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8 Delicious Recipes To Supercharge Your Energy

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Hello beautiful!

Welcome to your 8 easy, one bowl delicious recipes to Supercharge Your Energy! On the next pages, you will find 8 yummy recipes I have created for you, along with an itemized grocery list. By swapping out the unhealthy carbs and using whole food ingredients, these recipes balance your blood sugar, help you burn fat and supercharge your energy!

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

Some of these recipes have multiple serves so you can save for leftovers. Cook once, eat multiple times! Leftovers are a great way to save you money and time in the kitchen and takes the thinking out of it!

Herbs & Spices

You'll notice that I include herbs and spices. I love using a high quality dehydrated bone broth stock for flavour and loads of herbs and spices. Feel free to be heavy handed here - herbs and spices are key to making food taste great! Find a local, high quality health food store - Quality is important here! Look for reputable brands.

I hope you enjoy these as much as I do! If your ready to take the next step and claim your energy and vitality. Invest in yourself with my 5 step, 5-Day Feel Good Challenge for \$27.

[Take me there.](#)

Jackie xo

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Fruits

- 3/4 Avocado
- 1 1/2 Banana
- 1/2 Navel Orange
- 4 cubes Passionfruit
- 1 cup Raspberries

Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 2 tbsps Hemp Seeds
- 1/4 cup Pumpkin Seeds
- 1/4 tsp Sea Salt
- 1 pinch Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Walnuts

Frozen

- 1 cup Frozen Berries
- 1/2 cup Frozen Raspberries

Vegetables

- 4 cups Arugula
- 2 cups Broccoli
- 3 cups Cherry Tomatoes
- 1 cup Kale Leaves
- 4 cups Mixed Greens
- 1/2 cup Red Onion
- 1 Yellow Pepper
- 1/2 Zucchini

Baking

- 1 cup Almond Flour
- 1 1/2 tps Baking Powder
- 1 tbsp Monk Fruit Sweetener
- 1/2 tsp Stevia Powder
- 2 3/4 cups Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 4 slices Bacon
- 280 grams Salmon Fillet

Condiments & Oils

- 1 1/2 tps Coconut Aminos
- 1 tbsp Coconut Oil
- 1/4 cup Extra Virgin Olive Oil

Cold

- 2 tbsps Butter
- 7 Egg
- 2 1/2 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 1/2 cup Chocolate Protein Powder
- 60 grams Collagen Powder
- 1/4 cup Ice Cubes
- 1 1/3 cups Water



Raspberry Chia Pudding

1 serving
15 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Frozen Raspberries
1/4 tsp Stevia Powder (To Taste)
1/3 cup Chia Seeds

Directions

- 1 Mash raspberries, either with food processor or by hand.
:
- 2 Add chia seeds, sweetener and milk to a jar and stir.
:
- 3 Place in fridge to thicken about 10 to 15 minutes.
:
- 4 Once it has thickened up, add toppings if you wish, and enjoy!

Notes

Toppings: Top with chopped fruit, hemp seeds, crushed nuts, dried fruit, shredded coconut or coconut chips.

Leftovers: Refrigerate chia pudding in an air-tight container for 3-5 days.

No Stevia: Use maple syrup, honey or dates to sweeten instead.



Paleo Raspberry Crepes

3 servings
15 minutes

Ingredients

1 cup Raspberries
1/4 tsp Stevia Powder (sweeten to taste)
2 tbsps Water
1/2 cup Almond Flour
1/4 tsp Sea Salt
1 Egg
2/3 cup Unsweetened Almond Milk
1 tsp Baking Powder

Directions

- 1 In a small saucepan, combine the raspberries, stevia, and water. Bring to a low simmer over medium-low heat, stirring occasionally to break up the mixture and cook for about 10 minutes. Keep over low heat, while you make the crepes.
- 2 In a medium-sized bowl, add the almond flour, salt, egg and, milk and whisk well to combine until smooth.
- 3 Heat a small nonstick skillet over medium heat. Pour 1/4 cup of the batter at a time and gently swirl to spread it into a thin layer. Cook for about one minute and then flip and cook the other side. Repeat with the remaining batter.
- 4 Divide the crepes onto plates and top with the raspberry sauce. Enjoy!

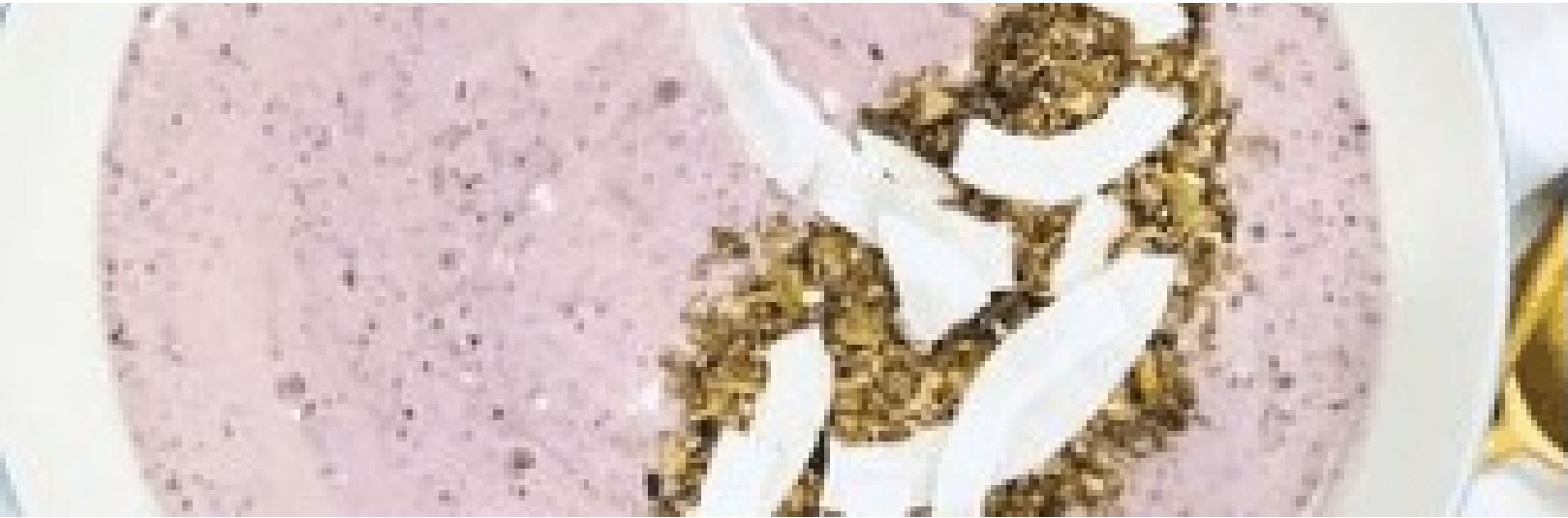
Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

Serving Size: This recipe makes six small crepes. One serving is two small crepes.

Additional Toppings: Add coconut yoghurt, seeds, crunch of your choice!

No Almond Milk: Use any plant milk alternative.



Pash Me Berry Smoothie

1 serving
5 minutes

Ingredients

3/4 cup Unsweetened Almond Milk (or any plant milk of choice)
1/4 cup Ice Cubes
1 cup Frozen Berries (organic)
1/2 Zucchini (frozen)
4 cubes Passionfruit (frozen in ice cubes or 1 passionfruit)
15 grams Collagen Powder (Vanilla or Flavour of Choice)
1/4 cup Unsweetened Coconut Yogurt

Directions

- 1 Blend ingredients until smooth, sprinkle with your favourite superfood toppings.

Notes

Sweeten: Add quality stevia to sweeten.



Gut Healing Green Smoothie

1 serving
5 minutes

Ingredients

1 1/4 cups Water (cold)
1 cup Kale Leaves
1/4 Avocado (peeled and pit removed)
1/2 Banana (frozen)
1 1/2 tsps Chia Seeds
2 tsps Hemp Seeds
15 grams Collagen Powder (Vanilla or Flavour of Choice)

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale: Use spinach instead.

Sweeten: Add quality stevia to sweeten.

Like it Creamy: Use almond milk instead of water for extra creaminess.

Storage: Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



Choc Banana Protein Bars

12 servings
20 minutes

Ingredients

1 Banana (mashed)
1/2 cup Almond Flour (or Almond Meal)
1/2 cup Chocolate Protein Powder
1/4 cup Pumpkin Seeds (mixed seeds, eg sunflower, pumpkin)
3 tbsps Chia Seeds
1/2 cup Walnuts (or almonds, chopped)
1/4 cup Unsweetened Shredded Coconut
1 tbsps Coconut Oil (melted)
2 tbsps Butter (nut butter)
2 tbsps Unsweetened Almond Milk (or nut milk of choice)
1 pinch Sea Salt
1/2 tsp Baking Powder

Directions

- 1 Preheat oven to 180°C.
;
- 2 Combine all dry ingredients in a large mixing bowl.
;
- 3 In separate mixing bowl, whisk wet ingredients.
;
- 4 Add dry ingredients to wet ingredients and combine well.
;
- 5 Pour mixture into lined tin and press down firmly.
;
- 6 Bake for 20-25 minutes or until cooked throughout.
;
- 7 Allow to cool, then cut into slices. Store in airtight container in fridge or freezer.



Coconut Macaroons

9 servings
25 minutes

Ingredients

2 1/2 cups Unsweetened Shredded Coconut
4 Egg (medium, whites only)
1 tbsp Monk Fruit Sweetener (To Taste)
30 grams Collagen Powder (Vanilla)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the shredded coconut, collagen, egg whites and monk fruit sweetener until well combined.
- 3 Pack the coconut mixture into a tablespoon and transfer to the baking sheet. Tap gently until the mound slides off. Repeat until all the coconut mixture is used up.
- 4 Bake for 20 minutes or until golden brown. Let cool slightly before serving. Enjoy!

Notes

Likes it Sweet: Increase monk fruit. Can also swap for 2 tbsp maple syrup.

Serving Size: One serving is equal to one macaroon.

Storage: Store in an airtight container in a cool, dry place up to 5 days. Freeze for up to 3 months.



BLT Salad Bowls

2 servings
15 minutes

Ingredients

2 Egg
4 slices Bacon
4 cups Arugula
1 cup Cherry Tomatoes (halved)
1/2 Avocado (sliced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
- 2 While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 3 To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

Notes

Leftovers: These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

Vegan: Use smokey tempeh slices instead of bacon and omit the egg.

More Carbs: Serve with toast or quinoa.



One Pan Salmon with Rainbow Veggies

2 servings
40 minutes

Ingredients

- 2 cups Cherry Tomatoes
- 280 grams Salmon Fillet
- 1 Yellow Pepper (sliced)
- 2 cups Broccoli (chopped into small florets)
- 1/2 cup Red Onion (sliced into chunks)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Aminos
- 1/2 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 3 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 4 Divide onto plates and enjoy as a nourish bowl on a bed of salad greens.

Notes

More Carbs: Serve with rice or quinoa.

Vegan: Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers: Keeps well in the fridge for 2 to 3 days.