

# REFIT® REFUEL CHALLENGE

## WEEK 1 RECIPES (A-Z)

### APPLE & NUT BUTTER

1 Apple cut into slices with 2 T of peanut or almond butter

### AVOCADO MASHUP

1 cup rice (cooked as instructed on package)  
1 avocado, mashed  
4 oz grilled chicken  
salsa, salt and pepper to taste

Combine ingredients and serve warm.

### BERRY OATMEAL

1 serving of steel cut oatmeal  
¼ cup coconut milk  
¼ cup blueberries & strawberries

### BREAKFAST TACOS

2 eggs + 1 egg white  
3 slices of bacon  
1/8 cup mozzarella  
1 avocado  
2 corn tortillas  
Salsa

Cook bacon until crispy. Remove from skillet and empty excess grease. In the same skillet, crack eggs and add mozzarella. When eggs are almost done, add back the bacon and mix together. Top with avocado and salsa on tortillas.

### CAESAR SALAD DRESSING

-Juice from two lemons  
-Two garlic cloves, pressed  
-1/2 cup olive oil  
-1/4 cup Parmesan cheese, crumbled  
-Salt & Pepper to taste

### CRUNCHY VEGGIES

1 cup of raw carrots and bell peppers  
with 2 T of your favorite dressing

### GRILLED CHICKEN SALAD

4 oz grilled chicken  
2 cups baby kale and/or spinach  
toss with dressing of choice

### LEMON WATER

20 oz water + juice from whole lemon

### MARGHERITA PIZZA

Whole wheat crust  
2 T olive oil  
¼ C mozzarella  
1 tomato, sliced thin  
Basil (placed under the cheese)

Bake on pizza pan at 400 for 10-15 minutes. Serve with big salad and dressing of choice.

### PARMESAN TURKEY MEATBALLS & PASTA

1 lb ground turkey  
¼ cup parmesan cheese, grated  
1 egg, beaten  
1 T garlic powder  
½ tsp salt, ½ tsp pepper

Mix ingredients and roll into balls. Line baking sheet with meatballs. Bake at 400 for 30 minutes until crust on top and no longer pink. Serve over angel hair pasta (cooked as instructed on package) and top with parmesan cheese. Serve with fresh green beans seasoned with olive oil, salt and pepper.

### QUINOA BLACK BEAN BURRITO BOWL

1 cup quinoa  
1 T olive oil  
¼ cup minced onion  
1 clove garlic, minced  
1 cans black beans, rinsed and drained  
¼ cup chopped cilantro  
¼ cup fresh lime juice  
1 avocado, sliced  
1 cup baby kale or spinach

Bring 2 cups of water to a boil and add quinoa. Reduce heat to low and simmer for 20 minutes (until all the liquid has been absorbed). In a separate saucepan heat 1 T of oil over medium heat. Pour minced onion into the saucepan and sauté for a few minutes until it softens. Add minced garlic and let sauté for 1-2 minutes. Add black beans and corn along with ½ cup of water and 2 tsp of cilantro. Bring the beans to a boil then reduce to medium low and let simmer for 15 minutes. Stir in 2 T fresh lime juice and season with salt. When quinoa is fully cooked, remove from heat and stir in 2 T of cilantro and 2 T fresh lime juice. Assemble bowls, starting with kale or spinach and adding the quinoa, black beans, and corn—followed by avocado and salsa.

### SKINNY CHICKEN PARM

2 chicken breasts (pounded thin)  
2 T olive oil  
2 eggs, beaten  
1 C almond flour  
½ tsp salt, ½ tsp pepper

Dredge chicken in egg and almond flour, season with salt and pepper. Bake at 375 for 20 minutes. Dress 2 cups of raw baby kale with Caesar dressing and top with hot chicken to wilt. Shrave a few strands of Parmesan atop and serve.

### SLOW COOKER ITALIAN CHICKEN

Boneless chicken thighs  
1 bottle Italian dressing  
Dump all in crockpot or dutch oven on low (275 degrees) for several hours until tender.

Serve alongside oven roasted brussels sprouts (generous olive, salt and pepper, baked at 400 for 25 minutes) or your favorite vegetable.

### SLOW COOKER ROAST & VEGGIES

3 lb rump roast  
3 lb new potatoes  
½ bag carrots  
Dump all in crockpot or dutch oven and cook for 6-8 hours.

### VEGGIE SCRAMBLE

2 eggs + 1 egg white  
¼ cup bell peppers  
1 cup fresh spinach  
¼ cup mozzarella  
1 T olive oil

Coat skillet with oil and cook bell peppers and spinach, covered until softened. Add eggs and cheese and turn gently until egg is cooked. Season with salt and pepper.

### YOGURT PARFAIT

½ cup greek yogurt  
¼ cup blueberries & strawberries  
top with granola