



August Recipe Book 2024

Created by EpicLuv



Hasselback Butternut Squash with Harissa

8 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Rub half the oil over the squash halves and season with salt and pepper. Place the squash halves on the baking sheet, cut side down, and roast for 15 minutes to soften.
3. Remove the squash and allow to cool somewhat. Place two chopsticks (or wooden spoons) on both sides of the squash lengthwise. Using a sharp knife, thinly slice the squash until it reaches the chopstick (this prevents the knife from going all the way through). Repeat with remaining squash.
4. In a small bowl, stir together the harissa paste, honey, and remaining oil. Brush half of the mixture on the squash and place back in the oven for 20 minutes. Remove the squash, brush with the remaining harissa mixture and bake for another 16 to 20 minutes, until cooked through.
5. Place the squash on a large platter and garnish with pumpkin seeds, feta cheese, and mint. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to three days.

Serving Size

One serving is half of a small butternut squash or 3/4 cup.

Butternut Squash

One small butternut squash is approximately 1 1/2 cups.

Dairy-Free

Omit the feta cheese, or use a vegan feta cheese.

Make it Vegan

Use maple syrup instead and omit the feta.

Ingredients

- 3 cups** Butternut Squash (peeled and sliced lengthwise, seeds removed)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Harissa
- 1 tbsp** Honey
- 1/4 cup** Pumpkin Seeds (toasted)
- 1/4 cup** Feta Cheese (crumbled)
- 3 tbsps** Mint Leaves (torn)

Nutrition

Amount per serving

Calories	193	Vitamin A	11253IU
Fat	13g	Vitamin C	23mg
Carbs	18g	Calcium	103mg
Fiber	3g	Iron	2mg
Sugar	6g	Vitamin D	2IU
Protein	5g	Vitamin B12	0.2µg
Cholesterol	8mg	Magnesium	86mg
Sodium	112mg	Zinc	1mg
Potassium	448mg	Selenium	3µg

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One Pan Olive Pesto Pork Chops

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with foil.
2. In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
3. Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
4. Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through. Divide onto plates and enjoy!

Notes

Leftover Pesto

If you don't use all the pesto, you can add it to pasta, omelettes, sandwiches, or use as a dip for veggie sticks and crackers.

Storage

Refrigerate in an airtight container up to 3 days.

Ingredients

- 1 cup Black Olives (pitted, rinsed and patted dry)
- 1 Garlic (clove)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Nutritional Yeast
- 8 ozs Pork Chop
- 1 cup Green Beans (stems removed, chopped)
- 1 cup Cherry Tomatoes
- 1 Leeks (chopped into 1/2 inch medallions)

Nutrition

Amount per serving

Calories	601	Vitamin A	1936IU
Fat	45g	Vitamin C	23mg
Carbs	20g	Calcium	141mg
Fiber	6g	Iron	8mg
Sugar	5g	Vitamin D	24IU
Protein	31g	Vitamin B12	34.4µg
Cholesterol	78mg	Magnesium	65mg
Sodium	598mg	Zinc	2mg
Potassium	950mg	Selenium	40µg

Fresh Figs with Cashew Cream

8 ingredients · 10 minutes · 4 servings



Directions

1. Add cashews, water, vanilla, salt and maple syrup into a blender. Blend until smooth.
2. Pour into small bowls and top with sliced figs and coconut, or your choice of toppings. Squeeze lemon juice overtop. Enjoy!

Notes

Extra Toppings

Top your cashew cream with any other fruit, nuts, seeds, granola, nut butter or sprinkle with cocoa powder.

Ingredients

- 1 3/4 cups Cashews
- 1 cup Water
- 1/2 tsp Vanilla Extract
- 1/8 tsp Sea Salt
- 2 tbsps Maple Syrup
- 4 Fig
- 1/4 cup Unsweetened Coconut Flakes
- 1/4 Lemon (juiced)

Nutrition

Amount per serving

Calories	444	Vitamin A	71IU
Fat	31g	Vitamin C	2mg
Carbs	38g	Calcium	61mg
Fiber	4g	Iron	4mg
Sugar	18g	Vitamin D	0IU
Protein	10g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	169mg
Sodium	88mg	Zinc	4mg
Potassium	481mg	Selenium	7µg

Sheet Pan Chicken, Green Beans & Carrots

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a shallow bowl, combine the chicken thighs, half of the oil, lemon juice, and Italian seasoning.
3. Add the beans and carrots to the baking sheet. Toss with the remaining oil, salt, and pepper to coat. Spread the beans and carrots into an even layer.
4. Place the chicken thighs on the baking sheet, making room around the beans and carrots. Bake for 25 to 30 minutes or until the chicken is cooked through and the vegetables are browned and tender.
5. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two chicken thighs and one cup of vegetables.

More Flavor

Add minced garlic and other dried herbs.

Additional Toppings

Top with feta cheese and fresh herbs like parsley or dill.

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Lemon (juiced)
- 2 tbsps Italian Seasoning
- 1 cup Green Beans (trimmed)
- 2 Carrot (medium, peeled, cut into sticks)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	440	Vitamin A	10592IU
Fat	23g	Vitamin C	19mg
Carbs	11g	Calcium	56mg
Fiber	3g	Iron	3mg
Sugar	5g	Vitamin D	2IU
Protein	46g	Vitamin B12	1.4µg
Cholesterol	213mg	Magnesium	73mg
Sodium	261mg	Zinc	4mg
Potassium	874mg	Selenium	52µg

Fig, Goat Cheese & Prosciutto Toast

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the goat cheese over the sourdough bread. Top with figs and prosciutto. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is equal to one slice of toast.

More Flavor

Add chili flakes, honey, and/or extra virgin olive oil.

Gluten-Free

Use gluten-free bread instead.

Dairy-Free

Use dairy-free cheese. Omit the cheese and use hummus instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

2 tbsps Goat Cheese

1 3/4 ozs Sourdough Bread (toasted)

2 Fig (sliced)

1 1/2 ozs Prosciutto (thinly sliced, torn into bite sized pieces)

Nutrition

Amount per serving

Calories	324	Vitamin A	142IU
Fat	9g	Vitamin C	3mg
Carbs	44g	Calcium	45mg
Fiber	4g	Iron	2mg
Sugar	17g	Vitamin D	0IU
Protein	18g	Vitamin B12	0µg
Cholesterol	35mg	Magnesium	17mg
Sodium	1094mg	Zinc	0mg
Potassium	232mg	Selenium	0µg

Butternut Squash, Quinoa & Shrimp

7 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the squash on the baking sheet and drizzle with half of the oil. Season with salt and pepper. Transfer to the oven and bake for 25 to 30 minutes, flipping halfway through, until cooked through.
3. In the last five minutes of baking, add the shrimp to the baking sheet. Season with salt and pepper and bake for five minutes or until everything is cooked through.
4. Meanwhile, cook the quinoa according to package directions and set aside in a large bowl. Add the lemon juice, remaining oil, dill, and roasted squash. Mix and season with salt and pepper.
5. Divide the quinoa between serving plates. Top with shrimp and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Make it Vegan

Use tofu instead of shrimp.

More Flavor

Add red onion and bell pepper.

No Quinoa

Use couscous instead.

Ingredients

- 1 1/2 cups Butternut Squash (peeled, seeds removed, cubed)
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Shrimp (peeled, deveined)
- 1/2 cup Quinoa (dry, rinsed)
- 1/2 Lemon (juiced)
- 2 tbsps Fresh Dill (chopped)

Nutrition

Amount per serving

Calories	387	Vitamin A	11211IU
Fat	10g	Vitamin C	27mg
Carbs	40g	Calcium	163mg
Fiber	5g	Iron	4mg
Sugar	3g	Vitamin D	0IU
Protein	36g	Vitamin B12	0µg
Cholesterol	228mg	Magnesium	170mg
Sodium	176mg	Zinc	3mg
Potassium	1000mg	Selenium	4µg

Goat Cheese Apricot Bites

4 ingredients · 15 minutes · 1 serving



Directions

1. Spread the goat cheese onto each dried apricot. Sprinkle the pistachios ovetop and drizzle with honey. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size

One serving equals approximately four goat cheese apricot bites.

Dairy-Free

Use vegan cheese instead of goat cheese.

Nut-Free

Use pumpkin seeds or sunflower seeds instead of pistachio.

Additional Toppings

Add prosciutto.

Ingredients

- 2 **tbps** Goat Cheese
- 1/4 **cup** Dried Apricots
- 2 **tsps** Pistachios (crushed)
- 1/2 **tsp** Raw Honey

Nutrition

Amount per serving

Calories	152	Vitamin A	1198IU
Fat	5g	Vitamin C	1mg
Carbs	25g	Calcium	33mg
Fiber	3g	Iron	1mg
Sugar	21g	Vitamin D	0IU
Protein	4g	Vitamin B12	0µg
Cholesterol	5mg	Magnesium	17mg
Sodium	68mg	Zinc	0mg
Potassium	430mg	Selenium	1µg

Apricot Oat Energy Balls

8 ingredients · 1 hour · 16 servings



Directions

1. Add half of the shredded coconut to a small bowl and set aside.
2. Add the remaining ingredients to a food processor and process until a sticky consistency is achieved.
3. Roll the batter into balls, with approximately two tablespoons of batter for each, until all of the batter is used up.
4. Roll each ball in the remaining shredded coconut to coat and transfer the balls onto a parchment-lined baking sheet. Transfer the baking sheet to the fridge to set for at least 30 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size

One serving is equal to approximately one ball.

More Flavor

Add cinnamon and vanilla.

Make it Vegan

Use plant-based protein in place of the collagen powder.

Ingredients

1/2 cup Unsweetened Shredded Coconut (divided)

1 cup Dried Apricots

1/2 cup Pitted Dates

1/2 cup Oats (rolled)

1/2 cup Pumpkin Seed Butter

1/4 cup Hemp Seeds

1 oz Collagen Powder

1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	129	Vitamin A	294IU
Fat	8g	Vitamin C	0mg
Carbs	12g	Calcium	10mg
Fiber	2g	Iron	2mg
Sugar	7g	Vitamin D	0IU
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	56mg
Sodium	102mg	Zinc	1mg
Potassium	164mg	Selenium	2µg

Whipped Ricotta & Butternut Squash Crostini

6 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the butternut squash to the baking sheet and toss with oil, salt, and pepper. Bake in the oven for 20 to 25 minutes or until golden brown.
3. Meanwhile, in a blender add the ricotta, lemon juice, lemon zest, salt, and pepper. Blend until smooth and adjust the seasoning to your taste.
4. Spread the whipped ricotta onto the sliced baguettes. Top with roasted butternut squash and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate the components in separate containers for up to three days.

Serving Size

One serving is approximately two to three crostinis.

Additional Toppings

Top with fresh herbs and chili flakes.

Gluten-Free

Use a gluten-free baguette instead.

Ingredients

- 1 1/2 cups Butternut Squash (seeds removed, cubed)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Ricotta Cheese
- 1/2 Lemon (medium, juiced, zested)
- 4 ozs Sourdough Baguette (sliced, toasted)

Nutrition

Amount per serving

Calories	166	Vitamin A	5719IU
Fat	5g	Vitamin C	13mg
Carbs	25g	Calcium	95mg
Fiber	1g	Iron	1mg
Sugar	2g	Vitamin D	3IU
Protein	5g	Vitamin B12	0.3µg
Cholesterol	15mg	Magnesium	24mg
Sodium	195mg	Zinc	0mg
Potassium	259mg	Selenium	2µg

Yogurt & Fresh Apricot

4 ingredients · 5 minutes · 1 serving



Directions

1. Add the yogurt and apricot to a bowl. Add the flax seed and walnuts on top. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is one apricot and 3/4 cup yogurt.

Make it Vegan

Use plant-based yogurt.

More Flavor

Drizzle honey or maple syrup on top.

Additional Toppings

Fresh basil, hemp hearts, and/or cacao nibs.

Ingredients

6 ozs Plain Sheep's Milk Yogurt

1 Apricot (pitted, sliced)

1 tsp Ground Flax Seed

1 1/2 tbsps Walnuts (chopped)

Nutrition

Amount per serving

Calories	262	Vitamin A	1174IU
Fat	15g	Vitamin C	19mg
Carbs	22g	Calcium	269mg
Fiber	3g	Iron	1mg
Sugar	16g	Vitamin D	0IU
Protein	11g	Vitamin B12	0µg
Cholesterol	20mg	Magnesium	21mg
Sodium	70mg	Zinc	0mg
Potassium	140mg	Selenium	1µg