

Mediterranean Orzo Salad



4 servings



15 minutes



INGREDIENTS

- 6 oz. dried orzo pasta
- 1 red bell pepper, diced
- 2 medium carrots, diced
- 2 celery stalks, diced
- ¼ red onion, diced
- 1 cup red cabbage, finely chopped
- 2 cups arugula, finely chopped
- 1 handful fresh basil, chopped
- 10g sundried tomatoes, finely chopped
- 12 Kalamata olives, pitted and chopped
- 12 Castelvetrano olives, pitted and chopped
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. red wine vinegar
- 1 Tbsp. balsamic vinegar
- 1 tsp sea salt
- 1 tsp dried oregano
- 1 tsp freshly cracked black pepper

DIRECTIONS

1. Cook orzo in boiling water until al dente. Drain and set aside.
2. Dice the bell pepper, carrots, celery, and onion, then add them to a large bowl.
3. Finely chop the red cabbage and arugula, then add to the bowl along with the basil.
4. Finely chop the sundried tomatoes and olives, then mix them in.
5. Drizzle with olive oil, red wine vinegar, and balsamic vinegar. Add salt, oregano, and black pepper.
6. Add the drained orzo and toss everything until well combined.
7. Serve immediately or store in the fridge for up to 5 days.

Macros: per 13 oz. serving

Protein | 6.7g | Fat | 11.3g | Carb | 32.1 g Fiber | 5.8g

Calories | 274



RECIPE BY CRISTINA ARCHER

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Hearty Tomato & Veggie Soup



4 servings



15 minutes



INGREDIENTS

- 2 Tbsp. extra virgin olive oil (EVOO)
- ½ yellow onion, finely diced
- 10 oz. brown mushrooms, chopped
- 5 oz. broccoli florets, chopped
- 2 tsp. sea salt
- 2 tsp. cracked black pepper
- 1 tsp. sweet paprika
- 1 tsp. dried oregano
- 1 Tbsp. organic chimichurri seasoning
- 1 cup chicken bone broth
- 1 (32 oz.) package tomato soup
- Handful of fresh basil, chopped

DIRECTIONS

1. Heat EVOO in a pot over medium heat. Add onions and sauté until soft and slightly browned.
2. Add mushrooms, salt, pepper, paprika, oregano, and chimichurri seasoning. Sauté for about 5 minutes until mushrooms are tender.
3. Stir in broccoli and pour in the chicken broth. Cover the pot and bring to a boil until the broccoli is tender.
4. Add the tomato soup and bring to a gentle simmer. Stir in fresh basil.
5. Serve as is or add a can of white cannellini beans for extra heartiness. Pair with a quality protein like chicken or beef for a complete meal.

Macros: 1 serving

Protein | 11g | Fat 6g | Carb 32 g | Fiber 4 g

Calories = 217



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Tender Instant Pot Shredded Chicken



8 servings
approximate
4-5oz.



25 minutes



INGREDIENTS

6 lbs boneless, skinless chicken thighs or chicken breast
1 cup chicken bone broth
2 Tbsp. olive oil
3 Tbsp. Dijon mustard
1 Tbsp. apple cider vinegar
3 Tbsp. pure maple syrup
2 Tbsp. sea salt
2 tsp. cracked black pepper
1 tsp. sweet paprika
3 Tbsp. organic chimichurri seasoning
2-3 bay leaves
Handful of fresh basil (with stems)

DIRECTIONS

1. Place chicken in the Instant Pot. Add olive oil, mustard, apple cider vinegar, maple syrup, and all seasonings. Toss to coat.
2. Pour in the chicken bone broth and add bay leaves and fresh basil.
3. Seal the Instant Pot and set it to Pressure Cook on High for 12 minutes.
4. Once the cooking cycle is complete, allow the pressure to naturally release for 10 minutes.
5. Remove the chicken and transfer it to a large dish. Shred with two forks.

Notes:

- This recipe is made using an 8-quart Instant Pot. If cooking in larger batches, consider a larger model.
- Marinating the chicken beforehand enhances the flavor, but it's delicious as is.
- The Instant Pot's "Keep Warm" function helps keep the chicken moist and tender, making it a great make-ahead meal option.



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Greek Yogurt Dressing



16(1 oz.)
servings



10 minutes



INGREDIENTS

200 g (7oz.) Whole Milk Greek Yogurt
1/2 cups Extra Virgin Olive Oil
2 Tbsp. Apple Cider Vinegar
2 Tbsp. Balsamic Vinegar
2 Tbsp. Red Wine Vinegar
18 g Anchovies
1 Lemon Juiced
2 Tbsp. Pure Maple Syrup
1 Tbsp. Dijon Mustard
2 tsp Dried Dill
2 tsp Dried Oregano
1 tsp Dried Cumin
1 tsp Garlic Powder
2 tsp Sea Salt
1 tsp Fresh Cracked Pepper

DIRECTIONS

1. Add all ingredients into a blender or Ninja and blend for 30 seconds
2. Pour into a mason jar and store in fridge for up to 1 week

Notes:

- Use 16 oz. Wide Mouth Mason Jar and get the plastic leak proof lids. This makes it easy to use and reuse.
- Be creative with the herbs and spices. Add Chipotle sauce to create a smoky flavor. Add grated ginger and turmeric fresh herbs blended up are also a great addition.
- Make this a ranch dressing by adding ranch seasonings

Macros: For 1 oz. serving (recipe makes 16 oz.)

Protein | 1.4 g | Fat 7.5 g | Carb 4.9 g | Fiber 0.1 g

Calories = 96



RECIPE BY CRISTINA ARCHER
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White Bean Hummus



4 servings



10 minutes



INGREDIENTS

2 cans Cannellini Beans (white beans)
(2 x 15oz cans)
1/4 cup Tahini
1 lemon juiced
1 Tbsp. Extra Virgin Olive Oil
2 tsp. roasted garlic powder
1 tsp. Himalayan Sea Salt
1 tsp. dried oregano
1 tsp. dried cumin
fresh cracked pepper
1/2 tsp. Himalayan sea salt

DIRECTIONS

1. Rinse and drain canned beans
2. In food processor add all ingredients
3. Puree into a smooth hummus. Taste and add more salt pepper and lemon to satisfy your taste buds.
4. Holds well in airtight container stored in refrigerator for up to 7 days.

Notes:

- Makes approximately 25 oz. Serving Size = 2 oz.
- Use this hummus in a sandwich, salad or as a dip with vegetables. I love dipping my grilled chicken into it.

Macros: For 2 oz. serving

Protein | 4.8g | **Fat** 3.8g | **Carb** 7.7 g | **Fiber** 3.5 g

Calories = 95



RECIPE BY CRISTINA ARCHER

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Overnight Protein Oat Bars



20 2.5 oz.
servings



45 minutes



INGREDIENTS

Wet Ingredients

- 170 grams Greek Yogurt
- 330 grams banana (4 bananas)
- 3/4 cup unsweetened almond milk
- 2 whole eggs
- 3 Tbsp. Pure Maple Syrup
- 1 tsp. vanilla extract

Dry Ingredients

- 300 grams Organic Rolled Oats
- 2 scoops vanilla whey protein
- 50 grams ground flax
- 2 tsp Himalayan sea salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1.5 tsp Pumpkin Spice
- 1.5 tsp Cinnamon Powder

Dry Inclusions (add after overnight soak)

- 100 grams raisins
- 100 grams crushed walnuts

DIRECTIONS

1. In a large bowl, combine all dry ingredients (except raisins and walnuts).
2. In a blender, blend eggs, bananas, vanilla extract, and maple syrup until smooth.
3. Add blended mixture to dry ingredients, then fold in Greek yogurt and almond milk. Mix well.
4. Cover and refrigerate overnight to soften the oats for better texture.
5. When ready to bake, preheat oven to 350°F.
6. Fold in raisins and crushed walnuts.
7. Line a 9x13-inch (3-quart) baking pan with parchment paper, greasing any exposed edges.
8. Spread batter evenly in the pan.
9. Bake for 25-30 minutes or until golden brown and firm.
10. Let cool before cutting into 20 bars (approximately 2.5 oz. each).

Macros for 2.5 oz. serving:

Protein | 7 g | Fat | 6g | Carb | 20 g Fiber | 3.2 | Calories | 174



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