



UNCONQUERABLE

recipe book



INVICTUS

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We have the best members in the world!

When we came up with the idea of putting together a recipe book filled with recipes provided by the members, we thought we would have a few recipes per category. We never imagined that you guys would come through like this!

We have had a blast compiling, sorting, and trying out all these recipes ourselves!

Creating the UNCONQUERABLE recipe book has been so much fun. We sincerely hope you will find as much joy in making each of these recipes as we have.

It is because of you that INVICTUS is truly unconquerable!

Coach Josh & Coach Kamal

A top-down view of a breakfast bowl and its ingredients scattered on a white, distressed wooden surface. The bowl, made of dark wood, is partially filled with white yogurt, topped with golden-brown granola, several blueberries, and a large raspberry. A silver spoon with an ornate handle is tucked into the bowl. Scattered around the bowl are more granola pieces, blueberries, raspberries, and two whole almonds. The word "BREAKFAST" is centered in the image in a white, bold, sans-serif font.

BREAKFAST



Banana Peanut Butter Pancakes

Coach Josh

Ingredients

1/2 cup oat flour
1/2 tsp baking soda
1/8 tsp salt
1 packet stervia
1 banana (overly ripe)
1 large egg
1/3 cup unsweetened almond milk
2 tbsp peanut butter
1 tsp vanilla extract

Instructions

In a mixing bowl, stir together the oat flour, baking soda, stevia and salt until combined. In another bowl, whisk together the mashed banana, egg, milk, peanut butter and vanilla until smooth.

Add the wet ingredients to the dry and stir until a batter forms. Prepare a pan with non-stick spray and turn on medium-low heat. Once hot, pour 1/4 cup of batter into the center. Cook until bubbles form. Flip and cook the other side. Repeat until you have used all the batter.

Serve with more peanut butter and bananas if desired.



Yogurt Bowl

Mickey Wilson

Ingredients

1 cup plain yogurt
2 tbsp ground hemp seeds
2 tbsp ground flaxseed
2 tbsp fruit preserves or honey

Instructions

In a breakfast cereal bowl mix and enjoy!



Caribbean Oats

Coach Kamal

Ingredients

1/3 cup mixed nuts
1/4 cup granola
1/3 cup muesli oats
1 tbsp unflavored collagen protein powder
2 packets Stevia
1 tbsp coconut flakes
A dash of cinnamon
1/2 cup almond milk

Instructions

Place ingredients on top of each other in a bowl in this order

1. Mixed roasted nuts
2. Granola
3. Oats
4. Collagen protein powder
5. Stevia

Mix together with a spoon. Pour in almond milk and sprinkle coconut flakes and cinnamon on top.

Eat right away to enjoy crunchy texture or let it sit overnight in fridge to have an oatmeal consistency.



Brunch Vibez

Elizabeth Beltran

Ingredients

1 cup flour
2 eggs
1/2 cup tomatoes (chopped)
1/2 cup onions
2 TBSP olive oil
cilantro to taste
3 slices avocado
1 slice bread
i pinch onion powder

Instructions

- Start by heating up your pan in medium heat
- Add olive oil
- Immediately add tomatoes and onions.
- Let the onions and tomatoes get golden brown (approx. 4 min), then add onion powder
- Crack eggs on top of cooked onions and tomatoes
- Cover the pan with the lid and let steam until egg is covered in egg whites and egg yolks are no longer visible. You may add a few tablespoons of water to steam better. (it depends on the kind of pan you use, definitely not necessary at all times)
- Serve with avocado, toast, and cilantro for garnish.

Enjoy!





LUNCH



Crockpot Southwest Chicken

Tiffany Stocking

Ingredients

2 breast (~1 lb) chicken breast
24 oz Jar of your favorite chunky salsa
1 can black beans (drained & rinsed)
1 cup roasted corn
canned jalepenos to taste (optional)
salt & pepper to taste
1 TBSP taco seasoning

Instructions

This recipe is a personal favorite, the options are endless, and the flavor is always great.

The only 2 ingredients you absolutely need for this is the chicken and salsa. Any other ingredients can be substituted or omitted to cater to your preference. I have made this with just chicken and salsa many times and have always loved it.

Place chicken breast in the crockpot then add all ingredients but the salsa. Once you have all desired ingredients in, go ahead and add salsa. Just to the point everything is covered.

Cook on low for 6-8 hrs. or high 4-6 hrs.

Once cooked, take chicken out and shred. Life hack for shredding chicken, place breast into your stand mixer with the paddle attachment on medium for a minute or two. Watch the mixer do the hard work for you. I believe this same hack is possible with a hand mixer, I've just never tried.

Add chicken back to crockpot and mix, salt and pepper to taste, let sit for 15 mins. You can eat this as is, over rice, on a tortilla, or over a bed of lettuce, top with favorite condiments like sour cream, avocado, cheese, and cilantro.

Bon Appetit



Summertime Kinsey Salad

Susan Kinsey

Ingredients

5-6 cups arugula (washed & dried)

2 whole grapefruit

2 avocados

1/2 cup raw walnuts (chopped)

1 TBSP lemon juice

1 TBSP raw honey

1 tsp red wine vinegar

1 bulb fennel

2 TBSP extra virgin olive oil

1/2 garlic clove (finely minced)

1/2 bulb shallot (finely minced)

sea salt & pepper to taste

Instructions

1. Peel 1 grapefruit and separate the slices. Remove the white pith with a sharp knife. Cut the 2nd grapefruit in half and squeeze the juice into a bowl to be used in the vinaigrette.

2. Halve the avocados and cut into thick slices.

3. Thinly slice the fennel bulb.

4. Arrange the arugula, grapefruit slices, avocado and fennel on two chilled plates.

5. Prepare the dressing/vinaigrette: combine the lemon juice, grapefruit juice, mustard, shallot, salt & pepper in a small bowl, and slowly whisk in the olive oil.

6. Spoon the dressing/vinaigrette on top of the salads, sprinkle with salt, paper, and shaved parmigiano-reggiano cheese. Serve.

Serves 2-4 people



Zucchini Boats

Jenelle Harmon

Ingredients

3-4 zucchini, trimmed and sliced in half length-wise

1 cup fresh mushrooms (chopped)

1/4 cup red bell pepper (chopped)

2-3 tomatoes (chopped)

1-1.5 cup cauliflower (finely chopped)

.5-1 lb lean ground beef

1/4 tsp dried oregano

1/4 cup monterey jack cheese

2 garlic cloves (minced)

16 oz jar organic spaghetti sauce

Instructions

Cut zucchini length wise and scoop out pulp, leaving a 1/2-inch shell around the zucchini. Chop the pulp, and place in mixing bowl.

In a skillet on medium, please minced garlic in pan. Also place ground beef, and cook and stir ground beef in a skillet until browned, breaking up beef in the skillet into small pieces.

Drain off excess fat, and transfer beef and garlic mixture into zucchini pulp mixing bowl. Stir in the mushrooms, bell pepper, oregano, cheese, tomatoes, cauliflower, and spaghetti sauce all together.

Lightly stuff both halves of the zucchini with the meat mixture. Place the stuffed zucchini halves into a baking dish, and cover tightly with foil.

Bake in a preheated oven for approx. 35 minutes at 350 degrees.



Cauliflower Rice Tabbouleh

Megan McLean

Ingredients

1 bag frozen riced cauliflower from Trader Joes

1 cup chopped cucumber (I prefer Persian)

3/4 cup chopped cherry tomatoes

1/3 cup chopped red onion

1/3 cup chopped fresh mint

1/3 cup chopped fresh parsley

Juice of 1 large lemon (about 1/4 cup)

1 TBSP red wine vinegar

2 TBSP olive oil (I prefer avocado oil)

1 tsp dried basil (optional)

salt to taste

lemon pepper to taste (optional)

Instructions

Heat cauliflower rice in pan until warm and unfrozen.

Using the pre done Trader Joes bag of riced cauliflower makes this dish so much easier!

Add cauliflower to other ingredients, mix and chill in fridge.

Add your favorite protein and or extra veggies like beets, radishes, microgreens or avocado to make it a complete meal.

Keeps in the fridge for about a week



A top-down view of a white oval plate filled with a meal. On the right side, there are three thick, white fish fillets. The top two fillets are topped with a golden-brown mustard crust, red chili flakes, and chopped green onions. A third, plain white fillet is partially visible underneath. To the left of the fish is a salad consisting of sliced yellow potatoes, thin red onion rings, sliced red chili peppers, and chopped green onions, all garnished with fresh dill. In the bottom right corner, a single, round, golden-brown potato pancake sits on the plate. The entire dish is set against a light blue wooden background. The word "DINNER" is printed in white, bold, sans-serif capital letters across the middle of the image.

DINNER



Carly's Chicken Soup

Carly Wasserman

Ingredients

1 whole white onion
1 medium bag baby carrots
1 stalk celery
1/4 container Knorr chicken bouillon
1 lb boneless chicken thighs

Instructions

- Fill your crockpot or large stovetop pot halfway with water.
 - Add chicken bouillon to water and stir to dissolve mix
 - Peel the top layer of the onion and place it in your crockpot/pot
 - Add carrots
 - Cut up celery into 1 inch chunks and add them
 - Add chicken thighs (frozen or fresh)
 - After soup is done, take out onion and enjoy!
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- *DEPENDING ON THE SIZE OF YOUR CROCKPOT/POT, ADD MORE OR LESS INGREDIENTS



Pressure-Cooker English Pub Split Pea Soup

Sylvia Hassard-Johnson

Ingredients

1 meaty ham bone
4 cups water
1 bottle (12 ounces) light beer
1-1/3 cups dried green split peas, rinsed
2 celery ribs, chopped
1 large carrot, chopped
1 sweet onion, chopped
1 tablespoon prepared English mustard
1/2 cup 2% milk
1/4 cup minced fresh parsley
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground nutmeg

Instructions

- Place ham bone in a 6-qt. electric pressure cooker. Add water, beer, peas, celery, carrot, onion and mustard. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 15 minutes. Allow pressure to release naturally, then quick-release any remaining pressure.
- Remove ham bone from soup. Cool slightly, trim away fat and remove meat from bone; discard fat and bone. Cut meat into bite-sized pieces; return to pressure cooker. Stir in remaining ingredients. If desired, top with additional minced parsley.

We used Colman's prepared mustard when testing this recipe. If you can't find English mustard, horseradish mustard is a good substitute.



Sausage & Veggie Bake

Coach Josh

Ingredients

1 package of Italian sausage
2 cups broccoli (chopped)
2 cups brussel sprouts (halved)
2 cups red potatoes (diced)
1/2 cup olive oil

Instructions

- Preheat oven to 420 degrees
- Cut the sausages in half
- Arrange cut veggies on a baking sheet
 - Pour oil onto veggies and mix with hands to cover all the veggies
- Place the cut sausages on the pan
- Bake for 25-30 minutes or until sausages are cooked through and veggies are done



Air Fryer Honey Salmon

Tiffany Stocking

Ingredients

1lb wild caught Alaskan Salmon
3 tablespoons locally sourced honey
2 tablespoons garlic. (I prefer it in paste form)
Juice of half a lemon
Extra Virgin Olive Oil (spray is easiest)
Salt and Pepper to taste
(Optional) 2 tablespoons of siracha

Instructions

- Cut Salmon into fillets. Pat dry with a paper towel. Place aside. Mix Garlic, honey, lemon juice, siracha, salt and pepper together in a bowl and place aside.
- Line air fryer basket/tray with foil, spray with olive oil to ensure Salmon does not stick. Place the salmon skin side down and coat with honey mixture. Throw lemon half in the basket for added flavor
- Cook in air fryer at 375 for 12-15 mins.





DESSERT



The Unconquerable Decadent Dessert

Coach Kamal

Ingredients

1 cup almond butter
6 tbsp coconut oil
1 tsp vanilla extract
1 cup chocolate protein powder (whey, collagen, vegan)
9 tbsp Allulose
½ cup cocoa powder
2 tbsp coconut flour
½ tsp salt
2 tbsp semi-sweet chocolate chips
2 tbsp chopped mixed nuts/granola (optional)

Instructions

- Line a 9x9 inch loaf pan with parchment or waxed paper, with overhanging edges for easy removal.
- In a large microwave safe bowl, combine the almond butter and coconut oil. Melt on high in 30 second increments until they can be stirred together. Stir in the vanilla extract.
- Add the collagen protein, sweetener, cocoa powder, coconut flour, and salt and stir until well combined.
- Spread the mixture evenly into the prepared pan and press the chocolate chips and chopped nuts, if using.
- Refrigerate until firm, at least 1 hour.
- Lift out by the edges of the parchment and cut into 6 bars.

Note: These bars are best stored in the fridge but eaten after 15 to 20 minutes on the counter. When chilled, they are very hard, but quite soft at room temperature.



Carmen's Berry & Apple Cobbler

Carmen Perez

Ingredients

Nonstick cooking spray
5 apples cut into large slices
1 tsp lemon juice
1/4 cup skim milk
1 TBSP of cornstarch
1/2 tsp ground ginger
1/2 tsp ground cinnamon
1 cup berries (I use blueberries)
1/4 cup & 2 TBSP agave nectar
3/4 cup Bisquick Heart Smart Baking mix

Instructions

- Preheat the oven to 425 degrees
- Spray the baking pan with cooking spray and set aside.
- In a medium bowl mix together the apples, lemon juice, cornstarch, 1/4 of teaspoon of ginger, 1/4 of teaspoon of cinnamon, blueberries, and 1/4 of a cup of agave. Pour into the baking pan.
- In a medium bowl, combine the remaining: agave, ginger and cinnamon. Add the baking mix and milk. Stir until the mixture is well mixed and has the consistency of biscuit dough and add more milk if necessary. Drop spoonfuls of the dough evenly over the fruit.
- Bake until the fruit is tender and the biscuits toppings are golden brown, about 20 minutes. Let them set for 5 minutes before serving. Enjoy!



Healthy Cookie Dough

Alison McKibbon

Ingredients

1 cup plain greek yogurt
1 TBSP peanut butter
2 packets Stevia
handful of chocolate chips

Instructions

- Put greek yogurt in bowl - recommend a little bit bigger of a bowl as it can be hard to stir :)
- Stir in peanut butter and stevia (depending on how sweet you want it, can add more packets)
- Stir in chocolate chips
- I also like to sometimes add a scoop of chocolate protein powder, tastes like mousse!

All of these items I get from Costco but can use whatever!



Banana Bread

Kristine Holliday

Ingredients

3 or 4 ripe bananas
1/3 cup melted butter
1 cup sugar (can reduce to 3/4)
1 egg, beaten
1 tsp vanilla
Pinch of salt
1 tsp baking soda
1.5 cup all purpose flour

Instructions

No need for a mixer for this recipe!

Preheat oven to 350' F (175 C).

With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl.

Mix in the sugar, egg, and vanilla.

Sprinkle the baking soda and salt over the mixture and mix in.

Add the flour last, mix.

Pour mixture into a buttered 4x8 inch loaf pan. Bake for 1 hour (I do 45 minutes for moister loaf) Cool on a rack.

Remove from pan and slice and serve

Makes 1 loaf

