



6

**SUMMER
RECIPES**



Frozen Berry Bark

SERVINGS: 6

PREP TIME: 10 MIN

COOKING TIME: 4 HRS

Ingredients

- 6 strawberries, hulled and sliced
- 1 cup raspberries, halved
- 1/4 cup pecans, raw, crushed
- 1/2 cup blueberries
- 2 cups Greek yogurt, full-fat
- 1 Tbs maple syrup
- salt, to taste

Directions

Prep

1. Line a shallow baking pan with parchment paper.
2. Slice strawberries, halve raspberries, and crush pecans.
3. Whisk together yogurt, maple syrup, and a pinch of salt.

Make

1. Spread the yogurt over the parchment paper in the baking pan.
2. Cover with berries and sprinkle with crushed pecans.
3. Place in the freezer for at least 3-4 hours to firm.
4. Remove from the freezer and break into pieces using a chef's knife.

Nutrition Facts	
Amount per serving	
Calories	135
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat N/A	
Cholesterol 13mg	4%
Sodium 28mg	1%
Total Carbohydrates 9g	3%
Dietary Fiber 3g	9%
Total Sugars 8g	
Protein 7g	
Vitamin D N/A	0%
Calcium 96mg	7%
Iron 0mg	2%
Potassium 205mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Watermelon Hydration Slushie

SERVINGS: 2

PREP TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- 2 cups watermelon, cubed and frozen
- 1 Liquid IV Hydration, watermelon flavor
- 1 cup water
- 2 cups ice

Directions

Make

1. Place all ingredients in the blender and run until reaching the desired consistency. If it is too icy, add additional water.

Nutrition Facts	
Amount per serving	
Calories	69
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat N/A	
Cholesterol N/A	0%
Sodium 2502mg	109%
Total Carbohydrates 17g	6%
Dietary Fiber 1g	2%
Total Sugars 15g	
Protein 1g	
Vitamin D N/A	0%
Calcium 11mg	1%
Iron 0mg	2%
Potassium 2072mg	44%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Tropical Cucumber Salad

SERVINGS: 4

PREP TIME: 15 MIN

COOK TIME: 15 MIN

Ingredients

- 2 limes, zested and juiced
- 1 cucumber, cut into 3/4" dice
- 1/2 avocado, cut into 3/4" dice
- 1 cup pineapple, cut into 3/4" dice
- 1/4 cup fresh cilantro, chopped
- 1 Tbs olive oil
- 1/4 tsp crushed red pepper (optional)

Directions

Make

1. Whisk lime zest, lime juice, oil, and crushed red pepper in a large bowl until combined.
2. Toss with cucumber, avocado, pineapple, and cilantro.

Nutrition Facts	
Amount per serving	
Calories	118
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1g	6%
Trans Fat N/A	
Cholesterol N/A	0%
Sodium 4mg	0%
Total Carbohydrates 15g	5%
Dietary Fiber 4g	15%
Total Sugars 7g	
Protein 2g	
Vitamin D N/A	0%
Calcium 33mg	3%
Iron 1mg	4%
Potassium 331mg	7%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grilled Peach & Arugula Salad

SERVINGS: 4

PREP TIME: 15 MIN

COOK TIME: 30 MIN

Ingredients

- 4 peaches, halved and pits removed
- 1 Tbs avocado oil
- 2 oz halloumi cheese
- 3 Tbs pesto sauce, prepared
- 1 lemon, juiced
- 5 oz arugula, prewashed
- 2 Tbs almonds, slivered

Directions

Prep

1. Wash, halve and remove pits from peaches.
2. Preheat grill or grill pan to medium-high. (Be sure grates are clean and well oiled).
3. Slice halloumi into 1/4" thick slices.

Make

1. Brush cut side of peaches with oil and place cut side down on the grill or on a grill pan.
2. Grill just until marks appear on flesh, approximately 5 minutes.
3. Remove from grill and slice.
4. Repeat with halloumi and grill just until grill marks appear.
5. Whisk pesto and lemon juice in a small bowl.
6. Place arugula on plates, top with sliced grilled peaches, halloumi, and drizzle with pesto sauce. Top with almonds and serve immediately.

Nutrition Facts	
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 9mg	3%
Sodium 199mg	9%
Total Carbohydrates 18g	7%
Dietary Fiber 3g	12%
Total Sugars 14g	
Protein 7g	
Vitamin D N/A	0%
Calcium 211mg	16%
Iron 1mg	7%
Potassium 493mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Garlic Shrimp with Zucchini Noodles

SERVINGS: 4

PREP TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- 4 zucchini, spiralized
- 4 Cloves garlic, chopped
- 4 Tbs olive oil
- 2 lb shrimp, raw, peeled and deveined
- 1/2 tsp basil, dried
- 1/2 tsp oregano, dried
- 1/4 cup parsley, chopped

Directions

Prep

1. Wash and trim zucchini.
2. With a spiralizer, spiralize the zucchini into noodles.
3. Place zucchini noodles in a medium-sized colander.
4. Lightly salt zucchini noodles with a few pinches of salt. Let stand in the colander to drain. Mince garlic.

Make

1. Heat 3 tablespoons of olive oil in a large skillet over medium heat.
2. Add shrimp and salt to taste.
3. Add garlic, dried basil, and dried oregano.
4. Stir shrimp until completely cooked through.
5. Transfer cooked shrimp to a plate, set aside.
6. In the same pan, add remaining oil. Add zucchini noodles to pan and cook until tender, about 3-4 minutes or until noodles soften. Add shrimp back to pan and stir together.
7. Garnish with parsley.

Nutrition Facts	
Amount per serving	
Calories	222
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 182mg	61%
Sodium 177mg	8%
Total Carbohydrates 1g	1%
Dietary Fiber 0g	2%
Total Sugars 0g	
Protein 23g	
Vitamin D N/A	0%
Calcium 85mg	7%
Iron 1mg	6%
Potassium 371mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Grilled Salmon with Mango Salsa

SERVINGS: 4

PREP TIME: 20 MIN

COOKING TIME: 30 MIN

Ingredients

Salsa

- 2 cups mango, chopped
- 1/2 cup tomato, chopped
- 1/2 bell pepper, red, chopped
- 1/4 cup scallions, minced
- 1/2 tsp jalapeño pepper, minced
- 1 lime, juiced
- 3 Tbs cilantro, fresh, chopped

Salmon

- 1 1/2 lb salmon
- 2 Tbs olive oil
- salt, to taste
- black pepper, to taste

Nutrition Facts	
Amount per serving	
Calories	312
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 3g	16%
Trans Fat N/A	
Cholesterol 83mg	28%
Sodium 266mg	12%
Total Carbohydrates 13g	5%
Dietary Fiber 1g	3%
Total Sugars 10g	
Protein 34g	
Vitamin D N/A	0%
Calcium 23mg	2%
Iron 151mg	839%
Potassium 903mg	19%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Directions

Prep

1. Heat grill to medium-high heat.
2. Divide salmon into 4 equal filets with skin on.

Make Salmon

1. Brush each salmon fillet with 1/2 tablespoon of olive oil, and sprinkle with salt and pepper to taste.
2. Place on the grill, skin side up first [flesh side should be grilled first to avoid early separation from skin]. Grill salmon until firm and browned, about 4 minutes per side. This can also be done in a grill pan.
3. Transfer salmon to a serving platter.

Make Salsa

1. Dice the mango, tomato, and bell pepper.
2. Mince scallions and jalapeño.
3. Juice lime and finely chop cilantro.
4. Mix all ingredients in a bowl and season with salt.
5. Spoon over warm salmon filets just before serving.

Notes

- Other fish options: Baked cod or flounder. Grilled tuna or halibut.
- Other fruit options: peaches, nectarines, pineapple.



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