



INGREDIENTS

1 tablespoon vegetable oil

¹/₄ cup onion

2 yellow summer squashes

3 teaspoons parsley

14 fluid ozs low sodium vegetable

broth

1 ear corn cob

1 teaspoon lemon

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 Og

Golden Squash & Corn Soup

BY RANELLE KIRCHNER, CHEF RDN

☐ 10 MINS | ☐ 4 SERVINGS



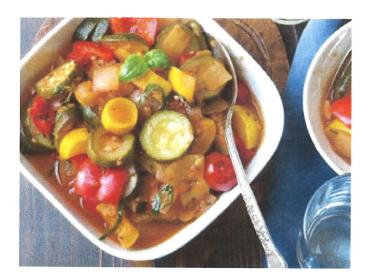
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Method

- 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
- 4. Remove from heat, stir in the lemon juice. Serve with fresh herbs and feta if desired.







INGREDIENTS

1/2 red bell pepper chopped

1 small zucchini chopped

1 yellow squash chopped

1/2 yellow onion

1/2 tablespoon olive oil

1/4 teaspoon salt

2 cloves garlic minced

¹/₈ teaspoon red pepper flakes

1 tablespoon fresh thyme chopped

1 teaspoon fresh rosemary chopped

¹/₂ can diced tomatoes

1/2 teaspoon dried basil

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 Og

Summer Vegetable Sauté

BY GARLIC+ZEST

(L) 15 MINS | 2 SERVINGS



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

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.







INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

¹/₂ cup Frozen Pineapple

¹/₂ cup Frozen Mango Chunks

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 Og

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

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

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 Og

Fruit Smoothie with Hard-Boiled Egg

BY EVERYDAY EATLOVE

🕒 5 MINS | 🕴 2 SERVINGS



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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.

