60 DAYS TO BUILD HABITS THAT SUPPORT YOUR GROWTH

A family experience to track progress, reinforce routines, and celebrate every small achievement.

For families with children ages 5 to 13



OBSERVE | ACCOMPANY | CELEBRATE

A FAMILY EXPERIENCE

WHAT IS GENIUS KIDS 60?

This is a practical guide for turning everyday actions into a more mindful routine. For 60 days, the family observes, supports, and records habits that influence how the child spends their day.

The central idea
It's not about striving for a "perfect" child. It's about recognizing patterns, building consistency, and discovering which routines help the child feel more prepared to learn, play, rest, and interact with others.

The program unfolds in three phases.

OBSERVE
Look closely at the week and take note of simple signs, without judging or comparing. **1**

ACCOMPAÑY
Choose one or two family habits that can realistically be put into practice. **2**

CELEBRATE
Recognize perseverance, effort, and small changes that might have gone unnoticed before. **3**

What does the family receive?

- A clear 60-day plan, divided into easy-to-follow stages.
- A weekly tracker with seven areas to monitor.
- Simple ideas for nutrition, hydration, physical activity, rest, and organization.
- A weekly family discussion to make adjustments without guilt.

The rol of Genius Kids

The nutritional guidelines complement the program. At the heart of the experience are habits repeated at home and family participation.

THE HEART OF THE PROGRAM

A HABIT TRACKER AND OBSERVATION TOOL

Every week, a parent or caregiver records some simple details. It's not a test: **it's a snapshot of how the week went.**

ATTENTION
Were you able to stay focused during age-appropriate activities?

TASKS
Did the child show a willingness to start and finish small tasks?

SLEEP
Did you have more predictable sleep schedules and wake up feeling energized?

FOOD
Was there variety, regular meal times, and more exposure to real food?

HYDRATION
Did you drink water throughout the day without relying on constant reminders?

PHYSICAL ACTIVITY
Did you have opportunities to play, walk, run, or be physically active?

EMOTIONAL REGULATION
Were you able to express how you felt and regain your composure with support?

THE TRACKER'S RULE
Record what happened, not what we expected to happen. A difficult week also provides useful information to help us offer better support.

MEASURE WITHOUT APPLYING PRESSURE

HOW IS PROGRESS TRACKED?

Once a week, the adult chooses the level that best reflects the child's overall experience. The score is used to compare the child to his or her own previous performance, never to others.

LEVEL	WHAT DOES IT MEAN?	READING FOR THE FAMILY
1	Needed a lot of support	Observe without correcting everything; choose one priority
2	Was inconsistent	Recognize the moments when it worked
3	Remained stable	Maintain the routine before adding changes
4	Showed progress	Celebrate the effort and repeat what helped
5	Became more independent	Give confidence and maintain the habit

The Weekly 10-Minute Conversation

- What went well this week?
- What was difficult, and when did it happen?
- What habit do we want to repeat?
- What small adjustment will we try over the next seven days?

DO

Talk about effort, perseverance, rest, emotions, and specific moments.

AVOID

Labeling, comparing siblings, punishing a test score, or changing too many things at once. Real progress doesn't always follow a straight line. The important thing is to identify trends and understand what the child needs.

AN EASY ROUTE

THE 60 DAYS IN FOUR STAGES

Each stage has a different purpose. The family moves forward at a leisurely pace, keeping what works and making adjustments as needed.

DAYS 1-15 — OBSERVE
Identify the starting point. Track schedules, energy levels, appetite, sleep, and mood without trying to change everything.

DAYS 16-30 — ORGANIZE
Establish structure for two key times: the start of the day and the nighttime routine.

DAYS 31-45 — STRENGTHEN
Repeat simple habits until they require fewer reminders and more participation from the child.

DAYS 46-60 — CONSOLIDATE
Recognize progress, choose which routines to keep, and celebrate the new family dynamic.

One habit at a time

If the family tries to change seven things at once, the program becomes overwhelming. The best strategy is to choose one weekly priority and stick with it.

The goal isn't to complete 60 perfect days. It's to reach day 60 with a family that better understands its routines.

THE ROUTINE THAT SUPPORTS THE PROGRAM

FIVE TIMES OF THE DAY

There's no need to fill the day with rules. It's enough to create a few predictable moments that provide structure, connection, and peace of mind.

1 — UPON WAKING UP
Water, natural light, personal hygiene, and a clear idea of what the day holds.

2 — FIRST MEAL
A moment to sit down, without rushing, and eat foods that provide energy to get the day started.

3 —BACK HOME
A brief break, water, a snack, and a few minutes to move around or unwind.

4 — FOCUS TIME
One task at a time, a prepared space, and short breaks between activities.

5 — END OF THE DAY
A quiet dinner, preparing for the next day, less screen time, and a consistent routine.

A 2-Minute Family Ritual

IN THE MORNING
What do you need to feel ready today? The child chooses a simple intention: to listen, participate, finish a task, or ask for help.

AT NIGHT
What was the best part of your day? The family acknowledges an achievement, gets everything ready, and winds down calmly.

Business Insight
The experience feels effortless when it fits into real life. Genius Kids supports the family; it doesn't complicate their routine.

ENERGY FOR YOUR DAY

EATING, DRINKING, AND DISCOVERING FOODS

The program's approach to feeding is based on variety and gentle repetition. There are no perfect foods or perfect families: there are choices that can be made more often.

MOST COMMON
Plain water, fruits, vegetables, beans and lentils, oats and corn, eggs, chicken, fish, plain yogurt, seeds, and home-cooked meals.

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The practical formula for a meal

COLOR
Fruits or vegetables

ENERGY
Tortilla, rice, oatmeal, potato, or bread

GROWTH
Eggs, beans, chicken, fish, or dairy products

Three actions that can be sustained:

- Keep water visible and available throughout the day.
- Offer at least one familiar food alongside one that the child is learning to accept.
- Eat together whenever possible and avoid turning mealtime into a negotiation.

Things to remember

Repeated, calm exposure is usually more helpful than forcing a child to eat. The adult decides what to offer; the child learns to recognize hunger and fullness.

LESS FRICTION, MORE PRESENCE

A GATHERING THAT IS ACCOMPANIED BY

Attention doesn't depend on just one thing. The environment, rest, instructions, and the way an activity is started can make the moment easier.

Focus routine

Set up the space, explain a single task, agree on a short time frame, remove distractions, and wrap up by acknowledging the effort.

ANTES
Agua disponible, materiales listos y una instrucción concreta.

DURANTE
Una actividad a la vez, pausas breves y ayuda solo cuando sea necesaria.

DESPUÉS
Cerrar, guardar y reconocer qué estrategia ayudó a terminar.



Sleep Sets the Stage for the Next Day

- Maintain a consistent start time for the routine that is as stable as possible.
- Dim the lights and wind down before bed.
- Keep screens out of the bedtime routine and the sleeping area.
- Pack the backpack, lay out clothes, and prepare water to reduce morning rush.

SCREEN TIME WITH A PURPOSE
Define when, where, and for how long screens are used. Avoid letting them accompany every meal, chore, or moment of boredom.

MOVEMENT AS A BREAK
Before asking for more focus, try an active break: walk, stretch, dance, jump, or play for a few minutes.

YOU LEARN TOO

EMOTIONAL REGULATION IN THE FAMILY

Regulating an emotion doesn't mean stopping yourself from feeling it. It means acknowledging it, expressing it confidently, and finding a way to regain your composure.

PAUSE
Take a moment before correcting or responding.

AIR
Breathe slowly and lower the intensity of the interaction.

IDENTIFY
Name what they seem to be feeling: anger, fear, tiredness, or frustration.

CHOOSE
Choose a safe option: speak up, drink water, move around, ask for space, or get help.

SUPPORT
Return to the issue when both of you are calmer.

INSPIRING QUOTES

VALIDATE

- I can see that this was difficult.
- Your emotions make sense.
- I'm here to help you calm down.

GUIDE

- First, we breathe; then we figure things out.
- You can get angry, but don't hurt anyone.
- Do you want help or a minute alone?

What the tracker records
It does not aim to count positive or negative emotions. It observes whether the child can identify what they are feeling, accepts support, and regains their composure more easily.

ONCE A WEEK

GENIUS KIDS WEEKLY TRACKER

To be completed as a family. Rate on a scale of 1 to 5 and write a brief comment based on a real-life moment from this week.

WEEK: **DATES:**

PRIORITY HABIT:

AREA	1	2	3	4	5	BRIEF OBSERVATION
Attention	○	○	○	○	○	
Readiness for Tasks	○	○	○	○	○	
Sleep	○	○	○	○	○	
Nutrition	○	○	○	○	○	
Hydration	○	○	○	○	○	
Movement	○	○	○	○	○	
Emotional Regulation	○	○	○	○	○	

Highlights of This Week

What We Want to Adjust

Our Small Commitment for Next Week

THE COMPLETE MAP

EIGHT WEEKS AND FOUR DAYS

The tracker is filled out at the end of each week. The suggested goal keeps the program simple and helps the family stay focused on a single objective.

WEEK	FAMILY FOCUS	OBSERVATION QUESTION
1	Understanding the Starting Point	What does a typical day look like right now?
2	Organizing Schedules	Which part of the day needs more structure?
3	Water and First Meal	What helps them get started with a better attitude?
4	Task Routine	What makes it easier to get started with less friction?
5	Daily Movement	How does their energy change after moving?
6	Screen Time Wind-Down	What improves when the evening is more peaceful?
7	Expressing Emotions	What strategy helps them return to a calm state?
8	Greater Independence	What can they do now with fewer reminders?
Days 57-60	Celebrate and Choose	Which three habits do we want to keep?

SUNDAY: REVIEW

Fill out the tracker, choose a learning goal, and set the priority for the coming week.

DURING THE WEEK: LIVE

Practice the habit without striving for perfection. Record only what's worth remembering.

Tip Print nine copies of the weekly tracker or fill it out digitally. The important thing is to be able to see the entire journey when you're done.

CLOSE, ACKNOWLEDGE, AND CONTINUE

DAY 60

The end of the program is not a grade. It is an opportunity to reflect on everything the family has learned about their schedules, needs, strengths, and ways of supporting one another.

ÁREA	AT THE BEGINNING	ON DAY 60	WHAT WE LEARNED
Attention			
Tasks			
Sleep			
Nutrición			
Hydration			
Movement			
Emotions			

Three habits we will continue to practice

1.

2.

3.

Family Celebration:
Choose a simple way to wrap things up—a special meal, an activity together, a letter to your child, or recognition for their perseverance. Growing up also means learning habits that last a lifetime.

GENIUS KIDS
60 days to observe, support, and celebrate.
This material offers general guidance on family habits and is not a substitute for the assessment of health, nutrition, or child development professionals.



BREAKFAST RECIPES

KEFIR BOWL WITH STRAWBERRIES, QUINOA & SEEDS

Ingredients
- Kefir yogurt
- Strawberries
- Puffed quinoa
- Pumpkin or sunflower seeds
-



Preparation
In a bowl, add the kefir yogurt and top with strawberries, puffed quinoa, and pumpkin or sunflower seeds.

OATMEAL BOWL WITH APPLE & STRAWBERRIES

Ingredients
- Oats
- Apple and strawberries
- Whole milk, plant-based milk, or water
- Ground cinnamon
- Unsweetened shredded coconut



Preparation
Cook the oats with water or milk and add a little ground cinnamon. When the oats are almost done cooking, add grated apple.
Serve and garnish with strawberries and shredded coconut.

YOGURT BOWL WITH RED FRUITS, PUFFED QUINOA, HEMP & COCONUT

Ingredients
- Plain unsweetened yogurt
- Red fruits
- Puffed quinoa
- Hemp seeds and shredded coconut
-



Preparation
In a bowl, add the plain yogurt and top with strawberries and blackberries, puffed quinoa, hemp seeds, and shredded coconut.

APPLE MUG CAKE

Ingredients
- 1 egg
- 1 tbsp almond milk
- 1 tsp almond butter
- 1 tsp vanilla
- 3 tbsp oat flour
- ½ tsp ground cinnamon
- ¼ tsp baking powder



Preparation
Mix all the wet ingredients, then incorporate the dry ingredients. Microwave for 2 minutes. Let cool before serving.

CHOCO OATMEAL WITH BANANA & GENIUS SHAKE

Ingredients
- Oats
- Almond milk
- 1 serving of Genius Shake
- Banana
- Hemp seeds and shredded coconut
-



Preparation
Cook the oats with almond milk.
Add 1 serving of Genius Shake and mix.
Transfer to a bowl and add banana, shredded coconut, and hemp seeds as toppings.

ORANGE DONUTS

Ingredients
- Egg
- Macadamia cream
- Almond flour
- Corn
- Orange and blueberries



Preparation
Preheat the mini donut maker until it reaches the desired temperature. Meanwhile, in a blender or food processor, add 1 egg, 1 peeled orange, ⅓ cup of milk (whatever your little one drinks), ½ cup of almond flour, 1 tsp. of baking powder, and a pinch of cinnamon. Blend. Pour the mixture into the donut maker and wait 2 minutes until the donuts are ready.

EGG MUFFINS + OVERNIGHT OATS

Ingredients
- Egg
- Peanut butter
- Oats (gluten-free)
- Tomato, spinach
- Diced peach and guava



Preparation
In a bowl, mix 1 egg, previously chopped tomato and spinach, and add a little grated panela cheese. Pour the mixture into silicone molds and place in the air fryer for 10 minutes at 180°C.
Serve with 2 tablespoons of overnight oats; you can warm them slightly.

SWEET MINI PIZZA

Ingredients
- Egg
- Shredded coconut
- Almond flour
- Corn, peas, and carrot
- Strawberry and mamey



Preparation
In a bowl, add 1 egg, ⅓ cup of almond milk, ⅓ cup of almond flour, and a pinch of cinnamon. Blend and set aside.
Grease a pan and heat it very well. Pour in the mixture and spread it over the entire surface of the pan. It is ready when the edges can be easily lifted.
You can use a cookie cutter to make it fun. Add nut butter or another nut spread and chopped fruit to your base.

SPINACH HASH BROWN POTATOES

Ingredients

- Egg
- Avocado oil
- Shredded coconut
- Carrot
- Zucchini
- Potato
- Spinach
- Strawberries



Preparation

Grate one potato and, using a paper towel, squeeze out the excess liquid. Place the grated potato in a bowl and add diced spinach, vegan cheese (your choice), and one egg (the egg is added to help form the patties). Add pepper and a pinch of salt to taste. Grease a pan with avocado oil. Add spoonfuls of the mixture and flip after 3 minutes. Once ready, you can use cookie cutters to make your bites more fun.

QUINOA STARS

Ingredientes

- Egg
- Shredded coconut
- Avocado oil
- Quinoa
- Beet
- Spinach
- Mandarin



Preparation

In a blender or food processor, add ½ cup of cooked quinoa, 5 spinach leaves, and 1 egg. Blend.

Heat a greased pan and add the mixture. You will get a pancake; use a cookie cutter to give it a fun shape.

CHIA PUDDING WITH FRUIT

Ingredients

- Almond milk
- Chia seeds
- Shredded coconut
- Quinoa Groovies
- Zucchini
- Strawberries
- Banana



Preparation

Soak 1 tablespoon of chia seeds for 10 minutes in ¼ cup of almond milk. Serve in your little one's bowl. Add a small handful of quinoa cereal, in this case, fruit Groovies.

Cut the strawberries and banana into little fish shapes or any other shapes you like to add color to the chia pudding and make it more appealing.

VEGETABLE FINGERS

Ingredientes

- Egg
- Avocado
- Coconut flour
- Hemp seeds
- Potato
- Carrot
- Swiss chard
- Apple



Preparation

You will need 1 small cooked and mashed potato, 1 carrot, 1 finely chopped Swiss chard leaf, 1 egg, and 2 tablespoons of oat flour. Mix the ingredients together to form a dough, then shape it into little fingers. Place them in the air fryer for 8 minutes at 180°C.

For the little avocado balls, add 2 tablespoons of coconut flour to the avocado, mix well, and form into small balls. You can use a mold to help shape them.

APPLE-CINNAMON WAFFLE

Ingredients

- Egg
- Kefir
- Oat flour
- Puffed quinoa
- Grated carrot
- Cashew butter
- Tomato
- Apple



Preparation

In a bowl, mix 1 egg, ½ grated apple, ½ tsp. ground cinnamon, ¼ cup almond milk, 1 tsp. baking powder, and ½ cup oat flour.
Preheat the waffle maker for 2 minutes, then pour in the mixture. Once ready, cut the waffle into strips.
Cashew butter: Spread a small spoonful over the waffles.

CAULIFLOWER CAKES

Ingredients

- Egg
- Chickpea flour
- Shredded coconut
- Amaranth
- Cauliflower
- Nopales
- Onion
- Tomato



Preparation

Preheat the mini pancake maker for 2 minutes. In a blender or food processor, add 4 cauliflower florets, 3 tablespoons of chickpea flour, 1 egg, 1 tsp. baking powder, and 2 tablespoons of amaranth. Blend.
Grease thepancake maker and pour in the mixture. They will be ready in just a few minutes.
Mexican-style nopales: In a pan, add chopped onion, then add the previously cooked nopales, and finally add the tomato. Cover and cook for 4 minutes. Serve with your choice of fruit; in this case, starfruit was used.

OAT & PRUNE BITES

Ingredients

- Egg
- Macadamia cream
- Oats (gluten-free)
- Vegetable mix
- Prune
- Guava



Preparation

Cook ¼ cup of gluten-free rolled oats with ¼ cup of plant-based milk (almond or coconut). Stir continuously, and once cooked, add mashed guava and prune. Mix well. You will get a paste; let it cool slightly and then form small balls.

Macadamia nut butter: Add 1 teaspoon to the oat bites.

Scrambled egg: Prepare 1 egg; it can be scrambled, made into an omelet, or fried.

QUINOA WAFFLES

Ingredients

- Egg
- Hemp and pumpkin seeds
- Quinoa
- Zucchini
- Grated carrot
- Cherry tomatoes
- Papaya



Preparation

Preheat your waffle maker until it reaches the desired temperature. Meanwhile, add all the ingredients to a bowl and mix very well until you have a homogeneous mixture. Grease the waffle maker and pour in the mixture. Wait a few minutes and it will be ready.

APPLE-OAT LOAF

Ingredients

- Egg
- Kefir
- Hemp seeds
- Oat flour
- Carrot
- Apple
- Red fruits



Preparation

In a bowl, mix 1 egg, ¼ grated carrot, ½ grated red apple, and 1 tsp. coconut oil. Then add ½ cup almond flour, 2 tbsp. oat flour, and 1 tsp. baking powder. Mix well and pour the mixture into cupcake liners or silicone molds. Place in the air fryer for 10 minutes at 180°C.

PASTA DE LENTEJA CON LOMO DE CERDO

Ingredients

- Lentils
- Pork
- Avocado
- Quinoa flakes
- Cherry tomatoes
- Papaya



Preparation

Cook the lentil pasta according to the package instructions.
Add shredded pork tenderloin.
Add halved cherry tomatoes.
Sprinkle quinoa flakes over the fruit or avocado to add texture and nutrients.

HEALTHY SMOOTHIES

BANANA & CHIA

Ingredients
- Almond milk
- Banana
- Oats
- Genius Shake





STRAWBERRY & ALMOND

Ingredients
- Almond milk
- Strawberries
- Genius Shake
- Almond butter

BANANA & BLUEBERRY

Ingredients
- Oat-flax milk
- Genius Shake
- Blueberries
- Chia or amaranth seeds



CHOCO BANANA

Ingredients
- Almond or coconut milk
- Banana
- Oats or amaranth
- Genius Shake





COCONUT BANANA

Ingredients
- Coconut milk
- Banana
- Flaxseed or shredded coconut
- Genius Shake

PECAN & CARROT

Ingredients
- Whole milk or plant-based milk
- Carrot pieces
- Pecans and amaranth
- 1 serving of Genius Shake





MEALS RECIPES

TUNA CROQUETTES



Ingredients

- Tuna
- Hemp seeds
- Potato
- Bell pepper
- Cucumber
- Papaya

Preparation

In a pan, add finely chopped red bell pepper and onion. Sauté until the onion is golden and set aside.
In a bowl, mash the previously cooked potato and add the tuna and sautéed vegetables. With wet hands, form small balls, or use cookie cutters to give them an appealing shape.
Place in the air fryer for 8 minutes at 200°C.

FISH FILLET IN RED SAUCE



Ingredients

- Fish fillet
- Hemp seeds
- Rice
- Tomato

Preparation

Blend 1 tomato with a small piece of onion and garlic.
In a deep pan, add 1 teaspoon of olive oil and pour in the tomato mixture. Add a pinch of salt and cook for 3 minutes.
Then add the fish fillet and cook for 3–5 minutes, or until the fish is fully cooked.
Red rice: Prepare the red rice as usual. As a recommendation, use avocado oil to brown it and add only a small amount of salt.

BEEF RICE CUPS

Ingredients
- Ground beef
- Olive oil
- Brown rice
- Yellow bell pepper
- Jicama
- Carrot
- Dragon fruit



Preparation

Finely chop 1 garlic clove, ¼ onion, 1 yellow bell pepper, and 1 carrot, and set aside. In a hot saucepan, add olive oil, garlic, and onion and sauté until golden. Add the bell pepper, carrot, and ground beef. Try to avoid forming large meatballs to ensure the meat cooks thoroughly. Cover and cook for a few minutes. To keep the meat moist, you can add tomato sauce to the mixture.

Rice cups: Cook 1/3 cup of rice. Once cooked, mash it to form a dough. Press the mixture into cupcake liners or silicone molds to create the cups. Bake in the air fryer for 10 minutes at 180°C. They are ready when they easily come out of the mold.

FISH & RICE STICKS

Ingredients
- Fish fillet
- Sesame seeds
- Avocado
- Rice
- Quinoa flakes
- Cucumber
- Watermelon



Preparation

In a bowl, add ½ cup shredded white fish, ¼ cup rice, 2 tbsp. quinoa flakes, and 1 tsp. olive oil. Add salt and pepper to taste.

Mix and combine all the ingredients well, then shape into sticks or small patties. Bake in the air fryer for 5 minutes at 180°C, or sear them in a pan for 3 minutes. Sprinkle with sesame seeds.

SARDINE CAKES

Ingredients
- Sardines and egg
- Avocado
- Gluten-free oats and amaranth
- Zucchini
- Mango



Preparation
In a hot pan, add 1 chopped bell pepper and 1/4 chopped red onion. Sauté for two minutes, then add the boneless sardines so they absorb the flavors. Set aside.
In a bowl, beat 1 egg and mix in 1/3 cup oat flour and the previously cooked sardines. Pour the mixture into cupcake liners or a silicone mold and air fry for 12 minutes at 180°C.
Zucchini pasta: Use a spiralizer to make zucchini "noodles," or cut the zucchini into very thin strips. In a pan, sauté onion and 1 minced garlic clove, then add the zucchini. Cook until soft.

BEEF & QUINOA BURGERS

Ingredients
- Ground beef
- Avocado oil, hemp seeds
- Tortilla, quinoa
- Zucchini, carrot



Preparation
In a bowl, add 1 cup ground beef, 1/2 cup cooked carrot and zucchini, 1/4 cup cooked quinoa, salt, and pepper to taste. Mix all the ingredients and form small patties. Cook in a pan with avocado oil, searing each patty for 2–3 minutes per side.
Corn tortilla: Cut a corn tortilla into strips or use a fun-shaped cookie cutter.

CHICKEN ROLLS

Ingredients
- Chicken and egg
- Shredded coconut
- Gluten-free oats and chickpea pasta
- Beetroot, eggplant
- Orange



Preparation

You will need previously shredded or chopped chicken breast. Cut the eggplant into very thin slices; you can use a vegetable peeler to help. Place the eggplant slices on a surface and add shredded chicken. Roll them up, dip them in egg, and then coat them with ground oats. Air fry for 14 minutes at 160°C, making sure the eggplant is soft.

Pink pasta: Cook the pasta according to the package instructions. Once al dente, set aside. In a pan, sauté garlic and onion until golden. Add the sautéed garlic and onion to a blender or food processor along with 1/4 beetroot. Blend until smooth and toss the pasta with the sauce.

SALMON POPCORN

Ingredientes
- Salmon
- Avocado oil
- Corn breading
- Carrot, cucumber
- Freeze-dried strawberries



Preparation

Cut the salmon into small cubes.

In a bowl, beat one egg. Dip the salmon cubes into the egg and then coat them with the corn breading. Place the breaded cubes on parchment paper and spray with avocado oil. Air fry for 8 minutes at 180°C.

You can also cook them in a pan with avocado oil.

LENTIL HEARTS

Ingredients
- Lentils
- Goji berries
- Brown rice
- Chayote
- Guava



Preparation
Blend 1/2 cup of previously cooked rice and 1 cup of cooked lentils. You will obtain a dough; it should be thick enough to shape. With wet hands, take portions and shape them into hearts. Then, cook them in a preheated pan with avocado oil. Brown them slightly and they are ready.

QUINOA-BREADED CHICKEN

Ingredients
- Chicken
- Avocado oil
- Avocado
- Quinoa flakes
- Cherry tomatoes
- Peach



Preparation
In one bowl, beat an egg, and in another,
place 1/2 cup of quinoa flakes. Coat the chicken fillet in the egg and then in the quinoa flakes, making sure the chicken is well covered.
Heat a pan with avocado oil and cook the chicken for 2–3 minutes on each side.
Set aside on a paper towel to remove excess oil.

POTATO & CHEESE PATTIES



Ingredients

- Egg and chicken
- Avocado
- Potato
- Broccoli

Preparation

You will need 1 medium cooked potato, 1/3 cup finely chopped chicken, 1 egg, and 1 tablespoon coconut flour. Combine the ingredients until you have a dough and shape them into fun shapes. Cook them in a preheated pan and brown for a few minutes on both sides.

Broccoli balls: Finely chop previously steamed broccoli. Mash 1/2 avocado with a fork, add a few drops of lemon juice, and add the broccoli. Using a small ball mold, shape them into balls.

CHICKEN BROTH



Ingredients

- Chicken
- Sesame seeds
- Rice
- Carrot
- Zucchini
- Chayote
- Melon
- Strawberry

Preparation

In a pot, place one chicken breast, two thighs, and two drumsticks, all skinless. Add approximately 1 liter of water, 1/2 onion, 1 piece of garlic, and cook.

In another pot, add 1 liter and 1/2 of water, carrot, zucchini, and chayote cut into cubes, and 2 blended tomatoes. Add salt to taste and cook the vegetables.

Once the chicken is cooked, add it to the pot with the vegetables and cook for another 5 minutes to allow the flavors to combine. To serve, shred the meat from one thigh into small pieces and add 2–3 tablespoons of broth.

Red rice: Prepare the red rice as usual. Add 3 tablespoons of broth and the cooked vegetables on top.

SPINACH LEGS



Ingredients

- Egg
- Olive oil
- Quinoa
- Amaranth
- Spinach
- Papaya

Preparation

Blend 1 cup of previously cooked quinoa with 5 spinach leaves. You will get a paste. With wet hands, shape the mixture into "legs," dip them in 1 beaten egg, and then coat them with breading or ground amaranth. Air fry for 10 minutes at 160°C.

Vegetable salad: Mix grated carrot, diced avocado, chopped red onion, and chopped cherry tomatoes. Add a few drops of lemon juice and 1/2 tablespoon of olive oil, then mix well.

PORK & BEAN MEATBALLS



Ingredients

- Pork
- Beans
- Flaxseed
- Rice
- Cucumber
- Pear

Preparation

In a bowl, add 1/2 kg ground pork, 1/4 grated zucchini, 1/4 grated carrot, 1/4 cup cooked rice, and 1 egg. Mix very well and form small balls. Set aside.

Blend 2 ripe tomatoes, a piece of onion, and garlic. Cook in a pot with 1 tablespoon olive oil and salt to taste. When the tomato sauce is about to boil, add the meatballs and cook for 15 minutes.

To serve, place the meatballs on your little one's plate with a small amount of sauce and 2–3 tablespoons of previously cooked beans.

DINNER RECIPES

CARROT MUFFINS

Ingredients

- Egg
- Almond milk
- Almond butter
- Almond flour
- Broccoli
- Cherry tomatoes
- Strawberry



Preparation

In a bowl, add 1 egg, a splash of vanilla, 1 tablespoon of almond butter, 1/3 cup of almond milk, 1/2 cup of almond flour, and 1 teaspoon of baking powder. Mix well and add 1 grated carrot.

To decorate the muffins, you can mix 2 tablespoons of kefir with 1 tablespoon of coconut or coconut flour. Mix well and spread over the muffin.

FROZEN BANANA

Ingredients

- Egg
- Avocado oil
- Rice and banana cereal
- Zucchini
- Guava
- Raisins



Preparation

In a bowl, add 1/4 grated zucchini and 1 egg.
You can also add a little cheese of your choice.
Season with salt to taste. Mix well and cook in a greased pan with avocado oil, forming an omelet.
Cut into strips or use fun-shaped cutters.
For practicality, if you're short on time, you can add some sugar-free puffs or cereal toppings you have at home to complete the meal with a nutritious and healthy cereal.

HAWAIIAN-STYLE CHICKEN

Ingredients

- Chicken
- Olive oil
- Shredded coconut
- Vegetable pasta
- Tomato
- Onion
- Garlic
- Peach



Preparation

Chop 1/4 onion, 1 garlic clove, 2 pineapple slices, and the chicken. Add a little olive oil to a hot pan, followed by the onion, pineapple, and garlic. Once golden, take approximately 2 tablespoons of the sautéed mixture and set aside. Add the chicken, cover, and let it cook. Meanwhile, blend a previously cooked tomato with the reserved sautéed mixture and a splash of water. Add this sauce to the chicken, let it simmer for a little while, then turn off the heat. Serve with a little sesame seed. Accompany with pasta tossed in olive oil.

SARDINE & VEGETABLE BITES

Ingredients

- Sardine
- Avocado
- Potato
- Amaranth
- Zucchini
- Carrot
- Mango



Preparation

In a bowl, add 1 sardine and mash it. Then add 1/2 potato, 1/4 cooked carrot, and 1/4 cooked squash. Season to taste and mix well.
Form into small balls and place in the air fryer for 5 minutes at 180°C, just to lightly brown the bites.

APPLE WITH ALMOND

Ingredients

- Chickpea flour
- Almond butter
- Pumpkin seeds
- Amaranth flour
- Mushrooms
- Kiwi



Preparation

Grate one apple and place it in a bowl. Add 2 tablespoons of almond butter, 3 tablespoons of chickpea flour, and 1 tablespoon of amaranth. Mix well; the mixture should become thick. With wet hands, shape into small circles. Bake for 6 minutes at 160°C.

Sautéed Mushrooms: Finely chop the mushrooms and 1/4 onion. Place them in a hot pan, cover, and cook over low heat.

QUINOA PORRIDGE

Ingredients

- Almond milk
- Almond butter
- Shredded coconut
- Quinoa
- Green beans
- Peach



Preparation

Cook 1/2 cup of quinoa with cinnamon, a splash of vanilla, and 1/4 cup of almond milk. Add orange zest.
Cook over low heat; when the milk starts to evaporate, keep stirring so the mixture thickens. It is ready when the quinoa starts to pop.
Add almond butter and shredded coconut.

CHICKEN NUGGETS

Ingredients
- Chicken
- Hemp seeds
- Quinoa pasta
- Chickpeas
- Papaya



Preparation
Mix 1/2 chicken breast, garlic, onion, and 1 tablespoon of coconut flour. You will have a dough-like mixture that you can shape into croquettes. Place in the air fryer for 15 minutes at 180°C.

Chickpea Sauce: Blend 1/2 cup of chickpeas with garlic and onion. Sauté in a hot pan and season to taste. Cook the quinoa pasta according to the package instructions and serve with the chickpea sauce.

PORK IN PLUM SAUCE

Ingredients
- Pork
- Hemp seeds
- Vegetable pasta
- Carrot
- Plum



Preparation
Boil 250 g of pork loin with garlic and onion.
Meanwhile, remove the pits from 9 dried plums and soak them in hot water. In a pan, add 1/4 chopped onion and 1 garlic clove. Once the plums are ready, blend the garlic, onion, and plums. Shred the pork and coat it with the sauce.

Vegetable Soup: In a hot saucepan with oil, add the pasta. Once golden, add the previously blended tomato, garlic, and onion mixture. Add water and bring to a boil.

KEFIR & RED BERRY GUMMIES

Ingredients

- Salmon
- Shredded coconut
- Vegetable pasta
- Zucchini
- Carrot
- Red bell pepper
- Asparagus
- Guava



Preparation

Cut the carrot, zucchini, and bell pepper into julienne strips. Sauté the vegetables in a greased pan with avocado oil, then add the previously cooked spaghetti. Mix well and set aside. In a dry pan, cook the salmon. Serve the vegetable pasta and top with small pieces of salmon.

Asparagus: In a pan with 1 tbsp of avocado oil, roast the asparagus and add a pinch of salt. Cut into short sticks.

BANANA BITES

Ingredients

- High-protein gluten-free oats
- Shredded coconut
- Sesame seeds
- Carrot
- Peas
- Strawberry



Preparation

Mix 1/4 cup of high-protein gluten-free oat flour, 1/2 banana, and 1 teaspoon of baking powder. Mix well until a dough forms. With wet hands, take a portion and shape it into a small cup to add peanut butter. Sprinkle with sesame seeds, close it, and bake for 10 minutes at 180°C.

CHICKEN & SPINACH SUSHI

Ingredients
- Chicken
- Peanut butter
- Sesame seeds
- Puffed rice and quinoa cake
- Spinach
- Tomato
- Onion
- Grapes



Preparation
Prepare 1 cup of Mexican-style spinach and set aside. In a chicken cutlet, add the Mexican-style spinach and diced tomato, roll it up, and cook in a pan with avocado oil until the chicken is fully cooked. Once cooked, cut into small rolls resembling sushi.

Cut a rice cake into four pieces and spread with nut butter.

CHICKPEA STICKS

Ingredients
- Chicken
- Chickpea flour
- Flaxseed
- Olive oil
- Gluten-free oats
- Red onion
- Bell peppers
- Broccoli
- Blueberry



Preparation
In a bowl, add 1 egg, 1/3 cup chickpea flour, 1 tbsp gluten-free oats, 1 tsp baking powder, and chopped chicken. Mix until homogeneous, then pour into small silicone molds and bake for 7 minutes at 180°C. You can substitute the oats with hydrated flaxseed. Add 2 tbsp of flaxseed with a little water.
Vegetable mix: Cut the red onion, bell pepper, and broccoli into julienne strips. Cook them with a little olive oil. Be careful not to overcook them.

CHICKPEA PASTA WITH AVOCADO & CHERRY TOMATO SAUCE

Ingredients

- Chicken
- Chickpea pasta
- Extra virgin olive oil
- Cherry tomatoes
- Avocado
- Watermelon



Preparation

Cook the chickpea pasta according to the package instructions.

Mash 2 slices of avocado and add 1 tbsp of extra virgin olive oil. Mix with the pasta and add halved cherry tomatoes. Sprinkle toasted sesame seeds over the pasta.

Chicken: You can serve it cooked or grilled with avocado oil.

LUNCH RECIPES

Children under 3 years of age

BEET WAFFLES WITH EGG OMELET AND CHEESE

Ingredientts

- Egg, cheese
- Strawberries and beets
- Oats
- Almond butter



Preparation

Beet waffles: Blend 1 banana, ¼ of a cooked beet, 2 eggs, 1 cup of oat flour, 1 tbsp. of almond butter, and 1 cup of your favorite milk. Preheat your waffle iron for 2 to 3 minutes and start making the waffles. Egg and Cheese Omelet: Beat one egg with a small handful of your favorite cheese (I used Oaxaca) and cook the mixture in a skillet greased with a little olive oil. Cut into squares or roll into small rolls.

POTATO PANCAKES WITH TUNA

Ingredients

- Egg
- Tuna
- Guava
- Cucumber
- Carrot
- Potato
- Olive oil



Preparation

In a bowl, mash 2 cooked potatoes and add 1 can of tuna in olive oil. Add salt, pepper, or paprika to taste. Mix in 1 egg to bind the mixture, then shape into patties. Cook the potato patties in a skillet lightly greased with olive oil until golden brown on both sides.

POPEYE WAFFLES AND PLAIN YOGURT

Ingredients

- Egg
- Plain yogurt
- Banana
- Strawberries
- Spinach
- Oats
- Cheerios
- Shredded coconut



Preparation

Blend 1 banana, 2 eggs, 1 cup of milk, 1 cup of oat flour, 1 tsp. of cinnamon, vanilla to taste, and a handful of spinach until smooth. Preheat your waffle maker and cook the waffles with the batter.
Cook them 1 minute longer than usual so they turn golden brown on the outside.

LENTIL PANCAKES WITH EGG AND OATS

Ingredients

- Lentils
- Egg
- Oats
- Melon
- Fresas
- Cheerios
- Crema de almendras



Preparation

Mash 1 cup of cooked lentils in a bowl. Add 1 egg, 2 tablespoons of ground oats, and seasonings to taste. Mix the ingredients thoroughly. In a hot skillet, add a little avocado oil or your preferred oil and form the patties.
Cook for 2 to 3 minutes on each side.

POTATO WAFFLES WITH ZUCCHINI AND CARROTS

Ingredients

- Egg
- Potato
- Zucchini
- Carrot
- Raspberries
- Blueberries
- Cucumber
- Black sesame seeds



Preparation

Boil 1 medium potato, 1 medium carrot, and 1 medium zucchini ahead of time. In a bowl, mash the potato, zucchini, and carrot. Add 1 egg, a pinch of salt (for children over 1 year old), and paprika to taste.

Mix the ingredients thoroughly. Heat your waffle iron for 3 minutes and pour in the mixture. Wait until they're cooked through and golden brown. Cut the waffles in half to fit them in the lunchbox.

LUNCH RECIPES

Children over 3 years old

HARD-BOILED EGG WITH CHERRY AND BEET WAFFLES

Ingredients

- Egg
- Banana
- Beet
- Oats
- Milk
- Cantaloupe
- Prickly pear
- Cherry tomatoes
- Hemp seeds



Preparation

Beet Waffles: Blend 1 banana, ½ beet, 2 eggs, 1 cup of oat flour, 1 cup of your favorite milk, and cinnamon to taste. Pour the mixture into a waffle iron greased with unsalted GHEE butter and cook until the waffles are golden brown.

Hard-Boiled Egg Bowl: Boil 1 egg in boiling water for 12 minutes or less. Once done, peel the egg and cut it in half. Add halved cherry tomatoes and season to taste.

LENTIL PANCAKES WITH EGG AND OATS

Ingredients

- Salmon
- Genius Shake
- Melon
- Cherry tomatoes
- Oats
- Hazelnut cream



Preparation

Chocolate pancakes: Blend ½ ripe banana, 1 egg, 1 tbsp. Genius Shake powder, 1 cup oat flour, and 1 cup of your favorite milk. Cook the pancakes in a skillet greased with coconut oil or unsalted GHEE butter, and let them cook for 2 to 3 minutes on each side.

Grilled Salmon with Fine Herbs: Place a piece of salmon in a preheated skillet, season with fine herbs, and cook until done. Cut it into cubes and place it in the bowl of your lunchbox.

EGG OMELET WITH CHEESE AND OATMEAL DONUT

Ingredients

- Egg
- Genius Shake
- Strawberries
- Grapes
- Cucumber
- Carrot
- Oats
- Hazelnut cream
- Cocoa



Preparation

Egg rolls with cheese: Beat 1 egg, add a pinch of salt (for children 1 year and older), and make an omelet. Place a little Oaxaca or Manchego cheese on top and roll it up. Cut into several pieces.

Oatmeal and Apple Donuts: Mix 1 grated apple, 2 eggs, 2 tbsp. coconut oil, 1 cup rolled oats, and ½ tsp. aluminum-free baking powder thoroughly. Add 1 scoop of Genius Shake. Pour the mixture into a donut or cupcake pan and bake for 20 minutes at 180 °C in a conventional oven.

Don't forget to do the toothpick test to check if they're done!

MEXICAN-STYLE TUNA BOLILLO

Ingredients

- Tuna
- Strawberries
- Mango
- Blackberries
- Cucumber
- Sourdough roll
- Olive oil



Preparation

Mexican-style tuna bolillo: Finely chop a tomato, an onion, and a little cilantro. Mix with 1 packet of tuna packed in olive oil—preferably to add healthy fat to the dish.

Place the mixture inside the sourdough bolillo and cut it in half.

EGG & SPINACH BURRITO

Ingredients
- Egg
- Mango, mandarin
- Spinach, cherry tomatoes
- Flour tortilla
- Olive oil



Preparation
Chop 3–4 spinach leaves and mix them with 1 egg. Add salt to taste.
Cook in a pan as an omelet or scrambled eggs.
Warm a flour tortilla so it becomes soft.
Place the spinach and egg mixture on the tortilla, roll into a burrito, and cut in half.
Serve with fresh fruits and vegetables.

LENTIL PANCAKES WITH EGG & OATS

Ingredientes
- Papaya
- Yogurt
- Grapefruit
- Mandarin
- Cucumber
- Sliced bread
- Avocado
- Shredded coconut
- Cacao nibs



Preparation
Avocado & papaya sandwiches: Spread 1 tablespoon of avocado on the bread and add 1 slice of papaya. Toast the sandwich lightly and cut into 2 or 4 halves. Don't forget to toast the bread a little to prevent it from becoming soggy in your little one's mouth!

Yogurt bowl: Place 2–4 tablespoons of plain, unsweetened yogurt in a small stainless-steel bowl and top with a healthy fat such as shredded coconut, chia seeds, or ground flaxseed.

OAT & BLUEBERRY MUFFINS

Ingredientes
- Egg
- Mango
- Cucumber
- Oats
- Amaranth
- Hemp seeds



Preparación
Oat & blueberry muffins: Mash 1 banana, add 2 eggs, 1 cup of your preferred milk, 1 cup of oat flour, 1 tsp. of cinnamon, 1 tsp. of aluminum-free baking powder, and 1 handful of blueberries. Mix all the ingredients well.

Pour the mixture into silicone molds and place in your air fryer for 12–15 minutes at 180°C. Check for doneness with a toothpick.

TRICOLOR PASTA BOWL WITH HARD-BOILED EGG

Ingredientes
- Egg
- Watermelon
- Lime
- Cucumber
- Sliced bread
- Popped quinoa
- Olive oil



Preparación
Cook ¼ cup of tricolor pasta and 1 egg.
Cut the egg in half and mix with the pasta.
You can add a little olive oil and salt to enhance the flavors.
Serve with fresh fruits and vegetables.

SNACKS RECIPES

STRAWBERRY PINA COLADA POPSICLES



Ingredients
- Kefir
- Shredded coconut
- Strawberry

Preparation
In a bowl, add the kefir and shredded coconut. Mix well. Chop the strawberries or blend them into a purée. In each mold, add a layer of strawberries, followed by a tablespoon of kefir, another layer of strawberries, and continue alternating until the mold is filled. Freeze for 2 hours.

FROZEN BANANA



Ingredients
- Plain kefir
- Peanut butter
- Hemp seeds
- Banana

Preparation
Cut the banana into slices and place them on parchment paper. Using a glass, flatten each slice. Spread unsweetened plain kefir over each piece. Add peanut or almond butter. Sprinkle with hemp seeds. Freeze for 5 hours.

YOGURT BITES

Ingredients
- Kefir
- Cashew butter / Chia
- Strawberry



Preparation
In a bowl, add the plain yogurt and top with strawberries and raspberries. Add quinoa pops, hemp seeds, and shredded coconut.

APPLE MUGCAKE

Ingredients
- Chickpeas
- Olive oil
- Beet
- Potato



Preparation
In a food processor, add the previously cooked chickpeas, olive oil, cooked beet, and garlic. Process all the ingredients until you obtain a smooth mixture.
For the fun shape, mash a pre-cooked potato until you get a dough-like consistency.
Spread it over a flat surface and cut it into fun shapes.
Place in the air fryer for 5 minutes at 200°C.

MANGO MOUSSE

Ingredients
- Plain kefir
- Pecan butter
- Amaranth
- Mango
- Hydrated gelatin



Preparation
In a blender, add the mango, hydrated gelatin, and kefir. Blend. For the base, mix the amaranth with the pecan butter until you obtain a paste. Place the paste at the bottom of a cupcake liner or silicone mold. Add the mango mixture on top. Refrigerate for 2 hours.

PUFFED ALMOND BARS

Ingredients
- Almond butter
- Flaxseed
- Quinoa pops
- Prunes



Preparation
In a bowl, add ¼ cup almond butter, 2 tbsp. ground flaxseed, 1 tbsp. prune purée, and 1/3 cup quinoa pops.
Mix until you obtain a thick consistency. Transfer the mixture to cupcake liners or silicone molds and, using a spoon, press down the mixture. Refrigerate for at least 2 hours, until firm. Enjoy!

SUNFLOWER SEED CRACKERS

Ingredients
- Olive oil
- Sunflower seeds
- Gluten-free oats
- Prunes
- Banana



Preparation

Sunflower Seed Crackers: In a bowl, mix 5 tbsp. gluten-free oat flour, 1 tsp. aluminum-free baking powder, 3 tbsp. olive oil, 5 tbsp. water, a pinch of salt, and 1 tbsp. ground sunflower seeds. Mix the ingredients well; you can knead the dough with your hands.

Spread the mixture on parchment paper. Using a knife, score the dough into squares so they are easier to cut after baking. Air fry for 10 minutes at 180°C. Once ready, cut into squares.

Prune Dip: Mash ½ banana with 3 prunes. Enjoy with the crackers.

PRUNE BARS

Ingredients
- Shredded coconut
- Cacao Groovies
- Prunes
- Beet
- Sweet potato



Preparation

In a bowl, add all the ingredients and mix until you obtain a thick consistency. Transfer the mixture to cupcake liners or silicone molds. You can use parchment paper to help press down the mixture. Add shredded coconut on top. Refrigerate for at least 2 hours, then remove from the molds and enjoy!

KEFIR AND BERRY GUMMIES

Ingredients
- Plain kefir
- Coconut
- Strawberries
- Raspberries
- Blueberries
- Gelatin



Preparation
In a bowl, add ⅓ cup of unsweetened plain kefir and add coconut flour. Mix very well with a whisk.

In ¼ cup of very hot water, add 1 tablespoon of natural gelatin. Mix very well to remove any lumps. Once it has cooled, add it to the kefir and mix well.

In a silicone mold with different shapes, place pieces of strawberries, raspberries, and blueberries. Pour in the kefir mixture and refrigerate overnight. Remove from the molds and enjoy with your little one.

NOTE
It is very important to mix the gelatin with the kefir once the gelatin has cooled. DO NOT MIX WHILE HOT.

STRAWBERRY & PINE NUT ICE CREAM

Ingredients
- Unsweetened natural kefir
- Pine nuts
- Strawberries
- Dates



Preparation
Grind the pine nuts to make them more pleasant and safer to eat in the ice cream. In a food processor, add 10 frozen strawberries, 1/2 cup unsweetened natural kefir, 2 previously soaked and hydrated dates, and 1 tbsp. of pine nuts. Process until the ingredients are well combined.
Serve in a bowl, add 1 tbsp. more of crushed pine nuts, and place the ice cream in the freezer for 1 hour. Serve and enjoy.

MINI PANCAKE SKEWERS

Ingredientss
- Egg
- Cashew butter
- Almond flour
- Beet
- Coconut or almond milk
- Banana
- Raisins
- Cinnamon
- Strawberry



Preparation
Blend 1 egg, 1/4 beet, 1/3 cup almond flour, 6 previously soaked raisins, 1 tsp. baking powder, 1/3 cup coconut or almond milk, and 1 pinch of cinnamon.

In a previously greased pan, use a spoon to pour the mixture and make small circles until all the batter is used.

CORN RICE PIZZA

Ingredients
- Pistachio butter
- Rice and quinoa cake
- Strawberry
- Guava



Preparation
Cut a puffed rice and quinoa cake into four pieces. Spread with pistachio butter or any nut butter you have at home. Add small pieces of strawberries, guava, or your favorite fruit. Enjoy with your little one.

MINI PEACH ICE CREAM PIE

Ingredients
- Peanut butter
- Puffed quinoa
- Peach



Preparation
Peach Jam:
In a saucepan over medium heat, add 1 peach cut into small pieces, 1 tsp. of ground cinnamon, and a little water. Let it cook and soften, stirring constantly after a couple of minutes, until most of the water has been absorbed. Remove from heat and let cool completely.

Mini Peach Pie:
In silicone molds, add 1 tablespoon of peanut butter, puffed quinoa balls, and immediately add the peach jam.
Freeze overnight, unmold, and enjoy.

COCONUT STICKS

Ingredients
- Pecan butter
- Coconut oil
- Coconut flour



Preparation
In a bowl, add 2 tablespoons of coconut oil, 1/3 cup of coconut flour, a splash of your preferred plant-based milk, 1 teaspoon of baking powder, and 1 tablespoon of pecan butter. Mix well until you obtain a dough.
Spread the dough over a flat surface lined with parchment paper and let it rest in the refrigerator for 20 minutes. After that, cut it into strips and bake for 10 minutes at 160°C. They should be crispy on the outside and soft on the inside.
You can serve them with hummus.

SWEET POTATO FRIES

Ingredients
- Egg
- Hemp and pumpkin seeds
- Quinoa
- Zucchini
- Grated carrot



Preparation
Sweet Potato Fries: Peel an orange sweet potato and cut it into sticks, similar to French fries. Place the sweet potato sticks on a baking sheet or parchment paper, add olive oil and salt to taste.
Air fry for 8 minutes at 180°C or bake in a conventional oven for 12 minutes at 180°C.
Avocado Dip: Mix ½ avocado with 2 tablespoons of plain kefir and a few drops of lemon juice.

RASPBERRY BARS



Ingredients
- High-protein gluten-free oats
- Peanut butter
- Raspberries

Preparation
In a bowl, add ½ cup of rolled oats, 2 tablespoons of peanut butter, 1 puréed apple, and 1 teaspoon of baking powder. Mix well and add the raspberries.
Transfer the mixture to cupcake liners or silicone molds and bake for 10 minutes at 180°C.

MANGO + GROOVIES SMOOTHIE BOWL



Ingredients
- Coconut flakes
- Quinoa cereal
- Mango

Preparation
In a blender, add 1 cup of frozen mango, ¼ cup of almond milk, and 1 tsp. of vanilla. Process until the mango is well blended.

Serve in a bowl and add quinoa cereal (Groovies) and coconut flakes.

PEANUT BUTTER BITES

Ingredients
- High-protein oats
- Pumpkin seeds
- Coconut flour
- Peanut butter
- Prunes



Preparation
In a bowl, add 1/3 cup of oats, ¼ cup of coconut flour, 1 tbsp. of peanut butter, and 1 tbsp. of prune purée. Mix until you obtain a dough.

Transfer the mixture to cupcake liners or silicone molds and, using a spoon, press down the dough. Add the pumpkin seeds.

Refrigerate for at least 2 hours, then remove from the molds and enjoy.