



Summer Recipe Book

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FULLY ALIVE NUTRITION

Hello!

Thanks for downloading your free Summer Recipe Book from Fully Alive Nutrition!

This recipe book is designed to help you enjoy all the wonderful summer produce while it's in season.

Strawberries, blueberries, spinach, zucchini, tomatoes, and more! Take a look at the recipes to see what inspires you, then head to your local farmer's market to pick out your fresh ingredients. Buying your fresh produce from local farmers helps you get the freshest ingredients you can, which means more nutrition for you and your family. Plus, you get the added benefit of supporting your local farmers.

Enjoy!



Blueberry Detox Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Blueberries
2 cups Baby Spinach
2 Banana (peeled, chopped and frozen)
2 tbsps Chia Seeds
2 cups Unsweetened Almond Milk

DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

NOTES

MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

PREP AHEAD

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Bell Pepper Egg Cups

1 SERVING 20 MINUTES



INGREDIENTS

1 Red Bell Pepper
2 Egg
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Slice pepper in half and carve out the seeds.
- 03 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

NOTES

MORE FLAVOR

Roast the red pepper in the oven before cracking the egg into them. Add additional veggies, like halved cherry tomatoes. Add additional seasonings of choice: pinch of cayenne, cumin seeds, or top with fresh basil.

ADDED TOUCH

Sprinkle with cheese during the last 2 minutes.

Blueberry Kale Salad

6 SERVINGS 20 MINUTES



INGREDIENTS

10 cups Kale Leaves (chopped)
1 Cucumber (chopped)
4 stalks Celery (chopped)
2 cups Blueberries
2 Beet (peeled and spiralized)
1/2 cup Pumpkin Seeds
1/2 cup Extra Virgin Olive Oil
3 Lemon (medium, juiced)
1 tsp Dijon Mustard
1 tsp Sea Salt
1/4 tsp Black Pepper

DIRECTIONS

- 01 In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
- 02 In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
- 03 Before serving, pour dressing over the salad and toss well. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 4 days.

MORE PROTEIN

Add a salmon fillet, grilled chicken breast, or lentils.

MORE CARBS

Add cooked quinoa.

Zucchini Caprese Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

2 Zucchini
1 1/2 cups Cherry Tomatoes (halved)
1 Lemon (juiced)
1 1/2 tbsps Balsamic Vinegar
2 tbsps Extra Virgin Olive Oil
1 Garlic (clove, minced)
3 1/2 ozs Small Bocconcini (halved
(Bocconcini are small mozzarella balls))
1/2 cup Basil Leaves (chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Use a spiralizer to spiralize your zucchini into ribbons. Then slice the ribbons so that they are about 5 inches in length. If you do not have a spiralizer, use a peeling knife and take full strokes along the zucchini to create long ribbons. You can also slice the zucchini into thin rounds.
- 02 Combine the zucchini ribbons and cherry tomatoes in a large bowl.
- 03 In a jar, combine the lemon, vinegar, olive oil and garlic. Put lid on and shake well. You can also combine ingredients in a bowl and whisk well to combine.
- 04 Pour the dressing over the zucchini noodles and tomatoes and toss well. Place in the fridge and let marinade for at least 10 minutes.
- 05 When ready to serve, transfer to a serving bowl and sprinkle the bocconcini balls and basil over top. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

NOTES

MAKE IT A MEAL

Serve with a grilled chicken breast for some added protein.

BBQ Pork with Peach Salsa

3 SERVINGS 4 HOURS



INGREDIENTS

1 lb Pork Tenderloin
1/2 cup Bbq Sauce
2 Peach (pitted and diced)
1/4 cup Red Onion (finely diced)
1 Tomato (diced)
1/4 Lemon (juiced)
1/2 cup Cilantro (chopped)
Sea Salt & Black Pepper (to taste)
3 cups Baby Spinach

DIRECTIONS

- 01 Place BBQ sauce and pork in a ziplock bag and massage until well coated. Refrigerate overnight or at least 3 hours.
- 02 Meanwhile, make your peach salsa. In a bowl, combine diced peach, red onion, tomato, lemon juice, cilantro, salt and pepper. Refrigerate until ready to serve.
- 03 When ready to cook, preheat grill on medium heat.
- 04 Place pork on the grill and cook for about 20 to 25 minutes. At the halfway mark, flip over and baste generously with leftover marinade.
- 05 Increase the grill to high heat and cook an additional 2 to 3 minutes until pork is a bit charred and completely cooked through. During this time, baste the pork with the leftover marinade 1 to 2 more times. Let rest for at least 10 minutes.
- 06 Slice BBQ pork and serve over spinach. Top with peach salsa and enjoy!

NOTES

NO BBQ

Roast marinated pork in the oven at 350°F (177°C) and follow the same instructions. Switch to the broiler for the final 2 to 3 minutes.

MAKE IT SPICY

Add more chili powder to your BBQ sauce and/or chopped jalapeno pepper to the salsa.

CHINESE BBQ PORK

Mix honey with your leftover marinade and generously baste your pork while it is cooking. Repeat several times.

Grilled Halibut with Arugula Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Extra Virgin Olive Oil (divided)
2 Lemon (juiced and the other cut into wedges)
1 Garlic (cloves, minced)
1/2 tsp Sea Salt (divided)
4 cups Arugula
1/2 cup Cherry Tomatoes (halved)
1/4 cup Red Onion (finely diced)
1 1/4 lbs Halibut Fillet
1/4 tsp Black Pepper
1/4 cup Parmigiano Reggiano (shaved)

DIRECTIONS

- 01 In a small mason jar, combine half the olive oil with the lemon juice and garlic. Add half of the sea salt. Put a lid on it and shake well. Set dressing aside.
- 02 In a large bowl, combine the arugula, cherry tomatoes, red onion. Set aside.
- 03 Brush both sides of the halibut fillets with remaining olive oil and season with remaining sea salt and pepper. Heat your grill over medium heat. Grill the halibut for 4 to 5 minutes per side or until it flakes with a fork. Remove the fish from the grill.
- 04 Toss arugula salad with desired amount of dressing and top with shaved parmigiano reggiano. Plate the fish and salad together side-by-side and serve with a lemon wedge. Enjoy!

NOTES

NO GRILL

Pan sear the halibut in a cast iron skillet over medium heat for 4 minutes per side or until cooked through.

Coconut Zucchini Fries

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1/4 cup Canned Coconut Milk (full fat)
- 1/4 cup Coconut Flour
- 1/2 tsp Sea Salt
- 2 Zucchini (medium, sliced into strips)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
- 02 Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
- 03 Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
- 04 Remove from oven and enjoy!

NOTES

NO COCONUT MILK

Use eggs instead.

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

ADDITIONAL TOPPINGS

Add paprika, chili powder or spices of your choice to the coconut flour.

EXTRA CRISPY

Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.

Strawberry Chia Jam

8 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Strawberries
1 tbsp Raw Honey
2 tbsps Chia Seeds

DIRECTIONS

- 01 Trim the stems from the strawberries and cut in half. Place strawberries, honey and chia seeds in a blender or food processor and pulse until it reaches your preferred jam-consistency.
- 02 Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
- 03 Remove from heat and pour into a mason jar. Let cool and then store in the fridge for up to 7 days. Freeze if using down the road. Enjoy!

NOTES

GET CREATIVE

Try different combinations like strawberry-rhubarb or strawberry-peach!

STORAGE TIP

If freezing, be sure to leave at least 1 inch of space at the top of the jar to leave room for expansion. Otherwise the jar may shatter.

VEGAN

Use maple syrup to sweeten instead of honey.

Dill Pickled Green Beans

4 SERVINGS 24 HOURS



INGREDIENTS

- 1 1/2 cups Green Beans (washed)
- 1/2 cup Fresh Dill (chopped)
- 1 Garlic (whole clove)
- 1 tsp Red Pepper Flakes
- 1 tsp Black Peppercorns
- 1 cup Apple Cider Vinegar (or 1 cup)
- 1/2 cup Water
- 1 tsp Sea Salt

DIRECTIONS

- 01 Trim the ends from the green beans and cut them into equal lengths that will fit into a 500 mL mason jar.
- 02 Place the dill, garlic, red pepper flakes and peppercorns into the bottom of the jar. Turn the jar on it's side and tightly pack the beans in. Set jar aside.
- 03 In a medium sauce pan combine apple cider vinegar with water and sea salt. Bring to a boil. Once boiling, reduce to a simmer. Let simmer for 3 minutes.
- 04 Pour the brine into the jar with the beans. Cover with a lid and let cool. Transfer to the fridge and let sit for at least 24 hours before eating. Best flavour is usually after 2 weeks. These will keep in the fridge for at least 1 month. Enjoy!

NOTES

MAKE IT LAST

Can last up to 1 year if canned in a jar with a seal.

MAKE MORE

Double or triple the recipe to make more.

LESS SPICY

Leave out the red pepper flakes.

Strawberry Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen, use very ripe bananas for best taste!)

1 cup Frozen Strawberries

DIRECTIONS

- 01 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

OTHER OPTIONS

Experiment with different flavors by adding a splash of lemon juice or lemon zest. Add cocoa powder for chocolate strawberry ice cream! Or, add sweetener of choice if you prefer a sweeter ice cream.