

Christian Fitness Recipes

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Apple Sandwiches



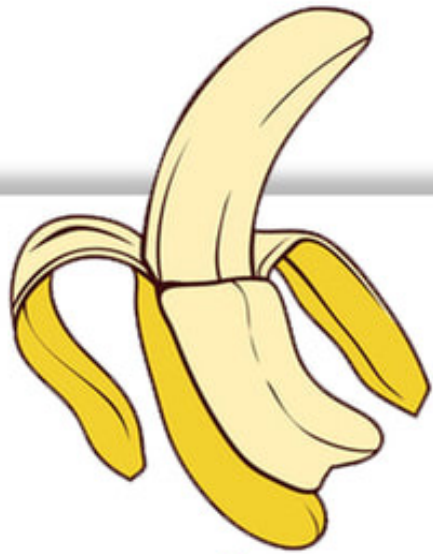
Cheese & Apple
(Chee-ple Sandwich)



Turkey & Apple
(Tur-ple Sandwich)



Almond Butter & Apple
(Al-Bu-ple Sandwich)



*Healthy
Life
Tip*

Banana Boats

INGREDIENTS

Sliced Banana

Almond Butter

Fruit of Your Choice





— **RECIPE** —
— **BANANA PANCAKES** —

2 eggs

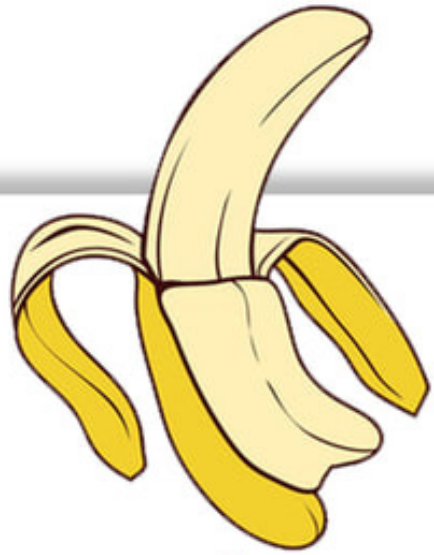
2 bananas

1/8 tsp. baking powder

Optional

tsp. cinnamon

tsp. vanilla



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Banana Split Breakfast

INGREDIENTS

1 banana

1/2 cup fat-free vanilla yogurt

CHOOSE:

1/4 cup fresh strawberries

1/4 cup fresh pineapple

1/8 cup fresh pear

1/8 cup fresh blueberries

1/4 tsp lemon juice

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▭ INGREDIENTS ▭
— HOMEMADE —
— BLUEBERRY JAM —

- 1 C organic blueberries**
- 1 Tbsp raw honey**
- 1 Tbsp lemon juice**
- 1 Tbsp chia seeds**





□ INGREDIENTS □
— HOMEMADE —
— CHICKEN SOUP —

- 2 chopped chicken breasts
- 1 diced onion
- 2-3 cloves garlic
- 3-4 diced carrots
- 2-3 diced celery sticks
- 1 bay leaf
- 4 C. organic chicken broth

Coco Nog

Ingredients:

- 1 ½ cups coconut milk**
- 2 frozen bananas**
- 1 cup vanilla yogurt**
- ½ tsp grated nutmeg**
- 1 tsp of cinnamon**
- 1 tsp maple syrup**



POUR OVER COFFEE

***Use freshly ground beans**
(when possible)

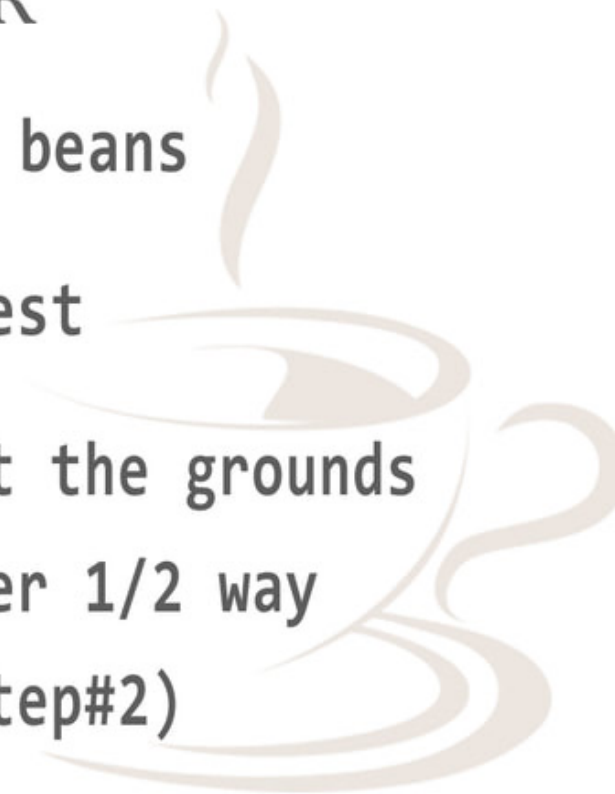
***Boil water & let rest**
(for about 1 minute)

Pour #1 - barely wet the grounds

Pour #2 - fill filter 1/2 way

Pour #3-5 (repeat step#2)

Enjoy!



Fruit Infused Water

7 Favorite Flavors (FROM LORI'S KITCHEN)

* Lemon

* Lime

* Cucumber

* Mint

* Kiwi

* Grapefruit

* Orange and Lime

* Watermelon and Mint

* Strawberry, Lemon, and Mint





AVOCADOS

GUACAMOLE RECIPE:

- 3 avocados - peeled, pitted, and mashed**
- 1 lime, juiced**
- 1 teaspoon salt**
- ½ cup diced onion**
- 3 tablespoons chopped fresh cilantro**
- 2 roma (plum) tomatoes, diced**
- 1 teaspoon minced garlic**
- 1 pinch ground cayenne pepper (Optional)**

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HOMEMADE HUMMUS

1 can (15oz.) Garbanzo Beans
rinsed & drained

1/4 c. olive oil

2 tbsp. lemon juice

1 tsp. Cumin

salt & pepper to taste



— RECIPE —

— OVERNIGHT OATMEAL —

1/8 cup rolled oats

1/8 cup almond milk

1/8 cup plain yogurt

1/4 tsp. vanilla

1/4 tsp. cinnamon

Refrigerate Overnight

top w/ your favorite fruit



— INGREDIENTS —

— SALMON SALAD —

1 cup wild caught salmon

1 avacado

1/4 lemon

1 cucumber

1 tomato

1 plate bibb lettuce

Cherry Smoothie



Recipe:

*Almond Milk

*1 cup - Frozen Cherries

*1/2 cup - Yogurt OR Dairy-free Yogurt

*1 - Banana

*optional - Peanut Butter, Almond Butter,
Cacao, leafy greens, other fruits



Gingerbread Smoothie

Love Living Life Kitchen

Ingredients:

3 cups milk (almond or coconut)

1 banana

1 tbsp maple syrup (or honey)

1 tsp vanilla extract

1/4 tsp grated nutmeg

1/2 tsp ground ginger

1/2 tsp ground cinnamon

1/8 tsp ground cloves



SIMPLE SNACK

□ INGREDIENTS □

- 1c rolled oats
- 1/2c almonds
- 1/2c coconut flakes
- 1/2c pistachios
- 1/2c dates
- 1/2c raisins
- 1/2c almond butter
- 1/4c honey



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Snack To Go

Banana - 105 calories

Olives-to-go - 59

Blueberries - (1c) - 60

Tiny Tomatoes - (1c) - 25

Apple - 95

Grapes - (1c) - 104

Hardboiled Egg - 78

Carrots - (1c) - 45

Stawberries - (1c) - 49

Orange - 45



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