

HEALTHY MEALS IN 12 MINUTES OR LESS

DAY 1

BREAKFAST: Raw Cacao & Blueberry Smoothie



- 1 cup coconut milk
- 2/3 blueberries, fresh or frozen
- 1 Heaping tablespoon raw cacao powder
- 1 tablespoon chia seeds
- 1 tsp vanilla extract
- 5-6 cubes of ice

INSTRUCTIONS:

1. Place all the ingredients in a blender and blend until smooth.

LUNCH: 10-Minute Italian Quinoa Salad with White Beans

Just 10 minutes to this tasty and nutritious Italian Quinoa Salad...the perfect side dish or lunch for summer BBQs and your weekly food prep rotation.



- 1 cup quinoa, cooked
- 1/2 cup small white cannelloni beans
- 1/4 cup yellow onion, finely chopped
- 1 roasted bell pepper, chopped
- 1/2 cup marinated artichokes*, halved
- 1/4 cup fresh bell pepper, chopped
- 1 medium Roma tomato, chopped
- 1/2 teaspoon lemon zest
- Spices and Herbs:

- 1 tablespoon fresh parsley, chopped
- 2 tablespoons fresh basil, chopped
- Freshly ground black pepper
- 1/8 teaspoon granulated garlic
- 1/4 teaspoon dried oregano
- Optional: 1/4 teaspoon red chili flakes
- Note: If you don't use marinated artichokes, be sure to add 1/2-1 tablespoon extra virgin olive oil, a generous dash of sea salt, and increase the oregano to 1/2 teaspoon!

INSTRUCTIONS:

1. Prepare quinoa according to package instructions.
2. In a medium-sized bowl combine all ingredients and toss to combine. Taste and adjust spices to taste.
3. Optional: If time allows, refrigerate for about 30 minutes to really let flavors meld. Enjoy!

DINNER: Honey Garlic Shrimp & Broccoli

Quick, simple and delicious. This honey garlic shrimp and broccoli is made using only 6 ingredients and is ready in under 10 minutes.



- 1 lb. shrimp peeled and deveined
- 1 cup broccoli florets frozen or fresh
- 1 tablespoon oil
- Sauce
- 1 teaspoon garlic minced
- 1/2 teaspoon ginger, minced
- 4 tablespoons honey
- 3 tablespoons soy sauce

INSTRUCTIONS:

1. Place broccoli florets in a small bowl, fill with a few teaspoons of water and steam in microwave for 2 minutes. Combine the sauce ingredients and divide it into half. Marinate the shrimp with one half of the sauce for 5-10 minutes (or up to 24 hours). Discard marinade.
2. Heat a skillet to high heat. Add 1 tablespoon oil to pan then add shrimp. Sear them on both sides in batches of 2 until browned, about 1 minute per side. Add the shrimp back to the pan along with the broccoli, drizzle with remaining sauce, and mix well to combine.

DAY 2

BREAKFAST: Healthy Single-Serving Blueberry Microwave Muffin

Congrats! You made it past Monday! Celebrate by making this Healthy Single-Serving Blueberry Microwave Muffin — it's sweet, it's fluffy, it's soft, and it's amazing. It's just as tasty as any ordinary Blueberry Muffin, but it's made without the refined flour, white sugar, butter, and oil.



- ½ cup Frozen Unsweetened Blueberries, thawed 10 minutes
- ½ cup Unsweetened Vanilla Almond Milk
- ¼ cup Unsweetened Applesauce
- ½ tsp Vanilla Extract
- 51g (6 tbs) Sweet White Sorghum Flour
- 1 tbs Ground Flaxseed
- 1 tsp Double Acting Baking Powder
- 4 packets Natural Sweetener (stevia, truvia, etc.)
- ⅛ tsp Salt

INSTRUCTIONS:

1. In a bowl, stir together the frozen blueberries, milk, applesauce and vanilla.
2. In another bowl, whisk together the sorghum flour, flaxseed meal, baking powder, sweetener and salt. Dump the dry ingredients into the wet ingredients and stir together until fully incorporated.
3. Spray a large ramekin (mine was 4½” in diameter) with cooking spray and pour in the muffin batter. Microwave for 4 minutes, or until the surface of the muffin springs back when tapped. Let cool slightly, then enjoy!

LUNCH: 10- Minute Tuna Wrap

What's the most convenient take-to-work or take-to-school or take-to-park lunch ever? Definitely this healthy 10-Minute Tuna Wrap. A delicious Avocado Tahini Dip as sauce, lettuce, tuna, cucumber and bell pepper. Hungry? Lunch is ready in T-10!



- 1 large whole wheat tortilla
- 1 batch Avocado Tahini Dip
- 100 g cooked tuna (or 1 small can)
- 3 leaves romaine lettuce
- ¼ small cucumber
- ½ bell pepper

INSTRUCTIONS:

1. Prepare Avocado Tahini Dip.
2. Wash and thinly slice cucumber and bell pepper.
3. Wash and dry lettuce.
4. Lay out a large piece of wax paper.
5. Place whole wheat tortilla on top.
6. Spread Avocado Tahini Dip on half of the tortilla.
7. Place lettuce, tuna, cucumber and bell pepper on dip.
8. Roll everything into a wrap, then roll around wax paper forming pockets at top and bottom and secure with either adhesive tape or a string.
9. Cut in the middle and enjoy!

DINNER: Thai Lettuce Chicken Wrap



Thai Chicken Lettuce Wraps – ready in **15 minutes** from start to finish, perfect quick summer lunch. These Thai-style lettuce wraps will please your taste buds, super healthy and delicious. (continued on next page)