



INGREDIENTS

- | | |
|----------------------------|---|
| 1 tablespoon vegetable oil | 14 fluid ozs low sodium vegetable broth |
| 1/4 cup onion | 1 ear corn cob |
| 2 yellow summer squashes | 1 teaspoon lemon |
| 3 teaspoons parsley | 1/4 cup feta cheese optional |

NUTRITION INFORMATION PER SERVING

Protein 3.5g	Sodium 154mg
Total Fat 6g	Saturated Fat 1.81g
Carbs 11g	Fruits 0.01 servings
Calories 104kcal	Vegetables 0.97 servings
Fiber 2.24g	Added Sugar 0g

Golden Squash & Corn Soup

BY RANELLE KIRCHNER, CHEF RDN

⌚ 10 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Heat oil in a large saucepan over medium heat. Add the onion and cook, stirring for about 1 minute, and then add squash. Cook until the squash begins to soften, 3-5 minutes.
2. Add the broth and salt; bring to a boil. Reduce heat to a simmer and cook until the squash is soft and mostly translucent, about 5 minutes. Transfer to a blender and puree until smooth.
3. Return the soup to the pan and stir in the corn. Bring to a simmer over medium heat and cook, stirring occasionally until corn is tender, 3-5 minutes.
4. Remove from heat, stir in the lemon juice. Serve with fresh herbs and feta if desired.





Summer Vegetable Sauté

BY GARLIC+ZEST

🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- | | |
|-----------------------------|-----------------------------------|
| 1/2 red bell pepper chopped | 1/8 teaspoon red pepper flakes |
| 1 small zucchini chopped | 1 tablespoon fresh thyme chopped |
| 1 yellow squash chopped | 1 teaspoon fresh rosemary chopped |
| 1/2 yellow onion | |
| 1/2 tablespoon olive oil | 1/2 can diced tomatoes |
| 1/4 teaspoon salt | 1/2 teaspoon dried basil |
| 2 cloves garlic minced | 1/2 lemon zested |
| | 2 tablespoons fresh basil chopped |

NUTRITION INFORMATION PER SERVING

Protein 4.24g	Sodium 422mg
Total Fat 4.33g	Saturated Fat 0.67g
Carbs 16g	Fruits 0.01 servings
Calories 107kcal	Vegetables 3.1 servings
Fiber 5.6g	Added Sugar 0g

Method

1. In a large skillet, heat olive oil over medium heat. Add onions and sauté 2-3 minutes until softened and slightly translucent.
2. Add the red bell pepper and continue cooking another 2-3 minutes.
3. Add the zucchini, squash and salt. Stir to combine and place a tight fitting lid on the pan. Cook 5-7 minutes, stirring occasionally until vegetables have softened slightly.
4. Add the can of tomatoes, the garlic, red pepper flakes, thyme, rosemary and dried basil and stir to blend. Cook an additional 8-10 minutes with the lid on the pan, stirring occasionally.
5. Toss with lemon zest and fresh basil. Serve.





Pineapple, Mango Smoothie

⌚ 5 MINS | 🍴 2 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Add all ingredients to a blender and blend until smooth.

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- $\frac{1}{2}$ cup Frozen Pineapple
- $\frac{1}{2}$ cup Frozen Mango Chunks
- $\frac{2}{3}$ cup Vanilla Whey Protein Powder
- 2 cups Water

NUTRITION INFORMATION PER SERVING

Protein 20g	Sodium 277mg
Total Fat 1.68g	Saturated Fat 1g
Carbs 15g	Fruits 0.25 servings
Calories 153kcal	Vegetables 0 servings
Fiber 1.57g	Added Sugar 0g





Fruit Smoothie with Hard-Boiled Egg

BY EVERYDAY EATLOVE

⌚ 5 MINS | 🍴 2 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

smoothie

1 pound greek yogurt
16 fluid ozs orange juice
2 bananas
1 1/2 cups strawberries
1/4 cup flaxseed

serve with

4 eggs

Method

1. Put eggs in a small pot and cover with water.
2. Place pot on stovetop and bring water to a boil.
3. Once the water comes to a boil, turn off the heat and let eggs sit in the water for 10 minutes.
4. Remove eggs from pot, rinse with cool water to stop cooking.
1. Add all smoothie ingredients into blender. Can add ice if desired.
2. Blend ingredients until desired consistency is reached.
3. Pour smoothie into a glass and serve with hard boiled egg.

NUTRITION INFORMATION PER SERVING

Protein 41g	Sodium 273mg
Total Fat 22g	Saturated Fat 6.9g
Carbs 78g	Fruits 4.72 servings
Calories 650kcal	Vegetables 0 servings
Fiber 9.6g	Added Sugar 0g

