

A warm, golden-toned photograph of several hands holding champagne flutes, clinking them together in a toast. The background is a blurred bar or restaurant interior with warm lighting. The image is framed by a dark blue border on the left and bottom, decorated with gold stars and sparkles.

2022

Healthy New Year Mocktails and Appetizers!

Undeniably Delicious!



Mocktails

Guilt-free!



Mocktail Ginger Fauxito

Ingredients

- 1 packet Essential 1 calorie burn green tea flavor infuser, 8 oz. (If you don't have a flavor infuser, just leave it out or find a 0 carb substitute)
- Cascade ice citrus twist water
- 1 teaspoon minced ginger root
- 1 teaspoon lime juice
- 1 Tablespoon mint leaves
- 1 packet stevia

Directions

1. Combine all ingredients and chill for 30 minutes.
2. Serve over ice and garnish with mint leaf if desired.

Makes 1 serving

Each serving provides 3 condiments

**Quick
Prep**

YUM!



Mocktail Spicy Berry Daiquiri

Ingredients

- 1 pack Essential 1 calorie burn mixed berry flavor infuser
(If you don't have a flavor infuser, just leave it out or find a 0 carb substitute)
- 8 oz. cold water
- 1 teaspoon lemon juice
- 1 teaspoon lime juice
- 2 jalapeño slices
- 1 mint sprig
- 1/4 teaspoon rum extract

Directions

1. Combine all ingredients and let sit for 1 hour.
2. Strain and pour in a glass over ice.
3. Garnish with a lime slice and I throw 2 berries in.
Do not eat the berries, just for infusion only.

Makes 1 serving

Each serving provides 2 condiments

**Quick
Prep**

YUM!



Mocktail Ginger Sangria

Ingredients

- 1 packet essential 1 white grape peach flavor infuser
(If you don't have a flavor infuser, just leave it out or find a 0 carb substitute)
- 4 oz. cold water
- 4 oz. club soda
- 1/2 cup chopped berries, orange slices etc.
- 1 teaspoon chopped fresh basil

Directions

1. Combine all ingredients and refrigerate for several hours.
2. Strain fruit and serve over ice.
3. Garnish with a basil leaf and 1 berry.

Makes 1 serving

Each serving provides 1/2 condiments

**Quick
Prep**

YUM!



Mocktail Spiced Mockarita

Ingredients

- 4 oz. Cascade ice strawberry lemonade
- 4 oz. Cascade ice citrus ice twist
- 1 teaspoon chopped fresh cilantro
- 1 teaspoon minced jalapeño
- 1/2 teaspoon rum extract

This drink counts as 1/2 condiment only for the rum extract.

This is not in substitute of your daily water intake.

Directions

1. Mix all together and chill for 1 hour.
2. Strain and serve over ice.

Makes 1 serving

Each serving provides 1/2 condiment

**Quick
Prep**

YUM!



Mocktail Blue Hawaii

Ingredients

- 1 cup mixed berry zero Powerade
- 1 cup Cascade Ice coconut water
- 1/2 teaspoon rum extract

Directions

1. Mix all ingredients together and pour into a glass with ice.
2. Garnish with umbrella and lime slice if you desire.

Makes 1 serving

Each serving provides **1/2 condiments**

**Quick
Prep**

YUM!



Bell Pepper Nachos

Ingredients

- 1 bell pepper, any color
- 4.5 oz shredded elk or deer steak or ground turkey
- 2 oz moderate fat cheese
- 1 tsp taco seasoning
- 1/4 c diced tomato
- 1tsp sliced green onions
- 5 olives sliced

Makes 1 serving

Per Serving: 1 lean, 3 green, 1 condiment, 1 healthy fat

Directions

1. Cook meat till done, add taco seasoning and a little water. Cook for a few more minutes.
2. Slice and quarter bell pepper into chip size pieces.
3. Using a cookie sheet or individual dish layer in order; peppers, meat, cheese, onion.
4. Bake at 350 for 13 minutes.
5. Top with tomato and olives.



Creamy Buffalo Chicken Dip



Ingredients

- 14 oz raw chicken breast
- 2 oz of 2% reduced fat cheese
- 1/4 cup of Franks Hot wing sauce
- 1/4 cup light hidden valley ranch
- 2 tsp cream cheese
- 1.5 cups of celery cut into sticks
- 1.5 cups of bell peppers

Makes 2 servings

Serve with 1 1/2 cups of celery or your favorite veggies for a complete lean and green meal

Directions

1. Preheat oven to 350 degrees. Bake chicken breasts for 30-35 minutes or until cooked. Remove chicken breasts from pan and chop the chicken into small pieces.
2. Place chicken inside of a baking dish. Set aside. In a small sauce pan, combine Frank's Hot Wings Sauce, ranch dressing and cream cheese. Heat over medium high heat, stirring until cream cheese is completely melted.
3. Once melted, pour the sauce mixture over chicken. Then sprinkle with cheddar cheese.
4. Bake for an additional 10 minutes or until the cheese is melted.





Jalapeño Poppers

Ingredients

- Cooking spray
- 4 oz 95-97% lean ground beef*
- 6 whole jalapeño peppers
- 4 oz (½ cup) low-fat plain Greek yogurt
- 4 oz (1 cup) shredded reduced-fat sharp cheddar cheese
- 3 medium scallions, sliced thin
- 1 large red bell pepper, diced fine
- ¼ tsp garlic powder
- ¼ tsp cumin
- ¼ tsp chili powder
- 1/8 tsp paprika

*To make vegetarian, substitute beef with 1 cup cooked MorningStar Farms®-Sausage-Style Recipe Crumbles.

Makes 2 servings

Per Serving: 1 Leaner , 3 Green, 1½ Condiments

Directions

1. Preheat oven to 350° F. Lightly grease a baking sheet and set aside.
2. Cook ground beef in a non-stick pan over medium-high heat until done (internal temperature of 160°F). Set aside.
3. Cut jalapeño peppers in half lengthwise. Remove seeds and membrane.
4. Combine beef, yogurt, cheese, scallions, red pepper, and spices in a medium bowl.
5. With a spoon, fill jalapeño pepper halves with cheese mixture.
6. Place the peppers, cut-side up, on the prepared baking sheet. Bake for about 20-25 minutes or until golden brown.
7. Remove from oven and serve immediately.





Stuffed Cheesy Meatballs

Ingredients

- 7 oz Beef, ground, 95-97% leaner (raw)
- 2 tsp Horseradish
- 5 sprays Non-stick Cooking Spray
- 2 wedges Light Laughing Cow Garlic & Herb Cheese

Makes 1 serving

Per serving: 1 leaner, 2-1/2 condiments, 1 healthy fat

Pictured with 1/2 cup Rao's (add 2 greens to your breakdown)

Directions

1. Preheat oven to 350 degrees F.
2. Roll the ground beef into even sized balls.
3. Evenly distribute the horseradish onto each meatball, coating the entire outside.
4. With a toothpick, poke a large enough in each meatball to add cheese into the center of each meatball.
5. Place meatballs on a baking sheet, and cook for 20 minutes until done.



Spaghetti Squash Nests - 3 ways!



Ingredients

TACO NESTS

Nests:

- 1 spaghetti squash
- ½ tsp salt
- ¾ cup reduced-fat parmesan cheese
- 4 eggs

Filling:

- 1 lb. 99% lean ground turkey
- 2 cups finely diced green pepper
- 1 tbsp extra virgin olive oil
- 1½ tsp taco seasoning
- 1 tsp lime juice
- 2 tbsp chopped cilantro
- ½ cup shredded, reduced-fat mozzarella cheese

PIZZA NESTS

Nests:

- 1 spaghetti squash
- ½ tsp salt
- ¾ cup reduced-fat parmesan cheese
- 4 eggs

Filling:

- 2 cups cherry tomatoes, halved
- ½ tsp salt
- 1 cup fresh basil, coarsely chopped
- ¼ tsp dried oregano
- 2 2/3 cups shredded, reduced-fat mozzarella

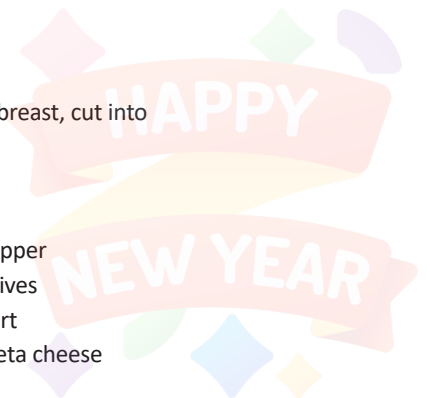
CHICKEN GYRO NESTS

Nests:

- 1 spaghetti squash
- ½ tsp salt
- ¾ cup reduced-fat parmesan cheese
- 4 eggs

Filling:

- 1 lb. cooked, skinless chicken breast, cut into very fine strips
- ¼ tsp dried oregano
- ¼ tsp garlic powder
- 2 cups finely minced green pepper
- 4 tbsp finely chopped black olives
- ¼ cup reduced-fat Greek yogurt
- ¼ cup reduced-fat crumbled feta cheese



Spaghetti Squash Nests - 3 ways! (cont'd)

Directions

TACO NESTS

1. Cut the spaghetti squash in half lengthwise and scoop out the seeds. Bake spaghetti squash halves with cut side down on a sheet pan at 400°F for 30 minutes, until the flesh of the squash can be shredded with a fork.
2. Remove the squash from the oven, allow to cool, and shred the flesh with a fork into a bowl. Measure out 4 cups, saving any leftovers for another meal.
3. Combine the spaghetti squash with the salt, parmesan and eggs; mix well.
4. Fill 12 indentations of a silicone muffin pan or a muffin pan lined with parchment baking cups with the spaghetti squash mixture, leaving a well in the center of each for the filling.
5. Bake the spaghetti squash nests at 400°F for 12 minutes until they begin to brown.

Filling:

1. In a non-stick skillet, cook the diced pepper in oil for about 2 minutes.
2. Add the ground turkey, taco seasoning, and lime juice; cook for about 2 minutes.
3. Mix in the cilantro, and fill each nest with an equal amount of the turkey mixture.
4. Top with cheese, and bake at 425°F for 8 minutes.

TACO NESTS

Makes 4 servings (3 nests per serving)

Per serving: 1 lean, 3 green, 3 condiments

PIZZA NESTS

1. Cut the spaghetti squash in half lengthwise and scoop out the seeds. Bake spaghetti squash halves with cut side down on a sheet pan at 400°F for 30 minutes, until the flesh of the squash can be shredded with a fork.
2. Remove the squash from the oven, allow to cool, and shred the flesh with a fork into a bowl. Measure out 4 cups, saving any leftovers for another meal.
3. Combine the spaghetti squash with the salt, parmesan and eggs; mix well.
4. Fill 12 indentations of a silicone muffin pan or a muffin pan lined with parchment baking cups with the spaghetti squash mixture, leaving a well in the center of each for the filling.
5. Bake the spaghetti squash nests at 400°F for 12 minutes until they begin to brown.

Filling:

1. Toss the tomatoes with the salt, basil and oregano, and fill each nest with an equal amount of the mixture.
2. Sprinkle each nest with cheese, and bake at 400°F for about 8 minutes.

PIZZA NESTS

Makes 4 servings (3 nests per serving)

Per serving: 1 lean, 3 green, 3 condiments

CHICKEN GYRO NESTS

1. Cut the spaghetti squash in half lengthwise and scoop out the seeds. Bake spaghetti squash halves with cut side down on a sheet pan at 400°F for 30 minutes, until the flesh of the squash can be shredded with a fork.
2. Remove the squash from the oven, allow to cool, and shred the flesh with a fork into a bowl. Measure out 4 cups, saving any leftovers for another meal.
3. Combine the spaghetti squash with the salt, parmesan and eggs; mix well.
4. Fill 12 indentations of a silicone muffin pan or a muffin pan lined with parchment baking cups with the spaghetti squash mixture, leaving a well in the center of each for the filling.
5. Bake the spaghetti squash nests at 400°F for 12 minutes until they begin to brown.

Filling:

6. Combine the chicken breast with the remaining gyro ingredients, and fill each nest with an equal amount of the chicken gyro mixture.
7. Bake at 400°F for 15 minutes.

CHICKEN GYRO NESTS

Makes 4 servings (3 nests per serving)

Per serving: 1 lean, 3 green, 3 condiments



Buffalo Balls

Ingredients

- 1lb ground chicken or turkey
- 2 oz cream cheese, softened
- 4 egg whites
- 2 Tbl chopped celery
- 3 Tbl crumbled low fat blue cheese
- 1/2 tsp black pepper
- For the Sauce
- 1/2 cup Frank's Red Hot Wing Sauce

Makes 3 servings

Per serving: 1 Lean protein, 3 condiments

Directions

1. Combine all of the meatball ingredients in a medium bowl.
2. Form into about 1 inch balls. Place them on a greased cookie sheet (with sides) and bake at 350 degrees (F) for 10 minutes.
3. After 10 minutes, remove balls from oven and pour 1 TBL Franks wing sauce on each ball.
4. Put back in the oven bake for another 12 minutes. Serve with celery and a side of blue cheese or ranch dressing.



Ingredients

Dressing:

- 4 oz (½ cup) plain, low-fat Greek yogurt
- 4 tsp extra-virgin olive oil
- ¼ cup red wine vinegar
- 1 Tbsp white balsamic vinegar
- 2 tsp Dijon mustard
- Salt and pepper to taste

Salad:

- 6 cups mixed greens
- 5 hard-boiled eggs, peeled and sliced thin
- 1 cup diced tomatoes
- ½ cup cucumber, sliced thin
- ½ cup radishes, sliced thin (or other veggie)
- 1 small yellow bell pepper, chopped
- 1 small red bell pepper, chopped
- 6 oz cooked chicken breast, cut into ¼-inch cubes
- 4 oz (1 cup) reduced-fat shredded cheddar cheese

*For a vegetarian option, try tofu in place of chicken.

Makes 4 servings

Per serving: ½ Lean protein, 1 ½ vegetable servings, 2 condiments





Jalapeno Cheese Crisps

Ingredients

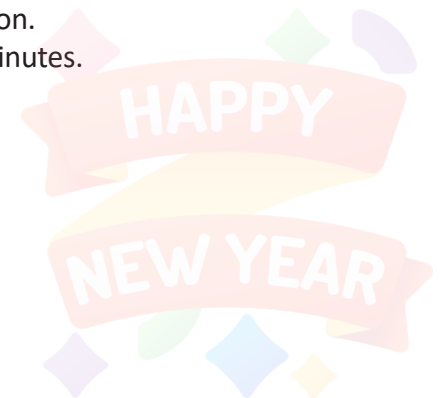
- 6 tbsp. finely shredded reduced-fat parmesan
- $\frac{3}{4}$ cup shredded part-skim cheddar
- $\frac{1}{2}$ cup jalapeño, sliced thinly
- 4 slices turkey bacon, cooked and crumbled

Makes 1 serving

Per serving: 1 Lean protein, 1 green, 3 condiments

Directions

1. Preheat oven to 375°. Line a large baking sheet with parchment paper.
2. Spoon about a tablespoon of Parmesan into a small mound on the parchment paper. Top with about half tablespoon of cheddar.
3. Carefully pat cheese down flat then place a jalapeño slice on top. Sprinkle on some of the bacon.
4. Bake until crispy and golden, about 12 minutes.
5. Let cool slightly before serving.



Spinach Dip

Ingredients

- 1 ½ cups hearts of palm chopped – artichokes are too high in carbohydrates
- 1 cup part skim ricotta cheese
- 3 Tablespoons low fat cream cheese
- 1/4 cup Parmesan cheese (grated)
- 4 ounces part skim Mozzarella cheese (small cubes)
- 1 teaspoon minced garlic
- 1 ½ cups frozen spinach, thawed and squeezed of its juices

Makes 4 servings

Per serving: ½ Lean protein, 1 ½ vegetable servings, 2 condiments

Directions

1. Preheat oven to 375°F.
2. Mix together Parmesan cheese, Mozzarella, spinach, and hearts of palm.
3. Combine remaining ingredients and mix with spinach mixture.
4. Bake for 20-30 minutes.



Turkey Burgers – 4 Ways!

Burger Ingredients

- 1 lb 93% lean ground turkey
- 1 egg
- 1 tsp Worcestershire sauce
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt
- Cooking spray
- 1 medium head iceberg lettuce, cut into 8 bun-sized pieces

Makes 4 servings

Per serving: 1 Lean, 3 Green, 2½ Condiments

Italian



Buffalo



Greek



Spicy Popper



Greek Version

- 1 cup low-fat plain Greek yogurt
- 2 Tbsp chopped red onion
- 1 Tbsp lemon juice
- ½ Tbsp chopped fresh dill
- ½ Tbsp chopped fresh mint
- 1 clove garlic, minced
- 4 large tomato slices
- ½ medium-sized cucumber sliced diagonally to yield 8 cucumber slices
- 2 oz. reduced-fat crumbled feta

Italian Version

- 4 slices reduced-fat mozzarella cheese
- ½ cup no sugar added tomato sauce
- 1 cup jarred roasted red peppers, drained
- ¼ cup grated parmesan

Spicy Popper

- 1 cup low-fat plain Greek yogurt
- 2 Tbsp chopped red onion
- 1 Tbsp lemon juice
- ½ Tbsp chopped fresh dill
- ½ Tbsp chopped fresh mint
- 1 clove garlic, minced
- 4 large tomato slices
- ½ medium-sized cucumber, sliced diagonally to yield 8 cucumber slices
- 2 oz. reduced-fat crumbled feta

Buffalo Version

- 1 cup low-fat plain Greek yogurt
- 2 Tbsp chopped red onion
- 1 Tbsp lemon juice
- ½ Tbsp chopped fresh dill
- ½ Tbsp chopped fresh mint
- 1 clove garlic, minced
- 4 large tomato slices
- ½ medium-sized cucumber, sliced diagonally to yield 8 cucumber slices
- 2 oz. reduced-fat crumbled feta

Turkey Burgers – 4 Ways! (cont'd)

Burger Directions

1. In a large bowl, combine the first six turkey burger ingredients.
2. Shape into four burger patties.

Grill method: Add burger patties to a lightly greased preheated grill rack, and grill covered until a meat thermometer reads 165F about 4 to 6 minutes per side.

Stovetop method: Add burger patties to a lightly greased grill pan or griddle and cook over medium high heat until a meat thermometer reads 165F, about 4 to 6 min per side.

Makes 4 servings

Per serving: 1 Lean, 3 Green, 2½ Condiments

Greek Version

1. In a small bowl, combine the yogurt, onion, lemon juice, dill, mint, and garlic.
2. Assemble burgers by topping a lettuce bun with one burger patty, one tomato slice, two cucumber slices, quarter-cup of yogurt sauce, half-ounce feta, and another lettuce bun.

Italian Version

1. Assemble burgers by topping a lettuce bun with one burger patty, one cheese slice, two tablespoons of tomato sauce, quarter-cup roasted red peppers, one tablespoon parmesan, and another lettuce bun.

Italian



Buffalo



Greek



Spicy Popper



Spicy Popper

1. Assemble burgers by topping a lettuce bun with one tomato slice, one burger patty, one tablespoon cream cheese, one turkey bacon slice, one-quarter of jalapeño slices, two tablespoons cheese, and another lettuce bun.

Buffalo Version

1. In a medium-sized bowl, combine broccoli slaw, yogurt, hot sauce, and ranch mix.
2. Assemble burgers by topping a lettuce bun with one burger patty, one cheese slice, half-cup slaw mixture, and another lettuce bun.

NEW YEAR



Guacamole

Ingredients

- 2 avocados
- ¼ cup lime juice
- 2 cloves of garlic, minced
- 1 cup chopped tomato
- 1 tsp. sea salt
- 1/2 tsp. dill

Makes 8 servings

Per serving: 1 fat, ¼ vegetable serving, 3 condiments

Directions

1. Spoon out avocados into large bowl.
2. Add lime juice, minced garlic, and chopped tomato.
3. With a spoon, mash together until mixture becomes creamy.
4. Add sea salt and dill.
5. Refrigerate and serve with bell pepper slices or celery

To get the serving size measure the entire recipe and divide by 8.





Mushroom Bun Sliders

Ingredients

- 1 lb. 90-94% lean ground beef
- ¼ cup finely diced scallions
- 1 Tbsp Worcestershire sauce
- 1 Tbsp soy sauce
- ½ tsp garlic powder
- ½ tsp salt, Cooking spray
- 12 mushroom caps, sliced in half horizontally (2 ½ - 3 inches diameter)
- 6 slices reduced-fat Swiss cheese
- 3 roma or plum tomatoes, sliced
- 2 cups lettuce

Makes 4 servings

Per serving: 1 lean, 3 green, and 3 condiments

Directions

1. Combine the beef, scallions, Worcestershire sauce, soy sauce, garlic powder, and salt in a medium-sized bowl, and mix well.
2. Form mixture into 12 small, flat patties.
3. Coat grill rack lightly with cooking spray. Add beef patties, and grill covered, over medium heat until desired doneness.
4. Add sliced mushroom caps to grill rack and cook for 1 to 2 minutes per side (mushroom should still be somewhat firm).
5. Cut cheese slices into four pieces each.
6. Assemble sliders using sliced mushroom caps as buns and add two pieces of cheese per slider. Serve with tomato slices and lettuce.





Cauliflower Bread Sticks

Ingredients

- 1 cup raw grated cauliflower
- 1/4 cup egg substitute (or whole egg)
- 1 cup shredded or 4 oz mozzarella, divided
- Garlic salt and Italian seasonings, to taste

Makes 1 serving

1 Complete Lean and Green Meal, No Healthy Fat Required

Directions

1. Preheat oven to 350.
2. Mix cauliflower, 1/4 cup egg substitute, and 3 oz or 3/4 cup shredded mozzarella together in a bowl until combined.
3. Line a 9 x5 loaf pan with parchment and lightly spray with Pam.
4. Pour mixture into pan about 1 -1/2 inch deep. (It is okay if the mixture does not cover the entire pan).
5. Bake at 350 for 30 min or until set. Lift the edges of the parchment and place bread with parchment on to cookie sheet. Carefully use a spatula to lift the edges of the dough off the parchment and flip the dough.
6. Bake for an additional 15 minutes at 450 degrees. Take out of oven and with a pizza cutter, slice strips through set dough. Separate slightly.
7. Sprinkle with garlic salt, Italian seasonings and 1 oz mozzarella. Continue baking at 450 degrees for about 10 more minutes until cheese is melted. Serve with marinara sauce.



2022

~~2021~~
IS MY
YEAR!



Make 2022 Your BEST Year Yet!

2022
↙

NEW YEAR NEW YOU!

**BE INSPIRED TO TRANSFORM YOUR
HEALTH, HABITS & LIFE!**



**Connect with the Coach who invited you
for the Zoom Link to join**

**3 LIVE ZOOM
MEETINGS
TO CHOOSE
FROM:**

Tuesday, 12/28/21 @ 1 pm ET | 12 pm CT | 11 am MT | 10 am PT
Wednesday, 12/29/21 @ 4 pm ET | 3 pm CT | 2 pm MT | 1pm PT
Thursday, 12/30/21 @ 9 pm ET | 8 pm CT | 7 pm MT | 6 pm PT
(30 min call)

~~2021~~
**IS MY
YEAR!**

