



Personal Training & Fitness Center

Super Bowl Healthy Recipes from The Firm U

The Firm U Baked Buffalo Chicken Wings

Ingredients

1. 4 pounds chicken wings
2. 3 tablespoons cooking oil (we use only non hydrogenated oils like coconut or palm oil !)
3. 4 cloves garlic, chopped
4. 1 1/2 teaspoons salt (we use Himalayan sea salt)
5. 1 1/2 teaspoons cayenne
6. 1/4 cup ketchup
7. 1 tablespoon Tabasco sauce
8. 4 teaspoons apple cider vinegar

1. Heat the oven to 425°. In a large bowl, combine the wings, oil, garlic, salt, and the cayenne. Arrange the wings in a single layer on two large baking sheets. Bake until just done, about 25 minutes.
2. In a large bowl, combine the ketchup, vinegar, and the Tabasco sauce. Add the wings and toss to coat.
3. Serve the wings with optional celery sticks and blue-cheese dressing alongside

OPTIONAL BLUE-CHEESE DRESSING

1. 2/3 cup mayonnaise (Check label to avoid hydrogenated oils)
2. 1/3 cup sour cream
3. 1/4 pound blue cheese, crumbled (about 1 cup)
4. 2 scallions including green tops, chopped
5. 1 teaspoon vinegar
6. 1/4 teaspoon fresh-ground black pepper
7. 1/4 teaspoon salt
8. celery sticks



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The Firm U Nacho Recipe

- 1 lb ground beef (we use grass-fed is best!)
- 1 bag Blue Chips
- 1 pkg shredded cheddar (we use mixture of no fat and low fat)
- sliced jalapeno peppers in jar

1. cook ground beef
2. spread chips on platter
3. distribute meat over chips
4. sprinkle cheese over meat
5. add as many jalapenos as you like

Serves 2

The Firm U Spinach Dip Recipe

1. Frozen chopped spinach cook and drain. Press excess water out.
2. 16oz non fat sour cream
3. 2 TBSP miracle whip fat free
4. 1 can sliced water chestnuts. Drain and chop
5. 1 pkg Knorr vegetable soup mix dry

Spoon sour cream into a bowl. Add rest of ingredients. Stir all together.

Serve with celery, Blue Chips, or original melba crackers

The Firm U Greek Yogurt Parfait

Ingredients

- Greek Yogurt Plain Fat Free(Fage or Oikos)
- Vanilla Flavored Protein Powder (we use Nitro-Pro)
- Walnuts
- Blueberries
- Bare Naked Granola

Directions

- Mix desired amount of protein powder in Greek Yogurt
- Spoon small amount of the mixture in a small wine or champagne glass
- Add a sprinkle of granola, & chopped walnuts
- Add another spoonful of protein mixture
- Add blueberries
- Repeat the layers.



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Alcohol: At a Glance

Type	Serving	Calories
Spirits 80 Proof (Vodka, Gin, Whiskey)	1.5 oz.	64
Beer (Regular)	12 oz.	150-180
Beer (Light)	12 oz.	70-130
Red Wine	5 oz.	125
White Wine	5 oz.	148
Champagne	4 oz.	85

Any questions on more recipes or to schedule a fitness assessment , call Ray or Christine at 832-755-1949

"Fitness Through Science **NOT** Fiction"