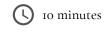
# Maple Vinaigrette







#### **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.)

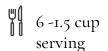
Protein | o g | Fat 8 g | Carb 4 g | Fiber 1 g

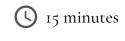
Calories = 91



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

## Classic 3-Bean Salad







#### INGREDIENTS

- **I (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
- I small red onion, finely diced
- 1 cup celery, diced
- ½ cup chopped fresh parsley

#### Maple Vinaigrette:

1/3 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

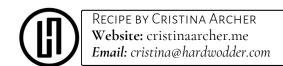
½ tsp salt (more to taste)

¼ tsp black pepper

#### **DIRECTIONS**

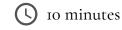
- I. Blanch the green beans: Bring a pot of salted water to a boil, add green beans, and cook 2-3 minutes until bright green and just tender.
- 2. Mix the beans & veggies: In a large bowl, combine cannellini beans, kidney beans, green beans, tomatoes, cucumber, bell pepper, onion, celery, parsley, and 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



### Goat Feta Endive Boats







#### 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

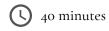
Notes: options are endless for making a variety of flavors. As a rule of thumb add brightness with the acidity from lemon or vinegar. Add sweetness from honey, maple or berries.



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

# Roasted Chicken Thighs







#### **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

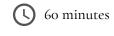
#### **DIRECTIONS**

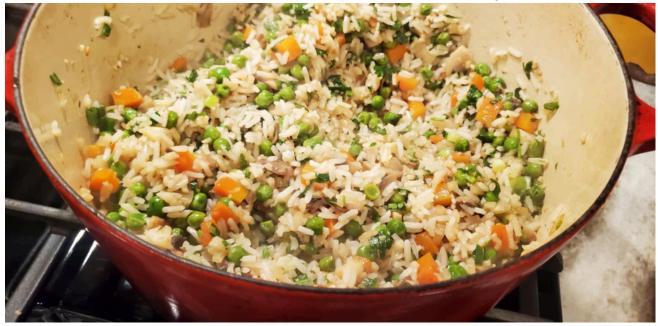
- 1. Preheat oven to 375°F.
- 2. Coat chicken: Add chicken thighs to large sheet pan coat the raw chicken with mustard, maple syrup, and apple cider vinegar and all spices. Toss to coat evenly.
- 3. **Season:** arrange chicken on a large baking sheet in a single layer with what was the skin side facing 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.



# Vegetable Risotto







#### **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 (100z bag) 2 tsp Redmond Sea Salt

1 Tbsp. Olive Oil

#### **DIRECTIONS**

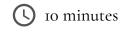
- I. Cook Rice: Using stovetop method or rice cooker.
- 2. Cook aromatics: In a large skillet or wide saucepan, heat olive oil over medium heat. Add diced onion, and sauté for 2–3 minutes until softened.
- 3. Add Vegetables: Stir in mushrooms and all other vegetables and cook until they release their 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



## Avocado Basil Pesto







#### **INGREDIENTS**

I ripe avocado
Fresh basil leaves (about 4 ounces)
I/4 cup pine nuts or pistachio
Juice from half lemon
I/2 tsp Redmond sea salt
I/2 tsp dried roasted garlic
powder
I/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 **Website:** cristinaarcher.me *Email:* cristina@hardwodder.com

## **Protein Berry Muffins**







#### **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**

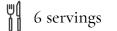
- I. Mix the dry ingredients: In a large mixing bowl, whisk together the oats, ground flax, protein powder, salt, cinnamon, baking powder, and baking soda.
- 2. **Blend the wet base:** In a blender or high-speed mixer, blend the eggs, egg whites, bananas, vanilla, and maple syrup until smooth.
- 3. Combine 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.

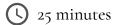
Macros for 1 muffin:

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



## Classic No-Mayo Deviled Eggs







#### 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)
- 1/8 tsp fresh cracked black pepper1/4 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.

