



Fajita Steak Salad

3 servings
30 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 8 ozs Flank Steak
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Lime Juice
- 1/2 cup Cilantro
- 1 Yellow Bell Pepper (sliced)
- 1/4 cup Red Onion (sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 8 leaves Romaine (chopped)
- 1 Avocado (sliced)

Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add 1/4 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 10 to 15 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 2 Meanwhile, in a blender or food processor, add the remaining oil, lime juice, cilantro, and salt and pepper to taste. Process until smooth and set aside.
- 3 In the same cast iron pan used to cook the steak, turn the heat to medium and add the bell pepper, onion, and tomatoes. Cook until charred in spots and softened, about three to five minutes and then remove and set aside.
- 4 Divide the romaine onto plates and top with steak, onion mixture, and avocado. Add the cilantro dressing and enjoy!

Notes

Leftovers: Salad is best stored separately from the dressing. Refrigerate in an airtight container for up to three days.

No Cilantro: Use parsley instead.

Additional Toppings: Add mushrooms to the charred veggies.



Baked Chicken with Kiwi Avocado Salsa

2 servings
30 minutes

Ingredients

- 10 ozs Chicken Breast
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Garlic Powder (divided)
- Sea Salt & Black Pepper (to taste)
- 2 Kiwi (peeled and chopped)
- 1 Avocado (chopped)
- 1/4 cup Red Onion
- 1/2 Lime (large, juiced)
- 3 tbsps Cilantro (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Place the chicken in a baking dish and drizzle with 1/2 of the oil and season with 1/2 of the garlic powder and salt and pepper to taste. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes before slicing.
- 3 Meanwhile, in a mixing bowl combine the kiwi, avocado, and red onion. Add the lime juice, cilantro, and the remaining oil and garlic powder. Season with salt and pepper and add more lime juice to taste if needed.
- 4 To serve, divide the chicken between plates and top with the kiwi avocado salsa. Enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to three days and the salsa up to one day.

Serving Size: One serving is approximately 5 oz chicken and 1/2 cup of salsa.

More Flavor: Add fresh garlic, jalapeno, or ground cumin to the salsa. Season the chicken with other dried herbs and spices.

No Red Onion: Use yellow onion or green onion instead.

No Chicken: Serve with fish, shrimp, or tofu.

Make it a Meal: Serve with quinoa, rice, cauliflower rice, salad or steam vegetables.



Turkey Chili

4 servings

40 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1/2 Yellow Onion (chopped)
- 1 cup Diced Tomatoes
- 1 cup Crushed Tomatoes
- 1 cup Black Beans (cooked, rinsed)
- 1 cup Red Kidney Beans (cooked, rinsed)
- 1 Carrot (chopped)
- 2 1/2 stalks Celery (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/2 Jalapeno Pepper (chopped)
- 1 1/2 tbsps Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt

Directions

- 1 Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
- 2 Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- 3 Divide into bowls, serve and enjoy!

Notes

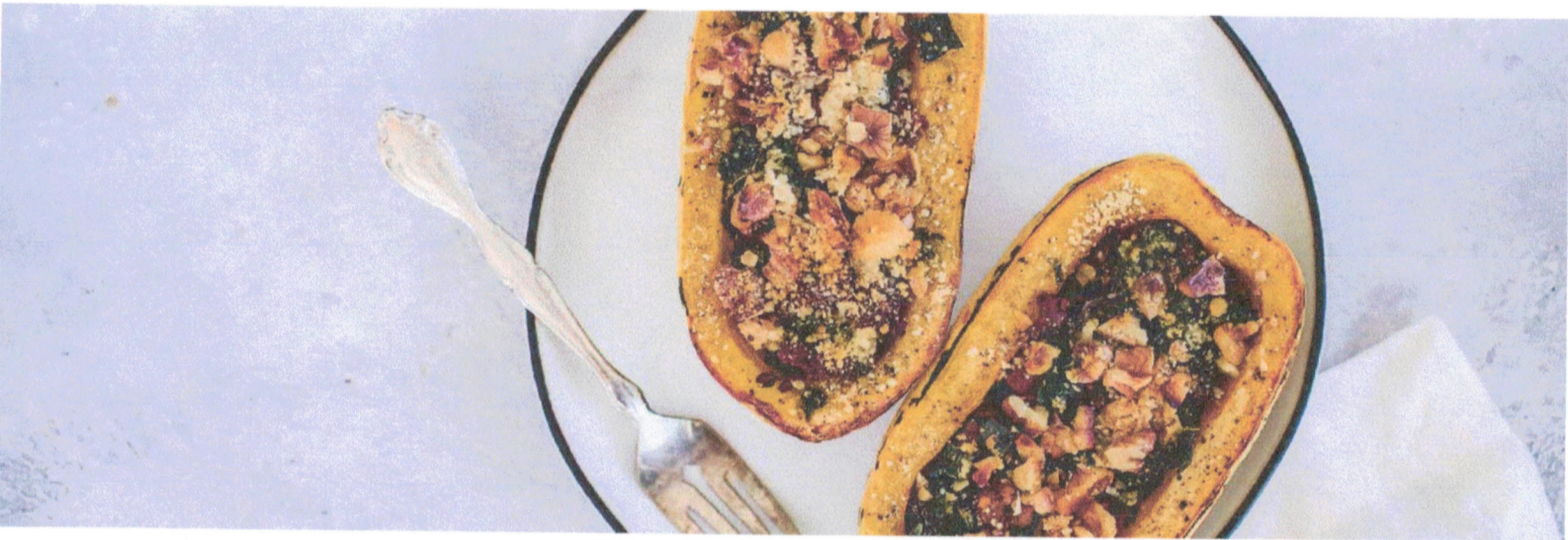
Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is equal to approximately two cups of chili.

More Flavor: Add a pinch of cayenne.

Additional Toppings: Top with shredded cheese, extra jalapeño slices, cilantro, sour cream, or avocado.

More Veggies: Add sliced mushrooms, sliced kale, or baby spinach.



Sausage & Kale Stuffed Squash

2 servings
45 minutes

Ingredients

- 1 Delicata Squash (cut lengthwise, seeds removed)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 ozs Pork Sausage (casing removed)
- 1 cup Kale Leaves (chopped finely)
- 2 tbsps Parmigiano Reggiano (finely grated)
- 1/4 cup Walnuts (roughly chopped, optional)

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Place the squash on the baking sheet and rub with the olive oil and salt and pepper. Bake for 30 minutes.
- 2 Meanwhile, place the sausage in a medium skillet over medium heat. Break the sausage up into small pieces as it cooks. Cook until browned and no longer pink, about eight to 10 minutes. Add the kale and cook until just wilted, around one to two minutes. Season with salt and pepper.
- 3 Remove the squash from the oven and spoon the sausage and kale mixture into the scooped-out portion of the squash. Top with Parmigiano Reggiano and walnuts. Bake for 10 minutes, until slightly browned on top. If you want it more browned, broil for about one minute at the end. Divide onto plates, serve and enjoy!

Notes

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

Serving Size: One serving is half a medium-sized delicata squash.

Gluten-Free: Use a gluten-free sausage.

Dairy-Free: Omit the Parmigiano Reggiano or use nutritional yeast.

Nut-Free: Omit the walnuts.

More Flavor: Use a flavoured sausage such as Italian, or add chili flakes.

Additional Toppings: Top with chopped parsley.

Make it Vegan: Use a vegan sausage and omit the Parmigiano Reggiano.



Zucchini & Ground Beef Skillet

6 servings
25 minutes

Ingredients

- 1 1/2 lbs Extra Lean Ground Beef
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 3 1/2 cups Diced Tomatoes (with juices)
- 2 Zucchini (medium, chopped)
- 2 tsp Cumin
- 1/2 tsp Onion Powder

Directions

- 1 Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 2 Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add chili powder and/or green chilis.

Additional Toppings: Add red pepper flakes.

Make it Vegan: Use extra firm tofu instead of ground beef.



Cheeseburger Soup

10 servings

4 hours

Ingredients

4 cups Beef Broth
1 1/2 cups Oat Milk (unsweetened, plain)
3 stalks Celery (diced)
1 tsp Dried Basil
3/4 head Cauliflower (chopped)
1 cup Pickle (diced)
Sea Salt & Black Pepper (to taste)
1 1/2 lbs Extra Lean Ground Beef
8 ozs Cheddar Cheese (shredded)

Directions

- 1 Turn on the slow cooker and add the beef broth, oat milk, celery, basil, cauliflower, pickles, salt, and pepper.
- 2 Meanwhile, heat a large nonstick pan over medium-high heat. Cook the ground beef for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Add the ground beef to the slow cooker and cook on low for six to eight hours.
- 3 Divide the soup into bowls and top with cheddar cheese. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

Dairy-Free: Use vegan cheese instead of cheddar cheese.

More Flavor: Add sautéed garlic and onions.

Additional Toppings: Add greek yogurt and sliced green onions.



Peach Strawberry Smoothie

1 serving
5 minutes

Ingredients

- 1 Peach (large, ripe and chopped)
- 1 cup Frozen Strawberries
- 1/2 cup Unsweetened Coconut Yogurt

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Make it Green: Add spinach or kale.

Likes it Sweet: Sweeten with honey or maple syrup.

Consistency: Adjust consistency to your liking by adding water to the blender.



Egg & Apple Snack Plate

1 serving
15 minutes

Ingredients

- 1 Egg
- 1 Apple (sliced)
- 1/4 cup Unsweetened Coconut Yogurt

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 3 Transfer to a plate with the sliced apple and coconut yogurt for dipping. Enjoy!

Notes

Leftovers: Refrigerate unpeeled hard-boiled eggs in the fridge for up to a week. Slice apple just before serving.

More Flavor: Season the egg with salt and pepper to taste. Add vanilla extract, cinnamon, or sweetener of choice to taste to the yogurt.

No Apple: Use berries, banana, or pear instead.

No Coconut Yogurt: Use Greek yogurt instead.

Meal Prep: Make a batch of hardboiled eggs for the week all at once to avoid hard-boiling one egg at a time.



Snap Peas, Peppers & Hummus

2 servings
10 minutes

Ingredients

- 1/2 Red Bell Pepper (medium, sliced)
- 1/2 Yellow Bell Pepper (medium, sliced)
- 1 cup Snap Peas (trimmed)
- 1/2 cup Hummus

Directions

- 1 Divide the bell peppers and snap peas onto plates and serve with hummus. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
No Hummus: Use baba ganoush or tzatziki instead.