



Welcome!

Inside this recipe book, you'll find a collection of delicious, simple recipes.

How to Use

These recipes are to support you—not to box you in. Every recipe is meant to be flexible and adaptable to *your* tastes, lifestyle, and needs. If you don't like an ingredient or don't have it on hand, feel free to swap it for something you enjoy or already have. Cooking should feel doable and enjoyable, not stressful or complicated.

IMPORTANT NOTE: Look at the **notes** section for each recipe. Any tips for the recipe or what to serve with it are listed here to make things easier for you.

All of the recipes in this book are **built with blood sugar balance in mind**. Each one includes protein, healthy fat and fiber—because your body needs all three to feel satisfied, energized, and stable.

However, you don't need to make all the recipes at once. Start by selecting a couple of recipes that you would like to make and write them down in your own weekly meal plan to stay organized.

You can print a blank weekly meal plan template [here](#).

It's important that you eat until you feel full and satisfied—not just what you think you “should be eating” or what the serving size suggests. Serving sizes are simply a guide, not a rule. Listening to *your* body helps prevent overeating later in the evening.

Most importantly, make these recipes your own, trust *your* body, and remember that **consistency over time matters far more than perfection**. You are allowed to enjoy your food, eat enough and still support your health.

Happy cooking!



Sheet Pan Double Cheeseburgers

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tsp Steak Spice Seasoning
- 4 ozs Cheddar Cheese (shredded)
- 8 ozs Whole Wheat Bun (toasted)
- 1 Tomato (medium, sliced)
- 1/2 cup Red Onion (sliced)
- 1/4 head Green Lettuce (shredded)

Nutrition

Amount per serving	
Fat	23g
Carbs	30g
Fiber	4g
Protein	36g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Season the beef with the steak spice and press it evenly into the prepared baking sheet, covering the entire surface and reaching the edges.
- 3 Cook in the oven for 12 to 15 minutes or until cooked through. Remove from the oven, top with cheese, and return the baking sheet to the oven for one to two minutes to melt.
- 4 Cut the beef into equal portions and serve on buns with tomato, red onion, and lettuce. Enjoy!

Notes

Pan Size: I used a 9 × 13-inch (23 × 33 cm) baking sheet.

More Flavor: Add garlic powder, smoked paprika, and/or Worcestershire sauce to the beef before cooking.

Additional Toppings: Your favorite burger toppings such as pickles, grilled onions, avocado, mustard, or jalapeños.



Smash Burgers

4 servings

25 minutes

Ingredients

- 1/4 cup Mayonnaise
- 1/4 cup Pickle (chopped)
- 1 tbsp Barbecue Sauce
- 1 1/2 lbs Lean Ground Beef
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (large, thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 3 ozs Cheddar Cheese (sliced)
- 1/2 head Iceberg Lettuce (shredded)
- 8 ozs Whole Wheat Bun (toasted)

Nutrition

Amount per serving	
Fat	57g
Carbs	32g
Fiber	5g
Protein	41g

Directions

- 1 In a small bowl, mix the mayonnaise, pickles, and barbecue sauce. Set aside.
- 2 Heat a large cast-iron pan (or griddle or skillet) to medium-high.
- 3 Form the meat into loose balls, approximately three ounces (85 grams) each.
- 4 Add the oil and onions to the hot cast-iron pan and cook until just soft, for about one to two minutes. Divide the onions into sections and place a meatball on each pile, firmly smashing them straight down into thin patties.
- 5 Season with salt and pepper and cook for two minutes. Gently scrape the patties from the skillet and flip, cooking for one more minute, or until cooked through. Top half of the patties with sliced cheese and cover with a second patty. Remove from heat.
- 6 Spread the sauce on the bottom bun. Add two patties to the bun and top with lettuce and the top bun. Enjoy!

Notes

More Flavor: Add tomatoes and/or your favorite burger toppings.



Crustless Chicken Pot Pie Skillet

4 servings

45 minutes

Ingredients

- 1 lb Chicken Breast (boneless, skinless)
- 2 tbsps Butter
- 4 Garlic (cloves, minced)
- 2 cups Mushrooms (diced)
- 2 cups Frozen Vegetable Mix (thawed)
- 2 tbsps Cornstarch
- 1 1/2 cups Chicken Broth
- 1 cup Cream, Half & Half
- 1 cup Frozen Peas (thawed)
- 2 tsps Italian Seasoning

Nutrition

Amount per serving	
Fat	16g
Carbs	27g
Fiber	6g
Protein	34g

Directions

- 1 Bring a pot of water to a boil and reduce to a gentle simmer. Add the chicken and cover. Let simmer until the chicken is cooked, about 15 to 20 minutes. Remove the chicken and transfer it to a bowl. Shred it into pieces using two forks and set aside.
- 2 Meanwhile, heat a large pan over medium heat and add the butter. Once melted, add the garlic, mushrooms, and vegetable mix. Sauté for four to six minutes, stirring occasionally, until softened.
- 3 In a small bowl, whisk the cornstarch, broth, and cream together until smooth. Pour the mixture into the pan and stir well.
- 4 Add the peas, shredded chicken, and Italian seasoning. Reduce the heat to low and simmer for four to five more minutes until the mixture thickens to a stew-like consistency.
- 5 Remove from the heat, divide evenly onto plates or bowls, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.



Chicken Picatta

2 servings

30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 10 ozs Chicken Breast (boneless, skinless, halved lengthwise)
- Sea Salt & Black Pepper (to taste)
- 1/2 oz Unbleached All Purpose Flour
- 1 Lemon (medium, half sliced, half juiced)
- 1 tbsp Capers
- 1/2 cup Chicken Broth
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Fat	6g
Carbs	8g
Fiber	1g
Protein	33g

Directions

- 1 Heat the oil in a pan over medium heat. Season the chicken with salt and pepper, then dredge it in flour. Add the chicken to the pan and cook for 12 to 13 minutes until browned and almost cooked through, flipping halfway.
- 2 Add the lemon slices and capers to the pan. Cook for one minute.
- 3 Add the broth, stir, and simmer on low heat for five minutes, or until the chicken is fully cooked and the sauce has thickened slightly. Season with salt and pepper.
- 4 Remove from the heat and add the lemon juice. Divide evenly onto plates, top with parsley, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add mushrooms.



Pan Fried Shrimp, Snap Peas & Rice

4 servings
20 minutes

Ingredients

- 1 cup Jasmine Rice (uncooked)
- 1 lb Shrimp (peeled, deveined)
- 1/2 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 3 cups Snap Peas (trimmed)
- 3 tbsps Chives (chopped)

Nutrition

Amount per serving	
Fat	8g
Carbs	43g
Fiber	3g
Protein	27g

Directions

- 1 Cook the rice according to the directions on the package and set aside.
- 2 Meanwhile, place the shrimp on a plate lined with paper towel and pat dry. Season the shrimp with the salt.
- 3 Heat a cast-iron skillet over medium heat and add the olive oil. Once the skillet is warmed, add the shrimp and cook for three minutes per side, until pink and cooked through. Remove and set aside. Add the snap peas and toss. Cook for two to three minutes, until tender-crisp.
- 4 Divide the rice onto plates and top with shrimp and snap peas. Garnish with chives and season with salt to taste.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use ghee or butter to finish cooking the shrimp. Add chili flakes or black pepper to the shrimp and rice.

No Chives: Use green onion or another fresh herb such as parsley.



Spiced Salmon Kabobs

4 servings
20 minutes

Ingredients

- 2 tbsps Parsley (chopped)
- 1 tbsp Sesame Seeds
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 2 tbsps Maple Syrup
- 2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
- 1 1/4 lbs Salmon Fillet (sliced into 1 inch cubes)
- 2 Lemon (sliced into thin rounds)
- 8 Barbecue Skewers
- 6 cups Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	17g
Carbs	17g
Fiber	5g
Protein	33g

Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

No BBQ: You could also cook in the oven. Follow the recipe exactly as is, and cook in the oven for about 30 minutes at 350 degrees F. Add the asparagus in halfway and flip the kabobs.

Time Saver: Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.



Pistachio Crusted Salmon

4 servings

30 minutes

Ingredients

1/2 cup Pistachios (removed from shell)
1/4 tsp Sea Salt
1 1/4 lbs Salmon Fillet
1/4 cup Pine Nuts
1 Garlic (clove, minced)
2 cups Parsley (chopped)
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)

Nutrition

Amount per serving	
Fat	35g
Carbs	8g
Fiber	3g
Protein	33g

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Remove the salmon from the oven. To serve, add a few spoonful's of rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

Notes

Serve With: Brown, white or cauliflower rice.

Likes it Warm: Saute the cauliflower rice in a bit of olive oil before serving

More Veg: Serve with a side of baby spinach drizzled with leftover pesto



Teriyaki Salmon and Veggie Bowls

4 servings

15 minutes

Ingredients

- 3 tbsps Soy Sauce
- 1/3 cup Mirin (Japanese sweet rice wine)
- 2 tbsps Honey
- 1 lb Salmon Fillet (cut in 4 pieces)
- 12 ozs Asparagus (ends trimmed cut 1-inch)
- 1 tbsp Extra Virgin Olive Oil
- Sesame Seeds (optional for garnish)
- Rice (or quinoa)

Nutrition

Amount per serving	
Fat	11g
Carbs	22g
Fiber	2g
Protein	25g

Directions

- 1 Cook rice or quinoa according to package directions.
- 2 Combine the soy sauce, mirin, and honey in a resealable bag.
- 3 Add the salmon and mix to coat. Refrigerate for 15 to 60 minutes, or up to 8 hours.
- 4 Preheat oven 450F.
- 5 Remove salmon, reserving the marinade.
- 6 Toss asparagus with oil and season with salt. Transfer asparagus to a large sheet pan along with the salmon skin side down and cook until tender and cooked through, about 10 to 12 minutes.
- 7 Meanwhile, place the marinade in a small pot, bring to a boil and simmer on low until thickened and reduced by half, about 8 to 10 minutes.
- 8 Serve with rice or quinoa. Top with salmon and asparagus and drizzle with the glaze. Sprinkle with sesame seeds, if desired.

Notes

- Where to Find Mirin : Available in most grocery stores found in the asian section.
- No Asparagus : Use another vegetable like green beans instead.



Garlic Butter Shrimp

4 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Butter
- 6 Garlic (clove, sliced)
- 2 lbs Shrimp (peeled, deveined)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Cilantro (chopped)

Nutrition

Amount per serving	
Fat	10g
Carbs	2g
Fiber	0g
Protein	46g

Directions

- 1 In a pan, heat the oil and the butter over medium heat. Add the garlic and cook until just tender, for about 30 seconds.
- 2 Add the shrimp. Season with salt and pepper and cook two to three minutes or until pink and cooked through.
- 3 Remove from the heat. Mix in the cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serve it With: Enjoy as is or over your favorite grain of choice, noodles, or rice.

Additional Toppings: Sesame seeds.

No Cilantro: Use parsley instead.



15 Minute Tilapia

2 servings

15 minutes

Ingredients

- 1/2 cup Water
- 1 1/2 cups Cherry Tomatoes
- 1/2 tsp Red Pepper Flakes
- 2 Tilapia Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups Baby Spinach
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Capers

Nutrition

Amount per serving	
Fat	9g
Carbs	9g
Fiber	4g
Protein	27g

Directions

- 1 Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
- 2 Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
- 3 In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
- 4 Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

Notes

No Tilapia: Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

Make it Spicy: Double up on the red pepper flakes.



Ginger Salmon with Broccoli & Rice

4 servings

20 minutes

Ingredients

- 1 cup Water
- 1/2 cup Soy Sauce
- 2 tbsps Brown Sugar
- 2 tbsps Ginger (grated)
- 1 1/4 lbs Salmon Fillet
- 4 stalks Green Onion (thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 8 cups Broccoli (sliced into small florets)
- 4 cups Cauliflower Rice
- 2 tbsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Fat	17g
Carbs	26g
Fiber	7g
Protein	38g

Directions

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet. Bake the broccoli in the oven for about 30-40 minutes or until tender.
- 3 Pour the water, soy sauce, sugar, green onion (save a few pieces for garnish) and ginger together in the skillet. Bring to a vigorous simmer over high heat, and then lower to a slow, steady simmer.
- 4 Lay the salmon fillets in the mixture and cover the pan. Let simmer for 5 minutes then gently flip the salmon fillets. Cover and simmer until cooked through, about 4-5 more minutes.
- 5 Serve with cauliflower rice. Divide the rice and broccoli onto 4 plates. Position the salmon on each pile of rice and spoon the sauce over evenly. Sprinkle with green onion to garnish. Enjoy!

Notes

No Cauliflower Rice: Use white or brown rice instead.



Parchment Baked Haddock with Veggies

4 servings

35 minutes

Ingredients

- 4 Haddock Fillet (5 ounces each)
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 tsp Dried Parsley
- 1 tsp Dried Rosemary
- 1 tsp Oregano
- 1 Lemon (sliced thin)
- 1 head Cauliflower (cut into florets)
- 4 cups Broccoli (cut into florets)
- 1 Garlic (broken into cloves)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Nutrition

Amount per serving	
Fat	6g
Carbs	15g
Fiber	6g
Protein	36g

Directions

- 1 Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 2 Preheat oven to 375 F. Place cauliflower, garlic and broccoli into a 9 by 13-inch baking dish, toss with the olive oil, and sprinkle with salt. Cover the dish and bake for 1/2 hour. Remove the cover, stir and cook for 30 to 40 minutes more, until vegetables are tender and nicely browned, stirring occasionally.
- 3 Place the fish in the center of the parchment paper, season with salt and pepper and drizzle with olive oil. Place a slice of lemon on top of each piece of fish, then a sprinkle of herbs on each.
- 4 Fold up the edges so that it's completely sealed, and no steam will escape, creating a loose tent.
- 5 Place in the oven and depending on the thickness of your fish, bake 15-20 minutes, or until the fish is opaque and cooked through.

Notes

No Haddock: Use cod or sole fillets instead.

Safety First: The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.



Pork Chops in Creamy Mushroom Sauce

4 servings

15 minutes

Ingredients

1 lb Pork Chop (4 bone-in or boneless)
 1 tsp Paprika
 1 tsp Garlic Powder
 Sea Salt & Black Pepper (to taste)
 2 tbsps Butter
 2 tbsps Extra Virgin Olive Oil
 1 cup Mushrooms (sliced)
 4 Garlic (cloves, crushed)
 1 tsp Italian Seasoning
 1 1/2 cups Heavy Cream
 1/2 cup Organic Chicken Broth
 1 tbsp Parsley (fresh, chopped)
 8 ozs Pasta

Nutrition

Amount per serving	
Fat	55g
Carbs	47g
Fiber	2g
Protein	30g

Directions

- 1 Cook pasta according to package directions.
- 2 To make the garlic pork chops: Combine paprika, garlic powder, salt and pepper in a small bowl. Pat the pork chops dry with paper towel then season generously with the spice mix.
- 3 Heat olive oil and butter in a skillet over medium-high until butter is melted.
- 4 Sear the pork chops for 3-5 minutes per side until well browned on both sides. Transfer the pork chops to a warm plate and set aside.
- 5 In the same skillet, add the mushrooms and stir fry until golden brown, scraping up any bits leftover from the chops.
- 6 Add garlic, parsley and Italian seasoning then stir fry for another 30 seconds before pouring in the broth. Add the cream, give a good stir then allow simmering for 3-4 minutes until slightly thickened and adjust seasoning if needed.
- 7 Place pork chops and their juices back into the sauce and allow to simmer for 2-3 minutes, or until the pork chops are cooked to your liking. Garnish with remaining fresh parsley. Serve with pasta.

Notes

No Pasta : Serve with rice instead.



Pork Chops with Kale Cream Sauce

2 servings

25 minutes

Ingredients

- 1 tbsp Butter
- 8 ozs Pork Chop (boneless)
- Sea Salt & Black Pepper (to taste)
- 2 slices Bacon (chopped)
- 1/4 cup Chicken Broth
- 1 tsp Greek Seasoning
- 1/2 cup Whipping Cream
- 1 tbsp Dijon Mustard
- 2 cups Baby Kale

Nutrition

Amount per serving	
Fat	49g
Carbs	5g
Fiber	1g
Protein	31g

Directions

- 1 Melt the butter in a pan over medium heat. Add the pork chop and season with salt and pepper. Cook for four to six minutes per side, or until cooked through. Remove from the pan and set it aside.
- 2 Add the bacon to the pan. Cook for three to four minutes until cooked through. Remove the bacon with a slotted spoon and set it aside, leaving the rendered fat in the pan.
- 3 Add the broth and scrape up any browned bits from the bottom of the pan. Add the Greek seasoning, cream, and mustard. Mix until smooth and well combined. Season with salt and pepper.
- 4 Add the kale and cook for one minute or until wilted, stirring throughout.
- 5 Return the pork chops and bacon to the pan. Spoon the sauce over the pork chops and cook for one to two minutes until warmed. Divide evenly between plates and enjoy!

Notes

Serve it With: Pasta, roasted cauliflower, or sautéed green beans.

More Flavor: Add grated parmesan or a squeeze of lemon before serving.



Egg Roll in a Bowl

4 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 5 stalks Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 1/16 lbs Lean Ground Pork (2 cups)
- 6 cups Coleslaw Mix
- 2 cups Bean Sprouts
- 1/4 cup Soy Sauce

Nutrition

Amount per serving	
Fat	26g
Carbs	19g
Fiber	6g
Protein	27g

Directions

- 1 Heat the olive oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and soy sauce. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!



Baked Pork Tenderloin

8 servings

1 hour

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- Salt & Black Pepper (to taste)
- 2 lbs Pork Tenderloin
- 1/4 cup Butter (sliced into 4-6 pats)
- 2 tbsps Garlic (diced)
- 1 tsp Dried Basil
- 1 tsp Dried Oregano
- 1 tsp Dried Thyme
- 1 tsp Dried Parsley
- 1/2 tsp Dried Sage

Nutrition

Amount per serving	
Fat	12g
Carbs	0g
Fiber	0g
Protein	24g

Directions

- 1 Preheat oven to 350 degrees. Line baking sheet with aluminum foil.
- 2 In a small bowl, combine garlic, basil, oregano, thyme, parsley, and sage. Set aside. Generously season meat with salt and pepper.
- 3 In a large pan, heat oil. Add pork to the pan, and cook on all sides until dark golden brown.
- 4 Transfer to baking sheet. Generously coat with herb mix. Place pats of butter on top of the pork.
- 5 Wrap in foil, bake until meat is 150 degrees internally at the widest, thickest part of the tenderloin (about 25-30 minutes.)
- 6 When pork is done, remove and let rest, tented with foil, for at least five minutes to lock in juices. Slice against the grain and serve immediately.

Notes

Serve With: Mashed cauliflower, rice, sautéed vegetables.



Chicken Thighs with Mushrooms

4 servings

40 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/4 tsp Sea Salt
- 1/2 tsp Extra Virgin Olive Oil
- 14 White Button Mushrooms (quartered)
- 2 tbsps Shallot (diced)
- 2 Garlic (cloves, minced)
- 1/2 cup Chicken Broth
- 1/3 cup Coconut Milk
- 2 tps Tarragon

Nutrition

Amount per serving	
Fat	14g
Carbs	4g
Fiber	1g
Protein	31g

Directions

- 1 Heat a pan over medium heat. Season the chicken thighs with sea salt. Add the oil to the pan and once melted, add the chicken. Cook for 5 to 6 minutes per side. Remove and set aside.
- 2 Lower the heat to medium-low and add the mushrooms. Cook for 3 to 4 minutes. Add the shallot and cook for 2 to 3 minutes. Add the garlic cloves and cook for 1 minute and then add the chicken back in along with the broth. Cover and simmer for 8 to 10 minutes.
- 3 Remove the lid and add the coconut milk and tarragon. Stir to combine. Cook for 2 to 3 minutes. Divide the chicken and mushrooms between plates and spoon your desired amount of liquid over top. Serve and enjoy!

Notes

Serve it With: Cauliflower rice, or any rice.

No Tarragon: Use thyme instead.



Teriyaki Turkey & Broccoli Stir Fry

4 servings

20 minutes

Ingredients

- 2 tbsps Soy Sauce
- 1 tbsp Honey
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 1 1/2 lbs Extra Lean Ground Turkey
- 2 Garlic (clove, finely chopped)
- 2 tsps Ginger (grated)
- 2 cups Broccoli (florets)
- 2 cups Matchstick Carrots
- 4 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Fat	18g
Carbs	15g
Fiber	3g
Protein	35g

Directions

- 1 Whisk the soy sauce, honey, rice vinegar, and sesame oil together in a bowl and set it aside.
- 2 Heat a large non-stick pan over medium-high heat. Once hot, add the turkey and cook for five to seven minutes until the meat is browned and cooked through, breaking it up as it cooks.
- 3 Add the garlic, ginger, broccoli, carrots, and green onion. Cook for three to four minutes or until just tender.
- 4 Add the prepared soy sauce and stir to combine. Sauté for one more minute. Divide evenly onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add cilantro and/or sesame seeds.

No Turkey: Use ground chicken or beef instead.



Chicken with Spinach and Bacon

6 servings

25 minutes

Ingredients

2 lbs Chicken Thighs (boneless and skinless, or chicken breast)
 2 tsps Extra Virgin Olive Oil
 2 tbsps Butter
 6 Garlic (cloves, finely diced)
 1 Yellow Onion (diced)
 1/3 cup Organic Chicken Broth
 4 slices Bacon (cooked crispy and chopped)
 1 3/4 cups Half And Half Cream (or heavy cream)
 3 cups Baby Spinach
 Sea Salt & Black Pepper (to taste)
 1 tsp Italian Seasoning
 1/2 cup Parmigiano Reggiano (grated)
 Chili Flakes (to taste, optional)
 1 tsp Cornstarch (mixed with 1 tablespoon water to thicken sauce)

Nutrition

Amount per serving	
Fat	29g
Carbs	7g
Fiber	1g
Protein	38g

Directions

- 1 Heat the oil in a large skillet over medium heat. Season the chicken thighs on both sides with salt and pepper, and sear in the pan for 5-8 minutes on each side, or until cooked through. Once cooked, remove chicken from the pan and set aside.
- 2 Melt the butter in the remaining cooking juices leftover in the pan. Add in the onion and garlic and fry until fragrant (about one minute). Pour in the chicken broth, and allow to reduce down slightly. Add the crispy bacon and fry for 1-2 minutes to release the flavors.
- 3 Reduce heat to low heat, add the half and half (or heavy cream), and bring to a gentle simmer, while stirring occasionally. Make sure to lower the heat to avoid the sauce to separate. Add Italian seasoning and season with salt and pepper to your taste.
- 4 Add in the spinach leaves and allow to wilt in the sauce, and add in the parmesan cheese. Allow sauce to simmer for a further minute until cheese melts through the sauce. For a thicker sauce, add the cornstarch mixture (1 teaspoon cornstarch + 1 tablespoon water, see the ingredients list) to the skillet, and continue to simmer while quickly stirring the mixture through until the sauce thickens.
- 5 Add the cooked chicken back into the pan; sprinkle with chili pepper flakes (if using), and spoon the sauce over each chicken thigh.
- 6 Serve with pasta, rice, cauliflower rice, or steamed veggies. Enjoy!



One Pan Mushrooms & Green Beans with Seared Chicken

2 servings
25 minutes

Ingredients

10 ozs Chicken Breast (halved lengthwise)
1 tbsp Cornstarch
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil (divided)
2 cups Mushrooms (chopped)
2 cups Green Beans (trimmed)
1 Garlic (clove, minced)
1 tbsp Red Wine Vinegar
3/4 cup Chicken Broth

Nutrition

Amount per serving	
Fat	18g
Carbs	15g
Fiber	4g
Protein	37g

Directions

- 1 Season the chicken with cornstarch, salt and pepper.
- 2 Heat half of the oil in a large pan over medium heat. Cook the chicken for four to five minutes per side until golden brown. Transfer the chicken to a plate and set aside.
- 3 Reduce the heat to medium-low and add the remaining oil. Sauté the mushrooms and beans for three to four minutes or until just tender. Add the garlic and cook for one more minute.
- 4 Add the red wine vinegar to deglaze the pan, stirring for 30 seconds. Then, add the broth and bring to a simmer.
- 5 Return the chicken to the pan. Simmer for three to five minutes, allowing the sauce to reduce and thicken until it coats the chicken and vegetables. Little to no liquid should remain. Divide evenly onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add fresh thyme and/or lemon juice.



Jerk Chicken & Kale Salad

2 servings

45 minutes

Ingredients

- 8 ozs Chicken Leg, Bone-in (skin on, thighs and legs separated)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Jerk Seasoning
- 1 tbsp Lime Juice
- 1/2 tsp Honey
- 4 cups Kale Leaves (stem removed, thinly sliced into ribbons)
- 1 Avocado (cubed)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Fat	54g
Carbs	19g
Fiber	9g
Protein	22g

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 In a baking dish, add the chicken. Coat with 1/3 of the oil and the jerk seasoning. Rub the seasoning into the chicken to coat it. Place in the oven to cook for 40 to 45 minutes or until the chicken is cooked through and juices run clear. Allow it to rest for 5 minutes.
- 3 Meanwhile make the dressing by adding the remaining oil, lime juice and honey in a small jar and shake to combine.
- 4 Add the kale to a salad bowl and add the dressing. Use your hands to massage the dressing into the kale until soft and fully coated.
- 5 Divide the kale salad evenly between plates. Top with the chicken pieces, avocado and cilantro. Enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to three days.

Refrigerate the dressing in an airtight container for up to seven days.

Jerk Seasoning: Use your own jerk seasoning blend if desired. If jerk seasoning doesn't have salt and pepper, add those to taste.

Grilling: Preheat the grill over medium heat and oil the grill if necessary. Grill the chicken, turning occasionally, until well browned and cooked through, about 35 to 40 minutes. Transfer the chicken to a platter and allow to rest.

No Kale: Use another green such as spinach or arugula.



Baked Chicken Parmesan

8 servings

40 minutes

Ingredients

- 2 lbs Chicken Breast (sliced in half lengthwise to make 8)
- 3/4 cup Bread Crumbs
- 1/4 cup Parmesan Cheese (grated)
- 2 tbsps Butter (melted or olive oil)
- 3/4 cup Mozzarella Cheese
- 1 cup Marinara Sauce
- Cooking Spray
- 8 ozs Pasta (any kind)

Nutrition

Amount per serving	
Fat	13g
Carbs	31g
Fiber	2g
Protein	33g

Directions

- 1 Cook pasta according to package directions.
- 2 Preheat oven to 450°F. Spray a large baking sheet lightly with spray.
- 3 Combine breadcrumbs and parmesan cheese in a bowl. Melt the butter in another bowl. Lightly brush the butter onto the chicken, then dip into breadcrumb mixture. Place on baking sheet and repeat with the remaining chicken.
- 4 Lightly spray a little more oil on top and bake in the oven for 25 minutes.
- 5 Remove from oven, spoon 1 tbsp sauce over each piece of chicken and top each with 1 1/2 tbsp of shredded mozzarella cheese.
- 6 Bake 5 more minutes or until cheese is melted.



Moroccan Chicken Stew

4 servings

30 minutes

Ingredients

- 1/4 cup Coconut Oil
- 10 ozs Chicken Breast (skinless, boneless, diced into chunks)
- 2 Yellow Onion (medium, diced)
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Sea Salt
- 3 Tomato (large, diced)
- 1/2 cup Parsley (finely chopped and divided)
- 2 tsps Raw Honey (or maple syrup)
- 1/4 cup Pitted Dates (chopped)

Nutrition

Amount per serving	
Fat	16g
Carbs	25g
Fiber	4g
Protein	24g

Directions

- 1 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 2 Stir in tomatoes, half the parsley, honey and dates. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 3 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days, or freeze if longer.



Herb & Garlic Whole Roasted Chicken with Veggies

6 servings

2 hours

Ingredients

- 4 lbs Whole Roasting Chicken
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt (divided)
- 1 tbsp Rosemary (chopped)
- 1 tbsp Thyme (chopped)
- 6 cups Broccoli (chopped)
- 2 cups Brussels Sprouts (trimmed, halved)
- 8 Garlic (cloves)

Nutrition

Amount per serving	
Fat	15g
Carbs	10g
Fiber	4g
Protein	65g

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the chicken on a roasting pan and coat in half the oil. Rub half the sea salt, plus all the rosemary and thyme on all sides. Roast for 15 minutes.
- 3 Lower the heat to 350°F (177°C), rotate the pan and continue roasting until the internal temperature reaches 180°F (83°C), about 20 minutes per pound.
- 4 Approximately 30 minutes before the chicken is ready, add the broccoli, brussels sprouts and garlic to a separate baking dish. Toss in the remaining oil and sea salt and bake.
- 5 Remove both pans from the oven and let rest for 15 minutes before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Repurpose the leftovers in a salad, soup, wrap, stir-fry or fried rice.

More Flavor: Add cumin, paprika and black pepper. Stuff the cavity of the chicken with more herbs, lemon wedges, onion and/or garlic. Slide butter under the skin or inside the cavity.



Fajita Chicken Casserole

4 servings

20 minutes

Ingredients

- 1 1/2 lbs Chicken Breast (skinless, boneless)
- 1 Red Bell Pepper (cut into strips)
- 1 Green Bell Pepper (cut into strips)
- 1 Yellow Onion (minced)
- 1 tsp Cumin
- 1 1/2 tsps Chili Powder
- 1 tsp Garlic Powder
- 2 tsps Paprika
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Mozzarella Cheese

Nutrition

Amount per serving	
Fat	14g
Carbs	9g
Fiber	3g
Protein	46g

Directions

- 1 Preheat oven to 400°F (200°C). Lightly grease a baking dish.
- 2 Place chicken breasts on a shallow plate. Sprinkle cumin, chili powder, garlic, paprika, salt and pepper on both sides. Keep some of the spices for sprinkling over the vegetable.
- 3 Arrange chicken breasts into the prepared baking dish, and drizzle with oil. Top chicken breasts with the bell peppers and onion, then sprinkle some of the remaining fajita seasonings. Finish the casserole with shredded mozzarella cheese on top.
- 4 Bake for 20 - 30 minutes, depending on the thickness, until chicken is cooked through and reaches an internal temperature of 165°F (74°C).
- 5 Serve with cauliflower rice, steamed vegetable, zucchini noodles, or as is... enjoy!



Chicken Broccoli Casserole

6 servings

21 minutes

Ingredients

1 1/4 lbs Chicken Breast (cooked, chopped or shredded, about 3 cups)
1/4 cup Butter (divided)
2 cups Broccoli (coarsely chopped)
2 Garlic (cloves, minced)
1 cup Heavy Cream
1 1/2 cups Mozzarella Cheese (shredded, divided)
1/2 cup Parmesan Cheese (grated)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	31g
Carbs	5g
Fiber	1g
Protein	32g

Directions

- 1 Set a 10-inch ovenproof skillet over medium heat and add 2 tablespoons of the butter. Once melted, add the broccoli and sauté until bright green and just tender, about 4 minutes. Remove the broccoli to a bowl.
- 2 Melt the remaining butter in the pan and add the garlic, cooking until fragrant, about 1 minute. Add the cream and bring to a simmer, then cook until reduced by about half, 3 to 5 minutes.
- 3 Stir in 1/2 cup of the mozzarella and all of the Parmesan until melted. Season with salt and pepper to taste. Stir in the broccoli and the chicken and top with the remaining 1 cup of mozzarella cheese.
- 4 Preheat the broiler. Set the pan about 6 inches from the heat and broil until the cheese is beginning to brown, 2 to 5 minutes.



Everything Bagel Seasoned Chicken

4 servings

25 minutes

Ingredients

- 1 tbsp Poppy Seeds
- 1 tbsp Sesame Seeds
- 1 tbsp Garlic Powder
- 1 tbsp Dried Onion Flakes
- 2 tsps Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Chicken Thighs

Nutrition

Amount per serving	
Fat	10g
Carbs	4g
Fiber	1g
Protein	24g

Directions

- 1 Combine the poppy seeds, sesame seeds, garlic powder, dried onion flakes and sea salt. Spread the everything bagel spice over a plate and press the chicken into it to create a thick crust.
- 2 Heat a heavy-bottomed skillet over medium heat and add the olive oil. Place chicken in the skillet and cook for about 10 to 12 minutes per side, or until cooked through. Enjoy!

Notes

Serve it With: Veggies, sweet potato, quinoa or on top of a salad.

Bake It: Instead of cooking it in the skillet, bake chicken at 350 degrees F for 20 to 30 minutes, or until cooked though.

No Chicken Thighs: Use turkey or chicken breast instead.

Leftovers: Keeps well in the fridge up to 3 days. Freeze in an air-tight container to keep it fresh longer.



Honey Dijon Chicken with Cauliflower & Peas

2 servings

45 minutes

Ingredients

- 1 lb Chicken Leg, Bone-In (skin on)
- 1/2 tsp Sea Salt
- 1/2 tsp Oregano (dried)
- 2 tbsps Honey
- 1 1/2 tbsps Dijon Mustard
- 1/4 head Cauliflower (small, cut into florets)
- 1 cup Frozen Peas

Nutrition

Amount per serving	
Fat	38g
Carbs	33g
Fiber	5g
Protein	43g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Season both sides of the chicken with the salt. Place the chicken skin-side up on the baking sheet. Season the top side of the chicken with the oregano.
- 3 Bake for 30 to 35 minutes until just cooked through.
- 4 Meanwhile, combine the honey and Dijon mustard in a small bowl. Set aside.
- 5 Remove the chicken from the oven and brush the top side generously with the honey mustard sauce. Return to the oven and continue to bake for about 5 more minutes until the honey has just started to bubble.
- 6 While the chicken cooks, add the cauliflower to a steamer basket over a pot of boiling water. Steam for about 5 minutes or until tender. Remove the steamer basket then add the peas to the boiling water and cook for 3 to 5 minutes until tender then drain.
- 7 To serve, evenly divide the chicken, cauliflower and peas between plates. Enjoy!

Notes

Additional Toppings: Season the cauliflower and peas with butter, extra virgin olive oil, salt or pepper to taste.

No Chicken Legs: Use chicken thighs or drumsticks instead.



Ginger Chicken Stir Fry

4 servings

30 minutes

Ingredients

- 1/3 cup Soy Sauce
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 4 cups Kale Leaves (chopped)

Nutrition

Amount per serving	
Fat	9g
Carbs	10g
Fiber	4g
Protein	48g

Directions

- 1 Mix together soy sauce, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 2 Add olive oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Sauté for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Sauté for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in the kale. Continue to stir just until kale is wilted.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Serve it With: Cauliflower rice or rice.

Alternative Veggies: Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Make It Faster: Use pre-sliced veggies from the bag.



Chicken Kebab Salad

4 servings

2 hours 30 minutes

Ingredients

1 lb Chicken Breast (cut into 1 inch cubes)
 2 tbsps Lemon Juice
 1 tsp Oregano
 1 Garlic (clove, crushed)
 2 Cucumber (peeled)
 1 1/4 cups Diced Tomatoes
 1 Green Bell Pepper (diced, or any pepper)
 2 tbsps Red Onion (diced)
 1 1/2 tbsps Apple Cider Vinegar
 1 1/2 tbsps Lemon Juice
 2 tbsps Extra Virgin Olive Oil
 1 tsp Fresh Dill
 1 tsp Parsley
 1/8 tsp Oregano
 Sea Salt & Black Pepper (to taste)
 4 cups Romaine Lettuce (chopped)
 1/2 cup Feta Cheese (grated)
 2 Whole Wheat Pita

Directions

- 1 Combine the first 4 ingredients plus salt and pepper (to taste) and marinate the chicken at least 2-3 hours or overnight.
- 2 If using wooden skewers, soak in water at least 30 minutes if grilling outdoors.
- 3 Combine the first 11 salad ingredients (cucumbers through salt and black pepper, not the lettuce) and set aside in the refrigerator to let the flavors set.
- 4 Thread chicken on 4 skewers and cook on a hot grill (indoor or outdoor grill) until chicken is cooked through, about 10-12 minutes.
- 5 Divide lettuce between four plates, top with tomato-cucumber salad, fresh grated feta cheese and grilled chicken.
- 6 Serve with tzatziki sauce and 1/2 pita bread. Enjoy!

Nutrition

Amount per serving	
Fat	11g
Carbs	32g
Fiber	5g
Protein	43g



Tzatziki Sauce

8 servings

15 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 Cucumber (peeled and seeded)
- 1 Garlic (clove, minced)
- 1 tsp Lemon Juice (juiced)
- 1 tbsp Fresh Dill (fresh, finely chopped)
- 1 tsp Sea Salt
- 1 tbsp Chives (chopped)

Nutrition

Amount per serving	
Fat	1g
Carbs	3g
Fiber	0g
Protein	3g

Directions

- 1 Scoop seeds out of the cucumber with a small spoon. Place cucumber in a mini food processor or grate with a box cheese grater. Drain the liquid from the cucumber in a metal strainer and sprinkle with a little salt (this helps release the liquid). You may want to use the back of a spoon to help squeeze out any excess liquid.
- 2 Combine strained cucumber, garlic, yogurt, salt, pepper, lemon juice, dill, chives and refrigerate for a few hours before serving.

Notes

Storage: Best enjoyed immediately but will keep in an airtight container up to 2 days in the fridge. Stir well before serving.



White Bean Chicken Chili

6 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Cumin
- 1 tbsp Chili Powder
- 1/2 tsp Sea Salt
- 3 cups Chicken Broth (divided)
- 3 cups White Navy Beans (cooked and divided)
- 1 1/16 lbs Chicken Thighs (boneless, skinless)
- 1/2 cup Frozen Corn
- 1/2 cup Cilantro (chopped)
- 1 Lime (sliced into wedges)

Nutrition

Amount per serving	
Fat	10g
Carbs	34g
Fiber	11g
Protein	28g

Directions

- 1 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 2 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 3 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked though.
- 4 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 5 Divide the chili into bowls and serve with a lime wedge. Enjoy!

Notes

Additional Toppings: Corn chips, sour cream and/or shredded cheese.

No Chicken Thighs: Use chicken breast instead.

Leftovers: Keep in the fridge for up to 3 days or freeze it for later.

Save Time: Use cooked beans from the can.



Cheesy Meatball Casserole

6 servings

25 minutes

Ingredients

- 2 lbs Lean Ground Turkey (or lean ground beef)
- 1 cup Mozzarella Cheese (shredded)
- 1/2 cup Parmigiano Reggiano (grated or shredded)
- 1 Egg
- 2 tsp Onion Powder
- 3 Garlic (cloves, minced)
- 1/2 tsp Italian Seasoning
- 1/2 tsp Black Pepper
- 1 cup Marinara Sauce
- 1 cup Cheddar Cheese (or mozzarella for topping)

Nutrition

Amount per serving	
Fat	29g
Carbs	5g
Fiber	1g
Protein	42g

Directions

- 1 Prepare pasta according to package directions or prepare a salad.
- 2 Preheat oven to 400°F (200°C). Lightly spray a casserole dish with cooking spray.
- 3 Combine the ground turkey (or beef), mozzarella, parmesan, egg, onion powder, garlic and Italian seasoning in a large bowl.
- 4 Use a small cookie scoop to form the meatballs all the same size and arrange the meatballs in the casserole dish.
- 5 Bake the meatball casserole for 15 to 20 minutes or until fully cooked. Remove the meatball casserole from the oven and drain the grease.
- 6 Top with the Marinara sauce and shredded cheese and put the meatball casserole back in the oven. Bake for an additional 5 to 10 minutes until the cheese has fully melted.
- 7 Serve with pasta or salad. Enjoy!

Notes

Serve it With: Pasta or salad.

No Ground Turkey: Use ground beef or mix 1 lb ground beef and 1 lb pork sausage instead.



Chicken with Spinach & Sun Dried Tomato

4 servings

25 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 lb Chicken Thighs
- 8 cups Baby Spinach (chopped)
- 1 1/2 cups Coconut Milk (canned, full-fat)
- 1/4 cup Sun Dried Tomatoes (chopped)
- 1 tbsp Dried Basil (or dried rosemary)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	32g
Carbs	7g
Fiber	2g
Protein	32g

Directions

- 1 Heat olive oil in a large skillet over medium heat. Add the chicken thighs and let cook for about 5 minutes per side. Remove from pan and set aside on a small plate.
- 2 Add spinach to the pan along with the coconut milk. Stir for a few minutes until wilted, then add the chicken thighs back to the pan. Sprinkle with sundried tomatoes, dried basil, salt and pepper. Cover and let simmer for 5 to 7 minutes, or until chicken is cooked through.
- 3 Divide chicken and creamy spinach between plates and enjoy!

Notes

Serve It With: Rice, cauliflower rice or pasta.



Butter Chicken and Rice

4 servings

30 minutes

Ingredients

12 ozs Chicken Breast
 2 tbsps Extra Virgin Olive Oil
 2 Yellow Onion (diced)
 2 Garlic (cloves, minced)
 2 tbsps Ginger (grated)
 1/4 cup Tomato Paste
 2 tsps Paprika
 1 tbsp Curry Powder
 2 tsps Garam Masala
 1 tsp Sea Salt
 1 tbsp Chili Powder
 1/4 cup Water
 1 cup Coconut Milk (full fat)
 1 head Cauliflower
 1/2 Lime (juiced)

Nutrition

Amount per serving	
Fat	21g
Carbs	23g
Fiber	8g
Protein	32g

Directions

- 1 Dice your chicken into cubes and set aside.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 3 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 4 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 5 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 6 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 7 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

No Cauliflower Rice: Use white or brown rice instead.

Storage: Refrigerate in an air-tight container for up to 2 - 3 days.



Beef Stuffed Pasta Shells

2 servings

55 minutes

Ingredients

- 2 3/4 ozs Jumbo Pasta Shells (dry)
- 8 ozs Lean Ground Beef
- 1/3 Yellow Onion (medium, diced)
- 1 1/2 cups Marinara Sauce (divided)
- 1 1/2 tsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 2 ozs Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Fat	34g
Carbs	37g
Fiber	3g
Protein	31g

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cook the pasta shells al dente according to the package directions. Drain and set aside.
- 3 Preheat a large non-stick skillet over medium heat. Add the beef and the onions breaking up the meat as it cooks. Cook for seven to 10 minutes or until cooked through.
- 4 Add 1/3 of the marinara sauce and the Italian seasoning. Cook over medium heat for five minutes, stirring occasionally. Season with salt and pepper and set aside.
- 5 Add the remaining marinara sauce into a baking dish. Spoon the beef mixture into the pasta shells and arrange them in the baking dish. Top with mozzarella cheese.
- 6 Cook in the oven for 20 minutes or until browned and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add bell peppers and mushrooms.



One Pan Mushroom & Beef Egg Noodles

2 servings

30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 2 cups Mushrooms (sliced)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Extra Lean Ground Beef
- 1 tsp Italian Seasoning
- 3/4 cup Beef Broth
- 1 cup Egg Noodles (dry)
- 1/4 cup Parmigiano Reggiano (grated, plus more for garnish)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Fat	19g
Carbs	23g
Fiber	3g
Protein	34g

Directions

- 1 Heat the oil in a large pan over medium heat. Add the onion and sauté for two to three minutes until softened.
- 2 Add the mushrooms and cook for five minutes. Season with salt and pepper.
- 3 Push the vegetables to the side of the pan and add the ground beef and Italian seasoning. Cook until browned, breaking it up as it cooks.
- 4 Add the broth and bring to a simmer. Add the noodles, stirring to combine. Cover and cook for ten minutes or until the noodles are cooked and most of the liquid is absorbed.
- 5 Add the parmesan cheese and stir to combine. Divide the pasta evenly into bowls or plates. Garnish with parsley and extra parmesan and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add garlic and chili flakes.

Gluten-Free: Use gluten-free noodles instead.



Korean Beef

4 servings

20 minutes

Ingredients

- 1 lb Lean Ground Beef
- 3 tbsps Soy Sauce
- 1 1/4 cups Green Onion (minced, both green and white parts, divided)
- 3 Garlic (cloves, minced)
- 2 tbsps Rice Vinegar
- 2 tbsps Honey
- 2 tbsps Ginger (minced)
- 1/4 tsp Red Pepper Flakes (optional)
- 1 tbsp Sesame Oil

Nutrition

Amount per serving	
Fat	15g
Carbs	10g
Fiber	0g
Protein	24g

Directions

- 1 In a large skillet, brown the beef over medium-high heat, breaking it into small pieces, until it is browned and cooked through, about 5 or so minutes. When the beef is about halfway finished cooking, add 1 tablespoon of the soy sauce and 2/3 of the green onion. Once the beef is completely browned, stir in the garlic and cook 30 seconds.
- 2 While the beef cooks, in a small bowl, stir together the rice vinegar, honey, ginger, red pepper flakes, and remaining soy sauce. Pour over the browned beef. Stir and cook for 2 minutes.
- 3 Remove from the heat, then stir in the sesame oil. Sprinkle the remaining green onion over the top.

Notes

Serve With: White, brown or cauliflower rice.



Beef & Potato Casserole

7 servings

1 hour 30 minutes

Ingredients

1/4 cup Butter (melted, divided)
 4 cups Frozen Vegetable Mix (thawed)
 Sea Salt & Black Pepper (to taste)
 1 1/2 tbsps Thyme (fresh)
 2 lbs Lean Ground Beef
 1/4 cup Tomato Paste
 2 tsps Cornstarch
 1 tbsp Red Wine Vinegar
 2 cups Beef Broth
 1 tbsp Worcestershire Sauce
 4 Yellow Potato (medium, peeled, finely sliced)

Nutrition

Amount per serving	
Fat	33g
Carbs	38g
Fiber	8g
Protein	29g

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Heat half of the butter in an oven-safe pan over medium heat. Sauté the vegetables for four to five minutes or until tender. Season with salt and pepper.
- 3 Add the thyme and beef. Cook for three to five minutes, breaking up the beef as it cooks.
- 4 Stir in the tomato paste, then the cornstarch. Add the vinegar, broth, and Worcestershire sauce. Season with salt and pepper and simmer for 10 minutes until thickened.
- 5 Smooth the filling in the oven-safe pan. Layer the potatoes over the beef, overlapping slices slightly. Drizzle the remaining butter between layers, finishing with salt and pepper on top.
- 6 Cover and bake for 20 minutes. Uncover and bake for another 30 minutes until golden and crispy. Set aside and rest for 10 minutes. Divide evenly between plates or bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Additional Toppings: Chopped parsley.

No Oven-Safe Pan: In step 5, move the filling to a baking dish and layer the potatoes on top.



Macaroni with Ground Beef & Frozen Veggies

4 servings

20 minutes

Ingredients

- 1 cup Macaroni
- 1 lb Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1 cup Frozen Vegetable Mix
- 1/4 cup Beef Broth

Nutrition

Amount per serving	
Fat	23g
Carbs	24g
Fiber	3g
Protein	24g

Directions

- 1 Cook the pasta according to the package directions.
- 2 Meanwhile, heat a pan over medium heat. Add the ground beef and season with salt and pepper. Cook for seven to eight minutes or until browned, breaking it up as it cooks.
- 3 Add the frozen vegetables and broth. Cook for three to four minutes or until the vegetables are fork-tender. Add the cooked pasta and toss to combine.
- 4 Divide evenly into bowls or plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add onion and garlic while cooking the beef.

Frozen Vegetable Mix: This recipe was made using a mix of peas, corn, and carrots.



Shredded Beef Mac & Cheese

6 servings

2 hours 35 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 lbs Chuck Roast (boneless, cut into chunks)
- Sea Salt & Black Pepper (to taste)
- 1 Yellow Onion (medium, diced)
- 2 Carrot (medium, diced)
- 2 tbsps Tomato Paste
- 2 tsps Italian Seasoning
- 2 cups Beef Broth (plus more if needed)
- 2 cups Macaroni (dry)
- 1 cup Cow's Milk, Whole
- 6 ozs Cheddar Cheese (shredded)
- 1/4 cup Parmigiano Reggiano (grated)
- 2 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Fat	37g
Carbs	32g
Fiber	2g
Protein	34g

Directions

- 1 Heat the oil in a pot over medium-high heat. Season the beef chunks with salt and pepper, then sear for ten minutes, rotating until browned on all sides.
- 2 Add the onion and carrot and cook for another five minutes. Add the tomato paste, Italian seasoning, and the broth. Reduce the heat, cover with a lid, and simmer for 1 1/2 hours or until the beef is tender.
- 3 Remove the beef from the pot and shred it with two forks. Return the shredded beef to the pot, stir, and simmer for another 30 minutes. Add more broth as needed.
- 4 Meanwhile, cook the pasta according to the package instructions. Set aside.
- 5 Preheat the oven to 375°F (190°C). In the same pot that the pasta was cooked in, heat the milk over medium heat. Slowly add the cheddar cheese, whisking until melted and creamy. Add the macaroni and stir to combine.
- 6 In a casserole dish, layer half of the macaroni and cheese, then top with half of the shredded beef mixture. Repeat for another layer. Top with parmesan cheese.
- 7 Bake the casserole for 10 to 15 minutes until the top is golden and bubbly. Garnish with green onion. Divide evenly onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.



Moo Shu Beef Stir Fry

3 servings

20 minutes

Ingredients

- 1 Garlic (clove, chopped)
- 1 tsp Ginger (minced)
- 1 tsp Rice Vinegar
- 1/4 cup Hoisin Sauce
- 2 tsps Soy Sauce
- 1 1/2 tsps Sesame Oil
- 12 ozs Flank Steak (sliced thin against the grain)
- 2 tsps Extra Virgin Olive Oil (divided)
- 3 cups Green Cabbage (thinly shredded)
- 2 cups Shiitake Mushrooms (stem removed, sliced)

Nutrition

Amount per serving	
Fat	16g
Carbs	29g
Fiber	5g
Protein	28g

Directions

- 1 In a small bowl, whisk together the garlic, ginger, rice vinegar, hoisin sauce, soy sauce, and sesame oil. Pour half the marinade over the steak and reserve the rest for later.
- 2 Heat a large nonstick skillet over medium heat. Add half of the oil and then add the cabbage and mushrooms. Cook for three to four minutes, until softened and the mushrooms are slightly browned. Remove from heat and set aside on a plate.
- 3 In the same skillet, over medium heat, add the remaining oil and then place the steak slices in the skillet, along with the marinade it's been sitting in. Cook for about two minutes until the fat renders at the bottom of the pan. Add the vegetables back to the skillet and toss everything together. Pour in the reserved marinade and continue cooking for another three minutes until the steak is cooked through and everything is well coated.
- 4 Remove from the heat and divide onto plates. Enjoy!

Notes

Serve it With: Serve over rice or noodles.

Additional Toppings: Top with sesame seeds and/or green onion.



Beef Burrito Bowl with Cauliflower Rice

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
 4 Garlic (cloves, minced)
 1 Yellow Onion (small, finely diced)
 1 lb Extra Lean Ground Beef
 1 tbsp Cumin (ground)
 1 tbsp Coriander (ground)
 1 tbsp Oregano (dried)
 1 1/2 tsps Sea Salt (divided)
 1 Lime (juiced)
 4 cups Cauliflower Rice
 2 Avocado (diced)

Nutrition

Amount per serving	
Fat	33g
Carbs	19g
Fiber	11g
Protein	28g

Directions

- 1 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 2 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 3 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 4 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 5 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

Notes

No Cauliflower Rice : Use any rice instead.

Optional Toppings: Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

Leftovers: Store in an airtight container in the fridge up to 3 days.



Prime Rib with Mashed Potatoes

8 servings

3 hours 20 minutes

Ingredients

- 5 Yellow Potato (medium, peeled, chopped)
- 5 lbs Prime Rib, Bone-In
- Sea Salt & Black Pepper (to taste)
- 2 Carrot (large, chopped)
- 2 stalks Celery (large, chopped)
- 1 Yellow Onion (medium, quartered)
- 1 cup Beef Broth
- 2 tbsps Butter
- 1/2 tsp Garlic Powder
- 1/2 cup Milk

Nutrition

Amount per serving	
Fat	34g
Carbs	28g
Fiber	4g
Protein	59g

Directions

- 1 Add the potatoes to a large pot of salted water. Set aside. Preheat the oven to 500°F (260°C).
- 2 Add the prime rib to a roasting pan and generously season it all over with salt and pepper. Make sure the fat side is up (bone side down). Arrange the carrots, celery, and onion around the prime rib.
- 3 Add the broth to the pan creating about an inch (2.5 cm) of liquid all around the pan.
- 4 Place in the oven for 15 minutes then reduce the heat to 325°F (165°C) and cook for 2 1/2 to three hours, depending on desired doneness. Add more broth if needed.
- 5 When the prime rib is almost done, bring the potatoes to a boil. Boil for about 15 minutes or until the potatoes are fork tender. Drain and add the butter, garlic powder, and milk. Mash with a potato masher until smooth and creamy.
- 6 Remove the prime rib from the oven and let it rest for 30 minutes in the pan or on a cutting board. Slice against the grain.
- 7 Divide the mashed potatoes, sliced prime rib, and vegetables evenly between plates. Top with some juices from the prime rib pan. Enjoy!

Notes

More Flavor: Add garlic, rosemary, thyme, and/or any herbs of choice to the spice rub.

Cooking Time: For medium-rare, 20 to 25 minutes per pound (125°F/52°C internal temperature). For medium, 25 to 30 minutes per pound (135°F/57°C internal temperature). For medium-well, 30 to 35 minutes per pound (145°F/63°C internal temperature).



Steak with Balsamic Jus

4 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 1/4 lbs Beef Tenderloin (sliced into steaks)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Balsamic Vinegar
- 1/4 cup Dijon Mustard
- 10 cups Baby Spinach
- 2 tbsps Slivered Almonds (toasted)
- 1/2 Lemon (juiced)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Fat	21g
Carbs	10g
Fiber	2g
Protein	48g

Directions

- 1 Heat oil in a large skillet over medium-high heat. Season both sides of the steaks generously with sea salt and black pepper. Place steaks in the skillet. Flip once and cook to desired doneness. We like about 5 minutes per side for medium-rare, but it depends on the thickness of your steak. Transfer steaks to a plate and cover with foil.
- 2 Add balsamic vinegar to the skillet and bring to a boil. Let boil for 1 to 2 minutes or until it begins to thicken. Remove from heat and whisk in mustard and any excess liquid that has drained off the steaks. Transfer to a bowl and set aside.
- 3 Place the skillet back over medium heat. Add baby spinach and saute just until wilted. Remove from heat and stir in slivered almonds, lemon juice and feta.
- 4 Plate steak and drizzle with balsamic mustard sauce. Serve with sauteed spinach salad on the side. Enjoy!



Avocado Beef Stir Fry

2 servings

20 minutes

Ingredients

- 2 tbsps Sesame Oil
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 Yellow Onion (small, sliced)
- 8 ozs Top Sirloin Steak (thinly sliced)
- 1 tbsp Soy Sauce
- 1 1/2 tbsps Red Wine Vinegar
- 1 tsp Sea Salt
- 2 Avocado (peeled and cubed)

Nutrition

Amount per serving	
Fat	59g
Carbs	25g
Fiber	15g
Protein	28g

Directions

- 1 Add sesame oil to a large frying pan over medium heat. Saute garlic, ginger and onion for 2 to 3 minutes. Add sliced steak and stir until cooked, about 5 minutes.
- 2 Add soy sauce, vinegar and salt and stir until well coated. Toss in avocado just before serving. Enjoy!

Notes

Serve it With: Steamed veggies, rice, quinoa, rice or tortilla wraps.

No Beef: Use diced chicken breast, cooked chickpeas or tofu instead.

More Greens: Stir in kale or baby spinach until wilted.

Leftovers: Refrigerate in an air-tight container up to 3 days.



Beef & Broccoli

2 servings

15 minutes

Ingredients

- 2 2/3 fl ozs Beef Broth
- 2 tbsps Soy Sauce
- 2 Garlic (cloves, minced)
- 1 tsp Ginger (fresh, minced)
- 1 tbsp Cornstarch
- 1 1/2 tsps Extra Virgin Olive Oil
- 10 ozs Flank Steak (sliced against the grain)
- 3 cups Broccoli (florets, chopped)

Nutrition

Amount per serving	
Fat	16g
Carbs	15g
Fiber	4g
Protein	36g

Directions

- 1 In a small bowl, whisk together the broth, soy sauce, garlic, ginger and cornstarch until no clumps remain.
- 2 Heat a skillet over medium heat and add the olive oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

Notes

Serve it With: Serve on top of rice. Top with sliced green onion and/or sesame seeds (optional).

More Flavor: Add toasted sesame oil once finished cooking.



Orange Beef Stir Fry

5 servings

50 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 12 ozs Beef Tenderloin (sliced into thin strips)
- 1 Navel Orange (juiced)
- 2 tbsps Soy Sauce
- 1/2 tsp Sesame Oil
- 1 tsp Red Pepper Flakes
- 1 Sweet Onion (diced)
- 2 Garlic (cloves, minced)
- 3 cups Snap Peas
- 4 cups Broccoli (cut into florets)
- 1 tbsp Ginger (grated)

Nutrition

Amount per serving	
Fat	10g
Carbs	19g
Fiber	5g
Protein	25g

Directions

- 1 Heat half of the olive oil in a large wok over medium high heat. Cook beef strips to desired doneness. Remove from heat and wrap in foil to keep warm.
- 2 Combine orange juice, soy sauce, sesame oil and red pepper flakes together in a bowl. Add ¼ cup water and mix well.
- 3 Pour juice out of wok and place back over medium heat with remaining olive oil. Add diced sweet onion and garlic and saute for 5 minutes or until translucent.
- 4 Add in orange juice sauce, broccoli, and snap peas. Saute for another 8 to 10 minutes or until broccoli is tender.
- 5 Add cooked beef back into wok. Add in grated ginger with 1 tbsp warm water. Saute for 1 minute and remove from heat.
- 6 Serve stir fry over a bed of cauliflower rice, white or brown rice. Enjoy!

Notes

Make it Saucy: Double up on the orange juice, soy sauce and sesame oil.

More Green Power: Fold in some sautéed spinach until wilted.



Salisbury Steak Meatballs

4 servings

25 minutes

Ingredients

2 tps Extra Virgin Olive Oil (divided)
 1/2 Yellow Onion (minced)
 8 ozs Lean Ground Beef
 8 ozs Lean Ground Turkey
 1/3 cup Bread Crumbs
 1 Egg (beaten)
 2 tps Tomato Paste (divided)
 Sea Salt & Black Pepper (to taste)
 1 tbsp Flour (all purpose or gluten free)
 1 tsp Red Wine Vinegar
 2 tps Worcestershire Sauce (to taste)
 1/4 tsp Mustard Powder
 3/4 cup Mushrooms
 1 1/4 cups Beef Broth

Nutrition

Amount per serving	
Fat	14g
Carbs	13g
Fiber	2g
Protein	27g

Directions

- 1 Finely chop 1 oz of the mushrooms into small pieces and set aside. Heat a large nonstick pot on medium-high, add 1 tsp oil and onions and cook until golden brown, about 4 to 5 minutes. Divide onions in two.
- 2 In a large bowl, combine half of the sauteed onions with the ground beef, ground turkey, chopped mushroom, bread crumbs, egg, 1 tbsp tomato paste, 1/4 cup of the beef broth, 3/4 tsp salt and black pepper.
- 3 In a small bowl, blend flour and 1 cup broth until smooth. Mix in remaining onions, remaining 1 tbsp tomato paste, vinegar, Worcestershire sauce and mustard powder.
- 4 Gently shape into 20 small meatballs.
- 5 Heat a pot, add remaining teaspoon of oil and brown the meatballs (in batches so you don't overcrowd the pot) about 2 minutes until no longer sticks, turn and brown an additional 2 minutes. Add the mushrooms, 1/8 teaspoon salt and black pepper and pour the sauce over the meatballs, cover and cook 20 minutes.
- 6 Slow Cooker Directions: Saute meatballs in a skillet, transfer to slow cooker with mushrooms, salt and pepper and pour sauce over. Cover and cook low 6 to 8 hours, until tender.

Notes

Serve it With: Serve with regular mashed potatoes or cauliflower mash.



Cauliflower Mash

4 servings

30 minutes

Ingredients

- 1 head Cauliflower (large, sliced into florets)
- 2 Garlic (cloves, minced)
- 2 tbsps Butter
- 1 tbsp Thyme
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	6g
Carbs	8g
Fiber	3g
Protein	3g

Directions

- 1 Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10 to 15 minutes, or until very soft.
- 2 Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
- 3 Divide between plates and top with extra butter if desired. Enjoy!

Notes

More Carbs: Make with half cauliflower and half mashed potatoes.

Make it Cheesy: Add Parmesan cheese to the mash (about 1 tbsp per serving).



Honey Garlic Chicken Wings

4 servings

50 minutes

Ingredients

2 lbs Chicken Wings
2 tsp Baking Powder
1 tsp Extra Virgin Olive Oil
2 tbsps Soy Sauce
2 Garlic (cloves, minced)
1 tsp Ginger (minced)
2 tbsps Honey
1/2 tsp Sesame Oil
2 tps Sesame Seeds

Nutrition

Amount per serving	
Fat	32g
Carbs	10g
Fiber	0g
Protein	41g

Directions

- 1 Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, add the chicken wings, baking powder and oil. Mix until the wings are coated. Spread the wings out on the baking sheet evenly and bake for 35 to 40 minutes.
- 3 In a small saucepan over medium-low heat add the soy sauce, garlic and ginger. Sauté for 1 to 2 minutes, then add the honey and heat over low heat until the sauce reduces slightly, approximately 3 to 4 minutes. Remove from the heat and add the sesame oil.
- 4 In a large bowl, toss the chicken wings with the sauce to coat. Garnish with sesame seeds. Serve and enjoy!

Notes

Additional Toppings: Add sliced green onions on top.



Roasted Chicken with Olives & Tomatoes

3 servings

45 minutes

Ingredients

- 1 lb Chicken Leg, Boneless With Skin
- 1 cup Black Olives
- 2 cups Cherry Tomatoes
- 1/4 cup Extra Virgin Olive Oil
- 3/4 tsp Sea Salt
- 3 tbsps Oregano

Nutrition

Amount per serving	
Fat	47g
Carbs	9g
Fiber	3g
Protein	26g

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Add the chicken, olives and tomatoes to a baking dish. Coat in oil and season with salt and oregano.
- 3 Cook until golden brown and cooked through, about 40 minutes. Let cool slightly before serving.
- 4 Divide onto plates or into containers if on-the-go. Enjoy!

Notes

More Flavor: Use additional herbs such as basil, garlic or parsley.



Easy Chicken Fajitas

4 servings

20 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 14 ozs Chicken Breast (sliced into strips)
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 Green Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1 Yellow Onion (sliced)
- 8 Tortilla (small)

Nutrition

Amount per serving	
Fat	11g
Carbs	36g
Fiber	4g
Protein	26g

Directions

- 1 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
- 2 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
- 3 Divide chicken and peppers between tortillas. Enjoy!

Notes

Optional Toppings: Salsa, guacamole, shredded cheese, sour cream, cilantro and/or hot sauce.

Vegetarian Option: Use sliced mushrooms instead of chicken.

No Chicken Breast: Use boneless, skinless chicken thighs, ground meat or sliced steak instead.



One Pan Crispy Chicken with Potatoes & Greens

2 servings

35 minutes

Ingredients

- 8 ozs Chicken Thighs With Skin
- 2 cups Mini Potatoes (halved)
- 1/8 tsp Sea Salt
- 1 tbsp Rosemary (chopped)
- 2 cups Kale Leaves (chopped)

Nutrition

Amount per serving	
Fat	19g
Carbs	28g
Fiber	4g
Protein	22g

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 3 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 4 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 5 Divide the chicken, potatoes and kale onto plates and enjoy!

Notes

No Rosemary: Use thyme or another herb instead.

No Kale: Use another green such as Swiss chard or spinach.



Turkey Taco Skillet with Rice

4 servings

30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (diced)
- 1 Yellow Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1 3/4 cups Diced Tomatoes (drained)
- 1 Avocado (sliced, optional)
- 1/4 cup Cilantro (chopped, optional)

Nutrition

Amount per serving	
Fat	19g
Carbs	15g
Fiber	7g
Protein	24g

Directions

- 1 Prepare rice according to package directions.
- 2 Heat a skillet over medium heat and add the oil. Add the ground turkey, onion, red bell pepper, yellow bell pepper, chili powder, paprika, cumin, and sea salt. Cook for 10 to 15 minutes or until cooked through. Add the tomatoes, stir well and remove from heat.
- 3 Divide the rice into bowls then top with the turkey, avocado and cilantro. Enjoy!

Notes

Serve it With : Rice or quinoa.

Vegan & Vegetarian: Use cooked lentils instead of ground turkey.



One Pan Steak & Potatoes with Chive Butter Sauce

4 servings

30 minutes

Ingredients

- 4 cups Mini Potatoes (halved)
- 2 Red Bell Pepper (chopped)
- 1 lb Top Sirloin Steak (cut into 1-inch cubes)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1/4 cup Butter (melted)
- 2 tbsps Chives (finely chopped)

Nutrition

Amount per serving	
Fat	35g
Carbs	30g
Fiber	4g
Protein	26g

Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
- 2 In a large bowl, mix together the potatoes, peppers, steak and oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
- 3 Divide the steak, potatoes and peppers onto plates.
- 4 Combine the melted butter and chives. Drizzle overtop the steak and enjoy!

Notes

No Red Bell Pepper: Use cherry tomatoes, eggplant or any other veggies instead.



Shredded Chicken

2 servings

20 minutes

Ingredients

1 tsp Sea Salt
8 ozs Chicken Breast (skinless,
boneless)

Nutrition

Amount per serving	
Fat	3g
Carbs	0g
Fiber	0g
Protein	25g

Directions

- 1 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes.
- 2 Remove chicken and shred into pieces using two forks.

Notes

Leftovers: Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

Serve it With: Any of our sides, salads or vegetarian pastas.



Honey Garlic Meatballs & Broccoli

3 servings

30 minutes

Ingredients

- 1 lb Lean Ground Beef
- 4 Garlic (clove, minced, divided)
- 1 tsp Ginger (grated)
- 3 stalks Green Onion (sliced, divided)
- 3/4 tsp Sea Salt
- 3 cups Broccoli (chopped into florets)
- 2 1/2 tbsps Soy Sauce
- 2 tbsps Honey
- 1 tsp Cornstarch
- 2 tbsps Water

Nutrition

Amount per serving	
Fat	31g
Carbs	21g
Fiber	3g
Protein	30g

Directions

- 1 Prepare rice or quinoa according to package directions.
- 2 Preheat the oven to 425°F (215°C). Line a baking sheet with parchment paper.
- 3 In a large bowl, combine the beef, half of the garlic, ginger, 2/3 of the green onion, and salt. Mix well using your hands. Roll into balls roughly the size of a golf ball and place on the baking sheet. Bake in the oven for 15 to 18 minutes, flipping halfway through.
- 4 Meanwhile, set the broccoli florets in a steamer over boiling water and cover. Steam for about five minutes or until tender.
- 5 In a medium-sized pot, combine the remaining garlic, soy sauce, honey, cornstarch, and water. Bring to a low boil over medium heat. Reduce the heat and simmer until thickened, about two to three minutes.
- 6 Toss the meatballs in the sauce to coat. Divide onto plates with the broccoli and rice or quinoa and top with the remaining green onion. Enjoy!

Notes

Serve it With: Serve with rice or quinoa.

No Ground Beef: Use ground pork instead.



Saucy Crustless Beef Pot Pie

4 servings

1 hour 35 minutes

Ingredients

- 1 1/2 lbs Stewing Beef (cubed)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (small, diced small)
- 4 cups Beef Broth (divided)
- 2 tbsps Tomato Paste
- 2 1/2 tbsps Cornstarch
- 2 tsps Thyme (fresh)
- 3 Carrot (small, thinly sliced)
- 2 Yellow Potato (medium, peeled, cubed small)
- 1 cup Frozen Peas (thawed)

Nutrition

Amount per serving	
Fat	15g
Carbs	38g
Fiber	6g
Protein	45g

Directions

- 1 Preheat the oven to 350°F (180°C). Season the beef with salt and pepper.
- 2 Heat half of the oil in a large, oven-safe pan over medium-high heat. Add the beef and cook until browned on all sides. Transfer to a bowl and set aside.
- 3 Add the remaining oil and onion to the same pan. Sauté for one minute. Add 1/4 of the broth and let it reduce slightly, scraping up any browned bits from the bottom.
- 4 Add the tomato paste and cornstarch and stir until the mixture thickens and becomes slightly dry. Return the beef to the pan and stir to coat.
- 5 Add the remaining broth, thyme, carrots, and potatoes. Cover and cook in the oven for 60 minutes. Remove the lid, add the peas, and cook uncovered for an additional five minutes.
- 6 Divide evenly between bowls and enjoy!

Notes

Serve It With: Cornbread, crusty bread, or a simple green salad.



Chicken Pot Pie with Puff Pastry

4 servings

45 minutes

Ingredients

- 3 tbsps Butter
- 1/2 Yellow Onion (large, chopped)
- 1 Carrot (diced)
- 2 stalks Celery (diced)
- Sea Salt & Black Pepper (to taste)
- 1 oz Unbleached All Purpose Flour (plus extra for dusting)
- 1 3/4 cups Chicken Broth
- 1/2 cup Cow's Milk, Reduced Fat
- 10 ozs Chicken Breast, Cooked (shredded)
- 3/4 cup Frozen Peas
- 1/4 cup Parsley (finely chopped)
- 8 ozs Puff Pastry (thawed)
- 1 Egg (whisked)

Nutrition

Amount per serving	
Fat	35g
Carbs	41g
Fiber	4g
Protein	32g

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper or foil.
- 2 Heat a large dutch oven or pot over medium heat and melt the butter. Add the onion, carrot, and celery and cook for eight to ten minutes, until softened. Season with salt and pepper.
- 3 Add the flour and stir to incorporate. Cook for one to two minutes. Slowly add the broth while whisking constantly to incorporate. Bring to a low simmer, stirring often until thickened, about two to three minutes.
- 4 Remove from the heat and add the milk, chicken, peas, and parsley. Stir to incorporate and set aside.
- 5 Lightly flour a clean flat work surface. Roll out the puff pastry about 1/2-inch (13 mm) thick. Cut the puff pastry into squares, about two inches larger than the diameter of the soup bowl used to make the pot pies.
- 6 Divide the chicken pot pie mixture into the soup bowls, filling about 3/4 of the way up. Brush the edges of the bowls and sides with egg. Place the square of puff pastry over the soup bowl, pressing to adhere to the sides. Brush the top of the puff pastry with egg and season with salt and pepper. Use a knife to make a small slit at the top of each pastry.
- 7 Transfer the pot pies to the baking sheet and place in the oven. Bake for 20 to 25 minutes, until the top is golden brown. Let cool for about 10 minutes, and enjoy!

Notes

More Flavor: Add herbs such as thyme, rosemary, or minced garlic.



Steak Skewers with Pita & Hummus

4 servings

20 minutes

Ingredients

- 1 lb Top Sirloin Steak (cut into 1-inch pieces)
- 1 Green Bell Pepper (medium, chopped)
- 1 cup Cherry Tomatoes
- 8 Barbecue Skewers
- Sea Salt & Black Pepper (to taste)
- 2 Whole Wheat Pita (sliced in half)
- 1 cup Hummus

Nutrition

Amount per serving	
Fat	28g
Carbs	30g
Fiber	6g
Protein	31g

Directions

- 1 Pierce the steak, bell pepper, and tomatoes onto the barbecue skewers. Season with salt and pepper.
- 2 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached.
- 3 Serve the skewers with pita and hummus. Enjoy!

Notes

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Hummus: Use tzatziki instead.



Grilled Mediterranean Chicken Kabobs

4 servings

30 minutes

Ingredients

- 1 Lemon (juiced)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

Nutrition

Amount per serving	
Fat	10g
Carbs	12g
Fiber	3g
Protein	28g

Directions

- 1 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 2 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 3 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 4 Preheat the grill to medium heat.
- 5 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 6 Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Serve Them With: Rice, quinoa, grilled potatoes and/or tzatziki sauce. Add to leafy greens to make a salad.

Wooden Skewers: If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.



Sheet Pan Chicken, Green Beans & Carrots

2 servings

40 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Lemon (juiced)
- 2 tbsps Italian Seasoning
- 1 cup Green Beans (trimmed)
- 2 Carrot (medium, peeled, cut into sticks)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	23g
Carbs	11g
Fiber	3g
Protein	46g

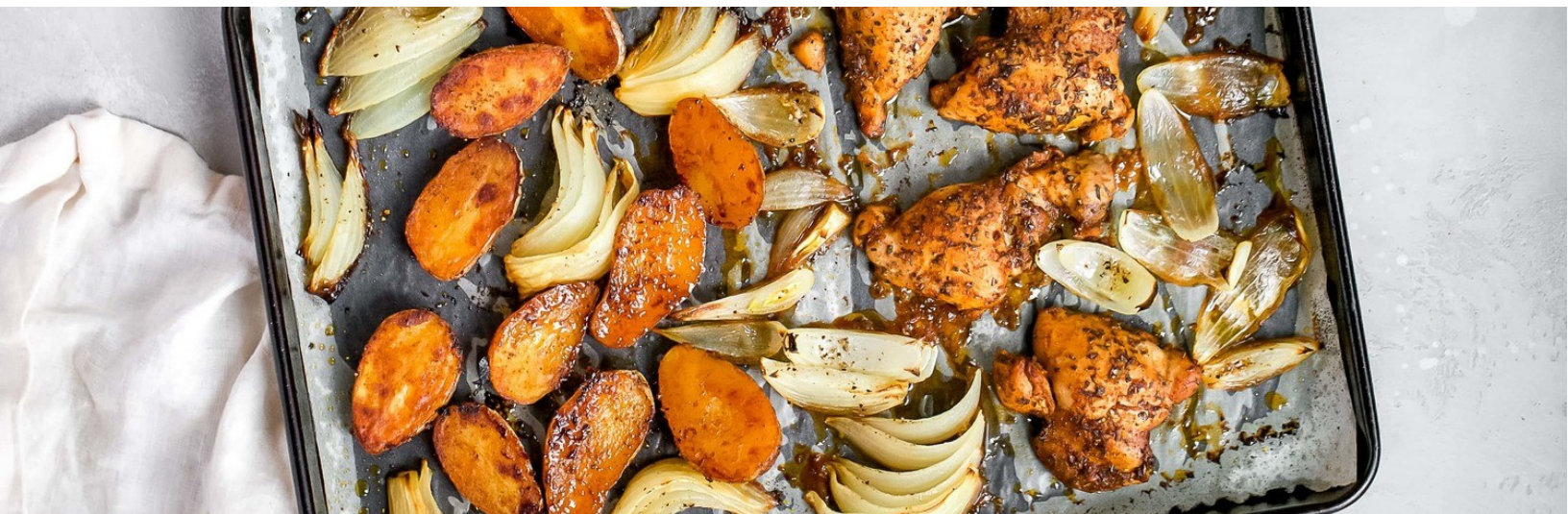
Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a shallow bowl, combine the chicken thighs, half of the oil, lemon juice, and Italian seasoning.
- 3 Add the beans and carrots to the baking sheet. Toss with the remaining oil, salt, and pepper to coat. Spread the beans and carrots into an even layer.
- 4 Place the chicken thighs on the baking sheet, making room around the beans and carrots. Bake for 25 to 30 minutes or until the chicken is cooked through and the vegetables are browned and tender.
- 5 Divide evenly between plates and enjoy!

Notes

More Flavor: Add minced garlic and other dried herbs.

Additional Toppings: Top with feta cheese and fresh herbs like parsley or dill.



One Pan Chicken Souvlaki

4 servings

45 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 Lemon (small, juiced, zested)
- 1 1/2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1 tsp Dried Thyme
- 1 1/2 tbsps Smoked Paprika (divided)
- 1/4 tsp Sea Salt (divided)
- 4 cups Mini Potatoes (halved)
- 2 Yellow Onion (cut into large wedges)

Nutrition

Amount per serving	
Fat	19g
Carbs	35g
Fiber	6g
Protein	26g

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, add the chicken thighs, half the oil, lemon juice and zest, balsamic vinegar, oregano, thyme, 3/4 of the smoked paprika, and half the salt. Mix well to combine and let it sit for 15 minutes.
- 3 Meanwhile, toss the potatoes with the remaining oil, salt, and smoked paprika. Place in the oven to bake for 15 minutes.
- 4 Remove the potatoes from the oven, add the chicken and the onion. Place back in the oven for 25 minutes, until the chicken is cooked through. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top with feta cheese, sun-dried tomatoes, and/or olives.



Garlic Butter Chicken Thighs

4 servings
40 minutes

Ingredients

- 1 lb Chicken Thighs With Skin
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 12 Cremini Mushrooms (roughly torn)
- 5 Garlic (cloves, smashed and roughly chopped)
- 1 tbsp Butter
- 3/4 cup Chicken Broth
- 1 tbsp Lemon Juice
- 5 cups Baby Spinach

Nutrition

Amount per serving	
Fat	23g
Carbs	5g
Fiber	1g
Protein	22g

Directions

- 1 Preheat the oven to 425°F (218°C). Pat the chicken dry with a paper towel. Rub the oil on the skin side of the chicken and season with salt and pepper.
- 2 Heat a cast-iron skillet over medium-low heat and once hot, add the chicken skin-side down. Cook for five minutes. Increase the heat to medium and continue cooking skin side down for eight minutes, until browned, flip and cook for two minutes. Transfer to a plate skin side up and set aside, leaving the oil from the chicken in the skillet.
- 3 Toss the mushrooms in the skillet and cook undisturbed for three minutes, over medium heat. Lower the heat to medium-low and add in the garlic and butter and toss to combine. Cook for two to three more minutes.
- 4 Pour in the chicken broth and lemon juice and stir to release any browned bits on the skillet. Place the chicken on top and transfer to the oven and cook for 17 to 20 minutes, until the chicken is cooked through.
- 5 Remove the chicken and set aside. Return the skillet to medium heat and whisk until bubbling and the sauce has thickened, about two minutes. Add the spinach to the skillet and cook until wilted, about one to two minutes.
- 6 Divide the chicken and vegetables onto plates, drizzling the sauce over everything. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.



Salmon Burger with Caper Aioli

4 servings

30 minutes

Ingredients

- 1/2 cup Mayonnaise
- 1 tbsp Lemon Juice
- 1 tbsp Capers (rinsed, chopped)
- 3 stalks Green Onion (finely chopped, divided)
- 1 lb Salmon Fillet (skinless, chopped into small chunks)
- 1/4 cup Bread Crumbs (plus more if needed)
- 1 Egg (lightly whisked)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Whole Wheat Bun (toasted)
- 1/4 Cucumber (medium, thinly sliced lengthwise)

Nutrition

Amount per serving	
Fat	30g
Carbs	32g
Fiber	4g
Protein	35g

Directions

- 1 In a small bowl, combine the mayonnaise, lemon juice, capers, and 1/3 of the green onions. Mix well. Keep in the refrigerator until ready to use.
- 2 Preheat the grill to high heat.
- 3 In another bowl, combine the salmon, bread crumbs, egg, and remaining green onions. Season with salt and pepper. Add more bread crumbs if the mixture is too soft. Shape into patties approximately four inches in diameter.
- 4 Adjust the burners to medium heat. Grill the patties for three to four minutes on each side or until the salmon is cooked through.
- 5 Spread the caper mayonnaise on the inside of each bun. Place the patty on top and garnish with cucumber slices. Close the burger and enjoy!

Notes

More Flavor: Add Dijon mustard to the patty mix.

Additional Toppings: Try it with sliced tomatoes, fresh lettuce and/or red onions.



Salisbury Steak & Broccoli

4 servings

25 minutes

Ingredients

- 4 cups Broccoli (cut into florets)
- 1 lb Lean Ground Beef
- 1/4 cup Bread Crumbs
- 1 oz Cheddar Cheese (shredded)
- 1 tbsp Dried Parsley
- 2 tsps Garlic Powder
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (small, diced)
- 2 tbsps Cornstarch
- 2 cups Beef Broth

Nutrition

Amount per serving	
Fat	33g
Carbs	19g
Fiber	4g
Protein	26g

Directions

- 1 Place the broccoli in a steamer basket over boiling water and cover. Steam for three to five minutes.
- 2 In a bowl combine the meat with the breadcrumbs, cheese, parsley, and garlic powder. Form the meat into equal patties, approximately four inches in diameter.
- 3 Heat half of the oil in a large skillet over medium heat. Cook the patties for four to five minutes per side, or until cooked through. Set aside.
- 4 Add the remaining oil to the skillet along with the onions. Cook until the onions soften, for about five to six minutes. Sprinkle the cornstarch over the onions and stir to coat.
- 5 Slowly pour the broth into the skillet stirring constantly until the gravy begins to thicken. Reduce the heat to low and carefully set the patties into the gravy. Continue to cook for another two minutes to four minutes.
- 6 Divide evenly between plates and enjoy!

Notes

Serve it With: Serve with mashed potatoes.



Sheet Pan Pineapple Chicken

4 servings

40 minutes

Ingredients

- 1 lb Chicken Breast (cut into 1 inch pieces)
- 1 Red Bell Pepper (cut into 1 inch pieces)
- 1 Yellow Bell Pepper (cut into 1 inch pieces)
- 1 Green Bell Pepper (cut into 1 inch pieces)
- 1 cup Red Onion (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/4 lbs Pineapple (canned, in juice, diced, divided)
- 2 Garlic (cloves, minced)
- 2 tbsps Soy Sauce
- 1/4 cup Chicken Broth
- 2 tbsps Sugar
- 1 tbsp Cornstarch
- 1 tbsp Water (cold)
- 3 cups Rice (cooked)

Nutrition

Amount per serving	
Fat	12g
Carbs	128g
Fiber	12g
Protein	46g

Directions

- 1 Preheat the oven to 350°F and line a baking sheet with parchment paper or foil.
- 2 Place the chicken, onion, bell peppers, olive oil, salt and pepper onto the baking sheet. Drain and reserve the pineapple juice, add 1/2 of the diced pineapple pieces to the pan. Bake for 20 minutes.
- 3 Meanwhile, in a saucepan, whisk together the remaining pineapple juice, garlic, soy sauce, sugar and broth. Bring to a simmer and cook for about 5 minutes, whisk frequently.
- 4 In a small bowl, whisk together the water and cornstarch. Add this to the saucepan and cook until thickened, about 2-3 minutes.
- 5 Serve the chicken and vegetables over rice, drizzled with sauce.

Notes

No Bell Peppers: Use broccoli or any other vegetables instead.



Beef Stroganoff with Egg Noodles

4 servings

25 minutes

Ingredients

3 cups Egg Noodles (wide, uncooked)
 2 tbsps Extra Virgin Olive Oil (divided)
 1 lb Beef Tenderloin (thinly sliced)
 Sea Salt & Black Pepper (to taste)
 1 Yellow Onion (medium, finely diced)
 8 Cremini Mushrooms (sliced)
 1 1/2 cups Beef Broth
 2 1/4 tsps Dijon Mustard
 1 tbsp Cornstarch
 1/4 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Fat	33g
Carbs	27g
Fiber	2g
Protein	28g

Directions

- 1 Cook the egg noodles according to package instructions and set aside.
- 2 Heat half the oil in a large skillet over medium-heat. Cook the beef and season with salt and pepper, for about five minutes or until cooked through. Drain any excess liquid and transfer to a plate.
- 3 Heat the remaining oil in the same skillet over medium-high heat. Cook the onions and mushrooms until soft, about five to eight minutes. Stir in the beef broth and dijon mustard.
- 4 In a small bowl, whisk the cornstarch with a bit of water until dissolved. Add the mixture to the skillet and lower the heat to a gentle simmer for five minutes.
- 5 Add the yogurt and cooked beef slices. Add more salt and pepper as needed.
- 6 Divide the egg noodles into bowls and top with the beef stroganoff. Enjoy!

Notes

More Flavor: Add garlic, thyme, Worcestershire sauce, and white wine.



Chicken, Broccoli & Cashew Stir Fry

4 servings

45 minutes

Ingredients

- 8 ozs Chicken Breast
- 3/4 cup Quinoa
- 1 1/2 cups Water
- 2 tbsps Soy Sauce
- 1 tbsp Honey
- 1 tbsp Apple Cider Vinegar
- 4 cups Broccoli (cut into florets)
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Bell Pepper (diced)
- 1/2 Sweet Onion (chopped)
- 1 tbsp Ginger (grated)
- 3 Garlic (cloves, minced)
- 1/2 cup Cashews
- 3 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	15g
Carbs	44g
Fiber	6g
Protein	24g

Directions

- 1 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 2 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 3 Combine the soy sauce, honey and vinegar in a bowl and stir until mixed. Set aside.
- 4 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 5 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 6 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

Notes

No Quinoa : Use rice instead and skip the step to make quinoa.



Spicy Shrimp Fried Rice

4 servings

30 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 lb Shrimp (cooked, peeled and patted dry)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsp Chili Powder
- 2 Egg
- 1/2 Yellow Onion (diced)
- 1 cup Frozen Peas
- 2 Garlic (cloves, minced)
- 5 stalks Green Onion (chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tps Red Pepper Flakes
- 2 tbsps Soy Sauce

Nutrition

Amount per serving	
Fat	13g
Carbs	37g
Fiber	6g
Protein	35g

Directions

- 1 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 3 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 4 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 5 Add in shrimp, quinoa, scrambled eggs and soy sauce. Stir until soy sauce is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.



Ginger Steamed Cod Fillets

2 servings

15 minutes

Ingredients

- 2 tbsps Soy Sauce
- 2 tbsps Rice Vinegar
- 2 tbsps Water
- 1 tbsp Ginger (grated)
- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 3 stalks Green Onion

Nutrition

Amount per serving	
Fat	2g
Carbs	2g
Fiber	1g
Protein	43g

Directions

- 1 In a large skillet, add soy sauce, vinegar, water and grated ginger and stir until combined. Season cod fillets with salt and pepper each side, and place in skillet.
- 2 Bring to a boil then reduce heat to simmer. Cover for 8 minutes or until fish is mostly opaque.
- 3 Meanwhile, thinly slice green onions diagonally or into 3-inch lengths. Spread over fish and cook for additional 2 minutes or until fish is completely cooked through.
- 4 Divide fish and broth into bowls. Enjoy!

Notes

Serve it With: Serve with vegetable of choice and rice or quinoa.



Miso Ginger Chicken with Bok Choy

2 servings

15 minutes

Ingredients

- 10 ozs Chicken Breast (skinless, boneless)
- 2 cups Bok Choy
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tsp Honey
- 1 tbsp Miso Paste
- 1 tbsp Rice Vinegar
- 2 tbsps Sesame Oil
- 2 tbsps Sesame Seeds

Nutrition

Amount per serving	
Fat	22g
Carbs	10g
Fiber	2g
Protein	36g

Directions

- 1 Bring a pot of water to a boil. Reduce to a simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 minutes. Add bok choy about 2 to 3 minutes before the chicken is ready.
- 2 Meanwhile, add the garlic, ginger, honey, miso, vinegar and sesame oil in a small mason jar. Cover with a lid and shake before serving.
- 3 Remove bok choy with a slotted spoon and transfer to plates. Then remove the chicken into a bowl and shred it using two forks. Transfer to plates. Drizzle the dressing ovetop and enjoy!

Notes

Serve it With: Serve with rice or noodles.

No Bok Choy: Use broccoli, broccolini, cauliflower or green beans instead and adjust cooking time accordingly.



Sesame Ginger Salmon with Veggies

4 servings

25 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Rice Vinegar
- 2 tsps Sugar
- 2 tbsps Soy Sauce
- 1 1/2 tsps Ginger (minced)
- 12 ozs Salmon Fillet
- 1 1/2 cups Shiitake Mushrooms (stems removed)
- 4 cups Bok Choy (baby, halved)

Nutrition

Amount per serving	
Fat	9g
Carbs	11g
Fiber	2g
Protein	21g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with aluminum foil and place a wire rack over top.
- 2 In a small bowl, whisk the oil, rice vinegar, sugar, soy sauce and ginger.
- 3 Place the salmon skin side down on the baking sheet along with the mushrooms and bok choy. Pour the oil mixture over top of the salmon and the veggies.
- 4 Cook in the oven for 10 minutes, or until the salmon is nearly done. This will depend on the thickness of your salmon. Turn the oven to broil and cook for about three minutes more, until cooked through and slightly charred. Serve with rice and enjoy!

Notes

Serve it With: Serve with rice.

No Wire Rack: Line the baking sheet with parchment paper instead.

Additional Toppings: Top with sesame seeds.

More Flavor: Add sriracha or chili flakes to the marinade.



Pan Fried Shrimp, Snap Peas

4 servings

20 minutes

Ingredients

- 1 lb Shrimp (peeled, deveined)
- 1/2 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 3 cups Snap Peas (trimmed)
- 3 tbsps Chives (chopped)

Nutrition

Amount per serving	
Fat	8g
Carbs	5g
Fiber	2g
Protein	24g

Directions

- 1 Place the shrimp on a plate lined with paper towel and pat dry. Season the shrimp with the salt.
- 2 Heat a cast-iron skillet over medium heat and add the olive oil. Once the skillet is warmed, add the shrimp and cook for three minutes per side, until pink and cooked through. Remove and set aside. Add the snap peas and toss. Cook for two to three minutes, until tender-crisp.
- 3 Serve with rice divided onto plates and top with shrimp and snap peas. Garnish with chives and season with salt to taste.

Notes

Serve it With: Serve with rice.

No Chives: Use green onion or another fresh herb such as parsley.

More Flavor: Use ghee or butter to finish cooking the shrimp. Add chili flakes or black pepper to the shrimp and rice.



Orange Sesame Tofu with Greens

2 servings

30 minutes

Ingredients

- 1/2 cup Orange Juice
- 1 1/2 tbsps Soy Sauce
- 1 tbsp Sesame Oil
- 1 tbsp Ginger (fresh, grated or minced)
- 7 1/16 ozs Tofu (extra-firm, cut into thin strips)
- 1 1/2 tps Oil
- 4 cups Bok Choy (chopped)
- 1/2 tsp Cornstarch

Nutrition

Amount per serving	
Fat	16g
Carbs	12g
Fiber	3g
Protein	14g

Directions

- 1 Combine the orange juice, soy sauce, sesame oil, and ginger in a zipper-lock bag or shallow bowl. Add the tofu strips and marinate for at least 15 minutes or up to overnight.
- 2 Heat the oil in a large, non-stick pan over medium heat. Gently shake the excess marinade off the tofu strips and place in the pan. Be sure to reserve the marinade. Cook for four to five minutes per side or until browned and slightly crispy (cook in batches if necessary to avoid overcrowding the pan). Transfer to a plate and set aside.
- 3 Add the bok choy to the same pan and cook until wilted and tender, about five to six minutes. Transfer to a plate and set aside.
- 4 Whisk the cornstarch into the reserved marinade. Add the marinade to the same pan and stir well for about a minute until the sauce has thickened. Add the tofu strips back to the pan and toss to coat in the sauce. Serve with rice, bok choy, and saucy tofu between plates and enjoy!

Notes

Serve it With: Serve with rice.

No Bok Choy: Use spinach, kale, collard greens, or swiss chard instead.

More Flavor: Add fresh garlic, red pepper flakes, or some maple syrup or coconut sugar to the sauce.

Additional Toppings: Sesame seeds, green onion, or sriracha.



Honey Garlic Beef Stir Fry

6 servings

18 minutes

Ingredients

- 2 tbsps Sesame Oil
- 2 tbsps Soy Sauce
- 3 tbsps Honey
- 3 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 1 lb Beef Tenderloin (cut into strips)
- 1 tbsp Oil
- 4 cups Stir Fry Vegetable Mix
- 1 tsp Sesame Seeds (for garnish)

Nutrition

Amount per serving	
Fat	24g
Carbs	17g
Fiber	2g
Protein	15g

Directions

- 1 In a small bowl, mix the sesame oil, soy sauce, honey, garlic, and half of the sea salt. Pour on top of the beef and let it marinate while the vegetables cook.
- 2 Heat the avocado oil in a large frying pan over medium heat. Add the vegetables and the remaining salt. Sauté for three to four minutes. Move the vegetables to one side of the pan and then add the beef with the sauce.
- 3 Stir fry the beef for two to three minutes or until browned. Combine the vegetables with the beef and cook for another two to three minutes.
- 4 Sprinkle with sesame seeds and enjoy!

Notes

Serve it With: Serve over rice.

More Flavor: Add fresh or ground ginger to the marinade. Top with hot sauce or chili flakes.



General Tso's Chicken

4 servings

25 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless, cut into cubes)
- 1/4 cup Oil (divided)
- 1/2 tsp Sea Salt
- 1 Egg (whisked)
- 3 tbsps Cornstarch (divided)
- 1/2 cup Chicken Broth
- 3 tbsps Chinese Cooking Wine
- 2 tbsps Soy Sauce
- 2 tbsps Sugar
- 2 Garlic (cloves, minced)
- 2 tps Ginger (minced)

Nutrition

Amount per serving	
Fat	20g
Carbs	12g
Fiber	0g
Protein	25g

Directions

- 1 In a large bowl, mix the chicken with 1/4 of the oil and salt. Add the beaten egg and 2/3 of the cornstarch and stir well to coat.
- 2 In a medium-sized bowl, whisk together the broth, cooking wine, soy sauce, sugar, garlic, ginger, and remaining cornstarch. Set aside.
- 3 Heat a large skillet over medium heat. Once hot, add the remaining oil. Add the chicken to the skillet in an even layer (working in batches if needed). Cook for three to four minutes, without touching, until browned on one side. Flip and cook for three to four minutes more, until browned and crispy. Remove the chicken and set aside.
- 4 Remove the skillet from the heat for one minute to cool slightly and then return back to medium heat. Pour in the sauce and stir with a whisk until thickened, about two minutes. Add the chicken back and toss to coat with the sauce. Enjoy!

Notes

Serve it With: Serve with rice and broccoli, bok choy or mushrooms on the side.



One Pan Beef & Broccoli

4 servings

15 minutes

Ingredients

- 1 lb Flank Steak (sliced thin against the grain)
- 1/4 cup Soy Sauce (divided)
- 1 tbsp Sugar (divided)
- 1 tbsp Oil (divided)
- 2 tbsps Water
- 1 tbsp Fish Sauce
- 1 tsp Cornstarch
- 3 cups Broccoli (florets, chopped)
- 10 Cremini Mushrooms (sliced)
- 3 Garlic (cloves, thinly sliced)
- 1 tsp Ginger (minced)

Nutrition

Amount per serving	
Fat	13g
Carbs	11g
Fiber	2g
Protein	29g

Directions

- 1 Add the beef, 1/4 of the soy sauce, 1/2 of the sugar, and 1/3 of the oil to a large bowl. Gently toss to combine and set aside.
- 2 Whisk the remaining soy sauce, remaining sugar, water, fish sauce, and cornstarch in a small bowl. Set aside.
- 3 Heat a large wok or pan over medium-high heat. Add the remaining oil. Once hot, add the beef in a single layer and cook for two minutes, flipping once. Remove with a slotted spoon and set aside on a plate. If needed, repeat with any remaining beef.
- 4 Add the broccoli and cook for one minute. Add the mushrooms and cook for one to two minutes, stirring often until the mushrooms are softened. Add a splash of water if needed to avoid sticking.
- 5 Reduce the heat to medium. Add the garlic and ginger and return the beef to the pan. Add the sauce and cook for one to two minutes, until everything is well coated and the sauce has thickened. Divide evenly between plates and enjoy!

Notes

Serve it With: Serve with rice.

No Fish Sauce: Omit and use more soy sauce.

More Flavor: Add oyster sauce. Top with green onions.



Mongolian Beef

2 servings

25 minutes

Ingredients

- 10 ozs Flank Steak (sliced thin against the grain)
- 2 tbsps Cornstarch
- 1 tsp Extra Virgin Olive Oil
- 1/4 cup Soy Sauce
- 1 tbsp Brown Sugar
- 2 Garlic (cloves, minced)
- 1/2 tsp Chili Flakes
- 2 stalks Green Onion (finely chopped)

Nutrition

Amount per serving	
Fat	14g
Carbs	17g
Fiber	1g
Protein	33g

Directions

- 1 Mix the sliced steak with cornstarch in a bowl.
- 2 Warm the oil in a heavy bottom skillet. Once hot, add the steak and cook over medium-high heat for about 10 minutes or until browned on all sides.
- 3 In a small bowl, mix together the soy sauce, brown sugar, garlic, and chili flakes. Add the sauce to the steak, turn the heat down to low and let it simmer until thickened. Stir occasionally.
- 4 Once the sauce has reached your desired consistency, remove the skillet from the heat. Mix in the green onion and enjoy!

Notes

Serve it With: Serve over steamed rice.

More Flavor: Add ginger.



Orange Chicken

2 servings

20 minutes

Ingredients

- 1 tbsp Orange Zest
- 1/4 cup Orange Juice
- 1/4 tsp Garlic Powder
- 1 tbsp Honey
- 1 tbsp Water
- 1 tsp Cornstarch
- 2 tsps Oil
- 1 lb Chicken Breast (boneless, skinless)

Nutrition

Amount per serving	
Fat	11g
Carbs	14g
Fiber	0g
Protein	51g

Directions

- 1 In a small bowl, mix together the orange zest, orange juice, garlic powder, honey, water, and cornstarch. Set aside.
- 2 Heat the oil in a large pan over medium heat. Add the chicken and sauté until browned on both sides, about three to five minutes on each side.
- 3 Add the orange juice mixture to the pan and reduce the heat to low. Coat the chicken well as the sauce thickens.
- 4 Add the chicken to a plate. Enjoy!

Notes

Serve it With: Serve over top of rice or quinoa.

More Flavor: Add onion powder and/or sea salt to the sauce. Add peppers, onions, and/or broccoli.



Teriyaki Steak, Edamame & Quinoa Bowl

1 serving
20 minutes

Ingredients

- 1/4 cup Quinoa (dry)
- 1/3 cup Frozen Edamame
- 2 tsps Extra Virgin Olive Oil
- 1 tbsp Shallot (minced)
- 1/2 Garlic (clove, large, minced)
- 5 ozs Top Sirloin Steak (sliced thin)
- 1 tbsp Teriyaki Sauce
- 1/2 Carrot (shredded)
- 1 tsp Cilantro (minced)

Nutrition

Amount per serving	
Fat	35g
Carbs	40g
Fiber	7g
Protein	42g

Directions

- 1 Cook the quinoa according to the package directions. Add the edamame on top of the quinoa in the final five minutes of cooking, cover, and steam. Set aside.
- 2 Add the oil to a pan over medium high heat. Add the shallot, garlic, and steak. Cook for two to three minutes or until the steak is browned. Remove the pan from the heat.
- 3 Add the teriyaki sauce to the skillet and toss the steak in the sauce.
- 4 Add the quinoa, edamame, steak, and carrot to a bowl. Garnish with cilantro and enjoy!

Notes

- More Flavor:** Add chopped green onions and/or red chili flakes while the steak cooks.
- Additional Toppings:** Sesame seeds.
- Leftovers:** Refrigerate in an airtight container for up to two days.



Easy Chicken Fried Rice

5 servings

45 minutes

Ingredients

- 1 cup Rice (dry, rinsed)
- 3 tbsps Sesame Oil (divided)
- 2 Egg (whisked)
- 1 lb Chicken Breast (chopped)
- 1 cup Snow Peas (chopped)
- 4 stalks Green Onion (chopped, plus more for garnish)
- 2 Garlic (clove, chopped)
- 3 tbsps Soy Sauce

Nutrition

Amount per serving	
Fat	14g
Carbs	31g
Fiber	2g
Protein	27g

Directions

- 1 Cook the rice according to the package directions.
- 2 In a large wok or pan, heat 1/3 of the oil over medium-high heat. Add the eggs and scramble them until fully cooked. Remove eggs and set aside.
- 3 In the same pan, add the remaining oil. Cook the chicken for three minutes over medium-high heat.
- 4 Add the snow peas, green onions, and garlic to the pan. Stir-fry until the chicken is cooked through and the vegetables are tender-crisp, three to five minutes.
- 5 Stir the rice and eggs into the chicken and vegetable mixture. Add the soy sauce and mix to coat.
- 6 Garnish with green onions (optional) and enjoy!

Notes

More Flavor: Use turkey breast, ground chicken, or pork instead of chicken.

Short on Time: Use leftover cooked rice or cook your rice ahead of time.

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.



Garlic Butter Steak, Edamame & Asparagus

2 servings

20 minutes

Ingredients

- 2 cups Edamame Pods
- 10 ozs Flank Steak (sliced very thinly against the grain)
- 2 tbsps Soy Sauce (divided)
- 2 tsps Cornstarch
- 2 tsps Oil
- 2 tbsps Water
- 2 tbsps Butter
- 2 Garlic (clove, minced)
- 2 cups Asparagus (woody ends trimmed, chopped)

Nutrition

Amount per serving	
Fat	34g
Carbs	18g
Fiber	9g
Protein	48g

Directions

- 1 Bring a large pot of salted water to a boil. Place the edamame pods in the boiling water and cook for three minutes, stirring occasionally. Drain and rinse and set aside.
- 2 In a bowl, mix together the steak with half the soy sauce and cornstarch.
- 3 Heat a large wok over medium-high heat. Add the oil. Once hot, add the steak in a single layer, working in batches if needed. Cook for one minute, undisturbed. Flip and cook for one more minute. Remove with a slotted spoon and set aside.
- 4 Remove the wok from the heat and let cool slightly for one minute. Return over medium heat and add the water, butter, and garlic. Toss to combine. Add the edamame, asparagus, and remaining soy sauce and cook for three minutes, tossing often. Add the steak and toss everything together.
- 5 Divide onto plates and enjoy!

Notes

Serve it With: Serve with rice on the side.

More Flavor: Add chili flakes.

Leftovers: Refrigerate in an airtight container for up to two days.



Chinese BBQ Pork

4 servings

3 hours 20 minutes

Ingredients

- 1 tbsp Sesame Oil
- 2 tbsps Brown Sugar
- 3 tbsps Honey
- 3 tbsps Hoisin Sauce
- 1 tbsp Oyster Sauce
- 1 tbsp Chinese Cooking Wine
- 1 1/2 tbsps Soy Sauce
- 1 tsp Chinese Five Spice
- 2 Garlic (clove, minced)
- 1 tsp Ginger (fresh, grated)
- 2 lbs Pork Tenderloin

Nutrition

Amount per serving	
Fat	9g
Carbs	26g
Fiber	0g
Protein	49g

Directions

- 1 Create the marinade by whisking together the oil, sugar, honey, hoisin sauce, oyster sauce, cooking wine, soy sauce, Chinese five spice, garlic, and ginger in a bowl.
- 2 Coat the pork with the marinade in a sealable bag or airtight container. Marinate for two hours or overnight in the fridge.
- 3 Preheat the oven to 375°F (190°C). Let the pork sit at room temperature in its marinade for 30 minutes.
- 4 Boil enough water in a kettle or on the stove to fill half of a roasting pan. Place a wire rack over the roasting pan, half-filled with the water.
- 5 Remove the pork from its marinade and place on top of the wire wrack. Set aside. Add the marinade to a small pot and bring to a boil. Continue to cook until it is thick, about three to five minutes. This will be used to baste the pork.
- 6 Add the pork to the oven and cook for 30 to 35 minutes, basting with the marinade every 10 minutes.
- 7 Broil the pork on high for two minutes or until caramelized. Let the pork rest for 10 minutes, then slice and divide evenly between plates. Enjoy!

Notes

Serve it With: Serve over rice or noodles.

Additional Topping: Drizzle the remaining warm marinade over top.

No Chinese Cooking Wine: Use rice vinegar or red wine vinegar instead.



Teriyaki Chicken & Edamame Quinoa Bowl

4 servings
25 minutes

Ingredients

1/2 cup Quinoa (dry)
2 tsps Extra Virgin Olive Oil
1 lb Chicken Thighs (boneless, skinless)
1 cup Frozen Edamame
2 tsps Teriyaki Sauce
1/4 cup Water
1 tbsp Cilantro (minced)
1/2 tsp Chili Flakes

Nutrition

Amount per serving	
Fat	10g
Carbs	18g
Fiber	4g
Protein	30g

Directions

- 1 Cook the quinoa according to package directions.
- 2 In a large pan over medium heat, add the oil. Once the oil is hot, add the chicken. Cook for three to five minutes on each side.
- 3 Add the edamame and teriyaki sauce. Toss and coat everything well with the sauce. Add the water to deglaze as needed, and scrape up the fond (brown caramel bits) from the pan.
- 4 Divide the quinoa, chicken, and edamame between bowls. Garnish with the cilantro and chili flakes. Enjoy!

Notes

Additional Toppings: Sesame seeds and chopped green onions.

Leftovers: Refrigerate in an airtight container for up to three days.



Turkey Chow Mein

4 servings

30 minutes

Ingredients

- 3 tbsps Soy Sauce
- 1 1/2 tbsps Oyster Sauce
- 1 1/2 tbsps Chinese Cooking Wine
- 1 1/2 tpsps Brown Sugar
- 4 ozs Chow Mein Noodles
- 2 tbsps Extra Virgin Olive Oil
- 2 Garlic (clove, minced)
- 12 ozs Ground Turkey
- 3 stalks Green Onion (sliced, divided)
- 1 Egg (whisked)
- 2 1/2 cups Coleslaw Mix
- 1 cup Bean Sprouts

Nutrition

Amount per serving	
Fat	22g
Carbs	28g
Fiber	4g
Protein	24g

Directions

- 1 Mix the soy sauce, oyster sauce, cooking wine, and sugar in a bowl and set aside.
- 2 Cook the noodles according to the package directions and set aside.
- 3 Heat the oil in a large pan over high heat. Sauté the garlic for 30 seconds and then add the turkey. Cook the turkey for three to four minutes or until it is no longer pink.
- 4 Add 1/4 of the prepared sauce and half of the green onions to the pan with the turkey. Cook for two to three minutes, stirring to coat.
- 5 Mix the egg into the turkey until scrambled, then add the coleslaw and cook for three to four minutes or until starting to wilt.
- 6 Add the bean sprouts, noodles, remaining sauce, and remaining green onions. Toss well until coated. Divide evenly between bowls and enjoy!

Notes

No Chinese Cooking Wine: Use rice vinegar or red wine vinegar instead.

Leftovers: Refrigerate in an airtight container for up to three days. Reheat in a pan for best results.



Honey Garlic Shrimp with Green Beans

4 servings

35 minutes

Ingredients

- 1/4 cup Honey
- 1/4 cup Soy Sauce
- 4 Garlic (clove, minced)
- 1/4 tsp Red Pepper Flakes
- 1 1/4 lbs Shrimp (peeled, deveined)
- 1/4 tsp Cornstarch
- 1 tbsp Oil
- 4 cups Green Beans (trimmed)
- 1/2 tsp Sesame Seeds

Nutrition

Amount per serving	
Fat	5g
Carbs	26g
Fiber	3g
Protein	32g

Directions

- 1 In a large bowl, whisk together the honey, soy sauce, garlic, and red pepper flakes. Remove 3/4 of the sauce and set it aside in a small bowl. Add the shrimp to the large bowl and toss to coat. Let sit for 15 minutes.
- 2 Add the cornstarch to the small bowl with the remaining sauce. Whisk and set aside.
- 3 Heat a large wok over medium-high heat and add the oil. Once hot, add the green beans and cook for three to four minutes, or until they just start to soften, stirring often. Remove with a slotted spoon and set aside.
- 4 Pat the shrimp dry with paper towel. Add them to the wok and cook for 1 1/2 minutes, undisturbed. Flip and add the reserved sauce. Cook for an additional minute or until cooked through. Add the green beans back to the wok and toss everything just to coat. Garnish with sesame seeds. Enjoy!

Notes

Serve it With: Serve over rice.

More Flavor: Add minced ginger to the sauce.



Chicken & Snap Peas Stir Fry

2 servings

25 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, sliced)
- 10 ozs Chicken Breast (sliced)
- 1 1/2 cups Snap Peas (trimmed)
- 2 tbsps Soy Sauce
- 1 tbsp Honey
- 2 Garlic (clove, minced)
- 1/2 tsp Chili Flakes
- 1 stalk Green Onion (sliced)
- 1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Fat	8g
Carbs	20g
Fiber	4g
Protein	36g

Directions

- 1 Heat the oil in a pan over medium-high heat. Add the onion and sauté for about five minutes.
- 2 Add the chicken slices and cook for about 10 minutes or until browned. Add the snap peas and cook for another two to three minutes.
- 3 Meanwhile, in a bowl whisk together the soy sauce, honey, garlic, and chili flakes. Add the mixture to the pan, stir, and simmer for about five minutes.
- 4 Remove from the heat. Top with green onion and sesame seeds. Enjoy!

Notes

Serve it With: As is or over rice or rice noodles.

Leftovers: Refrigerate in an airtight container for up to three days.



Steak & Asparagus Stir Fry

4 servings

20 minutes

Ingredients

- 1 lb Flank Steak (sliced very thinly against the grain)
- 3 tbsps Soy Sauce (divided)
- 2 tbsps Sugar (divided)
- 1 tbsp Oil (divided)
- 4 cups Asparagus (woody ends trimmed, chopped)
- 2 tbsps Oyster Sauce
- 1 tsp Cornstarch
- 2 tbsps Water
- 1 Yellow Onion (large, chopped into large wedges)
- 2 Garlic (cloves, minced)

Nutrition

Amount per serving	
Fat	13g
Carbs	15g
Fiber	4g
Protein	28g

Directions

- 1 Place the sliced steak in a large bowl and toss with 1/3 of the soy sauce, 1/4 of the sugar, and 1/3 of the oil. Let it sit while you prepare the rest.
- 2 Bring a large pot of water to a boil. Add the asparagus to the pot and cook for one minute. Remove with a slotted spoon onto a large plate and set aside.
- 3 Combine the remaining soy sauce, remaining sugar, half of the remaining oil, oyster sauce, cornstarch, and water. Whisk well to combine. Set aside.
- 4 Heat a large wok over medium-high heat. Add the remaining oil. Once hot, add the steak in a single layer, working in batches if needed. Cook for one minute, undisturbed. Flip and cook for one minute longer. Remove with a slotted spoon and set aside.
- 5 Add the onion to the wok and cook for two minutes, stirring occasionally. Add the asparagus and cook for 30 seconds. Add the beef, garlic, and sauce and cook, tossing everything together for about one to two minutes, until the sauce has thickened. Enjoy!

Notes

Serve it With: Serve with rice or noodles.

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add sriracha or chili flakes to the sauce.



Chicken & Bok Choy Stir Fry

4 servings

25 minutes

Ingredients

- 1/2 tsp Oil
- 10 ozs Chicken Breast (skinless, boneless, cut into strips)
- 2 Garlic (cloves, minced)
- 8 cups Bok Choy (baby, halved)
- 4 cups Mushrooms (sliced)
- 3 tbsps Soy Sauce
- 1 tsp Sesame Oil (toasted)
- 3 stalks Green Onion (sliced)
- 1 tbsp Sesame Seeds (optional)

Nutrition

Amount per serving	
Fat	5g
Carbs	8g
Fiber	3g
Protein	23g

Directions

- 1 In a large skillet over medium heat, add the oil and the chicken and cook for 7 to 8 minutes or until cooked through. Remove the chicken from the pan and set aside.
- 2 In the same skillet, add the minced garlic and sauté for 1 minute. Add the bok choy and cook for 1 minute. Add the mushrooms. Stir and cook for 4 to 5 minutes until everything is cooked. Add the soy sauce and return the chicken to the pan. Add the sesame oil and stir to incorporate.
- 3 Divide between bowls. Top with green onions and sesame seeds, if using. Enjoy!

Notes

Serve it With: Rice or quinoa.

More Flavor: Add chili flakes to taste.



Orange Beef Stir Fry

5 servings
50 minutes

Ingredients

- 1 cup Rice (uncooked)
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil (divided)
- 12 ozs Beef Tenderloin (sliced into thin strips)
- 1 Navel Orange (juiced)
- 2 tbsps Soy Sauce
- 1/2 tsp Sesame Oil
- 1 tsp Red Pepper Flakes
- 1 Sweet Onion (diced)
- 2 Garlic (cloves, minced)
- 3 cups Snap Peas
- 4 cups Broccoli (cut into florets)
- 1 tbsp Ginger (grated)

Nutrition

Amount per serving	
Fat	20g
Carbs	47g
Fiber	6g
Protein	20g

Directions

- 1 Get your rice started by combining rice and water in a saucepan. Bring to a boil uncovered stirring occasionally. Once boiling, reduce to low heat and cover. Let simmer for 45 minutes or until all water is absorbed.
- 2 Meanwhile, heat half of your olive oil in a large wok over medium high heat. Cook beef strips to desired doneness. Remove from heat and wrap in foil to keep warm.
- 3 Combine orange juice, soy sauce, sesame oil and red pepper flakes together in a bowl. Add 1/4 cup water and mix well.
- 4 Pour juice out of wok and place back over medium heat with remaining olive oil. Add diced sweet onion and garlic and saute for 5 minutes or until translucent.
- 5 Add in orange juice sauce, broccoli, and snap peas. Saute for another 8 to 10 minutes or until broccoli is tender.
- 6 Add cooked beef back into wok. Add in grated ginger with 1 tbsp warm water. Saute for 1 minute and remove from heat.
- 7 Serve stir fry over a bed of brown rice. Enjoy!

Notes

Make it Saucy: Double up on the orange juice, soy sauce and sesame oil.



Walnut Crusted Salmon with Broccoli

2 servings

20 minutes

Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tsp Extra Virgin Olive Oil (divided)
- 8 ozs Salmon Fillet
- 1/4 Lemon (optional for serving, cut into wedges)
- 2 cups Broccoli (chopped)

Nutrition

Amount per serving	
Fat	18g
Carbs	9g
Fiber	3g
Protein	30g

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Stir in the lemon juice and half of the oil.
- 3 Rub the remaining oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily.
- 5 Steam or boil the broccoli. When cooked to your liking, drain and season with salt and pepper and add a little butter if desired. Divide salmon and broccoli between plates and serve with lemon wedges, if using. Enjoy!

Notes

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.



Sheet Pan Chicken, Green Beans & Carrots

2 servings

40 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Lemon (juiced)
- 2 tbsps Italian Seasoning
- 1 cup Green Beans (trimmed)
- 2 Carrot (medium, peeled, cut into sticks)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	23g
Carbs	11g
Fiber	3g
Protein	46g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a shallow bowl, combine the chicken thighs, half of the oil, lemon juice, and Italian seasoning.
- 3 Add the beans and carrots to the baking sheet. Toss with the remaining oil, salt, and pepper to coat. Spread the beans and carrots into an even layer.
- 4 Place the chicken thighs on the baking sheet, making room around the beans and carrots. Bake for 25 to 30 minutes or until the chicken is cooked through and the vegetables are browned and tender.
- 5 Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add minced garlic and other dried herbs.

Additional Toppings: Top with feta cheese and fresh herbs like parsley or dill.



Chicken & Pesto Tortellini Bake

8 servings

55 minutes

Ingredients

- 2 1/2 tbsps Cornstarch
- 3 cups Cow's Milk, Whole (plus more as needed)
- 1 1/8 lbs Cheese Tortellini
- 1/2 cup Pesto
- 8 ozs Mozzarella Cheese (shredded, divided)
- 4 cups Baby Spinach
- 1 lb Chicken Breast, Cooked (shredded)
- 1/2 cup Chicken Broth

Nutrition

Amount per serving	
Fat	20g
Carbs	39g
Fiber	2g
Protein	36g

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Add the cornstarch to a saucepan with the heat turned off. Slowly add the milk, whisking continuously. Turn the heat to high and bring to a boil.
- 3 Reduce the heat to medium-low and cook, whisking constantly, for about five minutes or until thickened. Add more milk if needed to reach the desired consistency.
- 4 In a large bowl combine the uncooked tortellini, white sauce, pesto, 2/3 of the cheese, spinach, and chicken. Pour into a 9 x 13 baking dish and top with broth and the remaining cheese.
- 5 Cover tight with a lid or foil and cook for 25 minutes. Remove the lid and cook for an additional 10 minutes or until browned and bubbly.
- 6 Let it rest for 10 minutes before serving. Enjoy!

Notes

More Flavor: Add garlic, salt, pepper, kale, zucchini, tomatoes and/or broccoli. Add parmesan cheese and nutritional yeast to the white sauce.



Enchilada Casserole

8 servings

30 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1 cup Salsa
- 1 cup Enchilada Sauce
- 4 Whole Wheat Tortilla (large)
- 2 cups Frozen Corn
- 5 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Fat	15g
Carbs	21g
Fiber	4g
Protein	19g

Directions

- 1 Preheat the oven to 350°F (175°C). Grease a baking dish with the oil.
- 2 Heat a large pan over medium-high heat. Cook the beef, breaking it up as it cooks, until no longer pink. Drain any excess liquid then stir in the salsa and enchilada sauce. Set aside.
- 3 Line the baking dish with half the tortillas, then layer half the beef mixture, half the corn, and half the cheese ovetop. Repeat the layers with the remaining ingredients. Bake for 25 minutes.
- 4 Cut into slices and enjoy!

Notes

More Flavor: Add garlic and onions when cooking the beef.

Additional Toppings: Top with sliced green onions, greek yogurt, cilantro, or sliced avocado.



One Pan Teriyaki Salmon with Veggies

2 servings

40 minutes

Ingredients

- 2 cups Broccoli (chopped into small florets)
- 2 cups Cherry Tomatoes
- 1 Yellow Bell Pepper (or any pepper, chopped)
- 1 tbsp Sesame Oil
- Sea Salt & Black Pepper (to taste)
- 10 ozs Salmon Fillet
- 1 tsp Sesame Oil
- 1 Garlic (clove, grated)
- 1/2 tsp Ginger (grated)
- 2 tbsps Soy Sauce
- 1 tsp Rice Vinegar
- 1 tsp Brown Sugar
- 1/2 tsp Sesame Seeds (toasted)
- 1 stalk Green Onion (chopped)

Directions

- 1 Preheat oven to 400°F and line a baking sheet with parchment paper.
- 2 Meanwhile, combine sesame oil, garlic, ginger, soy sauce, vinegar and sugar in a small bowl and mix. Pour into a large zip lock bag and add salmon, marinate 10 minutes.
- 3 In a medium bowl, toss broccoli and peppers with 1 tablespoon sesame oil, ¼ teaspoon salt and pepper. Spread them evenly on prepared sheet pan and roast for 10 minutes. Remove veggies from oven, toss, and move them over slightly to make room for the salmon. Place the salmon on the sheet pan, reserving the marinade and return to oven, roast an additional 7 to 8 minutes, or until salmon is just cooked through.
- 4 While salmon is cooking, heat a small skillet over low heat. Pour the remaining marinade and simmer stirring until the sauce has thickened slightly, about 1 to 1-1/2 minutes. Brush sauce over salmon and sprinkle fillets with sesame seeds and scallions. Serve with veggies on the side.

Nutrition

Amount per serving	
Fat	17g
Carbs	22g
Fiber	5g
Protein	34g



One Pan Salmon, Green Beans & Roasted Tomato with Rice

4 servings
25 minutes

Ingredients

4 cups Green Beans (washed and trimmed)
2 cups Cherry Tomatoes
1 tbsp Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
1 1/4 lbs Salmon Fillet

Nutrition

Amount per serving	
Fat	13g
Carbs	10g
Fiber	4g
Protein	31g

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

Serve it With: Serve with rice or quinoa.

No Salmon: Use any type of fish fillet. Baking times will vary depending on thickness.



Roasted Broccoli with Almonds

4 servings

20 minutes

Ingredients

6 cups Broccoli (chopped into florets)
2 tbsps Extra Virgin Olive Oil
1/2 cup Sliced Almonds
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	16g
Carbs	13g
Fiber	6g
Protein	8g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss broccoli florets with oil, and lay in a single layer across the baking sheet. Roast for 10 minutes.
- 3 Remove from the oven and toss the broccoli florets, adding in the almonds, sea salt, and pepper. Return to the oven and roast for 10 more minutes, or until tender. Enjoy!

Notes

Nut-Free: Swap out the almonds for pumpkin seeds.

Serve it With: Everything Bagel Seasoned Chicken.



Whole Roasted Cauliflower

4 servings

1 hour

Ingredients

- 1 head Cauliflower (medium)
- 3 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Fat	11g
Carbs	7g
Fiber	3g
Protein	3g

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Coat the entire head of cauliflower with olive oil and season with salt. Use foil to completely cover and seal the cauliflower.
- 3 Place on a baking tray and roast for 40 minutes.
- 4 Carefully remove the foil and roast for an additional 10 minutes or until golden brown. Slice and enjoy!

Notes

Top it With: Melted butter, coconut oil, parmesan, nutritional yeast, fresh or dried herbs.

Leftovers: Refrigerate in an airtight container up to 5 days.



Pulled Pork Tacos

6 servings

1 hour 20 minutes

Ingredients

- 1 1/2 tsps Sea Salt
- 1 tbsp Oregano
- 1 tsp Onion Powder
- 2 tsps Sugar
- 2 1/2 lbs Pork Shoulder, Boneless (cut into large chunks)
- 6 Garlic (clove, peeled and smashed)
- 2 tsps Lime Juice
- 1/3 cup Water
- 12 Corn Tortilla (small)
- 3 Avocado (sliced)
- 3 ozs Pickled Red Onions

Nutrition

Amount per serving	
Fat	23g
Carbs	41g
Fiber	9g
Protein	47g

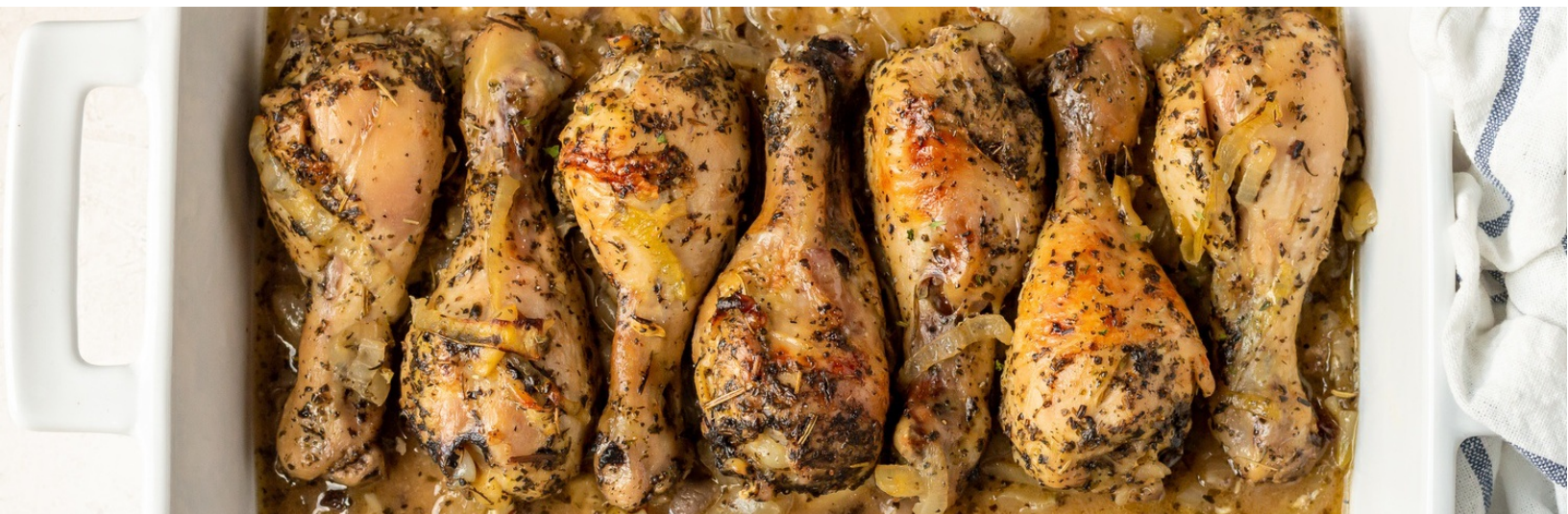
Directions

- 1 In a small bowl, mix together the salt, oregano, onion powder, and sugar.
- 2 Place the pork in the pressure cooker and season with the mixture, rubbing it into the pieces very well. Add the garlic and pour the lime juice and water around the pork.
- 3 Set the pressure cooker to "sealing" and cook on high for 50 minutes. Allow the pressure to release naturally.
- 4 Remove the pork and garlic pieces with a slotted spoon, leaving the liquid in the pot. Shred the pork with two forks and spoon about half of the liquid onto the pork.
- 5 Preheat the oven to broil.
- 6 Place the pork onto a baking sheet and transfer to the oven. Broil for two to three minutes, or until crispy and browned.
- 7 Evenly divide the ingredients between the tortilla shells. Enjoy!

Notes

Leftovers: Refrigerate the pork in an airtight container for up to three days. Slice the avocado just before serving. Freeze the pork for up to three months.

Additional Toppings: Top with hot sauce, crumbled feta cheese, thinly sliced cabbage and/or cilantro.



Braised Chicken Drumsticks

4 servings

1 hour 40 minutes

Ingredients

- 2 lbs Chicken Drumsticks
- 1 Yellow Onion (sliced)
- 6 Garlic (cloves, peeled, cut in half)
- 2 tbsps Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1/2 tsp Sea Salt
- 1/4 cup Water

Nutrition

Amount per serving	
Fat	24g
Carbs	5g
Fiber	1g
Protein	42g

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a large mixing bowl combine the drumsticks, onion and garlic. Add in the lemon juice, oil, Italian seasoning and salt. Mix until the chicken is well coated.
- 3 Transfer the seasoned chicken to a rimmed baking dish. Arrange the drumsticks into a single layer on top of the onions and garlic. Add the water to the dish and cover with a tight-fitting lid or foil. Bake covered for 75 minutes then remove the lid and continue baking for 20 minutes or until the chicken has browned and sauce has thickened.
- 4 Remove the chicken from the baking dish and gently mash the garlic cloves into a chunky paste then stir to mix with the rest of the sauce.
- 5 To serve, divide the chicken between plates and top with the garlic and onion sauce. Enjoy!

Notes

More Flavor: Use chicken broth instead of water.

Additional Toppings: Garnish with fresh herbs like parsley or thyme.

No Drumsticks: Use bone-in chicken thighs instead.



Southern Shrimp & Grits

4 servings

20 minutes

Ingredients

- 1 1/2 cups Water
- 1 1/2 cups Plain Coconut Milk (from the carton)
- 1 tsp Sea Salt (divided)
- 3/4 cup Old Fashioned Grits (uncooked)
- 3 slices Bacon (chopped)
- 1 lb Shrimp (peeled, deveined)
- 1/2 tsp Cajun Seasoning
- 3 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Fat	11g
Carbs	26g
Fiber	2g
Protein	28g

Directions

- 1 In a pot, bring the water and milk to a boil. Add half of the salt and slowly whisk in the grits. Reduce the heat to medium-low and cook for about 15 minutes, or until thickened. Add more water as needed. Set aside.
- 2 In a skillet over medium-high heat, add in the chopped bacon and cook for 6 to 10 minutes or until crispy. Transfer the bacon to a paper towel-lined plate.
- 3 Reserve a few tablespoons of the bacon fat and return to medium-high heat. Add the shrimp, cajun seasoning and remaining salt. Cook for 3 to 4 minutes, or until the shrimp turns pink.
- 4 Divide the grits into bowls and top with the shrimp, bacon and green onions. Enjoy!

Notes

More Flavor: Use broth instead of water. Add butter and/or cheddar cheese to the grits.



Popcorn Chicken

4 servings

20 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 1 tsp Sea Salt (divided)
- 1 1/8 lbs Chicken Breast (boneless, skinless, diced into cubes)
- 1/2 cup Bread Crumbs

Nutrition

Amount per serving	
Fat	7g
Carbs	16g
Fiber	1g
Protein	41g

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Combine the yogurt and half the salt in a large bowl. Add the chicken and toss to coat.
- 3 In a separate bowl, combine the bread crumbs and remaining salt. Transfer the chicken to the bowl of bread crumbs and coat evenly. Add the chicken to the baking sheet and bake for 12 to 15 minutes or until cooked through.
- 4 Remove the chicken from the oven, divide onto plates and enjoy!

Notes

No Greek Yogurt: Use mayonnaise or egg instead.

Dipping Sauce: Serve with honey mustard, barbecue sauce, ketchup, mashed avocado or your favorite dressing.



Unstuffed Cabbage Rolls

2 servings

45 minutes

Ingredients

- 1/4 cup Rice (uncooked)
- 1/3 cup Water
- 1 1/2 tsps Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Beef
- 1/2 Yellow Onion (small, finely diced)
- 4 cups Green Cabbage (finely sliced)
- 1 1/2 cups Diced Tomatoes
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving	
Fat	16g
Carbs	37g
Fiber	8g
Protein	28g

Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the olive oil in a large stock pot over medium-high heat. Add the ground beef and onions and sauté for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

Notes

No Beef: Any type of ground meat will work.

Leftovers: Store in an airtight container in the fridge up to 3 days.



One Pan Chicken, Squash & Brussels Sprouts

4 servings

50 minutes

Ingredients

- 2 cups Butternut Squash (chopped into small cubes)
- 2 2/3 cups Brussels Sprouts (trimmed, halved)
- 1 1/3 lbs Chicken Thighs (boneless, skinless)
- 1 1/3 tps Extra Virgin Olive Oil
- 1 1/3 tbsps Rosemary (fresh, chopped)
- 1 1/3 tbsps Thyme (fresh, chopped)
- 1/3 tsp Sea Salt

Nutrition

Amount per serving	
Fat	8g
Carbs	14g
Fiber	4g
Protein	32g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the butternut squash, brussels sprouts and chicken to the pan. Drizzle everything with oil, rosemary, thyme and sea salt.
- 2 Place in the oven and bake for 35 minutes, flipping the chicken halfway. Serve and enjoy!

Notes

No Fresh Herbs: Use dried herbs instead, reducing the amount used by half.



One Pan Salmon, Green Beans & Smashed Potatoes

2 servings

30 minutes

Ingredients

- 2 cups Mini Potatoes
- 1 tsp Soy Sauce
- 2 tps Maple Syrup (or honey)
- 1 tbsp Rice Vinegar
- 12 ozs Salmon Fillet
- 2 cups Green Beans (trimmed)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1 tsp Sesame Seeds

Nutrition

Amount per serving	
Fat	23g
Carbs	38g
Fiber	6g
Protein	43g

Directions

- 1 Line a baking sheet with parchment paper. Preheat the oven to 425°F (218°C)
- 2 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 3 Meanwhile, in a small bowl, whisk together the soy sauce, maple syrup (or honey), and rice vinegar. Rub half of the marinade into the salmon and place it on the baking sheet. Toss the remaining marinade with the green beans and add to the baking sheet, leaving space for the potatoes.
- 4 Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the back of a fork or mug. Drizzle with olive oil and salt.
- 5 Place in the oven and bake for 12 to 14 minutes or until the salmon is cooked through. Remove the baking sheet from the oven. Garnish the salmon and green beans with sesame seeds. Divide onto plates and enjoy.

Notes

More Crispy: Remove the salmon and green beans from the oven once cooked through and broil the potatoes for an additional three to five minutes.



One Pot Pesto Tortellini with Beans

2 servings

20 minutes

Ingredients

- 1 1/2 cups Vegetable Broth
- 5 ozs Cheese Tortellini
- 2 cups Broccoli (chopped into florets)
- 2 tbsps Pesto
- 1 cup White Navy Beans (cooked)
- 2 tbsps Parmigiano Reggiano (grated)

Nutrition

Amount per serving	
Fat	14g
Carbs	66g
Fiber	14g
Protein	24g

Directions

- 1 In a large pot, bring the broth to a boil over high heat.
- 2 Add the tortellini and cook on medium-high, stirring occasionally, for four minutes. Stir in the broccoli and cook for two more minutes, or until the tortellini are fully cooked and the broccoli is tender.
- 3 Reduce the heat to medium and stir in the pesto and beans. Cook until warmed through.
- 4 Let it rest for two minutes to allow the sauce to thicken and be partially absorbed before serving. Then, divide the pasta evenly onto plates, garnish with parmesan, and enjoy!

Notes

Additional Toppings: Fresh herbs and/or toasted nuts.

Remaining Liquid: The dish is not meant to absorb all of the liquid. The finished dish should be moist and saucy, not completely dry.



Steak & Veggie Kabobs with Fruit

5 servings

20 minutes

Ingredients

- 1 3/4 lbs Top Sirloin Steak (cut into 1-inch pieces)
- 2 Green Bell Pepper (medium, chopped)
- 2 cups Cherry Tomatoes
- 2 cups Red Onion (chopped)
- 10 Barbecue Skewers
- Sea Salt & Black Pepper
- Fresh Chopped Fruit (on the side)

Nutrition

Amount per serving	
Fat	23g
Carbs	10g
Fiber	3g
Protein	33g

Directions

- 1 Pierce the steak, green bell peppers, cherry tomatoes, and red onions onto the barbecue skewers. Season with salt and pepper.
- 2 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Serve with fresh chopped fruit on the side. Enjoy!

Notes

Serve it With: Serve with lettuce wraps, grilled corn on the cob or a side of mixed greens.

More Flavor: Add your choice of additional herbs and spices. Use a charcoal grill.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Braised Beef with Mashed Potatoes

6 servings

3 hours

Ingredients

- 3 lbs Chuck Roast (boneless, cut into chunks)
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (large, chopped)
- 2 stalks Celery (chopped)
- 4 Garlic (clove, minced)
- 2 tbsps All Purpose Flour
- 3 cups Beef Broth
- 1 oz Thyme Sprigs
- 4 Carrot (medium, peeled, chopped)

Nutrition

Amount per serving	
Fat	51g
Carbs	11g
Fiber	3g
Protein	41g

Directions

- 1 Pat the pieces of chuck roast dry with a paper towel. Season with salt and pepper.
- 2 Preheat the oven to 350°F (180°C). Heat 1/3 of the oil in a large Dutch oven or an oven-safe pot over medium-high heat. Add the beef, working in batches if necessary, and sear for three to four minutes per side until browned. Remove with a slotted spoon and set aside.
- 3 Reduce the heat to medium and add the onion and celery. Cook for three to four minutes or until it just starts to soften. Add the garlic and cook for one minute until just fragrant. Add the flour and cook, stirring frequently, for one minute. Slowly add the broth while stirring to incorporate the flour. Scrape up any bits from the bottom.
- 4 Return the beef and any accumulated juices to the pot. Add the thyme. Cover and cook in the oven for 90 minutes. Remove the pot from the oven, add the carrots, and place it back in the oven to cook for another hour until the carrots are soft and the beef is tender and can be easily shredded with a fork. Discard the thyme sprigs and shred the beef with two forks.
- 5 While the beef is cooking, prepare the mashed potatoes any way you prefer.
- 6 Divide the mashed potatoes evenly between bowls or plates. Top with shredded beef, carrots, and the rendered juices from cooking. Enjoy!

Notes

More Flavor: Swap half the broth for red wine instead.



Baked Chicken & Rice with Veggies

2 servings

50 minutes

Ingredients

- 10 ozs Chicken Breast (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil
- 1 Lemon (medium, juiced)
- 1 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Basmati Rice (dry, rinsed)
- 1 1/4 cups Chicken Broth
- 1/4 cup Cherry Tomatoes (chopped)
- 1/4 Cucumber (medium, chopped)
- 1/3 cup Parsley (chopped)

Nutrition

Amount per serving	
Fat	18g
Carbs	46g
Fiber	2g
Protein	38g

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In a bowl, add the chicken, oil, lemon juice, paprika, salt, and pepper. Mix to combine. Place on a plate and set aside.
- 3 In the same bowl, mix together the rice and the broth. Pour the contents of the bowl into a baking dish and cook in the oven, covered, for 15 minutes.
- 4 Remove from the oven and nestle the chicken into the rice. Cover again and cook in the oven for 20 to 25 minutes or until the chicken is cooked through. Add more liquid if needed.
- 5 Remove from the oven. Top with tomatoes, cucumber, and parsley. Divide evenly between plates and enjoy!

Notes

Serving Size: A 9.5 x 9.5-inch (24 x 24 cm) dish was used.

More Flavor: Add Italian seasoning or use a combination of oregano, basil, and thyme instead.

Additional Toppings: Crumbled feta cheese.



Tofu & Broccoli Stir Fry

4 servings

20 minutes

Ingredients

- 2 tbsps Sesame Oil (or any oil, divided)
- 1 1/2 lbs Tofu (extra-firm, pressed, cubed)
- 4 cups Frozen Broccoli (tops only, thawed)
- 1/2 cup Vegetable Broth
- 2 tbsps Soy Sauce
- 1 tbsp Oyster Sauce
- 1/8 tsp Black Pepper
- 1 tbsp Rice Vinegar
- 1 tbsp Cornstarch

Nutrition

Amount per serving	
Fat	16g
Carbs	11g
Fiber	4g
Protein	20g

Directions

- 1 Heat half of the oil in a large pan over medium heat. Add the tofu in a single layer and cook, turning occasionally, for six to eight minutes until golden on all sides.
- 2 Add the broccoli to the pan and cook for two to three minutes until heated through.
- 3 In a small bowl, whisk together the broth, soy sauce, oyster sauce, pepper, vinegar, the remaining oil, and cornstarch until smooth.
- 4 Add the sauce to the pan. Cook, stirring gently, for one to two minutes until the sauce thickens and coats the tofu and broccoli.
- 5 Divide evenly between bowls or plates and enjoy!

Notes

Serve It With: Rice or rice noodles.



Hamburger Grilled Cheese Sandwich

3 servings

15 minutes

Ingredients

- 12 ozs Ground Turkey
- 1 tbsp Worcestershire Sauce
- 6 slices Whole Grain Bread
- 3 ozs Cheddar Cheese
- 1/2 cup Red Onion
- 1/2 cup Pickle (sliced)
- Yellow Mustard (to taste)
- Ketchup (to taste)
- Mayonnaise (to taste)
- 1 1/2 cups Baby Carrots

Nutrition

Amount per serving	
Fat	22g
Carbs	48g
Fiber	9g
Protein	39g

Directions

- 1 Heat a skillet over medium heat and brown the turkey with Worcestershire sauce for 5-7 minutes, until fully cooked.
- 2 Lay down one slice of bread and top with some of the cheese, cooked turkey, red onions, pickles, mustard, ketchup and a little more cheese. Top with the second slice of bread. Spread some of the mayo onto the top slice of bread.
- 3 Place the sandwich mayo side down in a pan over medium heat and cook for 2-3 minutes, until golden.
- 4 While it cooks, spread more of the mayo on top. Flip the sandwich and cook for another 2-3 minutes, until the cheese is melted. Repeat with remaining bread and assembling each sandwich.
- 5 Slice each sandwich in half and serve with carrots. Enjoy!

Notes

Additional Toppings : Add sliced tomato and baby spinach.



Italian Chicken & Rice Bowl

4 servings

35 minutes

Ingredients

- 1 cup Rice (dry)
- 1 1/4 lbs Chicken Breast (cut into large cubes)
- 2 cups Broccoli (cut into small florets)
- 1/2 cup Red Onion (cut into thick slices)
- 1 cup Cherry Tomatoes
- 2 Zucchini (small, chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	13g
Carbs	45g
Fiber	5g
Protein	39g

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 3 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Drizzle with the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 4 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 5 Divide the rice, chicken, and veggies evenly between plates and enjoy!

Notes

More Flavor: Add other dried herbs and spices to taste, like red pepper flakes, onion powder, or parsley.

Additional Toppings: Avocado or dipping sauce, like tzatziki or hummus.



Chipotle Steak, Rice & Guacamole Bows

2 servings

30 minutes

Ingredients

Rice (3 cups, cooked)
2 tbsps Lime Juice (divided)
1 tbsp Avocado Oil (divided)
1 tsp Chipotle Powder
1/2 tsp Sea Salt (divided)
10 ozs Top Sirloin Steak
1/2 Avocado (large)
2 Garlic (clove, minced)
1/2 cup Red Onion (diced)
1/2 cup Cilantro (chopped)

Nutrition

Amount per serving	
Fat	35g
Carbs	10g
Fiber	4g
Protein	30g

Directions

- 1 Cook rice according to package directions.
- 2 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 3 Whisk together half of the lime juice, half of the oil, chipotle powder, and half of the salt. Pour over the steaks and marinate for two to three minutes, flipping a few times to thoroughly coat.
- 4 Add the steak to the prepared baking sheet and cook in the oven for 25 minutes, or until desired doneness. Let rest for five minutes before slicing.
- 5 Combine the avocado, garlic, remaining lime juice, and remaining salt in a bowl and mash with a fork until well combined.
- 6 Divide the rice, steak, red onion, cilantro, and guacamole between bowls. Enjoy!



Creamy Edamame & Mushroom Pasta

2 servings

25 minutes

Ingredients

- 1/2 cup Macaroni
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Mushrooms (sliced)
- 1 cup Milk
- 2 tsp Onion Powder
- 1 tsp Garlic Powder
- 1/2 tsp Cornstarch
- 2 tbsps Unbleached All Purpose Flour
- 1 tsp Sea Salt
- 1/2 cup Frozen Peas
- 1/2 cup Frozen Edamame
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Fat	11g
Carbs	43g
Fiber	8g
Protein	13g

Directions

- 1 Bring a large pot of water to a boil and cook pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
- 3 In the same saucepan over medium heat, add milk, onion powder, garlic powder, cornstarch, flour and salt. Bring to a boil, whisking occasionally.
- 4 Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
- 5 Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

Notes

Likes it Spicy: Add red pepper flakes.



Singapore Noodles with Crispy Tofu

4 servings

1 hour

Ingredients

15 3/4 ozs Tofu (extra firm)
 1/4 cup Soy Sauce
 1 tbsp Sesame Oil
 1 tbsp Rice Vinegar
 2 tbsps Curry Powder (optional)
 1/4 tsp Sea Salt
 2 tbsps Sesame Seeds
 2 tbsps Extra Virgin Olive Oil (divided)
 1 cup Vermicelli Noodles (dry)
 1 tbsp Ginger (peeled and grated)
 2 Garlic (cloves, minced)
 4 cups Coleslaw Mix (pre-sliced from the bag)
 4 stalks Green Onion

Nutrition

Amount per serving	
Fat	19g
Carbs	36g
Fiber	7g
Protein	17g

Directions

- 1 Pat tofu dry with paper towels or a clean tea towel. Wrap it in a dry towel or paper towels and place it between two cutting boards or plates. Place a weight (such as a pot of water or heavy books) on top to press the tofu. Leave it for about 30 minutes to remove moisture.
- 2 While the tofu is being pressed, make the stir fry sauce by combining the soy sauce, sesame oil, rice vinegar and curry powder (if using) in a small bowl. Set aside.
- 3 Once the tofu has finished being pressed, pat it dry again and cut it into small cubes. Sprinkle with sea salt and sesame seeds. Melt half the oil in a large skillet over medium heat. Add the tofu cubes, cooking until golden brown and crispy on all sides.
- 4 While the tofu is cooking, place the rice noodles in a bowl and bring a full kettle of water to a boil. Pour hot kettle water over the noodles and let stand for about 5 minutes, then drain.
- 5 Remove the tofu from the skillet. Add the rest of the oil and the ginger, garlic and coleslaw mix. Sauté for 1 to 2 minutes.
- 6 Add the cooked rice noodles, stir fry sauce, and crispy tofu cubes back to the skillet. Toss the contents of the skillet together until everything is combined and evenly coated with sauce. Remove from heat and sprinkle the green onions over top. Enjoy!

Notes

Save Time: Skip the tofu-pressing step. The tofu may not get as crispy but will still be delicious!



One Pot Cheeseburger Pasta

6 servings

20 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 1/2 lbs Lean Ground Beef
- 1 Carrot (medium, finely diced)
- 2 tsps Dried Basil
- 1/2 tsp Sea Salt
- 3 1/2 cups Diced Tomatoes (with juices)
- 1 1/2 cups Water
- 3 1/2 cups Fusilli (dry)
- 4 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Fat	32g
Carbs	57g
Fiber	5g
Protein	30g

Directions

- 1 In a large pot or Dutch oven, heat the oil over medium heat. Add the ground beef, carrot, basil, and salt. Cook for five minutes, stirring often. Drain any excess oil.
- 2 Add the diced tomatoes, water, and fusilli. Stir until well combined and the fusilli is mostly submerged. Cover with a lid and cook for 10 to 12 minutes or until the pasta is cooked through.
- 3 Open the lid and stir the pasta again. Top with the shredded cheese and close the lid until melted. Divide between bowls and enjoy!

Notes

More Flavor: Add fresh basil, oregano, onion, and/or garlic.

Additional Toppings: Sliced green onions, chopped pickles, avocado and/or plain yogurt.

More Veggies: Stir in finely chopped spinach before topping with cheese.



Greek Pasta Salad

4 servings

15 minutes

Ingredients

- 1 1/2 cups Pasta Shells (dry)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Red Wine Vinegar
- 1/2 tsp Oregano (dried)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (quartered, sliced)
- 1/3 cup Pitted Kalamata Olives

Nutrition

Amount per serving	
Fat	13g
Carbs	40g
Fiber	3g
Protein	5g

Directions

- 1 Cook the pasta according to package directions. Drain, rinse well and set aside to cool.
- 2 In a small bowl, add the oil, red wine vinegar, oregano, salt, and pepper. Mix well to combine.
- 3 In a large bowl, add the pasta, and the dressing and mix well. Add the tomatoes, cucumber, and olives and toss to combine. Enjoy!

Notes

Serve it With: Chicken and feta cheese.



Roasted Veggie Pasta

4 servings

25 minutes

Ingredients

- 1 Zucchini (medium, chopped)
- 2 cups Cherry Tomatoes
- 2 Carrot (medium, sliced)
- 1/2 cup Red Onion (large, sliced)
- 3 Garlic (cloves, minced)
- 2 1/2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt (to taste)
- 10 ozs Pasta (dry)
- 2 tbsps Balsamic Vinegar (to taste)

Nutrition

Amount per serving	
Fat	5g
Carbs	51g
Fiber	13g
Protein	19g

Directions

- 1 Preheat the oven to 425°F (220°C). Line your baking sheets with parchment paper.
- 2 In a large bowl, toss together everything except the pasta and balsamic vinegar. Transfer to the baking sheets and spread the veggies in an even layer. Roast for 20 minutes.
- 3 Meanwhile, cook the pasta according to the package directions. Drain the water and return the pasta to the pot.
- 4 Add the roasted veggies to the cooked pasta and stir in the balsamic vinegar. Taste and adjust the salt, thyme, or balsamic vinegar as needed. Enjoy!

Notes

Serve it With: Tofu, chicken, turkey, or beef.

More Flavor: Add your choice of additional herbs and spices, or use a dressing of your choice instead of balsamic vinegar.



Pasta Primavera

4 servings

30 minutes

Ingredients

- 3 cups Penne (uncooked)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Broccoli (chopped into small florets)
- 1 cup Red Onion (sliced)
- 1 Yellow Bell Pepper (medium, sliced)
- 1/2 Zucchini (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 2 tsps Italian Seasoning
- 1/4 tsp Sea Salt (divided, to taste)
- 2 tbsps Lemon Juice (to taste)
- 1/2 cup Parmigiano Reggiano (shredded, plus more for garnish)

Nutrition

Amount per serving	
Fat	12g
Carbs	58g
Fiber	9g
Protein	13g

Directions

- 1 Cook the pasta according to package instructions. Drain and set aside.
- 2 In a large skillet, heat the oil over medium-high heat. Cook the broccoli for two to three minutes. Then add the onion, bell pepper, zucchini, tomatoes, Italian seasoning, and half the salt until tender, about five to eight minutes.
- 3 Add the pasta, lemon juice, and parmesan. Season with the remaining salt to taste, if needed.
- 4 Divide into bowls and garnish with parmesan (optional). Enjoy!

Notes

Serve it With: Any meat.

More Flavor: Add garlic and garnish with parsley.

Additional Toppings: Add peas, beans, asparagus, yellow squash, red pepper flakes, or black pepper.



Chicken & Asparagus Pesto Pasta

4 servings

30 minutes

Ingredients

8 1/2 ozs Chicken Breast
2 cups Asparagus (ends trimmed)
1 tbsp Extra Virgin Olive Oil
9 3/4 ozs Pasta (dry)
1/3 cup Pesto
1 tbsp Lemon Juice
3 tbsps Parmigiano Reggiano (finely grated)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	19g
Carbs	44g
Fiber	11g
Protein	36g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
- 3 Meanwhile, cook the pasta according to package instructions.
- 4 To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

Notes

Additional Toppings: Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.



Sheet Pan Mushroom, Sausage & Gnocchi

2 servings

25 minutes

Ingredients

- 8 3/4 ozs Potato Gnocchi
- 6 Cremini Mushrooms (sliced)
- 8 ozs Turkey Sausage (sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Thyme (fresh)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Basil Leaves (chopped)

Nutrition

Amount per serving	
Fat	17g
Carbs	43g
Fiber	2g
Protein	29g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 2 Add the gnocchi, mushrooms, sausage, oil, thyme, salt, and pepper onto the baking tray. Mix to combine everything together.
- 3 Place the tray in the oven and roast for 20 minutes or until everything is cooked through, stirring halfway through.
- 4 Top with basil. Divide evenly between plates and enjoy!

Notes

More Flavor: Add red onion and bell pepper.

Additional Toppings: Add parmesan cheese and/or red pepper flakes.

No Turkey Sausage: Use beef or pork sausage instead.



Baked Beef & Spinach Rigatoni

8 servings

55 minutes

Ingredients

- 1 lb Rigatoni (uncooked)
- 1 lb Lean Ground Beef
- 1 Yellow Onion (medium, finely chopped)
- 5 cups Marinara Sauce
- 2 tsps Italian Seasoning
- 4 cups Baby Spinach
- 8 ozs Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Fat	22g
Carbs	49g
Fiber	5g
Protein	24g

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cook the rigatoni al dente according to the package directions. Drain and set aside.
- 3 Preheat a large non-stick skillet over medium heat. Add the beef and the onions crumbling the meat as it cooks. Cook for seven to 10 minutes or until cooked through.
- 4 Add the marinara sauce and the Italian seasoning. Cook over medium heat for five minutes, stirring occasionally. Set aside.
- 5 In a large bowl, combine the rigatoni, spinach, and sauce. Pour it into a baking dish and top it with the cheese. Cook for 20 minutes or until browned and bubbly.
- 6 Let it rest for 10 minutes before serving. Enjoy!

Notes

Serving Size: A 13 x 9-inch baking dish was used.

More Flavor: Add vegetables like zucchini, kale, mushrooms, and bell peppers.



Beef Stuffed Pasta Shells

2 servings

55 minutes

Ingredients

2 3/4 ozs Jumbo Pasta Shells (dry)
8 ozs Lean Ground Beef
1/3 Yellow Onion (medium, diced)
1 1/2 cups Marinara Sauce (divided)
1 1/2 tsps Italian Seasoning
Sea Salt & Black Pepper (to taste)
2 ozs Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Fat	34g
Carbs	37g
Fiber	3g
Protein	31g

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cook the pasta shells al dente according to the package directions. Drain and set aside.
- 3 Preheat a large non-stick skillet over medium heat. Add the beef and the onions breaking up the meat as it cooks. Cook for seven to 10 minutes or until cooked through.
- 4 Add 1/3 of the marinara sauce and the Italian seasoning. Cook over medium heat for five minutes, stirring occasionally. Season with salt and pepper and set aside.
- 5 Add the remaining marinara sauce into a baking dish. Spoon the beef mixture into the pasta shells and arrange them in the baking dish. Top with mozzarella cheese.
- 6 Cook in the oven for 20 minutes or until browned and enjoy!

Notes

More Flavor: Add bell peppers and mushrooms.



Classic Baked Mac & Cheese

6 servings

30 minutes

Ingredients

2 cups Macaroni (dry)
1/4 cup Butter
1 1/4 ozs Unbleached All Purpose Flour
2 cups Milk
7 ozs Cheddar Cheese (old, shredded)
2 tbsps Bread Crumbs (seasoned)

Nutrition

Amount per serving	
Fat	22g
Carbs	35g
Fiber	1g
Protein	15g

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Cook the pasta al dente according to the package directions. Once cooked, drain and immediately run under cold water to prevent overcooking. Set aside.
- 3 Melt the butter in a large saucepan over low heat. Whisk in the flour and cook for one minute. Gradually add the milk, whisking constantly, until thickened.
- 4 Add 2/3 of the cheese and stir until melted. Stir in the cooked macaroni.
- 5 Pour into a baking dish. Top with the remaining cheese and breadcrumbs and bake for 20 minutes or until heated through. Enjoy!

Notes

Serve it With: Any meat, roasted vegetables.

Baking Dish: An 8.5 x 11.5-inch casserole dish was used.



Sheet Pan Chicken & Pesto Gnocchi

4 servings

40 minutes

Ingredients

- 12 1/3 ozs Potato Gnocchi
- 1 lb Chicken Thighs (boneless, skinless, sliced)
- 3 cups Cherry Tomatoes
- 1 cup Red Onion (cut into small wedges)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach
- 1/2 cup Pesto

Nutrition

Amount per serving	
Fat	24g
Carbs	41g
Fiber	4g
Protein	32g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Arrange the gnocchi and the chicken on one half of the baking sheet, and the tomatoes and red onion on the other half. Drizzle with oil and season to taste. Gently toss each side to coat.
- 3 Bake for 30 minutes, tossing each side once halfway through.
- 4 Remove the baking sheet from the oven and add the spinach and the pesto. Toss the gnocchi and the vegetables together to combine and place back in the oven for three more minutes.
- 5 Divide evenly between bowls and enjoy!

Notes

More Flavor: Add olives.

Additional Toppings: Parmesan cheese.



Creamy Sun Dried Tomato Beef Ravioli

2 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 Garlic (clove, minced)
- 1/2 cup Vegetable Broth (or chicken broth)
- 1 cup Cream, Half & Half
- 1 tsp Lemon Juice
- 1/4 cup Sun Dried Tomatoes (chopped)
- 8 ozs Beef Ravioli
- 1 cup Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Parmigiano Reggiano (grated)

Nutrition

Amount per serving	
Fat	28g
Carbs	47g
Fiber	2g
Protein	16g

Directions

- 1 Heat the oil in a pan over medium-high heat. Add the garlic and sauté for 30 seconds.
- 2 Add the broth, cream, lemon juice, sun-dried tomatoes, and ravioli. Stir to combine.
- 3 Bring to a simmer, cover, and cook for four to five minutes until the ravioli are cooked. Add the spinach, cover, and cook for one minute or until wilted.
- 4 Season with salt and pepper and top with parmesan. Divide evenly onto plates and enjoy!

Notes

More Flavor: Add fresh herbs like basil or chives, chili flakes, and/or extra lemon juice.



Beef Ravioli with Mushroom Sauce

4 servings

25 minutes

Ingredients

- 1/2 cup Butter (divided)
- 4 cups Mushrooms (thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Shallot (finely chopped)
- 1 tbsp Cornstarch
- 2 tbsps Red Wine Vinegar
- 2 2/3 cups Beef Broth
- 1 lb Beef Ravioli
- 1/4 cup Parsley (chopped)
- 1/4 cup Parmigiano Reggiano (grated)

Nutrition

Amount per serving	
Fat	30g
Carbs	45g
Fiber	3g
Protein	16g

Directions

- 1 Heat a pan over medium-high heat, then add half the butter. Add the mushrooms and cook for three to four minutes until the liquid evaporates and the mushrooms brown. Season with salt and pepper.
- 2 Add the remaining butter and shallots and sauté for one minute until softened. Add the cornstarch and stir well to combine.
- 3 Deglaze with red wine vinegar and sauté for one minute. Add the broth and bring to a simmer. Add the ravioli, cover, and reduce the heat to medium-low. Cook for four to five minutes until cooked through.
- 4 Add the parsley and stir to combine. Divide evenly between plates, top with parmesan, and enjoy!

Notes

More Flavor: Add garlic and red pepper flakes. Serve with sour cream.



Classic Cheeseburger with Caesar Salad

4 servings
25 minutes

Ingredients

- 1 1/3 lbs Lean Ground Beef
- 4 ozs Cheddar Cheese (sliced)
- Sea Salt & Black Pepper (to taste)
- 2 2/3 heads Romaine Hearts
- 1/4 cup Caesar Dressing
- 1 3/4 tbsps Parmigiano Reggiano (grated)
- 8 ozs Whole Wheat Bun
- 2/3 Tomato (medium, sliced)
- 2/3 cup Red Onion (sliced)

Nutrition

Amount per serving	
Fat	28g
Carbs	33g
Fiber	4g
Protein	45g

Directions

- 1 Preheat the grill to medium-high heat.
- 2 Use your hands to form the ground beef into one-inch (2.5 cm) thick patties. Generously season each side with salt and pepper.
- 3 Set aside a few leaves of romaine for your burger toppings, leaving one leaf per burger. Chop the remainder of the romaine into salad-sized pieces and add to a bowl. Mix in the caesar dressing, parmesan cheese, salt, and pepper. Set aside.
- 4 Grill the burgers for three to four minutes per side, or until cooked through. Add cheese. Remove the burgers from the grill and turn off the heat. Add the buns and toast for one to two minutes.
- 5 Add your burger patties to the hamburger buns. Top with sliced tomato, onions, and lettuce leaves. Divide the salad evenly between plates with the burgers. Enjoy!



Slow Cooker Beef Meatballs

4 servings

5 hours

Ingredients

4 Garlic (large cloves, divided)
 3 cups Canned Whole Tomatoes (drained)
 2 tbsps Tomato Paste
 1/2 Yellow Onion (chopped)
 1/4 tsp Red Pepper Flakes
 1 1/3 tbsps Italian Seasoning (divided)
 1 tsp Sea Salt (divided)
 1 lb Lean Ground Beef
 1/4 cup Bread Crumbs
 1 Egg

Nutrition

Amount per serving	
Fat	13g
Carbs	15g
Fiber	3g
Protein	27g

Directions

- 1 Roughly chop half of the garlic cloves then add to a blender or food processor with the tomatoes, tomato paste, onion, red pepper flakes, half of the Italian seasoning, and half of the salt. Pulse four to five times until combined and the ingredients are finely chopped. Set aside.
- 2 Add the beef to a mixing bowl. Mince the remaining garlic and add to the meat along with the remaining Italian seasoning, remaining salt, bread crumbs, and egg. Mix well.
- 3 Form the meat mixture into balls approximately one to two inches in diameter and place them in the bottom of the slow cooker.
- 4 Pour the tomato sauce over top of the meatballs. Cover and cook on high for four and a half hours or low for eight hours. Stir well and season with additional salt if needed.
- 5 To serve, divide meatballs between plates and top with a generous amount of sauce. Enjoy!

Notes

Serve it With: Cooked noodles, quinoa, rice, or roasted vegetables.

No Canned Whole Tomatoes: Used canned diced tomatoes instead.



Ginger Beef Stir Fry

4 servings

30 minutes

Ingredients

- 1/4 cup Soy Sauce
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Honey
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Beef Tenderloin (sliced into strips)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (chopped)
- 3 cups Snap Peas
- 3 cups Mushrooms (sliced)

Nutrition

Amount per serving	
Fat	14g
Carbs	16g
Fiber	4g
Protein	40g

Directions

- 1 Mix together soy sauce, garlic, ginger and honey in a jar. Put on a lid and shake well. Set aside.
- 2 Add oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Serve it With: Serve with rice or quinoa.

Alternative Vegetables: Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

No Beef: Use diced chicken breast instead.

More Greens: Stir in kale or baby spinach until wilted.



Garlic Ginger Chicken with Rice

2 servings

30 minutes

Ingredients

1/2 cup Jasmine Rice (dry, rinsed)
14 ozs Chicken Thighs With Skin (bone-in)
Sea Salt & Black Pepper (to taste)
1 1/2 tpsps Extra Virgin Olive Oil
2 tpsps Soy Sauce
1 tpsps Sugar
1 1/2 tpsps Ginger (fresh, minced)
2 Garlic (clove, minced)
1 1/3 cups Chicken Broth
1 tsp Sesame Seeds (toasted)
2 tpsps Cilantro (chopped)

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, pat the chicken dry and season with salt and pepper. Heat the oil in a large pot over medium-high heat. Sear the chicken skin-side down for five to seven minutes or until golden.
- 3 Flip the chicken and add the soy sauce, sugar, ginger, and garlic. Stir well. Add the broth and bring to a gentle boil. Reduce the heat, cover, and simmer for 10 to 15 minutes or until tender and cooked through.
- 4 Divide the rice evenly between plates. Add the chicken on top and drizzle with the remaining broth found in the pot. Garnish with sesame seeds and cilantro. Enjoy!

Nutrition

Amount per serving	
Fat	37g
Carbs	46g
Fiber	1g
Protein	39g



Meatballs with Mashed Potatoes & Gravy

4 servings

50 minutes

Ingredients

4 Russet Potato (small, peeled, chopped)
 1/4 cup Milk
 Sea Salt & Black Pepper (to taste)
 1 lb Lean Ground Beef
 1/4 cup Extra Virgin Olive Oil (divided)
 3 tbsps Bread Crumbs
 1 tsp Garlic Powder (divided)
 1 Yellow Onion (medium, sliced)
 1 tsp Cornstarch
 2 tsps Water
 1 1/2 cups Beef Broth
 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Fat	25g
Carbs	45g
Fiber	5g
Protein	29g

Directions

- 1 Add the potatoes to a large pot of salted water and bring to a boil. Boil for 15 minutes or until the potatoes are fork-tender. Drain the water and add the potatoes back to the pot. Add the milk, salt, and pepper. Mash with a potato masher until smooth and creamy.
- 2 Meanwhile, combine the beef, half of the oil, bread crumbs, and half of the garlic powder in a bowl. Season with salt and pepper. Roll the mixture into two-inch (5 cm) balls and place them on a plate.
- 3 Heat the remaining oil in a pan over medium heat. Add the meatballs and cook them on all sides for 10 to 12 minutes, until they are browned and cooked through. Work in batches if needed. Remove from the pan and set aside.
- 4 To the same pan, add the onion. Cook for six to seven minutes or until browned.
- 5 Mix the cornstarch and water to make a slurry. Add the broth, remaining garlic powder to the pan. Season with salt and pepper. Bring to a low boil. Once boiling, slowly add the slurry and stir until the sauce thickens.
- 6 Add the meatballs back into the pan and coat them in the sauce. Lower the heat and cook for five to six minutes to warm the meatballs. Garnish with parsley. Divide the mashed potatoes, meatballs, and gravy evenly between plates. Enjoy!



Slow Cooker Pork & Vegetable Stew

4 servings

6 hours 15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 lbs Pork Shoulder, Boneless (cubed)
- Sea Salt & Black Pepper (to taste)
- 1 Yellow Onion (medium, chopped)
- 3 1/2 cups Chicken Broth (divided)
- 1 1/2 cups Diced Tomatoes (from the can, with the juices)
- 1 tsp Oregano
- 1 Yellow Potato (large, peeled, cubed)
- 1 Carrot (large, peeled, diced)
- 1 cup Mushrooms (quartered)
- 1 cup Frozen Green Beans

Nutrition

Amount per serving	
Fat	12g
Carbs	21g
Fiber	4g
Protein	56g

Directions

- 1 Heat the oil in a pan over medium-high heat. Brown the pork in batches for five to seven minutes until browned. Season with salt and pepper, then transfer to the slow cooker.
- 2 Add the onion to the pan and cook for three to four minutes until softened. Add a splash of the broth to deglaze, scraping up the browned bits. Add everything in the pan to the slow cooker.
- 3 Add the remaining broth, diced tomatoes, oregano, potato, carrot, and mushrooms to the slow cooker. Season with salt and pepper. Stir gently to combine. Cover and cook on low for eight hours or on high for six hours.
- 4 During the last 30 minutes of cooking, stir in the green beans. Once done, divide evenly between bowls or plates and enjoy!

Notes

Additional Toppings: Fresh parsley and/or a dollop of sour cream.



Lemon & Garlic Roasted Chicken with Potatoes & Carrots

5 servings

2 hours

Ingredients

- 3 Yellow Potato (medium, quartered)
- 2 Carrot (large, peeled, chopped)
- 1/2 head Cauliflower (medium, cut into florets)
- 1/3 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Chicken Broth
- 1/2 Lemon (medium, juiced)
- 3 Garlic (cloves, minced)
- 3 lbs Whole Roasting Chicken

Nutrition

Amount per serving	
Fat	23g
Carbs	29g
Fiber	5g
Protein	61g

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Add the potatoes, carrots, and cauliflower to a roasting pan. Drizzle half of the oil all over and season with salt and pepper. Toss to combine and then spread out into an even layer. Add the chicken broth to the pan, leaving about an inch of liquid all around the pan.
- 3 In a small bowl, mix together the remaining oil, lemon juice, garlic, salt, and pepper until it emulsifies. Pat the chicken dry and place it on top of the vegetables, breast side down, in the roasting pan.
- 4 Pour half of the marinade onto the chicken and rub it all over. Flip the chicken over and do the same on the other side. Put the lemon inside the open cavity of the chicken.
- 5 Place in the oven and roast until the chicken is no longer pink at the bone and the juices run clear, about 75 to 90 minutes, depending on the size of the chicken.
- 6 Let the chicken rest for 10 to 15 minutes before serving with the roasted vegetables. Enjoy!

Notes

Cooking Time: The cooking time of the chicken will vary depending on the size. You can use a meat thermometer and cook the chicken until its internal temperature reaches 165°F (74°C).



Ground Chicken & Mixed Veggie Stir Fry

4 servings

30 minutes

Ingredients

- 1/2 cup Red Onion (sliced)
- 4 Garlic (clove, minced)
- 1 1/2 lbs Lean Ground Chicken
- 3 cups Frozen Vegetable Mix
- 2 tbsps Honey
- 1/4 cup Soy Sauce
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Cilantro (chopped, optional)

Nutrition

Amount per serving	
Fat	14g
Carbs	30g
Fiber	7g
Protein	35g

Directions

- 1 Heat a non-stick pan over medium heat. Add onion with a splash of water, stir, and cook for five minutes until soft.
- 2 Add the garlic and cook for one to two minutes. Add the chicken and cook for five minutes or until starting to brown, breaking it up as it cooks.
- 3 Stir in the vegetable mix and cook for 15 to 17 minutes or until tender and everything is cooked through.
- 4 Add honey and soy sauce, stir, and season with salt and pepper. Top with cilantro (if using). Divide evenly between plates and enjoy!

Notes

Serve it With: Serve with rice or quinoa.

More Flavor: Add ginger and Chinese five spice.

Additional Toppings: Green onions and sesame seeds.

Frozen Vegetable Mix: This recipe was made using a mix of carrots, snap peas, and green peas.



Classic Meatloaf

6 servings

1 hour 30 minutes

Ingredients

- 2 Egg
- 1/3 cup Ketchup (divided)
- 1/2 Yellow Onion (peeled, finely chopped)
- 10 Cremini Mushrooms (finely chopped)
- 1 tbsp Worcestershire Sauce
- 1 tsp Sea Salt
- 1/2 cup Oats
- 1 1/2 lbs Lean Ground Beef

Nutrition

Amount per serving	
Fat	25g
Carbs	10g
Fiber	1g
Protein	23g

Directions

- 1 Preheat the oven to 325°F (165°C) and line a loaf pan with parchment paper.
- 2 In a large bowl, mix together the eggs, half the ketchup, onion, mushrooms, Worcestershire sauce, salt, oats, and ground beef, until just combined.
- 3 Add the mixture to the loaf pan and evenly press down. Spread the remaining ketchup on top. Bake for 80 minutes or until the internal temperature reaches 160°F (71°C). Allow to rest for 10 minutes, serve and enjoy!

Notes

More Flavor: Sauté the onions and mushrooms before adding them to the meatloaf mixture.



One Pan Burrito Casserole

3 servings

45 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (large, chopped)
- 10 ozs Lean Ground Beef
- 1/4 cup Jasmine Rice (dry, rinsed)
- 1/2 cup Pinto Beans (cooked, rinsed and drained)
- 1 1/2 cups Diced Tomatoes (from the can, with the juices)
- 1 1/2 cups Chicken Broth
- 1 1/2 tsps Taco Seasoning
- 4 ozs Cheddar Cheese (shredded)
- 2 tsps Cilantro (chopped)

Nutrition

Amount per serving	
Fat	27g
Carbs	29g
Fiber	5g
Protein	33g

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Heat the oil in a large ovenproof skillet over medium-high heat. Add the onion and soften for two to three minutes. Add the meat, breaking it up as it cooks. Cook for five to seven minutes or until the meat is no longer pink.
- 3 Stir in the rice, beans, tomatoes, broth, and taco seasoning. Cover and cook on the stove over medium-low heat for 10 to 12 minutes, stirring occasionally, or until the rice is cooked to al dente and all the liquid has been absorbed.
- 4 Sprinkle the cheese on top. Bake in the oven for eight to 10 minutes or until the cheese has melted. Let cool for 10 minutes.
- 5 Top with cilantro and enjoy!

Notes

Serve it With: Tortilla chips, in a small tortilla, or as a sandwich wrap.

More Flavor: Use carnitas or chicken instead of ground beef. Add jalapeños and garlic.

Additional Toppings: Green onions, sour cream, and/or guacamole.



Parmesan Pasta & Peas

2 servings

20 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
 1/4 Yellow Onion (diced)
 1/2 cup Frozen Peas
 Sea Salt & Black Pepper (to taste)
 1 1/4 cups Water
 1 1/2 cups Penne (dry)
 1/4 cup Parmigiano Reggiano (finely grated)

Nutrition

Amount per serving	
Fat	12g
Carbs	54g
Fiber	9g
Protein	13g

Directions

- 1 Heat a dutch oven over medium-low heat and pour in the oil. Once warm, add the onion and sauté until softened, about five minutes. Increase the heat to medium and add the peas and stir. Cook for one minute. Season with salt and pepper.
- 2 Pour in the water and bring to a boil and then add the pasta. Reduce the heat to medium-low and cook for eight to nine minutes, or until cooked to your liking, stirring frequently to avoid the pasta sticking.
- 3 Remove the pasta from the heat and stir in the Parmigiano Reggiano. Divide onto plates and season with salt and pepper. Enjoy!

Notes

Serve it With: Any meat, on the side or added in.

Water: You may need to add additional water as needed while cooking. Only add about one tablespoon at a time to ensure there is no excess liquid left over as the pasta is not drained at the end.

More Flavor: Season with chili flakes.

Additional Toppings: Top with chopped parsley or chives.



BBQ Chicken with Grilled Balsamic Vegetables

4 servings

1 hour

Ingredients

1 tbsp Extra Virgin Olive Oil
 1/2 cup Red Onion (chopped)
 3 Garlic (cloves, minced)
 2 Tomato (diced)
 2 tps Tabasco Sauce (optional)
 1/4 cup Apple Cider Vinegar
 1/4 cup Yellow Mustard
 1/4 cup Fancy Molasses
 2 tbsps Honey
 1/2 tsp Sea Salt
 1 lb Chicken Breast
 1 Yellow Onion (coarsely chopped)
 1 Zucchini (coarsely chopped)
 2 cups Portobello Mushroom (coarsely chopped)
 1 Yellow Bell Pepper (coarsely chopped)
 1 tbsp Balsamic Vinegar

Nutrition

Amount per serving	
Fat	7g
Carbs	39g
Fiber	4g
Protein	30g

Directions

- 1 Heat olive oil in a saucepan over medium heat. Add red onion and saute for about 5 minutes or until soft. Add garlic and saute for another minute. Add in diced tomatoes and stir occasionally for 10 minutes. Add in tabasco (if using), vinegar, mustard, molasses, honey and salt. Stir well. Reduce heat and let barbecue sauce simmer for 25 minutes.
- 2 Transfer to blender and blend until smooth. Let cool while you prepare the rest.
- 3 Place all diced vegetables in a bowl and toss with olive oil. Transfer to a grilling basket.
- 4 Preheat grill on medium heat. Add vegetables and chicken breasts. Use a brush to coat the chicken breasts with barbecue sauce. Toss the vegetables occasionally. After 8 to 10 minutes, flip the chicken breasts and coat with barbecue sauce again. Cook for another 8 to 10 minutes or until chicken is cooked through.
- 5 Once chicken is cooked through, transfer to a plate. Transfer grilled vegetables back into bowl and toss with balsamic vinegar.
- 6 Plate chicken and grilled veggies. Serve with extra barbecue sauce if you desire. Enjoy!

Notes

No BBQ: Preheat the oven to 350°F (177°C). Marinate the chicken in the barbecue sauce ahead of time. Roast the chicken and the veggies together on a large baking sheet for 30 minutes or until chicken is cooked through.



Honey Sesame Chicken with Peas & Rice

4 servings
20 minutes

Ingredients

Rice (cooked)
2 tbsps Chicken Broth
3 tbsps Soy Sauce
1 tsp Sesame Oil
1 1/2 tpsps Extra Virgin Olive Oil
2 tbsps Honey
1 1/4 lbs Chicken Breast (diced into cubes)
2 cups Frozen Peas (thawed)
1 tbsp Sesame Seeds
1 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Fat	8g
Carbs	21g
Fiber	4g
Protein	37g

Directions

- 1 Cook rice according to package directions.
- 2 In a small jar, combine the broth, soy sauce and sesame oil. Shake well to combine and set aside.
- 3 Heat the oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the soy-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 4 Cook the green peas.
- 5 Divide the chicken, green peas and rice between plates. Drizzle the rice with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

Notes

No Chicken Breast: Use turkey breast instead.



One Pan Teriyaki Chicken

2 servings

40 minutes

Ingredients

- 10 ozs Chicken Breast
- 2 cups Broccoli (chopped into florets)
- 2 Carrot (medium, sliced on the diagonal)
- 2 cups Snap Peas
- 2 tbsps Soy Sauce
- 2 tbsps Sesame Oil
- 1/2 Navel Orange (juiced)
- 2 tbsps Honey
- 2 tbsps Rice Vinegar
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Fat	20g
Carbs	45g
Fiber	8g
Protein	40g

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 In a small bowl, whisk together the soy sauce, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 4 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

Notes

Serve it With: Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.