



Busy Lifestyle

Recipe Bundle
For People
On-The-Move

EAT WELL WITHOUT
THE HASSEL.

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A top-down view of a white ceramic bowl filled with a breakfast meal. The bowl contains a thick, white yogurt base. On top of the yogurt, there are several fresh, bright red raspberries. Scattered throughout the yogurt are small, dark, oval-shaped chia seeds. A golden-brown liquid, likely honey or maple syrup, is drizzled over the yogurt in a decorative pattern. The bowl is placed on a light-colored, textured fabric surface, possibly a placemat or tablecloth. A semi-transparent, light beige rectangular box is overlaid on the right side of the bowl, containing text.

Busy Lifestyle
Breakfast

START YOUR DAY RIGHT

Acai Bowl With Berries



SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 0 MINUTES

INGREDIENTS

- Acai frozen packet (Trader Joes Acai packets)
- 1/2 scoop (15 g) protein powder
- 1 banana
- 1/4 cup (55 g) frozen strawberries
- 1/3 (80 g) almond milk
- 1/4 cup (30 g) paleo granola
- 1/4 cup (35 g) blackberries
- 1/4 cup (35 g) blueberries
- 1/2 tbsp (3 g) chia seeds
- Drizzle of honey

DIRECTIONS

1. Take the individual packet of the frozen acai and place until warm water for 15 seconds, trying to break it up into chunks.
2. Add the acai to a blender with protein powder, milk, half the banana, and frozen berries.
3. Blend until you have a creamy, thick mixture.
4. In a bowl, add the acai smoothie and layer the banana, berries granola, chia seeds and honey on top, however you choose.

NUTRITION INFO

Calories: 552, Carbohydrate: 94 grams, Protein: 22 grams, Fat: 12 grams

Almond Butter Yogurt



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (240 g) full fat plain Greek yogurt
- 1 tbsp (16 g) almond butter
- 1/4 cup (30 g) raspberries
- 1/2 tbsp (6 g) chia seeds

DIRECTIONS

1. Place yogurt in a bowl and mix in almond butter.
2. Top with raspberries and chia seeds.

NUTRITION INFO

Calories: 482, Carbohydrate: 18 grams, Protein: 24 grams, Fat: 35 grams

Cinnamon Banana Oatmeal



SERVINGS: 1

PREP TIME: 0-5 MINUTES

COOK TIME: 10 MINUTES

INGREDIENTS

- 1/2 cup (80 g) old-fashioned oats
- 1 cup (240 g) almond milk (or milk of choice)
- 1 banana (mash half, slice half)
- 1 tsp (7 g) honey
- 1/4 tsp (1.5 g) salt
- 1/2 tbsp (5 g) hemp hearts
- 1/2 tsp (1.3 g) cinnamon

DIRECTIONS

1. In a small saucepan over medium heat, combine the oats and milk of choice.
2. Once the oats begin to simmer, add in the mashed banana, honey, salt, and cinnamon.
3. Turn the heat to low and allow to simmer for 5-8 minutes, or until the oats thicken to your desired texture.
4. Remove from the saucepan.
5. Top with sliced bananas, hemp hearts, and a dash of cinnamon.
6. Serve warm and enjoy!

NUTRITION INFO

Calories: 505, Carbohydrate: 90 grams, Protein: 17 grams, Fat: 10 grams

Egg White Bites



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 22 - 25 MINUTES

INGREDIENTS

- 2 cups (480 g) egg whites
- 1/4 cup (56 g) cottage cheese
- 5 sun-dried tomatoes, chopped
- 1 cup (30 g) chopped baby spinach
- 1 tsp (3 g) garlic powder
- Salt to taste
- Pepper to taste
- 1/2 medium (150g) avocado (per serving)
- 2 slice sprouted grain toast

DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Chop the sun-dried tomatoes and baby spinach. Place in a large bowl.
3. Add cottage cheese, garlic powder, salt, and pepper to bowl and mix.
4. In the same bowl, whisk in 16 oz of egg whites.
5. Add the cottage cheese and egg mix to an 8x8 baking dish* or 6 cupcake molds (greased with oil).
6. Bake for 22-25 minutes.
7. Serve 3 egg white bites with a slice of your favorite sprouted grain toast and 1/2 medium avocado.

*If using 8x8 baking dish, cut into 6 pieces

NUTRITION INFO

Calories: 334, Carbohydrate: 26 grams, Protein: 37 grams, Fat: 9 grams

Fried Tomato Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 10-15 MINUTES

INGREDIENTS

- 1 tbsp olive oil, divided
- 1/2 cup cherry tomatoes (sliced)
- 2-3 fresh basil leaves (sliced into small pieces/chiffonade)
- 3 whole eggs
- Salt to taste
- Pepper to taste
- 1 oz goat cheese
- 1/2 cup raspberries

DIRECTIONS

1. Heat 1/2 tbsp olive oil in a medium size skillet over medium heat.
2. Once the oil is hot, add the tomatoes, cut side down. Season with salt and pepper.
3. Cook the tomatoes for 3-5 minutes, or until they begin to caramelize/roast.
4. Add the basil, then flip the tomatoes and cook on the other side until softened.
5. Add remain olive oil to coat the pan.
6. Whisk together the eggs and add salt and pepper to the egg mixture.
7. Pour the egg mixture into the skillet with the tomatoes and cook for 1-2 minutes, or until the edges begin to set.
8. Flip the omelette and cook to desired temperature. Top with goat cheese.
9. Serve warm with a side of fresh raspberries and enjoy!

NUTRITION INFO

Calories: 428, Carbohydrate: 17 grams, Protein: 30 grams, Fat: 28 grams

Greek Style Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 3 large eggs
- 1/2 tomato
- 3 small sized baby bella mushrooms
- 2 tbsp fresh basil
- 1 tbsp shredded parmesan
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 pear

DIRECTIONS

1. Finely dice tomatoes. Slice mushrooms and chop fresh basil. Set aside.
2. Crack eggs and whisk in a bowl with salt and pepper to taste.
3. In a non stick skillet, add 1/2 tbsp olive oil and sauté mushrooms and tomatoes. Cook for 4 minutes on medium heat.
4. Once the veggies are cooked, add them to the bowl of whisked eggs and gently mix together.
5. Using the same pan, add 1/2 tbsp of olive oil and swirl around to ensure the pan is coated well.
6. Add the egg/veggie mixture and cook covered for 5 minutes. Turn the heat on low so the bottom doesn't burn.
7. Once the omelette is cooked, using a rubber spatula gently transfer to a plate and top with cheese and basil. Serve with a pear on the side.

NUTRITION INFO

Calories: 479, Carbohydrate: 33 grams, Protein: 22 grams, Fat: 30 grams

Honey Apple Almond Chia Yogurt Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

CHILL TIME: 4+ HOURS (OR
OVERNIGHT)

INGREDIENTS

- 3/4 cup (180 g) Greek yogurt
- 2 tbsp (24 g) chia seeds
- 1/2 tbsp (10 g) honey
- 1 small apple
- 1 tbsp (14 g) slivered almonds

DIRECTIONS

1. In a small bowl with a lid (or a jar) combine the yogurt, chia seeds, and honey. Stir until combined.
2. Cover and set in the fridge for 4-5 hrs, or overnight.
3. When ready to serve, chop an apple into slices or chunks and place on top of the yogurt bowl.
4. Top with shaved almonds.
5. Serve cold and enjoy!

NUTRITION INFO

Calories: 559, Carbohydrate: 48 grams, Protein: 22 grams, Fat: 32 grams

Mango Coconut Protein Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (165 g) fresh or frozen mango
- 1/2 banana
- 1 cup (240 g) coconut water
- 1 scoop (20g) collagen powder
- 2 tbsp (20 g) hemp hearts

DIRECTIONS

1. Combine all of the ingredients into a blender.
2. Blend for 60 second, or until the consistency is smooth.
3. Serve cold and enjoy!

NUTRITION INFO

Calories: 375, Carbohydrate: 50 grams, Protein: 28 grams, Fat: 9 grams

Poached Egg Tomato Avocado Tower



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 2 medium-large eggs
- 1/2 avocado
- 1 tomato
- 1 tbsp (15 g) apple cider vinegar
- 1/2 tbsp (14 g) olive oil
- 1 tbsp (1 g) fresh cilantro
- 1/8 cup (30 g) grated cheddar cheese
- Juice of 1/2 lemon
- Dash of Everything but the Bagel seasoning

DIRECTIONS

1. Bring a medium sized pot to boil. While water is boiling, slice the tomato and avocado to your desired thickness.
2. Once the water is boiling, add 1 tbsp of vinegar. Create a whirlpool with a spoon and crack both eggs in. Reduce the heat to medium so it's no longer vigorously boiling. Poach for about 4-5 minutes.
3. Once the egg is cooked firm to the touch, but still bouncy, take out of the water and set aside.
4. Assemble the tower by placing the tomato down first, then the sliced avocado. Squeeze lemon juice and olive oil on top of the avocado.
5. Add the grated cheese, then poached eggs along with cilantro and everything but the bagel seasoning.

NUTRITION INFO

Calories: 465, Carbohydrate: 18 grams, Protein: 21 grams, Fat: 36 grams

Salmon Tartine



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 1 MINUTE
(TO TOAST BREAD)

INGREDIENTS

- 2 slices sprouted grain bread, toasted
- 2 tbsp (30 g) ricotta cheese
- 3 oz (85 g) smoked salmon
- 1/4 cup (15 g) pickled onions
- 4 cherry tomatoes, halved
- 1/4 cup (30 g) shredded carrots
- 1/4 cup (14 g) microgreens
- 1 tbsp (9 g) capers
- Salt to taste
- Pepper to taste

DIRECTIONS

1. Spread toast with ricotta cheese.
2. Top with smoked salmon, then all other ingredients.

NUTRITION INFO

Calories: 349, Carbohydrate: 38 grams, Protein: 29 grams, Fat: 9 grams



Busy Lifestyle
Lunch

GET THE BOOST YOU NEED.

Baked Salmon “Poke” Bowl



SERVINGS: 1

PREP TIME: 5-10 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 3/4 cup (120 g) cooked white rice
- 1/4 cup (30 g) cucumber, diced
- 1/4 cup (30 g) carrots, diced or shredded
- 1/4 cup (30 g) shelled edamame
- 4 oz (120 g) salmon, cooked (option to use canned)
- 1 tbsp (14 g) avocado oil mayonnaise
- 1 tbsp (14 g) coconut aminos
- Hot sauce to taste
- 1 tsp (3 g) sesame seeds, optional garnish

DIRECTIONS

1. In a large serving bowl, place cooked white rice, cucumber, carrots, and edamame.
2. In a small bowl, chop the cooked salmon into small pieces (or shred with a fork).
3. Stir the mayonnaise, coconut aminos, and hot sauce into the chopped salmon and mix until fully combined.
4. Place salmon mixture in the large serving bowl.
5. Top with sesame seeds (optional).
6. Serve cold and enjoy!

NUTRITION INFO

Calories: 447, Carbohydrate: 43 grams, Protein: 33 grams, Fat: 15 grams

Cottage Cheese Bento



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (226 g) cottage cheese, 2% milk fat
- 1/4 cup (34 g) dry roasted mixed nuts
- 1 apple

DIRECTIONS

1. Pack in a lunch box or bento box and go!

NUTRITION INFO

Calories: 481, Carbohydrate: 45 grams, Protein: 30 grams, Fat: 23 grams

Creamy Matcha Shake and Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 12 MINUTES
(HARD BOILED EGGS)

INGREDIENTS

- 1/2 tbsp (5 g) matcha powder
- 1 scoop (30 g) vanilla protein powder
- 1 1/2 cups (360 g) almond milk
- 1 banana
- 2 eggs, hard boiled

DIRECTIONS

1. Bring a small pot of water to a boil. Add eggs and boil for 12 minutes. Immediately put eggs in a bowl of ice water. Peel eggs just before serving.
2. In a liquid container with a tightly fitted lid, add matcha powder, vanilla protein powder, and almond milk. Shake vigorously until well blended.
3. Serve hard boiled eggs with matcha shake and a banana.

NUTRITION INFO

Calories: 463, Carbohydrate: 45 grams, Protein: 39 grams, Fat: 13 grams

Pesto and Hummus Turkey Roll Ups



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 sprouted grain wrap
- 1/2 tbsp (8 g) pesto, made with olive oil
- 1 tbsp (15 g) hummus
- 2 leaves romaine lettuce
- 3 slices organic deli turkey breast
- 2 oz (55 g) goat cheese
- 1/4 cup (37 g) cherry tomatoes

DIRECTIONS

1. Spread pesto and hummus on one side of the sprouted grain wrap.
2. Top wrap with romaine lettuce, deli turkey, and mozzarella cheese, spread evenly.
3. Tightly roll the wrap in towards the middle. Once fully rolled, slice horizontally into 1 inch pieces.
4. Enjoy with a side of cherry tomatoes

NUTRITION INFO

Calories: 434, Carbohydrate: 37 grams, Protein: 32 grams, Fat: 17 grams

Pomegranate Harvest Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cups (40 g) arugula
- 1 tbsp (9 g) sunflower seeds
- 2 tbsp (22 g) pomegranate arils
- 2 oz (55 g) mozzarella cheese
- 1 tbsp (12 g) hemp hearts
- 1 tbsp (14 g) olive oil
- Juice of 1/2 lemon
- Salt to taste
- Pepper to taste
- 1/2 avocado

DIRECTIONS

1. Toss all ingredients together in a large salad bowl and enjoy!

NUTRITION INFO

Calories: 540, Carbohydrate: 19 grams, Protein: 22 grams, Fat: 46 grams

Rainbow Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz (125 g) canned organic chicken, drained
- 1 tbsp (15 g) tahini
- 1 tsp (5 g) dijon mustard
- 2 tbsp (30 g) lemon juice, divided
- 1 tsp water
- Salt to taste
- Pepper to taste
- 2 cups (40 g) arugula or rocket
- 1/2 cup (35 g) shredded red cabbage
- 1/2 cup (55 g) shredded carrots
- 1 tbsp (14 g) olive oil

DIRECTIONS

1. In a small bowl mix together chicken, tahini, dijon mustard, 1 tbsp lemon juice, water, salt, and pepper.
2. In a salad bowl toss together arugula/rocket, cabbage, carrots, 1 tbsp lemon juice, olive oil, salt, and pepper.
3. Top salad vegetables with chicken mixture.

NUTRITION INFO

Calories: 471, Carbohydrate: 14 grams, Protein: 35 grams, Fat: 31 grams

Savory Oatmeal



SERVINGS:1

PREP TIME: 20

COOKING TIME:15 MINUTES

INGREDIENTS

- 3 hard boiled eggs
- 3/4 cup (178 g) water
- 1/4 cup (40 g) steel cut oatmeal, uncooked
- 1 cup (30 g) baby spinach
- Salt to taste
- Pepper to taste

DIRECTIONS

1. Bring a pot of water to boil. Gently place eggs in boiling water and set aside to cool (skip this step if eggs are already hard boiled)
2. Add 3/4 cup of water to a large microwave safe bowl and heat for 1.5 to 2 minutes
3. Add 1/4 cup of steel cut oats to heated water and cook in microwave for 3 minutes
4. While the oats are cooking, coarsely chop 1 cup of baby spinach.
5. Mix in spinach to oats, add salt and pepper to taste and cook for 1 minute in microwave.
6. Set aside spinach and oats to cool and cut the hard boiled eggs in quarters.

NUTRITION INFO

Calories: 346, Carbohydrate: 29 grams, Protein: 22 grams, Fat: 15 grams

Shrimp, Spinach, and Strawberry Salad



SERVINGS: 1

PREP TIME: 5-10 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cups (60 g) baby spinach
- 1/2 cup (83 g) strawberries, chopped
- 1 tbsp (8 g) walnuts, chopped
- 1 tbsp (9 g) sunflower seeds
- 4 oz (115 g) cooked shrimp
- 1 tbsp (14 g) olive oil
- 1 tbsp (14 g) lemon juice
- Salt to taste
- Pepper to taste

DIRECTIONS

1. In a large bowl, combine spinach, strawberries, walnuts, sunflower seeds, shrimp, olive oil, and lemon juice.
2. Toss and stir until the dressing coats the entire salad.
3. Season with salt and pepper.
4. Serve cold and enjoy!

NUTRITION INFO

Calories: 537, Carbohydrate: 25 grams, Protein: 30 grams, Fat: 37 grams

Tex-Mex Chili Salad



SERVINGS: 4

PREP TIME: 15

COOKING TIME: 5-8 HOURS

INGREDIENTS

- 1 lb (453g) ground turkey
- 2 red bell pepper, chopped
- 1 yellow onion, chopped
- 1 jalapeño pepper, chopped
- 14.5oz (411g) jarred diced tomatoes
- 2 tbsp (32 g) jarred tomato paste
- 15.5oz (439g) can kidney beans (drained)
- 1 cup (125g) beef bone broth
- 1 tbsp (7 g) paprika
- 1 tbsp (7.5 g) chili powder
- 1/2 tsp (1.5 g) cumin
- 1 head of Romaine lettuce
- 1/2 cup (120 g) plain Greek yogurt
- 1 avocado
- Cilantro for garnish

DIRECTIONS

1. Chop bell peppers, jalapeño peppers and onion. Add to crockpot with diced tomatoes, tomato paste, kidney beans, broth, and seasonings.
 2. Cook for 8 hours on low or 5 hours on high setting.
 3. To serve, chop romaine lettuce and add 1.5 cup of chili over lettuce.
 4. Add Avocado, Greek yogurt and cilantro for garnish.
- * Leftover chili can be frozen for up to 3 months or stored in the refrigerator for up to 4 days.

NUTRITION INFO

Calories: 480, Carbohydrate: 43 grams, Protein: 37 grams, Fat: 19 grams

Turkey Meatballs With a Fresh Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 3/4 lb (340 g) ground turkey
- 1/2 tsp (1.5 g) garlic powder
- 1/4 tsp (0.75 g) ground cumin
- 1/4 tsp (0.5 g) cayenne pepper
- 1/4 tsp (0.5 g) dried oregano
- 1 egg
- 1/3 cup (40 g) ground almond flour
- 2 tbsp (30 g) store bought tzatziki sauce
- Small head of romaine
- 1/2 tomato
- 1/8 red onion

DIRECTIONS

1. Preheat oven to 400°F (200°C) and line a sheet pan with parchment paper.
2. Place ground turkey into a bowl and add spices, egg, almond meal and season with a little salt and pepper.
3. Shape the turkey mixture into small balls, place on the lined sheet pan, and bake for 30 minutes or until fully cooked through.
4. Once the meatballs are cooked, assemble your salad with chopped romaine lettuce, chopped tomatoes and red onions. Place the meatballs on top and add tzatziki sauce.

NUTRITION INFO

Calories: 484, Carbohydrate: 18 grams, Protein: 46 grams, Fat: 27 grams



Busy Lifestyle
Dinner

END THE DAY FEELING
GOOD.

Balsamic Caprese Stuffed Chicken



SERVINGS: 2

PREP TIME: 5-10 MINUTES

COOKING TIME: 25-30 MINUTES

INGREDIENTS

- 2 chicken breasts
- 4 oz mozzarella cheese
- 1/2 cup (113 g) cherry tomatoes, sliced
- 4 basil leaves, chopped
- 2 tsp (2 g) dried oregano
- 2 tsp (1.5 g) dried basil
- 1 tsp (3 g) garlic powder
- Salt to taste
- Pepper to taste
- 1 1/2 cups (293g) cooked brown rice

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Slice the chicken breast horizontally, leaving 1/2 inch attached at one end to keep it together.
3. Stuff the chicken breast with the mozzarella cheese, cherry tomatoes, and chopped fresh basil.
4. Fold the top portion of the chicken breast over the stuffing and close with a toothpick.
5. Season the chicken breast with oregano, basil, garlic powder, salt and pepper.
6. Bake for 20-25 minutes or until the chicken reaches 165°F (75°C.)
7. Serve over cooked brown rice
8. Enjoy!

NUTRITION INFO

Calories: 493, Carbohydrate: 40 grams, Protein: 43 grams, Fat: 17 grams

Bright & Fresh Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 5 - 10 MINUTES COOKING TIME: 25 MINTUES

INGREDIENTS

- 3/4 lb (340 g) chicken thighs, boneless and skinless
- 4 red beets
- 1 bundle asparagus, ends trimmed
- 2 tbsp (28 g) avocado oil
- 1 tbsp (3 g) dried oregano
- 1/2 tbsp (5 g) garlic powder
- 1 tsp (1 g) dried thyme
- 1/2 tbsp (1 g) dried parsley
- Salt to taste
- Pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Trim extra fat from chicken thighs.
3. Wash and chop beets into 1/2 inch cubes.
4. Spread chicken, beets, and asparagus on a baking sheet in a single layer.
5. In a small bowl, mix together oil, oregano, garlic powder, thyme, parsley, salt, and pepper.
6. Spread over chicken and vegetables, toss to coat well.
7. Bake for 25 minutes, or until internal temperature of chicken reaches above 165°F (75°C).
8. Enjoy warm.

NUTRITION INFO

Calories: 439, Carbohydrate: 24 grams, Protein: 39 grams, Fat: 22 grams

Chicken Fried “Rice”



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 3/4 lb (340 g) organic ground chicken
- 2 tbsp (27g) avocado oil
- 1/2 tbsp garlic powder
- 2 cups (260g) riced cauliflower
- 1 cup (110g) shredded carrots
- 1 cup (135g) frozen peas
- 1 tbsp (15 g) liquid aminos
- Salt to taste
- Pepper to taste
- 1 Egg
- 3 stalks green onion

DIRECTIONS

1. In a skillet set to medium heat, fully cook ground chicken and set aside.
2. In the same skillet, add 2 tbsp of avocado oil on low heat.
3. Add 2 cups of riced cauliflower, garlic powder, 1 cup of shredded carrots and 1 cup of peas. Increase to medium heat and cook for about 10 minutes.
4. Add liquid aminos, salt and pepper , and cook for another 2 minutes.
5. Add egg and scramble into rice.
6. Add in ground chicken, and place green onions on top for garnish.

NUTRITION INFO

Calories: 526, Carbohydrate: 27 grams, Protein: 41 grams, Fat: 31 grams

Easiest Beef Teriyaki



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 1/2 cups (290 g) brown rice, cooked
- 3/4 lb (340 g) flank steak, sliced thin
- 1/2 tbsp (7 g) avocado oil
- 1/2 yellow onion, sliced thin
- 1 red bell pepper, sliced thin
- 1 green bell pepper, sliced thin
- 2 cups broccoli florets
- 1/4 cup (75 g) teriyaki sauce
 - Brand recommendation:
Primal Kitchen and Kevins

DIRECTIONS

1. Heat a large skillet over medium heat. Add flank steak and cook 3-4 minutes flipping once. Transfer to a plate.
2. Add avocado oil and onion to the skillet. Cook approximately 5 minutes.
3. Add red bell pepper, green bell pepper, broccoli, and teriyaki sauce to the skillet. Cook approximately 5 minutes, stirring occasionally.
4. Add cooked beef to the skillet and cook one additional minute. Remove from heat and allow to cool and thicken 2-3 minutes.
5. Serve warm over rice.

NUTRITION INFO

Calories: 551, Carbohydrate: 50 grams, Protein: 46 grams, Fat: 19 grams

Lemon Shrimp Skewers w/ Rice



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1/2 lb (227 g) shrimp (deveined and peeled)
- Skewers/dowels
- 2 tbsp (28 g) ghee
- 1/8 cup (30 g) lemon juice
- 1 tsp (3 g) garlic powder
- 1/2 tsp (0.25 g) dried parsley
- Salt and pepper to taste
- 2 cups (315 g) cooked white rice

DIRECTIONS

1. Pre-heat the grill to medium heat.*
2. Skewer shrimp evenly onto 4 dowels/skewers and set aside.
3. In a small bowl, combine ghee, lemon juice, garlic, parsley, salt and pepper.
4. Brush the shrimp with the garlic lemon ghee mixture.
5. Place the skewers on the grill for 2-3 minutes. Flip and cook for another 2-3 minutes.
6. After flipping the skewers, brush with garlic lemon ghee mixture.
7. Remove from the grill and serve over cooked rice.
8. Serve hot and enjoy!

*Cook this on an indoor grill-top or large skillet if grill is not available.

NUTRITION INFO

Calories: 413, Carbohydrate: 47 grams, Protein: 20 grams, Fat: 16 grams

Miso Cod w/ Broccolini



SERVINGS: 1

PREP TIME: 20-30 MINUTES

COOKING TIME: 15-20 MINUTES

INGREDIENTS

- 1 tbsp (17 g) white miso paste
- 1 tbsp (14 g) coconut aminos
- 1 tbsp (14 g) rice wine vinegar
- 6oz (170 g) cod filet
- 1 tbsp (14 g) olive oil
- 5 pieces broccolini
- Salt to taste
- Pepper to taste
- 3/4 cup (146 g) brown rice, cooked

DIRECTIONS

1. In a small bowl, combine miso paste, coconut aminos, and rice wine vinegar.
2. Brush the marinade over the cod and refrigerate for 20-30 minutes (or overnight).
3. In a large skillet pan, heat olive oil or medium heat.
4. Sauté broccolini in the olive oil until bright green and soft. Season with salt and pepper and set aside.
5. Using the remaining oil in the skillet, over medium-high heat, cook the cod for 3-4 minutes on each side.
6. Serve the cod and broccolini over brown rice.
7. Serve hot and enjoy!

NUTRITION INFO

Calories: 498, Carbohydrate: 45 grams, Protein: 38 grams, Fat: 17 grams

Philly Steak Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15-20 MINUTES

INGREDIENTS

- 1 tbsp (14 g) olive oil
- 1/2 red pepper, sliced
- 1/2 white onion, sliced
- 10 oz (280 g) beef, shaved or thinly sliced
- 1 tsp (2 g) paprika
- 1 tsp (2.5 g) chili powder
- 1 tsp (2.4 g) onion powder
- 1 tsp (3 g) garlic powder
- 1 tsp (1 g) dried thyme
- 1 tsp (0.75 g) dried basil
- Salt to taste
- Pepper to taste
- 4 corn tortillas

DIRECTIONS

1. In a large skillet, over medium-high heat, heat olive oil.
2. Sauté the red peppers and onions until cooked through and browned on the edges (turn up to high for the last 1-2 minutes for crispier veggies). Remove them from the pan and set aside.
3. Season the beef with paprika, chili powder, onion powder, garlic powder, dried thyme, dried basil, salt and pepper.
4. In the same skillet, place the seasoned beef over high heat.
5. Allow to cook for 2-3 minutes on each side and set aside.
6. In the still hot skillet, warm the tortillas.
7. Build the tacos by placing the steak and veggies inside.
8. Serve hot and enjoy!

NUTRITION INFO

Calories: 446, Carbohydrate: 36 grams, Protein: 30 grams, Fat: 21 grams

Slow-Cooker Meatballs w/ Lentil Pasta



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 4-6 HOURS

INGREDIENTS

- 1lb (450 g) ground beef, 95% lean
- 1/4 cup (40 g) chopped onion
- 1/4 cup (27 g) panko bread crumbs
- 1/4 cup (15 g) chopped parsley
- 1 large egg
- 1/2 tbsp (4.5 g) minced garlic
- 1 tsp (1 g) dried oregano
- 1 tsp (0.7 g) dried basil
- 2 cups (242) low-sugar tomato sauce, clean brand includes Rao's
- Salt and pepper to taste
- 8 oz (227 g) dry lentil pasta
- Parmesan cheese (optional garnish)

DIRECTIONS

1. In a large bowl, combine ground beef, onion, panko bread crumbs, chopped parsley, egg, garlic, oregano, basil, salt and pepper.
2. Mix until combined and roll into 1-inch size meatballs (about 14-16 meatballs) and set aside.
3. Spread half of the tomato sauce on the bottom of the crock pot.
4. Place the meatballs into the crock pot and cover with the remainder of the sauce.
5. Cook on low for 6 hours or high for 3-4.
6. Cook pasta according to package. Serve meatballs over 1 cup of lentil pasta and top with parmesan cheese.
7. Serve warm and enjoy!

NUTRITION INFO

Calories: 509, Carbohydrate: 47 grams, Protein: 44 grams, Fat: 17 grams

Three Minute Prep Chili



SERVINGS: 2

PREP TIME: 3 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 tbsp olive oil
- 1/2 lb (224 g) ground chicken
- 1 cup (260 g) canned black beans, drained and rinsed
- 1 cup (240 g) canned diced tomatoes
- 2 tbsp (5 g) premixed taco seasoning
 - Brand recommendation: Siete
- 1 cup (200 g) bone broth, or chicken broth
- 1 avocado

DIRECTIONS

1. In a large pot, add olive oil and warm over medium heat.
2. Add ground chicken and cook approximately 5 minutes, crumbling as you go, until chicken is browned all the way through.
3. Add black beans, diced tomatoes, taco seasoning, and bone broth. Bring to a bowl, then reduce to a simmer and cook covered for 15 minutes.
4. Serve warm topped with avocado.

NUTRITION INFO

Calories: 555, Carbohydrate: 41 grams, Protein: 32 grams, Fat: 32 grams

Vibrant Sausage and Veggie Skillet



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 - 12 MINUTES

INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 12 oz (355 g) organic chicken sausages, sliced into 1/2 inch pieces
- 3 cups (210 g) broccoli florets
- 3 cups (210 g) shredded red cabbage
- 1/2 tbsp (5 g) garlic powder
- 1 tsp (2.5 g) onion powder
- 1 tsp (2 g) paprika
- 1/2 tsp (1.5 g) ground cumin
- Salt to taste
- Pepper to taste
- 1 tbsp (9 g) sunflower seeds

DIRECTIONS

1. Heat avocado oil in a large skillet over medium heat.
2. Add sausages and cook 3-4 minutes, flipping once.
3. Add broccoli, cabbage, garlic powder, onion powder, paprika, cumin, salt and pepper.
4. Cook 5-8 minutes covered, flipping occasionally, until vegetables are at desired consistency.
5. Sprinkle with sunflower seeds and enjoy warm.

NUTRITION INFO

Calories: 443, Carbohydrate: 21 grams, Protein: 39 grams, Fat: 25 grams