

*AUTUMN’S TIPS* Soup: I buy this from a local food store. Look for one low in sodium with no added sugar.

- Butternut Squash Soup
- Half Turkey Sandwich with Just Mayo and Bib Lettuce
- Fixate™ GF Bread (Find on FIXATE cooking show)
- Cantaloupe and Watermelon Stars with Blueberries
- RXBAR® Chocolate Sea Salt
FIXATE™ Chili

- Fixate™ Chili (Find on FIXATE cooking show)
- Cornbread Muffins
- Watermelon
- Surf Sweets Die Free Sour Gummy Worms
Wraps
FOR LUNCH

Wraps give new life to the sandwich when bread gets boring. Here are 12 wraps that keep things healthy and serve up lunch in a whole new way.
Turkey Club in Veggie Wrap

- Applegate® Turkey and Turkey Bacon, Just Mayo, Shredded Lettuce in a WrawP® Organic Veggie Wrap
- Carrots and Celery Sticks
- Pomegranates and Pineapple
- Perfect Balance™ Trail Mix

Bean & Cheese Burrito on Ezekiel® Wrap

AUTUMN’S TIPS* Salsa: I buy this fresh from the refrigerated section of the grocery store.

- Amy’s Organic Refried Beans and Organic Valley® Mexican Mix
- Shredded Cheese over Shredded Lettuce in Ezekial® Tortilla Wrap
- Red Grapes
- Simply Organic® Yellow Corn Chips and Salsa
• Fixate™ Flourless Brownie (Find in FIXATE cookbook)
Sautéed Apple with Greek Yogurt

AUTUMN’S TIPS* Almond Butter: I buy almonds and grind my own, but you can buy ready made in the store. Check the nutrition label for ingredients you know, there should only be 3 to 4. Recommended Brand: Justin’s®

- Sautéed Apples with Greek Yogurt on Sunfood™ Coconut Wrap
- Carrot and Celery Sticks
- Almond Butter*
- KIND® Dark Chocolate Chunk Granola Bar

Southwest Chicken Wrap

- Shredded Chicken, Corn and Sprouts in Ezekiel® Wrap
- Autumn’s Ranch Dressing
- Cuties
- Broccoli
• Fixate™ Granola Bar (Find on FIXATE cooking show)
Bacon-Chicken Provolone Ezekiel® Wrap

- Applegate® Bacon, Chicken and Provolone, Lettuce on Ezekiel® Wrap
- Cucumber Slices
- Strawberries
- Mamma Chia® Chia Squeeze

Apple & Peanut Butter in a Coconut Wrapper

- Sunfood™ Raw Vegan Coconut Wrapper, Sliced Apples, Laura Scudder’s® Peanut Butter, Paleonola® Granola
- Bell Pepper Slices
- Cantaloupe, Watermelon, Honeydew Stars and Pomegranate Seeds
- Chickpeatos® Rosemary
Greek Yogurt & Pineapple Wrap

- Yogurt And Pineapple with Blueberries, Raspberries and Chia Seeds on WrawP® Cinnamon Raisin Wrap
- Snap Peas
- Hummus
- RXBAR® Coconut Chocolate

Tropical Fruit & Oats Wrap

- Mango, Strawberry, Kiwi, Greek Yogurt in WrawP® Cinnamon Raisin Wrap with Oats
- Zoodles with Butter
- Autumn’s Chocolate Chip Cookies
- Perfect Balance™ Trail Mix
Turkey & Provolone Lettuce Wrap

- Bib Lettuce with Applegate® Turkey and Provolone, Drizzle with Yellow Mustard
- Pink Grapefruit
- Sautéed Eggplant
- Annie’s® Gummies

Cream Cheese & Veggies Wrap

- Carrot Sticks, Cucumbers, Bell Peppers and Sprouts on Ezekiel® Wrap with Cream Cheese
- Justin’s® Hazelnut Butter
- Gluten Free Graham Crackers
- Strawberries
- TERRA® Sweet Potato Chips
Peanut Butter & Strawberry Wrap

- Sunfood™ Coconut Wrap with Laura Scudder’s® Peanut Butter, Organic Strawberries and Bananas
- KIND® Granola Bar
- Cucumber Slices with Olive Oil and Sea Salt
- Pineapple and Pomegranate Seeds

Turkey Apple Wrap

- Applegate® Turkey and Cheddar with Green Apple Slice
- TERRA® Mediterranean Potato Chips
- Cucumber Spears
- Dried Banana and Raisin Mix
- La Croix®
Salads
FOR LUNCH

Getting kids to eat veggies can be tough. So a salad is a great way to get in veggies, fruits, fiber and even protein. Here are 4 salad ideas that make an afternoon meal filling and appetizing.
**FIXATE™ Tuna Salad**

- Fixate™ Tuna Salad (Find on FIXATE cooking show)
- Popcorn with Dried Fruit
- Red Grapes
- Cucumber Sticks
- Blue Diamond® Almond Nut Thin® Crackers

**Waldorf Salad**

*AUTUMN’S TIPS* Muffins: I use the Fixate™ Banana Apple Muffins in the cook book and instead of Apple I sub in Raspberries. I also make them in mini muffin tins so adjust the bake time to 8-9 minutes.

- Waldorf Salad
- Watermelon
• Carrot Sticks
• Autumn’s Ranch Dressing
• Fixate™ Banana Muffins with Raspberries (Find on FIXATE cooking show)
Taco Salad

- Fixate™ Taco Mix (Find on FIXATE cooking show)
- Fixate™ Guacamole
- Churro
- Mixed Berries
- Sunfood™ Organic Yellow Corn Chips and Salsa

Separated Salad

- Romaine, Carrots, Celery, Yellow Bell Peppers and Cherry Tomatoes
- Fixate™ Caesar Dressing (Find in FIXATE cookbook)
- Applegate® Turkey Lunch Meat
- TERRA® Sweet Potato Chips
- Mango
- RXBAR® Mint Chocolate
Every child is different. Here you will find 15 healthy lunch ideas that think outside the traditional lunch box.
Chicken Nuggets

- Fix Approved Chicken Nuggets
- Fixate™ Honey Mustard (Find in FIXATE cookbook)
- Carrots and Celery Sticks
- Avocado Pudding
- Plum

Chicken Nugget Sliders

- Fix Approved Chicken Nuggets with Lettuce, Just Mayo, and Yellow Mustard
- Fixate™ GF Bread (Find on FIXATE cooking show)
- Fixate™ Kale Chips (Find on FIXATE cooking show)
- Citrus Salad with Mint
- Sweet Potato Cookies
- La Croix®
FIXATE™ Tacos

- Fixate™ Taco Meat in Ezekiel® Tortilla with Lettuce, Brown Rice, Cheese and Salsa (Find on FIXATE cooking show)
- Amy’s® Organic Refried Beans
- Fixate™ Guacamole (Find on FIXATE cooking show)
- Cocoa Roast Almonds
- Cantaloupe, Honeydew, Watermelon Stars with Blueberries

FIXATE™ Meatball Calzone

AUTUMN’S TIPS* Meatballs: These are the meatballs from the Fixate Cookbook. You can find the full recipe for how to make the Calzone in the back of the book.

- Fixate™ Meatball Calzone in Annie’s® Crescent Roll (Find in
FIXATE cookbook)
- Caesar Salad with Dressing
- Fixate™ Marinara Sauce (Find in FIXATE cookbook)
- Matt’s Munchies® Fruit
- Plum
Weiners & Beans

- Nathan’s® Beef Franks and Walnut Acres® Organic Baked Beans
- Green Beans
- Strawberries
- Mamma Chia® Chia Squeeze

Chicken & Spinach Quesadilla

- Shredded Chicken and Spinach with Organic Valley® Low Moisture Mozzarella in Ezekiel® Tortillas
- Fixate™ Banana Muffin with Blackberries (Find in FIXATE cookbook)
- Greek Yogurt
- Green Grapes
- Carrot Sticks
Rotisserie Chicken Legs

AUTUMN’S TIPS* Rotisserie Chicken: One of my favorite things to do to make meal prep a little easier is to buy a whole, organic rotisserie chicken. That way I have it to eat for a few days.

- Rotisserie Chicken Legs*
- Green Beans
- Strawberries
- Fixate™ Flourless Brownie (Find in FIXATE cookbook)
- La Croix®

Cheese & Crackers

AUTUMN’S TIPS* Pumpkin Pie Oatmeal Cookie: These are the cookies from the Pumpkin Whoopie Pies on the Fixate Cooking Show.

- Applegate® Salami and Cheddar
• Blue Diamond® Almond Crackers
• Pumpkin Pie Oatmeal Cookie (Find on FIXATE cooking show)
• Honeydew
• Carrot Sticks
• Hummus
Turkey Rollup

- Applegate® Turkey Rollup with
- Fixate™ Gluten Free Bread (Find on FIXATE cooking show)
- Hummus
- Green Grapes
- Blueberries
- Cauliflower
- Simple Truth® Chocolate Covered Almonds

FIXATE™ Pineapple Fried Rice

AUTUMN’S TIPS* Pumpkin Pie Oatmeal Cookie: These are the cookies from the Pumpkin Whoopie Pies on the Fixate Cooking Show.

- Fixate™ Pineapple Fried Rice (Find on FIXATE cooking show)
- Charred Broccoli
- Red Grapes
- gimMe® Sea Salt Seaweed Snack
- Pumpkin Pie Oatmeal Cookies (Find on FIXATE cooking show)
FIXATE™ Meatloaf

- Fixate™ Meatloaf (Find on FIXATE cooking show)
- Cauliflower Mash
- Spinach Salad with Green Grapes and Blueberries
- Raspberries and Blueberries
- Mamma Chia® Chia Squeeze
- YumEarth® Gummy Bears

Pulled Chicken with Tzatziki Sauce

AUTUMN’S TIPS* Rotisserie Chicken: One of my favorite things to do to make meal prep a little easier is to buy a whole, Organic Rotisserie Chicken. That way I have it to eat for a few days.

- Pulled Chicken* with Greek Yogurt Tzatziki Sauce
- Bell Pepper Sticks
- Snyder’s® Gluten Free Pretzels
- Cutie
- Chickpeatos®
FIXATE™ Sloppy Joes

- Fixate™ Sloppy Joes (Find in FIXATE cookbook)
- FIXATE™ Cauliflower Breadsticks (Find on FIXATE cooking show)
- Mixed Berries
- 2 Mini Fixate™ Oatmeal Cookies (Find on FIXATE cooking show)
- Chobani® Strawberry Greek Yogurt Pop

Mini Beef Sliders

- Mini Beef Sliders on Ezekiel® Bread with Ketchup and Mustard
- Watermelon Triangles
- Butternut Squash Fries
- Fixate™ Oatmeal Cookies (Find on FIXATE cooking show)
- Raisins
Corn Dog Muffin

- **Corn Dog Muffin** with Ketchup and Mustard
- Greek Yogurt with Mixed Berries and Paleonola® Granola
- Broccoli and Carrot Sticks
- Autumn’s Ranch Dressing
Recipes
FROM BOBBY

Recipes are so much more than ingredients. They are passed down from generation to generation. They have a history. Preparing them creates memories. I hope my recipes become a part of your family traditions.
Veggie Pasta Salad

25 MINUTES • MAKES 4 SERVINGS

Ingredients

- ½ lb. Fusilli (aka Corkscrew Pasta)
- 1 T Dijon Mustard
- 1 Clove Garlic (Finely Minced)
- 2 T Lemon Juice
- 1 T Lemon Zest
- 3 T Extra-Virgin Olive Oil
- 1 Pinch Sea Salt
- 1 Pinch Black Pepper
- ¼ C Crumbled Feta Cheese
- 2 T Chopped Basil
- ½ C Frozen Peas
- ½ C Diced Zucchini
- ½ C Chopped Carrots
- ¼ C Diced Red Bell Pepper

Preparation

1. Bring a large pot of water to a boil and add enough salt to make it taste like broth.
2. Fit a colander inside the pot so that it rests above the boiling water, add vegetables to the colander, cover and allow to steam 2 minutes.
3. Remove colander, stir pasta into boiling water, then replace colander and lid, allowing vegetables to steam while pasta is cooking, stirring occasionally.
4. While pasta is cooking, whisk together mustard, garlic, lemon juice, lemon zest, olive oil, salt, and pepper.
5. When pasta is done, remove colander of steamed veggies and add them to bowl with dressing before draining pasta and rinsing well with cold
6. Add pasta to the bowl, along with feta cheese and basil, toss until all ingredients are thoroughly combined and enjoy.
**Chicken and Broccoli Spaghetti**

20 MINUTES • MAKES 4 SERVINGS

**Ingredients**
- ½ lb. Dried Spaghetti
- ¼ C Extra-Virgin Olive Oil
- 4 Cloves Garlic (Sliced Thin)
- ¼ C Chopped Parsley
- 1 Pinch Sea Salt
- 1 Pinch Black Pepper
- ¼ C Grated Parmesan Cheese

**Preparation**
1. Bring a large pot of water to a boil, adding enough salt to make it taste as salty as broth.
2. Cook pasta according to directions on package. While pasta is cooking, heat the olive oil in a large skillet over medium heat until fragrant.
3. Add the garlic to the oil and cook until it just begins to brown, 2-3 minutes.
4. Add the salt, pepper and ¾ C of the pasta cooking water, bring to a boil and reduce by half.
5. Kill the heat, add the drained pasta to the sauce and toss with Parmesan and parsley.
Mac & Cheese Bites

20 MINUTES • MAKES 12 MUFFINS

Ingredients

- 4oz Whole Wheat or Quinoa Pasta Cooked
- 1 1/2 C Unsweetened Almond Milk
- 1 1/4 C + 2 T Grated Cheddar Cheese
- 1 T Corn Starch
- 1 Clove Minced Garlic
- 1/4 t Sea Salt

Preparation

1. In a large skillet, combine almond milk, salt, and garlic. Bring to a simmer over low heat.
2. Toss 1 1/4 C cheese with cornstarch until coated.
3. Gradually whisk cheese mixture into simmering milk until fully incorporated. Continue whisking over low heat until all cheese has melted and sauce has thickened.
4. Kill the heat, stir pasta into cheese sauce until coated.
5. Line muffin pan with 12 muffin cups and divide mac and cheese evenly between cups.
6. Sprinkle with remaining 2 tablespoons cheese and bake at 350° F for 12 minutes until golden brown on top.
Spaghetti Squash Bolognese

1.5 HOURS • MAKES 5 SERVINGS

Ingredients

- 2 C Low-Sodium Chicken Stock
- 2 tsp Unflavored Gelatin
- 1½ C Tomato Puree
- 1 lb. Lean Ground Beef
- ¼ C Extra-Virgin Olive Oil
- ½ tsp Black Pepper
- 1 C Chopped Onion
- ½ C Chopped Carrots
- ½ C Chopped Celery
- 4 Large Garlic Cloves (Minced)
- 3 Bay Leaves
- ¼ tsp Allspice
- ½ C Milk
- ¼ C Heavy Cream
- ¼ C Grated Parmesan
- Sea Salt to taste

Preparation

1. In a large, heavy-bottomed saucepot, heat the olive oil over medium heat until fragrant.
2. Add the carrots, celery, and onion and cook until they are beginning to soften about 5 minutes.
3. Add the beef and garlic and cook until beef is cooked through.
4. Add the stock gelatin mixture, bring to a simmer and cook, scraping up any brown bits from bottom of the pan until the stock has reduced by one-third.
5. Add the tomato puree, pepper, bay leaves, allspice and milk. Bring to a
simmer, reduce heat and simmer, uncovered, for 1 hour.

6. Kill the heat, remove the bay leaves, stir in the cream and Parmesan, season with salt to taste and enjoy.
Bow Tie Pasta with Meat & Pea Sauce

20 MINUTES • MAKES APPROX. 16 BITES

Ingredients

- 2 C Low-Sodium Chicken Stock
- 2 tsp Unflavored Gelatin
- 1½ C Tomato Puree
- 1 lb. Lean Ground Beef
- ¼ C Extra-Virgin Olive Oil
- ½ tsp Black Pepper
- 1 C Chopped Onion
- ½ C Chopped Carrots
- ½ C Chopped Celery
- 4 Large Garlic Cloves (Minced)
- 3 Bay Leaves
- ¼ tsp Allspice
- ½ C Milk
- ¼ C Heavy Cream
- ¼ C Grated Parmesan
- Sea Salt to taste
- Steamed Peas

Preparation

1. In a large, heavy-bottomed saucepot, heat the olive oil over medium heat until fragrant. Roll ping-pong-sized balls of dough between your palms, flatten into discs, dust lightly in flour and set aside.
2. Add the carrots, celery, and onion and cook until they are beginning to soften about 5 minutes.
3. Add the beef and garlic and cook until beef is cooked through.
4. Add the stock gelatin mixture, bring to a simmer and cook, scraping up any brown bits from bottom of the pan until the stock has reduced by
one-third.

5. Add the tomato puree, pepper, bay leaves, allspice and milk. Bring to a simmer, reduce heat and simmer, uncovered, for 1 hour.

6. Kill the heat, remove the bay leaves, stir in the cream and Parmesan, season with salt to taste. Top with steamed peas and enjoy.
Penne in Yogurt and Veggie Sauce

35 MINUTES • MAKES 4 SERVINGS

Ingredients
- ½ lb Whole Wheat Penne Pasta
- 1 C Shredded White Cheddar
- ½ C 2% Greek Yogurt
- 1 Clove Garlic (Minced)
- 1 T Olive Oil
- 1 C Chopped, De-Stemmed Kale
- 1 C Butternut Squash (1/2” Dice)
- ½ C Tomato Puree
- Salt and Pepper to taste

Preparation
1. Bring a large pot of water to a boil, add enough salt to make it taste like broth.
2. Cook pasta according to package directions, drain and reserve 1 C pasta water.
3. In a large skillet, heat olive oil over medium heat until fragrant, add garlic and squash and cook until squash is just tender, about 5 minutes.
4. Add the kale and cook another 1 minute, add the tomato puree and ¼ C pasta water and bring to a simmer.
5. Kill the heat and add the yogurt, and cheese, stir until cheese is melted then puree sauce either with an emersion blender or in a conventional blender or food processor (being careful to hold the lid on with a towel, hot sauce can splatter). If sauce is too thick, add a little more pasta water and blend until desired consistency is achieved.
6. Season with salt and pepper to taste then return sauce to skillet and toss with pasta over low heat until pasta is coated in creamy sauce.
Veggie Ravioli in Alioli

20 MINUTES • MAKES 4 SERVINGS

Ingredients

- Store bought Vegetable Ravioli
- ¼ C Extra-Virgin Olive Oil
- 4 Cloves Garlic (Sliced Thin)
- ¼ C Chopped Parsley
- 1 Pinch Sea Salt
- 1 Pinch Black Pepper
- ¼ C Grated Parmesan Cheese

Preparation

1. Bring a large pot of water to a boil, adding enough salt to make it taste as salty as broth.
2. Cook pasta according to directions on package. While pasta is cooking, heat the olive oil in a large skillet over medium heat until fragrant.
3. Add the garlic to the oil and cook until it just begins to brown, 2-3 minutes.
4. Add the salt, pepper and ¾ C of the pasta cooking water, bring to a boil and reduce by half.
5. Kill the heat, add the drained pasta to the sauce and toss with Parmesan and parsley.
Deep Dish Pepperoni Pizza

25 MINUTES • MAKES 6 MINI PIZZAS

Ingredients

- 6 Rounds Annie’s® Biscuit Dough
- 6 Slices Nitrate-Free Pepperoni
- 6 T All-Natural Tomato Sauce
- 6 T Part-Skim Mozzarella

Preparation

1. Preheat oven to 325º F and spray a muffin tin with non-stick spray.
2. Press one round of biscuit dough into each of six muffin cups, forming dough with fingertips to cover bottom and sides of cups.
3. Top each dough with 1 T tomato sauce, 1 T mozzarella and 1 slice pepperoni.
4. Bake for 15 minutes until crust is golden brown.
Pizza Calzone with Pepperoni & Cheese

35 MINUTES • MAKES 4 POCKETS

Ingredients

- 1 Package Annie’s® Biscuit Dough
- 8 T Tomato Sauce
- 8 T Low-Moisture Part-Skim Mozzarella (Shredded)
- 12 Slices Pepperoni
- 1 Egg White + 3 T Water

Preparation

1. Preheat oven to 375 deg. F, line a baking sheet with parchment and spray with non-stick spray.
2. Using a rolling pin, on a lightly floured work surface, roll out 4 biscuit dough rounds to 1/8” thickness.
3. Spoon 2 T sauce into the center of each round, top with 2 T cheese and 3 slices pepperoni.
4. Using your finger or a pastry brush, lightly coat the edge of each dough round with the egg-white mixture, then fold the dough in half, pressing down firmly along the edge to create a tight seal.
5. Place sealed pockets on baking sheet and bake for 15 minutes, turning once half-way through, until golden brown.
6. Remove from oven and let them cool until they can be handled before serving.
Swiss Oatmeal with Banana & Green Apple

5 MINUTES • MAKES 1 SERVING

Ingredients
- 1/2 C Bob’s Red Mill® Gluten Free Dried Rolled Oats
- 3/4 C Blue Diamond® Almond Milk
- 3/4 C 1% Plain Greek Yogurt
- 1/2 tsp Vanilla Extract
- Dash of Cinnamon
- 1/2 of Granny Smith Apple
- 1/2 Banana

Preparation
1. Mix all ingredients together in large bowl, cover with plastic wrap and refrigerate over night
Egg Wrap

20 MINUTES • MAKES 6 WRAPS (SCALE AS NEEDED)

Ingredients
- 6 Large Eggs

Preparation
1. In a large bowl, scramble eggs thoroughly.
2. Spray a 10” non-stick skillet with non-stick spray and heat over low heat for 2 minutes.
3. Lift pan from burner and add ¼ Cup scrambled egg (approx. 1 egg), swirling continuously to coat the bottom of the pan in an even layer. Swirl until all the egg is no longer fluid.
4. Return pan to heat and allow to cook until top of wrap has set, 1-2 minutes.
5. Gently lift edge of wrap using a spatula, once you’ve freed enough to hold on to, grab the freed edge, set spatula down, then use both hands to quickly and gently flip the wrap, so that the top is now touching the pan, allow to cook another 30 second then remove to a plate with a paper towel on it.
6. Finish remaining 5 wraps in the same manner, stacking them on the plate with a clean paper towel between each wrap to avoid them sticking together.
7. Store finished wraps in a zip-top bag, in the refrigerator, for up to 5 days.
Egg Salad

5 MINUTES • MAKES 4 SERVINGS

Ingredients

- 6 Hard Boiled Eggs, Peeled
- ¼ Cup Olive-Oil-Based Mayonnaise
- 2 tsp Dijon Mustard
- ¼ tsp Sea Salt
- ¼ tsp Black Pepper
- 1 T Chopped Dill

Preparation

1. In a large mixing bowl, mash eggs with the back of a fork until broken into small crumbles.
2. Add remaining ingredients and stir to combine.
Pasta Fagioli

45 MINUTES • MAKES 4 SERVINGS

Ingredients

- 1 C Low-Sodium Chicken Stock
- 1 tsp Unflavored Gelatin
- 1 C Tomato Puree
- ½ C Diced Onion
- ¼ C Chopped Celery
- ¼ C Chopped Carrots
- 1, 15oz can Cannellini Beans
- 1 C Elbow Macaroni
- 2 Cloves Garlic (Minced)
- 2 Bay Leaves
- 2 T Minced Basil
- Salt and Pepper to taste
- Grated Parmesan to garnish

Preparation

1. In a medium soup pot over medium-high heat, warm the olive oil until fragrant then sauté onion, celery, carrots, and garlic until onion is translucent, about 5 minutes.
2. Add the chicken stock, tomato puree, cannellini beans with their water, and bay leaves, bring to a boil then lower to a simmer and cook for 20 minutes.
3. While soup is cooking, boil pasta in salted water according to directions, drain, rinse and set aside.
4. After 20 minutes, kill the heat, add boiled pasta to soup, remove bay leaves, add basil and salt and pepper to taste. Serve with a sprinkle of Parmesan.
Waldorf Salad

15 MINUTES • MAKES 4 SERVINGS

Dressing Ingredients
- ½ C Greek Yogurt
- 2 T Mayonnaise
- 1 T Minced Dill
- 1 T Minced Tarragon
- 2 T Apple Cider Vinegar
- 1 T Honey
- ¼ tsp Sea Salt
- ¼ tsp Black Pepper

Salad Ingredients
- 4 Lettuce Leaves
- (Preferably Boston Lettuce)
- ¼ C Walnuts
- 2 Apples
- ½ C Chopped Celery
- ¼ C Raisins

Preparation
1. Whisk together all ingredients for dressing and set aside.
2. Cut apple flesh away from core using 4 vertical cuts at right-angles to one another. Discard core and cut flesh into ½” chunks.
3. Add apple, walnuts, celery and raisins to dressing and toss until well coated.
4. Serve dressed salad by plating ¼ of mixture on top of each lettuce leaf.

Tip: Leftover dressed salad will keep, covered in the refrigerator, for up to 4 days. Keep lettuce leaves separate until time of serving.
Peanut Butter Sweet Potato Cookies

1 HOUR • MAKES APPROX 24 COOKIES

Ingredients
- 3 Medium Sized Sweet Potatoes
- (Bake at 350º F for 30-40 minutes or until soft)
- 3 Eggs
- 1 tsp Vanilla Extract
- 6 T of Natural Peanut Butter
- 3/4 C Beachbody Performance Line Vanilla Dream Recovery Formula
- (Sub Iso Pure Vanilla Protein Powder)
- 3 tsp Pumpkin Pie Seasoning

Preparation
1. Mix all ingredients together in a large mixing bowl with a hand mixer or in a food processor.
2. Scoop out a tap and mold into a small ball. Flatten slightly with a fork. Place the cookies on a cookie sheet that has a light spray of coconut or olive oil.
3. Bake at 350º F for 15 minutes.
Maple Whipped Cream

5 MINUTES • MAKES 1 CUP

Ingredients

- 1 C Heavy Cream
- ¼ C Maple Syrup
- ¼ tsp Vanilla Extract
- 1 Pinch Sea Salt

Preparation

1. Place all ingredients in a mixing bowl and whip with hand mixer on high speed until stiff peaks form.
Broccoli Bites

20 MINUTES • MAKES APPROX. 16 BITES

Ingredients

- 2 C broccoli florets
- 2 large eggs
- ¼ C canned chickpeas (drained)
- ½ tsp sea salt
- ½ C gluten-free Panko breadcrumbs
- ½ tsp curry powder
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp onion powder
- 1 clove garlic
- Zest of 1 lemon (optional)
- GF AP flour to coat
- 3 T olive oil

Preparation

1. Place all ingredients except flour and olive oil in a food processor and pulse until combined into a thick, dough-like mixture.
2. Roll ping-pong-sized balls of dough between your palms, flatten into discs, dust lightly in flour and set aside.
3. Heat the olive oil in a non-stick skillet over medium heat until fragrant, then fry discs for approx. 6 minutes per side, until golden brown and cooked through.
4. Let cool on paper towels to wick away excess oil, and serve.

Tip: Broccoli bites will keep, covered, in the refrigerator for up to a week, and may be frozen for up to 2 months then reheated in a 350º F oven before
serving.
Avocado Pudding

10 MINUTES • MAKES 4 SERVINGS

Ingredients

- 2 Avocados
- ½ C Cocoa Organic Powder
- ½ C Pure Maple Syrup
- ¼ C + 2 T Unsweetened Coconut Milk
- 1 Pinch Sea Salt
- ½ tsp Pumpkin Spice
- ½ tsp Cinnamon
- 2 tsp Vanilla Extract

Preparation

1. Place all ingredients in a blender or food processor and blend until smooth and creamy
Mini Cornbread Muffins with Honey Butter

20 MINUTES • MAKES 12 MUFFINS

Muffin Ingredients
- 1/3 C AP flour
- 1/3 C Cornmeal
- 2 T Coconut Sugar
- ½ tsp Baking Powder
- 1 Pinch Baking Soda
- 1 Pinch Sea Salt
- 1/3 C Buttermilk
- 1 T Coconut Oil
- 1 Large Egg

Honey Butter Ingredients
- 1 Stick of Room-Temperature, Salted Butter
- 1 T + 1 tsp honey

Preparation
1. Preheat oven to 375 deg. F. and spray a 12-cup mini muffin pan with non-stick spray.
2. In a mixing bowl, whisk together flour, cornmeal, sugar, baking powder, baking soda, and salt.
3. In a separate mixing bowl, whisk together buttermilk, coconut oil, and egg.
4. Whisk wet ingredients into dry until combined.
5. Fill muffin cups ¾ full and bake until golden brown and a toothpick inserted into center comes out clean, about 12 minutes.

Preparation
1. Whisk together honey and softened butter. Cover and refrigerate until
needed.
Churro

12 MINUTES • MAKES 8 SERVINGS

Ingredients

- 2, 1” Thick Slices Gluten-Free Bread
- 2 T Ghee
- 1 tsp Sea Salt
- 1 tsp Cinnamon
- 1 T Demerara Sugar

Preparation

1. Cut crusts off bread then divide each slice into 4 sticks.
2. Place salt, cinnamon and sugar in a brown paper bag.
3. In a large skillet over medium heat, melt ghee then sauté bread sticks for approx. 4 minutes per side until golden brown and crispy.
4. Remove sticks to paper bag and shake gently to coat in cinnamon and sugar. Remove from bag and place on a plate to cool completely.
Chicken Nuggets

45 MINUTES • MAKES APPROX 24 NUGGETS

Ingredients

- 1 C Almond Meal
- 2 T Garlic Powder
- 1 tsp All-Purpose Seasoning
- ½ tsp Himalayan Sea Salt
- ½ tsp Onion Powder
- 1 Large Egg
- 1 lb. Chicken Cutlets Cut 1½ Inch Pieces
- 2 T Gee (Clarified Butter) for frying
- Coconut Oil for baking

Preparation

1. In a large mixing bowl, combine all of the dry ingredients.
2. In a separate bowl, whisk the egg for the egg wash.
3. Dip the chicken 1½ inch pieces in the egg wash, then in the breading mix. Make sure to coat thoroughly.
4. If you are baking the chicken nuggets, preheat the oven to 350º F. Spray a large cooking sheet with a light spray of coconut oil and then place the breaded nuggets on the pan. Bake for 25 minutes turning them every 5-7 minutes. Before eating, check there is no pink in the center of the chicken!
5. If you are frying the chicken nuggets, heat 2 Tablespoons of Gee in a large frying pan over medium heat. Add the breaded nuggets and flip every 3-4 minutes until cooked all the way through. About 12-15 minutes (total). Discard the Gee left in the pan.
Meatball Calzone

30 MINUTES • MAKES 4 SERVINGS

Ingredients

- 4 Fixate Meatballs
- ½ C All-Natural Tomato Sauce
- ½ C Part-Skim Mozzarella
- 4 Rounds Annie’s® Biscuit Dough
- 1 Egg White + 2 T Cool Water

Preparation

1. Preheat oven to 325º F and spray a sheet pan with non-stick spray.
2. Using a rolling pin and a little bit of flour for dusting, roll out each biscuit round until it is ¼” thick.
3. Place 2 T sauce into center of one round, top with 2 T cheese and 1 meatball.
4. With a pastry brush or the tip of your finger, lightly coat the outer edge of the dough with the egg-wash. Fold dough over on itself to form a half moon then firmly press the edges together to form a seal.
5. Repeat with remaining 3 dough rounds.
6. Place calzone on baking sheet and bake for 15 minutes until golden brown.
Cauliflower Mash

30 MINUTES • MAKES 4 SERVINGS AT 1 CUP EACH

Ingredients

- 1 Head Cauliflower
- 1 T Olive Oil
- 2 Cloves Garlic, Minced
- 1/4 C Greek Yogurt
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Preparation

1. Chop cauliflower into florets.
2. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower florets, cover, steam until tender about 8-10 minutes.
3. While cauliflower is steaming heat olive oil in a sauté pan over medium heat. Add garlic, stir until soft and golden brown. About 2-3 minutes. Remove from heat.
4. Transfer cauliflower to a food processor; cover and blend on high until creamy. Add in garlic, Greek yogurt, salt, and pepper, blend until combined.
5. Serve
Yogurt Tzatziki Dip

15 MINUTES • MAKES 4 SERVINGS

Ingredients
- 8oz Plain/Greek Yogurt
- ½ English Cucumbers (Skin and All), Grated
- Zest of 1 Lemon
- Juice of ½ Lemon
- ¼ C Chopped Dill
- Salt and Pepper to taste
- 2 Cloves Grated Garlic

Preparation
1. Simply mix together all ingredients or blend in a food processor. Keep in air tight container and refrigerate for 1 week.
Butternut Squash Fries

30 MINUTES • MAKES 4-5 SERVINGS

Ingredients

- 1 Butternut Squash
- ¼ C Olive Oil
- Salt to taste

Preparation

1. Cut the neck off the squash and reserve the belly for other purposes. Peel the neck, then cut it into 3” x ½” x ½” pieces resembling large French fries.
2. In a large skillet over medium heat, heat the olive oil until it sizzles when you dip the end of a fry into it. If using a thermometer, you are looking for 350° F.
3. Working in batches to not overcrowd your pan, fry the squash pieces, approx. 5 minutes per side until the outside has browned and crisped up and the inside is fork tender.
4. Remove to a plate lined with paper towels to absorb excess oil, salt lightly and serve.
Autumn’s Ranch Dressing

10 MINUTES • MAKES APPROX. 12OZ

Ingredients

- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/4 tsp Black Pepper
- 1/4 tsp Sea Salt
- 1 T Fresh Chives (Minced)
- 1 C 2% Greek Yogurt
- 1/3 C Low-Fat Buttermilk
- 1 tsp Lemon Juice
- 1 tsp Dijon Mustard

Preparation

1. Combine all ingredients in a bowl and mix.
Corn Dog Muffin

20 MINUTES • MAKES 12 MINI MUFFINS

Ingredients

- 1 C GF AP Flour
- 1 C Cornmeal
- ¼ Cup + 2 T Coconut Sugar
- 1½ tsp Baking Powder
- ¼ tsp Baking Soda
- ¾ tsp Sea Salt
- 1 C Buttermilk
- 3 T Coconut Oil (melted)
- 3 Large Eggs
- 3 Hot Dogs into 1” Slices

Preparation

1. Preheat oven to 375° F and spray a 12-cup muffin pan with non-stick spray.
2. In a mixing bowl, whisk together flour, cornmeal, sugar, baking powder, baking soda and salt.
3. In a separate mixing bowl, whisk together buttermilk, coconut oil, and egg.
4. Whisk wet ingredients into dry until combined.
5. Fill muffin cups ¾ full, then submerge ¼ or a hotdog into the center of each cup’s batter. Bake until golden brown and a toothpick inserted into center comes out clean, about 15 minutes.