



Jess is a self-taught chef who is cooking and eating her way through the Queen City of Charlotte, NC.



Laurie is a Certified Holistic Health Coach, Nutritional Consultant, and Wellness Expert.

EGG & AVOCADO BASKETS

INGREDIENTS

- 1 spaghetti squash
- 1 avocado
- 2 eggs
- Hot sauce or salsa of choice
- Fresh cilantro (optional)
- Lime wedges, to garnish
- Salt and pepper to taste



DIRECTIONS

Preheat oven to 400F. Cut spaghetti squash in half, then scoop out the seeds. Place cut-side down in a large baking dish or lined baking sheet. Bake for 30 minutes. Remove from the oven and let cool for about 15 minutes. Turn the oven up to 425F. Use a fork to separate the strands inside each half of the spaghetti squash. Gently break 1 egg into each shell and sprinkle with salt and pepper. Top with 1/2 avocado each and drizzle with desired amount of hot sauce or salsa (add any suggested ingredients here). Bake for 20 (over-easy) to 22 (over-medium) minutes, or until egg whites have set. Serve immediately with fresh cilantro or herbs and lime wedges.

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@sliceofjess
Blog: Slice of Jess

ONE-DISH BAKED SALMON

INGREDIENTS

- 4 6oz salmon filets
- 1 yellow onion, cut in wedges
- 1 large zucchini
- 1 large yellow squash
- 1 cup mini grape tomatoes
- 1-2 tbsp extra virgin olive oil
- 1 lemon, juiced
- 1 tsp dry ginger
- 1 tsp dry thyme
- Salt and pepper to taste
- 2 cups brown rice, cooked according to package

DIRECTIONS

Cook brown rice according to package. Preheat oven to 400 degrees. In a large glass baking dish drizzle olive oil to coat bottom. Place salmon and veggies in dish and squeeze juice of one lemon. Sprinkle with ginger, thyme, salt, and pepper. Flip filets over a few times to ensure both sides are seasoned. Let sit out for about 30 minutes before placing in the oven. Bake for 16-20 minutes depending on the temperature you prefer. Serve with a 1/2 cup of brown rice per serving.

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@livlight_
Blog: LivLight

Juice 'Til Dinner

5 HEALTHY
RECIPES FOR YOUR
POST CLEANSE DINNER





Julie is the blogger behind Peanut Butter Fingers, a healthy lifestyle blog frequently updated with sweaty workouts, healthy recipes and daily musings.



Erin is a NASM certified personal trainer, as well as fitness/health/lifestyle blogger.



Molly is the founder of the blog, Stilettos and Diapers. She writes about fashion, food and her life of trying to be June Cleaver.

COLD QUINOA SALAD

Makes approximately seven 1/2-cup servings

INGREDIENTS

- 3 cups chilled cooked quinoa
- 1 english (seedless) cucumber, peeled and diced
- 1 8-ounce can pineapple tidbits
+ 2 tablespoons pineapple juice
- 1/2 red onion, diced
- 1 small bunch cilantro
- Juice and zest of one lime
- 2 teaspoons red wine vinegar
- 2 teaspoons olive oil
- 1/4 teaspoon salt



DIRECTIONS

Place diced onion in a small bowl of ice water for approximately 10 minutes (this will remove the bite from the raw onion, do not skip this step). Remove leaves from cilantro bunch, discard the stems and chop remaining leaves. Combine all remaining ingredients in a large bowl. Drain the water from the onion and add the onion to the mix. Add chopped cilantro. Toss everything to combine. Serve chilled and refrigerate remaining leftovers in an airtight container.

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@pbfingers

Blog: Peanut Butter Fingers

CILANTRO LIME SPINACH SALAD

INGREDIENTS

- 2 cups spinach
- 1-2 tbsp cilantro
- 1/2 lime
- 1 medium sweet potato
- 1 chicken breast
- Paprika
- Salt
- Pepper
- 1-2 tbsp olive oil
- 1/2 avocado



DIRECTIONS

Preheat your oven to 425 degrees. Cut your sweet potato into fourths, about 1/4 inch thick. Drizzle with olive oil, salt, pepper and paprika to taste. Roast for about 20-30 minutes, until edges are slightly browned. Mix half way through cooking. While your sweet potato is roasting, add 1/2 tbsp of olive oil into a pan with your chicken breast. Add salt, paprika, and pepper to your chicken. Cook for about five minutes each side. Add two cups of spinach to a plate, and squeeze 1/2 a lime over the spinach. Add 1-2 tbsp chopped cilantro and 1/2 avocado on top. Top your salad with the sweet potato and chicken when both are done cooking!

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@queencitysweat

Blog: Queen City Sweat

QUINOA SUMMER SALAD

1 cup dry quinoa, cooked according to package

INGREDIENTS

- 1/2 tsp salt
- 1 can black beans, drained
- 1 red pepper, diced
- 1 green pepper, diced
- 1 purple onion, diced
- 1 cup crumbled feta cheese
- 1/2 tsp garlic powder
- 1/4 cup lime juice

DIRECTIONS

Cook quinoa according to package directions. Transfer into a large bowl, fluff with a fork and cool completely. Stir in all remaining ingredients and chill.



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@stilletoanddiapers

Blog: Stilettos and Diapers