Step.It.UP Recipes

Week 1:

Fresh Strawberry Water (Agua Fresca)
http://www.savynaturalista.com/2014/06/19/fresh-strawberry-water-agua-fresca/

Flavored Ice Cubes

“Spa” waters
http://www.stephaniesterjovski.com/2012/07/summer-tip.html

Week 2:

Mini Cauliflower Pizza Crusts
http://www.tablespoon.com/recipes_mini-cauliflower-pizza-crusts/b8f4a680-6895-4202-ae91-cc0061ae258b

Parmesan Zucchini and Corn
http://damndelicious.net/2014/07/12/parmesan-zucchini-corn/

Cauliflower Buffalo wings
http://www.self.com/flash/recipes-blog/2013/02/recipe-pinterest-found-cauliflower-buffalo-wings

Taco Stuffed Zucchini Boats

Caprese Salad: redesigned
http://www.thepartydress.net/2009/07/caprese-salad-re-designed/

Week 3:

Peanut Butter Banana Wraps
http://www.bettycrocker.com/recipes/peanut-butter-and-banana-wraps/7e8e38bd-5b68-43bd-93a8-fc82e65cd145

7 no-cook recipes
Mixed Berry Avocado Wrap
http://undressedskeleton.tumblr.com/post/25043186912

Cucumber and Avocado Toast
http://undressedskeleton.tumblr.com/post/25166779414

Pizza Pita Pockets
http://undressedskeleton.tumblr.com/post/15353549965

Week 4:

Quinoa stuffed Tomato
http://www.inquiringchef.com/2013/07/18/quinoa-and-goat-cheese-stuffed-tomatoes/

Whole Wheat Oatmeal Pancakes
http://sallysbakingaddiction.com/2013/11/04/whole-wheat-oatmeal-pancakes/

Turkey Wrap
http://www.allthingsgd.com/2014/07/turkey-avocado-wraps-whole30-paleo/

Black Bean Soup
http://www.wholefoodsmarket.com/recipe/simple-black-bean-soup

Apple Cinnamon Oat Breakfast Squares
http://www.wholefoodsmarket.com/recipe/apple-cinnamon-oat-squares

Week 5:

Blueberry Scones
http://www.wortheverychew.com/?p=743

Dark Chocolate Trail Mix bites
http://undressedskeleton.tumblr.com/post/49054624292

Cookie Dough Greek Yogurt
http://myfridgefood.com/recipes/dessert/cookie-dough-greek-yogurt/

Whole-Wheat Avocado Brownies
http://undressedskeleton.tumblr.com/post/72039348626
**Week 6:**

Grilled Chicken


Lemon Garlic Tilapia


Tuna Salad Sandwich

http://www.raininghotcoupons.com/copycat-panera-tuna-salad-sandwich/

**Optional No-meat protein ideas**

No bake chocolate chip protein bars

http://www.busybuthealthy.com/no-bake_chocolate_chip_cookie_dough_protein_bars/

Quinoa Egg-white Bites

http://nutritiontwins.com/765-quinoa-egg-white-quiche/

Cake Batter Balls

http://chefambershea.com/2012/05/03/cake-batter-balls-raw-vegan-high-protein-glutengrainsoynutseedssugar-free/