
Be Your Best Self Coaching, LLC

RECIPE GUIDE

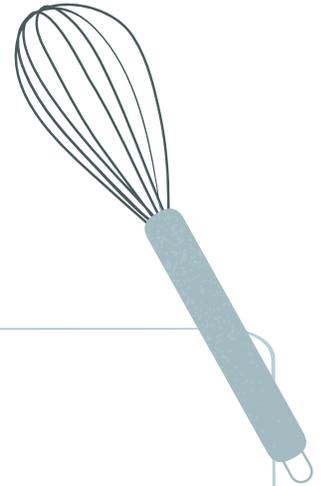
"You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients." - Julia Childs.

We believe that healthy options shouldn't be long or complicated. The easier it is, the more accessible it is to those with a busy schedule.

The ten recipes featured here are perfect for a family meal or meal prep for the week.



Green Smoothie



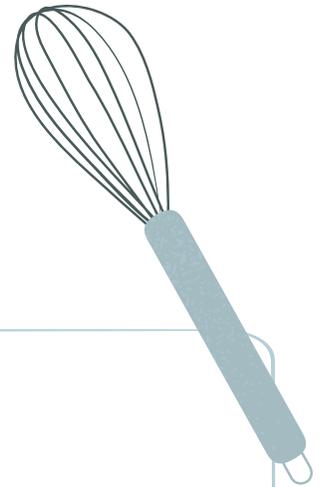
Ingredients

- 2 loose-packed cups kale or spinach
- 2 frozen bananas (freeze overnight)
- 1 cup frozen peaches
- 1 cup almond milk
- 1/2 fresh or frozen avocado
- 1 tbsp chia seeds

Directions

- Transfer all ingredients to a blender and blend on high until creamy, adding more almond milk if needed.

Black Bean Burgers



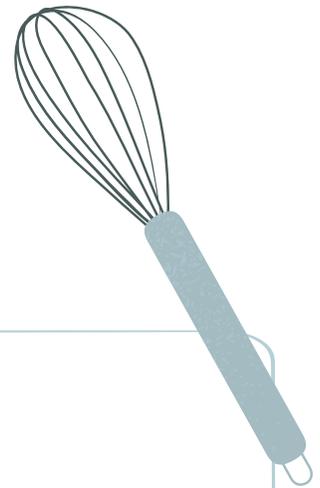
Ingredients

- 2 tablespoons olive oil, divided
- 1 medium yellow onion
- 2 cups cooked black beans
- 3/4 cup regular or gluten-free breadcrumbs
- 1 tablespoon cumin
- 1 tablespoon chili powder, or to taste
- Sea salt and black pepper to taste
- 1 egg or egg substitute

Directions

- Bring 1 tablespoon olive oil to medium heat in a medium pan.
- Peel and finely dice the onion and add to the pan. Cook for 5 minutes until caramelized.
- Combine beans, breadcrumbs, onion, cumin, chili powder, salt, and pepper in a large bowl with clean hands. Massage the mixture so the beans break down and form a dough.
- Beat egg in a separate bowl and add to the main bowl, combining well.
- Form mixture into small-medium patties and cook in remaining olive oil on medium-high heat in a skillet for 5 minutes on each side, or until cooked through and slightly crispy on the outside.
- You can also grill these for a great smoky flavor.

Taco Seasoning



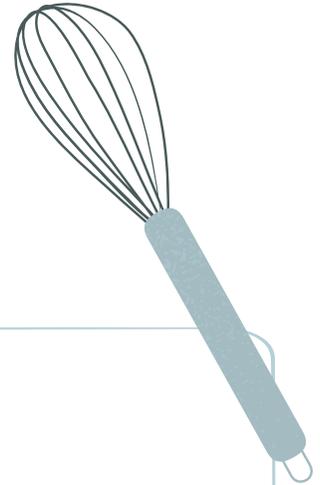
Ingredients

- 1 tablespoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon dried oregano
- ½ teaspoon paprika
- 1 ½ teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Directions

- In a small bowl, mix together all ingredients.
- Cook meat of choice and drain extra grease.
- Use 1/2 serving of recipe per 1lb on the meat.
- Add 1-2tbsp water to help seasoning mix.
- Store leftovers in an airtight container.

Zucchini Taco Boats



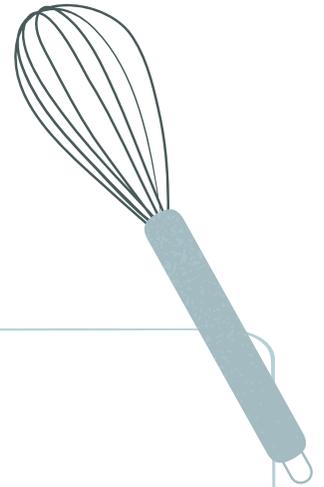
Ingredients

- 1 Cup Cooked Taco Meat
- 1 Zucchini
- 1/2 Cup Mexican Shredded Cheese
- Your Favorite Taco Toppings

Directions

- Pre-heat the oven to 425°
- Slice zucchini lengthwise
- Scoop out seeds, so the zucchini makes a boat shape
- Fill with taco meat
- Top with shredded cheese.
- Bake for 20-25 minutes or until zucchini is soft and cheese is melted.
- Top with the rest of your favorite toppings.

Tomato, Basil & Cheese Flatbread



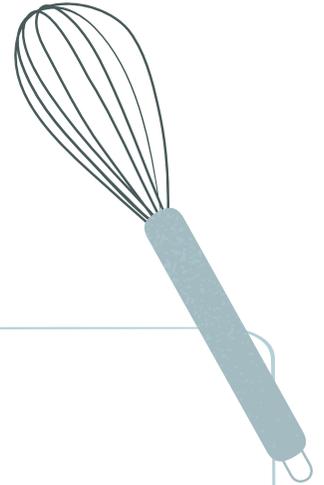
Ingredients

- Gluten-Free Pizza Crust
- Olive oil
- Two large handfuls of fresh Basil
- 2 Cups Fresh Mozzarella Cheese
- 1 Cup Sliced Cherry Tomatoes

Directions

- Bake the pizza crust for 8 minutes (following crust instructions)
- Top with 1tbsp of olive oil
- Add cheese, basil leaves & tomatoes
- Bake for another 8 minutes

Slow Cooker Salsa Chicken



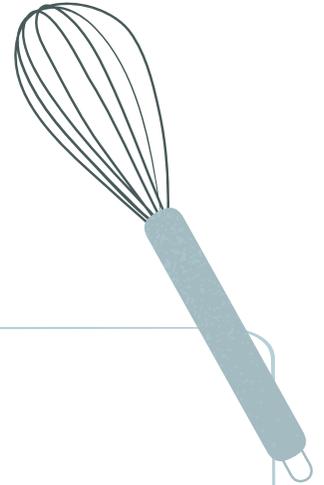
Ingredients

- 16oz Fresh Salsa
- 2lbs Chicken Breast
- 2TBSP Homemade Taco Seasoning
- 2 Cups Frozen Corn
- Brown Rice, Quinoa or Corn Tortilla Shells

Directions

- Add Salsa, Chicken Breast, Taco seasoning, and Corn to Crock Pot
- Cook on low for 6 hours
- Take Chicken breasts out and shred them.
- Mix back into the slow cooker for 20 minutes
- Serve over rice, quinoa or tortilla shells.

Veggie Quesadilla



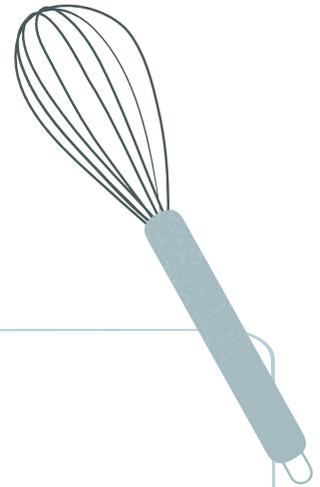
Ingredients

- 2 Corn Tortillas
- 3 tbsp Goat Cheese Crumbles
- 4 oz Shredded Chicken
- 1/2 cup Chopped Kale
- 2 Mini Sweet Peppers Chopped
- 1 tbsp Red Onion
- 1/2 Avocado

Directions

- Turn the frying pan on low heat.
- Add in one corn tortilla & top with 1 1/2 tbsp goat cheese.
- Layer in chicken, kale, sweet peppers & onion.
- Top with the rest of the goat cheese.
- Place the second tortilla on top.
- Let cook on low heat for 7 minutes.
- Flip to the other side for an additional 7 minutes.
- Top with avocado.

Golden Milk



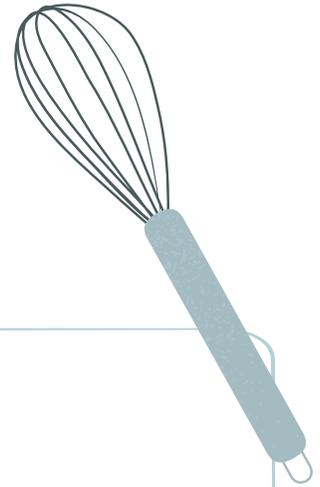
Ingredients

- 1.5 cups light coconut milk
- 1.5 cups unsweetened vanilla almond milk
- 1.5 tsp ground turmeric
- 1/4 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1 tbsp coconut oil
- 2 tbsp local honey

Directions

- Add all ingredients to a small saucepan.
- Whisk ingredients over medium heat for 5 minutes; do not boil
- Remove from heat and let cool.
- Store in the fridge to use throughout the week
- For an extra creamy taste, mix 1/4 cup in a milk frother before adding to coffee.

Quinoa Salad



Ingredients

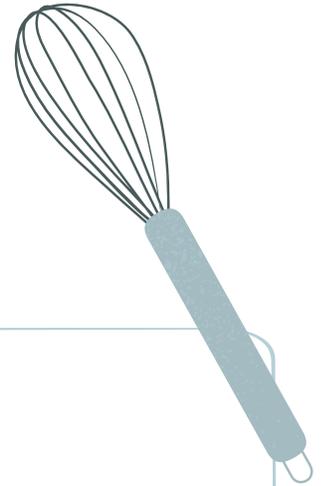
- 1-1/2 cups quinoa
- 3 cups water
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 cup parsley, chopped
- 1/2 cup scallion, chopped
- 1/2 cup tomato, diced
- Salt and pepper to taste

Directions

- Using a fine mesh strainer, rinse quinoa with cool water until water runs clear.
- Combine quinoa and water in a saucepan. Cover and bring to a boil. Reduce heat to a simmer and continue to cook, covered, for 15 minutes or until all water has been absorbed.
- Remove from heat and let stand, covered, for 5 minutes.
- Fluff with a fork.
- Add the remaining ingredients to the quinoa and lightly toss.
- Serve at room temperature.

Tip: For a delicious toasted flavor, dry roast quinoa for 5 minutes in a saucepan before adding liquid.

Sweet Potato Toast



Ingredients

- 1 medium sweet potato, sliced into 1/4 inch thick slices.
- 1/4 cup peanut butter or almond butter
- 1 banana, sliced

Directions

- Cut the ends off of the sweet potato, and slice it lengthwise into 1/4-inch thick slices. You should have about four slices.
- Place the slices into a toaster. Toast on high for 2-3 times or until the outsides are lightly browned, and the inside is cooked through.
- Repeat with the other two slices.
- Spread 1 tbsp peanut butter or almond butter on each slice.
- Top with banana slices