

OGx4FENIX™



MEAL RECIPES

ORGANO



OGX

OMELETTE

2	Eggs
1	tblsp Shredded parmesan cheese
1	tsp Coconut oil
1	tblsp Chopped onions
¼	cup Fresh mushrooms
½	cup Spinach
	Salt and Pepper

1. Crack 2 eggs into a small mixing bowl. Stir gently with a fork until well-beaten. Add 1 tblsp of shredded Parmesan cheese and salt & black pepper to taste. Set aside.
2. Heat 1 tsp of coconut oil in a nonstick skillet over medium heat; cook and stir ¼ cup of fresh mushrooms and 1 tblsp chopped onion until tender, 4 to 5 minutes.
3. Add ½ cup of spinach; cook until spinach wilts, 3 to 4 minutes.
4. Pour in egg mixture; swirl pan around to evenly distribute egg mixture. Cook until egg half way cooked and fold in the middle and then let the egg finish cooking (5 to 10 minutes)
5. Slide the omelette out of the skillet and onto a plate.

GREEN CHICKEN SALAD

- 1 Leafy greens of your choice
- 1 Small tomato
- 2 tbsp Feta or goat cheese
- 1 tbsp Olive oil
- 1 Lime or lemon
- 1 tbsp Sunflower or pumpkin seeds
- 1 Grilled chicken breast
- 3 slices Avocado
- Salt and pepper

1. Add two handfuls of leafy greens of your preference to a bowl (spinach, kale, etc.)
2. Add 1 small tomato cut into pieces.
3. Add 2 tbsp of feta or goat cheese.
4. Add 1 cut grilled chicken breast.
5. Add 1 tbsp of sunflower or pumpkin seeds.
6. Add 3 slices of avocado.
7. Toss 1 tbsp of olive oil and half a lime or lemon.
8. Add salt and pepper to taste.
9. Mix well and serve.



BAKED ROSEMARY & LEMON SALMON

2 Salmon fillets
3 sprigs Rosemary
1 Lemon
Olive oil
Salt and pepper

1. Preheat oven to 400 degrees F (200 degrees C).
2. Slice half a lemon and arrange the slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Add salt and pepper to taste. Place additional rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil.
3. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.





BALSAMIC GRILLED CAPRESE CHICKEN

Serves 4

- ½ cup Olive oil
- ¼ cup Balsamic vinegar
- 1 Garlic clove
- 1½ tbsp Honey
- 1 tbsp Dijon mustard
- 4 Skinless, boneless chicken breasts
- 4 slices Mozzarella cheese
- 4 slices Tomato
- Fresh basil

1. Combine ½ cup olive oil, ¼ cup balsamic vinegar, 1 clove garlic, minced, 1 ½ tbsp of honey and 1 tbsp Dijon mustard and pour over 4 skinless, boneless chicken breasts. Allow the chicken to marinate in the fridge for at least 2 hours.
2. Heat the grill to medium heat. Grill the chicken breasts for 4 minutes on one side. Flip the chicken and add two slices of mozzarella cheese and top with two slices of tomato. Grill for 4 more minutes or until fully cooked.
3. Remove the chicken from the grill once it's done cooking. Add fresh basil and drizzle each chicken breast with the balsamic glaze.
4. Serve and enjoy!