

Maple Vinaigrette



16(1 oz.)
servings



10 minutes



INGREDIENTS

1/2 cups Extra Virgin Olive Oil
2 Tbsp. Apple Cider Vinegar
2 Tbsp. Balsamic Vinegar
2 Tbsp. Red Wine Vinegar
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 mason jar and shake
2. 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.

Macros: For 1 oz. serving (recipe makes 14 oz.)

Protein | 0 g | **Fat** 8 g | **Carb** 4 g | **Fiber** 1 g

Calories = 91



RECIPE BY CRISTINA ARCHER

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Classic 3-Bean Salad



6 -1.5 cup
serving



15 minutes



INGREDIENTS

1 (15 oz.) can cannellini beans, drained & rinsed

1 (15 oz.) can dark red kidney beans, drained & rinsed

12 oz. blanched green beans chopped

1 cup cherry tomatoes, halved

1 cup diced cucumber (remove seeds)

1 cup diced red bell pepper

1 small red onion, finely diced

1 cup celery, diced

½ cup chopped fresh parsley

Maple Vinaigrette:

⅓ cup extra virgin olive oil

½ Lemon juiced

3 tbsp. red wine vinegar

1 tbsp. Dijon mustard

1 tbsp. maple syrup

1 tsp. garlic powder

1 tsp. dried ground cumin

½ tsp dried oregano

½ tsp salt (more to taste)

¼ tsp black pepper

DIRECTIONS

1. **Blanch the green beans:** Bring a pot of salted water to a boil, add green beans, and cook 2–3 minutes until bright green and just tender.
2. **Mix the beans & veggies:** In a large bowl, combine cannellini beans, kidney beans, green beans, tomatoes, cucumber, bell pepper, onion, celery, parsley, and any optional add-ins.
3. **Make the vinaigrette:** In a jar or small bowl, whisk together ingredients.
4. **Combine:** Pour dressing over the salad and toss gently until everything is well coated.
5. **Chill:** For best flavor, cover and refrigerate at least 1–2 hours before serving.

Macros: per 1.5 cup

Protein | 6g | Fat | 8g | Carb | 26g

Calories | 185



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Goat Feta Endive Boats



4 2 oz.
servings



10 minutes



INGREDIENTS

Whipped Cheese

4 oz. goat cheese

2 oz. Feta

1 Tbsp. lemon juice

1 Tbsp. EVOO

½ Tbsp. Pure Maple Syrup

Endive Leaves

Fresh Blueberries

Microgreens

Pistachio Nuts

DIRECTIONS

1. Wash and dry endive
2. Whip together cheese ingredients
3. Pipe in cheese or scoop into each leaf
4. Top with blueberries and microgreens optional crushed nuts like pistachio or walnuts

Notes: options are endless for making a variety of flavors. As a rule of thumb add brightness with the acidity from lemon or vinegar. Add sweetness from honey, maple or berries.



RECIPE BY CRISTINA ARCHER

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Roasted Chicken Thighs



12 6 oz.
servings



40 minutes



INGREDIENTS

6 lbs boneless skinless chicken thighs
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
or other favorite herb/spice blend

DIRECTIONS

1. **Preheat oven to 375°F.**
2. **Coat chicken:** Add chicken thighs to large sheet pan coat the raw chicken with mustard, maple syrup, and apple cider vinegar and all spices. Toss to coat evenly.
3. **Season:** arrange chicken on a large baking sheet in a single layer with what was the skin side facing up.
4. **Bake:** Roast at 375°F for 20 minutes. Raise oven temperature to broil 475°F and continue baking for 5-10 more minutes. (watch chicken at this point so it doesn't burn)
5. **Rest:** Remove from oven and let chicken rest for at least 10 minutes before serving.



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Vegetable Risotto



8 4oz.
servings



60 minutes



INGREDIENTS

1 cup Arborio rice
2 cups chicken bone broth
1 lb. brown mushrooms chopped
1 cup chopped carrots
1/2 yellow onion diced
1 cup frozen peas
1 package frozen cauliflower rice
(10oz bag)
2 tsp Redmond Sea Salt
1 Tbsp. Olive Oil

DIRECTIONS

1. **Cook Rice:** Using stovetop method or rice cooker.
2. **Cook aromatics:** In a large skillet or wide saucepan, heat olive oil over medium heat. Add diced onion, and sauté for 2–3 minutes until softened.
3. **Add Vegetables:** Stir in mushrooms and all other vegetables and cook until they release their moisture and it evaporates, about 4 minutes. Season with 1 tsp of the sea salt and any desired dried herbs and spices
4. **Add in Frozen Veggies:** Mix in corn, peas, and cauliflower rice. Sauté for 2 minutes.
5. **Finish:** Add in cooked rice combine and serve.

Macros: per 4 oz.

Protein | 8g | Fat | 6g | Carb | 25g

Calories | 195



RECIPE BY CRISTINA ARCHER

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Avocado Basil Pesto



4 2 oz.
servings



10 minutes



INGREDIENTS

1 ripe avocado

Fresh basil leaves (about 4 ounces)

1/4 cup pine nuts or pistachio

Juice from half lemon

1/2 tsp Redmond sea salt

1/2 tsp dried roasted garlic
powder

1/4 cup extra virgin olive oil

DIRECTIONS

1. Wash and dry basil
2. Add all ingredients into a food processor
3. Blend together
4. Use immediately or cover in air tight container and store in fridge. Will last for at least 3 to 4 days

Notes: Traditional basil pesto has grated Parmigiano Reggiano or Grana Padano added to it. You can add to this recipe for some additional flavor.

Use fresh garlic for a stronger garlicky flavor

Macros: per 1 oz.

Protein | 1g | Fat | 3.4g | Carb | 5g

Calories | 130



RECIPE BY CRISTINA ARCHER

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Protein Berry Muffins



16 muffins



45 minutes



INGREDIENTS

Wet Ingredients

170 grams Greek Yogurt
1 cup liquid egg whites
30 grams Kefir
400 grams banana (4 bananas)
8 oz. unsweetened apple sauce
2 whole eggs
4 Tbsp. Pure Maple Syrup
2 Tbsp. EVOO
2 tsp. vanilla extract

Dry Ingredients

350 grams Organic Rolled Oats
4 scoops vanilla whey protein
100 grams ground flax
2 tsp Himalayan sea salt
1 tsp baking soda
1 tsp baking powder
1.5 tsp Cinnamon Powder

Dry Inclusions (add after overnight soak)

100 grams frozen wild blueberries
100 grams frozen raspberries
100 grams crushed walnuts

DIRECTIONS

1. **Mix the dry ingredients:** In a large mixing bowl, whisk together the oats, ground flax, protein powder, salt, cinnamon, baking powder, and baking soda.
2. **Blend the wet base:** In a blender or high-speed mixer, blend the eggs, egg whites, bananas, vanilla, and maple syrup until smooth.
3. **Combine wet and dry:** Pour the blended mixture into the dry ingredients. Add the Greek yogurt and applesauce. Stir until fully combined.
4. **Rest the batter:** Cover and let the batter rest for at least 1 hour, or refrigerate overnight. This step helps soften the oats and improves the texture.
5. **Prepare to bake:** When ready, preheat the oven to 350°F (175°C). Gently fold in the frozen wild blueberries.
6. **Line the pan:** Line a muffin tin with paper baking cups—this is important since the batter contains no added fat and may stick.
7. **Portion and bake:** Evenly divide the batter among 15 muffin cups.
8. **Bake:** Bake for 25–30 minutes, or until the tops are set and a toothpick comes out clean.
9. **Cool and enjoy:** Allow muffins to cool completely before serving.

Macros for 1 muffin:

Protein | 18 g | Fat | 13 g | Carb | 27 g Fiber | 6 | Calories | 318



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Classic No-Mayo Deviled Eggs



6 servings



25 minutes



INGREDIENTS

6 large eggs
1 Tbsp. extra virgin olive oil
1 Tbsp. Dijon mustard
½ Tbsp. red wine vinegar
½ lemon juiced
¼ tsp garlic powder
¼ tsp turmeric
1/2 tsp Redmond sea salt (adjust to taste)
⅛ tsp fresh cracked black pepper
¼ tsp dried dill (plus extra for garnish)
Smoked paprika, for garnish

DIRECTIONS

Hard boil the eggs

1. Bring water to a boil. Place eggs in steam basket or in double boiler
2. Steam for 13 minutes
3. Transfer eggs to an ice bath to cool completely. Peel.

Prepare the filling

1. Slice eggs in half lengthwise and remove yolks to a small bowl.
2. Mash yolks with a fork until smooth.

Mix the flavor base

1. Add olive oil, Dijon mustard, red wine vinegar, lemon juice, garlic powder, sea salt, pepper, and dill to the yolks.
2. Stir until creamy (add a touch more olive oil or vinegar if needed for smoothness).

Fill the eggs

1. Spoon or pipe the mixture back into the egg whites.

Garnish & serve

1. Sprinkle with smoked paprika and a pinch of dried dill.
2. Serve chilled.



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