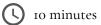
Tzatziki Sauce







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
1/2 lemon juiced
½ teaspoon salt
½ teaspoon pepper
1 Tbsp. dried mint

- 1 tsp dried oregano
- 1 handful fresh dill

DIRECTIONS

- I. 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 **Website:** cristinaarcher.me **Email:** cristina@hardwodder.com

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

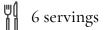
- 1. Preheat your oven to 400°F (200°C).
- 2. Combine all ingredients in a large bowl: ground turkey, yellow and green onions, parsley, flaxseed meal, maple syrup, apple cider vinegar, fennel, fenugreek, salt, and pepper. Mix thoroughly until well combined.
- 3. Marinate the mixture for at least 1 hour, 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.

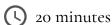
Macros: For 1 meatball (2 oz.) Protein | 10.1g | Fat 2.3g | Carb 1.7 g | Fiber 0.2 g Calories = 72



RECIPE BY CRISTINA ARCHER Website: cristinaarcher.me Email: cristina@hardwodder.com

Lupini Pasta Salad







INGREDIENTS

6 oz. dried Lupini pasta 15 oz. can dark red kidney beans 1 yellow bell pepper, diced 2 medium carrots, diced 1/4 red onion, diced I cup red cabbage, finely chopped 2 cups arugula, finely chopped 1 handful fresh basil, chopped I 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

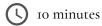


Website: cristinaarcher.me

Calories | 349

Mango Salsa







INGREDIENTS

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

fresh cracked pepper

1/2 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.

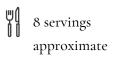
Macros: For 2 oz. serving

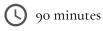
Protein | 0.5g | Fat 2.4g | Carb 11.2 g | Fiber 5.4 g

Calories = 46



Instant Pot Shredded Beef





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

- I. 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
- 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 is sits on warm the more tender it gets.



Snickers Date Bark



INGREDIENTS

20 pitted Medjool dates 12 oz (340 g) dark chocolate chips ¹/₄−¹/₂ 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





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:

I. In a microwave-safe bowl, heat the chocolate and coconut oil (if using) in 30second 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.

