

# COACH SYDNEY'S TOP 5 SUMMER RECIPES



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# Chipotle Bowls



4 servings



35 minutes

## INGREDIENTS

Grilled Chicken

Rice

Lime

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.

## DIRECTIONS

1. Marinade Chicken with salt, pepper, chipotle, Lime Juice, Garlic, and avocado oil. Grill or pan cook until 165 degrees internal temperature.
2. 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**







# Texas Caviar



8-12 servings



20 minutes

## INGREDIENTS

2c Black-eyed Peas

1c Black Beans

1c Diced Peppers

1c Diced Onion

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)

## DIRECTIONS

1. Chop, Drain, and Slice ingredients!
2. Add to a Bowl!
3. 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!"







# Zucchini Boats



4 servings



45 minutes

## INGREDIENTS

2 Cloves Garlic

1 small bunch of Parsley

1.5lb of ground lean beef

4oz Mozzarella

2C diced Tomatoes

4 oz Mushrooms

1 Onion (Diced)

4 Zucchini

Olive Oil

Virgin Coconut Oil

### Seasonings

Black Pepper

Salt

2 tsp Italian Seasonings

## DIRECTIONS

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







# Mango Sorbet



2-4 servings



20 minutes

## INGREDIENTS

2 Cups Mangos (Frozen)

1 Scoop Protein

1 TBSP Honey

1 TBSP Lime

## Toppings

Walnuts

or

Tajin

## DIRECTIONS

1. Blend Ingredients until pureed.
2. Add to a Bowl and add toppings.
3. Eat or Freeze for a later time!

*Tasty Summer Day Treat!*







# Grapefruit Paloma Mocktail



1 servings



10 minutes

## INGREDIENTS

2 Grapefruit

10z Lime Juice

1 TBSP Maple Syrups

1 Can Sparkling water

Ice

## 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!*

