

# REFIT® REFUEL CHALLENGE

## WEEK 1 RECIPES (A-Z)

### BOWL OF BERRIES

¼ cup each: blueberries, strawberries, blackberries & raspberries

Servings: 1

### BREAKFAST BITES

6 eggs  
½ C milk  
½ C mozzarella  
¼ C bacon (broken into bits)  
¼ C spinach  
Salt and pepper to taste

Combine ingredients in mixing bowl. Pour egg mixture into greased muffin pan. Bake at 375 for 8-10 minutes.

Servings: 4+

### HOMEMADE TRAIL MIX

16 oz package raw, unsalted almonds  
1 package M&Ms (regular individual size)  
16 oz package raisins or dried fruit of choice  
Servings: 4+

### MOM'S MEATLOAF

1 lb lean ground beef  
1 egg  
ketchup  
mustard  
½ tsp onion powder  
½ tsp garlic powder  
1 tsp salt and pepper  
¾ C raw oats  
Bunch of broccoli florets

In a bowl, crack egg and cover with mustard and cover again with ketchup. Add onion powder, garlic powder, salt and pepper. Add oatmeal and stir all ingredients. Mix well with ground beef and roll into 6 balls. Bake at 350 for about 20-25 minutes or until brown and cooked throughout. Serve with a generous portion of broccoli florets and salad.  
Servings: 4+

### PITA CHIPS & HUMMUS + A PIECE OF FRUIT

1 serving of chips (according to label)  
4 T hummus  
1 orange  
Servings: 1

### POWER OATMEAL

1 serving steel cut oatmeal  
1 banana, sliced  
1 T peanut butter  
¼ cup coconut milk  
Servings: 1

### SALAD TRIO

1. **Green Salad:** 2 C baby kale or spinach with caesar dressing (see recipe)  
2. **Fruit Salad:** ¼ cup each: strawberries, blueberries, banana, grapes, and orange  
3. **Chicken Salad:** ½ C shredded chicken, 1/8 C Caesar dressing, thin apple slices, and grapes. Combine ingredients.  
Servings: 1

### SALMON TOWER

4- 6oz wild caught salmon filets  
4 sweet potatoes  
12 spears of asparagus (approx.)  
1 T olive oil (per filet)  
2 tsp whole mustard seed (per filet)  
salt & pepper

Preheat oven to 400. Poke holes in potatoes and place directly on the oven rack. Bake for 1 hour. While the potatoes are in oven, cover fish with oil, salt and pepper. Spread on whole mustard seed and place in a Ziploc bag. Marinate in refrigerator for 30 minutes. Remove and bake at 400 on aluminum foil for ~15 minutes. Cover fresh asparagus with water in a skillet. Bring to a boil and cook for ~3 minutes. Drain water, reduce to low heat, and add olive oil, salt and pepper. Simmer until spears are slightly tender. Split open sweet potato and fluff the insides. Layer asparagus and salmon.  
Servings: 4

### SHREDDED CHICKEN NACHOS

Two handfuls of tortilla chips  
1/4 C black beans, smashed  
¼ C shredded mozzarella  
½ C shredded chicken (warm)  
¼ C sliced bell peppers

Spread toppings over chips and broil for 2-3 minutes to melt cheese

Servings: 1

### SLOW COOKER PULLED PORK TACOS

5 lb pork butt (shoulder)  
2 onions  
1/2 can of chipotle peppers in adobe sauce  
2 cans of Dr. Pepper (or Mr. Pibb, or equivalent soda)  
1 can black beans

Cut onion in half, peel the outer layer, and cut into wedges. Place wedges in the bottom of slow cooker (e.g. Crock Pot). Generously salt and pepper the pork and put lay it on top of onions. Pour in half the can of peppers (can add more or less depending on your spicy preference!) Lastly, pour in 2 cans of soda, cover, and cook at 300 for 6-8 hours until meat falls apart. Separate the fat and shred the meat.

Serve on warm corn tortillas and top with chopped onion, chopped tomatoes, cilantro, salsa, avocado, fresh lime and whatever else you'd like! Add black beans on the side.

Servings: 8+

### TURKEY PITA

4 slices of turkey  
2 T hummus  
handful of spinach  
sliced tomato  
sliced cucumbers

Serve with an apple  
Servings: 1