



Stir-Fries & More Recipes

Welcome!

These recipes are here to support you—not 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.

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

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

Use these recipes in a way that fits your real life. Cook once and enjoy leftovers. Double a recipe for busy weeks. Repeat meals you love!

It's important to 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 the 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!



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.



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.



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.



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.



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.



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.



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.



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.



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.



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.



Sesame Ginger Beef & Kale with Rice

4 servings

25 minutes

Ingredients

- 1 cup Jasmine Rice (dry, rinsed)
- 2 tbsps Sesame Oil (divided)
- 2 tsps Ginger (minced)
- 1 lb Extra Lean Ground Beef
- 2 cups Kale Leaves (chopped)
- 1 Orange Bell Pepper (medium, chopped)
- 3 tbsps Soy Sauce
- 2 tbsps Rice Vinegar
- 1/4 cup Chives (finely chopped)
- 1 tbsp Honey

Nutrition

Amount per serving	
Fat	18g
Carbs	47g
Fiber	2g
Protein	28g

Directions

- 1 Cook the rice according to the package directions.
- 2 Heat 1/3 of the oil in a pan over medium heat. Add the ginger and beef. Cook for five to six minutes or until browned and fully cooked, breaking it up as it cooks.
- 3 Add the kale and bell pepper and sauté for five to six minutes until tender.
- 4 Add the soy sauce, vinegar, honey, and remaining oil. Cook for another minute until well combined.
- 5 Divide the rice, beef, and vegetables evenly between bowls or plates. Garnish with chives and enjoy!



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.



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.



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 tsps 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.



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.



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.



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 & 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.



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.



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.



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.



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.



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.



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.



Pineapple Coconut Shrimp

4 servings

25 minutes

Ingredients

- 3 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 2 tbsps Parsley (chopped)
- 1/2 tsp Sea Salt
- 2 lbs Shrimp (raw, peeled and deveined)
- 4 cups Pineapple (diced into chunks)
- 2 tbsps Unsweetened Coconut Flakes
- 12 Barbecue Skewers

Nutrition

Amount per serving	
Fat	10g
Carbs	23g
Fiber	3g
Protein	47g

Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

Serve it With: Serve with rice.



Shrimp & Green Beans

4 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 1/2 cups Green Beans (trimmed)
- 2 lbs Shrimp (raw, peeled and deveined)
- 1/8 tsp Sea Salt
- 1 tbsp Soy Sauce
- 1/2 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Fat	4g
Carbs	5g
Fiber	2g
Protein	56g

Directions

- 1 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 2 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the soy sauce and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

Notes

Serve It With: Serve with rice or mashed potatoes.



Sweet & Sour Shrimp with Peppers

6 servings

20 minutes

Ingredients

- 1 tbsp Oil
- 2 Orange Bell Pepper (chopped)
- 2 lbs Shrimp (raw)
- 4 fl ozs Pineapple Juice (from the can or bottle)
- 1/4 cup Honey
- 2 1/2 tbsps Rice Vinegar
- 1 tbsp Tomato Paste
- 1 tbsp Soy Sauce
- 2 1/4 tsps Cornstarch
- 1 1/2 tbsps Water (warm)

Nutrition

Amount per serving	
Fat	3g
Carbs	19g
Fiber	1g
Protein	31g

Directions

- 1 In a large cast iron skillet or wok, heat the oil over medium heat. Add the bell peppers and cook until slightly charred. Add the shrimp, stirring occasionally.
- 2 When the shrimp is partially cooked, add the pineapple juice, honey, rice vinegar, tomato paste and soy sauce. Continue to stir fry until the shrimp is cooked through and evenly coated.
- 3 In a small bowl, combine the cornstarch and warm water to create a slurry. Add the slurry to the sauce and whisk for about 30 seconds, or until the sauce has thickened slightly.
- 4 Divide into bowls and enjoy!

Notes

Serve it With: Serve with rice.



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.



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

Serve it With: Serve over noodles or rice.

Additional Toppings: Sesame seeds.

No Cilantro: Use parsley instead.

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



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.



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.



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.



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.



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.