

# Classic Meatloaf

8 ingredients · 1 hour 30 minutes · 6 servings



## Directions

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

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to one slice. A standard loaf pan was used to make six servings.

### More Flavor

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

## Ingredients

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

# Beef & Cheese Stuffed Zucchini

8 ingredients · 50 minutes · 6 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Halve the zucchini lengthwise. With a spoon carefully scoop out the middle flesh from the center of each zucchini half. Discard the flesh. Set the zucchini aside.
3. Heat the oil in a large skillet over medium heat. Add the onion and carrot and cook for about five minutes or until tender.
4. Add the meat, stirring until well browned and crumbled about seven to 10 minutes.
5. Add the Italian seasoning and the crushed tomatoes. Continue cooking, stirring frequently, for about three minutes. Keep warm.
6. Place the zucchini halves cut side up on the baking sheet. Stuff the cavity of each with an equal portion of the filling and top with the mozzarella cheese.
7. Bake in the oven for 23 to 25 minutes or until the cheese is golden and the zucchini halves have softened. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Store extra sauce separately for another use.

### Serving Size

One serving is two halves of a stuffed zucchini.

### Dairy-Free

Use dairy-free cheese

### More Flavor

Add garlic, celery, fennel, and/or spinach. Swap Italian seasoning for ground cinnamon and ground cloves.

### Additional Toppings

Fresh basil, parsley, oregano, red pepper flakes, parmesan cheese, salt, and pepper to taste.

## Ingredients

- 6 Zucchini (medium)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (medium, grated)
- 1 Carrot (peeled, grated)
- 454 **grams** Lean Ground Beef
- 1 **tbsp** Italian Seasoning
- 2 **cups** Crushed Tomatoes (from the can)
- 227 **grams** Mozzarella Cheese (shredded)



# Apple & Mint Beef Sausage Patties

9 ingredients · 35 minutes · 4 servings



## Directions

1. Heat the oil in a pan over medium heat. Add the garlic and cook until fragrant, stirring frequently.
2. Add the apple, stirring frequently. Add the water one tablespoon at a time as needed. Cook for 10 minutes or until softened and browned.
3. Meanwhile, in a large bowl add the ground beef, maple syrup, cinnamon, salt, and mint leaves. Mix with your hands until well combined. Once the apple is done cooking, incorporate it into the beef mixture.
4. Form the beef mixture into two to three-inch diameter patties. Use the same pan that the apple was cooked in to cook the patties. Cook for five to seven minutes on each side or until browned and cooked through. Enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is equal to approximately one patty.

### Serve it With

Fried egg, sweet potato, toast, spinach and/or kale.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 Apple (medium, finely chopped)
- 1/4 **cup** Water
- 454 **grams** Lean Ground Beef
- 2 **tbsps** Maple Syrup
- 1/2 **tsp** Cinnamon
- 1 **tsp** Sea Salt
- 2 **tbsps** Mint Leaves (finely chopped)

# One Pan Burrito Casserole

10 ingredients · 45 minutes · 3 servings



## Directions

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

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately one cup.

### Serve it With

Corn tortilla chips, in a small corn tortilla, or as a sandwich wrap.

### More Flavor

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

### Additional Toppings

Green onions, sour cream, and/or guacamole.

## Ingredients

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



# Vietnamese Beef Stew

12 ingredients · 3 hours 28 minutes · 4 servings



## Directions

1. Heat a heavy bottom pot over medium-high heat. Once warm, add the beef and cook for about 15 minutes or until browned on all sides. Take the beef out of the pot and set aside.
2. In the same pot, add the onion and sauté for about five minutes or until soft. Add the garlic, Thai chili, ginger, lemongrass, and five spice. Stir and sauté for another two to three minutes.
3. Bring the beef back to the pot along with diced tomato and beef broth. Stir and bring to a simmer. Season with salt and pepper. Cover the pot with a lid and let it simmer on low heat for about 1 1/2 hours.
4. Add the carrots to the pot and let cook covered for another hour. Make sure there is enough liquid in the pot and stir occasionally. Take the lid off, and let the stew simmer for another 30 minutes, uncovered.
5. Adjust the seasoning to your taste. Remove the ginger and lemongrass pieces. Top with cilantro and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### Serving Options

Serve with noodles or toasted bread.

### Additional Toppings

Top with mixed herbs.

### No Thai Chili

Use chili flakes instead.

## Ingredients

**605 grams** Stewing Beef (cubed)  
**1** White Onion (large, sliced)  
**5** Garlic (clove, minced)  
**1** Thai Chili (chopped)  
**1/4 cup** Ginger (fresh, chopped into large pieces)  
**14 grams** Lemongrass (peeled, chopped into large pieces)  
**1 tbsp** Chinese Five Spice  
**3** Tomato (diced)  
**4 cups** Beef Broth  
Sea Salt & Black Pepper (to taste)  
**2** Carrot (large, chopped)  
**1/4 cup** Cilantro

**Likes it Spicy**

This stew is known as Bo Kho and it is usually a spicy stew. If you like it spicier, adjust the number of Thai chilis used.



# Beef & Mushroom Stew

10 ingredients · 3 hours · 4 servings



## Directions

1. Season the beef all over with half of the salt. Heat the oil in a pot over medium-high heat. Once hot, add the beef and sear on all sides, until browned, about three minutes per side.
2. Add the onion and mushrooms and sauté for about five minutes. Add the garlic and rosemary and cook for two to three minutes.
3. Add the broth, stir, and bring to a simmer. Turn down the heat to low. Cover the pot with a lid and simmer for about two hours.
4. Uncover the pot, add the coconut milk and remaining salt. Stir and simmer uncovered over low heat for another 30 minutes or until the beef is tender and cooked through.
5. Adjust the seasoning to your taste. Top with cilantro and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### More Flavor

Add celery.

### Stew Consistency

Check the stew two to three times during cooking and add more broth or water if necessary.

## Ingredients

**605 grams** Stewing Beef (cubed)  
**1 tsp** Sea Salt (divided)  
**1 1/2 tsps** Extra Virgin Olive Oil  
**1/2** Yellow Onion (large, diced)  
**4 cups** Mushrooms (sliced)  
**4** Garlic (clove, minced)  
**2 tsps** Rosemary (fresh)  
**710 milliliters** Bone Broth  
**2/3 cup** Canned Coconut Milk (full fat)  
**2 tsps** Cilantro (chopped)

# Shredded Beef, Cucumber & Cauliflower Rice

11 ingredients · 3 hours 25 minutes · 6 servings



## Directions

1. Season the beef all over with salt and sprinkle with garlic powder and thyme. Heat a pot over medium-high heat. Add the beef and cook for about 10 minutes or until browned on all sides.
2. Add the water and coconut aminos to the pot. Cover with a lid and turn the heat down to low. Cook for about three hours or until the beef is tender. Check occasionally and add more water if necessary.
3. Remove the beef from the pot and shred with two forks. Bring back the shredded beef to the pot and stir with the liquid. Taste and adjust the seasoning to your taste.
4. Heat the oil in a large pan over medium heat. Add the cauliflower rice and cook, stirring occasionally, for five to seven minutes or until desired doneness.
5. Divide the cauliflower rice and beef between serving plates. Top with cucumber and cilantro. Squeeze some lime juice on top, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze the beef for up to three months.

### Serving Size

One serving is equal to approximately 2/3 cup of beef, one cup of cauliflower rice, and 1/3 cup cucumber.

### More Flavor

Add oregano to the beef.

### Additional Toppings

Add avocado.

## Ingredients

**907 grams** Top Sirloin Beef Roast (cut into big chunks)

**1 1/2 tsps** Sea Salt

**2 tsps** Garlic Powder

**2 tsps** Dried Thyme

**1/2 cup** Water

**2 tbsps** Coconut Aminos

**2 tsps** Extra Virgin Olive Oil

**6 cups** Cauliflower Rice

**1** Cucumber (medium, sliced)

**1/4 cup** Cilantro

**1 1/2** Lime (juiced)



# Shredded Beef Stuffed Sweet Potatoes

11 ingredients · 3 hours 20 minutes · 6 servings



## Directions

1. Season the beef all over with salt, garlic powder, and thyme. Heat a pot over medium-high heat. Add the beef and cook for about 10 minutes or until browned on all sides.
2. Add the water and coconut aminos to the pot. Cover with a lid and turn the heat down to low. Cook for about three hours or until the beef is tender. Check occasionally and add more water if necessary.
3. Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Pierce the sweet potatoes with a fork, brush with oil, and place them on the baking sheet. Bake for 45 to 50 minutes or until cooked through.
4. Slice the sweet potatoes down the middle, but not all the way through. Use a fork to lightly mash the cooked potatoes.
5. Remove the beef from the pot and shred with two forks. Bring back the shredded beef to the pot and stir with the liquid. Taste and adjust the seasoning to your taste.
6. Top each sweet potato with shredded beef and avocado. Garnish with cilantro, and lime juice. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze the beef for up to three months.

### Serving Size

One serving is equal to one medium sweet potato, approximately 2/3 cup beef and 1/3 of an avocado.

## Ingredients

**907 grams** Top Sirloin Beef Roast (cut into big chunks)

**1 1/2 tsps** Sea Salt

**2 tsps** Garlic Powder

**2 tsps** Dried Thyme

**1/2 cup** Water

**2 tbsps** Coconut Aminos

**2 tsps** Extra Virgin Olive Oil

**6** Sweet Potato (medium)

**2** Avocado (medium, sliced)

**1/4 cup** Cilantro

**1 1/2** Lime (juiced)

# Ground Beef & Potato Curry

11 ingredients · 55 minutes · 4 servings



## Directions

1. Heat the oil in a pot over medium-high heat. Add the onion and sauté for about five minutes or until soft and translucent.
2. Add the beef and cook for another five minutes, breaking it up as it cooks. Add the potato, curry powder, salt, and pepper. Cook for another few minutes and stir occasionally.
3. Add the tomato purée and broth. Stir and bring to a simmer. Turn the heat down to low and cover the pan with a lid. Simmer for about 30 minutes or until the potatoes are tender. Check the stew occasionally and add more broth if necessary.
4. Remove the lid and stir in the peas. Cook for another five minutes, taste, and adjust the seasoning as needed.
5. Remove from the heat and stir in the lemon juice. Top with cilantro. Divide evenly between bowls and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is approximately 1 1/4 cups.

### More Flavor

Add garlic and ginger.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 White Onion (large, sliced)
- 454 grams** Extra Lean Ground Beef
- 3 Yellow Potato (medium, cubed)
- 1 **tbsp** Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1/2 **cup** Tomato Purée
- 2 1/2 **cups** Beef Broth
- 1 **cup** Frozen Peas
- 1/2 Lemon (juiced, for serving)
- 2 **tbsps** Cilantro



# One Pan Beef, Broccoli & Sweet Potato

10 ingredients · 30 minutes · 2 servings



## Directions

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1. Heat the oil in a large pan over medium-high heat. Add the potatoes to the pan and cook for four to five minutes until starting to soften.
2. Add the bell pepper and garlic to the pan and sauté for two minutes. Add the beef and cook for three to four minutes, or until the beef is cooked through, breaking it up as it cooks. Season with salt and pepper.
3. Stir in the broccoli, green onions, tamari, and sesame seeds. Cook for three to five minutes or until the broccoli is tender, stirring as needed.
4. Divide evenly between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add a seasoning blend of choice. Serve over rice or potatoes.

### No Beef

Use any ground meat or meat substitute of choice.

## Ingredients

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- 1 **tbsp** Sesame Oil
- 1 Sweet Potato (medium, cubed)
- 1 Red Bell Pepper (medium, chopped)
- 2 Garlic (clove, chopped)
- 340 **grams** Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Broccoli (cut into small florets)
- 4 **stalks** Green Onion (chopped)
- 2 **tbsps** Tamari
- 1 **tbsp** Sesame Seeds

# Zucchini Meatballs

7 ingredients · 25 minutes · 3 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Use a clean kitchen towel or cheesecloth to squeeze out as much water as possible from the zucchinis.
3. In a bowl, add the beef, zucchini, garlic, cumin, salt, and pepper and mix well. Divide the mixture evenly into meatballs, approximately two inches (6 cm) in diameter. Place onto the baking sheet.
4. Cook in the oven for about 12 to 15 minutes or until cooked through.
5. Transfer the meatballs onto a serving plate. Top with parsley and squeeze lemon juice on top. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately four meatballs.

### More Flavor

Add carrot, cilantro, and/or onion into the beef mixture.

## Ingredients

- 2 Zucchini (small, shredded)
- 454 grams** Extra Lean Ground Beef
- 2 Garlic (clove, minced)
- 1 tsp** Cumin
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Parsley (chopped, for garnish)
- 1/2** Lemon (juiced, for serving)



# One Pan Crispy Chicken with Potatoes & Greens

5 ingredients · 35 minutes · 2 servings



## Directions

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

## Notes

### No Rosemary

Use thyme or another herb instead.

### No Kale

Use another green such as Swiss chard or spinach.

### Leftovers

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

## Ingredients

**227 grams** Chicken Thighs with Skin

**2 cups** Mini Potatoes (halved)

**1/8 tsp** Sea Salt

**1 tbsp** Rosemary (chopped)

**2 cups** Kale Leaves (chopped)

# Slow Cooker Dijon Pork Tenderloin

7 ingredients · 2 hours 15 minutes · 4 servings



## Directions

1. Combine the broth, mustard, Italian seasoning and sea salt in the slow cooker. Add the pork tenderloin to the center of the slow cooker and cover with the lid. Cook on high for 1 to 2 hours or on low for 3 to 4 hours until the pork is cooked through.
2. Once cooked, remove the pork from the slow cooker and cover it with foil to rest and keep warm. Add the lemon juice and parsley into the slow cooker with the leftover juices, and mix well.
3. To serve, slice the pork and drizzle with the juices from the slow cooker. Enjoy!

## Notes

### Optional Step for Sauce

For a sauce that is more like gravy, transfer the cooking liquid from the slow cooker to a small pot. Bring the liquid to a boil over medium-high heat and then let simmer for 15 minutes. Turn off the heat then stir in the lemon juice and parsley.

### No Grainy Dijon Mustard

Use regular Dijon mustard or brown mustard instead.

### Leftovers

Keep in the fridge for up to 3 days or freeze for longer.

### Serve it With

Mashed potatoes, cauliflower, rice, quinoa or a side salad.

## Ingredients

- 3 cups** Vegetable Broth
- 2 tbsps** Dijon Mustard (grainy)
- 1 tsp** Italian Seasoning
- 1/2 tsp** Sea Salt
- 454 grams** Pork Tenderloin
- 1 tbsp** Lemon Juice
- 1/4 cup** Parsley (chopped)



# Mini Eggplant Pizzas

8 ingredients · 30 minutes · 4 servings



## Directions

1. Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.
2. Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.
3. Meanwhile, turn the broiler on high.
4. Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded cheese. Broil the eggplant pizzas for 3 to 5 minutes until the cheese is melted, bubbly and browned.
5. Top with red pepper flakes and fresh basil. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days. Reheat in the microwave or oven until warmed through.

### Serving Size

One serving is approximately three eggplant pizzas.

### Dairy-Free

Use a dairy-free shredded cheese instead.

### More Flavor

Add minced garlic and Italian seasoning to the tomato sauce.

### Additional Toppings

Top eggplant pizza with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or mushrooms.

## Ingredients

- 1 Eggplant (medium)
- 1/4 cup Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3/4 cup Tomato Sauce
- 1/2 tsp Oregano
- 125 grams Mozzarella Ball (grated)
- 1/2 tsp Red Pepper Flakes (Optional)
- 2 tbsps Basil Leaves (finely chopped)

# Mediterranean Fettuccine with Kale

7 ingredients · 20 minutes · 2 servings



## Directions

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1. Cook the pasta according to the directions on the package. Once the pasta is cooked and strained, run cold water over the pasta to prevent from over-cooking. Set aside.
2. In the same pot used for the pasta, add the kale and olives and cook over medium heat for 3 to 4 minutes, until the kale is soft. Add the pasta back to the pot along with the lemon juice, extra virgin olive oil, nutritional yeast and sea salt. Toss to combine. Divide onto plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add minced garlic or chili flakes.

### No Brown Rice Fettuccine

Use your favorite type of noodle instead.

### No Nutritional Yeast

Use parmesan or dairy-free cheese instead.

## Ingredients

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**113 grams** Brown Rice Fettuccine  
**2 cups** Kale Leaves (finely chopped)  
**1/4 cup** Pitted Kalamata Olives  
**1 tbsp** Lemon Juice  
**2 tbsps** Extra Virgin Olive Oil  
**1 tbsp** Nutritional Yeast  
**1/8 tsp** Sea Salt



# Creamy Lemon Dill Chicken Thighs

10 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the chicken thighs to the baking sheet and top with pepper. Cook for 25 minutes or until cooked through.
2. While the chicken cooks, prepare the sauce. Add the oil, lemon juice, turmeric, maple syrup, almond milk, arrowroot powder, sea salt and half of the fresh dill to a saucepan. Cook over medium heat and whisk often until the sauce is heated through.
3. Place the chicken thighs in the sauce and spoon the sauce over the thighs. To serve, divide the chicken between plates along with the sauce. Top with the remaining dill and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Add chilli flakes or coconut yogurt.

### Serve it With

Your favorite roasted veggies, rice and/or a side salad.

### More Flavor

Add minced garlic to the sauce ingredients.

## Ingredients

**454 grams** Chicken Thighs (bone-in, skin removed)

**1/4 tsp** Black Pepper

**1 tbsp** Extra Virgin Olive Oil

**1/4 cup** Lemon Juice

**1 tbsp** Turmeric

**2 tbsps** Maple Syrup

**2 cups** Unsweetened Almond Milk

**2 tbsps** Arrowroot Powder

**1 tsp** Sea Salt

**1/4 cup** Fresh Dill (chopped, divided)

# Rice, Beef & Spinach

4 ingredients · 20 minutes · 4 servings



## Directions

1. Cook the rice according to the directions on the package.
2. Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
3. Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
4. Divide the rice between plates and top with the beef mixture. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add fresh garlic or ginger to the beef with the spinach.

### Additional Toppings

Hot sauce, sesame seeds, sliced green onions and/or cilantro.

### No Tamari

Use soy sauce or coconut aminos instead.

### No Beef

Use ground chicken, turkey or pork instead.

### No Jasmine Rice

Use brown rice, quinoa or cauliflower rice instead.

## Ingredients

**1 cup** Jasmine Rice

**454 grams** Extra Lean Ground Beef

**4 cups** Baby Spinach (packed)

**1 tbsp** Tamari



# One Pan Pork Chops with Potatoes & Green Beans

8 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Place the potatoes and green beans on the baking sheet. Drizzle with the olive oil and season with two-thirds of the oregano and half of the salt. Toss well to coat. Bake for 15 minutes.
3. Meanwhile, season the pork chops on both sides with the smoked paprika, cumin, remaining oregano, and salt.
4. Remove the pan from the oven and stir the vegetables. Add the pork chops to the center of the pan. Place the sheet back in the oven and bake for 10 minutes or until the pork chops are cooked through.
5. Remove the baking sheet from the oven. Divide the pork chops, green beans, and potatoes between plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add garlic powder, onion powder, ground coriander or chili powder to the pork chop seasoning.

### No Green Beans

Use broccoli or sliced carrots instead.

### Cooking Time

Thicker pork chops may require additional cooking time.

## Ingredients

- 2 cups** Mini Potatoes (quartered)
- 2 cups** Green Beans (trimmed and halved)
- 1 1/2 tps** Extra Virgin Olive Oil
- 3/4 tsp** Oregano (divided)
- 1/2 tsp** Sea Salt (divided)
- 350 grams** Pork Chop (bone-in, 1/2-inch thick)
- 1/2 tsp** Smoked Paprika
- 1/4 tsp** Cumin

# Strawberry Kiwi Salad with Chicken

9 ingredients · 5 minutes · 2 servings



## Directions

1. In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
2. Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and chicken. Add the dressing just before serving.

### Additional Toppings

Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

### No Chicken

Top with cooked shrimp, fish, or tofu instead.

### No Sunflower Seeds

Use pumpkin seeds, hemp seeds, or chopped nuts instead.

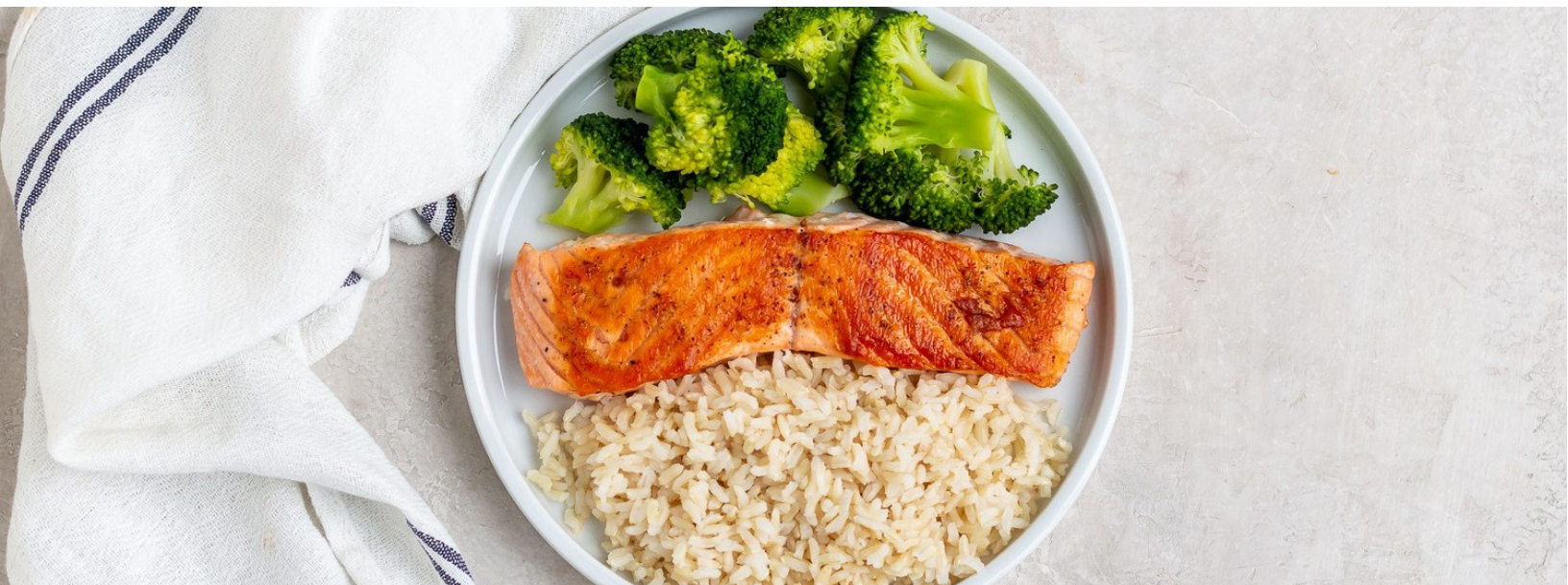
## Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tpsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds
- 142 grams Chicken Breast, Cooked (sliced)



# Salmon with Rice & Broccoli

5 ingredients · 30 minutes · 2 servings



## Directions

1. Cook the rice according to the package directions.
2. Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
3. Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
4. To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

### No Brown Rice

Use white rice, jasmine rice, quinoa, cauliflower rice, or couscous instead.

### No Broccoli

Use green beans, cauliflower, or carrots instead.

### No Salmon

Use trout, cod, or halibut instead.

## Ingredients

**1/2 cup** Brown Rice (dry)

**340 grams** Salmon Fillet

Sea Salt & Black Pepper (to taste)

**1 1/2 tsps** Extra Virgin Olive Oil

**2 cups** Broccoli (cut into florets)

# Baked Pizza Chicken

5 ingredients · 25 minutes · 2 servings



## Directions

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1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Cut the chicken breast(s) in half lengthwise. Place the chicken cutlets on the prepared baking sheet and season both sides with Italian seasoning, salt, and pepper to taste. Bake for 12 to 15 minutes or until the chicken is cooked through.
3. Remove the baking sheet from the oven and adjust the oven setting to broil.
4. Top the chicken cutlets evenly with the tomato sauce and the cheese. Broil for one to two minutes or until the cheese has melted. Divide evenly between plates or meal prep containers and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Dairy-Free

Use a dairy-free cheese alternative.

### More Flavor

Season the chicken with other dried herbs and spices, like garlic powder or red pepper flakes. Use pizza sauce instead of tomato sauce.

### Additional Toppings

Add other pizza toppings like mushrooms, onion, olives, and/or green pepper.

## Ingredients

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**227 grams** Chicken Breast

**1/2 tsp** Italian Seasoning

Sea Salt & Black Pepper (to taste)

**2 tbsps** Tomato Sauce

**28 grams** Mozzarella Cheese (shredded)



# Sweet & Sour Chicken with Broccoli

9 ingredients · 20 minutes · 4 servings



## Directions

1. Cook the rice according to package directions.
2. Blend the pineapple, maple syrup, tomato paste, arrowroot powder, and apple cider vinegar in a blender. Set aside.
3. Boil the broccoli for three to four minutes or until tender-crisp.
4. Heat the oil in a pan over medium heat. Add the chicken and cook until browned and cooked through, about seven to eight minutes. Add the sauce and the broccoli, and cook for one minute or until warmed through. Divide evenly between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately 1 cup of chicken and broccoli and 1/2 cup of rice.

### Make it Vegan

Use tofu or tempeh instead of chicken.

## Ingredients

- 1 cup Jasmine Rice (dry, rinsed)
- 1/2 cup Crushed Pineapple
- 3 tbsps Maple Syrup
- 2 tsps Tomato Paste
- 1 tsp Arrowroot Powder
- 1 1/2 tbsps Apple Cider Vinegar
- 2 cups Frozen Broccoli
- 1 tbsp Extra Virgin Olive Oil
- 454 grams Chicken Breast (diced)

# One Pan Roasted Tahini Chicken & Sweet Potato

8 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Place the chicken thighs and sweet potato on the prepared baking sheet. Rub the coconut oil, cumin, salt, and pepper into the chicken and sweet potato to coat well. Cook for 20 minutes, tossing the sweet potato halfway through.
3. Meanwhile, mix the tahini with the water until you get a creamy consistency.
4. Drizzle the chicken and sweet potato with the tahini sauce and garnish with mint. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for three days.

### Serving Size

One serving is approximately two chicken thighs and one cup of sweet potato.

### More Flavor

Add minced garlic and shallots to the pan with the sweet potato.

## Ingredients

**454 grams** Chicken Thighs (boneless, skin-on)

**1** Sweet Potato (large, peeled, cubed)

**2 tsps** Coconut Oil (melted)

**2 tsps** Cumin

Sea Salt & Black Pepper

**1 tbsp** Tahini

**1 1/2 tsps** Water

**1 tbsp** Mint Leaves (fresh, chopped)



# Salmon & Roasted Sweet Potato

6 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the sweet potatoes onto the baking sheet. Toss with oil and season with salt and pepper. Bake in the oven for 15 minutes.
3. Remove the baking sheet from the oven and place the salmon on it. Season with salt and pepper.
4. Bake in the oven for another 15 to 20 minutes or until everything is cooked through. Top with dill and serve with lemon wedges. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to one salmon fillet and about one cup of sweet potato.

### More Flavor

Add paprika, bell pepper, and/or zucchini.

## Ingredients

**1** Sweet Potato (large, peeled, cut into fries)

**1 tsp** Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

**340 grams** Salmon Fillet

**1 tbsp** Fresh Dill

**1/2** Lemon (sliced into wedges, for serving)

# Chicken Kebab with Potatoes

7 ingredients · 35 minutes · 3 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Toss together the mini potatoes, oil, and half of the salt. Place the potatoes on the baking sheet and bake in the oven for 15 minutes.
3. Meanwhile, in a bowl, mix together the ground chicken, green onion, lemon juice, and the remaining salt.
4. Tightly pack the meat mixture into balls then form the balls into long, thin kebabs, about six to seven inches in length, around each of the barbecue skewers.
5. Remove the baking sheet from oven and add the chicken kebabs to the baking sheet. Place back in the oven and bake for another 20 minutes or until everything is cooked through.
6. Divide the skewers and potatoes between serving plates. Top with extra green onion and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately one cup of potatoes and two 10-inch chicken kebabs.

### More Flavor

Add turmeric and red onion to the kebab mixture.

### No Green Onion

Use parsley instead.

### Wooden Skewers

Be sure to soak the skewers in water prior to use.

## Ingredients

- 3 cups** Mini Potatoes (halved)
- 1 tsp** Extra Virgin Olive Oil
- 1 tsp** Sea Salt (divided)
- 227 grams** Extra Lean Ground Chicken
- 2 stalks** Green Onion (chopped, plus extra for garnish)
- 1/2** Lemon (juiced)
- 6** Barbecue Skewers



# Sage & Lemon Chicken Thighs

4 ingredients · 50 minutes · 2 servings



## Directions

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1. In a bowl, add the chicken, lemon juice, sage, salt, and pepper. Wrap the bowl and let sit in the fridge for about 20 minutes.
2. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
3. Place the chicken thighs onto the baking sheet. Bake in the oven for 20 to 25 minutes or until cooked through. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to one chicken thigh.

### Additional Toppings

Top with fresh dill.

## Ingredients

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**227 grams** Chicken Thighs with Skin (bone-in)

**1/2** Lemon (juiced)

**1/4 cup** Fresh Sage

Sea Salt & Black Pepper (to taste)

# Tuna, Rice & Cucumber Bowl

6 ingredients · 25 minutes · 2 servings



## Directions

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1. Cook the rice according to package instructions.
2. In a bowl, mix together the mayonnaise and lemon juice. Season with salt. Add the tuna to the bowl and mix well.
3. Divide the cooked rice, tuna mixture, and cucumber slices between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### Additional Toppings

Add dill on top.

### Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

## Ingredients

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**2/3 cup** Jasmine Rice (dry, uncooked)

**2 tsps** Mayonnaise

**1/2** Lemon (juiced)

**1/8 tsp** Sea Salt (to taste)

**1 can** Tuna (drained)

**1/2** Cucumber (medium, sliced)



# Carrot & Cabbage Sushi

8 ingredients · 30 minutes · 2 servings



## Directions

1. Cook the rice according to the package directions.
2. In a bowl, whisk together the rice vinegar, sugar, and salt. Add the cooked rice and stir well. If the rice is still warm, let it come to room temperature.
3. Place a nori sheet on a bamboo mat. Spread about three to four tablespoons of rice over the nori sheet then add the cabbage and carrot. Roll the sushi tight.
4. Using a sharp knife, slice the sushi into six or eight equal pieces. Serve with tamari and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is equal to one full roll.

### More Flavor

Add cucumber or avocado.

## Ingredients

- 1/3 cup** Calrose Rice (rinsed until water runs clear, drained)
- 1 tbsp** Rice Vinegar
- 1 tsp** Cane Sugar
- 1/4 tsp** Sea Salt
- 2** Nori Sheets
- 1 cup** Purple Cabbage (thinly sliced)
- 2** Carrot (shredded)
- 3 tbsps** Tamari

# Veggie Sushi Spring Rolls

10 ingredients · 40 minutes · 2 servings



## Directions

1. Cook the rice according to the package directions.
2. In a bowl, whisk together the rice vinegar, sugar, and salt. Add the cooked rice and stir well. If the rice is still warm, let it come to room temperature.
3. Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the nori, rice, cabbage, carrot, and green onion on top.
4. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
5. Serve the sushi spring rolls with tamari and enjoy!

## Notes

### Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

### Serving Size

One serving is approximately two spring rolls.

### More Flavor

Add cucumber or avocado.

## Ingredients

- 1/3 cup** Calrose Rice (rinsed until water runs clear, drained)
- 1 tbsp** Rice Vinegar
- 1 tsp** Cane Sugar
- 1/4 tsp** Sea Salt
- 4** Rice Paper Wraps
- 1** Nori Sheets (quartered)
- 1 1/2 cups** Purple Cabbage (thinly sliced)
- 2** Carrot (shredded)
- 2 stalks** Green Onion (cut in big pieces)
- 1/4 cup** Tamari



# Spinach & Sweet Potato Egg Muffins

8 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
2. Steam sweet potato in a double boiler for eight to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
3. While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
4. When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
5. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
6. Pour the whisked eggs into the prepared muffin tray to cover the sweet potato and spinach.
7. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

## Notes

### Serving Size

One serving is equal to three egg cups.

### Leftovers

Store in the fridge in an airtight container up to four days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

### No Baby Spinach

Use finely sliced kale or swiss chard instead.

## Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 **tbsp** Extra Virgin Olive Oil
- 6 **cups** Baby Spinach
- 8 Egg
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper

# Cucumber, Carrot & Egg Snack Box

4 ingredients · 15 minutes · 1 serving



## Directions

1. In a medium-sized pot add the egg(s) and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
2. Remove the egg(s) and let cool, then peel and slice in half. Season with salt and pepper.
3. Assemble the cucumber and carrots into a storage container and refrigerate until ready to eat. Enjoy!

## Notes

### Leftovers

Keep the egg(s) whole after peeling if saving for later.

### Additional Toppings

Serve the cucumber and carrots with hummus, baba ganoush, or a dip of your choice.

### Make it Vegan

Replace the egg with nuts & seeds.

## Ingredients

- 1 Egg
- Sea Salt & Black Pepper (to taste)
- 1/4 Cucumber (large, sliced)
- 1/2 cup Baby Carrots



# Beef & Sweet Potato Breakfast Casserole

8 ingredients · 1 hour · 6 servings



## Directions

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1. Preheat the oven to 400°F (205°C). Use half the oil to grease a baking dish.
2. Heat the remaining oil in a pan over medium-high heat. Add the ground beef to the pan, breaking it up as it cooks. Drain any excess liquid and season with half the salt. Transfer to the baking dish.
3. Sprinkle the shredded sweet potato evenly over the cooked beef.
4. In a bowl, whisk together the milk, eggs, thyme, and the remaining salt. Pour the mixture into the baking dish. Sprinkle the cheese over top and bake for 40 to 45 minutes, or until golden brown and cooked through.
5. Let it cool slightly before cutting into squares. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

A 9- by 13-inch baking dish was used to make six servings.

### Dairy-Free

Use vegan cheese instead of mozzarella cheese.

### More Flavor

Add garlic when cooking the beef.

### Additional Toppings

Serve with mixed greens or roasted vegetables.

### No Rice Milk

Use almond milk, oat milk, or dairy milk instead.

## Ingredients

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- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 680 **grams** Extra Lean Ground Beef
- 1/4 **tsp** Sea Salt (divided)
- 2 Sweet Potato (medium, shredded)
- 355 **milliliters** Unsweetened Rice Milk
- 4 Egg
- 1/4 **tsp** Dried Thyme
- 170 **grams** Mozzarella Cheese (shredded)

# Papaya Breakfast Box

3 ingredients · 15 minutes · 1 serving



## Directions

1. Place the eggs 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 eggs when they are cool enough to handle and slice into halves.
3. Serve the eggs with the papaya and cucumbers. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Season the eggs with salt and pepper to taste.

### Additional Toppings

Add nuts, crackers, or a slice of toast.

## Ingredients

2 Egg

1 cup Papaya (peeled, seeds removed, chopped)

1/2 Cucumber (medium, chopped)



# Strawberry Lemon Pancakes

9 ingredients · 20 minutes · 3 servings



## Directions

1. Whisk the egg(s) in a bowl. Add the milk, maple syrup, and lemon juice and stir to combine.
2. Add the flour, baking powder, and salt. Mix until well combined. Fold in the strawberries.
3. Heat a pan over medium-high heat and add some oil. Scoop 1/4 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
4. Divide onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

### Serving Size

One serving is equal to two pancakes.

### No Almond Milk

Use cow's milk or any other alternative milk.

### Additional Toppings

Maple syrup, butter, coconut butter, berries, nuts.

## Ingredients

- 1 Egg
- 3/4 cup Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Lemon Juice
- 1 cup All Purpose Gluten-Free Flour
- 2 tsps Baking Powder
- 1/8 tsp Sea Salt
- 1 cup Strawberries (stems removed, chopped)
- 1 tbsp Coconut Oil

# Strawberry Oatmeal Bars

9 ingredients · 55 minutes · 9 servings



## Directions

1. Preheat the oven to 350°F (175°C). Line a baking dish or pan with parchment paper going in both directions.
2. In a saucepan over medium-low heat, combine the strawberries, lemon juice, 1/4 of the maple syrup and arrowroot powder. Bring to a simmer, stirring occasionally until thickened, about six minutes. Remove the saucepan from the heat and set aside.
3. Add 1/3 of the oats to a blender and process until a fine flour has formed.
4. In a large bowl whisk the egg, remaining maple syrup, coconut oil, and vanilla. Add the remaining oats, blended oat flour, and salt. Mix to combine.
5. Transfer about 3/4 of the oat mixture into the pan and press down with a spatula to flatten. Pour the strawberry mixture over top. Scatter the remaining oat mixture over top.
6. Place in the oven and bake for 35 to 40 minutes, until the top is golden brown.
7. Let the pan cool for at least 30 minutes before removing and transferring the pan to a cooling rack. When the bars look firm and have mostly cooled, slice them into squares and enjoy!

## Notes

### Leftovers

Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to five days.

### Serving Size

An 8 x 8 inch (20 x 20 cm) dish was used to make nine servings. One serving is one square.

### Make it Vegan

Replace the egg with a flax egg.

### More Flavor

Add a pinch of cinnamon to the crust.

### No Strawberries

Use pitted cherries or raspberries instead.

## Ingredients

- 3 cups Strawberries (sliced)
- 2 tsps Lemon Juice
- 1/2 cup Maple Syrup (divided)
- 2 tsps Arrowroot Powder
- 3 cups Oats (rolled, divided)
- 1 Egg
- 1/2 cup Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt



# Turkey, Egg & Spinach Cups

6 ingredients · 30 minutes · 3 servings



## Directions

1. Preheat the oven to 400°F (205°C) and spray a muffin tray with avocado oil or use a silicone muffin tray.
2. In a bowl, whisk the eggs, salt, and pepper. Add the turkey breast, spinach, and cheese.
3. Divide the mixture evenly between the muffin cups. Bake for 20 to 25 minutes or until cooked and golden brown on top. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to two muffin cups.

### More Flavor

Add bell pepper and red onion.

### No Cheddar Cheese

Use mozzarella instead.

### Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

## Ingredients

**2 grams** Avocado Oil Spray

**4** Egg (large)

Sea Salt & Black Pepper (to taste)

**85 grams** Sliced Turkey Breast (chopped)

**1/4 cup** Frozen Spinach (thawed, drained)

**57 grams** Cheddar Cheese (shredded)

# Spinach & Sweet Potato Frittata

5 ingredients · 25 minutes · 4 servings



## Directions

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1. Preheat the oven to 400°F (204°C).
2. Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
3. Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
4. Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

### Additional Toppings

Salsa, hot sauce, or ketchup.

### No Spinach

Use kale or swiss chard instead.

## Ingredients

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**1 tbsp** Extra Virgin Olive Oil

**1** Sweet Potato (medium, peeled and cut into small cubes)

**3 cups** Baby Spinach (chopped)

**8** Egg (whisked)

Sea Salt & Black Pepper (to taste)