

E A S Y & H E A L T H Y

Recipe Guide



Hi! My name is Heather Hoffman. I am a Registered Dietitian and a Certified Personal trainer. I am very passionate about helping others reach their goals and learn how to have a positive relationship with food. Eating healthy does not need to be flavorless and boring! My goal is for you to ENJOY what you are eating while becoming the healthiest version of yourself.

In this recipe guide you will find 10 of my favorite recipes. I hope these recipes give you some inspiration & you enjoy them!

Find me on Instagram: @healthyhabitsxx



APPLE CINNAMON BAKED OATMEAL

*This recipe is perfect to make ahead
of time for a quick breakfast option
your whole family will love!*

INGREDIENTS

- 4 EGGS
- 1 TSP VANILLA
- 2 TBSP CINNAMON
- 1 CUP UNSWEETENED
APPLESAUCE
- 1 CUP MILK OF CHOICE
- DASH OF SALT
- 1/4 CUP MAPLE SYRUP
- 6 SCOOPS COLLAGEN OR 2
SCOOPS VANILLA PROTEIN
POWDER
- 4 CUPS OATS
- 2 MEDIUM APPLES CHOPPED
- 1/4 CUP CHOPPED WALNUTS

INSTRUCTIONS

- In a large bowl beat eggs then mix in
the rest of ingredients listed
- Grease a baking dish with oil
- Pour mixture into baking dish
- Place in refrigerator and let sit for 6
hours or overnight
- Bake at 350 degrees 40-45 minutes
- Makes 8 servings

MACROS PER SERVING

CALORIES: 364 - CARB: 45G - PROTEIN: 30G - FAT: 8G



BERRY GREEK YOGURT BOWL

Greek yogurt is packed with protein and such a quick meal or snack! I recommend plain Greek yogurt to avoid extra added sugar. Flavor yourself with fresh berries and a small drizzle of honey.

INGREDIENTS

- 1 CUP PLAIN GREEK YOGURT
- $\frac{1}{4}$ CUP LOW SUGAR GRANOLA
- $\frac{1}{2}$ CUP BERRIES OF CHOICE
- OPTIONAL: DRIZZLE OF HONEY

INSTRUCTIONS

- Scoop 1 cup of yogurt into a bowl
- Top with berries of choice, granola and a Drizzle of honey
- Makes 1 serving

MACROS PER SERVING

CALORIES: 233 - CARB: 28G - PROTEIN: 27G - FAT: 4G

CAPRESE CHICKEN OPEN FACED SANDWICH



If you like caprese salads you will love this open faced sandwich. Use leftover grilled chicken or rotisserie chicken for a quick lunch!

INGREDIENTS

- 1 SLICE OF BREAD OF CHOICE
- 3-4 OZ COOKED CHICKEN
- 2 THIN SLICES OF MOZZARELLA CHEESE
- 1 LARGE TOMATO DICED
- BALSAMIC GLAZE
- FRESH BASIL

INSTRUCTIONS

- Toast slice of bread
- Top toast with chicken, fresh mozzarella cheese and tomato
Drizzle a balsamic glaze on top
- Top with fresh basil
- Makes 1 serving

MACROS PER SERVING

CALORIES: 386 - CARB: 26G - PROTEIN: 44G - FAT: 14G



PROTEIN PASTA SALAD

Pasta salad is always one of my favorites in the summer! Use protein pasta and a variety of veggies to have a healthy pasta salad! Add chicken to up the protein if you would like.

INGREDIENTS

- 1 BOX PROTEIN PASTA
- 1 ZUCCHINI
- 1 CUCUMBER
- 1/2 BAG BABY CARROTS
- 1 TOMATO
- FRESH BASIL
- FRESH PARSLEY
- 1 CUP SLICED BLACK OLIVES

DRESSING

- 3/4 CUP OLIVE OIL
- 1/4 CUP RED WINE VINEGAR
- 1 TSP GARLIC POWDER
- 1 TSP PARSLEY
- 1 TSP BASIL
- PEPPER
- SALT
- 1 TSP HONEY
- 2 TBSP PARMESAN CHEESE

INSTRUCTIONS

- Cook pasta
- Chop up veggies into small pieces
- Once pasta is cooked and drained. Mix together pasta, veggies, olives
- Mix together all ingredients for dressing
- Pour dressing over pasta salad
- Let sit for 1-2 hours in refrigerator before serving
- Makes 8 servings

MACROS PER SERVING

CALORIES: 371 - CARB: 38G - PROTEIN: 10G - FAT: 22G



SUMMER SALAD

Keep your salads fun by adding fruit, nuts and cheese! If you would like to have this as a meal top salad with a protein source such as chicken, salmon or hard boiled eggs.

INGREDIENTS

- 3-4 CUPS MIXED GREENS
- 1 CUP CHOPPED CUCUMBER
- 5 LARGE STRAWBERRIES
- ¼ CUP TOASTED ALMONDS
- 2 FIGS
- 2 TBSP CUP GOAT CHEESE
- DRIZZLE OF DRESSING OF CHOICE

INSTRUCTIONS

- Place mixed greens in large bowl
- Top with cucumber, strawberries, goat cheese and figs
- Toast sliced almonds by coating in a bit of olive oil and roast in a toaster oven or regular oven for 3-4 minutes
- Sprinkle toasted almonds on top of salad
- Drizzle a balsamic dressing over salad
- Makes 1 serving

MACROS PER SERVING

CALORIES: 353 - CARB: 28G - PROTEIN: 19G - FAT: 20G



PIZZA CHICKEN

*Craving pizza on your low carb day?
This recipe will be a perfect way to
satisfy that craving without adding
in extra carbohydrates.*

INGREDIENTS

- 4 LARGE CHICKEN BREASTS
- 1/2 MARINARA SAUCE
- 4 SLICES FRESH MOZZARELLA
- 4 LARGE SLICES OF PEPPERONI
- 1 TBSP ITALIAN SEASONING
- 1 TSP GARLIC POWDER
- FRESH BASIL

INSTRUCTIONS

- Preheat oven to 350 degrees
- Pound chicken breast until you reach desired thickness
- Season chicken with olive oil, Italian seasoning and garlic powder
- Cook chicken in a baking dish for 15 minutes
- Remove from oven and top with marinara sauce, fresh mozzarella and pepperoni
- Place back in oven and bake for another 5-8 minutes or until cheese is melted
- Top with fresh basil
- Makes 4 servings

MACROS PER SERVING

CALORIES: 404 - CARB: 4G - PROTEIN: 45G - FAT: 15G



CHICKEN LETTUCE WRAPS

*One of my favorite meals to have on
low carb days!*

INGREDIENTS

- 1 LBS GROUND CHICKEN
- 2 CUPS RICED CAULIFLOWER
- 2 TBSP SOYAKI SAUCE
- 1 TBSP RICE VINEGAR
- 1 TBSP SESAME OIL
- 2 TBSP COCONUT AMINOS
- SESAME SEEDS
- LETTUCE LEAVES

INSTRUCTIONS

- Cook ground chicken over medium heat
- Once chicken is cooked add in cauliflower rice and cook for 3-4 minutes
- Mix together Soyaki, rice vinegar, sesame oil and coconut aminos -Pour mixture on top of chicken and cauliflower rice
- Let sauté for 5 minutes on medium heat
- Top with sesame seeds
- Serve in lettuce leaves
- Makes 3 servings

MACROS PER SERVING

CALORIES: 299 - CARB: 9G - PROTEIN: 28G - FAT: 15G



LEAN BEEF CHILI

This quick chili recipe can be made ahead of time in a crockpot as well! I recommend getting canned goods and broth that state "no sodium added" or "Low sodium"

INGREDIENTS

- 1 LB LEAN GROUND BEEF
- 1 SMALL ONION
- 2 BELL PEPPERS
- 2 CANS KIDNEY BEANS
- 1 CAN CORN
- 2 CANS DICED TOMATOES
- 2 TBSP TOMATO PASTE
- 8 OZ TOMATO SAUCE
- 1 CUP BEEF BROTH
- 1 TBSP GROUND CUMIN
- 1 TBSP CHILI POWDER
- 1 TSP PAPRIKA
- 1 TSP GARLIC POWDER

INSTRUCTIONS

- In a large pot cook ground beef then add in diced onion and diced peppers
- Let sauté for 3-4 minutes
- Add in all other ingredients and bring to a boil
- Reduce heat to low and let simmer for 30 minutes
- Makes 4 servings

MACROS PER SERVING

CALORIES: 362 - CARB: 42G - PROTEIN: 32G - FAT: 8G



BANANA OATMEAL MUFFINS

Have ripe bananas? Make these muffins and throw them in the freezer to have a healthier baked good on hand!

INGREDIENTS

- 3 RIPE MEDIUM BANANAS
- 1/3 CUP OLIVE OIL
- 1/4 CUP MAPLE SYRUP
- 2 EGGS
- 1 TSP BAKING POWDER
- 1 TBSP CINNAMON
- 1 TSP PURE VANILLA EXTRACT
- 1/2 TSP SALT
- 2 CUPS OATS
- 1/2 CUP WHOLE WHEAT FLOUR

INSTRUCTIONS

- preheat oven to 350 degrees
- In a large bowl mash ripe bananas
- Mix in all ingredients
- Grease muffin tin with coconut or olive oil
- Pour mixture evenly into muffin tin
- Bake at 350 degrees for 20-22 minutes
- Makes 12 servings

MACROS PER SERVING

CALORIES: 177 - CARB: 24G - PROTEIN: 4G - FAT: 8G



CHOCOLATE PB NO BAKE COOKIES

*The perfect treat when you are
craving chocolate!*

INGREDIENTS

- 1/4 CUP COCONUT OIL
- 1/2 CUP NATURAL PEANUT BUTTER
- 1/4 CUP MAPLE SYRUP
- 1 1/4 CUP QUICK OATS
- 2 TBSP CACAO POWDER
- 1/4 TSP PINK SALT
- 1 TSP VANILLA
- 1/3 CUP SHREDDED COCONUT

INSTRUCTIONS

- Over medium heat in a pot melt coconut oil, peanut butter and syrup
- Once melted turn on heat
- Mix in all other ingredients
- On a lined baking sheet drop cookies using a tbsp and flatten
- Refrigerate for 10-15 min until hard
- Store in freezer or refrigerator
- Makes 12 cookies

MACROS PER SERVING

CALORIES: 164 - CARB: 13G - PROTEIN: 4G - FAT: 12G