



EGG WHITE OMELETTE BITES

INGREDIENTS:

1/2 pound button or
cremini mushrooms, finely chopped
1/2 red or orange bell pepper, diced
1/2 pound Frozen Spinach, thawed, drained and chopped
1/2 teaspoon fine sea salt, divided
16 egg whites

DIRECTIONS:

Preheat the oven to 375° F. Lightly oil a 12-cup muffin pan.

Heat a large skillet over medium heat.

Cook mushrooms, stirring, until they begin to release their liquid,
about 5 minutes.

Add bell pepper and cook, stirring, 3 to 4 minutes more.

Add spinach and 1/4 teaspoon of the salt and cook, stirring frequently, until
vegetables are soft and most liquid has evaporated, about 5 minutes.

Cool slightly, then divide mixture among the prepared muffin cups.

In a medium bowl, whisk together egg whites and remaining 1/4 teaspoon salt.

Pour evenly over vegetable mixture in the muffin cups.



BREAKFAST CASSEROLE

INGREDIENTS:

4 cups peeled & cubed butternut squash

2 tablespoons coconut oil or avocado oil

2 teaspoons sea salt | 1 teaspoon black pepper

2 cups broccoli florets

1 medium red bell pepper, seeded and diced

12 large eggs & 1 cup plain and unsweetened almond milk

DIRECTIONS:

Preheat your oven to 400 degrees Fahrenheit.

Arrange butternut squash on a large baking tray lined with parchment paper. Dollop ghee, coconut oil or avocado oil on the squash and season with sea salt and black pepper.

Roast in the oven until soft and beginning to brown, about 20-25 minutes.

While butternut is roasting, steam your broccoli until tender, about 5 minutes.

While broccoli is steaming, whisk all of the eggs and almond milk in a large bowl and season with additional sea salt and black pepper if you like.

Arrange steamed broccoli in an oven-safe casserole dish greased with ghee, coconut oil or avocado oil.

Add diced bell pepper to the casserole dish, followed by the roasted butternut squash, and then the egg mixture.

Bake in the oven for 25-30 minutes.

Remove from the oven and allow to cool for a few minutes before serving between 4-5.



BREAKFAST

PROTEIN OATMEAL

INGREDIENTS:

1/2 cup steel-cut, gluten-free oats

1 scoop BodyMelt Vanilla Shake

1/4 cup Blueberries

Dash of Cinnamon

DIRECTIONS:

Cook the steel oats as instructed on package.

Add BodyMelt protein shake, blueberries
and cinnamon to cooked oats and stir.

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GREEN SMOOTHIE

INGREDIENTS:

1 Scoop BodyMelt Vanilla Protein Shake

1 Scoop BodyMelt Superfood Greens (optional)

1 cup baby spinach

1 cup frozen banana slices

1 cup frozen pineapple chunks

8 oz almond milk

DIRECTIONS:

Add all ingredients to a blender and blend on a medium or high setting; or add to a blender bottle and shake well.

BODYMELT™



TRIPLE BERRY SMOOTHIE

INGREDIENTS:

1 scoop BodyMelt Vanilla Protein Shake

1 scoop BodyMelt Energy Drink (optional)

1/2 cup Frozen Strawberries

1/2 cup Frozen Blackberries

1/2 cup Frozen Raspberries

6 to 8 oz Almond or Coconut milk

DIRECTIONS:

Add all ingredients to a blender and blend on a medium or high setting; or add to a blender bottle and shake well.

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CHOCOLATE SMOOTHIE

INGREDIENTS:

1 scoop BodyMelt Chocolate Protein Shake

3/4 cup Almond Milk

1/2 cup Ice

2 tbsp. Almond Butter


1 tbsp. Chia Seed or Hemp Seeds

1/2 tbsp. Pure Vanilla Extract

DIRECTIONS:

Add all ingredients to a blender and blend on a medium or high setting; or add to a blender bottle and shake well.

BODYMELT™

A close-up photograph of a light-colored ceramic bowl filled with several round, brown protein balls. The balls have a slightly textured surface with some white specks, likely from the protein powder or oats. In the background, a piece of light-colored fabric is visible.

BODYMELT PROTEIN BALLS

INGREDIENTS:

1 cup almond butter

2/3 cup of agave

½ cup BodyMelt Vanilla Protein Powder

½ cup BodyMelt Chocolate Protein Powder

1.5 cups of Gluten Free Whole Oats

DIRECTIONS:

Heat the almond butter and agave in a saucepan on low heat until well combined. Remove from heat. Add the protein powder and mix well. As you start mixing the powders it will turn to a dough consistency.

Add the oats to a separate bowl and add the protein dough mix to the oats. It's still hot so be careful when you start mixing the oats. You may need to mix with your hands. Store them in the refrigerator or eat at room temperature.

BODYMELT™



AVOCADO SALSA & BROWN RICE TORTILLAS

INGREDIENTS:

4 medium ripe avocados peeled and chopped

1 medium sweet red pepper, chopped

1 small onion, chopped

5 garlic cloves, minced

1/3 cup olive oil | 1/4 cup lime juice | 3 tbs cider vinegar

1 tsp dried oregano | 1/2 tsp salt | 1/2 tsp pepper

DIRECTIONS:

Serve in folded tortillas or toast tortillas with olive oil before serving.



ROASTED VEGETABLE SALAD WITH LEMON TAHINI

INGREDIENTS:

2 cups cauliflower, cut into small florets

2 cups broccoli, cut into small florets

1 onion, cut into chunks similar in size to other vegetables

1 red pepper, cut similar size, seeds and stem removed

2 tablespoons olive oil | 1 tablespoon dried oregano

1 tablespoon thyme | Salt and pepper to taste

1 scoop Greens Superfood Blend | Lemon Tahini | 3 garlic cloves

1/2 cup tahini | 1/3 cup water

3 tablespoons fresh lemon juice | 1 tablespoon lemon zest

1/4 teaspoon cumin | 1 tablespoon olive oil



ROASTED VEGETABLE SALAD WITH LEMON TAHINI

DIRECTIONS:

Preheat oven to 400. Place the cauliflower and onion on one baking sheet. Drizzle with one tablespoon of olive oil and the oregano and thyme. On a second sheet, place the broccoli and red pepper. Pour the other tablespoon of olive oil on top and season both pans with salt and pepper. Place both sheets in the oven, stirring after 20 minutes. Remove when cooked through, approximately 30-40 minutes total.

While the vegetables cook, make the lemon tahini dressing. Add all ingredients to a food processor and blend until mixed. Season with salt and pepper. You can adjust the consistency by adding or reducing the water. Place the mixed greens on a large serving dish and top with the roasted vegetables. Drizzle the lemon tahini dressing on top.



STEAK AND SWEET POTATO TOSS

INGREDIENTS:

1 pound small sweet, cut into 1-inch wedges

1 beef top sirloin steak
(1 inch thick and about 1-1/4 pounds)

3 cups fresh broccoli florets

1/4 cup olive oil

2 tablespoons cider vinegar

2 garlic cloves, minced

1/2 teaspoon ground mustard

1/2 teaspoon paprika

1/4 teaspoon pepper

2 green onions, thinly sliced



STEAK AND SWEET POTATO TOSS

DIRECTIONS:

Place potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, 10-15 minutes or until tender. Drain.


Meanwhile, grill steak, covered, over medium heat 7-9 minutes on each side.

In a large saucepan, place steamer basket over 1 in. of water. Place broccoli in basket. Bring water to a boil. Reduce heat to maintain a low boil; steam, covered, 2-3 minutes or until broccoli is crisp-tender. Remove from heat.

In a small bowl, whisk oil, vinegar, garlic and seasonings until blended; stir in green onions. Cut steak into thin slices.

In a large bowl, combine potatoes, steak, broccoli and red pepper. Drizzle with vinaigrette; toss to combine. Serve warm or refrigerate and serve cold.


ONE
BOWL
DINNER



CHICKEN & VEGGIE BOWL

INGREDIENTS:

- 1 cup organic riced cauliflower
- 1 cup lightly packed chopped kale
- 1 boneless, skinless chicken breast, grilled and sliced
- 1 small (6-ounce) cooked sweet potato, peeled and diced
- 1/2 small avocado, sliced
- 1/4 cup fresh cilantro leaves
- 2 teaspoons Nom Nom Paleo Magic Mushroom Powder
or other seasoning spice blend (optional)
- Fine sea salt to taste (optional)
- Lime wedges for serving



CHICKEN & VEGGIE BOWL

DIRECTIONS:

Prepare cauliflower rice according to package instructions; place in a serving bowl and keep warm.

Combine kale and a tablespoon or two of water in a small saucepan; cover and steam until kale is bright green and just tender, 4 to 5 minutes.

Top cauliflower rice with kale, chicken, sweet potato and avocado and garnish with cilantro.

Sprinkle with seasoning and salt if desired and serve with lime wedges.