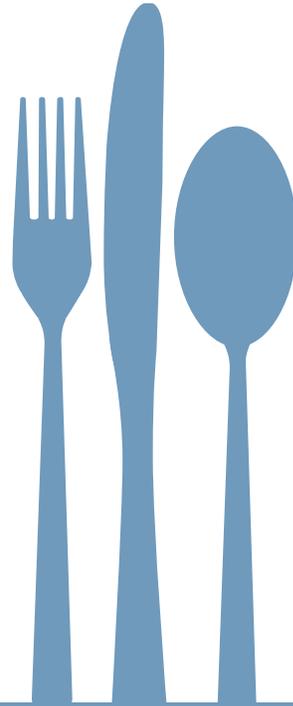


# Taco-Stuffed Avocados

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Place avocado sliced side up on baking sheet.
3. Cook ground turkey breast and flavor with taco seasoning. (Freeze remaining turkey in individual servings.)
4. Top avocado halves with turkey and cheddar. Place in oven for 10 minutes.
5. Mix 1/2 cup yogurt with 1 minced pepper + 1 tsp. water.
6. Garnish avocados with remaining ingredients and sauce.



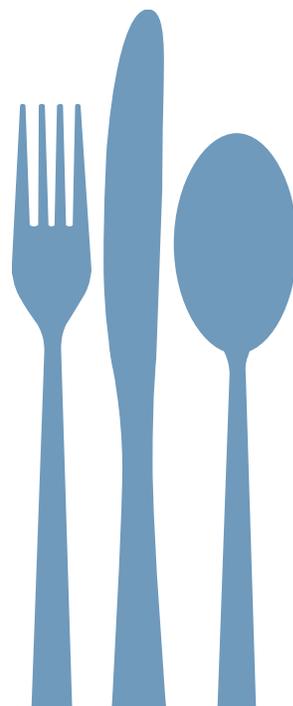
## INGREDIENTS

- 1 avocado
- 1/2 cup cojita cheese
- 1/2 cup cheddar cheese
- 1 medium tomato, chopped
- Green onions, chopped
- Ground turkey breast (or black beans)
- Taco seasoning
- Cilantro
- Greek yogurt
- Chipotle peppers in adobo sauce

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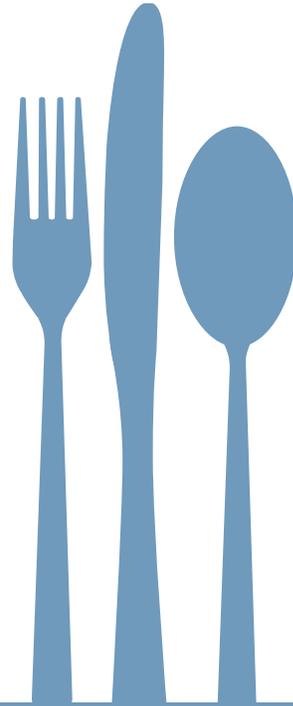
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# Single-Serving Falafel Nachos

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Cut pita into wedges and top evenly with hummus. Toast in oven for 5-8 minutes.
3. Prepare salsa ingredients.
4. Prepare sauce by whisking together.
5. Top pitas with salsa and sauce.



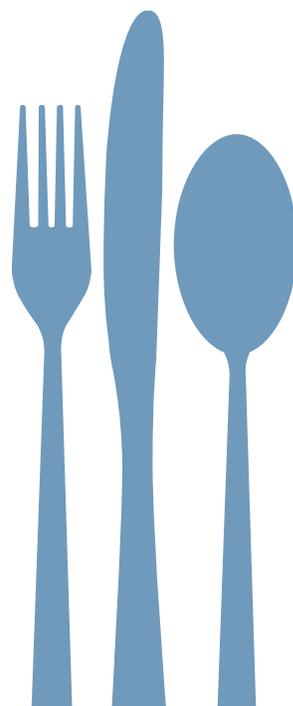
## INGREDIENTS

- 1 whole wheat pita
- 1/4 cup hummus
- Salsa: 1/3 cup canned rinsed and drained chickpeas, 1/4 medium chopped cucumber, 1/2 small diced tomato, 1/4 chopped cup red onion, 2 Tbsp. apple cider vinegar, 1/4 tsp. dried oregano
- Sauce: 1/3 cup plain Greek yogurt & Juice from 1/2 lemon

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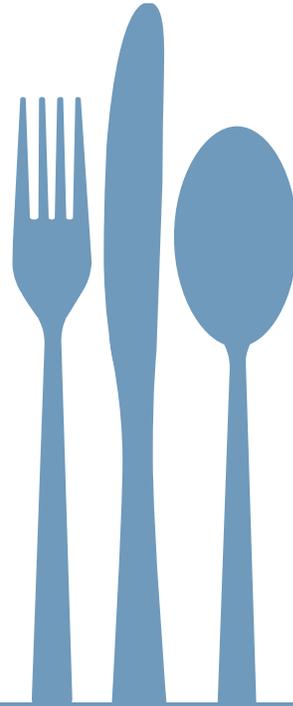
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- Sauce: 1/3 cup plain Greek yogurt & Juice from 1/2 lemon

# Green Smoothie Bowl

## DIRECTIONS

1. Place all ingredients into a blender and blend until creamy.
2. Top with optional toppings.
3. Makes 2 bowls, save second bowl in fridge for next day breakfast or snack.



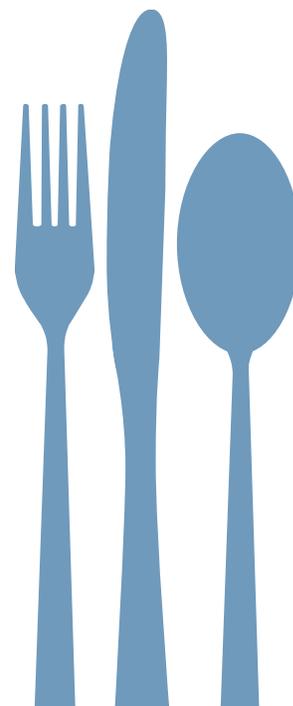
## INGREDIENTS

- 1/4 ripe avocado
- 2 medium ripe bananas
- 1 cup berries
- 2 handfuls spinach, stems removed
- 1.5-2 cups unsweetened non-dairy milk
- 1 Tbsp. flaxseed
- Optional Toppings: 2 Tbsp. peanut or almond butter, granola, sunflower seeds, unsweetened coconut, raw nuts

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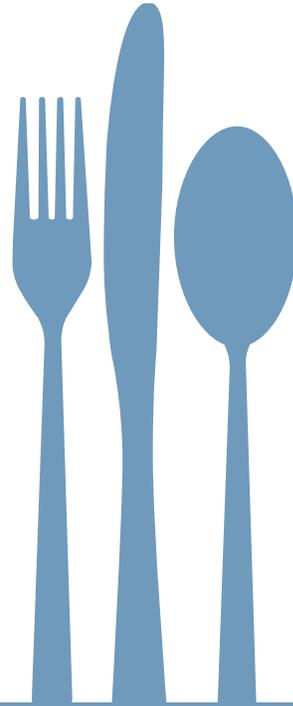
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# Spinach and Tomato Egg Muffins

## DIRECTIONS

1. Spray muffin tins with olive oil spray.
2. Whisk eggs, add tomatoes and spinach to bowl.
3. Pour egg mixture into muffin tins filling half way.
4. Sprinkle feta on top of each muffin.
5. Bake 20-25 minutes at 350 degrees.



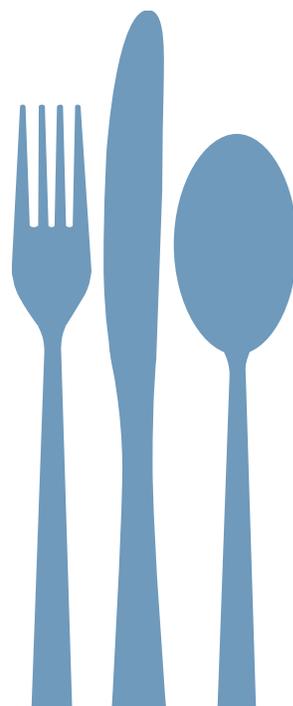
## INGREDIENTS

- 1/4 cup sundried tomatoes
- 1/2 cup spinach, chopped
- 1/2 cup feta cheese
- 9 eggs
- Black pepper to taste
- Olive oil spray

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