

Clean-Eating Meal Planner

Enjoy 20 delicious recipes for feeling great
and transforming your health.

Your kids will love them too.



aspire[®]
N U T R I T I O N

A note from our founder



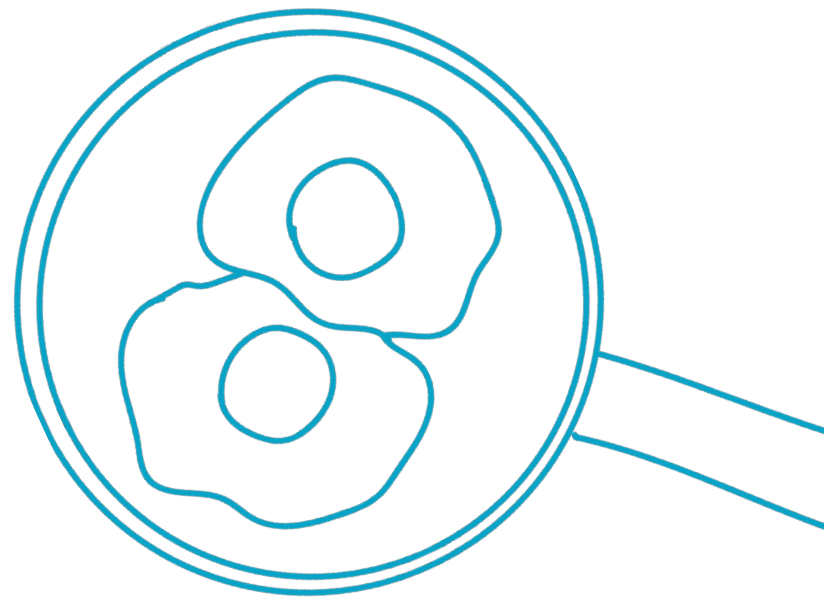
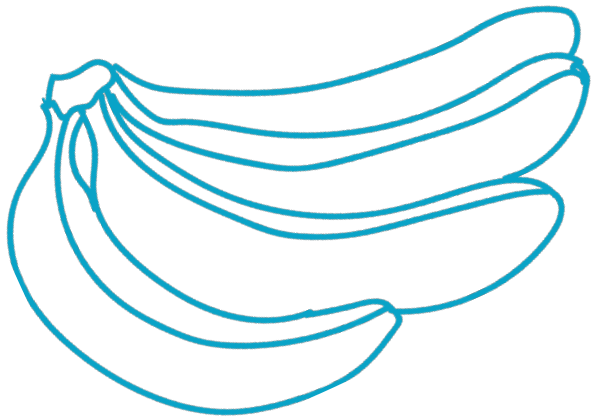
My name is Marty Orefice, founder of All-Star Nutrition. After experiencing a radical transformation with my son, I have dedicated my life to helping millions of children reach their full potential through the power of supplements and nutrition.

I've spent years experimenting with different foods and researching ingredients, and I'm proud to present you with my 12 Smoothie Recipes. Whether you are new to smoothies or a seasoned pro looking to incorporate new, delicious smoothies into your diet, this recipe book is a tool for anyone looking for new inspiration and to save a little time.

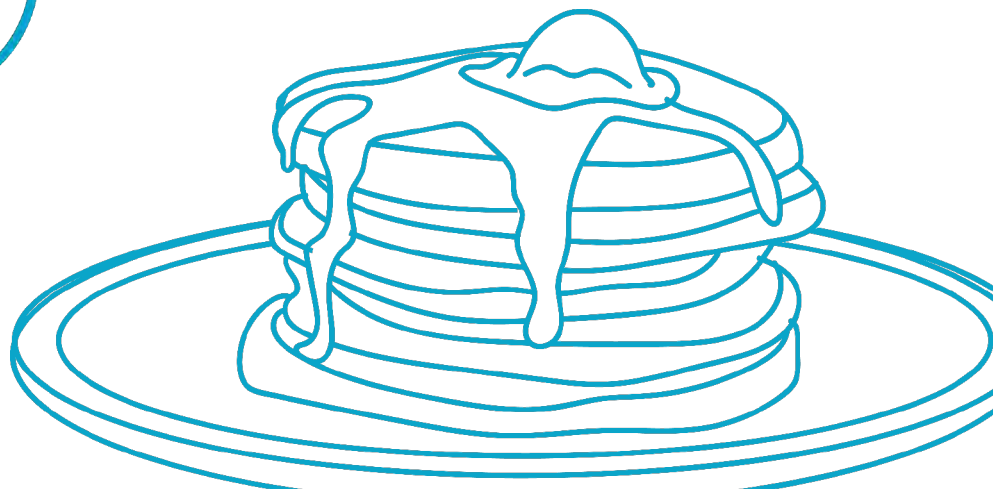
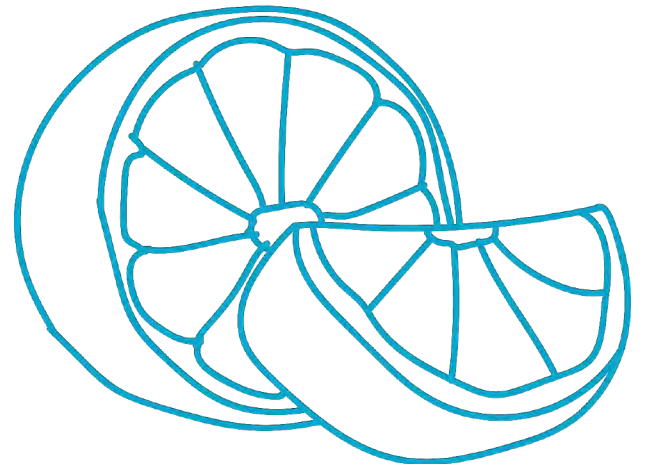
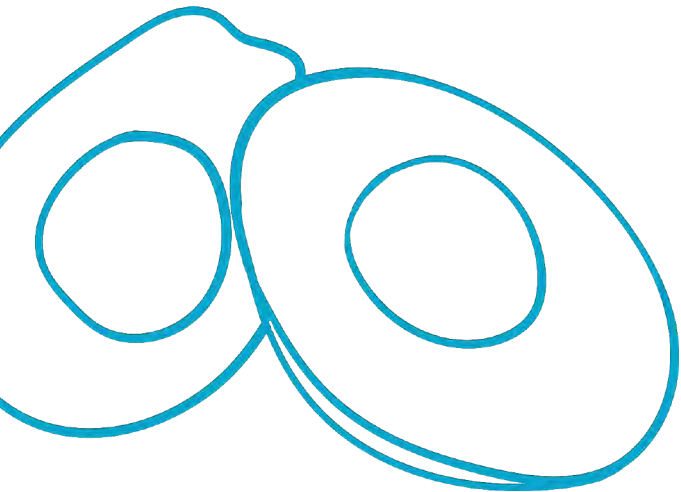
With these recipes, you'll be able to whip up smoothies that are budget-friendly, and ready to go at a moment's notice minimizing hours spent in the kitchen so you can maximize your free time. Most importantly, these recipes bring consciousness to what you are eating.

Table of Contents

BREAKFAST	4
Breakfast Pancakes	5
Coconut Flour Blueberry Muffins	6
Strawberry Banana Smoothie	7
Bacon And Egg Muffins	8
Sweet Potato Frittata	9
LUNCH	10
Paleo Chicken Nuggets	12
5 Ingredient Turkey Meatballs	13
Bacon Cauliflower Soup	14
Avocado Egg Salad	15
DINNER	16
Beef Stew	17
Almond Crusted Chicken	18
Meat Loaf	19
Lemon Rosemary Chicken	20
Bacon Cheeseburger Skillet	21
SNACKS	22
Chocolate Mousse	23
Tropical Green Smoothie	24
Baked Fries	25
Vanilla Blueberry Chia Seed Pudding	26
Avocado Chocolate Muffins	27



BREAKFAST





Breakfast Pancakes

Ingredients

2 small/medium eggs
1 medium soft banana
2 scoops Naked whey protein powder
1 tsp coconut oil
1 tsp vanilla extract
3 drops liquid Stevia (to taste)
optional: mct powder

Instructions

STEP 1

Add all the ingredients (except coconut oil) into a blender or food processor. Blend until completely smooth.

STEP 2

Heat your pancake griddle on very low heat (otherwise, the pancakes will be burnt on the outside and raw on the inside).

STEP 3

Grease your griddle or pan with coconut oil.

STEP 4

Pour $\frac{1}{2}$ cup batter onto the griddle and cook until lightly browned (it took me two minutes on each side to cook these pancakes).

STEP 5

Warm syrup, drizzle, and serve!

CONSIDER ADDING:

Pomona Pure Black Cherry Juice

[Find out more about it here.](#)





Coconut Flour Blueberry Muffins

Ingredients

$\frac{3}{4}$ to 1 cup coconut flour
(see note)

$\frac{3}{4}$ teaspoon fine sea salt

$\frac{1}{2}$ teaspoon baking soda

6 large eggs

$\frac{1}{2}$ cup mashed VERY ripe
banana (it should be almost
liquid when mashed)

$\frac{1}{4}$ cup virgin coconut oil,
melted

$\frac{1}{4}$ cup pure maple syrup or
honey

2 teaspoons vanilla extract
(use vanilla paste if strictly
Paleo)

$1\frac{1}{4}$ cups fresh or thawed
frozen blueberries

Instructions

STEP 1

Preheat oven to 350°F. Line a 12-count standard muffin tin with paper liners, or grease cups.

STEP 2

In a small bowl, whisk the coconut flour, salt and baking soda.

STEP 3

In a large bowl, whisk the eggs until blended. Whisk in the banana, maple syrup and vanilla. Add the coconut flour and then the coconut oil; whisk until well-blended. Gently stir in the blueberries.

STEP 4

Divide the batter equally among the prepared cups.

STEP 5

Bake in the preheated oven for 20 to 25 minutes until golden brown and a toothpick inserted in center of a muffin comes out clean (clean of batter, not blueberry juice). Cool in tin for 10 minutes then remove muffins to a wire rack to cool completely.

Note: The absorbency of coconut flour varies a good deal from brand to brand. You may want to start by using $\frac{3}{4}$ cup coconut flour, then adding up to the full cup, or simply add some water to the batter if it seems to thick. It should be thicker than traditional muffin batter, but not like dough.



Strawberry Banana Smoothie

Ingredients

½ cup plain dairy-free yogurt
(coconut milk or almond
milk yogurt)

2 cups strawberries (frozen)

1 banana (fresh or frozen)

1 cup dairy-free milk
(coconut or almond milk)

optional: 2 teaspoons honey

optional: ½ teaspoon chia
seeds

Instructions

STEP 1

Blend until smooth and creamy

STEP 2

For an added nutritional benefit, add one to two scoops of [Bio-Heal Powder](#) and one scoop of [Multi+ Unflavored Powder](#).





Bacon And Egg Muffins

Ingredients

8 bacon slices

8 large eggs

optional: salt to taste

optional: 1/3 cup finely diced onion



Instructions

STEP 1

Preheat oven to 350°F. Coat muffin tin cavities with nonstick cooking spray.

STEP 2

In a large pan over medium heat, cook bacon until crisp. Transfer cooked bacon to a paper towel-lined plate. Allow bacon to cool slightly before chopping bacon (or breaking apart with your hands) into small pieces.

STEP 3

In a mixing bowl, whisk eggs together. Add bacon and optional ingredients, mixing again until all ingredients are well-combined.

STEP 4

Fill coated muffin tins half way with the egg mixture. Bake for 15 minutes or until egg muffins are firm.

CONSIDER ADDING:

Pomona Pure Black Cherry Juice

[Find out more about it here.](#)



Sweet Potato Frittata

Ingredients

2 cups peeled and chopped sweet potato (approximately 1 medium potato)

2½ tablespoons olive oil or coconut oil

7 large eggs

½ tsp salt or more to taste

optional: ⅓ cup thinly diced onion or a few pinches of onion powder, depending on your child's tastes or needs.

Instructions

STEP 1

Place a rack in the center of your oven and preheat the oven broiler to high.

STEP 2

Place the chopped sweet potato in a microwave-safe bowl. Fill the bowl with water to a depth of ½ inch. Cover the plate with a paper towel (or use a reusable microwave-safe cover). Microwave on high until the cubes are slightly tender but not fully cooked, about 4 to 5 minutes. Let cool a few minutes, then drain.

STEP 3

Meanwhile, heat 2 tablespoons oil in a 10-inch cast-iron or similar ovenproof skillet over medium-high heat. Swirl to coat the skillet. Once the oil is hot, add the onions (optional) and sweet potatoes. Sauté, stirring often, until both the onion and sweet potato are lightly browned, about 7 minutes.

STEP 4

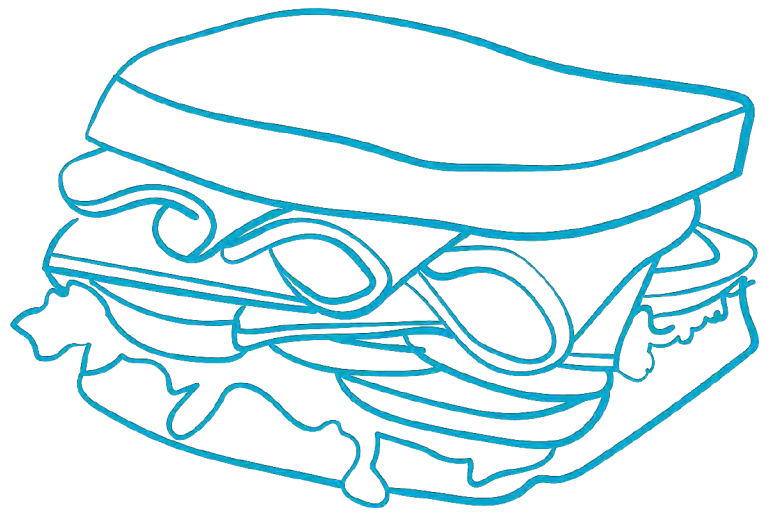
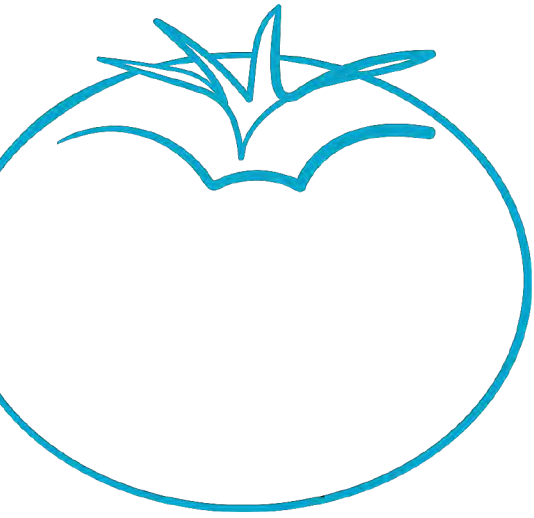
In a large mixing bowl, whisk the eggs until blended. Whisk in the salt.

STEP 5

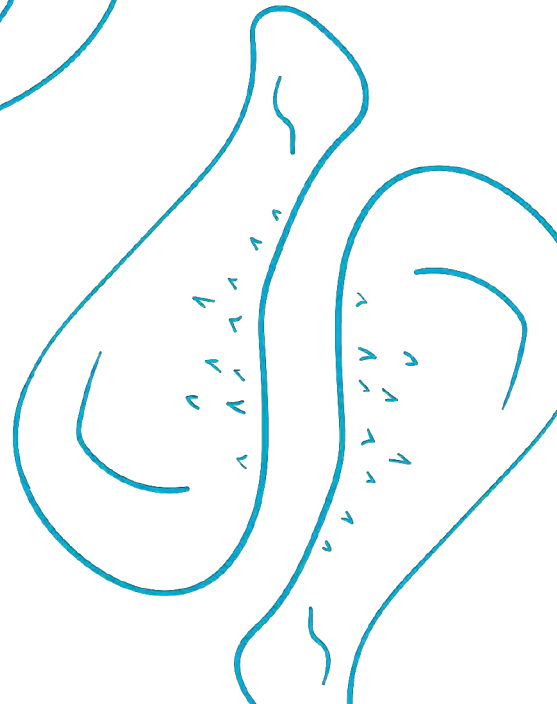
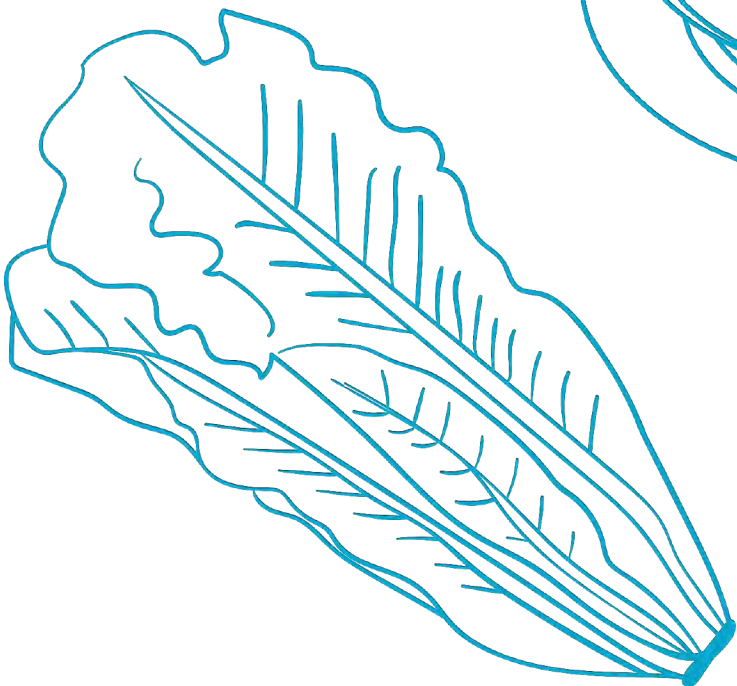
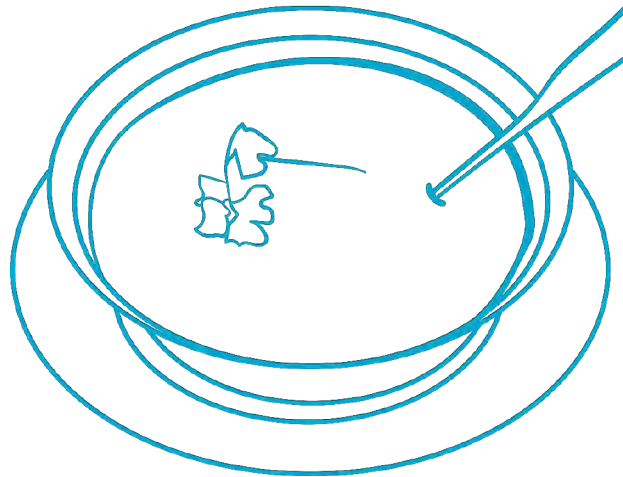
Remove the skillet from the heat. Slowly and gently pour in the egg mixture.

STEP 6

Place the skillet in the oven. Broil until the eggs are set and the top is golden, about 3 to 5 minutes. Watch very carefully towards the end of the cooking time to ensure it doesn't burn. This time may vary depending upon your skillet (different materials hold heat differently). Remove from the oven (be careful, the skillet handle will be hot). Let cool a few minutes. Slice and serve warm or at room temperature.



LUNCH





Avocado Tuna Salad

Ingredients

1 avocado

1 lemon juiced, to taste

optional: 1 tablespoon
chopped onion to taste

5 ounces cooked or canned
wild tuna

salt to taste

optional: fresh ground
pepper to taste

Instructions

STEP 1

Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.

STEP 2

Add lemon juice and onion to the avocado in the bowl and mash together. Add tuna, salt and pepper, and stir to combine. Taste and adjust if needed.

STEP 3

Fill avocado shells with tuna and serve.

STEP 4

For an added nutritional benefit, add one to two scoops of [Bio-Heal Powder](#) and one scoop of [Multi+ Unflavored Powder](#).





Paleo Chicken Nuggets

Ingredients

1 lb boneless skinless chicken breast

¼ teaspoon sea salt

optional: ¼ teaspoon black pepper

optional: ¼ teaspoon onion powder

1 egg

⅓ cup tapioca flour

1 tablespoon water

½ cup coconut oil

Instructions

STEP 1

In a food processor pulse the chicken until minced. Mix in the optional spices.

STEP 2

Form chicken into patties (about 25 or so) and dust in tapioca flour. You just want them lightly dusted, so be sure to shake off the excess.

STEP 3

In the remaining tapioca flour mix in the egg and water.

STEP 4

Heat oil over medium high heat.

STEP 5

Working in batches, dip the nuggets into the batter and then place directly in the oil. Give each nugget a little nudge with a spoon to loosen them from the bottom of the pan so they will float freely.

STEP 6

Fry 3-4 minutes per side until golden brown and crispy.

STEP 7

For an added nutritional benefit, add one to two scoops of [Bio-Heal Powder](#) and one scoop of [Multi+ Unflavored Powder](#).





5 Ingredient Turkey Meatballs

Ingredients

optional: 1 small yellow onion, finely chopped (about ½ cup)

optional: 1 small red, orange, or yellow bell pepper, finely chopped (about ½ cup)

⅓ cup almond flour or coconut flour*

optional: 1 teaspoon garlic powder

½ teaspoon kosher salt

1 pound ground turkey (light or dark)

2 tablespoons olive oil or coconut oil

Instructions

STEP 1

Preheat the oven to 400°F.

STEP 2

In a large bowl, stir together the onion, bell pepper, flour, garlic powder, and salt. Add the turkey and stir again until all the ingredients are well incorporated, being careful not to over mix.

STEP 3

Pour 1 tablespoon oil onto a sheet pan or large baking dish. Rub it around until the pan is well coated.

STEP 4

Spoon 1 tablespoon of turkey mixture into your hands, rolling the mixture gently into a ball. Place the meatball onto the oiled pan, then continue the process with the remaining mixture. Depending on the texture of the ground turkey you use, the mixture may be on the wet side. If it's too wet to roll, use a spoon or small ice cream scoop to scoop balls onto the pan.

STEP 5

Drizzle the additional 1 tablespoon olive oil over the meatballs, rolling them around so they are well coated.

STEP 6

Bake for 20 minutes, or until golden brown and cooked through, flipping once halfway through.

Makes approximately 24 meatballs.



Bacon Cauliflower Soup

Ingredients

4 slices of thick-cut bacon, chopped
optional: 1 small onion finely chopped
2 carrots, chopped
1 celery stick, chopped
1 tsp coconut oil
3 cups of bone broth or chicken broth
1–14 oz can of full-fat coconut milk
1 head of cauliflower, chopped into florets
1 tsp sea salt, or more to taste

Instructions

STEP 1

Heat a large pot over medium-high heat.

STEP 2

Add chopped bacon, cook for 5-7 minutes until crispy.

STEP 3

Remove the bacon bits and set aside, but leave the bacon grease in the pot.

STEP 4

Add onion, carrots, and celery, and cook stirring for 5 minutes. Remove from the pot and set aside.

STEP 5

Heat coconut oil in the same pot.

STEP 6

Add broth, coconut milk, and cauliflower florets. Let it come to a boil, turn down the heat to low, cover, and let simmer for 10-12 minutes until the cauliflower florets are soft and tender.

STEP 7

Use an immersion blender to puree the cauliflower until smooth and creamy. If you don't have an immersion blender, work in batches in a blender then return to pot.

STEP 8

Return cooked onion, carrots, and celery to pot.

STEP 9

Season with salt. Simmer for 5 more minutes.

STEP 10

Remove from heat, then sprinkle with bacon bits before serving.



Avocado Egg Salad

Ingredients

1 avocado, large, pitted and finely diced

3 hard boiled eggs, roughly chopped

2 tbsp mayonnaise

optional: 1 tsp lemon juice

optional: 2 tbsp onion diced

optional: salt to taste

Instructions

STEP 1

Add all of the ingredients to a mixing bowl and stir to combine.

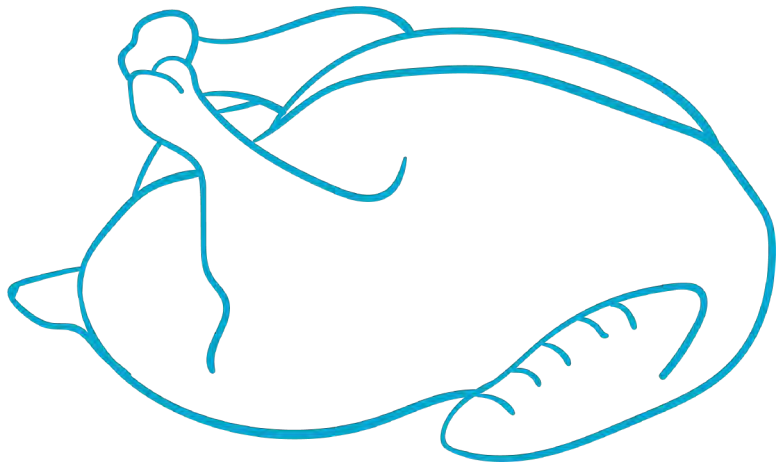
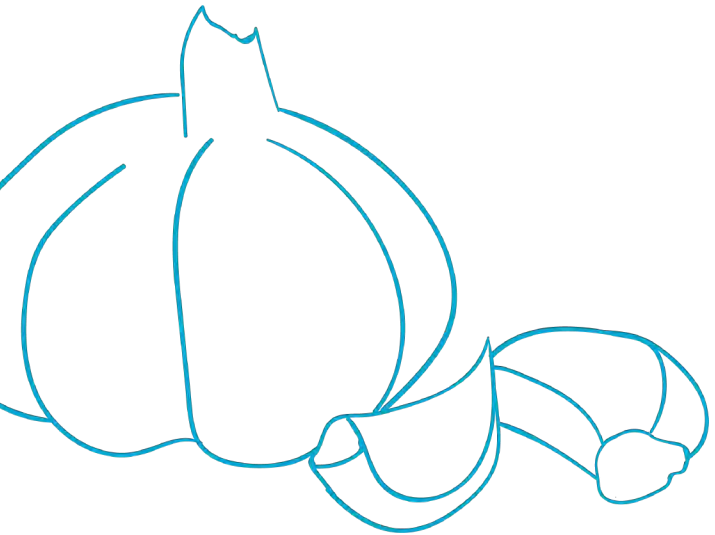
STEP 2

Eat the avocado egg salad plain or topped on lettuce leaves.

STEP 3

For an added nutritional benefit, add one to two scoops of [Bio-Heal Powder](#) and one scoop of [Multi+ Unflavored Powder](#).





DINNER





Beef Stew

Ingredients

2 lbs beef stew meat
optional: 1 small onion diced
2 cups water
2 cups beef stock
1½ cup tomato juice
⅓ cup natural BBQ sauce
1 lb carrots
1 bunch celery chopped
salt to taste

Instructions

STEP 1

Add all ingredients to a crock pot.

STEP 2

Cook on low 8-9 hours.

CONSIDER SERVING:

This recipe is great on top of spaghetti squash.



Almond Crusted Chicken

Ingredients

2 tbsp coconut oil or olive oil
optional: 1 tbsp Dijon mustard
¼ tsp salt
1 cup chopped almonds
½ cup ground golden flax seeds
2 boneless, skinless chicken breasts

Instructions

STEP 1

Preheat the oven to 375°F. Coat a baking sheet with cooking spray.

STEP 2

In a shallow bowl, combine the oil, mustard, and salt. On a plate, combine the almonds and flax seeds.

STEP 3

Place the chicken breasts between two sheets of waxed paper and pound with a meat mallet to ½ inch thickness. Dip the chicken in the mustard mixture, spreading with a spatula to coat evenly. Dip into the nut mixture, pressing lightly to coat on both sides. Place the chicken on the baking sheet.

STEP 4

Bake for 20 minutes, or until a thermometer inserted in the thickest portion registers 165°F.

STEP 5

For an added nutritional benefit, add one to two scoops of [Bio-Heat Powder](#) and one scoop of [Multi+ Unflavored Powder](#).





Meat Loaf

Ingredients

2 tablespoons olive oil or coconut oil

optional: 1 small onion, finely chopped

1 carrot, finally chopped

1 rib celery, finally chopped

2 pounds ground beef

¼ cup ground flax seeds

2 large eggs

½ cup tomato juice

1 teaspoon salt

4 strips bacon, cut in half

Instructions

STEP 1

Preheat the oven to 350°F. Lightly oil a rimmed baking sheet.

STEP 2

In a large skillet over medium heat, heat the oil. Cook the onion, carrot and celery, stirring occasionally, for five minutes or until tender.

STEP 3

Transfer to a large bowl and let cool to room temperature.

STEP 4

Add the beef, flax seeds, eggs, tomato juice and salt to the bowl. Mix thoroughly.

STEP 5

With your hands, transfer the mixture to the baking sheet and shape into a log about 9" x 5". Lay the bacon strips lengthwise over the top and sides. Press to adhere.

STEP 6

Bake for one hour 15 minutes, or until a thermometer inserted in the center registers 160°F and the meat is no longer pink. Let set for 10 minutes before slicing.



Lemon Rosemary Chicken

Ingredients

- ¼ cup olive oil
- 4 chicken breasts
- 1½ sweet potatoes, cubed
- 1 large lemon, squeezed
- 1 large lemon, sliced
- 2 Tablespoons rosemary
- 5 garlic cloves, crushed
- Salt and pepper, to taste

Instructions

STEP 1

Preheat the oven to 400°F.

STEP 2

Add olive oil to a large cast iron skillet or to a roasting pan, and heat over medium-high heat. If using a roasting pan, you may need to place it over two burners.

STEP 3

Sprinkle desired amount of salt and pepper over chicken breasts. Then place the chicken (breast sides down) in the pan. Add the cubed sweet potatoes and cook in pan/skillet for 4-5 minutes or until the chicken is browned.

STEP 4

Turn the chicken over and pour lemon, rosemary, and garlic over the chicken and potatoes. Top with sliced lemons.

STEP 5

Bake at 400°F for 30-35 minutes or until the chicken is done. This varies for each oven.



Bacon Cheeseburger Skillet

Ingredients

2 lb ground beef
3 cups sweet potato, chopped (about 1.5 medium sized sweet potatoes)
8 slices bacon, cooked and crumbled
optional: 1 small onion, chopped
½ tsp salt
2 Tbsp coconut oil
½ 13.5 oz can coconut cream
¼ tsp sea salt

Instructions

STEP 1

Cook the bacon using your method of choice.

STEP 2

Meanwhile, steam your sweet potatoes. They should be fully cooked, but not mushy. You can use the double broiler method to steam the potatoes, but you can also put a bit of water into a large microwave-safe bowl, add the chopped potato and microwave in 30 second increments until softened.

STEP 3

While you're waiting for the bacon to cook and potatoes to steam, you can get started browning your beef. Melt coconut oil in a large cast iron skillet over medium heat and add ground beef and salt. After 2-3 minutes cooking, add the onion and 2 ½ cups steamed sweet potato (reserve ½ cup for the cheese sauce). Let cook until all the beef is browned and the sweet potatoes can be caramelized a bit on the outside.

STEP 4

Crumble the cooked and cooled bacon and add to the beef mixture. Stir to combine.

STEP 5

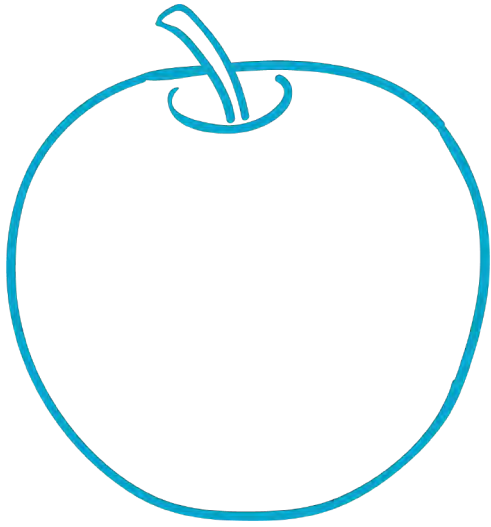
Before opening your can of coconut cream, shake it well to combine the cream with any coconut water that may have separated. Pour half the can into a blender, add the remaining ½ cup sweet potato and sea salt. Blend to combine.

STEP 6

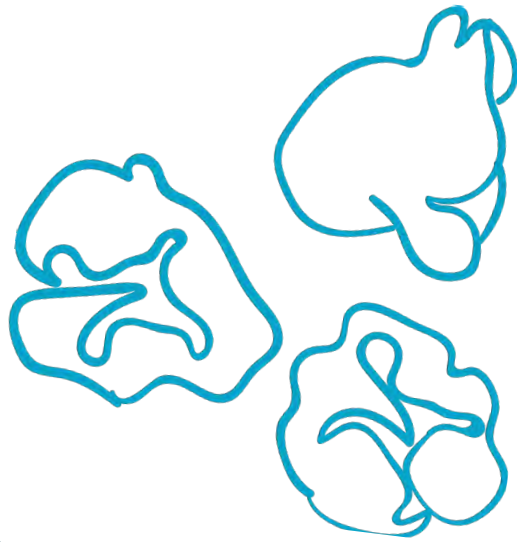
Pour sauce on top of the beef mixture in the skillet, and place the entire skillet into the oven. If you aren't using a cast iron skillet and your skillet isn't safe to go in the oven, transfer the mixture to an oven-safe baking dish before popping into the oven.

STEP 7

After about 5 minutes, carefully remove the skillet from the oven. Serve as is or with ketchup or mustard.



SNACKS





Chocolate Mousse

Ingredients

2 large avocados, peeled,
pitted and halved

1/3 cup raw honey

1/2 cup raw cacao powder or
unsweetened cocoa powder

1/4 cup Almond Breeze
Almond Coconut milk

1/8 teaspoon salt

Instructions

STEP 1

Add all of the ingredients to a food processor or blender. Process until completely smooth. Note: you may need to scrape the edges of the food processor to get everything to combine.

STEP 2

Transfer to a sealable container and refrigerate at least one hour, or until ready to serve.



Tropical Green Smoothie

Ingredients

- 3 cups spinach kale, or a blend of small leafy greens, packed
- 1 banana peeled
- 1 orange peeled
- 1½ cups pineapple cubed
- ½ avocado pitted and skin removed
- 1 cup coconut milk
- 2 cups crushed ice

Instructions

STEP 1

Place all ingredients in a high-speed blender and blend until very smooth and creamy.

STEP 2

Pour into 3-4 glasses

STEP 3

Will keep up to 2-3 days refrigerated. Stir briskly to recombine if storing in the fridge.

STEP 4

For an added nutritional benefit, add one to two scoops of [Bio-Heal Powder](#) and one scoop of [Multi+ Unflavored Powder](#).





Baked Fries

Ingredients

- 1½ pounds organic potatoes
- 2 tablespoons olive or coconut oil
- 1 tablespoon salt or to taste

Instructions

STEP 1

Preheat the oven to 425°F and line a sheet tray with parchment paper.

STEP 2

Slice potatoes into ½ inch slices, or cut fingerlings in half. Dry the potatoes thoroughly and place on the sheet tray.

STEP 3

Toss with oil and then add the salt. Toss again to evenly cover all fries.

STEP 4

Place as many cut-side-down as you can. This will help them get brown and crispy. Bake for 30 minutes, flip and bake for 15-20 more minutes.

STEP 5

For an added nutritional benefit, add one to two scoops of [Bio-Heal Powder](#) and one scoop of [Multi+ Unflavored Powder](#) to the dipping sauce (ketchup pairs nicely).





Vanilla Blueberry Chia Seed Pudding

Ingredients

6 tablespoons chia seeds
2 cups dairy-free milk (nut milk or coconut milk)
3 tablespoons mashed blueberries
dash of vanilla extract
optional: dab of honey or maple syrup
optional: fruit toppings of choice

Instructions

STEP 1

Mix 6 tablespoons chia seeds with 2 cups nut milk, 3 tbs mashed or pureed blueberries, along with a dash of vanilla and optional dab of honey.

STEP 2

Let sit in fridge for 4 hours or overnight.

STEP 3

Spoon out into bowl or mason jar.

STEP 4

Add toppings like walnuts, strawberries, bananas or other fruits for enjoyment!

STEP 5

For an added nutritional benefit, add one to two scoops of [Bio-Heal Powder](#) and one scoop of [Multi+ Unflavored Powder](#).





Avocado Chocolate Muffins

Ingredients

- 1 cup almond flour
- ½ cup avocado
- ¼ cup maple syrup
- 3 tablespoons cocoa powder
- 2 tablespoons coconut oil
- 1 tablespoon water
- 1 large egg
- ½ teaspoon vanilla extract
- ¼ teaspoon baking soda
- ¼ teaspoon baking powder
- ¼ teaspoon salt

Instructions

STEP 1

Preheat oven to 350°F. Generously grease a mini muffin pan with coconut oil.

STEP 2

In a food processor, blend all ingredients until smooth. Use a small ice-cream scoop and fill the muffin pan with batter and bake on 350°F for 25-30 minutes until a toothpick when inserted to the middle of a muffin comes out clean.

Aspire Nutrition Core 4 Protocol

Not sure where to start? We get it!

That is why we developed this guide! This is what we call our "Core 4" protocol.

The research is clear: most health-related issues and cognitive challenges can be traced back to 1 of 3 primary problems happening inside the body. And while we recognize that some challenges aren't "curable", the intensity and frequency of their symptoms can be managed by fixing one OR all three of the causes.

Symptoms vs. Causes

Many people can relate to the following symptoms: constipation, bloating, joint pain, brain fog, autism (symptoms), ADD/ADHD, memory, speech development, mood, stress, asthma, acne, disease, immunity, poor sleep, and allergies. We think of symptoms as smoke alarms triggered by one the three causes, or fires in your body:

1. Unhealthy Gut
2. Toxicity
3. Inflammation

Most supplements, medications and therapies seek to put a band-aid on the symptom, but ignore the problem; which is like pouring water on a smoke alarm instead of the fire.

We don't formulate our supplements to pour water on smoke alarms, we formulate them to put out fires.

Aspire supplements are designed to fix the problem that is causing the symptoms and help people of all ages optimize their long-term health, vitality and development.

The Core 4

When people ask questions like, "What is the ultimate stack of supplements my family should take to protect us and optimize our health?"

The answer is simple and always the same, the "Core 4."

We believe these four supplements can help anyone achieve their full potential and put out all three fires.

