

WHOLE LIFE CHALLENGE APPROVED GAME DAY RECIPES

BECAUSE THERE'S MORE TO LIFE THAN BEER AND PRETZELS.



THE FIRST SUNDAY OF FEBRUARY.

DOES THIS MEAN ANYTHING TO YOU?

If you're a football fan, it sure does!



The beginning of February is all about the Super Bowl. And whether your favorite team is playing or not, we know a lot of you will still be watching with friends and family.

But while celebrating the big game is a fun way to spend your weekend, it can feel overwhelming when you're also trying to establish or maintain a healthy lifestyle. Between the drinks, the snacks, the rich dips, the salty chips, and the sweet desserts, avoiding temptation can feel like a huge blow to your confidence...sort of like a fifteen-yard penalty, or a pick six, or a safety, or a missed field goal...

...well, you get the idea.

This year, let's keep the penalties out of your game-day party.

To avoid completely derailing your healthy lifestyle, try adding these WLC Approved Game Day Recipes to your pre-game, half-time, or post-game celebrations. These recipes have been designed to serve as healthier spins on game-day classics – without sacrificing taste or satisfaction.

It's wise, of course, to remember that consuming adult beverages and party foods isn't intended to be a regular habit—yes, even with the “healthier” versions. Ideally, eating and drinking for your health requires more conscious intention and choice and less vegging out and “eating it because it's there.”

But on special days like the Super Bowl, you don't have to feel guilty for wanting to have a bit of fun and indulgence, especially if you make an effort to surround yourself with better food options.

So, go ahead: on that all-important Sunday, whip up a couple of these WLC-friendly recipes, and tailgate away without forsaking your health!

CRISPY PALEO BUFFALO CHICKEN WINGS

BY JON GILSON



TIME

60 MINUTES

SERVINGS

6-8

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

INGREDIENTS

- 4lbs chicken wings (first and second wing sections)
- 1/4 cup, Kerrygold grass-fed butter, melted
- 1/2 cup, Frank's RedHot Original Cayenne Pepper Sauce
- Kosher salt

DIRECTIONS

1. Preheat your oven to 475 degrees Fahrenheit.
2. Line a baking sheet with aluminum foil.
3. Place a wire rack on the baking sheet.
4. Spread your chicken wings on the wire rack in a single layer.
5. Sprinkle liberally with kosher salt.
6. Bake for 30 minutes on the center oven rack.
7. Remove wings from the oven, flip, and sprinkle liberally with kosher salt.
8. Bake for an additional 25 minutes on the center oven rack.
9. Turn off the "bake" function of your oven and turn your broiler on high.
10. Broil wings for 3 minutes on the top oven rack.
11. Remove wings from the oven and flip.
12. Broil an additional 3 minutes.
13. While wings are broiling the second time, create the sauce by whisking melted butter and RedHot together in a bowl that will hold all of your wings (I used a 3.5-liter bowl).
14. Add about half the wings to the sauce bowl and coat, plate them, and then coat the rest.
15. Serve with [WLC-compliant Dump Ranch Dressing](#), carrots, and celery sticks.

FRIED SHISHITO PEPPERS

BY V "PALEO BOSS LADY" CAPALDI



TIME

15 MINUTES

SERVINGS

2-4

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

INGREDIENTS

- 1/2-pound [Shishito peppers](#)
- Coconut oil
- Pink Himalayan salt

DIRECTIONS

1. Heat cast iron or desired pan to medium high.
2. Add 3 tablespoons of oil and heat.
3. Place peppers in oil and fry for about 10 minutes. The pan should be hot enough the peppers start cooking immediately. Turn about half way through, and cook until each side is slightly charred
4. Sprinkle with salt and enjoy.

DATE & ALMOND BUTTER SANDWICHES

BY V "PALEO BOSS LADY" CAPALDI



TIME

15 MINUTES

SERVINGS

12-24

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

INGREDIENTS

- 12-24 pitted dates
- Jar of almond butter
- Cinnamon

DIRECTIONS

1. Slice dates in half.
2. Spread almond butter on the bottom half of each date.
3. Sprinkle the almond butter with cinnamon
4. Replace the top of the date, creating a tiny sandwich.
5. Enjoy!

CREAMY CRUNCHY VEGGIE SLAW

BY MICHAEL STANWYCK



TIME

75 MINUTES

SERVINGS

4-6

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

DRESSING INGREDIENTS

- 2 Tbsp apple cider vinegar or distilled vinegar
- 2 Tbsp dill relish
- 1 cup mayonnaise ([click here for an easy paleo mayo recipe](#))
- 1 tsp celery seed
- 1/2 tsp salt
- 1/2 tsp black pepper

VEGETABLE SLAW INGREDIENTS

- 1 lb cabbage (about half an average green cabbage), hand-cut
- Any other shredded cruciferous vegetables like Brussels sprouts, broccoli, cauliflower, just reduce the volume of cabbage accordingly
- 1 large carrot, shredded
- 1/2 small onion, minced
- 3 radishes, shredded or sliced

DIRECTIONS

1. Whisk together dressing ingredients in a bowl large enough to hold the completed vegetable slaw.
2. Combine all vegetable ingredients in the bowl with the dressing.
3. Mix with vegetables. For the best results, get your hands right in there.
4. Chill for at least one hour. Overnight is even better.
5. Serve alongside your chili, chicken wings, and other appetizers.

NO-SWEAT PRESSURE COOKER PALEO CHILI

BY BECCA BORAWSKI JENKINS



TIME

35 MINUTES

SERVINGS

6-8

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

INGREDIENTS

- 2 tablespoons coconut oil or butter
- 1 large onion, diced
- 1 red bell pepper, diced
- 1 teaspoon kosher salt
- 1/4 cup chili powder
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon ground black pepper
- 1 teaspoon oregano
- 2-3 teaspoons garlic powder
- 1 teaspoon chipotle powder
- 1 teaspoon mustard powder
- Optional sprinkle of red pepper flakes
- 2 pounds ground beef
- 1 (28-ounce) can crushed tomatoes

DIRECTIONS

1. Heat the oil or butter in the pressure cooker pot on the saute setting if you are using an Instant Pot or on medium heat with a traditional pressure cooker. Once the oil or butter is hot, add the onions and bell pepper. Saute until softened, about 5 minutes.
2. Add the ground beef, stir in with the onions and bell pepper.
3. Once you've got the meat broken up into smaller chunks, then add all the spices listed from salt through red pepper flakes, and stir into the mix.
4. Continue to cook, stirring often and breaking the meat into smaller chunks, until the beef loses its pink color, about 5 minutes. The spices will make it a little hard to tell if the meat is pink or not, so err on the side of making sure it's cooked.
5. Stir the crushed tomatoes into the pot. Lock the lid on the pressure cooker and bring up to high pressure. Reduce the heat to maintain the pressure, and cook at high pressure for 12 minutes in a stove top cooker or 15 minutes in an electric cooker. Turn off the heat and let the pressure come down naturally before you open the pressure cooker. (*See "Chef Notes" page for dietary suggestions.*)

CROWD- PLEASING KALE CHIPS

BY MICHAEL STANWYCK



TIME

25 MINUTES

SERVINGS

PLENTY!

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

INGREDIENTS

- 1 head curly kale
- 1 Tbsp olive oil
- 1 tsp salt
- Seasonings of your choice

DIRECTIONS

1. Preheat your oven to 350 degrees Fahrenheit.
2. Line a cookie sheet with parchment paper.
3. Using a knife, [remove the leaves](#) from the thick stems and tear into bite-size pieces.
4. Wash and thoroughly dry kale with a salad spinner.
5. Drizzle kale with olive oil and sprinkle with salt.
6. Bake until the edges brown and crisped, but are not burnt, about 10 to 15 minutes
7. Eat right away!

CRISPY CRUNCHY CHICKPEAS

BY MICHAEL STANWYCK



TIME

50 MINUTES

SERVINGS

2-4

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE

INGREDIENTS

- Can of chickpeas (garbanzo beans)
- 1 Tbsp olive oil
- 1/2 tsp salt
- Seasonings of your choice

DIRECTIONS

1. Preheat your oven to 400 degrees Fahrenheit.
2. Drain your can of beans and rinse in a strainer.
3. Lay out a paper towel or a cookie sheet and dump the rinsed beans on top. Top with another paper towel.
4. Roll the towel around on the beans until they are dry. Remove the paper towels.
5. Transfer the beans to a bowl, drizzle with olive oil, and season with salt, pepper, and any other seasonings you like. Some good choices are cayenne pepper (1/4 tsp), cumin (1/2 tsp), and turmeric (1 tsp).
6. Return to the sheet pan (without the towels) and place in your preheated oven for 30-40 minutes, until golden and crunchy.
7. Remove from oven and adjust the seasoning as needed.
8. Crunch away!

AVOCADO DEVEILED EGGS

BY SHANNON GILSON



TIME

20 MINUTES

SERVINGS

24

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE*

*Depending on your bacon ingredients.

INGREDIENTS

- 12 hardboiled eggs
- 1 avocado
- 2 Tbsp paleo mayo ([click here for an easy recipe](#))
- 4 tsp Dijon mustard
- 2 tsp hot sauce of your choice
- 2 tsp fresh lemon or lime juice
- 1 tsp salt
- 1 tsp pepper
- 4 pieces crispy bacon (optional)
- Paprika for garnish

DIRECTIONS

1. Remove the shell from the hard-boiled eggs and gently cut lengthwise with a sharp knife.
2. Remove the yolk and place into a large mixing bowl.
3. Add the flesh of the avocado, paleo mayo, Dijon mustard, hot sauce, lemon or lime juice, salt, and pepper to the egg yolks.
4. Mix together with a fork or food processor until creamy.
5. Use a spoon to gently and evenly scoop the mixture into your 24 egg halves.
6. Garnish eggs with paprika and small pieces of bacon (and remember to watch out for non-compliant ingredients in your bacon).
7. Chill until ready to serve.

BACON WRAPPED SCALLOPS

BY MICHAEL STANWYCK



TIME

30 MINUTES

SERVINGS

24

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE*

*Depending on your bacon ingredients.

INGREDIENTS

- 12 slices of bacon, cut in half lengthwise
- 24 medium-sized scallops
- 10 Tbsp butter
- 6 cloves garlic, pressed
- Dash of cayenne pepper (optional)
- Salt and pepper

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. Grease a 9x13 baking dish. If you want to make clean up easier, line the baking dish with foil (shiny side down) and grease the foil.
3. Cut the bacon slices in half lengthwise so you have 24 pieces.
4. Pre-fry the bacon just until it gets some color and it's still limp and soft (it needs to be flexible enough to wrap around the scallops).
5. Melt the butter in a small bowl.
6. Add garlic, salt, pepper, and cayenne pepper (if using) and stir well.
7. Set half of this butter-garlic mixture aside for later.
8. Dip each scallop in melted butter-garlic sauce.
9. Wrap a strip of bacon around each scallop, and secure with toothpick (all the way through the scallop).
10. Arrange the wrapped scallops on the greased baking dish.
11. Bake on the middle rack for around 15 minutes, or until the scallops are done and the bacon is crisp.
12. Place scallops in large bowl and pour remaining butter-garlic sauce from earlier over the scallops. Toss gently to coat.

BAKED SWEET POTATO WEDGES

BY SHANNON GILSON



TIME

90 MINUTES

SERVINGS

2-4

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

INGREDIENTS

- 2 large sweet potatoes washed, peeled, and cut into wedges
- 1 tablespoon olive oil, avocado oil, or oil of choice
- 1/2 teaspoon paprika
- Sea salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Line baking sheet with parchment paper.
3. Place wedges in a bowl and add one tablespoon olive oil, pinch of sea salt and pepper, and 1/2 teaspoon paprika. Toss with your hands to combine the sweet potatoes with the spice mixture.
4. Roast the sweet potatoes for 35-45 minutes, until soft and slightly browning at edges.
5. Add a pinch more salt (to taste) and serve hot.

CREAMY CURRY COCONUT YOGURT DIP

BY JANNINE MYERS



TIME

10 MINUTES

SERVINGS

PLENTY!

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE

INGREDIENTS

- 1/3 cup organic full-fat yogurt
- 1/4 cup coconut cream (note: this is not the same as coconut milk)
- 1 Tbsp lime juice
- 1 tsp curry powder
- 1/2 to 1 tsp dried dill
- Dash of salt
- Dash of garlic powder

DIRECTIONS

1. Place all the ingredients into a large mixing bowl.
2. Whisk together until well combined.
3. Use as a dip for vegetables, sweet potato wedges, chicken wings, or anything else that sounds good to you!

ROASTED MAPLE SESAME CASHEWS



BY BECCA BORAWSKI JENKINS

TIME

20 MINUTES

SERVINGS

PLENTY!

COMPLIANCE LEVEL

KICKSTART

INGREDIENTS

- 4 cups unsalted raw cashews
- 4 Tbsp maple syrup
- 2 teaspoons coconut sugar
- 4 teaspoons sesame seeds
- Salt to taste

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. Line a baking sheet with parchment paper.
3. In a large bowl, mix maple syrup and coconut sugar.
4. Add in cashews and sesame seeds. Mix thoroughly.
5. Add in your desired amount of salt and mix thoroughly again
6. Place cashews on the baking sheet in one even layer.
7. Roast for 5 minutes.
8. Toss the cashews around on the baking sheet, then resume roasting for 5 more minutes or until golden.
9. Remove and let cool before serving.

EASY CHUNKY GUACAMOLE

BY BECCA BORAWSKI JENKINS



TIME

20 MINUTES

SERVINGS

PLENTY!

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

INGREDIENTS

- 2 whole avocados
- 1/2 red onion, diced
- 1 Roma tomato, seeded and diced
- Juice of 1/2 lime (or 1 Tbsp lime juice)
- 2-3 cloves of garlic, minced
- 2 Tbsp cilantro, chopped
- 1 tsp salt, or to taste

DIRECTIONS

1. Slice open the avocados, discard the pits, and scoop the flesh into a medium-sized bowl.
2. Mash the avocado with a fork until you reach your preferred consistency.
3. Mix in tomatoes, onion, garlic, and cilantro.
4. Add lime juice and mix thoroughly. Taste and add more if you like.
5. Add salt to taste, and give the guacamole one final stir.
6. Serve with a variety of vegetables for dipping.

FOR-THE-WIN ISLAND MIMOSA

BY JENNA GRUTTADURIA



TIME

10 MINUTES

SERVINGS

~6

COMPLIANCE LEVEL

KICKSTART

INGREDIENTS

- 1 bottle of rosé
- 5 oz rum
- 10 oz orange juice
- 1-2 cups of mixed berries (to taste)
- Orange-flavored sparkling water (to float)

DIRECTIONS

1. Muddle berries in a shaker.
2. Add rum. Shake vigorously to combine.
3. Pour berries and rum into a pitcher. Add orange juice and wine.
4. Add ice. Stir.
5. Pour cocktail into glass with ice. Finish with a float of sparkling water.

PICKLE (TOUCH)BACK MARTINI

BY JENNA GRUTTADURIA



TIME

5 MINUTES

SERVINGS

1

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE

INGREDIENTS

- 2 ounces whiskey
- 1 ounce sugar-free pickle brine
- 3-5 drops of your favorite hot sauce
- Tajin seasoning for rim
- Slice of pickle for garnish

DIRECTIONS

1. Combine whiskey, pickle brine, and hot sauce in a shaker with ice.
2. Shake vigorously.
3. Rub Tajin on the rim of the glass of your choice.
4. Strain cocktail into glass (no ice).
5. Garnish with a slice of pickle.

INFUSED SPIKED ARNOLD PALMER

BY JENNA GRUTTADAURIA



TIME

30 MINUTES

SERVINGS

12

COMPLIANCE LEVEL

KICKSTART, LIFESTYLE

INGREDIENTS

- 750 ml bottle of vodka
- 6 black tea bags
- 1.5 cups lemon juice
- 1 ounce stevia
- Water

DIRECTIONS FOR INFUSION

1. Put black tea bags into vodka to infuse.
2. Taste periodically and remove bags when desired flavor has been achieved.

SIMPLE SYRUP DIRECTIONS

1. Bring 1 cup of water and stevia to a boil.
2. Turn down heat and simmer for a few minutes.
3. Remove from heat and let cool.

LEMONADE DIRECTIONS

1. Bring 1 cup of water and stevia to a boil.
2. Turn down heat and simmer for a few minutes.
3. Remove from heat and let cool.

COCKTAIL DIRECTIONS

1. Pour 2 ounces of tea infused vodka over ice.
2. Fill with desired amount of lemonade (at least 4 ounces).

CHEF NOTES

NO-SWEAT PRESSURE COOKER PALEO CHILI

If your body is good with beans, you can add them to this recipe. Pinto beans are compliant on the Kickstart and Lifestyle levels. I recommend buying dried beans and soaking them for at least six hours and rinsing them a few times. Use one pound of beans and add them along with the tomatoes in step four. You will want to add chicken stock, as well – add 1 to 1.5 cups depending on how thick you like your chili.

OTHER THINGS YOU COULD TRY:

- Swap out half the ground meat for cubed stew meat.
- Use whatever pre-cooked shredded meat you have on hand – leftover barbecue makes great chili!
- Add diced carrots, parsnips, or cubed sweet potatoes (use the white kind as they are firmer).
- Use fire-roasted or spicy tomatoes instead of plain.
- Garnish with fresh cilantro, avocado, and/or jicama sticks.

COMPLIANCE LEVEL:

As written, this recipe is compliant on Kickstart, Lifestyle, and Performance levels. If you add beans, then it is compliant on Kickstart and Lifestyle.

ABOUT

With just a nudge (and a little bit of effort), you can have the life you want – happy, healthy, active, energetic, and connected.

ABOUT THE CHALLENGE

The Whole Life Challenge is a 6-week health and wellness game that focuses on The 7 Daily Habits.

THE 7 DAILY HABITS

Throughout the Challenge, you'll practice the habits every day – Nutrition, Exercise, Mobility, Sleep, Hydration, Well-Being, and Reflection – with the ultimate goal of incorporating them into your life. They'll work together to help you become happier and healthier.

WANT TO PLAY?

You can register to play the next Whole Life Challenge here:

<https://www.wholelifechallenge.com/join-the-challenge/>

LET'S CONNECT

We use social media to share our popular blog posts, motivational quotes, and information on the upcoming Challenge!

Connect to get your daily dose of inspiration and motivation.



@WHOLELIFECHALLENGE



@WHOLELIFECHALLENGE



@WHOLELIFEWW



@WHOLELIFE



@WHOLELIFECHALLENGEWW