



LANCER

W E L L N E S S

Cookbook

In Collaboration With



Table of Contents

Breakfast.....1

Main Course.....3

Snacks.....10

Smoothies/Shakes.....13

Dessert.....15



Avocado Toast

Yields: 1 serving

Time: 5 minutes

Ingredients

- 1 slice of whole grain bread
- 1 egg cooked to preference
- ½ avocado, peeled and pitted
- 1 tbsp. chopped cilantro
- Juice of ½ a lime
- Garlic salt to taste

Instructions

1. Place bread in a toaster until golden.
2. In a small bowl, mash and mix the avocado, cilantro, lime juice, and garlic salt to taste. Spread half of mixture on each slice.
3. Top with fried or scrambled egg.

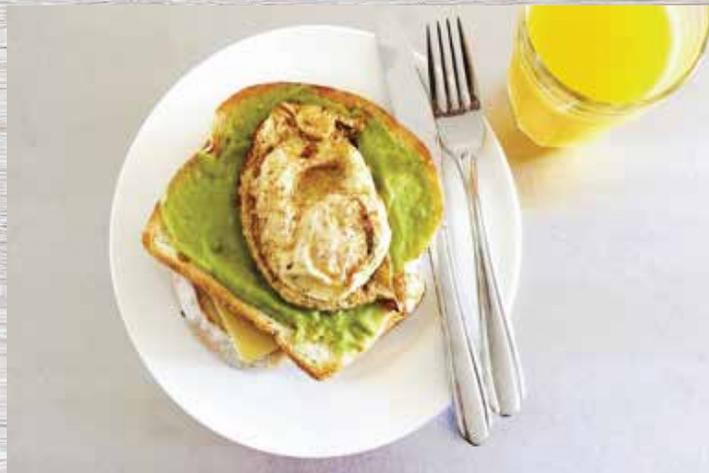
Nutrition Facts:

Calories: 142

Carbs: 13g

Fat: 8g

Protein: 6g



Peanut Butter Banana Soft Serve Ice Cream

Yields: 2 servings

Time: 10 minutes

Ingredients

- 4 frozen bananas
- 1 tbsp. natural, reduced sodium peanut butter
- 3 tbsp. dark chocolate chips

Instructions

1. Allow bananas to thaw for about 5 minutes then place in a food processor (or blender).
2. Add in peanut butter and blend on high for a couple of minutes until creamy. You may need to scrape the sides a few times!
(If your banana is sticking too much to the edges, add in an ounce of water).
3. Add in the dark chocolate chips and pulse a few times until mixed.
4. Pour into two bowls and enjoy, or place in the freezer for later!

Nutrition Facts:

Calories: 149

Carbs: 3g

Fat: 4g

Protein: 2g

Pineapple Soft Serve

Yields: 2-3 servings

Time: 5 minutes

Ingredients:

- 4 cups frozen pineapple
- 1 cup water or coconut water

Instructions:

1. In a high-powered blender or food processor combine frozen pineapple with water.
2. Blend until a frozen sorbet texture is achieved.
3. Enjoy!

Nutrition Facts:

Calories: 78

Fat: 5 g

Carbohydrates: 18 g

Protein: 0 g



Cauliflower Chicken Fried Rice

Yields: 2 servings

Time: 20 minutes

Ingredients:

- 2 cups bagged cauliflower "rice"
- 1 ½ tsp. canola oil
- 1 egg, lightly beaten
- 1 garlic clove, minced
- ½ Cup frozen mixed peas and carrots, thawed
- 1/8 Cup sliced scallions
- 1/6 cup low-sodium soy sauce
- 1 Cooked chicken breast, diced

Instructions:

1. Heat a large skillet over medium-high heat. Add half of the canola oil, add egg and scramble quickly. Set egg aside on a plate and heat the remaining canola oil.
2. Add the garlic, stir constantly for about a minute. Add the peas, carrots, scallions, and cauliflower. Stir-fry for about 5 minutes until the vegetables are tender.
3. Stir the soy sauce and chicken into the vegetable mixture. Cook an additional couple of minutes then stir the eggs back in.



Nutrition Facts:

Calories: 200

Carbs: 9g

Fat: 10g

Protein: 20g

Chicken & Rice Bowl

Yields: 2 servings

Time: 15 minutes

Ingredients:

- 1 cup cooked brown rice
- 1 cup frozen broccoli
- 2 cups shredded chicken, cooked
- 1 avocado, peeled and pitted
- 1 tbsp. grated cheddar cheese
- Salsa to taste



Instructions:

1. Cook chicken and rice as preferred.
2. Place broccoli in a microwavable-safe bowl with grated cheese and microwave for 2 minutes or until warmed and thawed.
3. Split the rice, chicken and broccoli between 2 bowls. Add half of the avocado to each and salsa to taste.
4. Enjoy!

Nutrition Facts:

Calories: 526

Carbs: 32g

Fat: 22g

Protein: 41.8g

Mexican Salad

Yields: 1 serving

Time: 15 minutes

Ingredients:

- 2 cups washed baby spinach leaves, packed
- 4 oz. lean ground turkey
- Taco seasoning to taste
- ¼ cup canned black beans
- ¼ cup canned corn
- ½ red bell pepper, chopped
- Handful of cherry tomatoes
- 2 tbsp. pico de gallo (or salsa of choice)

Instructions:

1. Spray a medium-sized pan with cooking spray and heat to low-medium heat. Place ground turkey in and season with taco seasoning as desired. Cook until there is no pink, stirring occasionally.
2. In a medium-sized bowl, heat up black beans and corn in a microwave (should take about 45 seconds give or take).
3. Place spinach in a medium-sized bowl followed by turkey or tofu, beans and corn, peppers, tomatoes, and pico de gallo.



Nutrition Facts:

Calories: 209

Carbs: 14.4g

Fat: 2.2g

Protein: 29.4g

Stuffed Bell Pepper

Yields: 2 servings

Time: 45 minutes

Ingredients:

- 2 medium bell pepper
- ½ tsp. oil
- ¼ cup onion
- 2 oz. ground turkey
- ¼ cup black beans
- ½ cup salsa
- ½ cup cooked brown rice
- 1 tsp. cumin
- 1 tsp. chili powder
- A sprinkle of shredded cheese



Nutrition Facts:

Calories: 181

Carbs: 19g

Fat: 7g

Protein: 12g

Instructions:

1. Preheat oven to 375 degrees.
2. Cut the tops of the peppers off and remove the insides and seeds. Cook the peppers in boiling water for about 5 minutes, remove them and turn them upside down to drain. Sprinkle salt on the insides.
3. Heat oil in skillet and cook onion until translucent. Add turkey and seasonings. Once the meat is browned, add black beans, salsa and cooked rice.
4. Scoop evenly into the peppers.
5. Cover with foil and bake for about 30 minutes or until peppers are tender. Add shredded cheese on top of the peppers. Bake for an additional 5 minutes.

Turkey Chili

Yields: 6 servings

Time: about 1 hour

Ingredients:

- 2 tsp. olive oil
- 3 cloves garlic, minced
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 1 lb. extra lean ground turkey
- 28 oz. canned diced tomatoes
- 1 ¼ cup chicken broth
- 15 oz. canned dark red kidney beans, drained and rinsed
- 3 tbsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. dried oregano
- ¼ tsp. cayenne pepper
- 2 tsp. black pepper flakes
- Pinch of salt



Nutrition Facts:

Calories: 336

Carbs: 46.7g

Fat: 3.7g

Protein: 31.8g

Toppings:

- Grated cheese
- Cilantro

Instructions:

1. Heat oil in a large pot over medium-high heat. Add garlic, onion and red pepper for 5-7 minutes, frequently stirring.
2. Add in the ground turkey, breaking it up. Cook until it is no longer pink. Add chili powder, cumin, oregano, cayenne pepper, black pepper, and salt. Stir.
3. Add tomatoes, chicken broth, and kidney beans. Bring to a boil then simmer for about 30 minutes until chili thickens.
4. Adjust seasonings as preferred, serve, and add toppings!

Vegetarian BBQ

“Pulled “Pork””

Yields: 2-3 servings

Time: 1 hour

Ingredients:

- 30 oz. canned jackfruit in water
- 1/2 tsp. chili powder
- 1/2 small onion, diced
- 1/2 tsp. cumin
- 1 garlic clove, minced
- 1/4 cup barbecue sauce

Instructions:

- 2 whole wheat hamburger buns

1. Drain and rinse the jackfruit. Cut and discard the core (triangular tip). Remove the seeds as well.
2. Saute the onion in 1 tbsp. of water over medium heat for about 5-7 minutes or until translucent. Add garlic and saute for another minute.
3. Add the jackfruit and spices to the pan. Stir until the jackfruit is evenly covered.
4. Whisk the BBQ sauce and water together. Pour the liquid over the jackfruit. Cover and simmer for 20-25 minutes or until tender.
5. Use a spatula to mash and divide the jackfruit until it looks similar in appearance to pulled pork. Continue to simmer with lid off for 5-10 minutes to reduce the liquid.
6. OPTIONAL: Serve on buns as is OR spread it on a baking sheet and bake for 20 minutes at 350 degrees. (This will make it more similar to pulled pork).



Nutrition Facts:

Calories: 369

Carbs: 70g

Fat: 2.3

Protein: 7.9

Twice Baked Potatoes

Yields: 4 servings

Time: about 1 hour 45 minutes

Ingredients:

- 4 medium-sized russet potatoes
- 1 cup milk of choice
- 2-4 tbsp. nutritional yeast
- 1 onion, diced
- 2 tbsp. garlic
- Pepper to taste
- 1 ½ cups frozen broccoli florets, thawed



Nutrition Facts:

Calories: 210

Carbs: 34g

Fat: 2g

Protein: 7.3g

Instructions:

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
2. Place the potatoes on the prepared baking sheet and bake for 1 hour, or until tender in the center. Let the potatoes cool completely before cutting.
3. Sauté onions and garlic in water or broth.
4. Slice each potato in half lengthwise. Carefully scoop out the inside with a spoon, leaving about ¼ inch of potato skin and pulp intact.
5. Mash the potato pulp in a bowl with a potato masher. Add milk, nutritional yeast, and pepper. Gently stir in the onions, garlic, mushrooms and broccoli.
6. Scoop mixture into potato halves, so that it is a rounded hearty filling.
7. Place potatoes back on baking sheet and bake for 15-20 minutes, or until the tops are crispy and slightly golden.

Roasted Brussel Sprouts Mix

Yields: 5 servings

Time: about 1 hour

Ingredients:

- 3 cups brussel sprouts, ends trimmed and sliced in half
- 1 ½ lbs. butternut squash, peeled, seeded and cubed into 1 inch pieces
- ½ cup dried cranberries
- ¼ cup maple syrup
- 1 tsp. cinnamon
- salt and pepper to taste

Instructions:

1. Preheat oven to 400 degrees.
2. Place brussel sprouts on a lined baking sheet and bake for 20-25 minutes, or until edges are browned. During the last 5-10 minutes turn them over for even browning.
3. In a medium bowl combine the butternut squash with maple syrup and cinnamon. Toss to mix.
4. Place on a baking sheet and bake for 20-25 minutes, until softened.
5. Combine all ingredients together and serve!



Nutrition Facts:

Calories: 167

Carbs: 42g

Fat: <0.5g

Protein: 3g

Acai Bowl

Yields: 1 serving

Time: 15 minutes

Smoothie Ingredients

- 1 frozen unsweetened acai pack
- ½ cup frozen mango
- ½ medium sized banana
- ¾ cup water
- Toppings (optional)
 - Banana slices
 - Raspberries
 - Chia seeds (or flax seeds)
 - Honey



Nutrition Facts:

Calories: 250

Carbs: 45g

Fat: 7g

Protein: 3.6g

Instructions

1. Place all smoothie ingredients in a blender and blend on high until completely mixed. (You may need to stop a couple of times and scrape the sides!)
2. Pour into a regular sized bowl.
3. Top with toppings of your choice.

Coffee Protein Shake

Yields: 1 serving

Time: 5 minutes

Ingredients

- ½ ripe banana
- 1 cup black coffee, chilled
- 1 scoop protein powder of choice
- ½ cup milk of choice
- 1 ½ cup ice cubes
- About 2 drops of stevia extract to sweeten if necessary

Instructions

1. Place all ingredients except ice in a blender and blend on high until completely mixed.
2. Slowly blend in ice until creamy.
3. Pour into a glass and serve.

Nutrition Facts:

Calories: 170

Carbs: 14g

Fat: 1g

Protein: 36.2g



Green Goodness Smoothie

Yields: 1 serving

Time: 5 minutes

Ingredients:

- ½ cup Green Apple, diced
- 1 skinned Kiwi
- 1 cup Spinach leaves, packed
- 1 cup Frozen Pineapple
- ½ cup Coconut Milk



Instructions

1. Combine all ingredients except frozen fruit in a blender and blend on high until thoroughly mixed.
2. Add frozen pineapple and blend on high until pureed.
3. Pour into a glass and serve.

Nutrition Facts:

Calories: 216

Carbs: 44.6g

Fat: 4.5g

Protein: 3.2g

Skinny Guacamole

Yields: 4 servings
Prep time: 7 minutes

Time: 5 minutes

Ingredients:

- 1 zucchini
- 1/3 cup popcorn kernels
- 1 avocado
- 3 tbsp. coconut oil
- 1/4 cup chopped onion
- 1 1/2 tsp. grated parmesan
- 1/4 cup chopped cilantro
- 1 tsp. garlic salt (optional: use garlic powder if you need to avoid excess sodium!)
- Juice of 1 lime
- Chopped jalapeños to taste

Instructions

- Salt and pepper to taste
- Heat coconut oil in a medium-sized pan.

Instructions:

Pour kernels in and place on low-medium heat while covered.

1. Place zucchini in a microwave-safe dish, cover with a damp paper towel and microwave on high until tender, 4-5 minutes. Press on the zucchini to remove any liquid. Season with grated parmesan and garlic salt or powder and enjoy!

2. Transfer the zucchini to a large bowl; add avocado, cilantro, onion, lime juice, jalapeños, salt and pepper. Coarsely mash until combined.



Nutrition Facts:

Calories: 120

Carbs: 8g

Fat: 10g

Protein: 2g

Parmesan Garlic Popcorn



Nutrition Facts:

Calories: 103

Carbs: 0.7g

Fat: 11.1g

Protein: 1g

PB Chocolate Chip Energy Bites

Yields: 12 bites

Time: 10-20 minutes

Dry Ingredients:

- 1 cup rolled oats
- ½ cup unsweetened coconut flakes
- 1/3 cup protein powder of choice
- ½ cup dark chocolate chips
- 1 tbsp. chia seeds

Wet Ingredients:

- 2/3 cup peanut butter
- 2 tbsp. honey or agave



Nutrition Facts (Per Bite)

Calories: 150

Carbs: 12g

Fat: 8g

Protein: 6g.

Instructions:

1. Combine all of the dry ingredients in a bowl until they are evenly mixed.
2. Mix in wet ingredients. If needed, add water in small portions until a dough-like consistency is reached.
3. Roll into 1-inch balls and serve (Optional: place in the refrigerator for 30 minutes if desired).
4. Store in an airtight container or plastic bag in the refrigerator.