



KATIE EVANS

Holistic Lifestyle & Wellness Coach

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Eating Wellness Recipe

Cilantro Chicken

Ingredients

4 Chicken Breast

2 Green Onion

1 cup of Cilantro

¼ cup Olive Oil

1 large Garlic Clove

1 tsp hot sauce (optional)

Instructions



1. Preheat BBQ or oven 350-375 degrees
2. Add everything to a food processor (put 2 tbsp aside for the zucchini boats)
3. Spread marinade over the chicken Bake at 375 degrees or BBQ until Chicken is cooked.
4. Bake until Chicken is cooked

Sweet Potatoes

Ingredients

1 Sweet potato

Olive oil

Favourite seasoning (Garlic Plus if my fav)

Instructions

1. Preheat oven to 350 degrees
2. Slice sweet potatoes 1/3 of an inch thin
3. Put sweet potatoes in a bowl add olive oil and seasoning and mix so all the potatoes are covered
4. Lay flat on the cookie sheet and bake in the oven until crispy about 30-45mins. Note you do not need to flip them!



Black Bean Quinoa Zucchini Boats

Ingredients

2 large Zucchini's

2 cups cooked Quinoa

1/3 cup black beans cooked or out of a can

1/3 cup corn

1/3 cup red peppers

Topped with medium age cheddar cheese

2 tbsp of Cilantro marinade

Salt and pepper to taste

Instructions

1. Preheat oven or BBQ to 350 degrees
2. Cut zucchini in half and scoop out the seeds
3. Mix the quinoa, black bean, corn, peppers, cilantro marinade and salt and pepper together
4. Stuff zucchini boats with the mixture and top with cheese
5. Bake until zucchini is soft but not mushy.



Bon Appétit 🍷