

QUARAN LEAN RECIPES

Breakfast

Banana Almond Quinoa

(Makes 4 servings)

Ingredients:

- 1 cup dry quinoa
- 1 cup unsweetened almond milk
- 1 cup water
- 1 ripe banana
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- 1/4 cup almonds
- 100% pure maple syrup to taste

Directions:

Mash a ripe banana in the bottom of your pot.
Measure out your milk and water, and add to the pot. At this point, you can also add your vanilla and cinnamon.
Bring to a soft boil and add your Quinoa.
Cook, uncovered, until the water cooks out and you see translucent edges on the individual grains.
Serve and top with maple syrup and almonds.



Lunch Dinner

Greek Chicken Stew

Adapted from emeals (Paleo Family Plan)

Ingredients:

- 3-4 tbsp extra virgin olive oil
- 6-8 boneless chicken thighs, trimmed
- 1 tbsp Greek seasoning (I use one from Spice & Tea Exchange)
- 1 tsp coarse sea salt
- 1 tsp ground black pepper
- 1 cup chopped onion
- 2 tbsp minced garlic, plus 3-4 whole cloves of garlic peeled
- 2 tbsp freshly squeezed lemon juice
- 1-2 tsp fresh or dried oregano, finely chopped if fresh
- 1 cup organic chicken stock (not broth, you want the rich flavor from the stock)
- 1 cup pitted Kalamata olives
- 1/2 cup chopped roasted red pepper
- 1 tbsp capers, drained
- 1/4 cup chopped sundried tomatoes (in olive oil)

Directions:

Preheat oven to 450 degrees. Heat oil in a dutch oven over medium-high heat. Sprinkle chicken evenly with salt, pepper and Greek seasoning. Cook chicken, skin side down for 3 minutes, flip and add onion, garlic (minced and whole), lemon juice and oregano. Cook for 5 minutes. Add chicken stock, olives, red peppers, capers and sun-dried tomatoes. Bring to a boil, then cover and transfer to the oven to cook for another 25 minutes. Remove from oven and serve over cauliflower "rice" (see recipe below).



Cauliflower Rice

Ingredients:

4 cups cauliflower florets
3 tbsp extra virgin olive oil
sea salt and pepper to taste

Directions:

Boil cauliflower for 8 minutes or until tender. Drain. Return to pan and add

oil, salt and pepper and mash gently with a fork until cauliflower resembles rice.

Snack Time!

“Clean” Almond Butter Cookies

Six ingredients, twelve minutes...

1 cup Almond Butter

3/4 cup Sucanat (organic cane sugar if you don't have Sucanat)

1/4 tsp salt

1/2 tsp baking soda

1 egg

Mix together and then add 3oz 70% organic chocolate pieces. Bake at 350 for 10-12 minutes. Gluten free, no flour, low sugar... amazing! Try to bring your egg to room temperature before using. It really does make a difference.

<http://www.sportsspecifictraining.com/wp-content/uploads/2010/11/Almond-Butter-Cookie-Stacks.jpg>

Please email me at [ljusdanis@sstcanada.com](mailto:ljudanis@sstcanada.com) for a My Blueprint Personal Nutrition Program. At the moment I can only take on 8 more clients.