

Chicken Salad on Crackers

2 servings

10 minutes

Ingredients

142 grams Chicken Breast, Cooked (shredded)
2 stalks Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
2 tbsps Parsley (finely chopped)
1/4 cup Plain Greek Yogurt
1/4 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
4 slices Light Rye Crisp Bread

Nutrition

Amount per serving	
Calories	186
Fat	3g
Carbs	16g
Fiber	5g
Protein	27g
Calcium	101mg

Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt, lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Spread the chicken mixture evenly over each crisp bread. Enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to two days.

Serving Size: One serving is two crackers.

Gluten-Free: Use gluten-free crackers.

Dairy-Free: Use dairy-free unsweetened yogurt or mayonnaise instead.



Everything Bagel Celery & Cream Cheese

2 servings

5 minutes

Ingredients

1/4 cup Cream Cheese, Regular
2 stalks Celery (leaves removed, cut into sticks)
2 tsp Everything Bagel Seasoning

Nutrition

Amount per serving	
Calories	94
Fat	9g
Carbs	2g
Fiber	1g
Protein	2g
Calcium	37mg

Directions

- 1 Spread the cream cheese evenly overtop each celery stick. Sprinkle with everything bagel seasoning. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Make it Vegan: Use vegan cream cheese instead.



Jerk Chicken & Kale Salad

2 servings

45 minutes

Ingredients

227 grams Chicken Leg, Bone-in (skin on, thighs and legs separated)
3 tbsps Extra Virgin Olive Oil (divided)
2 tbsps Jerk Seasoning
1 tbsp Lime Juice
1/2 tsp Honey
4 cups Kale Leaves (stem removed, thinly sliced into ribbons)
1 Avocado (cubed)
1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	642
Fat	54g
Carbs	19g
Fiber	9g
Protein	22g
Calcium	129mg

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 In a baking dish, add the chicken. Coat with 1/3 of the oil and the jerk seasoning. Rub the seasoning into the chicken to coat it. Place in the oven to cook for 40 to 45 minutes or until the chicken is cooked through and juices run clear. Allow it to rest for 5 minutes.
- 3 Meanwhile make the dressing by adding the remaining oil, lime juice and honey in a small jar and shake to combine.
- 4 Add the kale to a salad bowl and add the dressing. Use your hands to massage the dressing into the kale until soft and fully coated.
- 5 Divide the kale salad evenly between plates. Top with the chicken pieces, avocado and cilantro. Enjoy!

Notes

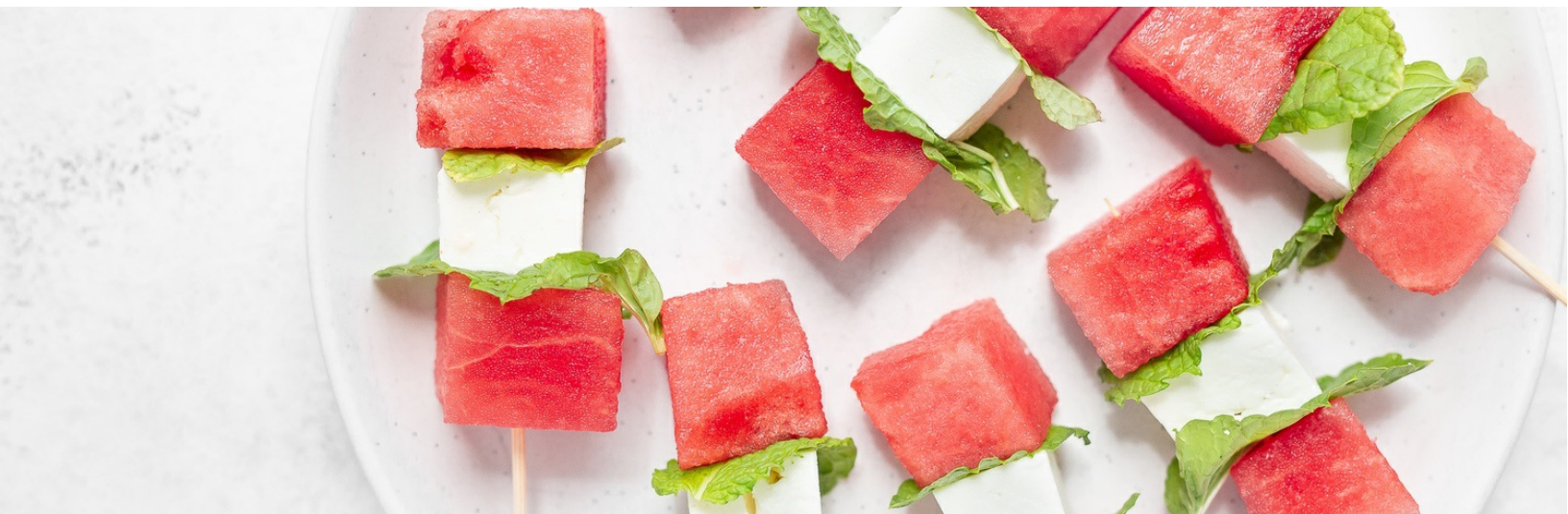
Leftovers: Refrigerate the chicken in an airtight container for up to three days.

Refrigerate the dressing in an airtight container for up to seven days.

Jerk Seasoning: Use your own jerk seasoning blend if desired. If jerk seasoning doesn't have salt and pepper, add those to taste.

Grilling: Preheat the grill over medium heat and oil the grill if necessary. Grill the chicken, turning occasionally, until well browned and cooked through, about 35 to 40 minutes. Transfer the chicken to a platter and allow to rest.

No Kale: Use another green such as spinach or arugula.



Watermelon & Feta Skewers

6 servings

15 minutes

Ingredients

1/2 Seedless Watermelon (medium, cut into cubes)

1/4 cup Mint Leaves

1 1/2 cups Feta Cheese (cubed)

Nutrition

Amount per serving	
Calories	213
Fat	9g
Carbs	30g
Fiber	2g
Protein	8g
Calcium	214mg

Directions

- 1 Take a toothpick and thread the watermelon, a mint leaf, and feta cheese one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving equals approximately four toothpicks.

More Flavor: Drizzle balsamic glaze overtop.

Additional Toppings: Add cucumber slices.



Strawberry Basil Sorbet

4 servings

15 minutes

Ingredients

3 cups Frozen Strawberries
1/4 cup Water (warm)
2 tbsps Maple Syrup
1 tbsp Lemon Juice
1/4 cup Basil Leaves

Nutrition

Amount per serving	
Calories	85
Fat	0g
Carbs	22g
Fiber	4g
Protein	1g
Calcium	43mg

Directions

- 1 Thaw the frozen strawberries for ten minutes before blending.
- 2 In a food processor, blend the strawberries with water until smooth. Add in the maple syrup, lemon juice, and basil and blend to combine.
- 3 Scoop into bowls and serve immediately, or store in a resealable container in the freezer for one hour for a firmer texture. Enjoy!

Notes

Leftovers: Store leftovers in a resealable container in the freezer for up to one month. Thaw fifteen minutes before serving. Once frozen, the sorbet may take on a more "granita"-like texture. This is perfectly normal, but if you'd like it to be smoother, simply re-blend in the food processor for thirty seconds before serving.

Serving Size: One serving size is equal to approximately 1/2 cup.

Additional Toppings: Top with fresh strawberries and fresh basil.