

POWER PLATES

Quick, balanced meals with everything you need to not just survive, but **thrive**.



Feeling good is your birthright.

...and with the right nutrition, feeling good consistently is within reach. The first place to start is to make sure that at every meal possible, you're packing your plate with a) a good balance of your macronutrients (protein, fat, and healthy carbs), and b) a good variety of micronutrients (vitamins and minerals). Finding the perfect balance for your unique body and lifestyle takes a little time, but the recipes here are a great place to start. Each of them have balanced protein and fats, as well as added micronutrients to power up your plate. Because what you put on your plate is quite literally what you become. So power up that plate, and know that in the process, you're powering yourself up too.

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Good nutrition will prevent 95% of all disease.

- Linus Pauling

BREAKFAST



INGREDIENTS

- Toast/cracker of your choice (I love flax seed crackers or sourdough toast)
- 2 soft boiled eggs (leave the yolk slightly runny)
- Raw greens of your choice (I use spinach and arugula)
- 1/2 avocado, sliced
- Grass fed butter, to taste
- Salt and pepper, to taste

The Better Breakfast Sandwich

Probably just as fast as going through the drive-thru, this morning meal is savory, hearty, and packed with everything you need to start your day off on the right foot.

To prepare, spread butter on your toast or crackers. Layer on the greens and top them with your sliced avocado. Then, gently press the soft boiled egg on top of the avocado, so it's slightly flattened and spread out across the surface of the sandwich. Top with salt and pepper to taste and enjoy!

Prep time: 5 minutes

Total cook time: 10 minutes



Give every day the chance to become the most beautiful day of your life.

-Mark Twain



LUNCH



INGREDIENTS

- 1-2 swiss chard leaves
- 1 small grilled chicken breast, sliced
- 2 tbsp hummus
- 1/2 avocado, sliced
- 1 tbsp kalamata olives
- Additional veggies to taste (I like to add sliced raw bell peppers and tomatoes)
- Salt and pepper, to taste

Mediterranean Re-set Wraps

Re-set your day with this nutrient-packed lunch that travels well, and tastes even better.

To prepare, lay swiss chard leaves flat and spread hummus on the leaves. Layer on the chicken and any additional veggies, and top them with your sliced avocado. Top with salt and pepper to taste. If you prefer a little additional moisture, feel free to drizzle on some olive oil! Roll into a wrap, and dig in.

Prep time: 10 minutes

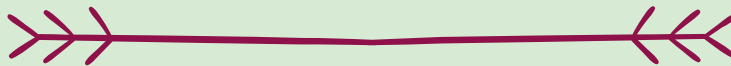
Total cook time: 30 minutes (pro tip: use pre-cooked turkey slices or chicken in a hurry for a 5 minute meal)



Change is hard at the beginning, messy in the middle, and gorgeous at the end.

-Robin Sharma

DINNER



INGREDIENTS

- 1 medium head of cauliflower, roughly chopped and diced in food processor OR 1 package riced cauliflower (raw or frozen)
- 1 lb. ground beef (feel free to substitute turkey or cubed tofu)
- 4 cups raw spinach
- 2 cups sliced mushrooms (any kind will do!)
- 4 tsp. avocado oil
- Seasoning to taste (I use cumin, turmeric, rosemary, salt, and black pepper)

Beef & Mushroom Re-mixed "Rice" Bowl

Re-mix your rice bowls with this low-carb, high-powered meal. This one tastes like a new spin on an old classic, with less of that "I'm so full I can't think straight" aftertaste.

To prepare, heat 2 tsp avocado oil in a medium-sized pan, add ground beef, season to taste, and brown until there is no longer excess liquid in the pan.

In another pan, heat the other 2 tsp. of avocado oil. Next, add the cauliflower, spinach, and mushrooms. Season to taste (I use just salt and pepper for this part), and stir frequently for about 3-5 minutes, until excess liquid has evaporated.

To serve, place a portion of the cauliflower rice in a bowl and top with the meat or tofu mixture. Garnish as desired (shown: sliced green onions).

*Note: if using tofu, brown it by adding it to heated oil and flipping it every 1-2 minutes for about 15 minutes until browned.

Prep time: 5 minutes

Total cook time: 10 minutes



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After a good dinner one can forgive anybody, even one's own relations.

-Oscar Wilde

DESSERT



INGREDIENTS

- Flesh of 2 avocados
- 1/4 cup cacao powder
- 1/4 cup dutch cocoa
- 1/2 tsp pure vanilla extract
- 1/8 tsp himalayan salt
- 1/4 cup pure maple syrup or honey

*Note the spelling difference between the cacao powder and the dutch cocoa. These are two different ingredients, which is important because many of the beneficial antioxidants in this recipe come from the cacao



Bliss-By-The-Spoonful Chocolate Mousse

This creamy dessert is so superfood-rich, delicious, and simple that your first bite will have you wondering where this dish has been all your life. It's also vegan and free of all major food allergens, which adds to the "this can't be real" vibe. But it turns out, reality can be pretty sweet sometimes. Pun intended.

To prepare, add all ingredients to a blender and blend until completely smooth (about 2 minutes). If you'd like a thinner consistency, you can add a splash of a milk of your choice (I use almond milk sometimes). If you want to thicken it, throw it in the refrigerator for 30-60 minutes and it will regain its mousse-like consistency.

Prep time: 2 minutes

Total cook time: 5 minutes

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*All you need is love.
But a little
chocolate now and
then doesn't hurt.*

- Charles Schultz

WANT TO GET IN TOUCH?



Danielle Kutchuk, Certified Holistic Nutrition & Health Coach

For one-on-one consultations,
call, text, or email:

Phone: 817-929-9446

Email: dkutchuk@gmail.com

*Mention this recipe book
and you'll receive a free 30
minute intro consultation

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For what it's worth: it's never too late or too early to be whoever you want to be. You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. I hope you live a life you're proud of. If you find that you're not, I hope you have the courage to start all over again.”

- F. Scott Fitzgerald