

Chicken Bruschetta

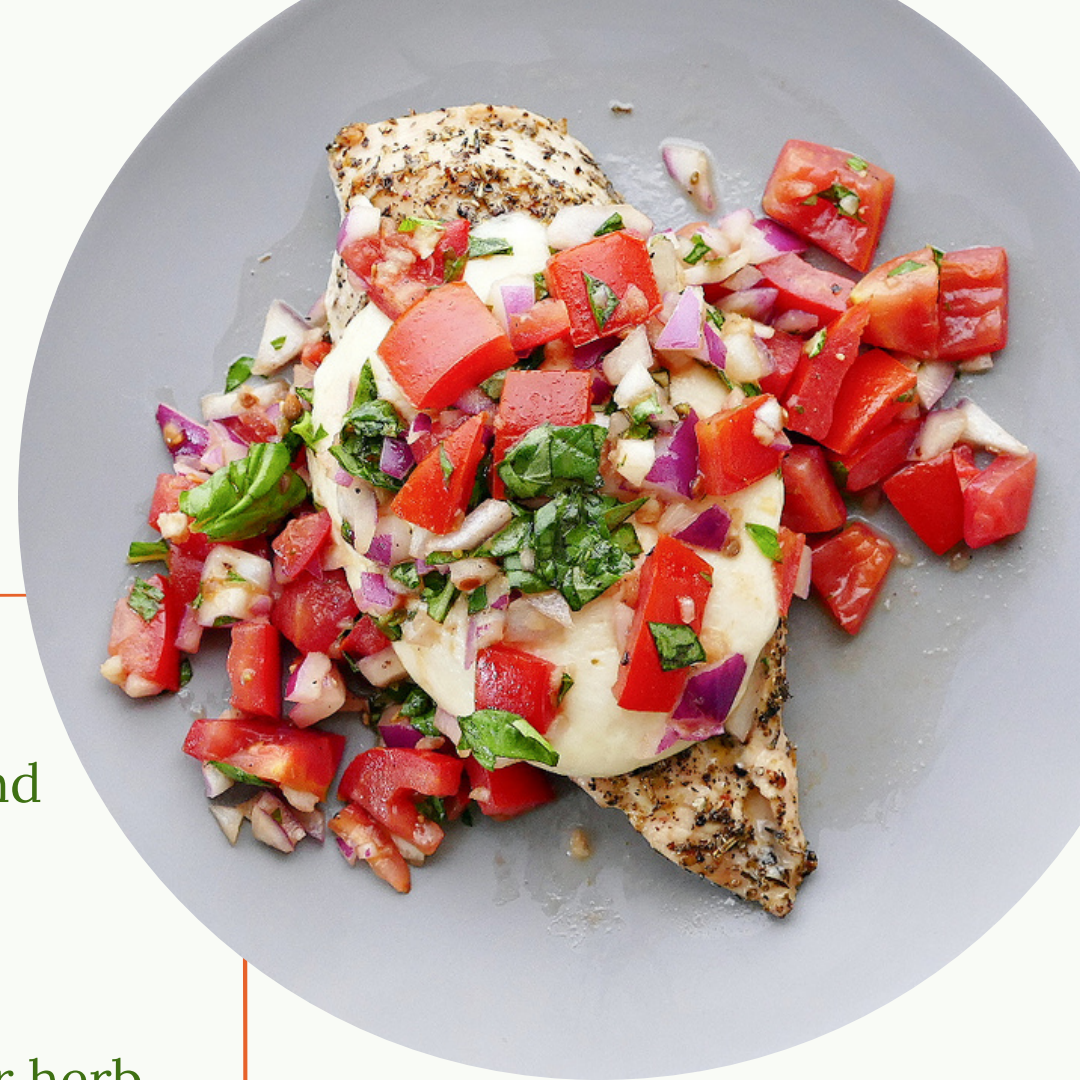
Ingredients

For chicken:

- 2 lb chicken breast, boneless and skinless
- 2 Tbs olive oil
- 2 cloves garlic, minced
- 1 Tbs Italian seasoning (or other herb mix)
- salt and pepper, to taste

For bruschetta:

- 4 roma tomatoes, chopped
- 1/4 cup red onion, chopped
- 1/2 cup fresh basil, chopped
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 cloves garlic, minced or pressed
- salt and pepper to taste



Nutriion Facts:

Serves 4

Prep: 20 mins. | Total: 30 mins.

Per serving:

- Ⓒ 497 calories
- Ⓒ 12g carbohydrates
- Ⓕ 34g total fat
- ⒫ 41g protein



Toasted Coconut & Hawaiian Sweet Potato Chia Seed Pudding

Ingredients

- 1 cup coconut milk
- 4 Tablespoons Chia Seeds
- 1 Tablespoon Agave/honey
- 1 teaspoon coconut extract
- 1 cup Hawaiian Sweet Potato cut into tiny cubes
- Topping of choice: toasted coconut, berries, dark chocolate chips, or granola.

Prep Time

TOTAL TIME: 1 HOUR

- Prep: 30 min
- Chill: 1 hour
- Cook: 30 min

Directions

- Cut Hawaiian sweet potato into large 1" thick slices and lay on a baking sheet. Bake for about 20 minutes in a 450-degree oven. Remove when a fork pokes through each piece easily and let cool completely.
- Combine coconut milk, chia seeds, honey, extract, and salt in a bowl and mix well. Cover and chill in the refrigerator for 1 hour.
- Remove skin and hard edges from potato pieces and cut them into tiny cubes.
- Combine sweet potatoes cubes and with chia seed pudding or use as a topping.

HOW TO SERVE:

Equally, spoon 1/4 cup servings of pudding into individual cups and add toppings of choice: Hawaiian Sweet Potato, toasted coconut, berries, tiny dark chocolate chips, or granola.

Nutrition & Health Benefits

COCONUT CHIA SEED PUDDING WITH HAWAIIAN SWEET POTATO

Serves 4 - Calories per serving: 148

Protein 2.8g / Carbs 20.2g / Fat 6.2g / Fiber 10g

**Calories and macros will vary when toppings are added!*

See back for health benefits ...

Chia Seeds

Members of the mint family, chia seeds are another super food not known for flavor but for the numerous health benefits they provide.



- Lowers cholesterol
- Regulated heart rhythms and blood pressure.
- Prevents the development of chronic disease
- An easy way to get Omega 3 fatty acids (ALA) crucial to brain health.
- A good source of soluble fiber. It's this healthy fiber that turns to gel when the pudding is chillin' in the fridge!
- High in calcium, phosphorus, and magnesium all important minerals for strong bones.
- Reduces inflammation
- Prevents blood clots

Hawaiian Sweet Potato

Also known as Okinawan Sweet Potato, it is not a part of the potato family but a health-benefiting member of the morning glory family. Its tan skin may be deceiving as the inside is a bright and vibrant purple!

A known superfood, high in fiber, vitamins, and many antioxidants (even more than blueberries) is a staple in the Hawaiian diet.

Okinawa, a well known blue zone where people live well over 100, totes this plant and its abundant antioxidants to ward off disease and illness,



Coconut

Although coconut milk is high in calories and fat, when eaten in moderation, it has numerous health benefits.



- The MCT fats in coconut milk may aid in weight loss and metabolism because it goes directly to the liver for energy.
- The fats in coconut milk have been shown to have positive effects on cholesterol and heart health.
- Coconut milk strengthens the immune system and fights viruses and bacteria.

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Eggnog Overnight Oats



HERE'S A HOLIDAY-WORTHY OATMEAL RECIPE THAT REQUIRES NO COOKING – JUST PUT THE INGREDIENTS IN A MASON JAR AND SHAKE IT UP.

.....

Ingredients:

- ½ cup (40 g) old-fashioned oats (gluten-free)
- 1 tsp chia seeds
- ½ cup (115 g) low-fat plain Greek yogurt or non-dairy yogurt alternative
- ½ cup (120 ml) unsweetened extra creamy oat milk
- Dash of vanilla extract
- ⅛ tsp nutmeg
- ⅛ tsp cinnamon
- Optional: 1 tsp. honey or maple syrup, or to taste
- Optional topping: Pecans or walnuts



Directions:

- In a mason jar or other container with a tight cover, combine all of the ingredients except the nuts. Cover tightly and shake well to combine.
- Place in the refrigerator overnight. When it's time to eat, stir well and add optional nuts as a topping.

TIP: You might notice seasonal “nog” drinks in your grocery's dairy case. You can sub one of those for the oat milk in this recipe ...

But be sure to read the label to make sure it's not loaded with extra sugar or additives.

*A heart-healthy taste
of the holiday season!*

Nutritional Information on back...



Nutritional Information:

Serving Size: this recipe is for 1 serving

Calories: 317
Carbs: 43.9g
Fat: 12.1g
Protein: 10.4g

NOTE: Nutritional information does not include optional sweetener or nuts.

Health Benefits:

..... OLD FASHIONED OATS

High in fiber and a great choice for health digestion and heart!



CHIA SEEDS

Rich in healthy Omega-3 Fatty Acids, Antioxidants, and Fiber



NUTMEG

Health releave pain, strengthen immune system and cognitive function, and detoxify the body.



CINNAMON

Full of health benefits and a great spice for those with diabetes. Provides antioxidants (which fight decay and aging), antibiotics, and anti-inflammatory properties. Lowers blood sugar, reduces the risk of heart disease, and help with weight loss!



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Kodie's Green Smoothie!



Ingredients

- 1.5 Cups Water
- 3 Handfuls Organic Baby Spring Mix
- 1 Frozen Banana
- 1 Scoop Garden of Life Protein (Chocolate)
- 1 Scoop Collagen
- 1 Tbls. Peanut or Almond Butter
- 1 tsp. Cinnamon'
- 1 tsp. ground ginger
- 1 tsp Ground Tumeric

Place all ingredients into a blender and blend on high until smooth.

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Health Benefits



Smoothies - a great way to get more optimal health-promoting fruits and vegetables into your daily diet.

Water - Provides hydration without added calories.

Super Greens - Loaded with vitamins and minerals and countless health benefits.

Protein - an important macronutrient to build and repair muscle, bone, cartilage, skin, and blood. Provides the building blocks of enzymes, hormones, and vitamins.

Collagen - for healthy joints and skin elasticity.

Nut Butters - a good source of healthy fats

Cinnamon - helps to reduce blood pressure, lowers blood sugar, and helps with weight loss.

Ginger - aids in digestion, calms nausea and soothes soar muscles.

Tumeric - a natural anti-inflammatory known to relieve joint pain and stiffness as well as many medicinal properties for optimal health and wellness.



O'no Furikake Salmon



INGREDIENTS

- 2 Wild Caught Salmon fillets
- 2 Tbls Olive Oil Mayo or Soy-free Veganaise.
- 1 tsp Wasabi paste (or more if you like it hot)!
- Furikake sprinkles of choice
- Teriyaki sauce of choice (coconut aminos are a soy free option)

Recipe for 2 people but can easily be multiplied for additional servings.

INSTRUCTIONS

Prep Time :5 minutes / Cook Time :25 minutes
Quick 30 minute dinner idea

1. Preheat oven to 350'
2. In a small bowl, mix mayo and wasabi until well blended. Spoon half the mixture over each piece of salmon and spread evenly.
3. Sprinkle "choke" (*Hawai'i slang for A LOT*) furikake over each piece of salmon so furikake sticks to mayo/wasabi mixture.
4. Pour a small amount of teriyaki sauce around the outside edge of each piece of salmon but not over the top.
5. Bake for 25 minutes
6. Serve hot out of the oven and enjoy! Also great reheated as leftovers!

Make it a well-balanced meal

Serve with rice (brown rice preferred as a good source of magnesium, higher fiber, and slower digestion value) and steamed vegetables
or cauliflower rice and steamed vegetables or green salad for a lower carb option.

Nutritional facts on back...

Nutritional Facts - 380 calories per serving (4 oz piece of Salmon)

19.5 g Fat / 22.6 g Carbohydrates / 25.6 g Protein

This ono (*good tasting*) recipe reminds me of my Hawai'i home, is full of flavor and numerous health benefits.

Aside from being a great source of lean protein, salmon has numerous additional benefits for optimal health.

Wild-caught salmon is the best source of *Omega 3 fatty acids* - Omega 3 fatty acids are an essential part of a healthy diet, protect your brain, helps reduce inflammation, blood pressure, and heart disease risk, and keeps you young by supporting healthy skin!

Wild-caught salmon is an excellent source of *vitamin B* - required for optimal brain and nervous system repair, helps convert food into energy, creates and repairs DNA, and reduces inflammation.

Wild-caught salmon is high in *potassium* which controls blood sugar and reduces your risk of strokes.

Wild-caught salmon is loaded with *selenium*, a mineral and antioxidant that plays an important role in a healthy immune system, known to lower oxidative stress (*which can lead to cell and tissue damage*), and helps reduce inflammation.

Wild-caught salmon contains *astaxanthin*, an antioxidant that may help lower the risk of heart disease, improves blood pressure, reduces LDL (*bad*) and increases HDL (*good*) cholesterol levels, protects the brain and nervous system from harmful inflammation, and beneficial for those with diabetes.

Consuming healthy lean proteins, such as wild-caught salmon, helps with weight management because it keeps you fuller longer.



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PINEAPPLE COCONUT BAKED OATMEAL

by Melissa @ Living LEAN, LLC

PREPARATION: 10MIN / COOKING: 45MIN / READY IN: 55MIN

Ingredients

- 2 1/2 cups old fashioned oats
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup unsweetened coconut flakes
- 1/3 cup greek/non-dairy yogurt
- 2/3 cup nut/oat milk
- 1/4 cup 100% pure maple syrup
- 2 eggs lightly beaten
- 1/2 teaspoon coconut extract
- 1 cup crushed pineapple - fresh or canned in its own juices.

Directions

1. preheat oven to 350
2. In a large mixing bowl combine the first four dry ingredients (old fashion oats, baking powder, salt, and unsweetened coconut) and mix together.
3. In a medium mixing bowl combine the next six wet ingredients (yogurt, milk, syrup, eggs, extract, and pineapple) and mix together until blended.
4. Combine wet ingredients into dry ingredients bowl and mix them all together until well blended.
5. Grease a 9x9 baking dish with real butter and pour the mixture into the baking dish. Bake for 45 minutes.
6. Let baked oatmeal cool for 10 minutes then cut into 8 equal pieces.

Nutritional facts on back...

Nutritional facts (based on 1/8 serving size)

Calories 162 per serving

Protein 5.4 g / Carbohydrates 23.1 g / Fats 5.1 g / Sugar 6.8 g / Dietary Fiber 3.5 g

Beginning each day with a "brainy breakfast" for school-aged children helps them be more alert in school, provides a steady supply of energy, and may help with behavior issues.

- The main ingredients in a "brainy breakfast" are:
- High protein that wakes up the brain
- High fiber carbs that provide a steady supply of longer-lasting energy
- Healthy fats that help brain cells communicate better
- Low in simple sugar, food additives, and preservatives

This recipe has 19.6 net carbs

What are net carbs? Net carbs only include the carbs that can be fully digested into glucose by the body and used for energy. To calculate net carbs, you subtract the number of indigestible carbs, which is fiber, for the number of total carbs found in a food item.

Why are net carbs important? When there is a high amount of dietary fiber contained in a food item, the body takes much longer to break it down. Foods with high fiber content become a longer-lasting source of energy that does not spike blood sugar levels and the increased need for more and more insulin.

Including high fiber foods, like oatmeal and natural fruits and vegetables, are part of a healthy diet, good for a healthy digestive system, and the best carbohydrate choices.

Note: the body can only partially digest sugar alcohols and some may choose to subtract 50% of sugar alcohols for a more accurate net carb calculation. Please consult your physician before starting or making major changes to your regular diet habit.

Want to add more protein to this meal?

Include 1 or 2 hard-boiled eggs on your breakfast plate

Want to add health beneficial antioxidants to this meal?

Include a handful of fresh and well-cleaned blueberries

Want to add more healthy fats to this meal?

Include a few natural nuts such as walnuts, almonds, or crushed macadamia nuts

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RAINBOW Spaghetti



INGREDIENTS

Spaghetti Sauce:

- 1 small onion chopped
- 2 cloves garlic minced
- 2 Tbls Extra Virgin Olive Oil
- 1 lb. ground lean turkey
- 4 White Mushrooms cut into cubes
- 1 Jar Simply Organic Tomato Basil Pasta Sauce
- 1 tsp Italian Seasoning
- Salt and Pepper to taste

Rainbow Pasta:

- Banza Chickpea Pasta
- Zoodles - Zucchini Noodles
- Butternut Squash Noodles

PREPARATION

*Prep Time :25 minutes / Cook Time :25 minutes
50 minutes to dinner time*

1. Heat Extra Virgin Olive Oil in a skillet over medium heat being careful not to let it smoke.
2. Cook onion and garlic until translucent then add ground turkey and cook throughout until no longer pink.
3. Add Italian seasoning and salt and pepper to taste. If you like spicy...add a pinch of chili pepper flakes.
4. Add in Simply Organic Tomato Basil Pasta Sauce (or other prepared sauce), stir, and let simmer.
5. Prepare Banze (or other plant-based Spaghetti options) according to package instructions begin careful not to overcook.
6. Reheat the skillet with a bit of Extra Virgin Olive Oil and an equal part of Chickpea, zucchini, and butternut squash noodles and heat until vegetables soften.
7. Prepare individual serving starting with a 2 - 3 oz. portion of Rainbow Spaghetti, a 1/2 cup portion of sauce, and garnish with fresh basil and shredded real cheese if desired.

NOTE: portion size will vary depending on age, size, and dietary goals.

Nutritional facts on back...

**Nutritional Facts based on 2 oz Rainbow Spaghetti and 1/2 cup Spaghetti sauce portion size: 254 calories per serving
8 g Fiber / 9 g Fat / 28 g Carbohydrates / 28 g Protein**

Nutrient Profile Comparison of Pasta

Based on one serving of spaghetti which equals 2 ounces

Refined/Enriched Spaghetti:

Calories per serving: 220
Protein: 8.1 grams
Carbs: 43 grams
Fiber: 2.5 grams

Whole Wheat Spaghetti:

Calories per serving: 174
Protein: 7.5 grams
Carbs: 37 grams
Fiber: 6 grams

***Refining** significantly modifies gain from it's natural composition. The chemical removal of bran and germ (fiber) makes this pasta a high glycemic indexed food choice. These foods digest quickly and spike insulin levels which can, if overly consumed, create insulin resistance and put you at risk of Type II Diabetes.*

Mixing vegetables, such as zucchini and butternut squash noodles, into pasta is a great way to add more vegetables to your family meal!

Banza Chickpea Spaghetti:

Calories per serving: 190
Protein: 12 grams
Carbs: 32 grams
Fiber: 5 grams

Zucchini Zoodles:

Calories per serving: 9
Protein: 0.7 grams
Carbs: 2 grams
Fiber: 0.6 grams

Butternut Squash Noodles:

Calories per serving: 9
Protein: 0.6 grams
Carbs: 6.6 grams
Fiber: 1.1 grams

Other HIGH-FIBER HIGH-PROTEIN pasta options typically offering 11-17g fiber and 22 g protein per serving:

- **Liviva Black Bean Fettuccine**
- **Zeroodle Edamame Spaghetti**
- **NutriNoodle**
- **Modern Table**
- **Ancient Harvest**



Vegetables add color, flavor, fiber, and numerous vitamins and minerals to an otherwise carb heavy meal.

Try them out as a healthier option!



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ROASTED ROOTS & VEGETABLES

by Melissa @ Living LEAN, LLC

Ingredients

- 1 Sweet Potato
- 1 Small Red Onion
- 1 Carrot
- 1 Red or Yellow Beet
- 1 cup Brussel Sprouts
- 1 cup Broccoli
- 1 cup Cauliflower
- 3 cloves of garlic minced
- 1 tablespoon Italian seasoning
- 1/4 cup extravirgin olive oil
- 1 teaspoon cumin
- Salt & pepper to taste
- 1 teaspoon chili flakes (optional)

Directions

1. preheat oven to 400 degrees and line a large baking sheet with tin foil
 2. Cut all vegetables into 1" cubes and quickly mix together in a large mixing bowl
 3. Add minced garlic, Italian seasoning, cumin, red pepper flakes (if you like a bit of spice), salt and pepper and Extra Virgin Oli Oil
 4. Spread seasoned vegetables on evenly over the lined large baking sheet.
 5. Bake for 20 minutes then stir vegetables around baking sheet and spread out flat. Continue cooking for another 15 minutes.
 6. Turn oven to High Broil for the last 5 minutes keeping an eye on it so it doesn't burn too much.
 7. Remove from oven and serve with choice of lean protien.
- Nutritional facts on back...*

Nutritional facts (Serves 6) : 2 cups

Calories 272 per serving

Protein 4 g / Carbohydrates 45 g / Fats 10 g / Sugar 7 g / Dietary Fiber 8 g

PREPARATION: 30MIN / COOKING: 40MIN / READY IN: 1 HOUR 10 MIN

Roasted vegetables are a great way to add more low-calorie, nutrient-dense, high fiber vegetables into every meal. It is also a great way to have a variety of vegetables prepared for make-ahead healthy lunch meal prep.

You can alter this simple recipe in a variety of ways:

- Add different vegetables
- Use vegetables you have in the refrigerator that are about to turn (start to go bad)
- Prepare each vegetable on the list separately instead of in a medley to enable more options for meal prepping.
- Experiment with other seasonings and spices
- Drizzle roasted vegetables with balsamic glaze for added flavor
- Sprinkle roasted vegetables with a little feta cheese crumbles

Serve roasted vegetables with lean protein for a complete meal:

- Wild-caught Salmon and other cold-water seafood for healthy Omega 3
- Scallops, shrimp, crab, or lobster
- Lean cuts of steak on occasion
- Grilled or Roasted chicken
- Grilled or Roasted Turkey legs

Adding vegetables into every meal is a crucial part of a healthy meal plan. They are high in nutrients and dietary fiber with aid in digestion and provides health-promoting vitamins, minerals, and anti-oxidants. Vegetables are also low and calories yet loaded with flavor! Experiment with this recipe and come up with your own creations. Have fun!

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SPICY ITALIAN MEATLOAF WITH MASHED SWEET POTATO

INGREDIENTS

- 2 Tablespoons Extra Virgin Olive Oil
- 1 Red Bell Pepper
- 1 Large Carrot
- 1 Large Celery Stalk
- 1 Small Onion
- 1 Lb Ground Lean Turkey
- 1 Lb Spicy Italian Chicken Sausage
- 1 Lb Original Chicken Sausage
- 3/4 Cup Raw Oat finely ground
- 1 Egg
- Salt & Pepper to Taste
- 2 Sweet Potatoes
- 1/2 Cup Unsweetened Coconut Milk (or other nut milk)

PREP TIME

- Prep | 20 m
- Bake | 25 m
- Ready in | 55 m
- Great Meal Prep option

PROCEDURE

- 01** Finely chop bell pepper, carrot, celery, and onion in a food processor and lightly saute in 1 Tbls. Olive Oil. Cook for about 10 minutes or until colors become vibrant then remove from heat and let cool.
- 02** Combine finely ground oats, egg, ground turkey, two chicken sausages, and salt and pepper into a large bowl and mix thoroughly.
- 03** Shape the meatloaf into four small loaves or into a single serving muffin pan for meal prep (*see photo*).
- 04** Bake for 25 minutes in a 425-degree oven.
- 05** Remove skin for sweet potatoes and cut them into tiny squares. Toss cut potatoes with salt, pepper, and 1 Tbl Olive Oil. Spread into baking sheet and broil on high for 15 minutes or until you can put a fork through easily.

NUTRITION INFORMATION

Serves 12 4oz. servings

Calories | 164 per serving

Protein 22g

Carbohydrates 5g

Fat 6 g (Saturated fat 1.2 g)

GREAT FOR MEAL PREP!

Two great meal prep options:

- Spoon meatloaf mixture into individual muffin pan for 2 oz servings. Add two beefcakes to a dark leafy green salad as a lean source of protein to a healthy serving of vegetables. Add a bit of Olive and Viniger dressing for a healthy lunch.
- Divide the meatloaf mixture into quarters and shape it into smaller loaves. After baking and cooling, wrap each loaf in foil and freeze for future dinners. Each loaf is perfect for a dinner for two and heats up really nice. You can serve with roasted vegetables, sweet potato mash, or dark leafy green salad and a splash of olive oil & vinegar dressing.

One of my favorite quick go-to dinners on busy nights.

06 Remove roasted sweet potatoes and mash with coconut milk. Add salt and pepper to taste.

07 Prepare single-serving beefcake with a scoop of sweet potato mash on top then freeze or store in an airtight container. If you made four small meatloaves, you may wrap them in foil and freeze them for future dinners. In this case, you would serve the sweet potato mash as a side dish.

NOTE:

Don't forget to add vegetables or a dark leafy green salad to your meal. Adding more vegetables to your plate for health-benefiting vitamins, minerals, and anti-oxidants.

These valuable mico-nutrients are a very important part of optimal health and wellness at every age and every stage of life.



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Summer Watermelon Salad

The Ingredients

- 1 small watermelon cut into small cubes
- 1 cucumber with peel cut into small cubes
- 1 cup organic blueberries
- 1 block of feta cheese cut into small cubes
- 1/8 cup finely chopped fresh mint
- 1/8 cup finely chopped fresh basil
- 1/4 cup Extra Virgin Olive Oil
- 3 Tablespoons of Apple Cider Vinegar
- 3 Tablespoons of Organic honey or Agave
- 1 teaspoon lemon juice
- salt and pepper to taste

Preparation:

Cut up all the fresh produce, herbs, and feta cheese and add them to a large mixing bowl.

Add the Extra Virgin Olive Oil, Apple Cider Vinegar, honey, lemon juice, salt, and pepper to a small mixing bowl and stir ingredients together

Pour the dressing over the produce and feta, mix well and refrigerate for an hour.

Serve cold with a slotted spoon at summer get-togethers, family dinners, and as a healthy afternoon snack.

Nutritional Facts per serving. This recipe serves 8. Each serving = 1 cup
Calories per serving 181 / Protein: 5g / Fat: 11g / Carbohydrates: 18g

Health benefits of watermelon

Watermelon is 90% water that helps hydrate the body, is loaded with vitamins A (for healthy skin and eyes), C (for a strong immune system), and B6 (for a healthy nervous system). It also contains Lycopene, a valuable antioxidant that fights against oxidative stress (too many free radicals which break down the body and making it age).

Health benefits of cucumbers

Cucumbers are 96% water and contain valuable electrolytes such as magnesium, phosphorus, and potassium that help hydrate the body. They also provide high levels of vitamin K (for strong bones and calcium absorption), folate (helping the body make new cells), and fiber when eaten with the peel on.

Health benefits of blueberries

Blueberries are a superfood because of the many health benefits they provide. They help lower cholesterol, reduce the risk for certain cancers, heart disease, diabetes, and high blood pressure, and will even boost your mood. Packed with antioxidants that prevent or slow cell damage caused by free radicals, blueberries are high in potassium and vitamin C. A serving (1/2 cup) of blueberries daily is recommended as part of a healthy diet.

Health benefits of fresh herbs

Fresh herbs have numerous health benefits. Mint helps relieve digestive upset, reduces breastfeeding pain, and improves brain function. Basil is a great source of various vitamins and minerals and omega 3 fatty acids.

Health benefits of feta cheese

Higher in calcium than other cheeses, feta is good for bone health. Typically made from sheep's milk and fermented, feta is easier on the digestive system and good for gut health.

Health benefits of Extra Virgin Olive Oil

Extra Virgin Olive Oil is one of the healthiest foods for a healthy heart, reducing blood pressure, and a beneficial anti-inflammatory.

Health benefits of Apple Cider Vinegar

This ancient food has many health benefits and known to lower blood sugar and aid in managing diabetes, calming upset stomachs, helpful for weight loss, and an anti-bacterial.

Enjoy this summer recipe and all its health benefits!
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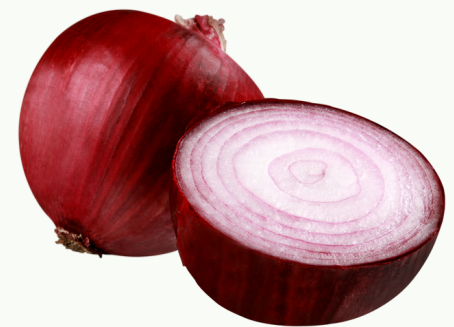
Directions

Prep

1. Pat chicken breasts dry and place in a glass baking dish or deep bowl.
2. Preheat oven to 375° F.
3. Mince garlic.
4. Add bruschetta ingredients to a bowl - mix well and set aside.

Make

1. Whisk together olive oil, garlic, and Italian seasoning. Pour into the glass baking dish or deep bowl and add chicken. Turn to coat and let stand for 10 minutes.
2. Place chicken on a parchment-lined baking sheet, sprinkle with Italian seasoning, and season with salt and pepper. Bake for about 20 minutes until the internal temperature reaches 165° F.
3. Remove chicken from oven and top with bruschetta mixture. Serve immediately.
4. Optional: While chicken is hot, add a small slice of mozzarella cheese over each piece of cooked chicken before topping with bruschetta mixture.



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