







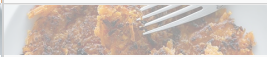













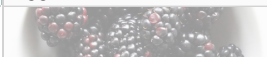
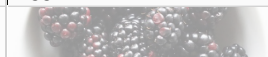





















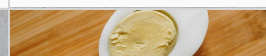

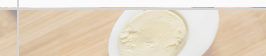












Amelia - meal plan ideas

Lisa Hayne | Herb + Spice
<https://herbandspice.net.au>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Oil-Free Scrambled Egg Whites	Oil-Free Scrambled Egg Whites	Oil-Free Scrambled Egg Whites	Chicken, Kale & Sweet Potato Skillet	Chicken, Kale & Sweet Potato Skillet	Chicken, Kale & Rutabaga	Chicken, Kale & Rutabaga
Snack 1							
	Sweet Potato Hashbrowns	Sweet Potato Hashbrowns	Sweet Potato Hashbrowns	Ginger Sweet Potato Chicken Nuggets	Ginger Sweet Potato Chicken Nuggets	Collard Green Slaw	Collard Green Slaw
Lunch							
	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Scrambled Eggs & Roasted Sweet Potato	Scrambled Eggs & Roasted Sweet Potato	Scrambled Eggs & Roasted Sweet Potato	Scrambled Eggs & Roasted Sweet Potato
Snack 2							
	Blackberries	Blackberries	Blackberries	Scrambled Eggs & Roasted Sweet Potato	Scrambled Eggs & Roasted Sweet Potato	Scrambled Eggs & Roasted Sweet Potato	Scrambled Eggs & Roasted Sweet Potato
Dinner							
	Slow Cooker Cod & Sea Veggie Soup	Ground Beef, Asparagus & Mashed Sweet Potatoes	Honey Ginger Salmon & Roasted Fennel	Lemon Garlic Salmon, Broccoli & Sweet Potatoes	Turkey Stir Fry	Maple Roasted Carrots & Chicken	Ground Turkey, Broccoli & Sweet Potato
Dinner							
	Deli Roast Beef & Carrots	Deli Roast Beef & Carrots	Deli Roast Beef & Carrots	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs
Dinner							
	Balsamic Beet Dip	Balsamic Beet Dip	Balsamic Beet Dip	Juicy Jicama Sticks	Juicy Jicama Sticks	Juicy Jicama Sticks	Juicy Jicama Sticks
Dinner							
	Ground Beef, Asparagus & Mashed Sweet Potatoes	Honey Ginger Salmon & Roasted Fennel	Lemon Garlic Salmon, Broccoli & Sweet Potatoes	Turkey Stir Fry	Maple Roasted Carrots & Chicken	Ground Turkey, Broccoli & Sweet Potato	One Pan Chicken, Cabbage & Broccoli

Fruits

- ☐ 3 cups Blackberries
- ☐ 2 tbsps Lemon Juice
- ☐ 1 1/2 Lime

Breakfast

- ☐ 1 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tsp Dried Chives
- ☐ 1/2 tsp Garlic Powder
- ☐ 1/8 tsp Ground Ginger
- ☐ 1 tsp Italian Seasoning
- ☐ 1 tsp Oregano
- ☐ 1 1/2 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 tsp Turmeric

Vegetables

- ☐ 2 cups Asparagus
- ☐ 1 1/2 Beet
- ☐ 6 cups Broccoli
- ☐ 11 Carrot
- ☐ 1/4 cup Cilantro
- ☐ 4 cups Coleslaw Mix
- ☐ 3 cups Collard Greens
- ☐ 6 Cremini Mushrooms
- ☐ 2 bulbs Fennel
- ☐ 19 1/16 Garlic
- ☐ 2 1/4 tbsps Ginger
- ☐ 4 1/3 stalks Green Onion
- ☐ 2 2/3 cups Jicama
- ☐ 3 cups Kale Leaves
- ☐ 1 cup Mushrooms
- ☐ 1 3/4 tbsps Parsley
- ☐ 1 cup Purple Cabbage
- ☐ 1/4 cup Red Onion
- ☐ 6 cups Rutabaga
- ☐ 1/2 cup Shallot
- ☐ 10 3/4 Sweet Potato
- ☐ 1 1/8 Yellow Onion

Boxed & Canned

- ☐ 1/4 cup Chicken Broth
- ☐ 2 cups Vegetable Broth

Baking

- ☐ 1/4 cup Arrowroot Powder
- ☐ 2 tps Cassava Flour
- ☐ 1 1/8 tbsps Honey

Bread, Fish, Meat & Cheese

- ☐ 369 grams Chicken Breast
- ☐ 454 grams Chicken Thighs
- ☐ 1 Cod Fillet
- ☐ 255 grams Deli Roast Beef
- ☐ 227 grams Extra Lean Ground Beef
- ☐ 378 grams Extra Lean Ground Chicken
- ☐ 567 grams Extra Lean Ground Turkey
- ☐ 567 grams Salmon Fillet

Condiments & Oils

- ☐ 3 2/3 tbsps Apple Cider Vinegar
- ☐ 2 1/3 tbsps Avocado Oil
- ☐ 1 2/3 tps Balsamic Vinegar
- ☐ 1/3 cup Coconut Aminos
- ☐ 1/3 cup Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil

Cold

- ☐ 22 Egg
- ☐ 3 cups Egg Whites

Other

- ☐ 10 grams Dulse
- ☐ 1 1/2 tbsps Water



Oil-Free Scrambled Egg Whites

3 servings

10 minutes

Ingredients

3 cups Egg Whites

Directions

1

Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.

2

Transfer to a plate and enjoy!

Notes

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

Additional Toppings: Sea salt, black pepper, crushed red pepper flakes, herbs, or salsa.



Sweet Potato Hashbrowns

3 servings

20 minutes

Ingredients

1 1/2 Sweet Potato (large, peeled and shredded)
1/4 cup Arrowroot Powder
1/3 tsp Sea Salt
3 tbsps Coconut Oil

Directions

- 1 Using your hands and a paper towel or kitchen towel, squeeze as much liquid out of the shredded sweet potato as possible.
- 2 In a mixing bowl, combine the sweet potato, arrowroot powder and salt.
- 3 Heat oil in a cast iron skillet over medium heat. Sprinkle the sweet potato evenly across the skillet to form a thin layer. Press down with a spatula and cook on each side for 4 to 5 minutes, or until brown and crispy.
- 4 Transfer to a towel-lined plate to absorb any excess oil. Let cool slightly and enjoy!

Notes

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

More Flavor: Add garlic and/or onion powder to the sweet potato mixture.

Additional Toppings: Top with avocado, spinach, sausage patty or poached egg.



Chicken, Kale & Sweet Potato Skillet

2 servings

20 minutes

Ingredients

227 grams Extra Lean Ground Chicken
1 tsp Dried Chives
1/2 tsp Garlic Powder
1/4 tsp Sea Salt (divided)
1 tbsp Coconut Oil
1 Sweet Potato (medium, peeled and diced)
1 cup Kale Leaves (finely chopped)

Directions

- 1 Heat a skillet or pan over medium heat. Add the chicken to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with the chives, garlic powder, and half of the salt. Transfer to a bowl and set aside.
- 2 Add the coconut oil to the pan. Add the sweet potatoes and cook for eight to 10 minutes, stirring often, until the sweet potatoes are tender and browned.
- 3 Add the kale and the cooked chicken to the pan with the sweet potatoes and continue to cook for one to two minutes until the kale has wilted and the chicken has warmed through. Season with the remaining salt.
- 4 Divide between plates and enjoy!

Notes

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

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

More Flavor: Add other dried herbs and spices to taste.

No Chicken: Use turkey or pork instead.

No Coconut Oil: Use avocado oil or extra virgin olive oil instead.

No Chives: Use another dried herb instead.

Sweet Potato: One medium sweet potato is approximately equal to two cups diced.



Ginger Sweet Potato Chicken Nuggets

2 servings

35 minutes

Ingredients

151 grams Extra Lean Ground Chicken
1/3 Sweet Potato (large, peeled and grated)
1 1/3 stalks Green Onion (chopped)
2 tsps Cassava Flour
1/8 tsp Ground Ginger
1 1/3 Garlic (cloves, minced)
2 tsps Coconut Aminos
1/8 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the chicken, sweet potato, onion, flour, ginger, garlic, coconut aminos, and salt. Mix to combine.
- 3 Use your hands to form the mixture into balls, slightly larger than a golf ball, and then flatten them slightly into nugget shapes. Transfer to the baking sheet.
- 4 Bake for 24 to 25 minutes, flipping halfway through. Broil for one to two minutes at the end if you want to brown them more. Enjoy!

Notes

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

Serving Size: Three servings yields 12 nuggets. One serving is four nuggets.

No Cassava Flour: Use coconut, almond, or oat flour instead.

More Flavor: Use ground dark meat instead.

No Ground Chicken: Use ground turkey instead.

No Coconut Aminos: Use tamari or soy sauce instead.



Chicken, Kale & Rutabaga

2 servings
40 minutes

Ingredients

6 cups Rutabaga (peeled, cubed)
1/8 tsp Sea Salt (to taste)
227 grams Chicken Breast (boneless, skinless)
2 cups Kale Leaves (tough stems removed, roughly torn into pieces)
1 tbsp Lemon Juice
1 tbsp Extra Virgin Olive Oil
1 tsp Oregano

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
- 3 While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
- 4 Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
- 5 Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

Notes

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

More Flavor: Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

Additional Toppings: Kimchi, sauerkraut, pickled veggies, or olives.

No Rutabaga: Use sweet potato or cauliflower instead.



Collard Green Slaw

2 servings

10 minutes

Ingredients

3 cups Collard Greens (stems removed, shredded)

1 tbsp Extra Virgin Olive Oil

1/2 Lime (juiced)

Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the collard greens, oil, and lime juice to a large bowl. Massage the collard greens until they become tender and soft.
- 2 Season with salt and pepper. Divide evenly between plates. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Mix in sliced onions, shredded carrots, or shredded cabbage.

No Lime: Use lemon instead.

Serve it With: Protein of choice.



Salt n' Vinegar Hard Boiled Eggs

3 servings

35 minutes

Ingredients

6 Egg
3/4 tsp Sea Salt (divided)
3 tbsps Apple Cider Vinegar (divided)

Directions

- 1 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 2 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 3 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



Blackberries

3 servings

5 minutes

Ingredients

3 cups Blackberries

Directions

1

Wash and enjoy!



Scrambled Eggs & Roasted Sweet Potato

4 servings

35 minutes

Ingredients

2 Sweet Potato (large, cubed)
1/2 tsp Sea Salt (divided)
1 tsp Avocado Oil
8 Egg
1/4 tsp Turmeric

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the cubed sweet potato, half the sea salt and the avocado oil. Bake for 30 minutes, flipping halfway through.
- 2 In a pan over medium-low heat, add the eggs and scramble until cooked through. Season with the remaining sea salt and turmeric. Serve with the sweet potatoes. Enjoy!

Notes

Leftovers: Eggs are best enjoyed the same day. Refrigerate leftover sweet potato in an airtight container for up to three days.

No Avocado Oil: Use coconut oil or extra virgin olive oil.

More Flavor: Season the sweet potatoes with your favorite herbs or chili flakes for a spicy kick.

Additional Toppings: Serve with your favorite greens or more roasted veggies.

Make it Vegan: Use tofu for the scramble instead of eggs.



Slow Cooker Cod & Sea Veggie Soup

1 serving
 6 hours

Ingredients

2 1/4 tsps Coconut Oil
 1/4 Yellow Onion (medium, diced)
 1 cup Mushrooms (sliced)
 3/4 Garlic (cloves, minced)
 1 1/2 tsps Ginger (peeled and grated)
 10 grams Dulse (torn apart into small pieces)
 1/2 Sweet Potato (medium, diced)
 1 Cod Fillet (cubed)
 2 cups Vegetable Broth (or bone broth)

Directions

- 1 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 2 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 3 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Store in an airtight container up to 3 days or freeze.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



Deli Roast Beef & Carrots

3 servings

5 minutes

Ingredients

255 grams Deli Roast Beef (sliced)
3 Carrot (medium, peeled, chopped)

Directions

- 1 Serve the deli roast beef with the chopped carrots. Enjoy!

Notes

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

Additional Toppings: Add pickles, cheese, crackers or nuts.



Balsamic Beet Dip

3 servings

1 hour

Ingredients

1 1/2 Beet (medium, peeled, cut into small cubes)
1/3 Yellow Onion (sliced)
4 1/2 Garlic (cloves, peeled)
1/8 tsp Sea Salt (divided)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1 1/2 tbsps Water
1 2/3 tps Balsamic Vinegar
2 1/4 tps Parsley (optional, chopped)

Directions

- 1 Preheat the oven to 400°F (204°C). Cut a large piece of foil or parchment paper.
- 2 Place the beet, onion and garlic in the center of the foil or parchment and season with half of the salt and half of the oil. Wrap tightly and transfer to a baking sheet. Bake for 40 to 45 minutes or until the beets are tender. Let cool slightly.
- 3 Transfer the cooked beets, onions, garlic and all the juices to a blender along with the water, balsamic vinegar, remaining salt and remaining oil. Blend until smooth and silky.
- 4 Serve chilled and garnish with parsley, if using. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup of dip.

Beets: 4 medium beets are approximately 2 1/2 cups cubed.

Serve it With: Sliced vegetables or crackers or use as a spread.



Hard Boiled Eggs

4 servings

15 minutes

Ingredients

8 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Juicy Jicama Sticks

4 servings

45 minutes

Ingredients

2 2/3 cups Jicama (peeled, sliced into 1/4-inch strips)
1 Lime (juiced)
2 tsps Maple Syrup
2 tsps Apple Cider Vinegar
2/3 tsp Sea Salt
1 tsp Cilantro (roughly chopped)

Directions

- 1 Boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Remove and drain any excess water.
- 2 Combine the jicama strips with the remaining ingredients in a large bowl. Refrigerate for at least 30 minutes.
- 3 Divide into cups and enjoy!

Notes

Jicama: One medium jicama equals approximately 5 cups.

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

Serving Size: One serving equals approximately 2/3 cup of marinated jicama sticks.

Likes It Spicy: Add chili powder or red pepper flakes to the marinade, or skip the first step and enjoy the jicama sticks raw.

No Maple Syrup: Use orange juice instead.



Ground Beef, Asparagus & Mashed Sweet Potatoes

2 servings

30 minutes

Ingredients

- 1 1/2 Sweet Potato (medium, peeled and chopped)
- 2 cups Asparagus (woody ends trimmed, chopped in half)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tps Avocado Oil
- 227 grams Extra Lean Ground Beef

Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

Notes

No Sweet Potatoes: Use regular potatoes, eddo, jicama or kohlrabi instead.

No Avocado Oil: Use coconut oil, olive oil, ghee or butter instead.

Storage: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

Vegan & Vegetarian: Omit the ground beef and use cooked lentils instead.

Extra Creamy Potatoes: Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



Honey Ginger Salmon & Roasted Fennel

2 servings

30 minutes

Ingredients

2 bulbs Fennel (medium, chopped)
1 1/3 tbsps Extra Virgin Olive Oil
(divided)
2 tsps Honey
2 tsps Ginger (fresh, minced)
1/2 tsp Sea Salt
227 grams Salmon Fillet

Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the fennel to the baking sheet and toss with half of the oil. Bake for 20 minutes.
- 3 Meanwhile, whisk together the remaining oil, honey, ginger, and sea salt. Brush the mixture onto the salmon.
- 4 Add the salmon to the baking sheet along with the fennel and bake for another ten minutes, or until the salmon flakes apart with a fork. Enjoy!

Notes

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

More Flavor: Make extra honey-ginger marinade to toss with the fennel.



Lemon Garlic Salmon, Broccoli & Sweet Potatoes

2 servings
 30 minutes

Ingredients

2 Sweet Potato (small, cut into cubes)
 2 cups Broccoli (cut into florets)
 1 1/2 tbsps Extra Virgin Olive Oil
 (divided)
 1/4 tsp Sea Salt
 1 tbsp Lemon Juice
 1 Garlic (clove, minced)
 1 tbsp Parsley (finely chopped)
 340 grams Salmon Fillet

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
- 3 Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
- 4 Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
- 5 Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

Notes

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

Serving Size: One serving equals approximately six ounces of salmon, two cups of sweet potatoes, and one cup of broccoli.

More Flavor: Use other fresh herbs like chives or basil.

Additional Toppings: Fresh herbs or lemon wedges.

No Broccoli: Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.



Turkey Stir Fry

2 servings

30 minutes

Ingredients

2 tbsps Coconut Aminos
 1 1/2 tsps Honey
 2 Garlic (cloves, minced)
 1 1/2 tsps Ginger (fresh, grated)
 1 tbsp Avocado Oil
 1/2 Yellow Onion (large, sliced)
 340 grams Extra Lean Ground Turkey
 4 cups Coleslaw Mix
 2 stalks Green Onion (chopped thinly)
 1/4 cup Cilantro (chopped, plus more for garnish)

Directions

- 1 Make the sauce by mixing the coconut aminos, honey, garlic, and ginger together in a small bowl or jar. Set aside.
- 2 Heat the oil in a large skillet over medium-high heat. Add the onions and sauté for two to three minutes until softened. Add the turkey, breaking it up as it cooks. Cook for five minutes.
- 3 Add the coleslaw mix and cook for two minutes or until softened. Add the prepared sauce and cook another two minutes to five minutes, until well combined and the sauce thickens slightly.
- 4 Remove from the heat and stir in the green onions and the cilantro. Divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Use ground chicken or pork in place of turkey.



Maple Roasted Carrots & Chicken

2 servings

40 minutes

Ingredients

454 grams Chicken Thighs (boneless, skinless)

1/2 tsp Sea Salt (divided)

6 Garlic (cloves, still attached to each other)

1 tsp Extra Virgin Olive Oil

8 Carrot (chopped roughly)

1/2 cup Shallot (peeled, cut in half)

1 tsp Ginger (thinly sliced)

1 tbsp Maple Syrup

Directions

1

Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.

2

In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.

3

Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

Notes

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

More Flavor: Add chili flakes.

No Shallots: Use small pearl onions instead.



Ground Turkey, Broccoli & Sweet Potato

2 servings
 25 minutes

Ingredients

2 Sweet Potato (small, peeled and cubed)
 1/4 cup Chicken Broth
 1 1/2 tsps Avocado Oil
 3 cups Broccoli (cut into florets)
 227 grams Extra Lean Ground Turkey
 1/4 cup Red Onion (finely chopped)
 2 Garlic (clove, minced)
 1 tsp Italian Seasoning

Directions

- 1 Boil the sweet potatoes for seven to 10 minutes or until fork-tender. Drain the sweet potato and place them back in the pot. Add the chicken broth and avocado oil and mash until smooth.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
- 3 While the broccoli cooks, heat a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Once it is cooked through, add the onion and garlic and cook for three to five minutes until the onions soften. Add the Italian seasoning and cook for another minute.
- 4 To serve, divide the sweet potato, broccoli, and turkey between plates or meal prep containers. Enjoy!

Notes

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

More Flavor: Add salt and other dried herbs and spices to the turkey. Add a pinch of cinnamon to the sweet potato.

No Turkey: Use ground chicken, ground pork, or ground beef instead.

No Broccoli: Use another vegetable instead.



One Pan Chicken, Cabbage & Broccoli

1 serving
 25 minutes

Ingredients

2 tbsps Coconut Aminos
 1 tbsp Extra Virgin Olive Oil
 1 1/2 Garlic (clove, minced)
 3/4 tsp Ginger (fresh, grated or minced)
 1/16 tsp Sea Salt
 1 cup Broccoli (cut into small florets)
 1 cup Purple Cabbage (cut into thin strips)
 6 Cremini Mushrooms (medium, quartered)
 142 grams Chicken Breast (boneless, skinless, cut into strips)
 1 stalk Green Onion (chopped, optional for garnish)

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Combine the coconut aminos, olive oil, garlic, ginger, and salt into a mixing bowl. Add the broccoli, cabbage, and mushrooms to the bowl and toss to combine. Using a slotted spoon, transfer the veggies to the baking sheet, leaving the leftover marinade in the bowl.
- 3 Add the chicken to the bowl with the leftover marinade. Allow the chicken to marinate while the oven preheats, then transfer it to the baking sheet with the veggies.
- 4 Place the baking sheet in the oven. Cook for 15 minutes or until the chicken is cooked through and the vegetables are fork-tender. Divide between plates and top with green onions. Enjoy!

Notes

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

More Flavor: Add sesame oil, hot sauce, or red pepper flakes to the marinade.

Serve it With: Rice, quinoa, or cauliflower rice.