

FREE E- COOKBOOK

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HILARY DOWNEY



Hi! My name is Hilary Downey. I'm a Nutrition/Dietetics and Psychology student. I am the owner of Prep & Pep, LLC.

My goal as a future Registered Dietitian is to show you that healthy eating **DOES NOT** have to equal boring and bland. You can create meals that are **FULL of flavor** that stay in line with your health goals. No feeling deprived here – these recipes will leave you satisfied and fueled.

I don't do fancy (much)– I **use every day ingredients** to create **balanced meals** that you can feel good about serving to your family.

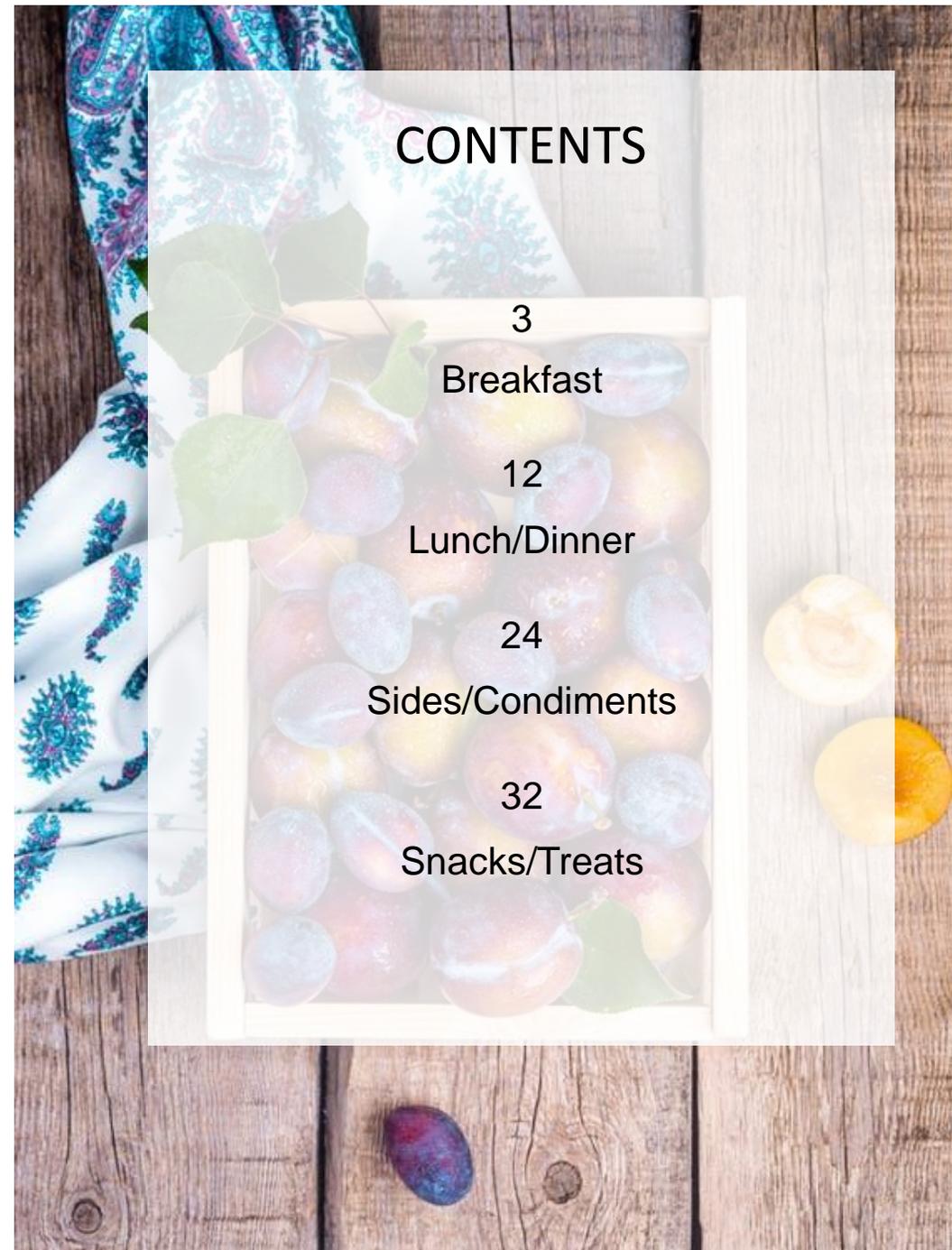
I like to take my favorite classic recipes and **lighten them up**. It is my mission to show others that you **CAN still enjoy your favorite foods** while managing your weight.

I hope you enjoy this free cookbook!

- Hilary

For more recipes, please visit my website

www.prepandpepLLC.com



Whole Wheat Oatmeal Pancakes



This is an old family recipe that we all use and love – only I've made a few changes to improve the nutrition facts without sacrificing taste.

1 ½ cups quick cooking oats	¾ cup whole wheat pastry flour
2 cups 1% milk	Pinch of salt
¼ cup avocado oil	Butter, maple syrup, fresh fruit, or desired toppings
2 eggs	
2 tablespoons coconut sugar	
2 ½ tsp baking powder	

- 1 Combine oats and milk in large mixing bowl. Let sit for 2-3 minutes.
- 2 Add oil, eggs, sugar, baking powder, and salt to bowl and combine.
- 3 Add in flour ¼ cup at a time, mixing after each ¼ cup. Use spatula or mixing spoon to combine.
- 4 If more flour is needed, add 1 tablespoon at a time until you reach desired consistency. If more liquid is needed, add 1 tablespoon milk at a time until you reach desired consistency.
- 5 Heat large skillet to medium heat. Add batter to skillet using ¼ cup measuring cup.
- 6 Flip when bubbles appear on surface of batter.
- 7 Remove pancakes and enjoy with favorite toppings!

Yield: 18 pancakes. 3 pancakes contains 290 calories, 13g Fat, 33g Carbs, 4g Fiber, 3g Sugar, 9g Protein

Egg Stuffed Peppers



My spin on stuffed peppers – the breakfast version! These make for a GREAT meal prep – simply place in airtight container and keep in fridge. Reheat in microwave and add desired toppings. Delicious!

4 bell peppers, halved and seeded
8 eggs
½ cup shredded cheddar cheese
1 cup black beans, cooked

4 tablespoons salsa
4 tablespoons nonfat, plain Greek yogurt

- 1 Preheat oven to 400 degrees F.
- 2 Boil 4 cups of water in a medium sauce pan over high heat.
- 3 Place bell pepper halves in water for 5 minutes. Place on paper towel to dry and repeat until all peppers have softened slightly.
- 4 Place dry peppers in a large baking dish open face up.
- 5 Crack eggs into mixing bowl and whisk.
- 6 Pour eggs into bell pepper halves.
- 7 Place on middle rack in oven for 30 minutes.
- 8 Remove from oven and add 1 tablespoon shredded cheese to each pepper.
- 9 Place back in oven for 5 minutes.
- 10 Remove from oven and let cool 5 minutes.
- 11 Add 2 tablespoons black beans to top of each pepper.
- 12 Top with 1 tablespoon salsa and 1 tablespoon yogurt.
- 13 Enjoy!

Yield: 8 bell pepper halves. 2 halves contains 317 calories, 15g Fat, 23g Carbs, 4g Fiber, 1g Sugar, 24g Protein

Mom's Breakfast Sandwich



These are the TASTIEST breakfast sandwiches! Meal prepping these are so easy and they're even easier to grab, reheat, and eat on the go.

6 light whole wheat English muffins	1/2 orange bell pepper, chopped
3 spicy pepperjack laughing cow cheese wedges	2 cups spinach, chopped
6 eggs	1/4 cup + 2 tablespoons bacon bits
1/2 red bell pepper, chopped	foil, parchment paper, wax paper to wrap sandwiches in

- 1 Preheat oven to 350 degrees F.
- 2 Crack eggs into mixing bowl and whisk until scrambled.
- 3 Add in vegetables and bacon bits and combine until evenly distributed throughout.
- 4 Spray a medium sized baking dish with cooking spray and pour egg mixture into dish.
- 5 Place in oven and let cook for 15-20 minutes. Eggs will be finished cooking when a knife is inserted into middle of baking dish and comes out clean. Let cool.
- 6 Separate muffins.
- 7 Spread half of cheese wedge onto one side of muffin.
- 8 Use a biscuit cutter (or cup) to make six individual eggs circles and place on muffin.
- 9 Top with other side of muffin and wrap in foil. Keep in fridge. Use within 4 days.
- 10 Enjoy!

Yield: 6 servings. 1 sandwich contains 204 calories, 7g Fat, 27g Carbs, 8g Fiber, 14g Protein

Protein Coffee Frappuccino



A morning dose of caffeine with the added bonus of protein! Top with a little whipped cream and cocoa nibs to really round it out!

4 cups ice
8 ounces cold brew
2 tablespoons coconut milk
creamer
1 scoop Totally Egg Dutch
Chocolate protein powder (or
your favorite protein powder)

- 1 Add ice and cold brew to blender and pulse or blend until smooth.
- 2 Add in creamer and protein powder.
- 3 Pulse or blend until combined and smooth.
- 4 Adjust amount of ice as needed.
- 5 Enjoy!

Yield: 1 serving. 1 frapp contains 73 calories, 2g Fat, 1.5g Carbs, 0g Sugar, 12g Protein

Veggie and Goat Cheese Egg Bake



My mom and I made this on a girl's trip we took and it's become a staple breakfast in my house. You can make it ahead of time and throw it in the oven when you're ready to cook it. Use your favorite veggies and cheese!

6 eggs
 1 cup 1% milk
 ½ red bell pepper
 ½ green bell pepper
 ½ orange bell pepper
 1 cup cherry tomatoes, halved
 1 cup spinach
 ½ cup goat cheese

- 1 Preheat oven to 350 degrees F.
- 2 Spray a baking dish with nonstick cooking spray.
- 3 Whisk together eggs and milk in a large mixing bowl.
- 4 Add all remaining ingredients to egg mixture.
- 5 Pour into baking dish.
- 6 Place in oven for 30-25 minutes or until cooked through.
- 7 Remove from oven and allow 10 minutes to cool.
- 8 Serve and enjoy!

Yield: 6 servings. 1/6 recipe contains 133 calories, 7g Fat, 7g Carbs, 0.5g Fiber, 3g Sugar, 10g Protein

Ham, Swiss, & Egg Bagel Sandwiches



Wrap these up in foil and reheat them quickly in the morning for a great grab and go breakfast! Pair with fruit or a yogurt cup.

- 6 eggs
- 6 whole wheat thin-sliced bagels
- 2 cups spinach
- 12 ounces black forest ham
- 6 slices swiss cheese

- 1 Preheat oven to 350 degrees F.
- 2 Beat 6 eggs in medium sized mixing bowl.
- 3 Pour eggs into small baking dish and place in oven.
- 4 Cook egg bake for 15-20 minutes or until eggs are cooked through.
- 5 Remove eggs from oven and cut into 6 even pieces.
- 6 Build breakfast sandwich with 1 egg piece, 2 ounces ham, 1 slice cheese, and 1/3 cup spinach. Repeat 5 more times.
- 7 Wrap in foil and store in refrigerator until ready to eat.
- 8 Remove from foil and heat for 45-60 seconds.
- 9 Enjoy!

Yield: 6 sandwiches. 1 sandwich contains 282 calories, 10g Fat, 26g Carbs, 5g Fiber, 4g Sugar, 24g Protein

Roasted Potato & Veggie Breakfast Bowl



These breakfast bowls are vegetarian and vegan friendly. Add a dollop of Greek yogurt and some hot sauce to round this breakfast out.

- | | |
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| 1 pound baby red tomatoes, quartered | 2 tablespoons olive oil |
| 1 pound asparagus, cut into bite-size pieces | 1 teaspoon salt |
| 3 bell peppers, cut into strips | 1 teaspoon black pepper |
| | ½ teaspoon garlic powder |
| | 1 tablespoon rosemary |

- 1 Preheat oven to 425 degrees F.
- 2 Line a baking sheet with aluminum foil.
- 3 Place all vegetables on baking sheet in even layer.
- 4 Drizzle olive oil over vegetables.
- 5 Sprinkle salt, pepper, garlic powder, and rosemary over vegetables and toss to coat.
- 6 Place in oven for 30-35 minutes or until potatoes are cooked through.
- 7 Remove from oven and allow to cool.
- 8 Divide into four servings and place into airtight containers to store in fridge until ready to eat.
- 9 Reheat and serve with hot sauce or salsa.
- 10 Enjoy!

Yield: 4 servings. 1 serving contains 209 calories, 7g Fat, 31g Carbs, 3g Fiber, 4g Sugar, 6g Protein

Baked Oatmeal Banana Muffins



I love changing up the toppings for these baked oatmeal muffins – my favorites are pecans and dark chocolate chips or pumpkin seeds and dried cranberries.

2 very ripe bananas
 2 eggs
 2 cups 1% milk
 ¼ cup maple syrup
 1 teaspoon vanilla

3 cups quick cooking oats
 1 teaspoon cinnamon
 1 pinch salt
 2 teaspoons baking powder

- 1 Preheat oven to 350 degrees F.
- 2 In a large mixing bowl, mash bananas with fork.
- 3 Add eggs, milk, maple syrup, and vanilla to mashed bananas and combine.
- 4 In a separate bowl add oats, baking powder, salt, and cinnamon and stir to combine.
- 5 Add dry mixture to wet ingredients and stir until combined.
- 6 Spray a muffin pan with nonstick cooking spray and fill muffin slots 2/3 way full.
- 7 Place in oven for 15 minutes.
- 8 Remove from oven and add desired toppings.
- 9 Cook for an extra 20 minutes or until cooked through.
- 10 Remove from oven and allow time to cool before removing from pan.
- 11 Store in refrigerator and reheat for 20 seconds as needed.

Nutrition information does not include toppings

Yield: 12 muffins. 1 muffin contains 152 calories, 3g Fat, 26g Carbs, 3g Fiber, 4g Sugar, 6g Protein

Peanut Butter & Jelly Oatmeal



I love this take on a PB&J for breakfast. Smashing berries to make your own jam is simple and you get the added benefit of the fiber from the fruit!

1 cup quick oats	¼ cup raspberries
2 cups milk	1 teaspoon coconut sugar
2 tablespoons peanut butter, melted	½ teaspoon cinnamon

- 1 Combine milk and oats in small sauce pan and cook over medium heat for 7-8 minutes.
- 2 Remove from heat and transfer oats to bowl.
- 3 Melt peanut butter in microwavable dish for 30-45 seconds.
- 4 Drizzle peanut butter over oats.
- 5 Add raspberries and sugar to small bowl and mash gently.
- 6 Add smashed berries to oats.
- 7 Sprinkle cinnamon over top and enjoy!

Yield: 2 servings. 1 serving contains 387 calories, 13g Fat, 51g Carbs, 6g Fiber, 12g Sugar, 18g Protein

Lightened Up Chicken Pot Pie



Flour and chicken broth replace the usual cream-based soups that are high in fat and calories. Just a top crust makes this recipe a little more low-carb friendly. Don't worry – you won't miss the bottom crust one bit!

- | | |
|--|-------------------------------------|
| 1 pound boneless, skinless chicken breast, cut to bite-size pieces | 3 ½ tablespoons flour |
| 1 teaspoon salt | 2 cups reduced sodium chicken broth |
| 1 teaspoon pepper | 1 frozen pie crust |
| 1 teaspoon olive oil | 1 egg white |
| 1 package frozen mixed vegetables, thawed | |

- 1 Preheat oven to 400 degrees and remove pie crust from freezer to thaw.
- 2 Season chicken with salt, pepper, and garlic powder. Heat oil in a fry pan over medium heat. Place seasoned chicken in pan and cook all the way through until browned.
- 3 Add thawed veggies to pan and combine.
- 4 Sprinkle flour over mixture and then combine until chicken and vegetables are coated evenly.
- 5 Add chicken broth to pan and stir to combine, breaking up any clumps. Turn heat to high and bring to a boil. Let boil for 1-2 minutes then bring down to a simmer. Let simmer for 10 minutes until liquid thickens up. If still runny after 10 minutes, continue cooking until liquid thickens up.
- 6 Pour mixture into pie dish.
- 7 Place pie crust on top of mixture and cut slits in crust to vent while cooking. Brush egg white over crust.
- 8 Bake in oven for 30 minutes until crust is browned and filling is bubbling.

Yield: 6 servings. 1/6 of pie contains 223 calories, 6.5g Total Fat, 19g Carbs, 1.5g Fiber, 4g Sugar, 21g Protein

Bocca Pesto Pizza



1 whole wheat thin-crust pizza crust
 ¼ cup pesto sauce
 1 cup shredded mozzarella
 1 cup cherry tomatoes, halved
 ½ cup artichoke hearts, chopped
 ¼ cup sundried tomatoes, chopped
 ¼ cup goat cheese crumbles
 1 teaspoon basil

- 1 Preheat oven to 400 degrees F.
- 2 Spread pesto sauce in an even layer over pizza crust.
- 3 Layer mozzarella, tomatoes, artichokes, and sundried tomatoes on top of pesto sauce.
- 4 Sprinkle with goat cheese and basil.
- 5 Place in oven for 15-20 minutes or until cheese is melted and crust has browned.
- 6 Enjoy!

This recipe was inspired by a pizza I had at a favorite restaurant – Bocca. A few swaps made this pizza more calorie friendly, while still having plenty of flavour!

Yield: 6 servings. 1 slice contains 267 calories, 15g Total Fat, 24g Carbs, 3g Fiber, 2g Sugar, 11g Protein

Asian Chicken Lettuce Wraps



1 pound boneless, skinless chicken breast
 ½ cup hoisin sauce
 1 bunch living lettuce or butter lettuce
 1 red bell pepper, chopped
 ½ cup shredded carrot

½ bunch green onion, chopped
 ¼ cup toasted peanuts
 1 tablespoon toasted sesame seeds
 Best Ever Peanut Sauce (see recipe in Sides/Condiments section)

- 1 Place chicken in a slow cooker and cover with hoisin sauce.
- 2 Cook on low for 6-8 hours or HIGH for 4-6 hours.
- 3 Shred chicken with fork.
- 4 Assemble wraps using 1 large lettuce cup, ¼ cup chicken, 1 tablespoon bell pepper, 1 tablespoon carrot, 1 tablespoon onion, ½ tablespoon peanuts, and ½ teaspoon sesame seeds.
- 5 Drizzle 1 teaspoon Best Ever Peanut Sauce per lettuce cup.
- 6 Enjoy!

My family LOVES these Asian lettuce wraps. They have TONS of flavour and texture. Don't skip out on the peanut sauce!

Yield: 4 servings. 3 wraps contains 263 calories, 9g Total Fat, 16g Carbs, 2g Fiber, 6g Sugar, 30g Protein

Maple Mustard Chicken



Maple syrup and Dijon mustard make the sauce for this chicken that is out of this world! This recipe will become a staple in your dinner rotation.

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| 1 pound boneless, skinless chicken breast, cut into strips | ¼ cup chicken stock |
| 1 teaspoon salt | ¼ cup maple syrup |
| 1 teaspoon garlic powder | 2 tablespoons Dijon mustard |
| 1 teaspoon black pepper | 1 tablespoon apple cider vinegar |
| 1 tablespoon olive oil | |
| 1 teaspoon minced garlic | |

- 1 Preheat oven to 350 degrees F.
- 2 Season chicken with salt, pepper, and garlic powder.
- 3 Heat large skillet with oil over medium heat.
- 4 Place chicken strips into pan and cook for 7-8 minutes.
- 5 Flip chicken and cook for 5 more minutes or until chicken is cooked through.
- 6 Remove chicken from skillet and place on plate. Cover with foil to keep warm.
- 7 Add garlic to pan immediately following chicken broth. Stir to loosen any bits left on pan.
- 8 Add maple syrup to pan and turn heat to high. Bring to a boil then reduce to a simmer.
- 9 Add Dijon and vinegar to pan and whisk.
- 10 Allow mixture to cook over medium high heat until thickened up to a sauce.
- 11 Return chicken to pan and coat evenly in sauce.
- 12 Serve hot and enjoy!

Yield: 4 servings. ¼ recipe contains 162 calories, 1g Total Fat, 13g Carbs, 13g Sugar, 25g Protein

Summer Berry Spinach Salad



This salad screams SUMMER! The berries are fresh and the pecans add a nice crunch. I love goat cheese because it's creamy, but feel free to use feta or your favorite cheese.

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| 8 cups baby spinach | 4 teaspoons olive oil |
| 1 cup broccoli florets | 16 ounces boneless, skinless chicken breasts, cut thin |
| 2 cups strawberries, halved | Garlic powder |
| 1 cup blueberries | Salt and pepper |
| 4 ounces goat cheese crumbles | 4 tablespoons Litehouse OPA Strawberry Poppyseed dressing |
| ¼ cup pecan pieces | |

- 1 Assemble salad using 2 cups spinach, ¼ cup broccoli, ½ cup strawberries, ¼ cup blueberries, 1 ounce goat cheese, and 1 tablespoon pecans for each plate or meal prep container.
- 2 Heat oil in a medium sized skillet over medium-high heat.
- 3 Season chicken with garlic powder, salt, and pepper.
- 4 Place chicken into skillet. Cook for 6-8 minutes each side. Continue flipping until chicken is blackened.
- 5 Divide chicken up among the 4 plates or containers.
- 6 Top with 1 tablespoons Strawberry Poppyseed dressing (or use my Honey Citrus Vinaigrette found on page xxx).
- 7 Enjoy!
- 8 *If meal prepping, keep chicken and dressing in separate containers.*

Yield: 4 servings. 1 salad contains 386 calories, 18g Total Fat, 20g Carbs, 2g Fiber, 8g Sugar, 34g Protein

Ham and Bean Soup



This soup could not be easier. It's a crockpot meal AND it's budget friendly! It's lacking in veggies, so I like to add a side salad. Oh, and cornbread. Are my Southern roots showing? Add avocado and crushed tortilla chips to leftovers to make a different meal.

3 cans great northern beans, drained and rinsed	¼ cup shredded cheddar cheese
2-8 ounce packages diced ham	4 tablespoons nonfat plain Greek yogurt
2 cans Rotel tomatoes	Parsley
4 cups chicken broth	

- 1 Add beans, ham, tomatoes, and broth to crockpot.
- 2 Cook on LOW for 6-8 hours or HIGH for 4-6 hours.
- 3 Serve in bowls with 1 tablespoon shredded cheese and 1 tablespoon Greek yogurt.
- 4 Enjoy!

Yield: 6 servings. 1 ½ cups contains 223 calories, 6.5g Total Fat, 19g Carbs, 1.5g Fiber, 4g Sugar, 21g Protein

Baked Chicken Tenders



These baked chicken tenders are a staple for my toddler boys! The whole wheat breadcrumbs have great texture and taste.

1 pound boneless, skinless chicken breast, cut into strips
 1 cup flour
 1 teaspoon salt
 1 egg
 1 tablespoon water
 1 cup whole wheat bread crumbs
 1 tablespoon garlic powder
 ½ tablespoon parsley
 1 teaspoon black pepper

- 1 Preheat oven to 400 degrees F.
- 2 Line a baking sheet with foil.
- 3 Place flour and salt into shallow dish.
- 4 Whisk egg and water in a small bowl.
- 5 Place bread crumbs, garlic powder, parsley, and pepper in shallow dish and combine.
- 6 Place one chicken strip in flour mixture and coat.
- 7 Place into egg mixture and coat.
- 8 Place into bread crumb mixture and coat.
- 9 Place on baking sheet and repeat with remaining chicken strips.
- 10 Place baking sheet in oven for 30-40 minutes, turning chicken halfway through.
- 11 Serve with Homemade Honey Mustard (see recipe in Sides/Condiments section).
- 12 Enjoy!

Yield: 4 servings. 1/4 recipe contains 182 calories, 2g Total Fat, 11g Carbs, 28g Protein

Summer Sausage Soup



12 ounces turkey sausage, cut into round slices
 1 can diced tomatoes
 1 can yellow and white corn, drained
 1 can dark red kidney beans

4 cups vegetable broth
 2 cups thick-sliced spiralized zucchini
 Salt and pepper to taste

- 1 In a large stock pot, cook turkey sausage over medium heat for 5 minutes.
- 2 Add in remaining ingredients through vegetable broth and bring to a boil.
- 3 Reduce heat to a simmer and cook for 20 minutes.
- 4 Add zucchini and cook another 10 minutes.
- 5 Serve with parmesan cheese and crusty bread.
- 6 Enjoy!

This is a fun summer soup that is full of veggies and protein. If you do not have a vegetable spiralizer, cut the zucchini into regular chunks. Add them at the end of cooking to avoid the zucchini falling apart!

Yield: 6 servings. 1 ½ cups contains 205 calories, 6.5g Total Fat, 22g Carbs, 5g Fiber, 6g Sugar, 14g Protein

Zoodles with White Beans and Tomatoes



1 can cannellini beans, drained	2 cups spiralized zucchini
1 can diced tomatoes, drained	1 cup shredded carrot
1 cup vegetable broth	½ teaspoon salt
1 tablespoon olive oil	1 teaspoon crushed red pepper flakes
1 teaspoon garlic	

- 1 Combine beans, tomatoes, and broth in medium sauce pan over medium-low heat and cook for 20-25 minutes until liquid has reduced down.
- 2 In a medium sized skillet, heat oil over medium heat.
- 3 Add garlic, zucchini, carrot, and salt to skillet and sauté for 10 minutes or until softened.
- 4 Divide zucchini mixture between two plates.
- 5 Top zucchini with bean and tomato mixture and sprinkle crushed red pepper on top.
- 6 Enjoy!

This Meatless Monday dish requires few ingredients, but has plenty of flavour!

Yield: 2 servings. 1 serving contains 245 calories, 1g Total Fat, 47g Carbs, 16g Fiber, 7g Sugar, 12g Protein

Steak Caesar Avocado Salad

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| 1 pound sirloin steak | ¼ cup diced red onion |
| 1 teaspoon salt | 4 tablespoons shaved parmesan |
| 1 teaspoon black pepper | 8 tablespoons Bolthouse Creamy Caesar dressing |
| 1 teaspoon garlic powder | 2 avocados, halved |
| 1 teaspoon onion powder | 2 whole wheat pitas, halved |
| 8 cups torn romaine lettuce | |
| 1 cup cherry tomatoes, halved | |

- 1 Preheat a grill or grill pan.
- 2 Season steaks with salt, pepper, garlic powder, and onion powder.
- 3 Place steaks on grill and cook through.
- 4 Assemble salad on each plate using 2 cups romaine, ¼ cup cherry tomatoes, 2 tablespoons red onion, 1 tablespoon shaved parmesan, and 2 tablespoons Caesar dressing.
- 5 Place avocado face down on grill for 5 minutes.
- 6 Place pitas on grill for 5 minutes, flip and grill for 5 minutes more.
- 7 Serve salad, steak, half and avocado, and half a pita.
- 8 Enjoy!



Grilled avocado really brings this steak Caesar salad together!

Yield: 4 servings. 4 ounces steak with salad, ½ avocado, and ½ pita contains 467 calories, 16g Total Fat, 32g Carbs, 7g Fiber, 6g Sugar, 43g Protein

Chick Pea Greek Pitas



1 can chick peas, drained	2 cups leafy romaine
1 tablespoon olive oil	2 plum tomatoes, chopped
½ teaspoon salt	¼ cup red onion, diced
½ teaspoon cayenne pepper	1 cup cucumber, chopped
4 whole wheat pitas	4 tablespoons crumbled feta cheese
8 tablespoons Sabra cucumber dill Tzatziki dip	

- 1 Preheat oven to 400 degrees.
- 2 Line a baking sheet with aluminum foil.
- 3 In a small bowl, combine chick peas, oil, salt, and cayenne pepper. Toss to coat.
- 4 Place chick peas in an even layer on baking sheet and place in oven for 20-25 minutes. Remove and let cool.
- 5 Place pitas in oven for 7-8 minutes.
- 6 Remove from oven and top with 2 tablespoons tzatziki sauce.
- 7 Top with romaine, tomato, onion, cucumber, and ¼ cup chick peas.
- 8 Top with 1 tablespoon feta cheese.
- 9 Enjoy!

The chick peas replace chicken in your normal greek salad, but you will not miss the chicken here! This plant-based meal makes a great lunch or dinner.

Yield: 4 servings. 1 pita contains 336 calories, 8g Total Fat, 54g Carbs, 9g Fiber, 9g Sugar, 10g Protein

Spicy Pork with Watermelon Jicama Slaw



1 pound pork tenderloin
 1 teaspoon salt
 ½ tablespoon chipotle powder
 1 cup jicama, cut into matchsticks
 1 cup mango, cut into matchsticks
 1 cup watermelon, cut into matchsticks
 Juice of one lime

- 1 Preheat oven to 425 degrees F.
- 2 Rub pork with salt and chipotle powder.
- 3 Place pork in baking dish and put into oven for 35-45 minutes or until cooked through.
- 4 Meanwhile, add jicama, mango, and watermelon to bowl and pour lime juice over. Chill in fridge pork cooks.
- 5 Remove pork from oven and let rest 10 minutes.
- 6 Slice pork and place on plate.
- 7 Serve with slaw.
- 8 Enjoy!

If you've never had jicama, it's a great veggie that has little flavour, but plenty of crunch! The sweet fruit and citrus from the lime make this slaw a perfect partner to the spicy pork.

Yield: 4 servings. 4 ounces pork with ½ cup slaw contains 150 calories, 4g Total Fat, 9g Carbs, 1.5g Fiber, 5g Sugar, 18g Protein

Mexican Tomato Salad



This recipe is an adaptation of a Cooking Light recipe that my family loves! It is the perfect side dish for grilling out!

2 tablespoons avocado oil
 2 tablespoons coconut sugar
 ½ teaspoon cumin
 ½ teaspoon chili powder
 ¼ teaspoon cilantro
 ¼ cup apple cider vinegar
 1 teaspoon garlic, minced

4 cups cherry tomatoes, halved
 1 jalapeno, sliced thin
 3 stalks green onion, sliced
 Salt and pepper to taste

- 1 Add oil through garlic to mixing bowl and whisk to combine.
- 2 Add tomatoes, jalapeno, and onion to mixing bowl and toss to coat.
- 3 Let marinate in refrigerator for 2 hours before serving.
- 4 Store in airtight container in refrigerator for 5-6 days.

Yield: 6 servings. 1/6 recipe contains 81 calories, 4g Total Fat, 9g Carbs, 1.5g Fiber, 4g Sugar, 1g Protein

Citrus Honey Vinaigrette



This dressing is great over a green salad. Keep it in a jar and shake before you use.

- ¼ cup avocado oil
- ¼ cup white balsamic vinegar
- 2 tablespoons honey
- Juice of ½ of an orange
- 1 tablespoon orange zest
- Salt and pepper to taste

- 1 Add all ingredients in small mixing bowl and whisk until combined or add to jar and shake.
- 2 Serve over your favorite salad.
- 3 Store in refrigerator.

Yield: 15 servings. 1 tablespoon contains 50 calories, 4g Total Fat, 4g Carbs, 2g Sugar, 0g Protein

Maple Thyme Roasted Carrots



Roasting carrots really brings out their sweetness. If you like sweet, you will LOVE this side dish!

- 1 bag baby carrots
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon thyme
- ¼ cup maple syrup

- 1 Preheat oven to 350 degrees F.
- 2 Add carrots to a medium sized baking dish.
- 3 Drizzle olive oil and season carrots with salt, pepper, and thyme. Combine until coated.
- 4 Drizzle maple syrup over carrots and toss to combine.
- 5 Place in oven for 20-25 minutes or until carrots have softened.
- 6 Remove and let cool.
- 7 Enjoy!

Yield: 4 servings. ¼ serving contains 107 calories, 3.5g Total Fat, 18g Carbs, 1.5g Fiber, 4g Sugar, 1g Protein

Baked Oven Fries



These oven fries are SO easy to make and way more calorie friendly than their fried version!

- 2 large russet potatoes
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon parsley
- 1 teaspoon garlic powder
- ¼ cup grated parmesan cheese

- 1 Preheat oven to 425 degrees F.
- 2 Cut potatoes in half length wise. Cut each half into 4 equal wedges.
- 3 Place potatoes in even layer on baking sheet covered with foil.
- 4 Drizzle olive oil over potatoes.
- 5 Season with salt, pepper, parsley, and garlic powder and toss to coat.
- 6 Sprinkle parmesan over fries.
- 7 Place in oven for 40-45 minutes or until just browned.
- 8 Remove from oven and enjoy!

Fries may need turned halfway through cooking

Yield: 6 servings. 1/6 of recipe contains 142 calories, 3.5g Total Fat, 24g Carbs, 4g Protein

Make-It-Yourself Honey Mustard



Making your own honey mustard is so easy – you'll never buy premade honey mustard again!

- 1 cup olive oil mayonnaise
- 1 tablespoon dijon mustard
- 2 tablespoons yellow mustard
- 2 tablespoons honey
- 1 tablespoons lemon juice

- 1 Add all ingredients in small mixing bowl and whisk until combined.
- 2 Serve over your favorite salad, on your favorite sandwich, or as a dipping sauce.
- 3 Store in refrigerator.

Yield: 18 servings. 1 tablespoon contains 50 calories, 4g Total Fat, 3g Carbs, 2g Sugar, 0g Protein

Balsamic Glaze Brussels Sprouts



The balsamic glaze sweetness contrasts great with the bitterness of the Brussels sprouts. Roasting them also brings out the flavour! Serve alongside your favorite protein.

1 pound brussels sprouts,
halved
1 tablespoon olive oil
1 teaspoon salt
½ teaspoon pepper
2 tablespoons balsamic glaze

- 1 Preheat oven to 425 degrees.
- 2 Place halved brussels sprouts on a baking sheet in even layer.
- 3 Drizzle with oil and season, tossing to coat evenly.
- 4 Place in oven for 20-25 minutes.
- 5 Remove and drizzle with balsamic glaze.
- 6 Enjoy!

Yield: 4 servings. ¼ of recipe contains 94 calories, 4g Total Fat, 9g Carbs, 4g Fiber, 3g Sugar, 4g Protein

Best-Ever Peanut Sauce

- ¼ cup chicken broth
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 1 teaspoon toasted sesame oil
- ¼ cup creamy peanut butter, melted

- 1 Combine all ingredients in small mixing bowl and whisk.
- 2 Enjoy on lettuce wraps, stir frys, and Asian dinners (or with a spoon by itself).



I'm not joking when I say you'll want to eat this sauce with a spoon!

Yield: 10 servings. 1 tablespoon contains 52 calories, 4g Total Fat, 3g Carbs, 2g Sugar, 2g Protein

Sheet Pan Roasted Veggies with Bacon



This sheet pan is so easy and versatile. It's a hit when I bring it to pot lucks and it's an easy way to meal prep your veggies for the week!

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|--|---------------------------------------|
| 2 large sweet potatoes, peeled and cubed | 1 tablespoon olive oil |
| ½ pound green beans, ends trimmed | Salt and fresh ground pepper to taste |
| 4 large carrots, peeled and cubed | 4 slices center-cut bacon, chopped |
| 1 pound brussels sprouts, halved | |

- 1 Preheat oven to 450 degrees.
- 2 Place vegetables in even layer on sheet pan.
- 3 Drizzle oil over vegetables and season with salt and pepper.
- 4 Toss vegetables to coat evenly.
- 5 Place chopped bacon over vegetables.
- 6 Place in oven for 30 minutes or until vegetables and bacon are cooked through.
- 7 Enjoy!

Yield: 8 servings. 1/8 recipe contains 152 calories, 3g Total Fat, 26g Carbs, 6g Fiber, 2g Sugar, 5g Protein

Berry Greek Yogurt Pops



These are a favorite for my toddler boys, but I love them too! They are a great protein snack with fresh berries – but you can choose whatever fruit you like. Granola gives a nice crunch at the end of your treat.

1 17.6 ounce container of nonfat plain greek yogurt
 ¼ cup honey
 1 cup strawberries, chopped to bite-size pieces

½ cup blueberries
 Granola, nuts, or other topping
 6 popsicle molds

- 1 Combine yogurt and honey in mixing bowl.
- 2 Fold fruit into yogurt carefully.
- 3 Spoon yogurt into popsicle molds.
- 4 Top with granola, nuts, or desired topping.
- 5 Place in freezer for a minimum of 2 hours, or until frozen solid.
- 6 Enjoy!

Yield: 6 servings. 1 popsicle contains 122 calories, 0.5g Total Fat, 20g Carbs, 0.5g Fiber, 12g Sugar, 9g Protein

Dark Chocolate Bark



I love speciality chocolate bars but it's so easy to make your own! All you need is melted chocolate and whatever toppings you desire.

¼ cup dark chocolate chips
 2 tablespoons chopped almonds
 1 tablespoon pumpkin seeds
 1 tablespoon golden raisins

- 1 Melt chocolate in microwave safe dish for 20 second increments until liquid.
- 2 Spread melted chocolate onto parchment or wax paper in even layer about ¼ inch thick.
- 3 Drop remaining ingredients on top and press into chocolate.
- 4 Place paper in freezer for 10 minutes or until chocolate has hardened.
- 5 Remove from freezer and break into 1 inch pieces.
- 6 Enjoy!

Yield: 4 servings. ¼ batch contains 106 calories, 8g Total Fat, 11g Carbs, 2.5g Fiber, 7g Sugar, 2g Protein

Spicy Kale Chips



These kale chips are crunchy with a kick! Leave out the pepper if you don't like spicy. Nutritional yeast adds a cheesy flavour full of vitamins!

1 bunch dinosaur kale, washed and stems removed
 1 tablespoon avocado oil
 1 tablespoon nutritional yeast
 ½ teaspoon salt
 ½ teaspoon cayenne pepper

- 1 Preheat oven to 400 degrees.
- 2 Line baking sheet with foil and place kale pieces in even layer.
- 3 Drizzle with olive oil.
- 4 Sprinkle nutritional yeast, salt, and cayenne over kale.
- 5 Place in oven for 15 minutes or until slightly crunchy.
- 6 Remove, let cool, and enjoy!

Yield: 2 servings. ½ batch contains 118 calories, 7g Total Fat, 7g Carbs, 3g Fiber, 1g Sugar, 5g Protein

Mini Chocolate Chip Muffins



These muffins are the perfect weekend morning treat. This recipe uses whole wheat and white flour to create a crunchy, but soft muffin and you can never go wrong with chocolate chips!

1 cup all-purpose flour	1 cup 1% milk
1 cup whole wheat pastry flour	1 egg
2 ½ teaspoons baking powder	¼ cup avocado oil
½ cup light brown sugar	1 teaspoon vanilla
¼ teaspoon salt	¼ cup mini chocolate chips

- 1 Preheat oven to 350 degrees.
- 2 Combine both flours, baking powder, brown sugar, and salt in a large mixing bowl.
- 3 In a separate mixing bowl whisk milk, egg, oil, and vanilla until combined.
- 4 Add wet ingredients into dry ingredients and mix softly.
- 5 Fold in chocolate chips.
- 6 Spray a muffin tin with nonstick cooking spray.
- 7 Fill muffin tins 2/3 way full with batter.
- 8 Bake in oven for 25-30 minutes or until toothpick is inserted into middle of muffin and comes out clean.
- 9 Enjoy!

Yield: 12 servings. 1 muffin contains 180 calories, 7g Total Fat, 27g Carbs, 0.5g Fiber, 11g Sugar, 3g Protein

Lemon Tart Yogurt



1 cup non-fat plain Greek yogurt
1 tablespoon lemon fruit filling
½ graham cracker sheet

- 1 Place Greek yogurt in bowl.
- 2 Add in lemon fruit filling and combine.
- 3 Crumble graham crackers over top and enjoy!

If you love lemon desserts, you will LOVE this lemon tart Greek yogurt bowl!

Yield: 1 serving. 1 serving contains 199 calories, 1g Total Fat, 24g Carbs, 16g Sugar, 24g Protein

Sweet Cinnamon Chickpeas



Don't worry about using canned chick peas with added salt in this recipe. They will balance out the sweetness from the honey!

1 15 ounce can chickpeas,
drained, rinsed, patted dry
1 tablespoon honey
1 teaspoon cinnamon

- 1 Preheat oven to 425 degrees.
- 2 Line baking sheet with aluminium foil.
- 3 Drizzle honey evenly over chickpeas and toss to coat.
- 4 Sprinkle cinnamon in even layer over chick peas.
- 5 Place in oven for 20 minutes or until slightly crunchy.
- 6 Remove from oven and let cool. Add a small drizzle of honey if desired.
- 7 Enjoy!

Yield: 4 servings. ½ cup contains 125 calories, 2g Total Fat, 22g Carbs, 6g Fiber, 5g Sugar, 6g Protein

Blueberry Lemon Bread



The inspiration for this blueberry lemon bread came from a muffin I had while traveling out of town. The Greek yogurt in the recipe makes this bread moist and delicious!

1 ½ cups whole wheat pastry flour	1/3 cup coconut oil
1 cup all purpose flour	1 ¼ cup nonfat plain greek yogurt
¾ cup coconut sugar	1-2 tablespoons lemon zest
½ teaspoon baking soda	¼ cup lemon juice
½ teaspoon baking powder	1 cup blueberries

- 1 Preheat oven to 400 degrees F.
- 2 Line loaf pan with parchment paper or spray with cooking spray.
- 3 Combine whole wheat flour through baking powder in large mixing bowl.
- 4 In separate mixing bowl combine coconut oil through lemon juice.
- 5 Add liquid mixture into dry mixture and mix until combined.
- 6 Fold in blueberries and add batter to loaf pan.
- 7 Place in oven for one hour or until toothpick is inserted into middle and comes out clean.
- 8 Let cool for 20 minutes before removing from pan.
- 9 Enjoy!

Yield: 10 servings. 1 slice contains 231 calories, 7g Total Fat, 35g Carbs, 1g Sugar, 6g Protein



I HOPE YOU ENJOYED THIS FREE COOKBOOK!

This is just a small sample of recipes I have put together.

Please visit me at **Prep and Pep, LLC** for more recipes!

www.prepandpepllc.com

- Hilary

