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Welcome to VitaLife Meal Moments!

We are here to lead in a weight loss revolution that helps transform local communities live **vital lives!**

Thanks for downloading these amazing recipes. We have included a shopping list and a monthly meal plan at the end of these recipes. Make sure to print out those last 2 pages as they'll help you get a game plan going.

So you have all that you need to get started on making amazing meals:

- Meal Moment recipes
- Shopping list
- Monthly meal plan calendar

Enjoy!!!



*Life with
Vitality!*

"PUT THE LIME IN THE COCONUT - 2 EGG SCRAMBLE"

Ingredients

- 2 large eggs
- Salt and pepper to your taste
- Coconut oil (to coat pan)
- 1/3 cup fresh cilantro finely chopped
- 1 clove of garlic finely chopped
- 1/4 teaspoon of lime zest

Directions

1. In a bowl, using a fork, beat together the eggs, salt and pepper until blended.
2. In a medium pan over medium heat, melt the coconut oil, reduce the heat to low. Add the beaten eggs, chopped garlic and cook, stirring several times until done.
3. Sprinkle the cilantro, stir over eggs.
4. Spoon the eggs onto a platter and serve immediately.



"BURSTING BLUEBERRIES WITH COTTAGE CHEESE"

Ingredients:

- 1/3 cup of frozen berries
- 1 cup of cottage cheese
- Dash of cinnamon
- Zest of Lemon

Directions:

1. Mix frozen blueberries into the cottage cheese.
2. Add a dash of cinnamon (optional)
3. Zest ¼ teaspoon of lemon on top of mixture



"POPEYE THE SAILOR TWO EGG SOUFFLE"

Ingredients:

- 1/2 (10 oz.) package frozen chopped spinach, defrosted
- 2 eggs
- 1/2 cup mushrooms
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. sage
- 1/4 tsp. Thyme
- Hawaiian pink salt and pepper, to taste

Directions:

1. Preheat oven to 350 degrees.
2. Drain spinach to remove as much moisture as possible then place in a bowl and set aside.
3. Whisk together eggs and spices.
4. Pour egg mixture into spinach and mushrooms. Mix together until well combined.
5. Spoon 16 heaping tablespoon mounds into a silicone muffin tray.
6. Bake for 20 minutes.
7. Allow to cool slightly before removing from tray.



BAKED AVOCADO BOAT

Ingredients

- ½ of an avocado
- 1 egg
- 1 tablespoon finely chopped fresh or frozen spinach
- ½ teaspoon of nutritional yeast
- Pink Hawaiian Salt to taste
- Pepper to taste
- Hot sauce
- Diced cilantro

Directions:

1. Preheat the oven to 425F
2. Cut the avocado in half and remove the pit. Place the avocado in a small baking dish.
3. Crack an egg over a bowl so that yolk remains whole in one of the open halves.
4. Sprinkle salt and pepper. Add chopped spinach, nutritional yeast evenly on the avocado/egg. Drizzle with your favorite hot sauce.
5. Place the baking dish on the middle rack of the preheated oven and bake for 17 minutes
6. Take it out of the oven. Sprinkle with cilantro and drizzle. Serve warm.



KEFIR "SUTHERLAND" SMOOTHIE

Ingredients

- 1½ cups frozen mixed berries
- 1 cup plain kefir
- 2 teaspoons nut butter
- ½ teaspoon vanilla extract

Directions

1. Place all ingredients into a blender and blend until smooth.
2. Pour into a glass



FALL HARVEST HASH

Ingredients

- 1 bag frozen shredded Brussels sprouts
- 1 apple diced
- ¼ cup Balsamic vinegar
- 1 tablespoon Coconut oil
- Salt and pepper to taste
- ¼ teaspoon cinnamon

Directions

1. Heat coconut oil in a pan. Add diced apples and Brussels sprouts.
2. Season with balsamic vinegar, cinnamon, salt and pepper. Cook mixture for 10 minutes.
3. Serve warm and with an egg if desired.



SUNRISE SCRAMBLE

Ingredients

- 1 small onion, sliced
- ¼ cup ground beef
- Salt and pepper to taste
- ½ tsp paprika
- 2 eggs
- 1 small avocado
- Coconut oil to coat pan

Directions

1. Cook onion in coconut oil until translucent. Add ground beef until cooked through. Add in desired spices.
2. Remove from pan and set aside
3. Add eggs and scramble. Add back in the onion and ground beef mixture.
4. Serve with diced avocado on top.



ROMAINE CALM QUINOA SALAD

Ingredients

- 2 cups cooked quinoa
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1/2 Tbsp lemon juice
- 1/4 tsp of lemon zest
- 1/2 tsp dried Italian spices
- 1/8 tsp garlic powder
- 1/4 tsp Pink Hawaiian salt
- 1/4 tsp pepper
- 4 cups fresh romaine lettuce
- 1 pint grape tomatoes
- 1 15 oz. can chickpeas
- 1/2 pint of tomatoes

Directions

1. Cook your quinoa per directions on the package.
2. Prepare the dressing in a small bowl, whisk together the olive oil, balsamic vinegar, lemon juice, zest, Italian spices, garlic powder, salt, and pepper. Set aside.
3. Chop lettuce into small pieces, then place them in a large bowl.
4. Rinse and drain the chickpeas, then add them to the bowl with lettuce and tomatoes. Stir until they're combined.
5. Allow your quinoa to cool. Add the quinoa to the salad and stir to combine.
6. Drizzle your set aside dressing over the top and stir.



CHILI-CHILI- BANG BANG

Ingredients

- 1 onion, chopped
- 2 cloves garlic, minced
- 1 green pepper, seeded & chopped
- 1 zucchini chopped
- 1 tsp oregano
- ½ tsp cumin
- ½ tsp black pepper
- ¾ tsp chile powder
- 1 14.5 oz can black beans, rinsed & drained
- 1 14.5 oz can pinto beans, rinsed & drained
- 2 14.5 oz cans fire roasted tomatoes
- ½ cup of chicken stock
- ½ tablespoon Coconut oil

Directions

1. Heat coconut oil in a pot, add onions, peppers, and garlic until cooked.
2. Add beans, tomatoes, zucchini and chicken stock. Add remaining spices. Stir occasionally.
3. Continue to cook over medium heat for 20 minutes.
4. Serve with cilantro on top.



OFF THE HOOK TUNA STIRFRY

Ingredients

- 1 bag of frozen vegetables of your choosing
- 1 can of tuna in spring water or olive oil
- coconut oil
- Pinch of Hawaiian pink salt
- Black pepper
- Onion powder
- 1 tsp liquid Coconut Aminos
- 2 cloves of garlic minced

Directions

1. Heat the coconut oil in a pan over medium heat. Add diced garlic and cook 1 to 2 minutes. Add the frozen vegetables into the pan, adding a good pinch of salt, onion powder and some black pepper.
2. Cook the vegetables until defrosted and warmed through. Drain the can of tuna and tip the tuna into the pan. Stir everything together. Continue to cook for 2 to 3 minutes.
3. Serve and top with fresh parsley if desired.



"CABBAGE PATCH SALAD"

Ingredients

- 1 lb brussels sprouts very thinly sliced
- 1/2 cup seeds or nuts(optional)
- 2 hard-boiled eggs sliced
- 1/4 cup extra virgin olive oil
- 2 Tbsp fresh lemon juice
- 1 1/2 tsp dijon mustard
- 1/4 teaspoon salt and pepper
- 1/4 cup dates or cranberries(optional)

Directions

1. In a small mixing bowl whisk together olive oil, lemon juice, dijon mustard and season with salt and pepper to taste (about 1/4 tsp of each).
2. Shave or cut finely your brussels sprouts. Combine dressing and brussels sprouts mix well. Add eggs. Sprinkle with seeds and/or cranberries/dates (optional).



"ZOODLES OF FUN SPAGHETTI"

Ingredients

- ½ lb ground beef
- 1 small onion, chopped
- 1 clove garlic, chopped
- ½ tsp Pink Hawaiian
- ½ tsp pepper
- ½ tsp onion powder
- ½ tsp paprika
- 1 tsp oregano
- ½ cup beef broth (or water)
- 1 medium tomato, chopped
- 1 can of tomato paste
- 2 large zucchini, made into strands with a vegetable spiralizer

Directions

1. Over medium heat brown the ground beef in a pan. Add onion, garlic and continue to cook for 2 minutes.
2. Add in spices, tomato paste, and tomatoes. Slowly add in broth or water while stirring the mixture.
3. Remove mixture to a plate or bowl. Add zucchini noodles to pan coat with additional spices of your choosing(salt, onion powder, etc...) cook for 1 to 2 minutes.
4. Add back in the mixture to zoodles. Serve warm.



"NO SOUP FOR YOU" SOUP

Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 2 large carrots chopped
- 2 celery ribs chopped
- 3 garlic cloves, minced
- 1 bay leaf
- 2 teaspoons dried thyme
- 8 cups chicken stock
- 1 cup quinoa
- 2 cups shredded/chopped cooked chicken
- salt and pepper, to taste

Directions

1. In a large stock, heat the oil.
2. Add the onion, carrot, celery, garlic, the bay leaf, and thyme. Stir occasionally. Cook for about 5 minutes.
3. Add the chicken stock and quinoa and bring it to a boil.
4. Reduce the heat and simmer until the quinoa is cooked about 15-20 minutes.
5. Stir in the chicken and allow to cook for about 4 to 5 minutes, until the chicken is thoroughly heated. Remove Bay leaf.
6. Serve warm.



LUSCIOUS LEMON GARDEN PASTA

Ingredients

- 1 small spaghetti squash
- 1 tablespoon olive oil
- pinch salt and pepper
- 1 tablespoon nutritional yeast
- 3 tablespoons coconut oil
- 2 cups chopped asparagus
- 1 cup fresh or frozen peas
- 2 tablespoons lemon juice
- 2 tablespoons lemon zest
- 3 cloves minced garlic
- 1/2 teaspoon Pink Hawaiian salt

Directions

1. Preheat oven to 400 degrees
2. Cut spaghetti squash in half and scrape out the seeds-Brush the insides with olive oil and season with salt and pepper.
3. Place the squash cut side down on a baking sheet and bake for 40 minutes.
4. When the spaghetti squash is done, use tongs to flip the squash over to let cool.
5. In a large pan heat up your coconut oil over medium heat. Add in your asparagus and cook for 5 minutes stirring occasionally. Then set aside asparagus.
6. Next, return to your asparagus pan and turn the heat down to low. Add in your peas, minced garlic, lemon juice, lemon zest, nutritional yeast, salt and pepper. Cover and cook for an additional 3-4 minutes.
7. Stir in your spaghetti squash for an additional 2-3 minutes. Serve warm.



BUDDHA BOWL STIR FRY

Ingredients

- 3 tablespoons coconut oil, divided
- 4 eggs, whisked
- 2 cloves garlic minced
- 1 white onion diced
- 2 carrots chopped
- 1 large zucchini chopped
- 10 oz. broccoli florets
- 6oz. mushroom sliced
- 1 bell pepper chopped
- 1 cup peas
- 2 cups cooked quinoa
- 4 tablespoons liquid coconut aminos

Directions

1. In a frying pan, heat 1 tablespoon coconut oil over medium heat. Add whisked eggs and cook until scrambled. Remove from heat and set aside.
2. In a large pot, heat remaining 2 tablespoons coconut oil over medium-high heat. Add garlic, onion, and carrots and cook for about 5 minutes.
3. Add zucchini, broccoli, mushrooms and bell pepper and cook for about another 5 minutes, until veggies are tender.
4. Stir in peas and quinoa and cook for a few more minutes until quinoa is heated through. Add in eggs and stir to combine. Remove from heat.
5. Drizzle with coconut aminos



THIS ISN'T BETTY'S HAMBURGER HELPER

Ingredients

- 1 lb lean ground beef
- 1 medium onion, diced
- 1 stalk of celery, diced
- 2 cloves of garlic, minced
- 1 green onion diced
- 2 cups quinoa, uncooked
- 4 cups chicken broth/stock
- Salt to taste
- Pepper to taste
- 1 can fire-roasted tomatoes
- 4 fresh tomatoes

Directions

1. Cook meat, onion, celery, and garlic in a skillet over medium-high heat for 5-6 minutes (until meat is browned). Remove meat mixture from pan.
2. Add broth and quinoa to the pan. Cook covered for 20 minutes, stirring occasionally.
3. Add meat mixture, fire-roasted tomatoes and fresh tomatoes to quinoa, then cook covered for an additional 10-15 minutes.
4. Serve immediately.



JACKS GRILLED CHICKEN AND THE BEANSTALK

Ingredients

- 2 chicken breasts
- ½ cup lemon juice
- 1 teaspoon of onion powder
- 2 teaspoons of diced parsley or cilantro
- Salt and pepper to taste
- 1 tablespoon nutritional yeast
- Green beans

Directions

1. Preheat an outdoor grill for medium-high heat, and lightly oil grate.
2. In a bowl mix lemon juice, onion powder, nutritional yeast, ground black pepper, salt and parsley. Dip chicken in mixture.
3. Cook on the prepared grill 10 to 15 minutes per side, or until no longer pink and juices run clear.
4. While chicken is cooking steam green beans for 15 to 20 minutes.
5. Serve chicken over a bed of green beans



SHOPPING LIST

- Eggs
- Cottage Cheese
- Kefir
- spaghetti squash
- asparagus
- green beans
- celery
- 1 bell pepper
- lime
- 2 Lemons
- Brussels sprouts
- garlic
- cilantro
- 6 fresh tomatoes
- 3 onions
- Romaine lettuce
- Mushrooms
- 2 avocados
- 4 large zucchini
- Apples
- Orange
- 1 green pepper
- frozen berries
- frozen spinach
- frozen mixed vegetables
- frozen Brussels sprouts
- quinoa
- peanut butter
- 1 can of chickpeas
- 1 can of black beans
- 1 can of pinto beans
- 3 cans of fire roasted tomatoes
- 1 can of tuna
- 1 can of tomato paste
- chicken stock
- beef stock
- Large whole chicken
- 4 oz of chicken

IN YOUR PANTRY

- salt
- pepper
- cinnamon
- sage
- oregano
- cumin
- chili powder
- garlic powder
- Pink Salt
- nutritional yeast
- coconut oil
- olive oil
- balsamic vinegar
- coconut amino's (or soy sauce)
- vanilla extract
- hot sauce





MEAL MOMENT MEAL PLANNER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Put a lime in the coconut 2 egg scramble	Bursting blueberries w/ cottage cheese	Popeye the sailor two egg souffle	Baked Avocado Boat	Kefir Sutherland smoothie	Fall Harvest Hash	Sunrise Scramble
LUNCH	Romaine Calm Quinoa Salad	Chili-Chili Bang-Bang	LEFTOVERS!	Off the hook Tuna Stirfry	Cabbage Patch Slad	LEFTOVERS!	Zoodles of fun spaghetti
DINNER	"No soup for you" soup	Luscious Lemon Garden Pasta	Buddha Bowl Stir Fry	LEFTOVERS!	This isn't Betty's Hamburger Helper	Jack's Grilled Chicken & the Beanstalk	LEFTOVERS!
SNACKS	Apple	Orange	Carrots	Celery Peanut Butter	Apple	Orange	Celery Peanut Butter