

Transform YOUR LIFE

Recipes - Ingredient List

Breakfast - Egg Muffin

1/2 tsp smoked paprika
1/4 tsp chili powder
1 cup chopped mushrooms white button or cremini
1/2 cup diced green bell peppers
1 cup chopped spinach
8 large eggs

Lunch - Tex Mex Quinoa Bowl

2 tsp extra virgin olive oil
Lettuce
½ medium yellow onion diced
3 garlic cloves minced
1 lb lean ground turkey
1 tbsp chili powder
4 tsp cumin
1 tsp garlic powder
1 tsp paprika
1 tsp salt
1 can no salt added black beans
2 cups no salt added broth
1 cup uncooked quinoa
Sliced green onion
Lime juice
Cilantro
Guacamole
Greek yogurt
Salsa

Dinner - Chicken Pesto Zoodle

1 lb chicken breast
1/3 cup sugar-free green pesto
5 oz. cherry tomatoes, halved
4 oz. feta cheese, crumbled or cubed
12 oz. zucchini noodles
3 tbsp olive oil

Dessert - Cacao Flaxseed Peanut Butter Cups

3/4 cup coconut oil
3/4 cup creamy low carb peanut butter or almond butter
1/4 cup unsweetened cocoa powder
1 cup Monkfruit
1 teaspoon no-alcohol vanilla extract
1 1/2 cup UNSWEETENED coconut flakes
2 tablespoons flaxseeds



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