

# Raspberry Zinger Smoothie

6 ingredients · 10 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

## Ingredients

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- 1 cup** Frozen Cauliflower
- 1 cup** Frozen Raspberries
- 1** Lemon (juiced)
- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk

## Nutrition

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Amount per serving

<b>Calories</b>	312	Cholesterol	4mg
<b>Fat</b>	10g	Sodium	317mg
<b>Carbs</b>	36g	Vitamin A	874IU
Fiber	16g	Vitamin C	100mg
Sugar	12g	Calcium	925mg
<b>Protein</b>	27g	Iron	4mg

# Cottage Cheese with Blueberries

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

## Notes

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### Make It Sweet

Drizzle honey or maple syrup overtop.

### Storage

Refrigerate in an airtight container up to 3 to 5 days.

## Ingredients

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**1 cup** Cottage Cheese

**1/2 cup** Blueberries (fresh or frozen)

## Nutrition

Amount per serving

<b>Calories</b>	124	<b>Cholesterol</b>	18mg
<b>Fat</b>	5g	<b>Sodium</b>	331mg
<b>Carbs</b>	9g	<b>Vitamin A</b>	167IU
<b>Fiber</b>	1g	<b>Vitamin C</b>	4mg
<b>Sugar</b>	6g	<b>Calcium</b>	89mg
<b>Protein</b>	12g	<b>Iron</b>	0mg

# Tuna Nori Wraps

5 ingredients · 15 minutes · 2 servings



## Directions

1. Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
2. Roll or wrap the tuna-stuffed nori and enjoy immediately.

## Notes

### Serving Size

Each serving size will yield approximately 3 small rolls.

### Storage

Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

## Ingredients

- 1 can Tuna (drained and flaked)
- 1 Carrot (small, julienned)
- 1/2 Cucumber (julienned)
- 1/2 Avocado (peeled and sliced)
- 6 Nori Sheets (snack size)

## Nutrition

Amount per serving

<b>Calories</b>	190	<b>Cholesterol</b>	30mg
<b>Fat</b>	8g	<b>Sodium</b>	239mg
<b>Carbs</b>	13g	<b>Vitamin A</b>	6495IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	18mg
<b>Sugar</b>	3g	<b>Calcium</b>	72mg
<b>Protein</b>	21g	<b>Iron</b>	2mg