**Stuffed Zucchini Boats**

**Ingredients**
- 2 Zucchini
- Olive Oil
- Minced Garlic
- Handful Cilantro
- Baby Spinach
- Handful of sliced or shredded Cheese (Provolone, Mozzarella, Feta, etc)
- Cherry Tomatoes halved
- Salami
- Sliced Avocado
- Thinly sliced Turkey, Ham, Prosciutto, etc.

**Directions**
1. Pre-heat oven to 400 F with the rack in the middle.
2. Trim the ends off the zucchini. Slice in half lengthwise.
3. Scoop out seeds with a melon baller and discard.
4. Place zucchini on a foil lined baking dish. Drizzle inside the boats with olive oil.
5. Spoon in minced garlic, layer in baby spinach, cherry tomato halves, cilantro and some cheese.
6. Bake for 20 minutes pull out of the oven.
7. Top with salami, avocado, deli meats and some more cheese.
8. Broil (watching carefully) for a few minutes until the cheese is melted. Finish with fresh cilantro.

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**Berry Good Workout Smoothie**

**Ingredients**
- 1½ c chopped strawberries
- 1 c blueberries
- ½ c raspberries
- 2 Tbsp honey
- 1 tsp fresh lemon juice
- ½ c ice cubes

**Directions**
Blend all ingredients together.

Nutrition Info (per serving): 162.5 cals, 1 g fat, 0.1 g sat fat, 5 mg sodium, 41.5 g carbs, 32 g sugars, 6 g fiber, 2 g protein