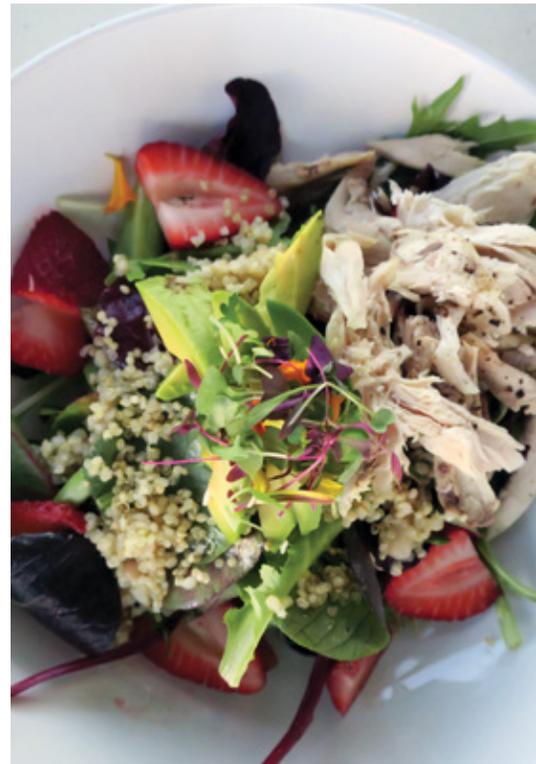




Month Of Mama

RECIPE GUIDE



BROUGHT TO YOU BY



This May, we celebrate you, Mama
#MONTHOFMAMA

This month is for you, to take care of you.

We know, the motherhood is real, but you deserve a little spoiling. We are happy you found our FIT4MOM community, and are honored to help spoil you all month long!



We encourage you to...

Move Everyday

Walk. Stretch. Strides. HIIT IT.

Be Still

Meditate.

Sit with yourself.

Reach for real food and a little more water.

Move with your tribe.

Invited a friend.

Walk with your babes and partner.

Watch one sunrise and one sunset this month.

Check In.

Let us know how you're doing #monthofmama @fit_4_mom show us what you are up to, how you're feeding your mind, body, soul and littles. We love seeing your stories.

Give yourself a break.

Just because we are encouraging you to move, does not mean you should not also listen to your body. Nap with the babe. Sleep in a little longer. Do what you need to do. If a walk sounds best, honor that. We want you to be well, in the best way that serves you and your stage of motherhood.

Family Meal Prep

Sundays are our favorite. We like to make pancakes with the fam, and make it a point to batch cook meals for the week. Decide on your family staples for the week and prep them on Sunday. Cook your proteins, grains, and veggie sides each week so you have them on hand in a rush.

Our Favorite Fats and Grains

CHOSEN FOODS

Our Favorite Snacks

KIND SNACKS

Frozen Dinner Choices

Give yourself a break, we know it ain't easy. Here are a few healthy brands that are great to have on hand in a pinch! Scan the package for sketchy ingredients like artificial sweeteners or flavors and ANYTHING you cannot pronounce. Or, simply trust some of our very favorite brands:

HILARY

ALEXA

AMY'S

EVOL FOODS

LUVO

SAFFRON ROAD

KASHI

TANDOOR CHEF

Recipes

BREAKFAST

Body Back Overnight Oats

1/3 regular oats
1 cup whole milk or milk substitute
1 Tbsp chia seeds
1 ripe banana, peeled and mashed
1/4 tsp vanilla extract

Directions

Mix all ingredients together in a bowl, cover and refrigerate overnight. Before serving, add desired toppings and serve without heat. TIP: Mason jar and take it with you!

**Recipe from our Body Back Transformation Meal Plan*

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Egg Muffins

Makes 12 muffins
9 large eggs
8 ounces ground breakfast sausage
1 red, green, or yellow pepper, I used a mix of colors because that is what I had
½ cup frozen kale, chopped
¼ teaspoon pepper
Pinch of salt

Directions

Preheat oven to 350 degrees, spray a muffin tin with non-sticking cooking spray or use coconut oil. I used coconut oil. Set aside.
Brown the ground sausage in a medium-sized pan over medium-heat.
In a large mixing bowl, whisk the eggs and then add in the sausage, peppers, kale, and pepper. Pour the batter into the muffin tins, filling ¾ of the way. Bake for 20-25 minutes, my oven needed 23 minutes.

Allow the muffins to cool for 5 minutes, use a knife to loosen from the sides.

TIP: Top with a teaspoon of Chosen Foods Spicy Avocado Oil Mayo!

**Recipe from our Body Back Transformation Meal Plan*

Avocado Toast

1 Slice of Sprouted or Whole Grain Toast (Ezekiel is one of our favorite brands)
1/4 - 1/2 of an avocado sliced on top
Add a handful of chia or hemp seeds
Pinch of sea salt

—

Egg Ole Scramble

(Serve with sliced melon (2" wide slice)

2 whole eggs
1 Tbsp fresh salsa
1 Tbsp guacamole (or 1/2 avocado, sliced)
1 corn tortilla

Directions

Spray nonstick pan with Chosen Foods cooking spray and heat on a medium temperature. In a small bowl, whisk eggs and pour into heated pan. Cook until desired set. Slide onto warmed corn tortilla. Add salsa and guacamole.

**Recipe from our Body Back Transformation Meal Plan*

—

Healthy French Toast

Serves: 4
Serving Size: 1 slice

4 slices of day-old sliced whole-grain bread
2 whole eggs*
¾ C whole milk or milk alternative
2 tsp vanilla extract
1/2 tsp cinnamon
1 banana, sliced
Ground flaxseed to sprinkle
1/2 C vanilla yogurt per serving

Directions

Whisk eggs, milk, vanilla and cinnamon in a shallow bowl. Dip bread in egg mixture until both sides are soaked. Heat nonstick skillet and spray with nonstick cooking spray, on medium-high. Place bread slices in

Recipes

skillet and place sliced banana on top. Use spatula to “press” bananas into the bread. Brown on both sides and remove from heat. Sprinkle with ground flax seed and serve with 1/4 C yogurt instead of syrup.

**Recipe from our Body Back Transformation Meal Plan*

—

Build a Bowl

Base(s)
Use 1/2 cup

Full Fat Milk or Coconut Yogurt (We love organic + grass fed yogurts whenever possible)
Chia Seed Pudding

Mix-ins

Fruit of choice - 1/4 cup

Nuts + Seeds of choice - 1/4 cup
or
1 tablespoon of nut butter of choice

Superfood Mix-ins

Spirulina - 1 teaspoon blended with the base
Dragon Fruit Packet - blended with base

Kiss of honey

**Recipe from our Body Back Transformation Meal Plan*

—

Banana Pancakes

1/3 regular oats
1 cup whole milk or milk substitute
1 Tbsp chia seeds
1 ripe banana, peeled and mashed
1/4 tsp vanilla extract

Directions

Combine the banana and eggs in a blender, and blend until completely smooth. Melt the butter or coconut oil in a skillet over medium heat, and pour a small amount of batter into the hot skillet. Cook for 2

minutes, or until the edges begin to look cooked, then flip and cook another 1-2 minutes, until the pancake is golden on each side.

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Egg Frittata

5 large eggs
1/2 cup milk
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
Dash of hot sauce
Kosher salt and freshly ground black pepper, to taste
4 slices bacon, diced
2 cloves garlic, diced
8 ounces cremini mushrooms, thinly sliced
2 cups baby spinach
1 Roma tomato, diced

Directions

Preheat oven to 425 degrees F.

In a large bowl, whisk together eggs, milk, basil, oregano, thyme and hot sauce; season with salt and pepper, to taste. Set aside.

Heat a large oven-proof skillet over medium high heat.

Add bacon and cook until brown and crispy, about 6-8 minutes, reserving 1 tablespoon excess fat. Transfer to a paper towel-lined plate.

Add garlic and mushrooms to the skillet, and cook, stirring occasionally, until tender and browned, about 3-4 minutes; season with salt and pepper, to taste.

Stir in spinach and tomato until the spinach begins to wilt, about 2-3 minutes. Stir in egg mixture and bacon, reserving 2 tablespoons, until well combined. Cook, undisturbed, until edges are set, about 2 minutes. Top with remaining bacon.

Place into oven and bake until top is set and golden brown, about 14-15 minutes.

Serve immediately.

Recipes

LUNCH

Build a Salad

Greens - Favorite lettuce 1-2 Cups

Protein - 1 Handful
Starch - 1/4 - 1/2 cup
Fruit - 1/4 to 1/2 Cup
Quinoa - 1/4 cup

Fats
Cheese or Dairy - 1-2 ounces
Nuts or Seeds - 1/4 Cup
Dressing - 1 to 2 Tablespoons

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Perfect Salad Example

2 cups of veggies
Unlimited mixed greens or green lettuce of choice
4-6 oz preferably organic free-range chicken, wild caught fish (not farm raised), organic grass-fed or pasture raised beef
Salad dressing balsamic vinegar and olive oil

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Simple Spinach Salad

2 cups spinach
Drizzle extra virgin olive oil + balsamic vinegar to taste
1 tablespoon of chia seeds
1 tablespoon of sauerkraut
Diced veggies (We love pickles, tomatoes, olives, carrots, whatever is in my fridge!)

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Other Salad Options...

Salad Option 1 - Spinach, strawberries, blueberries, goat cheese, pecans, optional chicken, balsamic vinegar.

Salad Option 2 - Romaine, egg, turkey, cottage cheese, edamame, black olives, healthy ranch.
Salad Option 3 - Arugula, lemon vinaigrette, avocado, parm cheese, grilled shrimp.
Salad Option 4 - Spinach, pomegranate seeds, strawberries, avocado, red onion, chicken, strawberry balsamic dressing.

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Spinach Strawberry Salad

1 cup spinach
1/2 cup sliced strawberries
1/4 cup of pecans
2 oz balsamic vinegar
1 tablespoon of avocado or olive oil
Optional:
1 oz of goat cheese
6 oz of chicken

—

Build a Protein Wrap

Wrap - 1 whole grain, coconut flour, or paleo wrap
OR 1 large collard green leaf

Protein - 1 handful of chicken, turkey, ground beef, tempeh, soy, etc.

Veggies - 1 cup of veggies / greens of choice

Fat - 1/4 cup of avocado or cheese

Dressing - 1-2 tablespoons of hummus / tziki / etc.

Serve with a piece of fruit or a handful of grains.

Other Wrap Ideas...

Wrap 1 - Turkey, cheddar cheese, spinach/romaine/arugula, avocado, shredded carrots, whole grain wrap.

Wrap 2 - Grilled veggies (zucchini, red bell pepper, red onion), whole grain wrap, black bean spread, cherry tomatoes, feta cheese, choice of greens, hummus.

Recipes

DINNER

CHOSEN FOODS Easy Quinoa

There are various ways to prepare quinoa, but the simplest way is to add 1 cup of quinoa to 2 cups of water and bring to a boil. Once boiling, cover and simmer until quinoa has absorbed all of the water and becomes fluffy (about 15 minutes). Ta-da!

Tip: Boiling with bone broth instead of water adds another layer of nutrients and goodness for your gut!

—

Basic Build a Dinner

4 - 6 ounces of meat or fish of choice
Unlimited veggies (corn limited to twice a week).

Easy side salad with lettuce of choice and two tablespoons of dressing of choice.

Fats - olive oil, coconut oil, avocado oil, nuts of choice, full fat cheese, grass-fed butter, ghee.

Carbs - Just a palmful of quinoa, whole grains, sweet potatoes or other starch.

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Sweet Potatoes

4 small sweet potatoes sliced in half, then cut long ways almost like french fries
4 tablespoons of Chosen Foods Oil or coconut oil
Salt and pepper to taste

Directions

Throw in a roasting pan or a rimmed cookie sheet and cook for 30ish minutes at 350, mix halfway through to make sure all the sweet potatoes are greased strawberries, avocado, red onion, chicken, strawberry balsamic dressing.

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Whitney's Famous Crockpot Buffalo Chicken

Handful of Quinoa
2-3 organic pasture raised chicken breasts
2 tbsp Kerrygold butter or ghee, or pasture raised butter of choice
1/2 cup or more of organic chicken stock (just fill past the breasts in the crock pot)
2 tablespoons of hot sauce of choice (or to taste)
Salt pepper to taste

Directions

Cook in crockpot for 6-8 hours. Shred the chicken with a fork add another tablespoon of butter, simmer another 10 mins and enjoy!

Top with avocado, full fat sour cream, full fat creek, shredded lettuce, onions, anything you love!

—

Chicken or Tempeh Salad

6 oz tempeh sliced or baked chicken
1/2 cup full fat Greek or European yogurt or plain coconut yogurt
Can also substitute 1/4 cup of Chosen Foods Avocado Mayo
1 lemon, juiced
2 tbsp celery, chopped
2 tbsp carrots, shredded
2 tbsp onions, diced
1 tbsp almonds, slivered
Pepper and sea salt to taste

Directions

Rub chicken breasts with olive oil and sprinkle both sides with salt and Creole seasoning. Place chicken in a broiler pan. Bake in the preheated oven for 10 minutes. Flip chicken and cook until no longer pink in the center and the juices run clear, about 15 minutes more.

Chop up the chicken or tempeh and mix everything together in a bowl. Allow to chill in fridge for an hour then serve with any lettuce you like.

Recipes

Easy Pita Pizza

2 - Whole Grain Slices of Pita
1/4 cup of organic (no sugar added) marinara sauce
1/2 cup of Mozzarella or Italian cheese blend
Handful of pepperoni
1/2 cup sliced veggies of choice! - We love bell peppers, mushrooms and even sliced broccoli!

Directions

If making the pizza in the oven, preheat oven by turning on the broiler and adjust the rack to the middle. If in the toaster oven turn on the toaster to "toast."

Place two pitas on a metal pan. Spread half the marinara mixture (about 2 tablespoons) on one pita and the rest on the other. Sprinkle the cheese evenly over both pitas leaving about 1/2 inch for the crust. Place pitas in the oven for 2-3 minutes. Check on them every minute to make sure they don't burn. Remove from oven and enjoy!

—

Slow Cooker No Tortilla Soup

(Serves 4)

3 large chicken breasts or 1 can of black beans drained
4-6 cups of chicken stock or vegetarian stock
1-2 cups of cooked sprouted rice (optional)
1 small onion thinly sliced
4-6 gloves of minced garlic
2 carrots diced
1 large Anaheim, Pasilla or Poblano pepper seeded and diced
2 jalapeños, seeded and diced
1 large can of fire roasted tomatoes
2 teaspoons of cumin
2 teaspoons of chili powder
2 tbsp chopped cilantro if you like
Salt and pepper to taste
Top with avocado slices, full fat sour cream, or full fat yogurt

Directions

Throw it all in the crockpot, chicken should be

covered with stock. Cook on high for four hours or simmer low for eight. Shred chicken with a fork and serve!

—

Easy Vegetarian Chili

1 medium onion, finely diced
2 carrots, diced into 1/4-in cubes
1 large sweet potato, diced into 1/4-in cubes
1 stalk celery, finely diced
2 medium sweet peppers, diced into 1/4-in pieces
3 cloves garlic, minced
3 tablespoons olive oil
1 can (28 oz) diced tomatoes, undrained
1 can (15 oz) black beans, drained
1 cup tomato sauce
1-1/2 cups water
1 tablespoon chili powder (or less, depending on how spicy you like your chili)
1 teaspoon ground cumin
2 tablespoons minced fresh parsley
Salt and pepper to taste

Directions

In a dutch oven or large pot, saute onion, carrot, sweet potato, celery, pepper, and garlic in olive oil over medium-high heat until vegetables just begin to soften. Reduce heat to medium and add diced tomatoes, black beans, tomato sauce, water, seasonings, parsley, and salt and pepper to taste. Cover and let chili simmer over medium heat, stirring occasionally until vegetables are tender. Enjoy chili hot!

Recipes

Slow Cooker Taco Salad

1 lb grass-fed ground beef OR 16 oz of tempeh
1 tsp of each: chili powder, garlic powder, cumin, salt, pepper, cayenne
Cook everything on low or medium setting stirring a few times to ensure beef is browned well

Lettuce options:

1/2 head of purple cabbage chopped + 1/2 head of green cabbage chopped
Cruciferous crunchy mix from Trader Joe's is also a Home Office fave
Romaine lettuce shredded

Add two tablespoons of Chosen Foods Mayo or Add a 1/2 cup of full fat yogurt

Add hot sauce or fresh salsa, avocado or guacamole
Add the beef and serve!

—

Slow Cooker Rotisserie Chicken

1 whole chicken around 5 pounds, insides removed and washed and patted dry
1 tablespoon of paprika - more or less to taste
3 Tablespoons of steak seasoning - more or less to taste
Salt and Pepper

Directions

Season chicken, inside and out. Cook in slow cooker lined with foil balls on high for 4 to 4 1/2 hours. Chicken should be cooked to 165 degrees.

Recipe notes: We like to use the juices at the bottom of the slow cooker to baste the chicken while it is resting, just to add even more flavor. Though the skin is flavorful, it doesn't really get super crispy with this cooking method. Resist opening the lid to check progress, slow cookers

take a long time to come back up to temperature and cooking time will need to be extended.

—

Body Back Medican Pizza

(Serves 2)

2 - 8" whole-wheat or sprouted grain, spinach or paleo tortillas
1 C black beans, drained and rinsed
1/4 C kale, chopped
2 Tbsp green onions, sliced
1/4 C tomatoes, chopped
1/2 C lettuce, chopped
1/2 avocado, chopped
1 Tbsp cilantro, chopped
1/4 C salsa

Directions

Preheat oven to 350 degrees. Place tortillas on cookie sheet and bake for 3-4 minutes. Mash black beans with fork. Wash and chop vegetables. Once tortillas are done, spread 1/2 of the beans on one of the tortillas, sprinkle with chopped kale and green onions. Cover with the remaining tortilla. Spread the remainder of the beans on top of the second tortilla. Sprinkle with the tomatoes. Bake for another 5 minutes. Once done, cover with lettuce, avocado, cilantro and salsa. Using a pizza cutter slice pizza and serve.

Recipes

SNACKS

KIND Bar

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Fruit + Nuts

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Fruit + Nuts

1/4 cup of nuts or 1 tablespoon of nut butter of choice

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Cucumber + Salsa + Cottage Cheese

1 sliced cucumber

2 tablespoons salsa

2 tablespoons full fat cottage cheese

—

Sliced Apple + 1 tablespoon nut butter of choice

—

1 cup sliced veggies + 2 tablespoons of hummus

—

No-Bake Nut Butter Balls

2 cups unsweetened shredded coconut shreds

1 cup toasted oats flakes (toast on stove)

¼ teaspoon Cinnamon

Two pinches of salt

½ cup ground flaxseed

1 cup nut butter of choice, melted and slightly cooled
(30 sec in microwave, or slowly on the stove with a little coconut oil)

1/4 cup + honey or 2 tablespoons maple syrup

1 tsp vanilla extract

1/4 cup mini chocolate chips (you decide how much!)

Directions

Mix together dried ingredients: combine oats, flaxseed, coconut flakes, salt and cinnamon in large bowl and stir.

Melt nut butter and allow it to cool slightly. Then stir in honey or maple syrup and vanilla extract until combined. Once nut butter has cooled, pour it over oat mixture. Fold in chocolate chips. Refrigerate for 30 minutes.

Roll dough into balls. Store in the fridge!!

Makes about 25 balls.

Recipes

DESSERTS

Body Back Brownies

(Makes 9 Servings)

1 overly ripened banana
1/3 smooth nut butter
2-3 tbsp unsweetened cocoa powder
2 tbsp ground flaxseed

Directions

Preheat oven to 350. Add all ingredients to a small food processor or chopper. Pulse until banana is no longer chunky and mixture is well blended. Pour into a mini-loaf pan and place in the oven for 25 minutes.

Remove from the oven and cool 10 minutes. Gently remove from pan and cool brownie loaf on cooling rack an additional 5 minutes. Line a small baking pan with parchment paper. Gently slice brownie loaf into 9 even slices. Place each slice, side down, on the parchment paper and place pan in the oven for 3-5 minutes. Remove from oven, transfer brownie slices to a cooling rack and cool completely before storing in an airtight container.

Pro Tip: Smucker's Natural and Smucker's Natural No Salt Added Peanut Butter are widely available in grocery stores and have no added ingredients.

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Yogurt + Berries

1/2 cup full fat yogurt or coconut yogurt
1/2 cup of sliced berries

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Cinnamon Apples

(Serves 1-2)

1 apple, thinly sliced
Ground cinnamon

Sprinkle cinnamon over apples and enjoy!

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MONTH OF MAMA RECIPE GUIDE

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