



The Foxy Body CookBook

By Becky Fox of FoxFitness.com

INTRODUCTION

Until about two years ago, I really didn't spend much time cooking. I would cook the same boring foods over and over. The lack of variety created boredom and made it difficult for me to stick to a healthy nutrition plan for very long. Usually, I just ended up eating out which was convenient and tasted good, but obviously is not the healthiest choice. This lead me to overeat unhealthy convenience food. I didn't get the results I wanted and I kept a few extra pounds around my midsection that wouldn't budge. On top of it all my energy was lacking and I felt tired most of the time.

So I knew I had to do something different if I was ever going to get into the shape I wanted to be in and feel my best! That's why I started to experiment with cooking healthier meals. I knew if I was going to stick to a lifestyle of healthy eating, I would definitely need to add some variety and flavor in my diet and quit eating out all the time. That's where many of these tasty recipes came from.

All the recipes in this book have been adapted to follow the guidelines of the 7 Day Foxy Body Program so they are safe to follow on the 7 Day Foxy Body Challenge (www.FoxyBodyChallenge.com). For more great recipe ideas you can always check out the blog at www.FoxFitness.com where I post a new clean eating recipe every single week! See you there!

Your Foxy Body Chef,

Becky Fox



Breakfast Recipes

Breakfast Recipes



Apple Pie Oatmeal

Serves: 2

Ingredients:

2 servings of oats and water according to the package
1 small apple, chopped
1 tsp pumpkin pie spice (or cinnamon and allspice)
Stevia to taste

Directions:

Cook oatmeal according to directions on the package except add apples, spices, and honey at the same time as the oatmeal.

Breakfast Recipes



Banana Walnut Oatmeal

Serves: 2

Ingredients:

1 cup cooked oatmeal
1 ripe banana
1 tbsp walnut pieces
Stevia to taste

Directions:

Cook oatmeal according to directions on the oatmeal package. Mash up the banana and add it to the oatmeal along with the walnuts and stevia. Mix thoroughly.

Breakfast Recipes



Almond Butter Oatmeal

Serves: 2

Ingredients:

2 cups cooked oatmeal
2 tbsp natural almond butter
1/2 cup almond milk (optional)

Directions:

Cook oatmeal according to directions on the oatmeal package. Add almond butter and almond milk if desired.

Breakfast Recipes



Veggie Egg Frittata

Serves: 4

Ingredients:

2 cloves garlic, minced (dried garlic powder would work also)
1 1/2 cups of your favorite veggies such as peppers, zucchini, asparagus, spinach, or mushrooms
1/2 cup yellow onion, diced
1/2 cup plum tomatoes, chopped, seeded, and drained
2 tbsp olive oil
5 large eggs
1/2 tsp fresh cilantro or basil, finely chopped (dried would work also)
Salt and pepper to taste

Directions:

Preheat oven to 350 degrees.

Sauté all chopped vegetables except the tomatoes in a pan prepared with olive oil for 3 minutes or until veggies are softened. Add spinach (if you plan to use) and tomatoes during the last minute. Coat a deep glass pie plate with olive oil. Next, place all vegetables in the pie plate.

In a small mixing bowl, mix eggs and herbs. Pour over vegetables.

Bake in oven for about 20 minutes or until eggs are set. Remove, cut into wedges and eat hot or cold.

Breakfast Recipes



Mexican Egg Scramble

Serves: 4

Ingredients:

6 eggs
1 tsp cilantro
1/4 tsp salt, pepper
3/4 tsp red pepper flakes
1 tbsp coconut oil
2 cloves garlic
1/4 cup red onions
1/2 cup colored peppers
4 slices of natural turkey bacon, cooked and crumbled
1/2 tomato, diced
1 avocado, sliced
Salsa

Directions:

Mix eggs, cilantro, salt, pepper, and red pepper flakes in a bowl.

Preheat coconut oil in a pan. Add garlic, onions, and peppers to pan and cook until softened. Add egg mixture. Once eggs start to set, add in turkey bacon, and tomatoes.

Top with avocado slices or guacamole and salsa.

Breakfast Recipes



Sweet Potato Hashbrowns

Serves: 1

Ingredients:

1/2 tbsp coconut oil
1/2 cup chopped sweet onions
1 medium sweet potato, diced into small cubes
1/2 cup chopped bell peppers
1 tbsp water
1 tbsp fresh basil
Fresh ground salt and pepper

Directions:

Heat the oil in a skillet over medium heat. Add the onions, sauté for 2-3 minutes until softened. Add the sweet potatoes and bell peppers and 1 tbsp of water.

Cover and cook for 15 minutes or until the potatoes are soft. Toss often to prevent burning.

Sprinkle with salt and pepper.



Smoothie & Protein Bar Recipes

Smoothie & Protein Bar Recipes



Berry Protein Smoothie

Serves: 2

Ingredients:

1 cup frozen mixed berries
2 cups unsweetened coconut milk
2 servings of vanilla protein powder
1 tsp ground flaxseeds
4 scoops stevia
3 ice cubes

Directions:

Mix all ingredients in a blender and enjoy!

Smoothie & Protein Bar Recipes



Chai Tea Protein Smoothie

Serves: 2

Ingredients:

1 1/2 cups of brewed chai tea (chilled)
1/2 cup almond milk
1/2 tsp stevia
1 small banana
1 tsp cinnamon
1 serving vanilla protein powder
3 ice cubes

Directions:

Mix all ingredients in a blender and enjoy!

Smoothie & Protein Bar Recipes



Cinnamon Roll Protein Smoothie

Serves: 2

Ingredients:

2 cups almond milk
2 servings vanilla protein powder
1 banana
5 ice cubes
1 tsp cinnamon
1 tsp vanilla extract

Directions:

Mix all ingredients in a blender and enjoy!

Smoothie & Protein Bar Recipes



Chocolate Almond Butter Banana Shake

Serves: 2

Ingredients:

2 cups almond milk
1 medium banana, frozen
2 tbsp natural almond butter
2 servings chocolate protein powder
Pinch stevia

Directions:

Mix all ingredients in a blender and enjoy!

Smoothie & Protein Bar Recipes



German Chocolate Smoothie

Serves: 2

Ingredients:

2 cups coconut milk
2 servings chocolate whey
2 tbsp cacao powder
3 tsp shredded coconut
1/2 cup pecans
1 tsp pure vanilla extract
4 scoops stevia
6 ice cubes
1 frozen banana

Directions:

Mix all ingredients in a blender and enjoy!

Smoothie & Protein Bar Recipes



Strawberry Cheesecake Smoothie

Serves: 2

Ingredients:

2 servings vanilla protein powder
1 cup strawberries
2 tbsp cashew butter
1 frozen banana
2 cups vanilla almond milk
3 ice cubs

Directions:

Mix all ingredients in a blender and enjoy!

Smoothie & Protein Bar Recipes



No Bake Nutty Oatmeal Protein Bars

Serves: 8

Ingredients:

2 cups of plain uncooked oatmeal
1/2 cup natural almond butter
1 tbsp ground flaxseeds
4 scoops of vanilla protein powder
1/2 cup water
Olive oil spray

Directions:

Mix all the ingredients together in a mixing bowl.

Spray a square baking dish with olive oil or use parchment paper to keep the bars from sticking to bottom of the dish.

Scoop protein mix into baking dish and smash it down into dish making the bars even.

Place in fridge for at least 30 minutes. Remove and cut into bars.



Salad & Salad Dressing Recipes

Salad & Salad Dressing Recipes



Fruity Vinaigrette Dressing

Serves: 4-6

Ingredients:

1/2 cup strawberries, raspberries, blueberries, pomegranates, or your other favorite fruit

1/4 cup olive oil

1/4 cup balsamic vinegar

Pinch of pepper and stevia

Directions:

Mix all ingredients into a blender. Pour into a salad dressing container. Enjoy on top of your favorite salad!

Salad & Salad Dressing Recipes



Fruity Spinach Salad

Serves: 4

Ingredients:

4 cups spinach
2 servings of your favorite fruit, diced (great choices are granny smith apples, berries, grapes, or tangerines)
4 chicken breasts
1/2 cup chopped walnuts

Directions:

In a large bowl mix together the spinach, apples, chicken breast, and walnuts. Top with your favorite salad dressing!

Salad & Salad Dressing Recipes



Chicken Chopped Salad

Serves: 4

Ingredients:

1 1/2 heads hearts of Romaine, chopped
3/4 cup yellow, red, or orange bell pepper, diced (about 1 cup)
1/2 cup cherry or grape tomatoes, halved
1/2 cup chopped cucumber
1/2 small red onion, chopped
1/4 cup pitted kalamata olives
4 small chicken breasts

Directions:

Place romaine in large serving bowl. Arrange all other ingredients on top in sections. Top with you favorite vinaigrette salad dressing.

Salad & Salad Dressing Recipes



Salmon Salad

Serves: 2

Ingredients:

4 cups spinach
8 oz baked salmon
1 sliced avocado
2 tbsp red onion
1/4 cup of your favorite fruit (strawberries, raspberries, and pomegranates are my favorites!)
Sprinkle of almonds

Directions:

Place spinach in a large serving bowl. Top the spinach with all other ingredients and finish off with your favorite vinaigrette salad dressing.



Avocado Egg Salad

Serves: 2

Ingredients:

5 hard-boiled eggs or 10 hard-boiled egg whites, diced
1/3 cup onions, diced
1/2 cup celery, diced
8 tbsp Dijon mustard
1 tsp paprika
1/2 tsp ground black pepper
Salt to taste

Directions:

In a large bowl mix all ingredients. Stir until thoroughly mixed. Leftovers can be stored in refrigerator for 2-3 days.

Salads & Salad Dressing Recipes



Tuna & Potato Salad

Serves: 4

Ingredients:

For the Salad:

2 small cans tuna in water, drained
2 cups cooked and cubed red potatoes
1/2 chopped red bell pepper
1/2 cup halved cherry tomatoes
1 cup chopped cucumber
1/4 cup chopped red onion

For the Dressing:

1 oz red wine vinegar
1 oz olive oil
1 big splash of lemon juice
1 tbsp stevia
4 chopped basil leaves or 1 tsp dried basil
Pepper to taste

Directions:

Combine all salad ingredients in a large bowl.

Mix dressing ingredients in another bowl. Top salad with dressing.



Sides and Snack Recipes

Sides & Snack Recipes



Baked French Fries

Serves: 2

Ingredients:

2 medium baking potatoes
2 tbsp olive oil
1 tsp paprika
1 tsp garlic powder
1 tsp chili powder
1 tsp onion powder

Directions:

Preheat oven to 400 degrees.

Cut potatoes into even sized wedges.

Mix olive oil, paprika, garlic powder, chili powder, and onion powder together. Coat potatoes with oil and spice mixtures and place on baking sheet.

Bake for 20-30 minutes.

Sides & Snack Recipes



Cinnamon & Walnut Sweet Potatoes

Serves: 2

Ingredients:

2 sweet potatoes

2 tbsp walnuts

Cinnamon to taste (pumpkin pie spice also works great!)

Directions:

Preheat oven to 425 degrees.

Cover sweet potatoes in foil. Cook for approximately an hour or until soft.

When the sweet potatoes are done, sprinkle each one with cinnamon and top with the walnuts.



Roasted Red Potatoes

Serves: 4

Ingredients:

8 small red potatoes, cut into quarters
1 tbsp olive oil
1 tbsp minced fresh oregano leaves or parsley leaves
1/4 tsp salt
1/4 tsp ground black pepper
1/4 tsp garlic powder
1/4 tsp onion powder

Directions:

Preheat oven to 400 degrees.

Combine all ingredients in a large bowl and toss to coat potatoes. Place potatoes on a large baking sheet. Bake for 25 to 30 minutes, until tender and golden.

Sides & Snack Recipes



Guacamole

Serves: 4

Ingredients:

1/4 medium roma tomato
2 ripe avocados
1/8 cup onion, minced
1 tsp fresh cilantro
1 tbsp freshly squeezed lime juice
1/2 tsp garlic powder
1/2 tsp onion powder
1/4 tsp sea salt

Directions:

Cut the tomato in half. Take each half and squeeze out as much of the seeds and juice as possible. Cut the remaining flesh into small chunks and set aside.

Scoop the flesh out of the avocados and place in a medium sized bowl. Roughly mash the avocado flesh with a fork. Leave some chunks, if desired. Stir in the tomato, onion, cilantro, spices, lime juice and salt.



Dinner Recipes

Dinner Recipes



Easy Chicken Stir Fry

Serves: 4

Ingredients:

2 cups of brown rice, cooked according to package
2 tbsp coconut oil
3 chicken breasts, cut into small pieces
Salt and pepper to taste
Bag of frozen stir fry veggies
1 tsp red pepper flakes
1/2 cup frozen sugar snap peas, frozen broccoli, or other veggies you love

Directions

Heat coconut oil in a wok on medium high heat.

When oil is heated, add cut chicken breasts, salt, and pepper and cook until no longer pink in the middle, stirring frequently.

Add frozen veggies and red pepper flakes. Cook until no longer frozen and crisp. You may need to add a little bit more coconut oil to the pan. Avoid overcooking.

Place rice on a plate and top with the chicken and stir fry veggies.

Dinner Recipes



Coconut & Macadamia Crusted Chicken

Serves: 4

Ingredients:

2 tbsp olive oil or olive oil cooking spray
4 oz macadamia nuts, chopped
1/4 cup flaked coconut
4 chicken breasts (about 1 lb)
1 egg, beaten

Directions

Preheat oven to 400 degrees and coat a baking rack with olive oil, placing it over a cookie sheet.

Combine macadamia nuts and coconut on a large plate. Dip each chicken breast in egg, then coat with the macadamia coconut mixture. Place chicken on baking rack and bake for 45 minutes or until cooked through.

Note: If coating starts to burn, cover chicken with foil and continue to cook until done.

Dinner Recipes



Garden Chicken Supreme

Serves: 4

Ingredients:

6 tbsp olive oil
4 boneless, skinless chicken breasts
Salt and pepper to taste
2 cloves garlic, chopped
2 small onions, diced
2 small zucchini, chopped into small pieces
1 red, 1 green, and 1 yellow bell pepper, cut into wide strips
1 can (14-16 oz) diced tomatoes
2 tbsp chopped fresh basil or oregano

Directions

Heat 2 tbsp of the oil in a large skillet over medium-high heat. Add chicken and sprinkle with salt and pepper. Fry until thoroughly cooked and no longer pink the in middle. Transfer to a plate to keep warm.

Heat the remaining oil in skillet. Add the garlic, onions, zucchini, and bell peppers. Cook stirring until the vegetables soften, about 10 minutes. Add tomatoes, fresh herbs, and chicken. Cover and simmer for 15 minutes.

Dinner Recipes



Curry Turkey & Pineapple Rice Bowl

Serves: 4

Ingredients:

1 1/2 pounds turkey cutlets
1 tablespoon coconut oil
2 teaspoons curry powder
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
2 cups of pineapple, keep any juices for recipe
2 cups cooked brown rice
1 cup shredded raw carrots
1 cup shredded raw zucchini
Salt to taste

Directions

Place the turkey in a large skillet with coconut oil and cook with spices and pineapple juice.

While the meat cooks, mix the cooked rice, carrots and zucchini in a large mixing bowl. When the meat is done mix that in along with the pineapple and rice. Serve.

Dinner Recipes



Taco Bowl

Serves: 4

Ingredients:

1 tbsp coconut oil
1/4 cup onions, chopped
2 garlic cloves, chopped
1 lb grass fed beef, buffalo, or ground turkey
1 tsp chili powder
1 tsp paprika
1/2 tsp cumin
1/4 tsp salt and pepper
4 tbsp salsa
1/2 head of Romaine or green leaf lettuce, chopped
2 tomatoes, chopped
4 tbsp fresh cilantro
Juice of 1 lime

Directions

Heat coconut oil on medium-high heat. Add onions and garlic and cook for 3 minutes until softened. Add beef and spices. Cook thoroughly until the meat is no longer pink in the middle. Mix in 4 tbsp salsa.

Top with lettuce, tomatoes, cilantro, and juice of 1 lime.

*Also great topped with Guacamole or an avocado.

Dinner Recipes



Cajun Whitefish

Serves: 4

Ingredients:

16 oz of your favorite whitefish
2 tbsp coconut oil

Seasoning:

1 tbsp chili powder
1/4 tsp garlic, onion powder, oregano, thyme, red pepper flakes
1/2 tsp paprika or cayenne
1 1/2 tsp cumin
1 tsp salt, pepper

Directions

Mix all seasoning spices together. I usually make extra and store for future meals!

Heat coconut oil on a skillet over medium-high heat. Add fish and season. Cook until opaque, turning once during cooking.

Dinner Recipes



Salmon with Red Pepper & Leeks

Serves: 2

Ingredients:

2 wild salmon fillets, approximately 4 oz each
2 tbsp olive oil
Salt and pepper to taste
1/4 tsp fresh dill
Juice of a lemon
1 tsp onion powder
1 leek, rinsed and cut into strips
1 sweet red bell pepper, cut into strips
2 tbsp chopped fresh parsley

Directions

To cook salmon: Preheat oven to 400 degrees. Wrap salmon in tin foil with 1 tbsp olive oil, pepper, salt, dill, squeeze of 1/2 the lemon and onion powder. Place in baking dish. Bake for 30 minutes until fish is done.

To cook the veggies: Heat remaining olive oil in a pan. Add chopped leeks, red peppers, parsley, and squeeze of 1/2 the lemon. Cook until veggies soften 3-5 minutes.

Place veggies on plate and top with salmon.