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# Budget Friendly Back-to-School Meals

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# Smoothie Recipes

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## S'mores Smoothie

### Ingredients

- 1 cup milk of choice
  - 1 scoop chocolate protein powder
  - 1 graham cracker
  - 1 marshmallow
- ice

### *Tips for optimal nutrition:*

I used our Pure Paleo Protein powder and  
1 Smashmallow marshmallow

### Directions

Add all ingredients to a blender and blend until smooth.

Enjoy!

Serves 1

Exchanges

1 Carb

1/2 Fat

1 Protein



# Banana's Foster Smoothie

## Ingredients

- 1 cup milk of choice
- 1/2 frozen banana
- 1/4 tsp vanilla
- dash of cinnamon
- 1/2 tsp brown sugar
- 1 scoop Vanilla Protein Powder

### ***Tips for optimal nutrition:***

I used our Pure Paleo Protein powder and coconut palm sugar in place of brown sugar

## Directions

Add all ingredients to a blender and blend until smooth.

Enjoy!

Serves 1

Exchanges  
1 Carb  
1 Protein



# Chocolate Chip Cookie Dough Smoothie

## Ingredients

- 1 cup milk of choice
- 1 scoop vanilla protein powder
- 1/2 tsp vanilla extract
- 1 Tbsp chocolate chips
- ice

## Directions

Add all ingredients to a blender and blend until smooth.

Enjoy!

Serves 1

Exchanges  
1/2 Carb  
1 Protein  
1 Fat



# Strawberry Banana Smoothie

## Ingredients

- 1/4 cup frozen strawberries
- 1/4 banana
- 1 cup milk of choice
- 1/2 cup water
- 1 scoop protein powder

## Directions

Add all ingredients to a blender and blend until smooth.

Enjoy

Serves 1

Exchanges

1 Protein



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# Breakfast Recipes

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# French Toast Casserole

## Ingredients

- 1 cup egg whites
- 1.5 cups milk
- 1/4 cup brown sugar
- 1 Tbsp ground cinnamon
- 1 lb loaf of bread, cubed
- 2 cups blueberries
- 2 scoops (54g) vanilla protein powder

### *Tips for optimal nutrition:*

I used our Pure Paleo Protein powder and coconut palm sugar in place of brown sugar, and used base culture bread

## Directions

Lightly grease a 9X13 glass dish  
Whisk together egg whites, milk, brown sugar, protein, and cinnamon.  
Place the cubed bread in the greased baking dish, Pour the egg mixture over the bread and let marinate in the refrigerator for 1 hour or up to 8 hours (overnight).  
Pour blueberries over top  
Bake for 45 minutes at 350  
let sit for 5 minutes  
Enjoy!

Serves 9

35C 1F 14P

Exchanges  
1 Carb  
1/2 Protein





# Overnight Sugar Cookie Protein Oats

## Ingredients

1/2 cup dry rolled oats  
1/2 plain non-fat greek yogurt  
1/4 cup unsweetened vanilla almond milk  
1/2 scoop (14g) vanilla protein powder  
2 tsp brown sugar or honey  
1/4 tsp vanilla extract  
2 drops of almond extract  
pinch of sea salt

### ***Tips for optimal nutrition:***

I used our Pure Paleo Protein powder and coconut palm sugar for this

## Directions

Mix together greek yogurt, almond milk, and protein powder until well incorporated. Then add oats, sugar, vanilla & almond extracts and salt. Mix well. Cover with lid and let sit in refrigerator for 8 hours or up to 5 days.

Serves 2

35C 2F 32P

Exchanges

1 Carb

1 Protein



# Chicken & Waffle Casserole

## Ingredients

- 8 frozen Kodiak Cake waffles
- 1 (16 oz) pkg of frozen popcorn chicken
- 1 cup egg whites
- 1 cups of cashew milk or milk of choice
- 1/4 cup maple syrup

### ***Tips for optimal nutrition:***

I use Purdue Gluten Free Chicken Strips  
for this recipe

## Directions

- Preheat oven to 350 F and lightly grease a 9X13 baking dish
- lightly thaw chicken and cut into bite-sized pieces.
- Toast waffles and cut into cubes.
- Begin to layer waffles and chicken. bottom layer waffles, then chicken, then waffles, and lastly chicken.
- Whisk together eggs, milk, maple syrup, salt & pepper, pour evenly over waffles and chicken
- Bake for 40-50 minutes or when the inside is no longer wet.

Serves 12  
25C 10F 12P

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## Exchanges

- 1 Carb
- 1.5 Fat
- 1/2 Protein



# Breakfast Pizza Sticks

## Ingredients

- 1 can crescent rolls
- 2 cups egg whites
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- dash of sea salt
- 1/4 cup shredded cheddar cheese
- 4 slices of bacon
- salsa for dipping

### ***Tips for optimal nutrition:***

I use Immaculate Crescent rolls and a nitrate free bacon

## Directions

Scramble egg whites with salt, garlic and onion powder, and cook in a skillet over medium heat. Cook bacon in the oven on 425 for 15ish minutes, remove from grease and place on paper towels to drain off excess grease, crumble once cooled. On a greased baking sheet roll out half of the crescent rolls with a rolling pin, making sure to seal up the seams. Layer scrambled egg whites, bacon crumbles and cheese. Roll remaining crescent rolls out sealing up the seams and lay on top of egg mixture. Press the sides of dough together closing up the seams. Bake on 350 for about 15 minutes, until crescent rolls are cooked. Slice into 8 pieces with a pizza cutter. Dip in salsa and enjoy!

Serves 8

14C. 14F. 12P

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Exchanges  
1/2 Carb  
2 Fat  
1/2 Protein



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# Lunch/Dinner Recipes

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# Swedish Meatballs

## Ingredients

### Meatballs:

- 1 lb ground turkey
- 1/4 cup bread crumbs
- 1 egg
- 2 tsp of minced garlic
- 1 Tbsp fresh parsley, chopped
- 1/2 tsp ground all spice
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 cup chicken broth

### Sauce:

- 2 Tbsp cornstarch
- 2 cups chicken broth
- 2/3 cup fat free Greek Yogurt
- 1 Tbsp Worcestershire sauce
- 2 tsp dijon mustard
- 1/4 tsp nutmeg

### ***Tips for optimal nutrition:***

I like arrowroot powder in place of cornstarch

Kettle & Fire bone broth for chicken broth

Gluten free breadcrumbs or I make my own with

simple mills crackers

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## Directions

Preheat the oven to 425.

Add all meatball ingredients to a bowl EXCEPT the broth.

Mix and form into meatballs using an ice cream scoop for less mess.

Place in a baking dish and add broth to the bottom of the dish.

Bake for about 15 minutes or until meat is 160F.

For the gravy, whisk together broth and cornstarch until smooth, bring to a boil for a minute or so until it thickens. Reduce heat to low and stir in remaining ingredients.

Remove meatballs from the oven and add to the gravy, continue to cook for 1-2 more minutes.

Enjoy!

Serves 4

5C 8F 27P

Exchanges

1 Fat

1 Protein



# Chicken Pot Pie Casserole

## Ingredients

2 lbs of chicken breasts  
1 tsp paprika  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp salt  
1/4 tsp dried thyme  
1/4 tsp dried basil  
1/4 tsp dried oregano  
1 Tbsp butter  
1 garlic clove, minced  
1/4 yellow onion  
1/2 cup chicken broth  
1/4 cup flour  
2/3 cup milk of choice  
1 cup frozen corn  
1 cup frozen peas & carrots  
a dash of salt and pepper  
6 crescent rolls from a can

### ***Tips for optimal nutrition:***

I use Immaculate organic crescent rolls  
Kettle & Fire bone broth for chicken broth

## Directions:

### Prep Chicken:

Place chicken breasts in a slow cooker or instant pot, add paprika, garlic powder, onion powder, salt, thyme, basil, and oregano in pot. Close the lid and cook until chicken is 165F. If using an Instant Pot cook about 10 min, if using a slow cooker, cook about 2-3 hours. Once the chicken is cooked, preheat your oven to 375F.

In a skillet add butter and melt, add onion, and cook until translucent, then add garlic and saute for a min. Add flour and 2 Tbsp of your chicken broth to the skillet and stir

Slowly add milk, broth, salt and pepper to skillet. Stir everything together and simmer until sauce thickens. Next add in frozen veggies and chicken. Transfer to a glass baking dish.

Open crescent rolls and remove 2 triangles.

Roll out the remaining 6 to form a solid "sheet". You may need to cut in half and place them side-by-side.

Lay over casserole and bake for 15minutes

Enjoy!

Serves 6

15C 7F 36P

## Exchanges

1/2 Carb

1 Fat

1.5 Protein



# Slow Cooker Honey Lemon Chicken

## Ingredients

### For dredging

- 1 lb boneless, skinless chicken breast
- 3 Tbsp cornstarch
- 2 Tbsp avocado oil

### For Sauce

- 1/4 cup honey
- 1/3 cup chicken stock
- 2 Tbsp lemon juice
- 1 Tbsp Coconut Aminos
- salt & pepper to taste
- 2 Tbsp cornstarch

### ***Tips for optimal nutrition:***

I use arrowroot powder in place of cornstarch  
Kettle & Fire bone broth

## Directions

Cut chicken into 1/2 inch cubes, place in a large bowl and add 3 Tbsp arrowroot powder or cornstarch. toss the chicken so they are evenly coated.

In a large skillet heat the oil, once hot add the chicken pieces, be sure to space them apart so they do not get stuck together, you may need to do this in 2 batches.

Once they are browned add the chicken to your slow cooker.

In a separate bowl mix together honey, bone broth, lemon juice, coconut aminos, salt, pepper, and arrowroot powder. Pour mixture over chicken in slow cooker.

Cook on low for about 2-3 hours until chicken is fully cooked.

Enjoy!

Serves 8

40C 6F 18P

## Exchanges

1 Carb

1 Fat

1/2 Protein



# Sloppy Joe

## Ingredients

- 1 lb ground beef
- 1/2 cup ketchup
- 1 Tbsp yellow mustard
- 1 Tbsp Apple Cidar Vinegar
- 1 Tbsp brown sugar

### *Tips for optimal nutrition:*

I used organic ketchup and coconut palm sugar in place of brown sugar

## Directions

Brown ground meat in a skillet over medium-high heat.

In a separate bowl, whisk together ketchup, mustard, apple cider vinegar, and sugar.

Once meat is cooked, add sauce to meat and stir together. Let simmer for 5-10 minutes.

Serve on a bun

Serves 7

with bun  
30C 14F 16P

## Exchanges

1 Carb

2 Fat

1/2 Protein





## Easy Baked Ziti

### Ingredients

- 1 (12 oz) box rotini pasta
- 1 (24oz) jar marinara sauce
- 15 oz jar Alfredo sauce
- 1 lb ground beef
- 2 cups fat free shredded mozzarella
- 1 Tbsp Italian seasoning
- parsley for garnishing

### *Tips for optimal nutrition:*

I used Jovial pasta, Whole Foods 365 Organic Marinara,  
& Primal Kitchen no dairy Alfredo sauce

### Directions

Preheat oven to 350.

Brown ground beef and drain

Cook pasta according to package directions.

Combine pasta, ground beef, sauces, and seasonings together and pour into a glass baking dish.

Top with mozzarella cheese and bake for 30 minutes or until cheese is completely melted.

Serves 12

27C 14F 20P

### Exchanges

1 Carb

2 Fat

1 Protein



# Slow Cooker Creamy Ranch Chicken

## Ingredients

- 1 oz Ranch dip packet
- 4oz of cream cheese
- 2 lb chicken breasts
- 1/2 cup chicken stock

### ***Tips for optimal nutrition:***

I like to use Kettle & Fire chicken bone broth  
I also use Simply Organic or McCormick simple  
ranch packets

## Directions

Add chicken, broth, and ranch seasoning to your slow cooker, cook on low for 4-6 hours (until chicken is fully cooked).

Once chicken is cooked, shred with a hand mixer or forks.

Add cream cheese at the end and stir until melted in.

Serves 6  
2.5C 9F 48P

Exchanges  
1 Fat  
2 Protein



# Cuban Mojo Pork

## Ingredients

- 4 lb pork loin
- 1/2 tsp olive oil
- Juice of 1 lime
- Juice of 1 orange
- 6 garlic cloves
- 1 Tbsp cumin
- 1 Tbsp ground pepper
- 2 tsp ground cayenne
- 1 Tbsp dried oregano

## Directions

1. Combine garlic, orange and lime juice, pepper, cayenne, and cumin in a Ziplock bag.
2. Cut pork loin in half. Pat pork loin dry and pat with salt and place in the Ziplock bag. Let it sit all day or overnight.
3. Heat oven to 425F. In a cast iron or oven proof skillet, heat olive oil at a medium high heat. Brown all sides of each piece of pork, starting with the fat side (about 5 min on the fat side and 3 min on remaining sides).
4. Transfer pork to the oven and bake for 15-20 minutes.

Serves 12

3C 3.5F 30P

Exchanges

1/2 Fat

1 Protein



# Lentil Patties

## Ingredients

### Lentil Patty Ingredients

- 2 cups dried lentils, rinsed and soaked overnight or at least 3 hours
- 1/4 medium onion, diced
- 3 cloves garlic, minced
- 1 Tbsp tomato paste
- 1/2 Tbsp chickpea flour or regular flour
- 1 tsp coriander
- 2 Tbsp Italian Seasoning
- salt & pepper to taste
- 4 Tbsp Olive oil for frying or air fry

### Tahini Dip

- 1/2 cup tahini
- 3 Tbsp lemon juice
- 1 Garlic clove, minced
- water to thin if needed

2 Patty's = 1 servings

12 servings total (24 patty's)

22C 10F 8P

## Directions

Night Before: Rinse and soak lentils. Add lentils to a bowl, fill with water so that water is above lentils. The lentils will expand so you want enough water to cover lentils after they expand. The next day drain and rinse the lentils.

### Next Day:

Add rinsed lentils, tomato paste, onion, garlic, flour, & seasonings to a food processor and pulse until somewhat smooth. It's ok if it's a bit watery, if not don't worry.

Heat oil in pan, take 2 Tbsp of mixture and form into a patty. Once oil is hot place patty in frying pan. Fry until golden brown, about 2-3 minutes on each side.

Place patty on a plate lined with paper towel to absorb excess oil. Continue until all the mixture is used.

Create sauce: Mix all ingredients together, add water if necessary.

Enjoy!

## Exchanges

1 Carb

1.5 Fat

1/4 Protein



# Hearty Italian Meatloaf

## Ingredients

- 1 lb lean ground beef
- 1 cup bread crumbs
- 1 cup fat free mozzarella cheese
- 10 oz low sodium tomato sauce
- 1 Tbsp garlic powder
- 1 Tbsp onion powder

### *Tips for optimal nutrition:*

I use gluten free bread crumbs by making my own, I place Simple Mills crackers in a food processor and blend until breadcrumb consistency. I've also toasted GF bread and done the same in the food processor

## Directions

- Preheat oven to 350 F.
- Mix all ingredients together until well combined. Form into a loaf in a 9X13 glass baking dish.
- Cover with foil and bake for 45 minutes, then uncover and bake an additional 15 minutes.

Serves 8  
11C 12 F 16P

### Exchanges

- 1/2 Carb
- 2 Fat
- 1/2 Protein



# Slow Cooker Creamy Tuscan Chicken

## Ingredients

- 1 tsp dried oregano
- 1 tsp dried basil
- 2 gloves garlic, minced
- 1/4 cup sun-dried tomatoes
- 2 lbs chicken breast, cubed
- 3 cups low sodium chicken broth
- 3 cups dry pasta
- 3/4 cup 2% cottage cheese
- 3/4 cup non-fat plain greek yogurt
- 2 cups fresh spinach leaves

### ***Tips for optimal nutrition:***

I like to use Kettle & Fire bone broth

Jovial Gluten Free Pasta, & organic cottage cheese  
& greek yogurt for a little healthier ingredients

## Directions

Turn your pressure cooker setting to saute and add sun-dried tomatoes, garlic, oregano, and basil in a pan until fragrant. Next add cubed chicken and saute until browned.

Pour over bone broth and add uncooked pasta. close lid and set pressure cooker to high pressure for 3 minutes

While that cooks, place cottage cheese and greek yogurt in a blender and blend until smooth, set aside.

Once pressure cooker is finished, use the quick release, once pressure is out, open the lid and add spinach. Stir until spinach is wilted then add creamed cottage cheese mixture.

Stir and enjoy!

Top with fresh parmesan cheese if desired.

Serves 8

26C 6F 43P

Exchanges

1 Carb

1 Fat

2 Protein



## Beef Lo Mein

### Ingredients

- 8 oz capellini noodles
- 1 tsp sesame oil
- 1/4 cup beef broth
- 3 Tbsp coconut aminos
- 2 Tbsp brown sugar
- 1 lb flank steak
- 2 large carrots
- 2 cups broccoli
- 1 large onion
- 4 garlic cloves

### *Tips for optimal nutrition:*

I like to use Kettle & Fire bone broth for the beef broth  
Coconut Palm sugar in place of the brown sugar  
and jovial capellini noodles

### Directions

In a small saucepan heat up beef broth, and dissolve brown sugar into hot broth, then add coconut aminos and set aside.  
Chop veggies and slice flank steak.  
In a hot skillet add sesame oil and cook beef strips, then set aside.  
In the same skillet, saute onions until soft and golden brown, then add broccoli and carrots and cook for about 3 minutes.  
Mince the garlic cloves and add to veggies.  
Add beef back in with veggies and pour sauce over, let cook for about 2 minutes.  
Add cooked noodles on top and mix everything together.

Enjoy!

Serves 6

37C. 7F. 22P

Exchanges  
1 Carb  
1 Fat  
1 Protein



## Taco soup

### Ingredients

- 2 lbs ground turkey
- 1 envelope of taco seasoning
- 1.5 cups water
- 1 (16 oz) can low sodium chili beans, not drained
- 1 (15 oz) can whole kernel corn, drained
- 1 (14 oz) can pinto beans, rinsed & drained
- 1 (14 oz) can stewed tomatoes
- 1 (10oz) can diced tomatoes with green chilis
- 1 envelope ranch dressing

### ***Tips for optimal nutrition:***

I use Siete brand taco seasoning  
Low sodium canned veggies, 365 Whole Foods brand  
has some good ones  
and Simply Organics ranch seasoning packet

### Directions

In a large pot cook ground meat until fully cooked, drain.  
Add taco seasoning and mix until well combined, add remaining ingredients and bring to a boil. Reduce heat to a simmer for about 15 minutes.  
Enjoy!

10 servings

21C 8F 23P

Exchanges  
1 Carb  
1 Fat  
1 Protein





# Chicken Parmesan Meatballs

## Ingredients

- 1 lb ground chicken
- 1/2 cup + 1/2 cup Italian Breadcrumbs
- 1/2 parmesan cheese
- 1 egg
- 2 Tbsp olive oil
- 1 Jar marinara sauce
- 1 (12 oz) box capellini pasta
- 1/4 cup mozzarella cheese

### ***Tips for optimal nutrition:***

I use Jovial GF pasta, and make my own bread crumbs

## Directions

In a large bowl mix ground chicken, 1/2 cup breadcrumbs, parmesan cheese, and egg together. Then form them into balls. Add the other 1/2 cup breadcrumbs to a dish for rolling meatballs.

Heat a skillet over medium heat and add olive oil. Once the oil is hot, roll meatballs in breadcrumbs and place in skillet. As the meatballs brown turn them and brown them on all sides.

Then place in a baking dish and pour over marinara sauce and sprinkle with mozzarella cheese. and bake for 20 minutes on 350F.

While those cook, prepare pasta according to package direction.

Once everything is cooked, layer pasta then meatballs and marinara, enjoy!

Serves 12

31C. 9F. 14P

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Exchanges

1 Carb

1 Fat

1/2 Protein



## Red Curry Chicken

### Ingredients

- 2 boneless skinless chicken breasts, cubed
- 1 can of lite coconut milk
- 1/2 cup of chicken broth
- 1 yellow onion
- 6 cloves of garlic
- 1 TBS of oil
- 1-2 TBS of green curry paste or red curry paste
- Salt

### ***Tips for optimal nutrition:***

I use kettle & Fire bone broth in place of the chicken broth

### Directions

1. Cube chicken, mince garlic, and dice onion. Salt chicken.
2. In a pot, sauté, onions, curry paste, and 2 teaspoons of salt in 1 TBS of oil on medium heat until onions are translucent. Add garlic and sauté for 1-2 minutes.
3. Add half of the can of lite coconut milk. Let the coconut milk come to a slight simmer and then add cubes chicken.
4. Cook chicken in coconut milk for 2 minutes.
5. Add remaining coconut milk and chicken stock. Add fish sauce (optional). Add water if needed. Simmer for about 5 minutes until chicken is done.

Serves 6  
2C 4F 36P

Exchanges  
1/2 Fat  
1.5 Protein



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# Dessert Recipes

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# Flourless Peanut Butter Chocolate Chip Cookies

## Ingredients

- 1 Cup of PBFit Powder- rehydrated to a paste
- 1/4 cup of honey
- 1/4 cup egg whites
- 1/2 tsp baking soda
- 1/4 tsp vanilla
- 1/2 tsp sea salt
- 1/2 cup lily's chocolate chips
- 2 scoops Protein powder

## Directions

- Preheat your oven to 350 F
- Line a baking sheet with parchment paper
- Make sure your PBFit powder is rehydrated
- Mix all ingredients, it will be sticky.
- Scoop 24 cookies onto your lined baking sheet and cook for about 8-10 minutes.

Enjoy!

Serves 12

12C 3F 10P

Exchanges

1/2 Carb

1/2 Fat

1/2 Protein



## Chocolate Covered Frozen Banana

### Ingredients

- 4 Bananas
- 1 Cup Lily's Chocolate Chips
- 8 popsicle or cake pop sticks

### Directions

Peel and cut the bananas in half  
Press the stick half way through the banana  
Melt the Chocolate Chips and gently dip the banana into the melted chocolate.

Place on a parchment paper lined dish and freeze until chocolate is frozen.

Store in freezer until ready to eat.

Serves 8

21C 7F 1P

Exchanges

1/2 Carb

1 Fat