

5 RECIPES FOR A

# HEALTHY BACK



High Performance  
Spine

# Stuffed Coconut Chicken Peppers



High  
Performance  
Spine



🕒 50 minutes    🍴 5 servings

## INGREDIENTS

- 5 bell peppers, seeded and cut in half
- 2 cups cooked chicken, shredded
- 2 cups cooked quinoa
- 3 tablespoons avocado oil
- 1 onion, diced
- 3 stalks celery, diced
- 2 pounds shiitake mushrooms, sliced
- 4 tablespoons almond flour
- 3 tablespoons grass fed butter
- 2 cups low-sodium chicken broth
- 2 cups light coconut milk
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

## DIRECTIONS

1. Preheat oven to 375°F. Place peppers in a pan, cut side up, with 1/2 cup water, sprinkle with salt, and bake for 10 minutes to soften.
2. In a skillet, sauté onions and celery until soft. Add mushrooms, cook until browned, then transfer to a bowl.
3. In the same skillet, melt butter, add flour, cook until lightly browned.
4. Pour chicken broth, coconut milk, and spices, boil, and simmer until thickened.
5. Stir in mushroom mix, chicken, and quinoa until warm.
6. Fill peppers, and cover with foil. Bake for 20-30 minutes until bubbly.

# Garlic-infused Shrimp Skillet with Broccoli



High  
Performance  
Spine



🕒 20 minutes 🍴 4 servings

## INGREDIENTS

- 3 tbsp extra-virgin olive oil
- 6 medium cloves garlic, sliced
- 4 cups small broccoli florets
- ½ cup diced red bell pepper
- ½ tsp salt
- ½ tsp ground pepper
- 1 lb peeled and deveined raw shrimp (21-30 count)
- 2 tsp lemon juice

## DIRECTIONS

1. Heat 2 tablespoons of olive oil in a large pan.
2. Sauté half of the garlic until aromatic.
3. Add broccoli, red bell pepper, half the salt, and half the pepper. Cook for 5-7 minutes until tender.
4. Push veggies aside, add remaining oil.
5. Cook shrimp with remaining garlic, salt, and pepper for 2-3 minutes on each side.
6. Drizzle with 2 teaspoons of lemon juice.
7. Stir and cook for an extra minute.

# Spinach Stuffed Salmon Recipe



High  
Performance  
Spine



4 servings



30 minutes

## INGREDIENTS

4 salmon fillets (4-6 oz. each)

1 tbsp. olive oil

1 tsp. cayenne pepper

3 oz. cottage cheese

½ cup greek yogurt

3 oz. fresh baby spinach

## DIRECTIONS

1. Preheat the oven to 400°F.
2. In a bowl, combine cottage cheese, Greek yogurt, and chopped baby spinach.
3. Massage the mixture until it forms a thick paste.
4. Use a sharp knife to create a pocket in the center of each salmon fillet.
5. Generously season fillets with cayenne pepper.
6. Brush both sides of the salmon with olive oil.
7. Divide the spinach stuffing into four parts.
8. Spoon the stuffing into the salmon pockets.
9. Bake the stuffed fillets for 15-20 minutes (adjust the cooking time depending on personal preference)

# Orange-Cinnamon Rice Pudding



High  
Performance  
Spine



 2 servings  25 minutes

## INGREDIENTS

- 3 cups of almond milk
- 1 cup brown rice
- 1 teaspoon stevia
- 1/2 tsp. Ceylon cinnamon
- 1 Orange

## DIRECTIONS

1. In a pot pour the rice and almond milk and cook on a low heat.
2. Add 1 teaspoon of stevia for sweetness.
3. Mix in 1/2 teaspoon of Ceylon cinnamon.
4. Grate zest from 1 orange into the pudding for a citrusy twist.
5. Let it simmer until the pudding thickens.

# "Berry Good Vibes" Peanut Butter Smoothie



High  
Performance  
Spine



 2 servings  5 minutes

## INGREDIENTS

- 1 cup blueberries, fresh or frozen
- 1 cup raspberries, fresh or frozen
- 1 ½ cup unsweetened almond milk
- 1 tablespoon chia seeds
- 2 tablespoons unsweetened peanut butter
- Vanilla extract
- Lemon juice

## DIRECTIONS

1. Place all ingredients in a blender.
2. Blend on high until smooth.
3. If using fresh banana and berries, add ice for a better texture.
4. For a thinner consistency, add more milk.
5. Top it off with blueberries and raspberries for an extra burst of flavor.