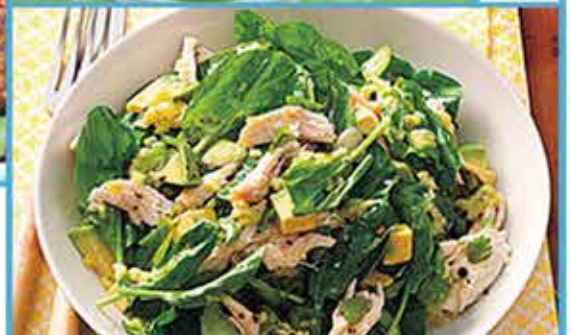


PAIN FIGHTING Superfood

Recipes



PAIN FIGHTING Superfood *Recipes*



PAIN FIGHTING Superfoods *Recipes*

By Ashley Drummonds

PAIN FIGHTING Superfood *Recipes*



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INTRODUCTION: 4 KEY PRINCIPLES TO A REALISTIC DIET FOR OPTIMAL HEALTH

Key 1: Eat Some Fat

Okay, not a popular conversation but I have to do some myth-busting here. Eat some fat. Remember, fat is good for you as long as it's not trans-fat AND it comes from things like fish, nuts, some oils, some dairy, red meat, whole eggs and avocados. It helps your joints, gives you energy and is necessary in maintaining healthy skin, proper brain function and much more. It should also come from both plant and animal products. The man-made fats or chemically altered "Franken-fats" are the ones to avoid whenever possible.

Key 2: Shop Local

Try to shop locally at multiple grocery stores and health food locations like Fresh Market, Whole Foods and Trader Joes to name a few. Visit the local farmer's market for some of the best "seasonal" produce at super low prices. This allows for variety and freshness. Colorful foods are rich in vital nutrients, antioxidants and best of all, they aren't processed!

Key 3: Eat REAL Food

Thirdly, spend most of your time eating REAL food and not "space" food. I like to entertain myself with funny names for things but if it sounds like an astronaut should be eating it in outer-space, how healthy is it on a daily basis? On occasion, it's hard to avoid but if you can't read the word because it has nine syllables, it probably isn't fantastic for you.

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Key 4: The Less the Ingredients the Better

Lastly, try to go with food items that have fewer ingredients on the label. The less processed and chemically treated the better and that's always reflected in the ingredients. Get good at reading the labels and understanding what you're fueling your body with. If it will last for months and years, how detrimental to your health is that food item? Actually, the quicker the food spoils, the better it is for your body and your overall health!

It all comes down to educating yourself and reprogramming yourself to "enjoy" healthy, fresh, unaltered foods that provide the necessary macro and micro nutrients our bodies require to live long productive lives. Eating should be easy and not stressful. Make intelligent decisions and do some research to be sure you're consuming quality foods that aren't harmful. Treat the body like the temple that it is and in return it will carry you to new heights.





Breakfast

Recipes



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HIGH PROTEIN ALMOND BUTTER PANCAKE

This recipe is for 1 serving and makes 1 giant pancake! I think it is quite delicious and SUPER EASY to make! Here we go...

Ingredients:

1/2 Scoop [BioTrust Vanilla Protein](#)
1/4 Cup Oat Flour (This is just oatmeal ground up into a fine flour like consistency)
2 Liquid Egg Whites
Cinnamon
1 Tbsp. Almond Butter



Directions:

All you need to do is spray a small skillet with non-stick cooking spray and warm on stove on medium.

Combine protein, oat flour, egg whites and cinnamon in a bowl and mix well (Or you can put all this in the magic bullet and it's much smoother).

Pour entire bowl of ingredients into skillet and cook like a regular pancake flipping the pancake over when the edges get bubbly and golden brown.

Once finished, spread 1 tbsp. of Almond Butter on top of GIANT PANCAKE and ENJOY!

*A second option for topping that is still amazing and healthy is to top with sliced strawberries or whatever fruit you like and drizzle with SUGAR FREE SYRUP.

Nutritional Breakdown for this Pancake with the Almond Butter Topping:

Calories	Protein	Carbohydrates	Sugar	Fat
270	27.5g	17g	1.5g	8g

PAIN FIGHTING Superfood Recipes



HIGH PROTEIN PANCAKES WITH GREEK YOGURT AND PEANUT BUTTER ICING!

Ingredients for Pancakes:

1/2 Cup Oat Flour (just put whole oats in a magic bullet or blender until it has a flour consistency)
1/3 Cup Liquid Egg Whites
1/2 Cup Unsweet Vanilla Almond Milk
1 Scoop [BioTrust Vanilla Protein](#) (This one is all natural)

Directions:

Put all of these ingredients in your blender, magic bullet, food processor or whatever and blend it all together until you get a smooth consistency.

Heat a small skillet on medium heat and pour batter slowly and cook like regular pancakes! This recipe made about 5-6 pancakes so it just depends on how big or small you make them.

For the Topping/Icing:

This part is super easy...Take 1 tbsp. peanut butter and mix in a cup with 1/4 cup plain non-fat Greek yogurt, a little bit of the almond milk, and 1 packet of stevia then just pour on top! Yummy!!! Add the almond milk according to how thick or runny you want the topping to be.



Nutrition Information: WITHOUT Topping:

Calories	Protein	Carbohydrates	Sugar	Fat
225	38g	14g	1g	3g

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CHOCOLATE PUMPKIN OATMEAL

Ingredients:

1/2 Cup Whole Oats (not the packets)
1 Cup Unsweetened Vanilla Almond Milk
1/4 Cup Pumpkin Puree
1 Scoop [BioTrust Chocolate Protein](#)
Cinnamon
Pumpkin Pie Spice
Optional – Add Syrup



Directions:

Place 1/2 cup oats and 1 cup unsweetened almond milk and medium size pot and bring to a boil on stove.

Once boiling, reduce to medium heat and let bubble.

When the almond milk is almost completely dissolved stir in the pumpkin puree, 1 scoop of [BioTrust Chocolate Protein](#), Dash of Cinnamon and Dash of Pumpkin Pie Spice.

Let simmer until ALL of the almond milk is completely absorbed.

When fully absorbed, pour into bowl and drizzle with syrup if you'd like. Voila!

You have chocolate pumpkin high protein oatmeal. If you're feeling super "Fall-like" you can add a side cup of of Godiva Pumpkin Spice Coffee like I did and you have yourself a pretty delicious and nutritious breakfast.

Nutrition varies depending on brands used:				
Calories	Protein	Carbohydrates	Sugar	Fat
295	39g	19g	3g	3g

PAIN FIGHTING Superfood Recipes



BODYBUILDING PROTEIN OATMEAL

Ingredients:

Makes 1 Serving

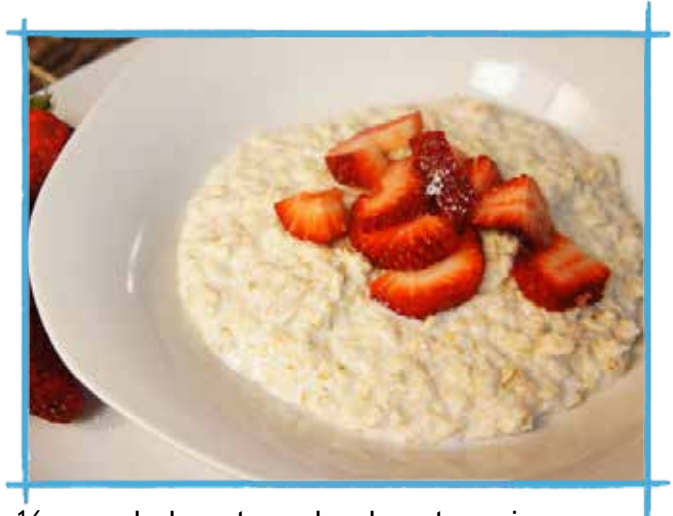
½ Cup Whole Oats

1 Scoop [BioTrust Vanilla Protein](#)

Cinnamon

Strawberries

2 Packets Of Stevia



Directions:

Bring 1 cup of water to boil in saucepan and add in ½ cup whole oats and reduce to a simmer.

Allow oats to simmer until completely absorbed by water and the oats have a thick consistency.

Stir in 1 scoop of whey protein, ½ cup sliced strawberries, 2 packets of stevia (optional) and dash of cinnamon. Enjoy.

Nutrition Information: varies on brands used:

Calories	Protein	Carbohydrates	Sugar	Fat
224	28g	26g	8g	2g

PAIN FIGHTING Superfood Recipes



OVERNIGHT CARROT CAKE OATMEAL

Ingredients:

Makes 1 serving

1/4 Cup Fage Greek Yogurt
1/3 Cup Old Fashioned Oats, Dry
3 Tbsp. Carrot Puree
2 Packets of Stevia
1/2 Scoop [BioTrust Vanilla Protein](#)
1/2 Cup Almond Milk



Directions:

Mix Greek yogurt, oats (uncooked), carrot puree, stevia, protein, and almond milk in a small bowl and refrigerate overnight.

Top with raisins, almonds and cinnamon, then serve.

Nutrition Information: varies on brands used:

Calories	Protein	Carbohydrates	Sugar	Fat
307	21.33g	37.92g	0g	8.33g

PAIN FIGHTING Superfood Recipes



SOUTHWEST EGG WHITE OMELET

Ingredients:

½ Cup Liquid Egg Whites
Diced Green Peppers and Onions
Mushrooms
Tbsp. Salsa
1 Tbsp. Nonfat Plain Greek Yogurt
Paprika
¼ Cup Avocado



Directions:

Spray skillet with non-stick cooking spray and sauté veggies in sauce pan until fully cooked.

Pour over ½ cup liquid egg whites and sprinkle with paprika.

Cook to taste and top with 2 tbsp. salsa, ¼ cup avocado and 1 tbsp. nonfat plain Greek yogurt.

Nutrition varies depending on brands used:				
Calories	Protein	Carbohydrates	Sugar	Fat
214	23g	14g	5g	9g

PAIN FIGHTING Superfood Recipes



KEY LIME RASPBERRY PARFAIT

Ingredients:

1 Cup Plain Non Fat Greek Yogurt
½ Cup Fresh Raspberries
1 Tbsp. Lime Juice
1/3 Cup Whole Oats
1 Tbsp. Walnuts
1 Packet Stevia

Directions:

In a small bowl or mug place nonfat Greek yogurt with lime juice and stevia and mix together.

Top with ½ cup fresh raspberries, 1 tbsp. walnuts and 1/3 cup whole oats and enjoy!



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
407	31g	28g	13g	21g

PAIN FIGHTING Superfood Recipes



COFFEE TOFFEE PROTEIN SHAKE

There is nothing more satisfying (to me) then when I first wake up and taste that first, delicious sip of coffee as I sit down to my computer to begin writing.

MMMMM! I recently tried out a new protein shake that really is great for any time of the day, but especially in the morning when you need the right combo of energy, protein, and deliciousness for a pre- or post- workout treat!

Ingredients:

- 1 Scoop [BioTrust Vanilla Protein](#)
- 1/2 Cup Unsweet Vanilla Almond Milk
- 2 Tbsp of Iced Coffee
- A Few Drops of English Toffee Liquid Stevia (can be bought at any health food store usually)
- 1/2 Cup Crushed Ice

Directions:

Just mix all the ingredients in a blender or a magic bullet together and enjoy!



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
115	25g	0g	0g	0g

P.S. if you want to make it even more amazing you could add in 1 tsp. of Almond Butter and make it a little nutty! Or for a meal replacement you could add in some Old Fashioned Oats! I promise it's delicious and well worth a try!

PAIN FIGHTING Superfood Recipes



REESE'S CHOCOLATE PEANUT BUTTER PROTEIN SHAKE

Ingredients:

- 1 Scoop [BioTrust Chocolate Protein](#)
- 1 Tbsp. Dark Chocolate
- 1-2 Drops Vanilla Extract
- ½ Cup Unsweetened Almond Milk
- 1 Tbsp. Natural Peanut Butter or Almond Butter
- ½ Cup Crushed Ice

Directions:

Mix all ingredients together and blend until smooth.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
278	29g	15g	3g	12g

PAIN FIGHTING Superfood Recipes



SOUTHWEST EGG SCRAMBLE

Servings: 2

Ingredients:

2 Tbsp Grass Fed Butter
2 Cloves Garlic, Minced
¼ Yellow Onion, Chopped
½ Colored Bell Pepper, Diced
6 Eggs
1 Tbsp Fresh Cilantro, Chopped
¼ Tsp Cayenne Pepper
1 Tsp Sea Salt
½ Cup Cooked Black Beans
1 Tomato, Diced
1 Avocado, Sliced



Directions:

Warm up butter in a medium pan on medium heat. Add onions and peppers and cook for 3-5 minutes or until softened. Add garlic and cook for another minute.

Meanwhile, whisk the eggs in a medium bowl. Add cilantro, cayenne pepper, and salt. Pour eggs into the pan with the peppers and onions. Stir frequently. Once the eggs are almost set, stir in the black beans and tomatoes and finish cooking.

Top with avocado slices.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
578	29g	29g	6g	42g

PAIN FIGHTING Superfood Recipes



BANANA WALNUT MUFFINS

Servings: 3

Ingredients:

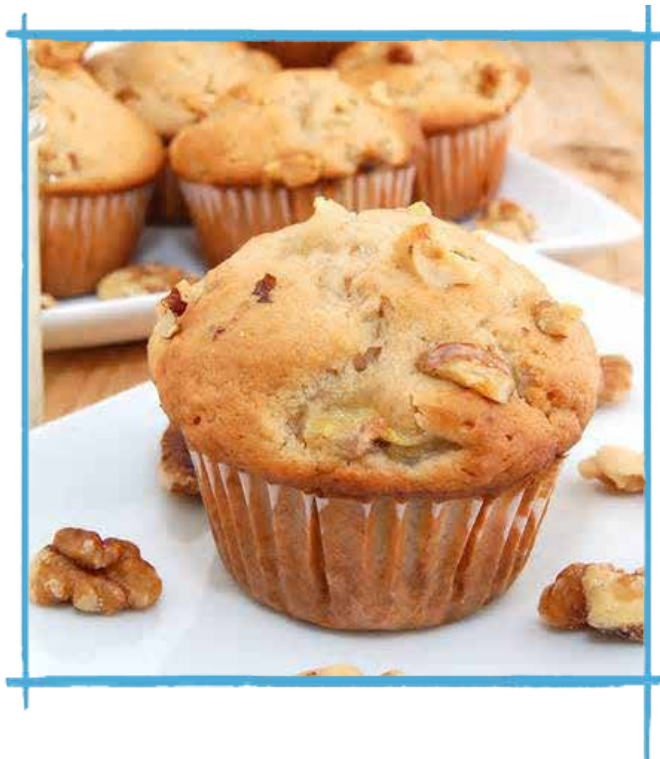
2 Tbsp Coconut Oil
1 Medium Banana, Mashed
5 Large Eggs
1 Cup Oats
1/2 Cup Unsweetened Applesauce
2 Tbsp Raw Honey
1/2 Cup Walnuts
1 Tsp Ground Cinnamon

Directions:

Preheat oven to 370 degrees.

Lightly grease a muffin pan with coconut oil.

Mix remaining ingredients together in a medium bowl. Drop mixture into muffin pan cups until 2/3 full. Bake for 25 minutes or until a fork inserted in the center comes out cleanly.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
587	29g	60g	20g	33g

PAIN FIGHTING Superfood Recipes



FRIED EGG SALAD

Servings: 1

Ingredients:

- 1 Tbsp Grass Fed Butter
- 2 Eggs
- Sea Salt And Black Pepper To Taste
- 1 Cup Spinach
- ½ Tbsp Olive Oil
- ½ Tomato, Sliced

Directions:

Heat butter in a small skillet over medium heat. Crack eggs into the skillet in a single layer. Sprinkle with salt and black pepper. Cook egg until the bottom is firm. Flip over and cook another 3 minutes until entire egg is cooked through.

Place spinach on a plate. Sprinkle with olive oil and toss to coat. Add cooked egg and top with tomato slices.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
318	29g	3.5g	1.5g	28g

PAIN FIGHTING Superfood Recipes



APPLE TURKEY SAUSAGE PATTIES

Servings: 4

Ingredients:

- 1 Lb Ground Turkey Breast
- ¼ Cup Chicken Broth
- ½ Yellow Onion, Finely Chopped
- 2 Small Red Apples, Finely Chopped
- 2 Garlic Cloves, Minced
- 2 Tsp Dried Sage
- 1 Tsp Dried Thyme
- 1 Tsp Salt
- ½ Tsp Cayenne Pepper
- 2 Tbsp Grass Fed Butter

Directions:

In large bowl, combine all ingredients except the butter and mix thoroughly. Refrigerate for a minimum of 1 hour to allow flavors to marinate.

Form into 8 small patties. Heat butter in a large skillet. Cook on medium heat until browned and no longer pink in the center, flipping once during cooking.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
275	29g	12.5g	8g	13.5g

PAIN FIGHTING Superfood Recipes



ASPARAGUS EGG CASSEROLE

Servings: 4

Ingredients:

3 Tbsp Extra Virgin Olive Oil
10 Oz Asparagus Spears, Cut Into ½ Inch Pieces
½ Sweet Onion, Chopped
3 Cloves Garlic, Minced
8 Large Eggs
½ Tsp Thyme
½ Tsp Sea Salt
¼ Tsp Black Pepper

Directions:

Preheat oven to 350 degrees.



Heat 1 tbsp of the olive oil in a medium pan on medium heat. Add asparagus and onion and cook for 5 minutes until softened. Add the garlic and cook for an additional minute.

Meanwhile, whisk eggs, thyme, salt, and black pepper in a mixing bowl.

Coat a glass pie plate with the remaining olive oil. Place all vegetables evenly in the pie plate. Pour egg mixture over the vegetables. Bake for 20-30 minutes or until eggs are set and slightly browned. Remove, and cut into 4 wedges.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
254	15g	5g	1.5g	20.5g

PAIN FIGHTING Superfood *Recipes*



VANILLA CHIA BREAKFAST PUDDING

Servings: 4

Ingredients:

- 1 Can Full Fat Organic Coconut Milk
- 3 1/2 Tbsp Chia Seeds
- 1 Tsp Vanilla Extract
- 4 Servings Stevia

Directions:

Mix all ingredients thoroughly in a large bowl. Chill covered overnight to allow pudding to thicken. Top with your favorite fruit, nuts, or granola.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
227.5	3.5g	9.5g	1.5g	21.5g



Lunch

Recipes



PAIN FIGHTING Superfood *Recipes*



CHICKEN SALAD LETTUCE WRAPS



Ingredients:

½ Cup Shredded or Chopped Chicken
1 Tbsp. Sliced Almonds
2 Tbsp. Nonfat Greek Yogurt
2 Tsp. Honey
½ Cup Chopped Grapes
3-4 Romaine or Boston Lettuce Leaves

Directions:

Mix and wrap in lettuce leaf and enjoy!

Nutrition Information: varies on brand:

Calories	Protein	Carbohydrates	Sugar	Fat
389	44g	43g	40g	5g

PAIN FIGHTING Superfood *Recipes*



TORTILLA NUT BUTTER BANANA PIZZA



Ingredients:

- 1 Ezekiel Wrap
- 1 Sliced Banana
- 1 Tbsp. Almond Butter
- 2 Tsp Honey
- Cinnamon

Directions:

Preheat oven to 350 degrees. Spread almond butter on Ezekiel Wrap and top with sliced banana, honey and cinnamon.

Bake for 5-7 minutes (until golden brown).

Nutrition Information: varies on brand:

Calories	Protein	Carbohydrates	Sugar	Fat
395	10g	68g	28g	12g

PAIN FIGHTING Superfood *Recipes*



PORTOBELLO TURKEY BURGER

Ingredients:

1 Whole Portobello Mushroom
6 Oz Extra Lean Ground Turkey or 1 Extra Lean Frozen Turkey Burger
¼ Cup Avocado
Sliced Tomato
Chopped Red Onion
Lettuce Leaf
Mustard (optional)

Directions:

Pre-heat oven or grill to 375 degrees and place turkey burger and Portobello mushroom in oven.

Bake or grill until turkey is completely white (make sure to cook all the way through).

Bake or grill mushroom until softened.

When finished, use Portobello mushroom like hamburger bun and place turkey burger on top with avocado, tomato, red onion, lettuce and mustard. Enjoy!



Nutrition Information: without condiments:				
Calories	Protein	Carbohydrates	Sugar	Fat
281	33g	9g	2g	14g

PAIN FIGHTING Superfood *Recipes*



SUMMER BERRY SALAD



Ingredients:

2-3 Cups Spring Mix Greens
1 Tbsp. Sliced Almonds or Walnuts
½ Cup Strawberries
½ Cup Blueberries
½ Cup Grilled Chicken
1 Hard-Boiled Egg

Directions:

Mix all ingredients together and top with fresh lime juice!

Nutrition Information: based on Almonds Included:

Calories	Protein	Carbohydrates	Sugar	Fat
345	39g	25g	13g	11g

PAIN FIGHTING Superfood Recipes



TURKEY BURGER WITH ZUCCHINI CHIPS

Ingredients:

6 Oz. Extra Lean Ground Turkey
1 Large Zucchini
1 Tbsp. Olive Oil

Directions:

Turkey Burger- Grill at 375 until thoroughly cooked and season with paprika, salt and pepper.



Zucchini Chips - 1 lg. zucchini, 2 Tbsp. olive oil, kosher salt. Brush oil on each slice of zucchini.

Sprinkle salt onto the cookie sheet of slices. Do not over season.

Bake at 225 degrees for 2 hours or until they start to brown and aren't soggy.

Let cool before removing.

Nutrition Information: Based on Frozen Jenni-O Turkey Burger:

Calories	Protein	Carbohydrates	Sugar	Fat
316	32g	7g	3g	19g

PAIN FIGHTING Superfood Recipes



GARLIC CHICKEN AND SWEET POTATO FRIES

Ingredients:

1 6 Oz. Chicken Breast
1 Tbsp. Minced Garlic
1 Tbsp. Olive Oil
¼ Teaspoon Red Pepper Flakes
Dash Salt And Pepper
1 Tbsp. Honey

Directions:

Chicken: Mix everything except olive oil together and let chicken marinade for 30 minutes.



Place on grill on medium heat and cook thoroughly.

Sweet potato fries: 1 small sweet potato diced and tossed with 1 tbsp. olive oil, paprika, salt and pepper.

Bake at 375 degrees for 20 minutes or until golden brown then remove and enjoy!

Nutrition Information: Based on Chicken & Sweet Potato Fries:

Calories	Protein	Carbohydrates	Sugar	Fat
479	53g	29g	22g	16g

PAIN FIGHTING Superfood Recipes



TACO SALAD

Ingredients:

2 Cups Romaine Lettuce or Mixed Greens
½ Cup Ground Extra Lean Turkey
Sautéed Green Peppers and Onions
1 Tbsp. Salsa
2 Tbsp. Nonfat Plain Greek Yogurt
¼ Cup Avocado
1 Tbsp. Minced Garlic
Fresh Squeezed Lime

Directions:

Cook ground turkey, peppers, onions and garlic in skillet until thoroughly cooked.

Place ingredients on top of greens.

In separate cup or bowl mix together salsa, lime juice and nonfat Greek yogurt until creamy and pour over for dressing.

Top with ¼ cup sliced avocado.



Nutrition Information: based on Organic brands:

Calories	Protein	Carbohydrates	Sugar	Fat
359	46g	17g	4g	14g

PAIN FIGHTING Superfood Recipes



GARLIC SALMON WITH BAKED KALE CHIPS

Ingredients:

6 Oz. Salmon
1 Tsp. Minced Garlic
1 Tsp. Honey
1 Tbsp. Low Sodium Soy Sauce
Dash of Ginger

Directions:

Preheat oven to 375 degrees.

Mix ingredients together and let salmon marinade for 20-30 minutes.



Bake until salmon is flaky and light pink.

Kale Chips: Take 2-3 cups of raw kale and place in mixing bowl.

Pour 1 tbsp. Olive Oil over top and sprinkle with salt and pepper.

Use hands to mix olive oil, seasoning and kale until oil is spread evenly.

Place on baking sheet and bake in over at 375 degrees for 15-20 minutes or until crispy.

Nutrition Information: based on Organic brands:

Calories	Protein	Carbohydrates	Sugar	Fat
455	45g	19g	5g	22g

PAIN FIGHTING Superfood Recipes



SIRLOIN COBB SALAD



Ingredients:

6 Oz. Grass Fed Sirloin
2-3 Cups Spinach
1 Hard-Boiled Egg
¼ Cup Avocado
1 Slice Cooked Turkey Bacon
Sliced Tomato
1 Tbsp. Balsamic Vinegar
Salt and Pepper

Directions:

Grill 6 oz. grass fed sirloin on medium heat to preferred temperature.

Season steak with garlic, salt and pepper.

Mix remaining ingredients together and toss salad with 1 tbsp. balsamic vinegar.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
439	60g	6g	1g	19g

PAIN FIGHTING Superfood Recipes



CHICKEN AND VEGGIE STIR FRY

Ingredients:

5 Oz. Diced Chicken Breast
1 Cup Broccoli
2-4 Chopped Asparagus Stalks
1 Small Zucchini
1 Tsp. Minced Garlic
1 Tbsp. Olive Oil
1 Tsp. Ginger
Dash of Paprika
1 Tsp. Honey
Dash of Red Pepper



Directions:

In skillet, pour 1 tbsp. olive oil on medium heat and add in all of the ingredients.

Cook slowly until chicken is completely white and almost all of the seasoning is soaked in chicken and veggies.

**Make sure not to burn the garlic and keep skillet on simmer.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
321	39g	13g	6g	15g

PAIN FIGHTING Superfood Recipes



BROCCOLI CAULIFLOWER BEAN SOUP

Servings: 8

Ingredients:

2 Tbsp Coconut Oil
1 Yellow Onion, Chopped
4 Garlic Cloves, Minced
2 Cups Chicken Broth
2 Cups Broccoli, Chopped
1 Head Of Cauliflower, Chopped
1 Tsp Dried Sage
1 1/2 Cups Cooked Cannellini Beans
Sea Salt And Black Pepper To Taste
4 Scallions, Sliced

Directions:



Heat coconut oil in a Dutch oven on medium heat. Add onion and cook for 3-5 minutes until softened. Add garlic and cook an additional minute.

Add chicken broth, broccoli, cauliflower, and sage. Reduce heat to low, cover and simmer for 20 minutes or until vegetables are tender. With an immersion blender, or alternatively, transfer soup to a blender in batches, mix until smooth.

Return pot to stove and heat on medium-low. Stir in beans and cook for 5 minutes.

Ladle soup into serving bowls and sprinkle with salt and pepper to taste and top with scallions.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
123	45g	17g	3.5g	4g

PAIN FIGHTING Superfood Recipes



BERRY SALMON SALAD WITH BERRY VINAIGRETTE

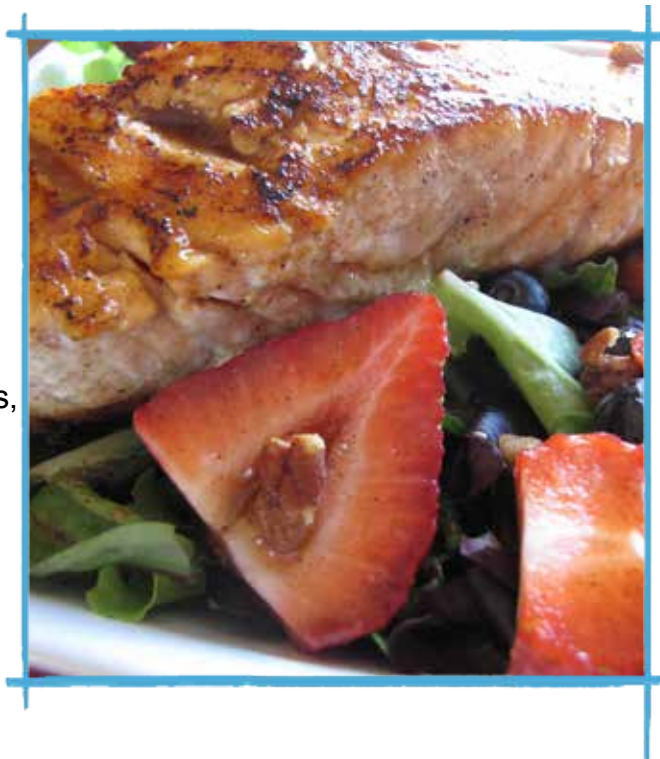
Servings: 2

Ingredients:

- 1 Cup Spinach Leaves
- 1 Cup Mixed Greens
- 2 Salmon Fillets, Cooked
- ¼ Cup Red Onions, Sliced
- ½ Cup Berries (Such as Raspberries, Strawberries, Blueberries, or Blackberries)
- 2 Tbsp Walnuts, Chopped

Dressing Ingredients:

- 1 ½ Cup Berries (Such as Raspberries, Strawberries, Blueberries, or Blackberries)
- ½ Cup Extra Virgin Olive Oil
- ¼ Cup Apple Cider Vinegar
- Pinch Of Black Pepper



Directions:

For the Salad: Divide spinach and mixed greens between 2 serving plates and divide and top with the remaining ingredients.

For the Dressing: Combine all ingredients in a blender. Blend until smooth. Refrigerate any leftovers.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
352	28.5g	21.5g	5g	24g

PAIN FIGHTING Superfood Recipes



BLACK BEAN SLOPPY JOE

Servings: 4

Ingredients:

1 Tbsp Coconut Oil
½ Onion, Chopped
1 Red Bell Pepper, Chopped
1 Carrot, Shredded
2 Garlic Cloves, Minced
1 Lb Grass Fed Ground Beef
6 Tomatoes
1 Tsp Salt
1 Tsp Red Pepper Flakes
¼ Tsp Mustard Powder
½ Cups Cooked Black Beans



Directions:

Heat coconut oil in a medium pan on medium heat. Add onion, bell pepper, and carrot and cook for 3-5 minutes, until softened. Add garlic and cook an additional minute.

Add ground beef and cook stirring occasionally, until no longer pink.

Meanwhile, blend tomatoes until pureed. Stir in salt, red pepper flakes, and mustard powder.

Once meat is cooked, stir in beans and seasoned pureed tomato sauce. Cook on medium low for 7-10 minutes until sauce thickens and beans are warm.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
262	26.5g	18g	7g	8g

PAIN FIGHTING Superfood Recipes



APPLE AVOCADO TUNA SALAD

Servings: 2

Ingredients:

- 2 Cans of Tuna, Drained
- 1 Small Avocado, Mashed
- 1 Small Apple, Chopped
- 1 Celery Stalk, Diced
- 2 Tbsp Red Onion, Chopped
- 2 Tbsp Slivered Almonds
- Salt and Black Pepper to Taste

Directions:

Mix all ingredients together in a bowl. Serve in a lettuce wrap or on top of mixed greens or spinach.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
493	37.5g	25.4g	14g	28g

PAIN FIGHTING Superfood Recipes



TURKEY BUTTERNUT SOUP

Servings: 4

Ingredients:

- 1 Tbsp Coconut Oil
- 1 Large Red Bell Pepper, Chopped
- 2 Leeks, Chopped
- 3 Cloves Garlic, Minced
- 4 Cups Chicken Broth
- 2 Celery Stalks, Finely Chopped
- 1 Medium Butternut Squash, Peeled, Seeded, and Cubed
- 1 Lb Turkey Breast Cutlets, Cut into Cubes
- Juice ½ Lime
- 2 Tsp Dried Sage
- ½ Tsp Crushed Red Pepper Flakes
- Sea Salt and Black Pepper to Taste



Directions:

Heat coconut oil in a Dutch oven over medium heat. Add bell pepper and leeks. Cook for 3-5 minutes until softened. Add garlic and cook an addition minute.

Stir in chicken broth, celery, squash, turkey cubes, lime juice, sage, and red pepper flakes. Bring to a boil. Cover and reduce heat to medium-low. Cook until turkey is cooked through and no longer pink. Sprinkle with salt and black pepper.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
292	35.5g	27g	5g	5g

PAIN FIGHTING Superfood Recipes



CHICKEN BEAN SALAD

Servings: 4

Ingredients:

2 Chicken Breasts, Cooked, Cubed, and Chilled
1 Cup Cooked Cannellini or Other White Bean
1 Tomato, Chopped
½ Cucumber, Chopped
1 Red Bell Pepper, Chopped
2 Scallions, Sliced
2 Tbsp Red Wine Vinegar
6 Tbsp Extra Virgin Olive Oil
Juice of ½ A Lemon
1 Garlic Clove, Minced
1 Tbsp Fresh Basil Leaves, Chopped
½ Tsp Sea Salt
¼ Tsp Black Pepper



Directions:

Combine chicken, beans, tomato, cucumber, red bell pepper, and scallions in a large bowl.

Whisk the red wine vinegar, olive oil, lemon juice, garlic, basil, salt, and black pepper in another bowl. Drizzle over salad and toss gently to coat.

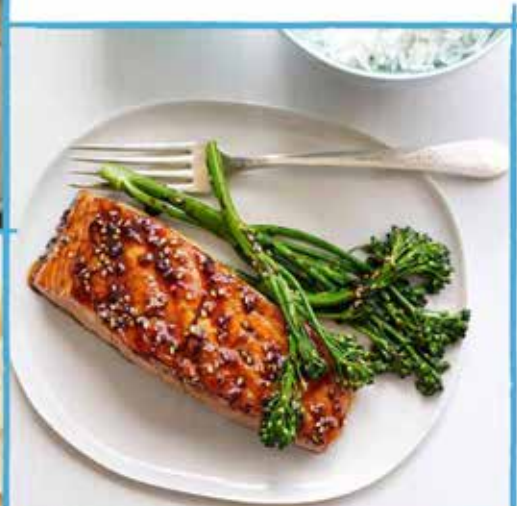
Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
330	20g	17g	5g	21.5g



Dinner

Recipes



PAIN FIGHTING Superfood Recipes



TERIYAKI SALMON

Ingredients:

4 Oz. Skinless Salmon Filet
2 Tbsp. Low Sodium Teriyaki Sauce
Garlic Powder
Ginger

Directions:

Pre-heat oven to 375 degrees.
Place salmon filet in bowl or dish to
marinate.

Coat with teriyaki sauce, dash of garlic
powder and ginger and let sit for 30
minutes.



Place on lined baking sheet and bake for 15-20 minutes or until sauce is bubbly and salmon is flaky. Enjoy.

Try this dish with the mashed cauliflower and some veggies for a delicious meal.

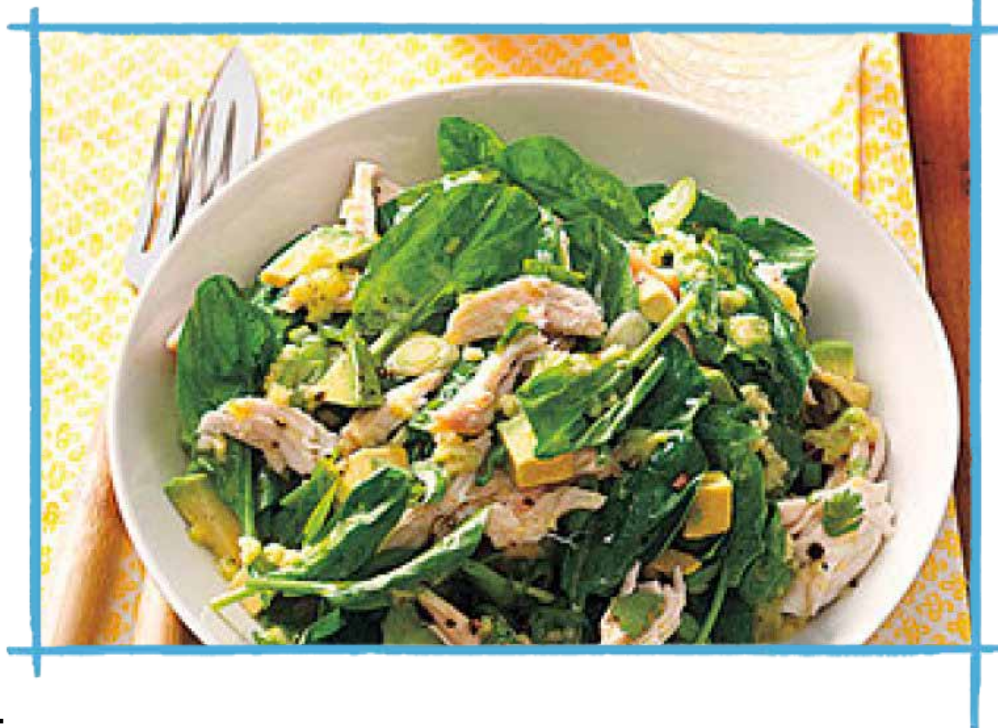
Nutrition Information: Based on Salmon without sides:

Calories	Protein	Carbohydrates	Sugar	Fat
165	28g	1g	0g	5g

PAIN FIGHTING Superfood *Recipes*



SOUTHWEST SALSA CHICKEN SALAD



Ingredients:

2 Cups Baby Spinach
1/2 Cup Raw Mushrooms
Sprinkle on Red Onions
1/2 Cup Chicken
1/4 of Hass Avocado

Directions:

This is an easy one. For Salad Dressing mix 1 tbsp. of fat free Greek yogurt and 2 tbsp. of organic salsa.

Stir together and pour on top.

Nutrition Information: Varies Based on Brands:

Calories	Protein	Carbohydrates	Sugar	Fat
320	39g	24g	7g	8g

PAIN FIGHTING Superfood Recipes



FILET MIGNON WITH MASHED SWEET POTATOES AND ASPARAGUS

Ingredients:

4 Oz. Grass Feed Filet
1 Small Sweet Potato
Cinnamon
2 Tsp. Coconut Oil
4-6 Asparagus Stalks
1 Tsp. Olive Oil
Salt
Pepper



Directions:

Filet Mignon: Place filet on grill at medium heat and cook to desired temperature seasoned with salt and pepper.

Mashed Sweet Potatoes: Preheat oven to 425 and baked sweet potato for 45-55 minutes until tender (can poke through with a fork). Remove from oven and use food processor or hand mixer and mash sweet potato until smooth.

Add in cinnamon and 2 tsp. coconut oil and mix together.

Asparagus: Bake or grill asparagus for 6-8 minutes on medium heat or until desired texture.

Remove and drizzle with 1 tsp. olive oil, salt and pepper.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
413	37g	16g	6g	22g

PAIN FIGHTING Superfood Recipes



LOW CARB SPAGHETTI

Ingredients:

1 Medium Spaghetti Squash
Extra Lean Ground Turkey
Organic Crushed Tomatoes
Salt
Pepper
Red Pepper Flakes
Minced Garlic
Basil
¼ Cup Stevia



Directions:

In saucepan on medium heat combine crushed tomatoes, salt, pepper, red pepper flakes, basil, ¼ cup stevia, and garlic and let simmer as spaghetti sauce.

Preheat oven to 375 degrees and place whole squash on baking pan and bake for 45 minutes until tender. In the meantime, place ground turkey in sauce pan and brown until cooked thoroughly. When fully cooked, place in sauce and let simmer.

Once spaghetti squash is fully baked, remove from oven and cut in half length-wise and let cool for a few minutes.

Use a spoon or your hands to remove seeds from squash and discard.

To create “spaghetti” use a fork to pull out the inside of the squash and place in bowl (Should look like spaghetti noodles).

Season squash with salt and pepper then add sauce with extra lean ground turkey.

*May add peppers and mushrooms to sauce if desired.

Nutrition Information: is based on ½ cup sauce with 4oz ground turkey and 1 cup of baked spaghetti squash.

Calories	Protein	Carbohydrates	Sugar	Fat
207	29g	19g	8g	2g

PAIN FIGHTING Superfood Recipes



SWEET GARLIC CHICKEN SKEWERS WITH VEGGIES

Ingredients:

6 Oz. Boneless Skinless Chicken Breast
Green Peppers
Mushrooms
Onions
Red Peppers
Zucchini
Garlic Powder
Ginger
1 Tbsp. Honey



Directions:

Soak skewer sticks in water while prepping food. Preheat grill on medium heat around 375 degrees.

Dice chicken breasts into small squares and place in bowl.

Combine honey, ginger and garlic powder and fully coat chicken as marinade and let sit for 15-20 minutes.

In the meantime, slice veggies into big chunks.

Take skewers and stack one piece of chicken, with one slice of each veggie (alternating) and repeat until all remaining ingredients are distributed on skewers.

Place on grill and cook for 15-20 minutes until chicken is thoroughly cooked (there should be no pink) and veggies are somewhat charred.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar (natural)	Fat
332	43g	17g	32g	2g

PAIN FIGHTING Superfood Recipes



SOUTHWEST STUFFED RED PEPPERS

Ingredients:

6 Oz. Extra Lean Ground Turkey
1 Red Pepper- Tops Removed And Diced
¼ Cup Yellow Onion Diced
1 Tsp Minced Garlic
¼ Cup Drained Diced Tomatoes w/o Added Salt
¼ Cup Chopped Mushrooms
¼ Cup Black Beans (or your favorite type of beans)



Directions:

*To make for more than one simply multiply the ingredients by the desired number of people

Turn on oven to 350F. Prepare a glass baking dish with a little coconut or olive oil.

Remove the top of pepper by cutting around stem and remove seeds- chop up the top to be used as part of the ingredients.

Use a skillet to brown extra lean ground turkey and cook until there is no pink left.

Add diced pepper tops, onion, garlic, tomatoes, beans and mushrooms and sauté until peppers are crisp tender.

Add Meat mixture back into pan and heat through. Scoop equal amounts into pepper.

Bake for about 25 min, then serve with 1 dollop of nonfat plain Greek yogurt on top (optional)

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
322	46g	17g	14g	5g

PAIN FIGHTING Superfood Recipes



CROCK POT TURKEY BREAST

Ingredients:

1 6Lb Boneless Turkey Breast
¾ Cup Water
1 White Onion, Diced 1 Tsp Honey
2 Tbsp. Garlic Powder
1Tsp Ground Pepper
1 Tbsp. Dried Parsley
1 Tbsp. Seasoned Salt
1 Tbsp. Dried Oregano



Directions:

Spray crockpot with nonstick cooking spray and place all of the ingredients inside.

Cook on low for 8-9 hours (or until turkey is very tender).

While the turkey is cooking, every couple hours use a ladle to pour juices and seasoning over top of turkey to keep flavor cooking inside the meat.

The turkey is done when there is no pink inside or when using a meat thermometer it reads at least 165 degrees.

Pair with mashed cauliflower and/or garlic green beans (cooked green beans sprinkled with minced garlic).

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
150	35g	2g	2g	2g

PAIN FIGHTING Superfood Recipes



HEALTHY OUTBACK ALICE SPRINGS CHICKEN WITH SWEET POTATO FRIES

Ingredients:

6 Oz. Boneless Skinless Chicken Breast	Dash of Salt and Pepper
2 Slices Extra Lean Turkey Bacon	1 Tsp Paprika
1 Tsp. Honey	1 Tbsp. Coconut Oil
1 Tsp. Mustard	½ Cup Sliced Mushrooms

Directions:

Directions for Alice Springs chicken: Sprinkle and rub the chicken breasts with seasoning (leave out the honey and mustard) and use as marinade for approximately 30 minutes.

While chicken is marinating, cook bacon in a large skillet until crisp.

Place 1 tbsp. coconut oil in a large skillet over medium heat.

Place chicken in the skillet and sauté for 8 to 10 minutes until browned.

In a glass baking sheet, place chicken and apply the honey mustard to chicken breast, then top with mushrooms and bacon.

Bake in a 350° oven for 20-25 minutes until chicken juice runs clear.

For sweet potato fries: Take 1 small sweet potato and slice vertically into small fries.

Toss sweet potato in 1 tsp. of olive oil and place on baking sheet. Sprinkle with paprika, salt and pepper (to taste).

Bake on separate baking rack of chicken for 20-25 minutes or until golden brown.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
445	51g	27g	15g	16g

PAIN FIGHTING Superfood Recipes



GINGER SALMON

Servings: 2

Ingredients:

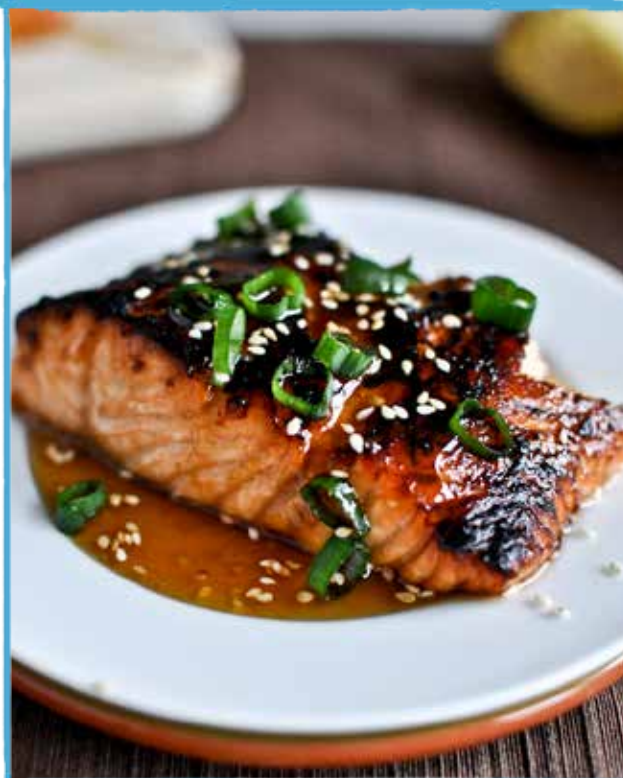
- 1/2 Cup Chicken Broth
- 2 Garlic Cloves, Minced
- 2 Salmon Filets
- 1 Tsp Fresh Grated Ginger
- Sea Salt And Black Pepper to Taste
- 2 Tbsp Scallions

Directions:

Heat garlic in chicken broth for 1 minute.

Add salmon. Sprinkle with ginger, salt, and pepper. Cook covered for 15-20 minutes, until fish is cooked through and easily flakes with a fork. Occasionally spoon broth over the salmon during cooking.

Top with scallions before serving.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
178.5	25.5g	3g	.5g	8g

PAIN FIGHTING Superfood Recipes



BEEF AND BLACK BEAN CHILI

Servings: 5

Ingredients:

- 2 Tbsp Coconut Oil
- 1 Yellow Onion, Chopped
- 1 Green Bell Pepper, Chopped
- 1 Colored Bell Pepper, Chopped
- 3 Cloves Garlic, Minced
- 1 Lb Ground Grass Fed Beef
- 2 Tbsp Chili Powder
- 10 Tomatoes, Chopped
- 1 Cup Cooked Black Beans
- ½ Cup Cooked Kidney Beans
- 1 Tsp Sea Salt
- ¼ Tsp Cayenne Pepper



Directions:

Heat coconut oil in a large saucepan on medium-high. Add onions and peppers. Cook for 3-5 minutes or until softened. Add garlic and cook for an additional minute. Add beef, sprinkle with chili powder, and cook until browned, stirring occasionally. Add remaining ingredients and bring to a boil. Reduce heat to low, cover, and simmer for 15-20 minutes.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
303	25g	27g	9g	11g

PAIN FIGHTING Superfood Recipes



SPICY INDIAN BURGERS

Servings: 4

Ingredients:

1 Pound Grass Fed Beef
1 Egg
2 Cloves Garlic, Minced
½ Onion, Finely Chopped
1 Tsp Garam Masala
1 Tsp Ground Coriander
½ Tsp Cumin
½ Tsp Sea Salt
¼ Tsp Black Pepper
¼ Tsp Cayenne Pepper
Pinch Of Cinnamon
2 Tbsp Grass Fed Butter



Directions:

Combine beef, egg, garlic, onion, and seasonings in a large bowl and mix well. Shape meat into 4 patties.

Heat butter in a large skillet on medium heat. Add patties, and brown on both sides until desired doneness.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
224	24g	2g	.5g	13g

PAIN FIGHTING Superfood Recipes



VEGGIE CHICKEN AND RICE BOWL

Servings: 2

Ingredients:

1/2 Cup Uncooked Brown Rice
2 Cups Chicken Broth
2 Cloves Garlic, Minced
1/2 Onion, Finely Chopped
2 Carrots, Shredded
1/2 Zucchini, Shredded
2 Celery Stalks, Finely Chopped
8 Oz Cooked Chicken, Cubed
Sea Salt And Black Pepper to Taste



Directions:

Add rice, chicken broth, garlic, onion, carrots, zucchini, and celery to a large pot. Bring to a boil. Reduce heat to medium low and cover. Cook until rice and veggies are soft approximately 30-40 minutes. Add more broth or water during cooking if needed.

Add cooked chicken to the rice mixture and cook for an additional 5-7 minutes or until chicken is warm. Sprinkle with salt and black pepper.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
367	21g	49g	10g	3g

PAIN FIGHTING Superfood Recipes



LEMONY MACADAMIA NUT CRUSTED BLACK COD

Servings: 4

Ingredients:

2 Tbsp Extra Virgin Olive Oil
½ Cup Macadamia Nuts, Finely Chopped
2 Tbsp Fresh Parsley
1 Tbsp Lemon Juice
1 Lb Black Cod
Sea Salt and Black Pepper to Taste
1 Egg, Beaten



Directions:

Preheat oven to 400 degrees.

Cover a baking sheet with aluminum foil and brush liberally with olive oil.

Combine the macadamia nuts, parsley, and lemon juice on a large plate. Sprinkle cod with salt and pepper. Dip each chicken breast in the egg, then coat with the macadamia mixture.

Place the fish on the baking pan and bake for 15-20 minutes or until cooked through and fish flakes easily with fork.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
290.5	23g	2g	1g	21g

PAIN FIGHTING Superfood Recipes



ITALIAN VEGGIE CHICKEN SUPREME

Servings: 4

Ingredients:

4 Tbsp Coconut Oil
1 Lb Chicken, Deboned And Cut Into Cubes
Sea Salt And Black Pepper to Taste
1 Large Yellow Onion, Chopped
1 Zucchini, Chopped
1 Yellow Summer Squash, Chopped
1 Green Bell Pepper, Cut into Strips
1 Colored Bell Pepper, Cut into Strips
2 Cloves Garlic, Minced
6 Tomatoes, Chopped
1 Tbsp Fresh Basil
1 Tbsp Fresh Oregano

Directions:

Heat 2 tbsp of coconut oil in a large skillet on medium heat. Add chicken and sprinkle with salt and black pepper. Cook, stirring occasionally, until cooked through and no longer pink. Set aside.

In the same skillet, heat the remaining coconut oil. Add onion, zucchini, summer squash, and bell peppers. Cook, stirring frequently, until the vegetables soften, about 5 minutes. Add garlic and cook for an additional minute.

Add tomatoes, herbs, and chicken. Cover and simmer for 10 minutes.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
318.5	14.5g	18g	9g	31g

PAIN FIGHTING Superfood Recipes



SOUTHWEST MEATBALL SKILLET

Servings: 4

Ingredients:

1 Lb Grass Fed Ground Beef
1 Large Egg
¼ Cup Oats, Finely Ground
½ Onion, Chopped
2 Garlic Cloves, Minced
3 Tbsp Cilantro
½ Tsp Sea Salt
¼ Tsp Cayenne Pepper
2 Tbsp Coconut Oil
1 Cup Cooked Black Beans
5 Tomatoes, Chopped
½ Cup Chicken Broth
Juice of Half a Lime



Directions:

In a large bowl, combine beef, egg, oats, onion, garlic, 2 tbsp cilantro, salt and cayenne pepper. Mix well and shape with a spoon into approximately 16 meatballs.

In a large skillet, heat coconut oil on medium heat. Add meatballs and cook for 10-15 minutes, turning frequently, until browned on all sides.

Add black beans, tomatoes, broth, lime juice and remaining cilantro to the skillet. Reduce heat to medium-low, cover and cook for an additional 10 minutes, until meatballs are cooked through.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
349.5	31g	24g	5g	15g

PAIN FIGHTING Superfood Recipes



GREEK CHICKEN DINNER

Servings: 4

Ingredients:

1 Tbsp Coconut Oil
1 Pound Boneless, Skinless Chicken Breast, Cut into Strips
Sea Salt and Black Pepper to Taste
1 Cucumber, Cut Lengthwise into Ribbons
12 Cherry Tomatoes, Halved
½ Cup Black Olives, Pitted and Sliced

For The Vinaigrette:

2 Tbsp Apple Cider Vinegar
¼ Cup Extra Virgin Olive Oil
½ Tbsp Lemon Juice
1 Garlic Clove, Minced
½ Tsp Dried Oregano
½ Tsp Salt
¼ Tsp Black Pepper



Directions:

Heat coconut oil in a large skillet on medium heat. Add chicken strips to the skillet and sprinkle with salt and pepper. Cook for 10-15 minutes, turning once, until chicken is no longer pink in the middle.

Divide cucumber, cherry tomatoes, olives, and cooked chicken evenly between four plates.

To make the vinaigrette, whisk together apple cider vinegar, olive oil, lemon juice, garlic, oregano, salt, and pepper.

Drizzle chicken and veggies with the vinaigrette and refrigerate any leftovers.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
301	19.5g	7.5g	2.5g	19.5g



Desserts & Smoothies *Recipes*



PAIN FIGHTING Superfood Recipes



APPLE PIE SHAKE

Ingredients:

1 Scoop [BioTrust Vanilla Protein](#)
1/4 Cup Unsweetened Apple Sauce (organic is best)
2 Packets of Stevia
1/2 Tsp Cinnamon
1/2 Cup Unsweetened Almond Milk
Pinch of Nutmeg or Apple Pie Spice
1/4 Cup Fat Free Plain Greek Yogurt
1/2 Cup Crushed Ice (add ice based on desired consistency)

Directions:

Just throw all the ingredients into a blender and enjoy!



You can top with 2 tbsp. of fat free whipped topping and sprinkle with cinnamon for some added dessert like taste or you can drink it as it is on here and it's still amazing.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
173	31g	10g	6g	1g

PAIN FIGHTING Superfood Recipes



CINNAMON CHEESECAKE CUPCAKES

YUMMMM!

Ingredients:

- 1 Scoop [BioTrust Vanilla Protein](#)
- 8 Oz. Fat Free Cream Cheese
- 1/4 Cup Stevia or Other Natural Sweetener
- Few Drops of Vanilla Extract
- 1 Egg White
- 1 Whole Egg
- 1 Tsp. Cinnamon or Pumpkin Pie Spice
- 6 Oz. Fat Free Plain Greek Yogurt (I used Fage)

Directions:

Mix all ingredients in a blender or you can use a hand held mixer.

Spray a muffin pan with non-stick spray.

Pour ingredients evenly into muffin pan. Pre-heat oven to 350 degrees and bake for 18-20 minutes or until golden brown. DO NOT OVER COOK!

Let cool then top with 1 tbsp. fat free Greek yogurt sprinkled with stevia and cinnamon. Or just top with 2 tbsp. fat free dairy free whipped cream. Enjoy!



Nutrition Information: for 1 cupcake if ingredients are spread into 8 cupcakes:

Calories	Protein	Carbohydrates	Sugar	Fat
67	7g	2.87g	1.8g	1g

p.s. Realistically, you're probably going to eat 2 of the cakes... so your nutrition would be this:

Calories	Protein	Carbohydrates	Sugar	Fat
134	14g	5.6g	3.6g	1.2g

PAIN FIGHTING Superfood Recipes



MICROWAVE CHOCOLATE MUG CAKE

Ingredients:

- 1 Scoop [BioTrust Chocolate Protein](#)
- ¼ Cup Unsweetened Almond Milk
- 1 Tbsp. Unsweet Cocoa Powder
- 1 Large Egg White
- 1 Pack Stevia
- Few Drops of Vanilla Extract
- ½ Tsp. Baking Soda



Directions:

Spray a microwave safe mug, fill and cover with plastic wrap.

Microwave for about 1 minute. (Watch it cooking to make sure you do not overcook).

Icing: Mix 1 tbsp. nonfat plain Greek yogurt and 1 packet of stevia and scoop on top for a delicious and clean treat!

Nutrition Information: varies based on brand:

Calories	Protein	Carbohydrates	Sugar	Fat
313	33g	18g	11g	14g

PAIN FIGHTING Superfood Recipes



MOCHA CHEESECAKE PROTEIN SHAKE

Ingredients:

- 1 Scoop [BioTrust Chocolate Protein](#)
- 1 Tbsp. Unsweetened Cocoa Powder
- 2 Packets Stevia
- Few Drops of Coffee Extract
- 1/2 Cup Fat Free or Low Fat Cottage Cheese
- 1/2 Cup Unsweetened Almond Milk
- 1/2 Cup Crushed Ice (might need to add a little water depending on desired consistency)

Directions:

Put all the ingredients into a blender and blend until it is all smooth.

Top with 2 tbsp. whipped topping and drizzle with organic chocolate syrup (optional).



Nutrition Information: without topping:

Calories	Protein	Carbohydrates	Sugar	Fat
255	43g	23g	4g	6g

PAIN FIGHTING Superfood Recipes



CHOCOLATE CHIP COOKIE DOUGH CASEIN

Ingredients:

- 1 Scoop [BioTrust Vanilla Protein](#)
- 1 Tbsp. Semi-Sweet Mini Chocolate Chips

Directions:

Mix ingredients together and SLOWLY add 1 tbsp. of water at a time and keep stirring until you get a very thick pudding type consistency.

Place in freezer for 10-15 minutes then enjoy!
You should have a cookie dough like texture!



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
200	25g	15g	9g	6g

PAIN FIGHTING Superfood *Recipes*



CHOCOLATE PEANUT BUTTER COOKIE DOUGH

Ingredients:

- 1 Scoop [BioTrust Chocolate Protein](#)
- 1 Tbsp. Organic Peanut Butter

Mix ingredients together and SLOWLY add 1 tbsp. of water at a time and keep stirring until you get a very thick pudding type consistency.

Place in freezer for 10-15 minutes then enjoy!
You should have a cookie dough like texture!



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
220	28g	8g	2g	9g

PAIN FIGHTING Superfood Recipes



BLACK BEAN BROWNIES

Ingredients:

Serves: 12

- 1 15 Oz. Can Black Beans
- 2 Large Eggs
- 2 Tbsp. Flaxseed Meal
- 3 Tbsp. Coconut Oil, Melted
- 3/4 Cup Cocoa Powder
- 1/4 Tsp Sea Salt
- 1 Tsp Pure Vanilla Extract
- 1/2 Cup Stevia
- 1 1/2 Tsp Baking Powder



Directions:

Preheat oven to 350 degrees. Lightly grease a 12-slot muffin pan.

Mix wet ingredients in a food processor, pulse a couple times and then let rest for a few minutes.

Add in dry ingredients and blend until completely smooth with batter consistency.

Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your finger.

Optional: Sprinkle with crushed walnuts, pecans or chocolate chips.

Bake for 20-24 minutes or until the tops are dry and the edges start to pull away from the sides. This recipe is for fudgy brownies so they will not come out with a cake like consistency, they will be very moist!

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
140	5g	22g	9g	6g

PAIN FIGHTING Superfood Recipes



PROTEIN PEANUT BUTTER POWER BALLS

Ingredients:

2 Scoops [BioTrust Chocolate Protein](#)

½ Cup Peanut Butter

1 Cup of Dry Oats

*Makes 12 Power Balls Total

Directions:

Mix ingredients all together and once a sticky mixture is formed (may need to add a small amount of water to moisten).



Use your hands to roll the mixture into balls.

Form a coating by rolling each ball in oats mixed with another scoop of peanut butter.

Store in a Tupperware container and voila you have a clean and protein packed snack!

Nutrition Information: based on 2 Power Balls:

Calories	Protein	Carbohydrates	Sugar	Fat
240	14g	16g	1g	12g

PAIN FIGHTING Superfood Recipes



HOME MADE ALMOND MILK

Ingredients:

1 Cup Raw Almonds
1 Cup Water
A Few Figs
Vanilla Extract

Directions:

Soak raw almonds in water over night or for a few hours to soften.

After almonds have soaked strain water and put in blender with 1 cup cold water, a few seedless figs and a few drops of vanilla extract and blend until smooth.

Place in fridge to thicken and enjoy!



Nutrition Information: based on 2 Power Balls:

Calories	Protein	Carbohydrates	Sugar	Fat
77	1g	13g	10g	3g

PAIN FIGHTING Superfood Recipes



CHOCOLATE PUMPKIN HAZELNUT PROTEIN BALLS

Ingredients:

1 Scoop [BioTrust Chocolate Protein](#)
1/2 Cup Rolled Oats
1Tbsp. Organic Honey
1 Tbsp. Hazelnut Butter*
1/4 Cup Pumpkin or Organic Pumpkin
Puree
Dash Pumpkin Pie Spice



Directions:

*I used Justin's Hazelnut Butter from Target, but I'm sure other places have it.

Ready for how easy this is to make? Dump all of these ingredients into a large mixing bowl and stir together until mixed well.

Then simply grab small handfuls and roll the dough into balls and place on a plate or baking sheet (makes about 8-10 protein balls depending on how big you make them) and set in fridge to chill or set in freezer for 20-25 minutes to set and there you have it!

If you want to add some extra Tastiness to it and don't care about the calories then take 2 tbsp. Dark Chocolate Chips and melt them with 1 tbsp. coconut oil in microwave until smooth and creamy then dip the Chocolate Pumpkin Hazelnut Balls in the dark chocolate coconut mix and chill.

You can simply roll them in 1-2 tbsp. Dark Cocoa Powder for only 10-20 calories extra:)

Without the chocolate topping here is the Nutrition Information (slight variations with the brands you choose to go with on the ingredients, but based on the brands I went with which is why I put a range on the Nutrition Information).

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
70-75	3-5g	8-10g	3-5g	3-5g

PAIN FIGHTING Superfood Recipes



PUMPKIN SPICE PROTEIN SHAKE

Ingredients:

1 Scoop [BioTrust Vanilla Protein](#)*
1/4 Cup Pumpkin Puree (not pumpkin pie mix)
3 Tbsp. Brewed Coffee (whatever choice you want, I used Godiva Pumpkin Spice)
2 Packets Stevia
1/2 Cup Unsweetened Vanilla Almond Milk
1/2 Cup Crushed Ice (it's up to you how much ice you want)
Dash of Pumpkin Pie Spice Seasoning
*I use this one because it's got the best consistency and it's all natural too.

Directions:

Place all of the ingredients in blender or magic bullet and blend until completely smooth.

Pour in your favorite glass and top with 2 tbsp. fat free/sugar free whipped topping (optional).

DELICIOUS and HEALTHY!!! All natural ingredients, all amazing tastes, and it boosts your metabolism with the protein and antioxidants!

It's a WIN, WIN.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
200	26g	14g	3g	5g

PAIN FIGHTING Superfood Recipes



CHOCOLATE CHIP COOKIE MUG CAKE

Ingredients:

- 1 Scoop [BioTrust Vanilla Protein](#)
- 1 Tbsp. Coconut Flour
- 1 Tsp Baking Powder
- 2 Egg Whites
- 2.5 Tbsp. Vanilla Almond Milk
- 2 Tsp Stevia
- 1 Tsp Vanilla Extract
- Few Drops Butter Extract
- 1/2 [BioTrust Chocolate Chip Cookie](#)

Directions:

Blend all the ingredients together (except for the BioTrustCookie) with hand held blender or magic bullet.

Break up the [BioTrust Chocolate Chip Cookie](#) and mix into batter. Spray microwave safe mug with non-stick cooking spray and pour batter into mug, microwave for 1:30-2:30.

When finished, empty onto plate and top with 2 tbsp. nonfat Greek yogurt and remainder of [BioTrust Chocolate Chip Cookie](#)



Nutrition Information: based on BioTrustbrand with Greek yogurt topping:

Calories	Protein	Carbohydrates	Sugar	Fat
348	51g	23g	7g	8g

PAIN FIGHTING Superfood Recipes



CHOCOLATE CHIP COOKIE DOUGH CLEAN ICE CREAM

Ingredients:

1 Scoop [BioTrust Chocolate Protein](#)
1/2 Cup Unsweet Vanilla Almond Milk
1/4 Cup Plain Greek Yogurt

Directions:

Stir all ingredients together (should be a thick consistency) put in freezer for 15 minutes and check every 5 minutes or so to stir until it gets an ice cream like texture.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
213	31g	11g	3g	5g

PAIN FIGHTING Superfood Recipes



CHOCOLATE AVOCADO SMOOTHIE



Ingredients:

½ Hass Avocado
2 Tbsp. Cocoa Powder
1 Medium Sliced Banana
¼ Cup Nonfat Plain Greek Yogurt
1 Packet of Stevia
2 Tbsp. Unsweetened Almond Milk

Directions:

Mix all ingredients in a blender or food processor with ½ cup ice (depending on desired consistency) and blend until smooth.

Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
310	15g	55g	18g	15g

PAIN FIGHTING Superfood Recipes



GLUTEN FREE CHOCOLATE CHIP COOKIES

Ingredients:

Makes approximately 18 cookies

1½ Cup Almond Meal
¼ Tsp Baking Soda
¼ Tsp Sea Salt
½ Cup Chocolate Chips Gluten Free
2 Tbsp. Coconut Oil (Melted)
½ Tsp Pure Vanilla Extract
½ Cup Maple Syrup
1 Organic Egg

Directions:

Preheat oven to 350 degrees.

Spray a cookie sheet with nonstick cooking spray or line with wax paper to keep dough from sticking.

In a large bowl, combine almond meal, baking soda and sea salt.

Once thoroughly mixed combine ingredients.

If batter appears runny then allow to chill for 15-20 minutes in the refrigerator to thicken up.

Once batter has a cookie dough consistency place onto baking sheet and bake until cookies are golden brown.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
266	6g	23g	18g	17g

PAIN FIGHTING Superfood Recipes



KEY LIME STUFFED STRAWBERRIES

Ingredients:

4 Whole Strawberries
¼ Cup Nonfat Plain Greek Yogurt
1 Packet of Stevia
2 Tsp Lime Juice
¼ Cup Walnuts or Sliced Almonds

Directions:

Remove leaves and cut a small hole in the top of each strawberry and set aside.

In a small bowl combine Greek yogurt, lime juice, and stevia and mix together.

Use 1 tsp of Greek yogurt mixture and spoon into the strawberries.

Sprinkle with sliced almonds or walnuts and place in freezer for 15 minutes to thicken.

Remove and enjoy!



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
248	5g	11g	5g	20g

PAIN FIGHTING Superfood Recipes



ROASTED CINNAMON PUMPKIN SEEDS

Servings: 8

Ingredients:

2 Cups Raw Pumpkin Seeds
1 Tbsp Grass Fed Butter, Melted
1 Tsp Cinnamon
¼ Tsp Salt

Directions:

Preheat oven to 350 degrees.

In a small bowl, whisk melted butter, cinnamon and salt. Add pumpkin seeds and toss to coat.

Place seeds on a baking sheet in a single layer. Roast, stirring occasionally, until crisp and browned, about 15 minutes.



Nutrition Information:

Calories
84

Protein
3g

Carbohydrates
8.5g

Sugar
3g

Fat
4g

PAIN FIGHTING Superfood Recipes



SPICY BAKED SWEET POTATO CHIPS

Servings: 4

Ingredients:

- 2 Sweet Potatoes, Peeled and Evenly Sliced
1/8 inch Thick
- 2 Tbsp Extra Virgin Olive Oil
- 1 Tsp Paprika
- 1/2 Tsp Salt
- 1/2 Tsp Black Pepper
- 1/2 Tsp Garlic Powder

Directions:

Preheat oven to 400 degrees.

Toss sweet potatoes with olive oil to evenly coat. Sprinkle with paprika, salt, black pepper, and garlic powder.

Arrange potatoes in a single layer on a baking sheet. Bake about 20-30 minutes, flipping once, until potatoes are crisp and golden brown.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
116	7g	13g	3.5g	7g

PAIN FIGHTING Superfood *Recipes*



BLACKBERRY MANGO FRUIT SALAD

Servings: 6

Ingredients:

- 1 Large Mango, Cut into Small Pieces
- 1 ½ Cups of Blackberries
- 1/2 Cup Walnuts, Chopped
- Juice of ½ Lime
- 1 Tbsp Fresh Mint Leaves, Finely Chopped

Directions:

Mix all ingredients in a medium bowl. Chill and serve cold.



Nutrition Information:

Calories
104

Protein
3g

Carbohydrates
11g

Sugar
7g

Fat
6.5g

PAIN FIGHTING Superfood Recipes



NUTTY COCONUT TRAIL MIX

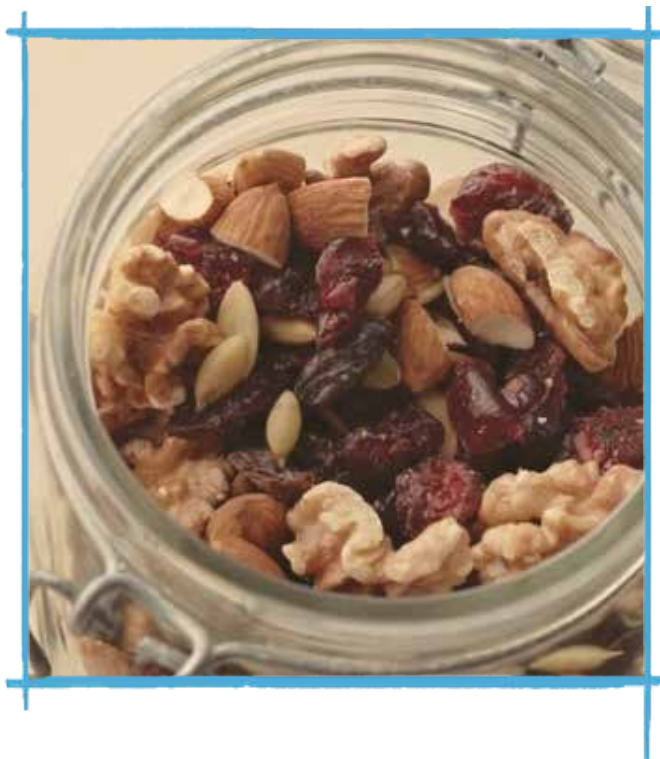
Servings: 8

Ingredients:

- ½ Cup Unsweetened, Unsulfured Coconut Flakes
- ¼ Cup Dried Unsweetened, Unsulfured Cranberries
- ½ Cup Walnuts
- ½ Cup Almonds
- ¼ Cup Pumpkin Seeds

Directions:

Place all ingredients in a large sealable bowl or a Ziploc bag. Mix thoroughly. Store sealed for freshness.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
151.5	4g	4g	3g	7.5g

PAIN FIGHTING Superfood Recipes



BAKED PLANTAIN CHIPS

Servings: 2

Ingredients:

2 Green Plantain
2 Tbsp Coconut Oil, Melted
Sea Salt and Black Pepper to Taste

Directions:

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Peel and thinly slice the plantain about 1/8 inch thick. Toss with coconut oil and lay in a single layer on the baking sheet. Sprinkle with salt and pepper.

Bake for 20-30 minutes or until crisp, flipping plantains halfway through.



Nutrition Information:

Calories	Protein	Carbohydrates	Sugar	Fat
229	1g	28.5g	13.5g	14.5g

PAIN FIGHTING Superfood Recipes



WHY DO WE USE BIOTRUST PROTEIN?

BioTrust Low Carb™

- Low-Carb Time-Released Protein Blend
- 100% All-Natural, Hormone-Free
- No Artificial Colors, Sweeteners or Flavors
- Time-Released Four-Protein Blend
- Only 4g of Net Carbs Per Serving!

The scary truth with much of what's currently on the shelves and in your cabinets is that it's predominantly unregulated.

Most protein powders you find anywhere you go cannot be 100% guaranteed.

So who knows what you're actually putting into your body???

BioTrust gives you the honest amount of each ingredient that science shows will get you the best results.

Get Yours Here:

<https://fixmypain.biotrust.com/Shop.asp>

Feel free to shop around and use another brand, that's not a problem. Just be careful not to buy an overly processed brand with 100 different artificial ingredients because this will contribute to your pain and inflammation.



PAIN FIGHTING Superfood Recipes



ABOUT THE AUTHOR

Ashley Drummonds is a double-certified personal trainer by the National Academy of Sports Medicine, as well as certified in CPR and AED. She has a Bachelor's of Science degree in Business Management from Liberty University where she graduated with high honors and was recognized on the Dean's list. With a background in sports and strength training, she has received multiple All-Conference and MVP awards in various sports such as, softball, cheerleading, basketball, and weightlifting.

Ashley has worked in some of the Tampa Bay area's top athletic clubs and is recognized as a top trainer in the Tampa area according to NaturalBodyBuildingEvents.com. She is a part of the Working Women of Tampa Bay Affiliation with over five years of personal training experience.



With a background in business, a passion for sales, experience managing one of Tampa's Fast 50 Construction companies, and her love for health and fitness she is a native to the Tampa area who is committed to providing the community with the best health and wellness! Ashley's focus is to empower women teaching them both inner and outer strength through ABS (Authentic Beauty and Strength).

Using her own personal experience and education, she has helped hundreds of individuals not just regain control of their health, but also regain control of their life! As an entrepreneur at heart she is well known in the area as being a member of multiple networking associations and independent trainers.

You can connect with Ashley Drummonds personally at:

Free Health and Fitness: <http://ashleydrummonds.com>

Ashley Drummonds Facebook Page: <http://facebook.com/ashleydrummondsfitness>

Ashley Drummonds Fitness on YouTube: <http://youtube.com/ashleydrummondstv>

Fitness Model's Total Workout and Meal Plan Program: <http://bikinibodyfatburn.com>