

COACH SYDNEY'S TOP 5 SUMMER

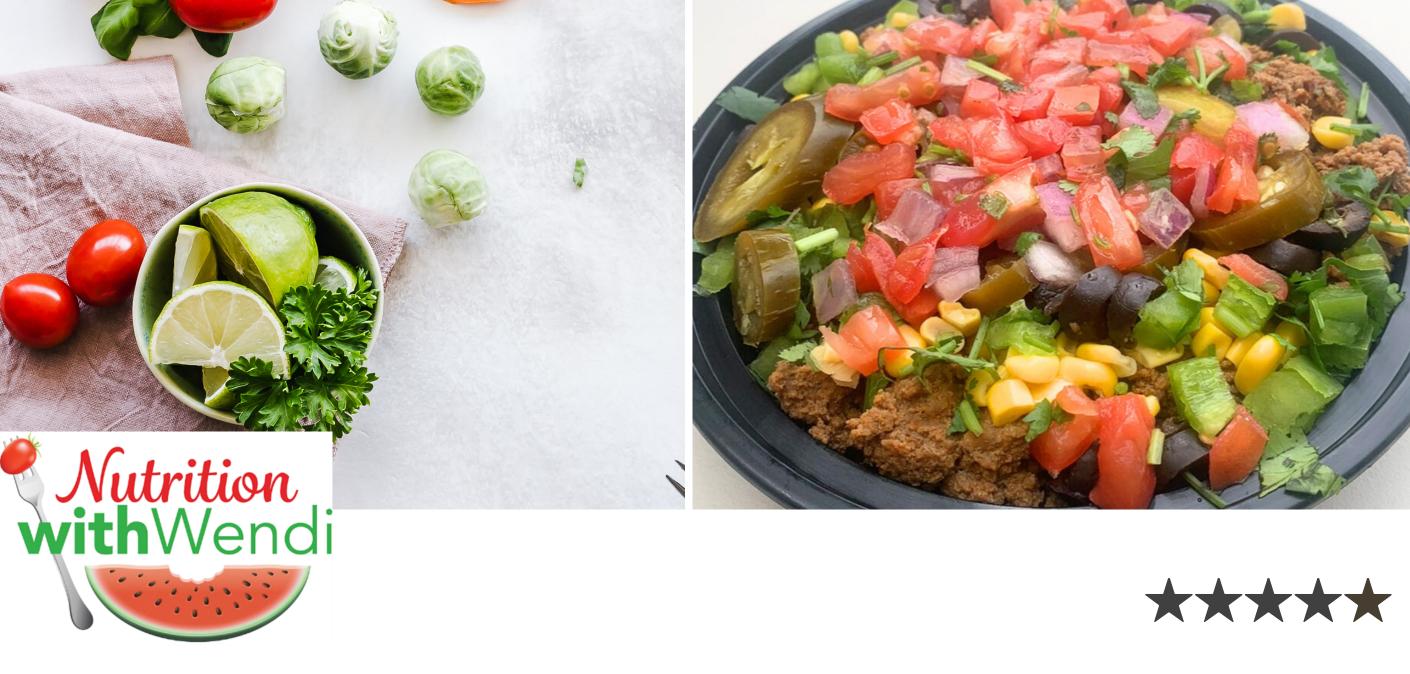
RECIPES





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Chipotle Bowls

۳(1 4 servings

35 minutes

INGREDIENTS

Grilled Chicken

Rice

Lime

DIRECTIONS

 Marinade Chicken with salt, pepper, chipotle, Lime Juice, Garlic, and avocado oil. Grill or pan cook until 165 degrees

Sliced Peppers Sliced Onion Black Beans Corn Dice Tomatoes Cilantro Avocado (optional)

NOTES

For Carbohydrate conscious alternative, Substitute Rice with Cauliflower rice. Brown rice can provide more micronutrients. internal temperature.

- Rinse rice and then boil until soft. Use Salt, Lime to season. Add chopped cilantro to finish.
- 3. Saute Onions and peppers with salt & pepper.
- 4. Assemble Bowl by adding rice, chicken, and pepper mixture to the bowl.
- 5. Now top with Beans, Corn, Diced Tomatoes, diced avocado, and cilantro.

"Add Extra Avocado, Extra Sour Cream, Double Tortilla, and Double Protein for added Calories!" WEIGHT GAIN



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Texas Caviar



INGREDIENTS

2c Black-eyed Peas 1c Black Beans 1c Diced Peppers 1c Diced Onion

DIRECTIONS

- 1. Chop, Drain, and Slice ingredients!
- 2. Add to a Bowl!

2c Corn 1 Jalapeno 5 Garlic Cloves (Minced) 1/4 c Cilantro (Minced) 3 Scallions (Sliced) 4 TBSP Olive Oil 2 TBSP Red Wine Vinegar 2 teaspoon Salt 1 Lime (Juiced)

 Try with some Blue Corn Chips, Add to a sandwich, or eat on the side of grilled meat.



What a fun way to "Eat the Rainbow!"



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Zucchini Boats

۳ 4 servings

45 minutes

INGREDIENTS

2 Cloves Garlic 1 small bunch of Parsley 1.5lb of ground lean beef 40z Mozzarella 2C diced Tomatoes 4 oz Mushrooms 1 Onion (Diced) 4 Zucchini Olive Oil Virgin Coconut Oil

DIRECTIONS

- 1. Oven 400 Degrees
- 2. Halve Zucchini Drizzle on Olive Oil and roast for 15-20min seasoned with salt

Seasonings

Black Pepper Salt 2 tsp Italian Seasonings

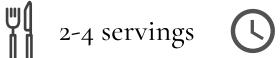
- and pepper
- 3. Saute over Medium Heat Mushrooms, Onion, and 2 Garlic Cloves for 4 min with 1Tbsp of coconut oil
- 4. Add beef to the Pan and cook 4min, breaking up the meat.
- 5. Add tomatoes, Italian Seasoning, salt, and pepper. Cook 2-3min.
- 6. Top Zucchini with beef mixture and grated Mozzarella. Garnish with Parsley.



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Mango Sorbet



20 minutes

INGREDIENTS

2 Cups Mangos (Frozen) 1 Scoop Protein **1** TBSP Honey

DIRECTIONS

- 1. Blend Ingredients until pureed.

1 TBSP Lime

Toppings

Walnuts

or Tajin 2. Add to a Bowl and add toppings.

3. Eat or Freeze for a later time!

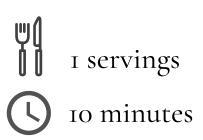
Tasty Summer Day Treat!







Grapefruit Paloma Mocktail



INGREDIENTS

2 Grapefruit 10z Lime Juice 1 TBSP Maple Syrups

DIRECTIONS

- 1. Juice 2 Grapefruits into a cup
- 2. Add Maple Syrup



- 3. Add 1 Oz Lime Juice
- 4. Top with Sparkling water and Ice!
- 5. Garnish with Grapefruit slice and Lime Slice!

Refreshing Summer Drink!



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