

BLACK BEAN DIP WITH MANGO

- 1 can of black beans drained
- 1 cup diced tomatoes
- 1 cup mango chopped
- 1 tablespoon chopped cilantro
- 1 cup red onion chopped
- juice of 1 lime

Add all ingredients into a large bowl, toss around and serve chilled w/ veggies or baked chips.

GRILLED BUFFALO CHICKEN

- 1 package of raw chicken tenders
- 1 small bottle of franks red hot sauce
- 1 teaspoon cayenne pepper or chili powder (optional)
- 1 cup low fat blue cheese dressing

Cut the raw chicken into long strips about inch thick. Place raw chicken in bowl and cover with franks red hot sauce. Cover and put chicken in the refrigerator for 30 mins. Remove chicken from the refrigerator and place on a backing sheet. Cook for approximately 15 to 20 mins or until chicken is fully cooked.

Serve with celery and carrot sticks and low fat blue cheese dressing.

SWEET POTATO FRIES

- 2 sweet potatoes, peeled and cut lengthwise into 1/4 pieces
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon sea salt

Preheat oven to 325 degrees F. Peel and slice 2 sweet potatoes into 1/4-inch strips. In large bowl, toss sweet potatoes with olive oil and sea salt to coat thoroughly. Arrange potatoes in a single layer on foil-lined baking sheet. Bake until sweet potatoes are lightly browned and crispy, turning once halfway, about 30 minutes.

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CRABMEAT STUFFED MUSHROOMS

- 2 cups lump crabmeat
- 1 eggs
- 2 tbsp lemon juice
- 1 teaspoon dijon mustard
- 24 mushrooms tops
- 1/4 cup shaved parmesan cheese (optional)
- Salt and pepper to taste

Mix all ingredients together except for mushrooms in a bowl.
Place mushrooms on a baking sheet..
Spoon mixture on top of mushroom tops and bake at 350 degrees for 20 mins.

PALEO SLIDERS

- 1 pound lean ground beef, turkey or bison
- 1/2 teaspoon sea salt
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 teaspoon dried parsley

In medium bowl, combine meat, sea salt, paprika and garlic powder with your (clean) hands. Divide into small portions. Flatten into patties about 1/2- inch thick. Heat stove-top grill pan over medium heat; cook burgers 3 minutes per side or until desired. Serve with a slice of tomato on top and a side of ketchup. (skip the bun!)

SWEET POTATO SKINS

- 2 sweet potatoes
- 1 tablespoon extra-virgin olive oil
- 1/2 onion, diced
- 8 ounces ground bison, lean ground beef, or turkey
- 1 cup spinach leaves, chopped
- 2 pieces cooked turkey bacon, chopped
- 2 garlic cloves, minced

Bake pierced sweet potatoes at 350 degrees F for 1 hour. Remove from oven but keep oven on. When cool enough to handle, cut in half and scoop out flesh. Reserve skins. While potatoes are cooking, heat the olive oil in a large skillet. Add the onions and sauté until translucent, about 5 minutes. Add garlic and ground bison and cook until browned. Add spinach and cook until wilted. Add meat mixture to sweet potato flesh and mix together. Spoon meat mixture back into scooped-out potato skins. Sprinkle with bacon.

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TURKEY TACOS LETTUCE WRAPS

- 1 tablespoon coconut or olive oil
- 1 pound ground turkey
- 1 packet Simply Organic spicy taco seasoning
- 8 romaine lettuce leaves
- 1 cup guacamole
- 1/2 cup salsa

In large skillet, heat oil over medium heat. Brown ground turkey, stirring frequently. Add taco seasoning and mix well. Remove from heat and set aside. Break lettuce leaves apart, wash well, pat dry, and stack on a plate.

Take an open lettuce leaf and top it with guacamole and salsa. Roll up into wrap and serve.

CROCKPOT BUFFALO CHICKEN

- 6 boneless skinless chicken breasts
- 4 cups low sodium chicken broth
- 1 cup chopped celery
- 1 cup chopped carrots
- 1 small onion chopped
- 2 tsp. chopped garlic
- 2 tsp. chili powder
- 2 tsp. ground cumin
- 1/2 cup Franks Red Hot Sauce

Put all ingredients except the tabasco into a large crockpot. Cook on low for 8 hours. Using 2 forks, shred the cooked chicken and then pour in the hot sauce. Mix until the chicken is well coated in hot sauce. Serve on a bed of lettuce or with chips and cut up celery sticks.

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ZUCCHINI STICKS

- 4 medium zucchini, cut into thick strips (the size of French fries)
- 1 tablespoon extra- virgin olive oil
- 1 teaspoon sea salt

Preheat oven to 350 degrees F. Place zucchini sticks on parchment paper-lined baking sheet. Toss with olive oil and sea salt. Bake until lightly browned, turned once with a spatula, about 25 minutes.

Serve with a side of hummus or low fat ranch dressing.

SALMON DIP

- 1 can of wild salmon
- 2 ounces of whipped light cream cheese
- 2 tablespoons smoked salmon, finely chopped
- 1 teaspoon grated lemon zest
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon sea salt
- Freshly ground pepper
- 4 heads of Belgian endive, leaves separated

Mix together all ingredients in a bowl. Spoon on top of endive leaves, serve and enjoy!

HEALTHY SPINACH ARTICHOKE DIP

- 1 cup white beans
- 1/4 cup sesame seeds
- 1 cup artichoke hearts
- 1/2 cup thawed chopped spinach
- 2 T olive oil
- 1 clove garlic, minced
- 1/4 teaspoon salt

Place all ingredients in a food processor or blender. Blend together until it has a creamy consistency. Serve with sliced veggies.

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BUFFALO CHICKEN DIP

1 lb chicken breasts
1 egg yolk
1 Tbs fresh squeezed lemon juice | 1 clove garlic, minced
1 tsp mustard
1/2 cup olive oil
4 oz. crumbled blue cheese
1/4 cup hot sauce

Preheat the oven to 375F. Place chicken breasts in a medium saucepan, cover with water and bring to a boil for 4-5 minutes until cooked through. Remove chicken from water and allow to cool.

Meanwhile in a food processor, combine the egg yolk, lemon juice, garlic and mustard. With the food processor running SLOWLY stream in the olive oil. You're essentially making mayonnaise at this point (an emulsion), so you have to start by adding the oil slowly. Once all the oil has been added, add the hot sauce and chicken to the mix. Pulse until blended and chicken is shredded.

Pour half the mixture into a small casserole dish, and sprinkle it with the blue cheese. Top with remaining chicken mixture. Bake for 25 minutes, until hot and bubbly.

From Lauren Height www.onceandalwaysanathlete.com

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SWEET POTATO NACHOS

- 4 medium sweet potatoes
- 1 cup shredded cheddar cheese (can be low fat or almond cheese)
- 1/2 cup guacamole
- 1/2 cup low fat sour cream or greek yogurt
- 1/4 cup chopped up black olives
- 2 jalapeño, chopped
- 1 cup pico de gallo
- 1 tablespoon olive oil
- sea salt to taste

Cut sweet potatoes into 1/4 inch slices and place on a baking sheet. Mist or gently sprinkle olive oil and sea salt over the sweet potatoes. Toss so they are fully coated. Bake in the oven for 30 to 45 mins on 350 degrees or until potatoes are cooked but not soggy.

Remove potatoes from the oven and let them cool. Sprinkle cheese on top of the of the potatoes and then place in the broiler for about 5-10 minutes until cheese is melted and sweet potatoes are crispy.

Remove from oven and then top with guacamole, sour cream, olives, pico de gallo and jalapeño. Enjoy!

COCONUT SHRIMP

- 1/2 cup coconut milk
- 1/2 cup shredded coconut
- 8 large shrimp, peeled and deveined
- 1 tablespoon coconut oil

Place coconut milk and shredded coconut into separate bowls. Dip shrimp into coconut milk bowl and then roll shrimp through the coconut bowl; be sure whole shrimp is covered in coconut flakes.

In small skillet, heat coconut oil to medium-high. Lightly brown both sides until shrimp is cooked, about 3 to 5 minutes.

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SPINACH QUIONA BALLS

2 boxes 10 ounce frozen spinach, defrosted and water thoroughly squeezed out
1 onion, chopped
5 tablespoons organic butter, melted
2 cloves garlic, minced
1 teaspoon ground pepper
1/2 teaspoon kosher salt
1 cup Red Quinoa, cooked
1/2 cup sun dried tomatoes, diced
1/2 cup almond meal or flour
4 whole eggs and 3 egg whites, beaten together
1/3 cup freshly grated Parmesan cheese

Preheat oven to 350 degrees. Line a large baking sheet with parchment paper. Mix all ingredients together in a large bowl. Refrigerate for an hour, or overnight if time permits.

Roll mixture into small balls and place on prepared baking sheet. Bake for 20 minutes, let cool and enjoy.

JALAPEÑO POPPERS

1 cup egg whites
Sliced jalapeños
1 piece of string cheese
Hot sauce if desired

Spray muffin tins with cooking spray. Place a jalapeño or 2 in each of 24 mini muffin tins. Divide 1 cup of liquid egg whites into each of the 24 muffin tins. Add 1 drop of hot sauce if desired. Cut 1 stick of string cheese into 24 slivers (they'll be small, like the size of a fingernail but thicker). Top with a sliver of cheese. Bake for 10-12 min on 425* until the egg is set. ENJOY mini jalapeño poppers!

*Variations: 1) Use pepper jack cheese and bacon. 2) Use feta cheese, cumin, and chili powder 3) Make up your own version :)

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TURKEY BACON MEATBALLS

1 pound lean ground beef, turkey or bison
1/2 teaspoon sea salt
1/4 cup cooked bacon, chopped
1/4 cup low fat cheddar cheese
1/2 teaspoon garlic powder
1 teaspoon dried parsley

In medium bowl, combine meat, sea salt, bacon, cheese, and garlic powder using clean hands. Divide into small portions and make into small balls. Cook in a stove-top grill pan over medium heat until meatballs are cooked through.

CHICKEN NUGGETS

8 boneless, skinless chicken breasts
1/2 cup almond flour
1/2 cup coarsely ground almonds
1 tsp sea salt
1 tsp white pepper
Pinch garlic powder
1 cup of water or low-sodium chicken broth
2 large egg whites, lightly beaten

Preheat oven to 400°F. Prepare baking sheet by lining with parchment paper. Cut chicken breasts into nugget-sized pieces (or use chicken strips).

Combine all dry ingredients in a large container with a tightly fitting lid. Shake well. This is your coating mixture. Combine water and egg in a medium bowl. Dip each piece in the water-egg white mixture. Then dip each piece in the coating mixture. Make sure each piece is well coated. Place on the baking sheet. When all of your chicken has been coated and your baking sheet is full, place in the oven and bake for 20 minutes or until golden.

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30 MINUTE CHILI

1lb lean ground turkey
Chili seasoning mix (1/3 cup chili powder, 1 tbsp ground cumin, 1 tbsp dried oregano)
2 (14.5- oz.) cans of diced tomatoes with green pepper, celery and onion
2 (8-oz.) cans of tomato sauce
1 (16 oz.) can of black beans, drained
1 (15.5 oz.) can of small red beans, drained
½ c water — add to chili to bring to your desired 'soup' consistency

Brown turkey in a Dutch oven or soup pot until turkey is crumbled; drain. Sprinkle with seasoning mix and let cook for about 1 minute.

Stir in diced tomatoes and remaining ingredients; bring to a boil, stirring occasionally. Cover, reduce heat to low and simmer, stirring occasionally for 15 minutes.

Lori Mussleman

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INSIDEOUT WELLNESS CHILI

Cooking spray and
1 tsp grapeseed oil
1.5c onions
1 chili pepper diced (approx. 1/3c)
2 Lbs Turkey breast ground or ground bison
3T paprika
8 garlic cloves
5T dry red wine
4T Sherry vinegar
4.5tsp chili powder
2.5tsp ground cumin
1.5tsp dried oregano
1.5tsp ground coriander
1.5tsp black pepper
Dash of kosher salt
4/15oz cans of black beans
1.5c chicken broth
2/14.5oz diced tomatoes
1/28oz crushed tomatoes
Fresh squeezed lime juice
Cilantro or parsley optional to top.
Shredded cheese optional to top.

Heat up a pan and add the oil, onions, chili pepper, and turkey. Cook turkey until brown. Rinse black beans. Place 1.5 black beans and 1c chicken broth in a food processor or blender and blend until smooth. Add pureed beans and broth, remaining beans, remaining broth, and tomatoes to a pot. Put all dry ingredients in and allow to come to a boil. Reduce heat and add turkey. Stir in lime juice. Continue to leave on very low for a few hours.

Serve with a sprinkle of parsley/cilantro and cheese.(optional)

Maryalice Goldsmith

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I hope you enjoy these recipes I put together for you. If you try any of them please let me know how you like them!

In Health and Happiness,

Sabrina

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