

Tzatziki Sauce



6 servings



10 minutes



INGREDIENTS

½ English cucumber partially peeled
12 oz. plain non-fat Greek yogurt
1 large garlic cloves finely minced
2 Tbsp. extra virgin olive oil
½ lemon juiced
½ teaspoon salt
½ teaspoon pepper
1 Tbsp. dried mint
1 tsp dried oregano
1 handful fresh dill

DIRECTIONS

1. Grate the cucumber and top with a pinch of salt to draw out the liquid. Drain through a fine mesh sieve or squeeze liquid using a cheesecloth or towel.
2. Combine the yogurt, grated cucumber, garlic, olive oil, lemon juice, mint, dill, salt and pepper in a large bowl. Stir to combine.
3. Serve chilled with meat, vegetables or bread.

Notes:

- Strain the Greek yogurt for a thicker consistency.
- Add in feta cheese for added flavor

Macros: For 4 oz. serving

Protein | 8g | Fat 5g | Carb 26 g | Fiber 1 g

Calories = 168



RECIPE BY CRISTINA ARCHER

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Baked Turkey Meatballs



38 meatballs



40 minutes



INGREDIENTS

2 lb. 93% lean ground turkey
2 lb. ground turkey breast
1 small yellow onion, finely chopped
4 green onion stalks, finely sliced
¼ cup ground flaxseed meal
¼ cup pure maple syrup
2 Tbsp. raw apple cider vinegar
Handful of fresh Italian parsley, finely chopped
2 tsp ground fennel seeds
2 tsp ground fenugreek
2 tsp ground cumin
1 Tbsp. sea salt
2 tsp freshly cracked black pepper

DIRECTIONS

1. Preheat your oven to 400°F (200°C).
2. Combine all ingredients in a large bowl: ground turkey, yellow and green onions, parsley, flaxseed meal, maple syrup, apple cider vinegar, fennel, fenugreek, salt, and pepper. Mix thoroughly until well combined.
3. Marinate the mixture for at least 1 hour, or ideally overnight in the refrigerator to let the flavors develop.
4. Portion and shape the mixture into meatballs using your hands or a scoop, and place them on a lined or greased baking sheet.
5. Bake for 15-20 minutes at 400°F.
6. Broil for an additional 5-10 minutes until the tops are browned and slightly crispy. Keep a close eye to prevent burning.
7. Serve hot, or allow to cool before storing in an airtight container in the fridge or freezer.

Macros: For 1 meatball (2 oz.)

Protein | 10.1g | Fat 2.3g | Carb 1.7 g | Fiber 0.2 g

Calories = 72



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Lupini Pasta Salad



6 servings



20 minutes



INGREDIENTS

6 oz. dried Lupini pasta
15 oz. can dark red kidney beans
1 yellow bell pepper, diced
2 medium carrots, diced
¼ red onion, diced
1 cup red cabbage, finely chopped
2 cups arugula, finely chopped
1 handful fresh basil, chopped
1 handful fresh Italian parsley, chopped
10 oz. cherry tomatoes, halved
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. Bring a large pot of salted water to a boil. Add the Lupini pasta and cook until al dente. Drain and let cool slightly.
2. In a large mixing bowl, combine the diced bell pepper, carrots, and red onion. Add the finely chopped red cabbage and arugula.
3. Stir in the chopped basil, parsley, halved cherry tomatoes, and chopped olives.
4. Drizzle the olive oil, red wine vinegar, and balsamic vinegar over the mixture. Season with sea salt, oregano, and cracked black pepper.
5. Add cooked pasta to the bowl. Toss everything together until evenly coated and well mixed.
6. Serve immediately or refrigerate in an airtight container for up to 5 days.

Macros: per 8 oz. serving

Protein | 13.2g | Fat | 20.1g | Carb | 18.9 g Fiber | 11g

Calories | 349



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Mango Salsa



7 servings



10 minutes



INGREDIENTS

2 ripe mangos
1 red bell pepper
¼ red onion
1 Tbsp. EVOO
1 medium jalapeño
2 limes juiced
1 lemon juiced
1 handful fresh Italian parsley
1 handful fresh basil
1 tsp dried oregano
1 tsp cumin
fresh cracked pepper
½ tsp sea salt

DIRECTIONS

1. Peel, pit, and roughly chop the mangos and red onion
2. Remove seeds and stem from the red bell pepper and jalapeño, then roughly chop.
3. Juice the limes and lemon.
4. In the bowl of a food processor, combine the chopped mangos, red bell pepper, red onion, and jalapeño.
5. Add the fresh parsley and basil, olive oil, lime juice, lemon juice, dried oregano, cumin, sea salt, and a few cracks of black pepper.
6. Pulse to Desired Texture: Pulse the mixture in short bursts until you reach your desired salsa consistency — chunky or smoother depending on your preference. Be careful not to over-process.
7. Taste and Adjust: Taste the salsa and adjust salt, pepper, or citrus juice if needed.
8. Chill and Serve: Transfer to a bowl, cover, and refrigerate for at least 15–30 minutes to allow the flavors to meld. Serve chilled.

Macros: For 2 oz. serving

Protein | 0.5g | **Fat** 2.4g | **Carb** 11.2 g | **Fiber** 5.4 g

Calories = 46



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Instant Pot Shredded Beef



8 servings
approximate



90 minutes

4.50Z.



INGREDIENTS

6 lbs chuck roast or top round
1 cup chicken or beef broth
3 Tbsp. Dijon mustard
1 Tbsp. Balsamic 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

DIRECTIONS

1. Place beef in the Instant Pot. Add mustard, balsamic vinegar, maple syrup, and all seasonings. Toss to coat.
2. Pour in the broth and add bay leaves
3. Seal the Instant Pot and set it to Pressure Cook on High for 60 minutes.
4. Once the cooking cycle is complete, allow the pressure to naturally release for 10 minutes.
5. Remove the beef and transfer it to a large dish. Shred with two forks.

Notes:

- The Instant Pot's "Keep Warm" function helps keep the beef moist and tender, making it a great make-ahead meal option. The longer it sits on warm the more tender it gets.



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Snickers Date Bark



16 servings



15 minutes



DIRECTIONS

1. Line a small baking sheet or large plate with parchment or wax paper.
2. Flatten each pitted date by opening it and gently pressing it open so it lays flat. Arrange the dates side by side to form a single layer—this will be the base of your bark.
3. Place another piece of parchment on top and press the layer down using your hand or the bottom of a cup to compact it.

Melt the Chocolate:

1. In a microwave-safe bowl, heat the chocolate and coconut oil (if using) in 30-second intervals, stirring in between, until fully melted.

Add the Layers:

1. Spread the peanut butter evenly over the date layer.
2. Drizzle the melted chocolate on top, then spread it to cover the peanut butter.
3. Sprinkle the chopped peanuts and flaky salt over the top.

Chill and Set:

1. Refrigerate for 1 hour or freeze for 20–30 minutes until firm.

Serve:

1. Once set, slice into bars or squares. Store and serve chilled for best texture and flavor.

INGREDIENTS

20 pitted Medjool dates
12 oz (340 g) dark chocolate chips
¼–½ cup (64–128 g) natural peanut butter, well stirred
½ cup (60 g) chopped peanuts
½ tsp flaky salt (optional)

Macros: 1 bar

Protein | 4.8g | **Fat** | 11.2g | **Carb** | 35.4 g

Calories | 245



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