

A top-down view of a bowl of chia pudding. The bowl has a black and white floral pattern. The pudding is topped with white cream, black and white seeds, and orange powder. The bowl is surrounded by sliced green melon, orange segments, and golden-brown crackers.

# *Minimal Ingredient* Recipe Bundle

6-INGREDIENTS OR LESS FOR  
QUICK, EASY, AND  
NUTRITIOUS MEALS ON A  
BUDGET.

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A top-down view of a white ceramic plate with a silver rim. The plate is filled with a breakfast meal consisting of fluffy, yellow scrambled eggs. Mixed throughout the eggs are several ingredients: bright red, diced tomatoes; dark, pitted black olives; and small pieces of green bell peppers. The plate is set against a dark, textured background, possibly a table. A semi-transparent white rectangular box is overlaid on the center of the plate, containing text.

*Minimal Ingredient*  
**Breakfast**

START YOUR DAY RIGHT

# Apple Cinnamon Cottage Cheese Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 cup (210 g) organic cottage cheese
- 2 tbsp (16 g) walnuts, chopped
- 1 medium apple, chopped
- Dash of ground cinnamon

## DIRECTIONS

1. Top bowl of cottage cheese with all other ingredients and enjoy!

### NUTRITION INFO

Calories: 403, Carbohydrate: 36 grams, Protein: 28 grams, Fat: 19 grams

# Blueberry Muffins



SERVINGS: 6 MUFFINS  
(2 SERVINGS)

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

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## INGREDIENTS

- 1/2 cup (115 g) vanilla Greek yogurt
- 1 large egg
- 5 tbsp sweetened apple sauce
- 1 1/4 cups (170 g) whole wheat flour
- 1 tsp (4.5 g) baking powder
- 1 cup (148 g) blueberries
- 7 cupcake liners
- Cupcake pan

## DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. Mix vanilla greek yogurt, egg, and sweetened apple sauce in a medium bowl until well combined.
3. Add flour and baking powder and mix until well combined.
4. Add blueberries and gently fold them into the mixture.
5. Line a cupcake pan with cupcake liners.
6. Evenly divide the blueberry muffin batter into seven portions in the cupcake pan.
7. Bake for 25 minutes.

### NUTRITION INFO

Calories: 447, Carbohydrate: 88 grams, Protein: 16 grams, Fat: 3 grams

# Coco Protein Balls



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 cup (80 g) rolled oats
- 1/4 cup (62 g) almond butter
- 1 medium banana, mashed
- 1 tbsp (12 g) chia seeds
- 1/4 cup (30 g) chocolate protein powder
  - Clean brands include Truvani, Primal Kitchen, and Thorne

## DIRECTIONS

1. Add all ingredients to a large mixing bowl and use your hands to blend all ingredients together well.
2. Create approximately 8 balls out of the mixture.
3. Store in the refrigerator for 2-3 days, freeze for up to 3 months.

### NUTRITION INFO

Calories: 460, Carbohydrate: 55 grams, Protein: 22 grams, Fat: 21 grams

# Fajita Style Breakfast Burrito



SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

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## INGREDIENTS

- 1/2 tbsp (14 g) ghee
- 1/4 cup (38 g) green peppers (chopped)
- 2 oz (56 g) 95% grass fed ground beef
- 2 eggs
- Salt and pepper to taste
- 1 large gluten free wrap

## DIRECTIONS

1. In a medium skillet, heat the ghee until melted.
2. Add the peppers to the pan and sauté until the peppers begin to brown.
3. Add the ground beef and cook until browned.
4. Whisk the two eggs and stir them into the cooked vegetables and beef mixture. Cook until the eggs are cooked through. Season with salt and pepper to taste.
5. Add all the contents of the skillet to a gluten-free wrap and roll it into a burrito.
6. Heat the burrito in the skillet if desired.
7. Serve and enjoy!

### NUTRITION INFO

Calories: 428, Carbohydrate: 21 grams, Protein: 30 grams, Fat: 27 grams

# Granola & Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1/4 cup (28 g) Paleo granola
- 1 cup (240 g) full-fat plain Greek yogurt
- 1/4 cup (30 g) raspberries
- 1 tsp (4 g) chia seeds

## DIRECTIONS

1. Place yogurt in a bowl and top with all other ingredients.

### NUTRITION INFO

Calories: 494, Carbohydrate: 30 grams, Protein: 24 grams, Fat: 30 grams

# Mexican Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

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## INGREDIENTS

- 1/2 tbsp (7 g) olive oil
- 1/2 small onion, chopped
- 1/2 red bell pepper, chopped
- 3 eggs, beaten
- 1/2 cup (130 g) canned black beans, drained and rinsed
- 2 tbsp (32 g) pico de gallo

## DIRECTIONS

1. In a medium skillet, warm olive oil over medium heat.
2. Add onion and bell pepper. Cook for 3-5 minutes until they are soft.
3. Add eggs. Cook while scraping and flipping them in the pan until the eggs are cooked through.
4. Add beans and pico de gallo and cook for an additional 1 minute.
5. Enjoy warm!

### NUTRITION INFO

Calories: 409, Carbohydrate: 32 grams, Protein: 25 grams, Fat: 20 grams

# Radiant Bliss Smoothie



SERVINGS: 1

PREP TIME: 4 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 small green apple, peeled
- 1/2 cup (120 g) frozen or fresh chopped pineapple
- 1/2 cup (120 g) plain Greek yogurt
- 1/2 tbsp (6 g) chia seeds
- Water to reach your desired consistency

## DIRECTIONS

1. Blend all ingredients together in a blender and enjoy!

### NUTRITION INFO

Calories: 433, Carbohydrate: 53 grams, Protein: 13 grams, Fat: 19 grams

# Salsa and Egg Whites



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 2 MINUTES

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## INGREDIENTS

- 1 tsp (4.5 g) olive oil
- 5 egg whites (200 g)
- 1 tbsp (30 g) salsa
- 1/2 (100 g) avocado
- 1.5 cups (234 g) cantaloupe

## DIRECTIONS

1. In a small skillet, warm olive oil over low-medium heat. Add egg whites. Cook while scraping from the pan using a soft spatula until egg whites are cooked through.
2. Place eggs on a plate and add 1 tbsp of salsa and half an avocado.
3. Serve with 1 cup of diced cantaloupe.  
Enjoy!

### NUTRITION INFO

Calories: 390, Carbohydrate: 30g grams, Protein: 27 grams, Fat: 20 grams

# Strawberry Cherry Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1/4 cup (38 g) strawberries, halved
- 1/2 cup (130 g) frozen cherries
- 3/4 cup (180 g) plain Greek yogurt
- 1/2 cup (120 g) almond milk
- 1/2 tsp cinnamon

## DIRECTIONS

1. Blend all together and enjoy!

### NUTRITION INFO

Calories: 414, Carbohydrate: 43 grams, Protein: 17 grams, Fat: 20 grams

# Sweet Potato and Black Bean Breakfast Hash



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

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## INGREDIENTS

- 2 small sweet potatoes
- 2 tbsp (27 g) of coconut oil
- 1 cup (260 g) canned black beans, drained and rinsed
- 4 eggs
- Salt and pepper to taste

## DIRECTIONS

1. Cut the sweet potatoes into cubes.
2. In a skillet, add 1 tablespoon of coconut oil and turn the heat to medium.
3. Add the cubed sweet potatoes to the skillet.
4. Stir often and cook until the sweet potatoes are fork-tender.
5. Add black beans, salt, and pepper. Heat up the mixture to your desired temperature.
6. Divide the mixture into two bowls.
7. Add 1 tablespoon of coconut oil to the skillet and place it back on the heat.
8. Crack two eggs in the skillet and cook them to your liking. Place the cooked eggs in one of the bowls with the mixture.
9. Repeat step 8 with the remaining 2 eggs. Option to drizzle a bit of salsa on top of the hash.

### NUTRITION INFO

Calories: 473, Carbohydrate: 48 grams, Protein: 21 grams, Fat: 22 grams



*Minimal Ingredient*  
**Lunch**

GET THE BOOST YOU NEED

# Avocado Chicken Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 0

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## INGREDIENTS

- 12 oz (340 g) shredded rotisserie chicken
- 3/4 cup (180 g) plain Greek yogurt
- 1 avocado
- 1/4 red onion
- 1 tbsp (12 g) Green Goddess seasoning mix

## DIRECTIONS

1. Add Greek yogurt, Green Goddess seasoning mix, and 1/2 of the avocado to a blender and blend until smooth.
2. Cube the remaining 1/2 of the avocado.
3. Dice red onion.
4. Mix red onion and shredded rotisserie chicken.
5. Fold in avocado yogurt dressing into rotisserie chicken.
6. Store in the refrigerator. Serve chilled avocado chicken salad over cubed avocado.

### NUTRITION INFO

Calories: 525, Carbohydrate: 13 grams, Protein: 53 grams, Fat: 34 grams

# Chickpea Hemp Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0

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## INGREDIENTS

- 3/4 cup (188 g) garbanzo beans
- 2 cups (85 g) baby spinach
- 1/4 cup (30 g) hemp seeds
- 2 tbsp (15 g) red wine vinegar
- Salt and pepper

## DIRECTIONS

1. Add 2 cups of spinach and arugula to the bowl.
2. Add 2 tbsp red wine vinegar, salt, and pepper to the greens and toss.
3. Rinse the garbanzo beans and add 3/4 cup on top of the greens.
4. Add 1/4 cup hemp seeds and serve.

### NUTRITION INFO

Calories: 400, Carbohydrate: 42 grams, Protein: 21 grams, Fat: 16 grams

# Chicken Caesar Pasta Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 4oz (114 g) grilled chicken breast
- 4oz (85 g) chickpea pasta, cooked
- 1 tbsp (5 g) shaved parmesan cheese
- 2 tbsp (27 g) Caesar dressing, Primal Kitchen brand
- 1 cup (20 g) arugula, or rocket
- Salt and pepper to taste

## DIRECTIONS

1. In a large mixing bowl, combine chicken breast, chickpea pasta, shaved parmesan cheese, creamy Caesar dressing, salt and pepper.
2. Stir until combined. Top with arugula.
3. Serve cold and enjoy!

### NUTRITION INFO

Calories: 573, Carbohydrate: 62 grams, Protein: 41 grams, Fat: 21 grams

# Classic Chili



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

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## INGREDIENTS

- 1 tsp (4.5 g) olive oil
- 1/2 small yellow onion, diced
- 1/2 lb (227 g) ground beef (95% lean) or turkey
- 8 oz (227 g) can diced tomatoes with green chilies
- 14.5 oz (440 g) canned fire roasted diced tomatoes
- 1 cup (260 g) black beans, drained

## DIRECTIONS

1. Place oil in a heavy-bottomed skillet and heat over medium heat.
2. Add onions and cook until soft (3-4 minutes).
3. Add ground beef or turkey and cook until browned. Make sure to stir often while breaking up the meat.
4. Drain any grease.
5. Add the remaining ingredients and bring to a boil.
6. Reduce the heat to medium-low, cover, and simmer for 15 minutes.
7. Taste and season with chili powder to your liking.

### NUTRITION INFO

Calories: 380, Carbohydrate: 40 grams, Protein: 37 grams, Fat: 8 grams

# Deconstructed Chicken Summer Rolls



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

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## INGREDIENTS

- 1 breast of rotisserie chicken, shredded
- 4 large butter leaf lettuce pieces, washed
- 2 fresh kale leaves with the thick rib removed and washed
- 3/4 cup (64 g) of shredded vegetable mix of your choice
- 1 green onion, chopped
- 2 tbsp (31 g) BBQ sauce, no sugar added

## DIRECTIONS

1. Cut up and shred the chicken breast. Place it in a bowl.
2. Add the shredded vegetable mix, chopped green onion, and BBQ sauce. Toss everything together.
3. To assemble, layer one kale leaf in a bowl.
4. On top of the kale, layer 2 butter lettuce leaves.
5. Place the shredded chicken and vegetable mix in the center of the greens.

### NUTRITION INFO

Calories: 357, Carbohydrate: 15 grams, Protein: 48 grams, Fat: 15 grams

# Everything But The Bagel Dip



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 3/4 cup (180 g) plain full-fat Greek yogurt
- 1/2 tbsp (6 g) Everything But the Bagel seasoning
- 1 cucumber, peeled and sliced
- 1 clementine, peeled
- 1 serving of gluten-free crackers
  - Clean Brand: Simple Mills

## DIRECTIONS

1. In a small bowl mix together the Greek yogurt and everything but the bagel seasoning.
2. Serve with all other ingredients and use yogurt mixture as a dip for the crackers and cucumbers.

### NUTRITION INFO

Calories: 487, Carbohydrate: 38 grams, Protein: 20 grams, Fat: 26 grams

# Slow Cooker Butternut Squash Soup



SERVINGS: 2

PREP TIME: 40 MINUTES

COOKING TIME: 8 HOURS

## INGREDIENTS

- 1 whole butternut squash
- 3 cups (720 g) salted chicken broth
- 1/2 tbsp (4 g) cinnamon
- 1/4 white onion, sliced
- 1/2 cup (115 g) sour cream
- 2 large slices sourdough bread

## DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. Peel and cut the butternut squash into 1-inch rounds, and remove the seeds.
3. Roast the butternut squash and white onion for 25-35 minutes, until soft.
4. Blend the roasted butternut squash, white onion, and cinnamon until smooth.
5. Add the vegetable blend and salted chicken broth to a slow cooker and cook on high for 4 hours or low for 8 hours.
6. Twenty minutes before serving, add sour cream to the butternut squash soup and mix. Turn the slow cooker off.
7. Top with a dollop of sour cream before serving and serve with sourdough bread.
8. Freeze the soup in individual resealable bags or tupperware for later use.

### NUTRITION INFO

Calories: 389, Carbohydrate: 63 grams, Protein: 15 grams, Fat: 11 grams

# Smoked Salmon Cobb Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 2 cups (95 g) romaine lettuce, copped
- 2 slices of turkey bacon (cooked and chopped)
- 2 oz (57 g) smoked salmon
- 1/4 of an avocado (diced)
- 1 hardboiled egg (sliced)
- 1 tbsp (14 g) olive oil
- Salt and pepper to taste (optional)

## DIRECTIONS

1. In a large salad bowl, combine lettuce, turkey bacon, smoked salmon, avocado, hard boiled egg, olive oil, salt and pepper.
2. Toss until fully combined.
3. Serve cold and enjoy!

### NUTRITION INFO

Calories: 398, Carbohydrate: 6 grams, Protein: 2 grams, Fat: 31 grams

# Tarragon Chicken Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

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## INGREDIENTS

- 1 rotisserie chicken, meat removed and chopped
- 1/4 cup (27 g) slivered almonds
- 1 cup (180 g) coconut yogurt
- Juice of 1/2 a lemon
- 2 tbsp (12 g) fresh tarragon, chopped
- 4 leaves of butter leaf lettuce, washed

## DIRECTIONS

1. Place chopped chicken in a bowl. Add slivered almonds and stir.
2. In a separate bowl, combine coconut yogurt, lemon juice, and fresh tarragon. Stir.
3. Add the yogurt mixture to the chicken and mix.
4. Place 2 leaves of butter leaf lettuce on plate.
5. Fill each leaf with 1/4 of the chicken mixture. Enjoy!

### NUTRITION INFO

Calories: 499, Carbohydrate: 11 grams, Protein: 56 grams, Fat: 16 grams

# Take to Go Lunch



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1/4 cup (62 g) baby carrots
- 1/3 cup (82 g) hummus
- 1/2 cup (85 g) honey dew melon, chopped
- 2 hard boiled eggs
- 2 tbsp (37 g) kalamata olives

## DIRECTIONS

1. Pack in a bento box and go!

### NUTRITION INFO

Calories: 382, Carbohydrate: 26 grams, Protein: 16 grams, Fat: 24 grams



*Minimal Ingredient*  
**Dinner**

END THE DAY FEELING GOOD

# Beef and Zucchini Stir Fry



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 12 oz (340 g) organic beef tenderloin (cut into small pieces)
- 2 medium zucchinis
- 3/4 cup (146 g) uncooked brown rice
- 1 tbsp (14 g) avocado oil
- 1 1/2 tbsp (22 g) liquid aminos
- 3 cloves garlic, minced

## DIRECTIONS

1. Add 1/2 cup of dry brown rice to 1 cup of water, bring to a boil, and then let it simmer for about 20 minutes until the rice is fully cooked.
2. In a skillet or wok, heat 1/2 tbsp of avocado oil. Add minced garlic and cook for 2 minutes on medium-low heat.
3. Add cubed zucchini and cook for about 10 minutes or until tender.
4. Add beef and liquid aminos to the pan and cook to your desired likeness (about 5-8 minutes).

### NUTRITION INFO

Calories: 431, Carbohydrate: 25 grams, Protein: 50 grams, Fat: 15 grams

# Chicken and Broccoli Pesto Pasta



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 8 oz (227 g) chicken breasts, skinless and boneless
- 2 cups (142 g) broccoli florets
- 1 small onion, sliced
- 1 tbsp (14 g) olive oil
- 6 oz (170 g) dry lentil pasta
- 3 tbsp (42 g) pesto sauce, made with olive oil

## DIRECTIONS

1. Preheat the oven to 350°F (176°C) degrees.
2. Place the chicken, broccoli, and onion in an oven-safe dish.
3. Mix together the olive oil and 1 tbsp of pesto sauce, then coat the chicken and veggies with this sauce.
4. Bake the chicken and vegetables in the oven for approximately 25 minutes or until the internal temperature of the chicken reaches above 165°F (74°C).
5. In the meantime, cook the pasta per the instructions on the package. Once the pasta is cooked, drain, rinse, and mix it with the remaining pesto sauce.
6. Serve the chicken and vegetables over the pasta.

### NUTRITION INFO

Calories: 579, Carbohydrate: 60 grams, Protein: 50 grams, Fat: 15 grams

# Chicken Meatballs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

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## INGREDIENTS

- 3/4 lb (340 g) ground chicken
- 1 tsp (3 g) each garlic powder and ground ginger
- 1/2 tsp (3 g) sea salt
- 2 tsp (8 g) arrowroot powder
- 1 tbsp (14 g) coconut oil
- 2 medium sweet potatoes

## DIRECTIONS

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a large mixing bowl.
3. Form the meat mixture into balls and place them on the baking sheet. You should have a yield of 15-18 meatballs.
4. Bake for 20-25 minutes alongside the sweet potatoes (these may take longer to bake). The sweet potatoes will be cooked when they are soft and easily pierced with a fork.
5. Once cooked, remove from the oven. Enjoy!

### NUTRITION INFO

Calories: 436, Carbohydrate: 32 grams, Protein: 32 grams, Fat: 21 grams

# Crab Cakes & Arugula Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

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## INGREDIENTS

- 12 oz (340 g) lump crab meat
- 3 cups (60 g) baby arugula
- 2 lemons
- 1 tbsp (12 g) Old Bay seasoning
- 1 large egg
- 3 tbsp (40 g) olive oil

## DIRECTIONS

1. Zest and juice lemons. Keep zest and juice separate.
2. In a medium bowl, gently mix lemon zest, Old Bay seasoning, one tablespoon of lemon juice, egg, and lump crab meat.
3. Divide the crab mixture into equal portions using a quarter-cup measure.
4. Pan-fry the crab cakes in one tablespoon of olive oil on medium heat until browned on both sides.
5. After washing, toss baby arugula in the remaining lemon juice and olive oil.
6. Serve crab cakes with arugula salad and a lemon wedge.

### NUTRITION INFO

Calories: 338, Carbohydrate: 10 grams, Protein: 27 grams, Fat: 23 grams

# Fajita bowl



SERVINGS: 2

PREP TIME: 10

COOKING TIME: 30

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## INGREDIENTS

- 10 oz (284 g) chicken breast
- 1/2 cup (92 g) dry brown rice
- 1 medium onion (110 g)
- 2 medium red peppers (238 g)
- 1 tbsp (14 g) avocado oil
- 2 tbsp (8 g) fajita seasoning

## DIRECTIONS

1. Add one cup of water to pot and add 1/4 cup of brown rice. Bring to a boil and then reduce heat to low until rice is fully cooked.
2. Season chicken with 2 tbsp of fajita seasoning and cut onion and peppers into slices.
3. Add 1 tbsp avocado oil to skillet, on medium heat.
4. Add peppers and onions to skillet and cook for about 10-15 minutes.
5. Move peppers and onions to the side and add chicken to the skillet.
6. Cook chicken for about 7 minutes per side.
7. Add rice, peppers, onion, and chicken to a bowl and serve.

### NUTRITION INFO

Calories: 467 Carbohydrate: 49 grams, Protein: 37 grams, Fat: 13 grams

# Grilled Chicken & Vegetable Skewers



SERVINGS: 2

PREP TIME: 2.5 HOURS

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 12 oz (340 g) chicken breast
- 1 onion
- 1 head of broccoli
- 2 tbsp (17 g) Adobo All-Purpose Seasoning
- 1/3 cup (82 g) BBQ sauce
- 1/2 cup (85 g) uncooked brown rice
- Wooden skewers
- Wooden Skewers

## DIRECTIONS

1. Cook the rice as directed on the package.
2. Cut the chicken breast, red onion, and broccoli into cubes, about two inches each.
3. Toss the cubed chicken and vegetables in Adobo All-Purpose Seasoning.
4. Add the chicken and vegetables to the wooden skewers in an alternating pattern.
5. Place the skewers in the refrigerator and let them sit for a minimum of two hours.
6. Grill or pan-fry the skewers until the chicken is fully cooked.
7. Dilute the BBQ sauce with 2 tbsp of water.
8. Lightly brush the skewers with BBQ sauce and cook for one minute. Rotate the skewers as needed to prevent the BBQ sauce from burning.
9. Serve with a side of warmed BBQ sauce.

## NUTRITION INFO

Calories: 448, Carbohydrate: 51 grams, Protein: 45 grams, Fat: 6 grams

# Jerk Shrimp Tacos w/ Cabbage Slaw



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5-10 MINUTES

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## INGREDIENTS

- 1/2 tbsp ghee
- 4 oz raw medium shrimp
- 1/2 tbsp jerk seasoning
- 2 small corn tortillas
- 1/2 cup cabbage slaw mix
- 1/4 of an avocado

## DIRECTIONS

1. In a small skillet, over medium heat melt the ghee.
2. Season the jerk seasoning over the shrimp to coat evenly.
3. Place the shrimp in the hot skillet and cook on each side for 2-3 minutes or until the shrimp turn pink.
4. Build the tacos by placing the shrimp, cabbage slaw, and avocado inside the tortilla.
5. Serve and enjoy!

### NUTRITION INFO

Calories: 347, Carbohydrate: 32 grams, Protein: 20 grams, Fat: 17 grams

# Lemon Ricotta & Broccoli Soup



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

## INGREDIENTS

- 2 cups (468 g) bone broth
- 2 cups (142 g) broccoli florets
- 1 tsp (4 g) salt, pepper, and garlic blend
- 1 cup (248 g) ricotta cheese
- 2 tbsp (30 g) lemon juice
- 2 slices sour dough bread

## DIRECTIONS

1. In a pot, bring bone broth to a boil. Add broccoli and spice mix. Boil covered for 5-7 minutes, until broccoli is soft.
2. Allow it to slightly cool, then add broccoli/broth mixture, ricotta cheese, and lemon juice to a blend. Blend until smooth.
3. Serve warm soup with sourdough bread.

### NUTRITION INFO

Calories: 346, Carbohydrate: 28 grams, Protein: 20 grams, Fat: 18 grams

# Miso Ramen w/ Tofu



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10-15 MINUTES

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## INGREDIENTS

- 2 cups (480 g) miso broth
- 1/2 block (43 g) ramen noodles (without seasoning)
- 2 oz (57 g) firm tofu (cubed)
- 2 soft boiled eggs (6 minute egg)
- 2 tbsp (12 g) green onion, chopped

## DIRECTIONS

1. In a saucepan over high heat, bring the miso broth to a boil.
2. Add the ramen noodles and tofu to the boiling broth and cook until ramen is soft.
3. Remove from heat and place into a large bowl.
4. Top with a soft boiled egg and green onions.
5. Serve hot and enjoy!

### NUTRITION INFO

Calories: 419, Carbohydrate: 35 grams, Protein: 24 grams, Fat: 20 grams

# Roasted Chicken, Brussel Sprouts and Apples



SERVINGS: 1

PREP TIME: 10

COOKING TIME: 30

---

## INGREDIENTS

- 6 oz (170g) Chicken thighs
- 1 apple (182 g)
- 2 cup (88g) brussel sprouts
- 1 tbsp (14g) Avocado oil
- Salt and pepper

## DIRECTIONS

1. Pre-heat oven to 350° F
2. Season chicken thighs with salt and pepper and add to sheet pan.
3. cut up apples in to small cubes and slice brussel sprouts into thin slices.
4. Toss with Avocado oil and place on sheet pan.
5. Cook for 25-30 minutes

### NUTRITION INFO

Calories: 506, Carbohydrate: 45 grams, Protein: 40 grams, Fat: 21 grams