**NUTRITION CO OP - RECIPE DEVELOPMENT**

For this section, you will develop a healthy recipe for your client and blog.

The recipe must be created with the following criteria:

1. Ingredients must be from real, whole food choices – no processed foods please!
2. Must be “Complete in 3” approved for balanced blood sugar (include a protein, fibre & fat). This must be referenced in the recipe description.
3. Must provide the servings, calories and macronutrient breakdown per serving

Please also include the following:

1. Recipe title
2. A story about the recipe in the description(note – include something personal. Why did you create it? Who will love this recipe (ie kids, moms on the go, brunch lovers)? Please include the health and lifestyle benefits of this recipe based on what you have learned in the Nutrition section of the program
3. The full recipe written out as per class step by step instructions
4. Pictures of the recipe (a min of 3)
5. A min of 1 tips how they could alter the recipe in lieu of a dietary restriction (example: Can’t have dairy? Sub the milk for unsweetened almond milk)
6. A min of 1 chick tip how they could sub an ingredient to alter the recipe (example: 2 Ingredient Dairy Free Ice Cream. Don’t like bananas? Sub out for mangos for the same creamy, dreamy texture)

Please submit as per co-op guidelines and written as a proper recipe / blog post on 1 – 2 pages. If you wish to use this as a submission for the FIT CHICKS Blog, please indicate in email when submitting and include a picture of yourself as well.

RECIPE CO-OP TEMPLATE

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RECIPE NAME:

RECIPE DESCRIPTION:

SOURCE (IF APPLICABLE):

PREP TIME:

COOK TIME:

TOTAL TIME:

TOTAL SERVINGS:

TOTAL CALORIES PER SERVING:

MACRONUTRIENT BREAKDOWN PER SERVING (INCL FIBRE GRAMS!):

INGREDIENTS:

DIRECTIONS

1.

TIPS TO ALTER IN LIEU OF A DIETARY RESTRICTION

TIPS TO SUB AN INGREDIENT TO ALTER THE RECIPE

ADDITIONAL NOTES

A MIN OF 3 PICS (and 1 extra of you too☺)