



BestLife Fitness Healthy Cook Book

Try out these healthy and yummy recipes created by the fitness center team. We will add 4 new recipes to our cook book every Sunday for you to try. If you would like to submit a recipe to be included in this cook book, email the recipe to info@genevaparks.com. We will make the full cook book available at the end of the campaign.

One Pan Salmon, Asparagus, & Sweet Potato

Ingredients

- 1 1/2 lbs. salmon
- 1 lb. fresh asparagus, ends trimmed
- 2-3 sweet potatoes, peeled and thinly sliced
- 3 cloves garlic, minced
- 3 tbsp fresh rosemary, minced
- sea salt and pepper, to taste
- 3 tbsp extra-virgin olive oil
- 1/2 lemon, juiced
- 1/2 tsp smoked paprika

Instructions

1. Preheat oven to 350 degrees. Line a large rimmed baking sheet with parchment paper. Place sliced sweet potatoes on side of the pan, drizzle with 1 1/2 tbsp of olive oil, 1 tbsp rosemary, 1 tbsp garlic, and salt and pepper. Toss to combine and roast for 40 minutes.
2. When potatoes have roasted for 35 minutes, toss the potatoes for even cooking. Place salmon and asparagus on the baking sheet. drizzle remaining olive oil, garlic, rosemary, salt and pepper and lemon juice over the salmon and asparagus. Sprinkle smoked paprika over the top of the salmon and place the baking sheet back in the oven for 18-20 minutes. Cook until salmon is flaky.
3. If the potatoes still need a bit more time, tent the asparagus and remove the salmon and cover with foil on a plate so the fish doesn't dry out.

<https://catzinthekitchen.com/2016/11/one-pan-salmon.html>

Vegetarian Chipotle Bean Burritos

Ingredients

- 1 Tablespoon canola oil
- 1 Garlic clove, minced
- 1/4 teaspoon chipotle chile powder
- 1/4 teaspoon salt
- 1/3 cup water
- 1 (15-ounce) can organic black beans, drained
- 1 (15-ounce) can organic kidney beans, drained
- 3 tablespoons refrigerated fresh salsa
- 6 (10-inch) reduced-fat flour tortillas
- 1 cup (4 ounces) preshredded reduced-fat 4-cheese blend cheese
- 1.5 cups chopped plum tomato (about 3)
- 1.5 cups shredded romaine lettuce
- 6 tablespoons thinly sliced green onions
- 6 tablespoons sour cream

Instructions

1. Heat oil in a large nonstick skillet over medium heat. Add garlic to pan; cook 1 minute, stirring frequently. Stir in chile powder and salt; cook 30 seconds, stirring constantly. Stir in 1/3 cup water and beans; bring to a boil. Reduce heat, and simmer 10 minutes. Remove from heat; stir in salsa. Partially mash bean mixture with a fork.
2. Warm tortillas according to package directions. Spoon about 1/3 cup bean mixture into center of each tortilla. Top each serving with about 2.5 tablespoons cheese, 1/4 cup tomato, 1/4 cup lettuce, 1 tablespoon onions, and 1 tablespoon sour cream and roll up. Yields 6 servings (serving size: 1 burrito).

Protein Sludge

- 2 scoops protein powder (whey or casein)
- 2 tablespoon peanut butter
- 1 ½ -2 cups Greek yogurt
- Splash or two of oat milk to help mix
- Add chia and flax seeds (optional)

Mix first three ingredients together in large bowl. Use milk option of choice to aid with mixing. Cover and refrigerate leftovers.



Healthy Cookie Dough Bars

Ingredients:

- 1/2 cup Nut or seed butter
- 1 cup Almonds
- 1/3 cup Vanilla Protein Powder or more flour
- 1 cup Chickpeas
- 1 tsp Sea Salt
- 2 tbsp Date Syrup
- 2 tbsp Water
- 1/3 cup Chocolate Chips
- Sprinkles

Instructions:

1. Line an 8 x 8-inch pan with parchment paper and set aside.
2. Grind down lightly salted and roasted almonds into almond flour in a food processor or blender.
3. Add in chickpeas, protein powder and sea salt, process or blend again.
4. Lastly add in nut or seed butter, date syrup and water. Hand mix or slowly blend into a thick batter.
5. Fold in chocolate chips with a spatula.
6. Toss into the freezer or fridge!
7. Top with my homemade yogurt frosting and sprinkles to turn into a birthday week treat.

<https://thebalancedwhisk.com/recipe/healthy-cookie-dough-bars/>

Cinnamon Coffee Mug Cake



Ingredients:

- 1/3 cup Coconut Flour
- 1 scoop Vanilla Protein Powder
- 1/2 tsp Baking Soda
- 1 tsp Ground cinnamon
- 1 large Egg whisked
- 1/4 cup Unsweetened applesauce
- 1-2 tbsp Purity Organic Coffee

Instructions:

1. First brew up a 6-8oz cup of Purity Coffee.
2. In a small bowl whisk together the dry ingredients.
3. Mix in the whisked egg and applesauce.
4. Lastly add in the coffee, mixed everything well until a thick batter is formed.
5. Spray a microwavable mug with cooking spray and add the mixture in.
6. Microwave for about 2 minutes.
7. Allow to cool then add all your favorite toppings! I mixed 1-2 tbsp of Coconut Oil with Peanut Butter powder and cinnamon as a glaze.

<https://thebalancedwhisk.com/recipe/cinnamon-coffee-mug-cake/>

Protein Waffles

INGREDIENTS:

Cooking Spray (used to line Waffle Iron before inserting ingredients)

1 Scoop Whey Protein (Chocolate or Vanilla)

1 Egg

1/2 Tablespoon Cinnamon

1/4 Tablespoon Baking Powder

1 large Tablespoon of Greek Yogurt

Sprinkle of Salt

Agave (used for syrup once finished)

ALTERNATE RECIPE (FOR LESS FAT):

1 1/2 Scoops Whey Protein

2 Egg Whites

1/2 Tablespoon Cinnamon

1/4 Tablespoon Baking Powder

1 large Tablespoon of Greek Yogurt

Sprinkle of Salt

Agave

HOW-TO INSTRUCTIONS:

Begin by plugging in your Waffle Iron so it can heat up as you mix the ingredients. We usually set some paper towels underneath just in case of overflow but it's not a requirement.

Throw all your dry ingredients in first and finish it off with the Greek Yogurt and Egg. Mix all of it up into a nice batter and once that's finished your waffle iron should be heated up and good to go. Hit it with some cooking spray and then pour in around half of your batch into the iron. Close it up and let 'er cook. It usually takes around 1-2 minutes until they're nice and toasty but it varies from iron to iron.

Once your first batch is finished pour in the rest; overall it should make around 3-4 waffles. When you're all wrapped up ironing out your waffles, throw some butter n' Agave on top and you're ready to rock!

Ready? It's Protein Waffles time!

<https://www.buffdudes.us/blogs/food-recipes/88151751-protein-waffles-recipe>



**Do you have a delicious and healthy recipe
you would like to share?**

Email it to us at info@genevaparks.com.