



Alyssa - Easy Meal Ideas

LISA HAYNE



MON



BREAKFAST
Blueberry Energy Smoothie



LUNCH
Tuna, Chickpea & Avocado Salad



DINNER
Creamy Tomato & Beef Pasta

THU



BREAKFAST
Yogurt Overnight Oats



LUNCH
Italian Chicken & Rice Meal Prep Bowl



DINNER
Chickpea Shakshuka

SUN



BREAKFAST
Raspberry Overnight Oats



DINNER
One Pan Teriyaki Chicken

TUE



BREAKFAST
Green Blender Juice or Smoothie



LUNCH
Garlic Beef Noodles



DINNER
BLT Spaghetti

FRI



BREAKFAST
Chocolate Almond Butter Smoothie Bowl



LUNCH
Meal Prep Greek Chicken Bowls



DINNER
Fresh Salad Rolls

WED



BREAKFAST
Strawberry Vanilla Pineapple Smoothie



LUNCH
Egg Salad Wrap



DINNER
Chickpea Stir Fry

SAT



BREAKFAST
Blackberry Chia Pudding



DINNER
Baked Beef & Spinach Rigatoni

FRUITS

- 1/2 Avocado
- 1 Banana
- 1 1/2 cups Blackberries
- 1 Lemon
- 1/2 Navel Orange
- 1 1/2 cups Pineapple
- 2 3/4 cups Raspberries
- 1 1/2 cups Strawberries

BREAKFAST

- 1 tbsp Almond Butter
- 2 tbsps Granola
- 1 2/3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1 cup Cashews
- 1/3 cup Chia Seeds
- 1 tsp Cinnamon
- 1 tsp Garlic Powder
- 2 tbsps Greek Seasoning
- 1/4 cup Ground Flax Seed
- 1 tsp Harissa
- 1/4 cup Hemp Seeds
- 1 2/3 tbsps Italian Seasoning
- 1/2 tsp Oregano
- 1 tsp Red Pepper Flakes
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds

FROZEN

- 1 1/2 cups Frozen Blueberries
- 1/4 cup Frozen Cauliflower
- 1 cup Frozen Pineapple
- 10 Ice Cubes

VEGETABLES

- 1 cup Arugula
- 14 1/2 cups Baby Spinach
- 6 cups Broccoli
- 5 Carrot
- 2 stalks Celery
- 4 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 2 1/2 Cucumber
- 18 Garlic
- 1/4 cup Ginger
- 1/4 head Iceberg Lettuce
- 1 1/8 cups Parsley
- 2 cups Purple Cabbage
- 1 Red Bell Pepper
- 1 3/4 cups Red Onion
- 2 cups Snap Peas
- 1/2 White Onion
- 2 1/2 Yellow Onion
- 4 1/2 Zucchini

BOXED & CANNED

- 2 cups Brown Rice
- 3 cups Brown Rice Fusilli
- 4 cups Chickpeas
- 3 cups Crushed Tomatoes
- 6 1/2 cups Marinara Sauce
- 85 grams Rice Vermicelli Noodles
- 454 grams Rigatoni
- 340 grams Shiratake Noodles
- 2 tbsps Tomato Paste
- 1/4 cup Tomato Purée
- 1 can Tuna

BAKING

- 2 tbsps Cacao Powder
- 2 cups Oats
- 2 tbsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 8 slices Bacon
- 1.3 kilograms Chicken Breast
- 454 grams Extra Lean Ground Beef
- 454 grams Lean Ground Beef
- 227 grams Mozzarella Cheese
- 1/4 cup Parmigiano Reggiano
- 227 grams Top Sirloin Steak
- 2 Whole Wheat Tortilla

CONDIMENTS & OILS

- 2 tbsps Avocado Oil
- 3 1/2 tbsps Coconut Aminos
- 1 tsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Italian Dressing
- 2 tbsps Mayonnaise
- 2 tbsps Red Wine Vinegar
- 8 Rice Paper Wraps
- 3 1/2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 1/3 cup Tamari

COLD

- 1/2 cup Cow's Milk, Whole
- 5 Egg
- 1 cup Plain Greek Yogurt
- 5 cups Unsweetened Almond Milk

OTHER

- 1/4 cup Chocolate Protein Powder
- 1/3 cup Vanilla Protein Powder
- 5 3/4 cups Water

■ 1 1/2 tsps Vanilla Extract

Blueberry Energy Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Cashews
1/4 cup Hemp Seeds
2 cups Water
2 cups Baby Spinach
1 1/2 cups Frozen Blueberries

DIRECTIONS

- 01 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 02 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

NOTES

MAKE IT SWEETER

Add in a few soaked dates to sweeten it up.

Green Blender Juice or Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Pineapple (diced)
1 Cucumber (diced)
1 cup Parsley
4 cups Baby Spinach
1 tbsp Ginger (peeled)
1 Lemon (juiced)
10 Ice Cubes

DIRECTIONS

- 01 Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
- 02 Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

Strawberry Vanilla Pineapple Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 1/2 cups Strawberries (chopped)
1 cup Frozen Pineapple
1/3 cup Vanilla Protein Powder

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

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

NUT-FREE

Use coconut milk, cow's milk, or other nut-free milk.

ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds before blending.

Yogurt Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1/2 cup Cow's Milk, Whole
2 tsp Maple Syrup
1 tsp Vanilla Extract
1/2 cup Oats
1/2 cup Blackberries
1/2 cup Raspberries

DIRECTIONS

- 01 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 02 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup.

MAKE IT VEGAN

Use plant-based yogurt and milk of choice.

ADDITIONAL TOPPINGS

Top with cinnamon, coconut flakes, nut butter, nuts and seeds.

Chocolate Almond Butter Smoothie Bowl

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Frozen Cauliflower
- 1/2 Zucchini (chopped, frozen)
- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

DIRECTIONS

- 01 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 02 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

MORE FLAVOR

Add cinnamon to your smoothie base.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

NO SMOOTHIE BOWL

Drink as a regular smoothie instead.

SMOOTHIE CONSISTENCY

For a creamier texture, use a frozen banana.

Blackberry Chia Pudding

2 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 cup Blackberries
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract
1/4 cup Chia Seeds

DIRECTIONS

- 01 Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
- 02 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
- 03 Top with additional blackberries if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Granola, nuts, seeds, yogurt.

NUT-FREE

Use oat milk or coconut milk instead of almond milk.

Raspberry Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (rolled)
2 cups Unsweetened Almond Milk
1/4 cup Ground Flax Seed
1 tsp Cinnamon
2 cups Raspberries (fresh or frozen, thawed)

DIRECTIONS

- 01 Add the oats, almond milk, flax seed and cinnamon together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Divide into containers and top with raspberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

NUT-FREE

Use a nut-free milk such as oat or soy.

NO ROLLED OATS

Use quick oats instead.

Tuna, Chickpea & Avocado Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 can Tuna (drained, flaked with a fork)
1 cup Chickpeas (cooked, drained)
1/2 Cucumber (medium, chopped)
1 cup Cherry Tomatoes (halved)
1/2 Avocado (cubed)
1/4 cup Red Onion (sliced)
1/4 cup Italian Dressing
2 tbsps Parsley (fresh, chopped)

DIRECTIONS

01 Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO ITALIAN DRESSING

Use olive oil and lemon juice instead.

NO TUNA

Use other canned fish like salmon or mackerel.

CANNED TUNA

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

Garlic Beef Noodles

2 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Water
1 1/2 tbsps Coconut Aminos
1/2 White Onion (medium, sliced)
227 grams Top Sirloin Steak (sliced)
10 Garlic (cloves, chopped)
2 tbsps Ginger (peeled, minced)
340 grams Shiratake Noodles (drained, rinsed)
2 tbsps Cilantro (chopped)

DIRECTIONS

- 01 Heat a non-stick pan over medium-high heat. Add the water, coconut aminos, onion, steak slices, garlic, and ginger and cook for about five to eight minutes, or until cooked through and most of the liquid is gone.
- 02 Add the noodles and cook until warmed through, about two minutes. Divide into bowls and garnish with the cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 2 1/2 cups.

MORE FLAVOR

Use your choice of cooking oil instead of water.

ADDITIONAL TOPPINGS

Add sliced green onions, broccolini, bok choy, sliced carrots, mushrooms, or bean sprouts.

MAKE IT VEGAN

Use firm tofu or tempeh instead of beef.

Egg Salad Wrap

2 SERVINGS 25 MINUTES



INGREDIENTS

4 Egg
2 tbsps Mayonnaise
1 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
2 Whole Wheat Tortilla
1 cup Arugula

DIRECTIONS

- 01 In a medium-sized pot add the eggs 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.
- 02 Remove the eggs and let them cool in an ice bath. Once cooled, peel and add to a bowl. Add the mayonnaise, mustard, salt, and pepper. Mash with a fork to your desired consistency.
- 03 Place the tortilla on a plate and layer with arugula. Add the egg salad on top. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

SERVING SIZE

One serving is equal to one wrap.

MAKE IT VEGAN

Use crumbled tofu instead.

MORE FLAVOR

Add a pinch of cayenne.

ADDITIONAL TOPPINGS

Add chives, chopped red onion, or chopped celery to the egg salad.

GLUTEN-FREE

Use a gluten-free tortilla.

Italian Chicken & Rice Meal Prep Bowl

4 SERVINGS 35 MINUTES



INGREDIENTS

1 cup Brown Rice (dry)
567 grams Chicken Breast (cut into large cubes)
2 cups Broccoli (cut into small florets)
1/2 cup Red Onion (cut into thick slices)
1 cup Cherry Tomatoes
2 Zucchini (small, chopped)
2 tbsps Extra Virgin Olive Oil
1 tbsp Italian Seasoning
1 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 03 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Drizzle with the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 04 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 05 Divide the rice, chicken, and veggies evenly between meal prep containers or plates and enjoy!

NOTES

LEFTOVERS

Refrigerate for up to three days.

MORE FLAVOR

Add other dried herbs and spices to taste, like red pepper flakes, onion powder, or parsley.

ADDITIONAL TOPPINGS

Avocado or dipping sauce, like tzatziki or hummus.

NO BROWN RICE

Omit or use white rice, quinoa, or cauliflower rice instead.

Meal Prep Greek Chicken Bowls

4 SERVINGS 50 MINUTES



INGREDIENTS

2 cups Water
1 cup Brown Rice (dry)
454 grams Chicken Breast (skinless, boneless)
2 tbsps Greek Seasoning
1 Cucumber (medium, diced)
1/2 cup Red Onion (medium, diced)
2 cups Cherry Tomatoes
2 tbsps Extra Virgin Olive Oil
2 tbsps Red Wine Vinegar
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- 03 Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 04 While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- 05 Divide the rice between containers along with the chicken and veggies. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 3 days.

MORE FLAVOUR

Add feta cheese or Tzatziki sauce if desired.

HOMEMADE GREEK SEASONING

Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.

Creamy Tomato & Beef Pasta

5 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Brown Rice Fusilli (dry, uncooked)
1/2 cup Cashews (raw, soaked overnight)
3/4 cup Water
2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (chopped)
454 grams Extra Lean Ground Beef
2 tbsps Tomato Paste
1 1/2 cups Marinara Sauce
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Cook pasta according to package directions, drain and set aside.
- 02 In a blender combine the soaked cashews and water. Blend until completely smooth. Set aside.
- 03 Heat the oil over medium heat in a large dutch oven or pot. Add the onion and cook, stirring often until soft, about four to five minutes. Add the beef and continue to cook for another 10 minutes, until browned.
- 04 Add the tomato paste and cook for another two minutes. Add the marinara sauce and season with salt and pepper. Cover and simmer for ten minutes.
- 05 Stir the cashew cream into the sauce and add the pasta. Stir everything together and taste. Season with more salt and pepper if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup.

MORE FLAVOR

Add Italian seasoning and/or chili flakes to the sauce. Add spinach, mushrooms, or kale.

ADDITIONAL TOPPINGS

Top with parsley or parmesan cheese.

SHORT ON TIME

Soak the cashews in boiling water for 10 minutes.

BLT Spaghetti

4 SERVINGS 45 MINUTES



INGREDIENTS

- 8 slices Bacon
- 2 Zucchini
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 Garlic (clove, minced)
- 3 cups Crushed Tomatoes
- 1/2 tsp Oregano
- 4 cups Baby Spinach
- 1 tsp Red Pepper Flakes (to taste)
- 1/8 tsp Black Pepper (to taste)
- 1/4 cup Parmigiano Reggiano (grated, optional)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper. Spread the bacon in a single layer across the sheet. Bake in the oven for 15 to 18 minutes, flipping once at the halfway point. Remove from oven and wrap in paper towel to soak up the grease. Let cool and then chop into fine pieces. Set aside.
- 02 Use a spiralizer to spiralize your zucchini into noodles. If you don't have a spiralizer, you can use a box grater (use the side with bigger holes) or a peeling knife to create long strips. (Tip: For best results, glide the zucchini across the entire length of the box grater with long strokes).
- 03 Heat the olive oil in a large skillet over medium heat. Add the onion and saute until translucent. Add in the minced garlic and saute for another minute. Then add in the crushed tomatoes and oregano. Let simmer for about 20 to 30 minutes or until thickened.
- 04 Add in the bacon, baby spinach and zucchini noodles and stir for three minutes or until noodles are tender and spinach is wilted. Remove from heat.
- 05 Spoon into bowls and top with red pepper flakes, fresh ground pepper and parmigiano reggiano cheese. Enjoy!

NOTES

NO ZUCCHINI

Use regular brown rice pasta.

VEGETARIAN AND VEGAN

Skip the bacon and add red kidney beans.

DAIRY-FREE

Leave out the parmigiano reggiano cheese.

Chickpea Stir Fry

3 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Avocado Oil
2 cups Chickpeas (cooked and rinsed)
2 Carrot (peeled, chopped)
1/2 cup Red Onion (chopped)
2 stalks Celery (chopped)
2 cups Broccoli (florets, chopped)
1 cup Water
1/4 cup Tamari
1 tbsp Sesame Seeds

DIRECTIONS

- 01 In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.
- 02 Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.
- 03 Divide between plates, sprinkle sesame seeds on top, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add garlic, fresh ginger, fish sauce, sesame oil, miso paste, red pepper flakes and/or salt and pepper.

Chickpea Shakshuka

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Chickpeas (cooked)
1/4 cup Tomato Purée
1 tsp Harissa
1/2 cup Baby Spinach
1 Egg
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 02 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 03 Season with salt and pepper 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.

MORE FLAVOR

Add onion and bell pepper.

ADDITIONAL TOPPINGS

Add feta cheese and fresh herbs.

Fresh Salad Rolls

4 SERVINGS 15 MINUTES



INGREDIENTS

85 grams Rice Vermicelli Noodles
2 tbsps Tamari
1 1/2 tbsps Rice Vinegar
2 Garlic (cloves, minced)
1 1/2 tsps Ginger (minced)
1 tbsp Water
8 Rice Paper Wraps
1/4 head Iceberg Lettuce (leaves pulled apart)
1 Red Bell Pepper (medium, sliced)
1 Carrot (large, shredded)
2 cups Purple Cabbage (thinly sliced)

DIRECTIONS

- 01 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 02 In a bowl, whisk together the tamari, rice vinegar, garlic, ginger, and water. Adjust to taste as needed.
- 03 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, vermicelli, bell pepper, carrot, and cabbage near the bottom of the wrap. 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.
- 04 Dip into the sauce 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 equals approximately two rolls.

ADDITIONAL TOPPINGS

Add bean sprouts, crushed peanuts, cilantro, Thai basil, mint, or cucumbers.

HOISIN LOVER

Instead of the tamari sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.

Baked Beef & Spinach Rigatoni

8 SERVINGS 55 MINUTES



INGREDIENTS

454 grams Rigatoni (uncooked)
454 grams Lean Ground Beef
1 Yellow Onion (medium, finely chopped)
5 cups Marinara Sauce
2 tsps Italian Seasoning
4 cups Baby Spinach
227 grams Mozzarella Cheese (shredded)

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C).
- 02 Cook the rigatoni al dente according to the package directions. Drain and set aside.
- 03 Preheat a large non-stick skillet over medium heat. Add the beef and the onions crumbling the meat as it cooks. Cook for seven to 10 minutes or until cooked through.
- 04 Add the marinara sauce and the Italian seasoning. Cook over medium heat for five minutes, stirring occasionally. Set aside.
- 05 In a large bowl, combine the rigatoni, spinach, and sauce. Pour it into a baking dish and top it with the cheese. Cook for 20 minutes or until browned and bubbly.
- 06 Let it rest for 10 minutes before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.

SERVING SIZE

A 13 x 9-inch baking dish was used to make eight servings. One serving is equal to approximately 1 1/2 cups.

FREEZER MEAL

Let everything cool separately before assembling. Pour into a 13 x 9-inch disposable foil pan. Top with cheese. Cover in plastic wrap and then tin foil, to prevent freezer burn. Label and freeze for up to three months. Let it thaw in the refrigerator overnight, remove the plastic wrap and cook as per the instructions.

MORE FLAVOR

Add vegetables like zucchini, kale, mushrooms, and bell peppers.

GLUTEN-FREE

Swap the regular rigatoni for gluten-free rigatoni or penne.

One Pan Teriyaki Chicken

2 SERVINGS 40 MINUTES



INGREDIENTS

283 grams Chicken Breast
2 cups Broccoli (chopped into florets)
2 Carrot (medium, sliced on the diagonal)
2 cups Snap Peas
2 tbsps Coconut Aminos
2 tbsps Sesame Oil
1/2 Navel Orange (juiced)
2 tbsps Raw Honey
2 tbsps Rice Vinegar
4 Garlic (cloves, minced)
1 tbsp Ginger (peeled and grated)
1 tbsp Sesame Seeds

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

NOTES

SERVE IT WITH

Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

LIKES IT SPICY

Whisk hot sauce or chili flakes into the teriyaki sauce.

LEFTOVERS

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

NO COCONUT AMINOS

Use tamari instead.