



# Bec Browning

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**HERB + SPICE**

Hi Bec!

Here's some recipe inspiration to help get you eating 3 meals a day. Feel free to pick and choose, or cook up one or two recipes on your days off ready for lunches through the week.

Enjoy x

## MON



**BREAKFAST**  
Cinnamon Yogurt Overnight Oats



**SNACK 1**  
Hard Boiled Eggs



**LUNCH**  
Roasted Potato, Zucchini & Quinoa Bowl



**DINNER**  
Breaded Turkey with Broccoli & Potatoes

## TUE



**BREAKFAST**  
Blueberry Protein Smoothie



**SNACK 1**  
Roasted Chickpeas



**LUNCH**  
Fresh Salad Rolls



**DINNER**  
Fish Taco Bowls

## WED



**BREAKFAST**  
Green Blender Juice or Smoothie



**SNACK 1**  
Coconut Yogurt with Strawberries, Macadamia Nuts



**LUNCH**  
Turkey & Cranberry Apple Wrap



**DINNER**  
Baked Hawaiian Pizza Chicken with Broccoli

## THU



**BREAKFAST**  
Strawberry Coconut Overnight Oats



**SNACK 1**  
Clementines & Macadamia Nuts



**LUNCH**  
Chickpea & Rice Soup



**DINNER**  
One Pan Cod, Sweet Potatoes & Green Beans

## FRI



**BREAKFAST**  
Kiwi Green Smoothie



**SNACK 1**  
Fruit & Egg Snack Plate



**LUNCH**  
Grilled Chicken & Peach Salad



**DINNER**  
One Pan Italian Chicken & Veggies

## SAT



**BREAKFAST**  
Banana Mango Chia Pudding



**SNACK 1**  
Salmon & Avocado Snack Plate



**LUNCH**  
Blended Red Lentil Soup



**DINNER**  
One Pan Meatloaf, Potatoes & Green Beans

## SUN



**BREAKFAST**  
Blueberry Chia Pancakes



**SNACK 1**  
Trail Mix with Banana



**LUNCH**  
Chicken BLT Wrap



**DINNER**  
Sweet Potato Shepherd's Pie

## MON

**FAT 31%**   **CARBS 47%**   **PROTEIN 22%**

**Calories** 1332      **Cholesterol** 447mg  
**Fat** 48g      **Sodium** 947mg  
**Saturated** 14g      **Vitamin C** 270mg  
**Carbs** 161g      **Calcium** 898mg  
**Fiber** 24g      **Iron** 14mg  
**Sugar** 40g      **Magnesium** 354mg  
**Protein** 75g      **Zinc** 8mg

## TUE

**FAT 34%**   **CARBS 44%**   **PROTEIN 22%**

**Calories** 1228      **Cholesterol** 70mg  
**Fat** 47g      **Sodium** 1135mg  
**Saturated** 6g      **Vitamin C** 141mg  
**Carbs** 139g      **Calcium** 380mg  
**Fiber** 30g      **Iron** 10mg  
**Sugar** 44g      **Magnesium** 276mg  
**Protein** 70g      **Zinc** 6mg

## WED

**FAT 42%**   **CARBS 40%**   **PROTEIN 18%**

**Calories** 1160      **Cholesterol** 125mg  
**Fat** 58g      **Sodium** 1066mg  
**Saturated** 11g      **Vitamin C** 378mg  
**Carbs** 123g      **Calcium** 683mg  
**Fiber** 25g      **Iron** 14mg  
**Sugar** 54g      **Magnesium** 338mg  
**Protein** 57g      **Zinc** 5mg

## THU

**FAT 44%**   **CARBS 41%**   **PROTEIN 15%**

**Calories** 1203      **Cholesterol** 50mg  
**Fat** 61g      **Sodium** 1439mg  
**Saturated** 21g      **Vitamin C** 178mg  
**Carbs** 129g      **Calcium** 338mg  
**Fiber** 25g      **Iron** 9mg  
**Sugar** 44g      **Magnesium** 355mg  
**Protein** 47g      **Zinc** 6mg

## FRI

**FAT 34%**   **CARBS 28%**   **PROTEIN 38%**

**Calories** 1013      **Cholesterol** 396mg  
**Fat** 39g      **Sodium** 922mg  
**Saturated** 7g      **Vitamin C** 222mg  
**Carbs** 72g      **Calcium** 448mg  
**Fiber** 17g      **Iron** 7mg  
**Sugar** 38g      **Magnesium** 321mg  
**Protein** 99g      **Zinc** 6mg

## SAT

**FAT 46%**   **CARBS 34%**   **PROTEIN 20%**

**Calories** 1361      **Cholesterol** 302mg  
**Fat** 72g      **Sodium** 881mg  
**Saturated** 28g      **Vitamin C** 87mg  
**Carbs** 117g      **Calcium** 332mg  
**Fiber** 26g      **Iron** 14mg  
**Sugar** 39g      **Magnesium** 209mg  
**Protein** 69g      **Zinc** 6mg

## SUN

**FAT 37%**   **CARBS 44%**   **PROTEIN 19%**

**Calories** 1191      **Cholesterol** 191mg  
**Fat** 50g      **Sodium** 1373mg  
**Saturated** 11g      **Vitamin C** 23mg  
**Carbs** 134g      **Calcium** 318mg  
**Fiber** 16g      **Iron** 9mg  
**Sugar** 34g      **Magnesium** 240mg  
**Protein** 58g      **Zinc** 10mg



## FRUITS

- 1/4 Apple
- 2 Avocado
- 5 1/2 Banana
- 148 grams Blueberries
- 3 Clementines
- 2 Kiwi
- 1 2/3 Lemon
- 30 milliliters Lemon Juice
- 88 milliliters Lime Juice
- 2 Mango
- 1 Peach
- 289 grams Pineapple
- 468 grams Strawberries

## BREAKFAST

- 70 grams Maple Syrup

## SEEDS, NUTS & SPICES

- 142 grams Chia Seeds
- 975 milligrams Cinnamon
- 100 grams Clean Trail Mix
- 525 milligrams Cumin
- 2 grams Dried Dill
- 3 grams Dried Parsley
- 13 grams Garlic Powder
- 7 grams Ground Flax Seed
- 40 grams Hemp Seeds
- 5 grams Italian Seasoning
- 212 grams Macadamia Nuts
- 3 grams Moroccan Spice Blend
- 18 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 750 milligrams Turmeric

## FROZEN

- 2 Brown Rice Tortilla
- 310 grams Frozen Blueberries
- 14 Ice Cubes

## VEGETABLES

- 40 grams Arugula
- 293 grams Baby Spinach
- 546 grams Broccoli
- 5 1/3 Carrot
- 1 1/3 stalks Celery
- 223 grams Cherry Tomatoes
- 5 grams Cilantro
- 1 3/4 Cucumber
- 9 Garlic
- 9 grams Ginger
- 800 grams Green Beans
- 1/16 head Green Lettuce
- 1 stalk Green Onion
- 1/4 head Iceberg Lettuce
- 450 grams Mini Potatoes
- 1/2 Orange Bell Pepper
- 61 grams Parsley
- 178 grams Purple Cabbage
- 1 Red Bell Pepper
- 293 grams Red Onion
- 6 leaves Romaine
- 11 grams Sunflower Sprouts
- 4 Sweet Potato
- 1/4 Tomato
- 2 Yellow Onion
- 1 Yellow Potato
- 2 Zucchini

## BOXED & CANNED

- 81 grams Bread Crumbs
- 82 grams Brown Rice
- 788 milliliters Canned Coconut Milk
- 200 grams Canned Wild Salmon
- 547 grams Chickpeas
- 17 grams Cranberry Sauce
- 156 grams Dry Red Lentils
- 85 grams Quinoa

## BREAD, FISH, MEAT & CHEESE

- 794 grams Chicken Breast
- 43 grams Chicken Breast, Cooked
- 4 Cod Fillet
- 454 grams Extra Lean Ground Beef
- 283 grams Lean Ground Beef
- 14 grams Mozzarella Cheese
- 34 grams Sliced Ham
- 43 grams Sliced Turkey Breast
- 1 slice Turkey Bacon
- 283 grams Turkey Breast

## CONDIMENTS & OILS

- 38 milliliters Avocado Oil
- 5 milliliters Coconut Oil
- 30 grams Dijon Mustard
- 187 milliliters Extra Virgin Olive Oil
- 14 grams Mayonnaise
- 8 Rice Paper Wraps
- 23 milliliters Rice Vinegar
- 45 grams Tahini
- 36 grams Tamari
- 214 grams Tomato Sauce

## COLD

- 7 Egg
- 120 milliliters Oat Milk
- 120 milliliters Plain Coconut Milk
- 225 grams Unsweetened Coconut Yogurt

## OTHER

- 73 grams Vanilla Protein Powder
- 1.1 liters Water

- 85 grams Rice Vermicelli Noodles
- 16 grams Tomato Paste
- 1.3 liters Vegetable Broth
- 960 milliliters Vegetable Broth, Low Sodium

## BAKING

- 5 grams Baking Powder
- 49 grams Honey
- 229 grams Oats
- 6 milliliters Vanilla Extract

# Cinnamon Yogurt Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

27 grams Oats (rolled)  
12 grams Chia Seeds  
325 milligrams Cinnamon  
1 milliliter Vanilla Extract  
113 grams Unsweetened Coconut Yogurt  
120 milliliters Plain Coconut Milk (from the carton)  
1/2 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	313	Cholesterol	0mg
Fat	12g	Sodium	45mg
Saturated	6g	Vitamin C	5mg
Carbs	47g	Calcium	563mg
Fiber	9g	Iron	3mg
Sugar	12g	Magnesium	89mg
Protein	7g	Zinc	1mg

## DIRECTIONS

- 01 Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove from the fridge and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/4 cup.

### NO COCONUT YOGURT

Use another type of yogurt.

### ADDITIONAL TOPPINGS

Berries, nuts and/or seeds.

# Blueberry Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

24 grams Vanilla Protein Powder  
7 grams Ground Flax Seed  
155 grams Frozen Blueberries  
30 grams Baby Spinach  
237 milliliters Water (cold)

## NUTRITION

### AMOUNT PER SERVING

Calories	206	Cholesterol	4mg
Fat	4g	Sodium	68mg
Saturated	0g	Vitamin C	12mg
Carbs	23g	Calcium	190mg
Fiber	7g	Iron	2mg
Sugar	13g	Magnesium	83mg
Protein	22g	Zinc	2mg

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO BLUEBERRIES

Use any type of frozen berry instead.

### NO PROTEIN POWDER

Use hemp seeds instead

# Green Blender Juice or Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

248 grams Pineapple (diced)  
1 Cucumber (diced)  
61 grams Parsley  
120 grams Baby Spinach  
6 grams 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!

## NUTRITION

### AMOUNT PER SERVING

Calories	234	Cholesterol	0mg
Fat	2g	Sodium	139mg
Saturated	0g	Vitamin C	260mg
Carbs	56g	Calcium	287mg
Fiber	10g	Iron	9mg
Sugar	32g	Magnesium	199mg
Protein	9g	Zinc	2mg

# Strawberry Coconut Overnight Oats

4 SERVINGS 8 HOURS



## INGREDIENTS

122 grams Oats (quick)  
364 milliliters Canned Coconut Milk  
24 grams Chia Seeds  
20 grams Maple Syrup  
178 milliliters Water  
288 grams Strawberries (sliced)  
40 grams Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	396	Cholesterol	0mg
Fat	25g	Sodium	27mg
Saturated	16g	Vitamin C	42mg
Carbs	35g	Calcium	81mg
Fiber	6g	Iron	3mg
Sugar	8g	Magnesium	141mg
Protein	10g	Zinc	2mg

## DIRECTIONS

- 01 Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### WARM IT UP

Heat in the microwave for 30 to 60 seconds before eating

### MORE PROTEIN

Add extra hemp seeds



# Kiwi Green Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Kiwi (small, peeled)  
1 Banana (frozen)  
49 grams Vanilla Protein Powder  
24 grams Chia Seeds  
75 grams Baby Spinach  
474 milliliters Water  
4 Ice Cubes

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO CHIA SEEDS

Use flax seed instead.

### NO PROTEIN POWDER

Use hemp seeds instead.

## NUTRITION

### AMOUNT PER SERVING

Calories	249	Cholesterol	4mg
Fat	5g	Sodium	75mg
Saturated	0g	Vitamin C	80mg
Carbs	31g	Calcium	268mg
Fiber	8g	Iron	3mg
Sugar	14g	Magnesium	144mg
Protein	23g	Zinc	2mg

# Banana Mango Chia Pudding

4 SERVINGS 30 MINUTES



## INGREDIENTS

64 grams Chia Seeds  
424 milliliters Canned Coconut Milk  
50 grams Maple Syrup  
5 milliliters Vanilla Extract  
1 Mango (cubed)  
1 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	378	Cholesterol	0mg
Fat	24g	Sodium	29mg
Saturated	17g	Vitamin C	33mg
Carbs	37g	Calcium	117mg
Fiber	6g	Iron	2mg
Sugar	24g	Magnesium	66mg
Protein	5g	Zinc	0mg

## DIRECTIONS

- 01 In a large bowl, combine the chia seeds with coconut milk, maple syrup, and vanilla. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with mango and banana. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### ADDITIONAL TOPPINGS

Top with coconut flakes.

# Blueberry Chia Pancakes

3 SERVINGS 20 MINUTES



## INGREDIENTS

81 grams Oats  
120 milliliters Oat Milk (unsweetened, plain)  
1 Banana (medium)  
1 Egg (large)  
5 grams Baking Powder  
155 grams Frozen Blueberries  
18 grams Chia Seeds  
15 milliliters Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	278	Cholesterol	62mg
Fat	11g	Sodium	206mg
Saturated	2g	Vitamin C	5mg
Carbs	39g	Calcium	212mg
Fiber	7g	Iron	2mg
Sugar	11g	Magnesium	70mg
Protein	8g	Zinc	1mg

## DIRECTIONS

- 01 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 02 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 03 Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving equals two to three 4-inch pancakes.

### MORE FLAVOR

Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

### ADDITIONAL TOPPINGS

Top with maple syrup, honey, cottage cheese, nut or seed butter.

### NO BANANA

Use applesauce instead.

### NO OAT MILK

Use dairy or any alternative milk.

### BATTER CONSISTENCY

Add more milk if the batter is too thick, and more oats if the batter is too thin.

# Hard Boiled Eggs

1 SERVING 15 MINUTES



## INGREDIENTS

2 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	143	Cholesterol	372mg
Fat	10g	Sodium	142mg
Saturated	3g	Vitamin C	0mg
Carbs	1g	Calcium	56mg
Fiber	0g	Iron	2mg
Sugar	0g	Magnesium	12mg
Protein	13g	Zinc	1mg

## DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 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.

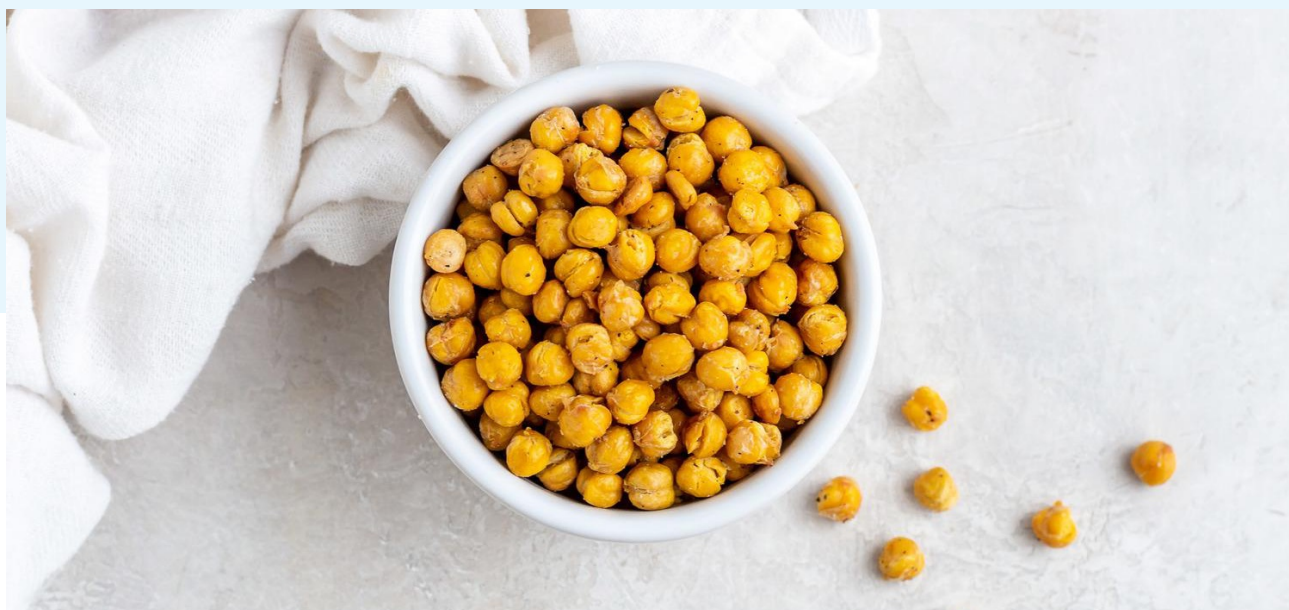
### EASIER TO PEEL

Add salt to the water while boiling.



# Roasted Chickpeas

2 SERVINGS 30 MINUTES



## INGREDIENTS

328 grams Chickpeas (cooked, rinsed)

10 milliliters Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	9g	Sodium	12mg
Saturated	1g	Vitamin C	2mg
Carbs	45g	Calcium	80mg
Fiber	12g	Iron	5mg
Sugar	8g	Magnesium	79mg
Protein	15g	Zinc	3mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 03 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

### SERVING SIZE

One serving is approximately 1/2 cup.

### MORE FLAVOR

Add other dried herbs and spices to taste.

### NO EXTRA VIRGIN OLIVE OIL

Use avocado oil instead.

# Coconut Yogurt with Strawberries

1 SERVING 10 MINUTES



## INGREDIENTS

113 grams Unsweetened Coconut Yogurt  
650 milligrams Cinnamon  
36 grams Strawberries (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	68	Cholesterol	0mg
Fat	4g	Sodium	25mg
Saturated	3g	Vitamin C	21mg
Carbs	9g	Calcium	262mg
Fiber	3g	Iron	0mg
Sugar	2g	Magnesium	5mg
Protein	1g	Zinc	0mg

## DIRECTIONS

- 01 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### ADDITIONAL TOPPINGS

Add nuts and seeds.



# Macadamia Nuts

4 SERVINGS 2 MINUTES



## INGREDIENTS

178 grams Macadamia Nuts

## DIRECTIONS

01 Divide between bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	34g	Sodium	2mg
Saturated	5g	Vitamin C	1mg
Carbs	6g	Calcium	38mg
Fiber	4g	Iron	2mg
Sugar	2g	Magnesium	58mg
Protein	4g	Zinc	1mg

# Clementines & Macadamia Nuts

1 SERVING 5 MINUTES



## INGREDIENTS

34 grams Macadamia Nuts  
3 Clementines (peeled and sectioned)

## NUTRITION

### AMOUNT PER SERVING

Calories	345	Cholesterol	0mg
Fat	26g	Sodium	4mg
Saturated	4g	Vitamin C	109mg
Carbs	31g	Calcium	95mg
Fiber	7g	Iron	2mg
Sugar	22g	Magnesium	66mg
Protein	5g	Zinc	1mg

## DIRECTIONS

01 Divide the macadamia nuts and clementines onto plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days, or longer if the clementines are left unpeeled.

### NUT-FREE

Use pumpkin seeds or sunflower seeds instead of macadamia nuts.

### NO MACADAMIA NUTS

Use almonds or walnuts instead.

# Fruit & Egg Snack Plate

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 Egg  
148 grams Blueberries  
144 grams Strawberries (halved)

## NUTRITION

### AMOUNT PER SERVING

Calories	137	Cholesterol	186mg
Fat	5g	Sodium	72mg
Saturated	2g	Vitamin C	50mg
Carbs	17g	Calcium	44mg
Fiber	3g	Iron	1mg
Sugar	11g	Magnesium	20mg
Protein	7g	Zinc	1mg

## DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
- 02 Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

## NOTES

### LEFTOVERS

Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

### SERVING SIZE

One serving is one egg and one cup of fruit.

### MORE FLAVOR

Season the hard boiled egg with salt and pepper.



# Salmon & Avocado Snack Plate

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 Egg  
1 Avocado  
200 grams Canned Wild Salmon  
30 milliliters Lemon Juice  
Sea Salt & Black Pepper (to taste)  
1/2 Cucumber (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	405	Cholesterol	252mg
Fat	25g	Sodium	466mg
Saturated	5g	Vitamin C	18mg
Carbs	13g	Calcium	90mg
Fiber	7g	Iron	2mg
Sugar	2g	Magnesium	70mg
Protein	35g	Zinc	2mg

## DIRECTIONS

- 01 Hard boil the eggs by placing them in a saucepan and covering with water. Bring to a boil over high heat. Once boiling, turn off the heat, cover, and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool. Peel then slice the eggs.
- 02 Add the avocado, salmon, and lemon juice to a bowl and mash. Season with salt and pepper to taste.
- 03 Assemble all the ingredients onto a plate. Season the cucumber and egg with additional salt and pepper. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### NO CANNED SALMON

Use tuna instead.

### ON-THE-GO

Divide the ingredients into a bento box or container instead of a plate.

# Trail Mix with Banana

2 SERVINGS 5 MINUTES



## INGREDIENTS

100 grams Clean Trail Mix  
2 Banana

## DIRECTIONS

- 01 Divide trail mix into bowls or containers, and serve with a banana on the side.  
Happy snacking!

## NUTRITION

### AMOUNT PER SERVING

Calories	336	Cholesterol	0mg
Fat	15g	Sodium	116mg
Saturated	3g	Vitamin C	11mg
Carbs	49g	Calcium	45mg
Fiber	3g	Iron	2mg
Sugar	14g	Magnesium	111mg
Protein	8g	Zinc	2mg

# Roasted Potato, Zucchini & Quinoa Bowl

2 SERVINGS 35 MINUTES



## INGREDIENTS

1 Zucchini (sliced)  
1/2 Orange Bell Pepper (medium, chopped)  
53 grams Red Onion (cut into chunks)  
150 grams Mini Potatoes (quartered)  
5 milliliters Coconut Oil  
Sea Salt & Black Pepper (to taste)  
85 grams Quinoa  
1/3 Cucumber (large, diced)  
1 stalk Green Onion (thinly sliced)  
45 grams Tahini  
30 milliliters Water  
7 grams Honey  
1 gram Cilantro (for garnish, optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	427	Cholesterol	0mg
Fat	18g	Sodium	45mg
Saturated	4g	Vitamin C	122mg
Carbs	59g	Calcium	165mg
Fiber	9g	Iron	5mg
Sugar	8g	Magnesium	156mg
Protein	14g	Zinc	3mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 02 Arrange the zucchini, bell pepper, red onion, and potatoes on the tray. Toss with coconut oil and season with salt and pepper. Cook in the oven for 15 to 20 minutes or until the vegetables are tender.
- 03 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool. Mix the quinoa with cucumber and green onion.
- 04 Whisk together the tahini, water, and honey to make a dressing. Season it with salt and pepper.
- 05 Divide all of the ingredients evenly between bowls. Top with cilantro, if using. Serve with the dressing and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately one cup.

### MORE FLAVOR

Add corn and grated carrots. Top with parsley.

### NO COCONUT OIL

Use any other oil on hand.

### NO QUINOA

Use couscous or rice instead and adjust the cooking time as needed.



# Fresh Salad Rolls

4 SERVINGS 15 MINUTES



## INGREDIENTS

85 grams Rice Vermicelli Noodles  
36 grams Tamari  
23 milliliters Rice Vinegar  
2 Garlic (cloves, minced)  
3 grams Ginger (minced)  
15 milliliters Water  
8 Rice Paper Wraps  
1/4 head Iceberg Lettuce (leaves pulled apart)  
1 Red Bell Pepper (medium, sliced)  
1 Carrot (large, shredded)  
178 grams Purple Cabbage (thinly sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	190	Cholesterol	0mg
Fat	0g	Sodium	564mg
Saturated	0g	Vitamin C	66mg
Carbs	43g	Calcium	38mg
Fiber	3g	Iron	1mg
Sugar	5g	Magnesium	19mg
Protein	2g	Zinc	0mg

## 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, shrimp, Thai basil, mint, cucumbers, or sliced cooked pork.

### 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.

# Turkey & Cranberry Apple Wrap

1 SERVING 5 MINUTES



## INGREDIENTS

9 grams Mayonnaise  
1 Brown Rice Tortilla  
17 grams Cranberry Sauce (homemade or canned)  
8 grams Baby Spinach  
43 grams Sliced Turkey Breast  
1/4 Apple (small, sliced)  
11 grams Sunflower Sprouts (optional)

## DIRECTIONS

- 01 Spread the mayonnaise onto the tortilla. Add the cranberry sauce, baby spinach, sliced turkey breast, apple, and sunflower sprouts, if using. Roll up the tortilla tightly and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh. Store in an airtight container for up to one day.

### MORE FLAVOR

Add mustard. Use your favorite salad dressing in place of mayonnaise.

## NUTRITION

### AMOUNT PER SERVING

Calories	316	Cholesterol	25mg
Fat	12g	Sodium	618mg
Saturated	1g	Vitamin C	4mg
Carbs	42g	Calcium	17mg
Fiber	5g	Iron	1mg
Sugar	14g	Magnesium	17mg
Protein	10g	Zinc	0mg

# Chickpea & Rice Soup

4 SERVINGS 40 MINUTES



## INGREDIENTS

82 grams Brown Rice (dry)  
158 milliliters Water  
1 1/3 stalks Celery (chopped)  
1 1/3 Carrot (medium, peeled and chopped)  
160 grams Red Onion (chopped)  
4 Garlic (large clove, minced)  
3 grams Dried Parsley  
4 grams Sea Salt (or to taste)  
667 milligrams Dried Dill  
219 grams Chickpeas (cooked, rinsed)  
1.3 liters Vegetable Broth  
2/3 Lemon (cut into wedges for serving, optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	215	Cholesterol	0mg
Fat	2g	Sodium	1302mg
Saturated	0g	Vitamin C	12mg
Carbs	42g	Calcium	81mg
Fiber	7g	Iron	2mg
Sugar	8g	Magnesium	67mg
Protein	8g	Zinc	2mg

## DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Add the water to a pot over medium-high heat. Add the celery, carrot, onion, and garlic to the pot and cook for eight to 10 minutes or until the carrot and celery start to soften. Add the parsley, salt, dill, and chickpeas and stir to combine. Cook for another one to two minutes.
- 03 Add the vegetable broth to the pot and bring the soup to a gentle boil. Reduce the heat slightly and simmer for about 20 minutes or until the vegetables are very tender.
- 04 Transfer approximately 1/4 of the soup to a blender and blend until mostly smooth. Stir the soup puree back into the pot and add the cooked rice. Season the soup with additional salt if needed.
- 05 Divide the soup between bowls and serve with lemon wedges to squeeze over top. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

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

### MORE FLAVOR

Add other dried herbs and spices like oregano, paprika, chives, and/or black pepper.

### ADDITIONAL TOPPINGS

Extra virgin olive oil, fresh or dried parsley, and/or red pepper flakes

### MORE VEGETABLES

Add zucchini, peas, bell pepper, spinach, or kale.

**NO BROWN RICE**

Use white rice or quinoa instead.

**NO CHICKPEAS**

Use white beans or lentils instead.



# Grilled Chicken & Peach Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

283 grams Chicken Breast (boneless, skinless)  
30 milliliters Extra Virgin Olive Oil (divided)  
58 milliliters Lime Juice (divided)  
2 grams Garlic Powder  
3 grams Sea Salt (divided)  
60 grams Baby Spinach  
40 grams Arugula  
1 Peach (pitted, sliced)  
40 grams Red Onion (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	348	Cholesterol	103mg
Fat	18g	Sodium	685mg
Saturated	3g	Vitamin C	27mg
Carbs	14g	Calcium	83mg
Fiber	3g	Iron	2mg
Sugar	8g	Magnesium	84mg
Protein	34g	Zinc	1mg

## DIRECTIONS

- 01 Preheat the grill over medium heat.
- 02 Add the chicken to a bowl along with half of the oil, half of the lime juice, garlic powder, and half of the salt. Mix to combine.
- 03 Place the chicken on the grill and cook for about five to six minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 04 To assemble, divide the spinach, arugula, peaches, onion, and sliced chicken into bowls and top with the remaining oil, lime juice, and salt. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

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

### ADDITIONAL TOPPINGS

Fresh herbs like parsley, basil, and cilantro. Top with your favorite dressing instead of the oil and citrus mixture.

# Blended Red Lentil Soup

4 SERVINGS 40 MINUTES



## INGREDIENTS

15 milliliters Avocado Oil  
1 Yellow Onion (medium, chopped)  
2 Carrot (chopped)  
3 Garlic (cloves, chopped)  
16 grams Tomato Paste  
3 grams Moroccan Spice Blend  
960 milliliters Vegetable Broth, Low Sodium  
156 grams Dry Red Lentils (rinsed)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	213	Cholesterol	0mg
Fat	4g	Sodium	225mg
Saturated	0g	Vitamin C	6mg
Carbs	35g	Calcium	34mg
Fiber	7g	Iron	6mg
Sugar	7g	Magnesium	6mg
Protein	11g	Zinc	0mg

## DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Add the onion and carrot and sauté for eight to ten minutes, or until softened. Add the garlic and cook for 30 seconds.
- 02 Add the tomato paste and Moroccan spice blend and cook for one minute, stirring often. Deglaze with a splash of the vegetable broth and scrape the bottom of the pot with a wooden spoon.
- 03 Add the remaining broth, lentils, and season with salt and pepper. Bring to a boil and then reduce the heat. Cover and simmer for 20 to 25 minutes until everything is softened and cooked through.
- 04 Remove from the heat and blend with an immersion blender until smooth. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/2 cups.

### MORE FLAVOR

Add chili flakes.

### ADDITIONAL TOPPINGS

Top with chopped parsley or swirl in coconut milk.



# Chicken BLT Wrap

1 SERVING 15 MINUTES



## INGREDIENTS

1 slice Turkey Bacon  
5 grams Mayonnaise  
1 Brown Rice Tortilla  
1/4 Tomato (medium, sliced)  
1/16 head Green Lettuce (chopped)  
43 grams Chicken Breast, Cooked (shredded)

## NUTRITION

### AMOUNT PER SERVING

Calories	272	Cholesterol	55mg
Fat	9g	Sodium	338mg
Saturated	1g	Vitamin C	5mg
Carbs	28g	Calcium	12mg
Fiber	3g	Iron	1mg
Sugar	3g	Magnesium	18mg
Protein	18g	Zinc	1mg

## DIRECTIONS

- 01 Heat a skillet over medium heat. Cook the turkey bacon for five minutes on each side or until cooked to your desired crispiness.
- 02 Spread the mayonnaise onto the tortilla. Add the tomato, lettuce, chicken, and turkey bacon to the tortilla. Roll up the tortilla tightly and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh. Wrap and store in an airtight container for up to one day.

# Breaded Turkey with Broccoli & Potatoes

2 SERVINGS 25 MINUTES



## INGREDIENTS

42 grams Honey  
30 grams Dijon Mustard  
2 grams Sea Salt (divided, to taste)  
283 grams Turkey Breast (sliced lengthwise into fillets)  
27 grams Bread Crumbs  
1 Yellow Potato (sliced into wedges)  
8 milliliters Avocado Oil  
273 grams Broccoli (chopped into florets)

## NUTRITION

### AMOUNT PER SERVING

Calories	449	Cholesterol	75mg
Fat	8g	Sodium	715mg
Saturated	1g	Vitamin C	143mg
Carbs	54g	Calcium	114mg
Fiber	6g	Iron	4mg
Sugar	20g	Magnesium	97mg
Protein	41g	Zinc	3mg

## DIRECTIONS

- 01 Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.
- 02 Whisk together the honey, dijon, and half the salt. Coat the turkey in half of the honey-dijon mixture, then pat evenly with the bread crumbs. Transfer to one side of the baking sheet.
- 03 Toss the potato wedges in oil and the remaining salt. Arrange on the other side of the baking sheet. Bake the potatoes and turkey for about 15 to 20 minutes, or until golden brown and cooked through, flipping halfway. Remove the potato wedges earlier if needed.
- 04 Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes, or until fork tender.
- 05 Cut the turkey into slices and serve alongside the broccoli, potatoes, and remaining honey-dijon sauce. Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

# Fish Taco Bowls

3 SERVINGS 20 MINUTES



## INGREDIENTS

2 Cod Fillet  
74 milliliters Extra Virgin Olive Oil (divided)  
750 milligrams Turmeric (ground)  
775 milligrams Garlic Powder  
3 grams Sea Salt (divided)  
29 milliliters Lime Juice  
4 grams Cilantro (finely chopped)  
6 leaves Romaine (large, chopped)  
149 grams Cherry Tomatoes (halved)  
1 Mango (peeled and cubed)  
1 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	523	Cholesterol	66mg
Fat	34g	Sodium	491mg
Saturated	5g	Vitamin C	61mg
Carbs	28g	Calcium	72mg
Fiber	8g	Iron	2mg
Sugar	18g	Magnesium	95mg
Protein	31g	Zinc	1mg

## DIRECTIONS

- 01 Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
- 02 Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
- 03 Using a blender or immersion blender, blend the remaining oil, lime juice, cilantro, and remaining salt until smooth.
- 04 Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### MORE FLAVOR

Add jalapeno to the dressing before blending and purée. Add a touch of honey to the dressing to for a bit of sweetness.

### ADDITIONAL TOPPINGS

Add crushed tortilla chips to the salad for crunch.

### NO BLENDER

Finely chop the cilantro and shake the dressing ingredients together in a jar.

### FILLET SIZE

One cod fillet is equal to 231 grams or eight ounces.



# Baked Hawaiian Pizza Chicken with Broccoli

2 SERVINGS 25 MINUTES



## INGREDIENTS

227 grams Chicken Breast  
500 milligrams Italian Seasoning  
Sea Salt & Black Pepper (to taste)  
182 grams Broccoli (cut into florets)  
31 grams Tomato Sauce  
34 grams Sliced Ham (chopped)  
41 grams Pineapple (finely chopped)  
14 grams Mozzarella Cheese (shredded)

## NUTRITION

### AMOUNT PER SERVING

Calories	221	Cholesterol	100mg
Fat	6g	Sodium	282mg
Saturated	2g	Vitamin C	92mg
Carbs	10g	Calcium	79mg
Fiber	3g	Iron	2mg
Sugar	4g	Magnesium	59mg
Protein	33g	Zinc	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Cut the chicken breast(s) in half lengthwise. Place the chicken cutlets on the prepared baking sheet and season both sides with the Italian season and salt and pepper to taste. Bake for 12 to 15 minutes or until chicken is cooked through.
- 03 Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes or until desired doneness is reached.
- 04 Remove the baking sheet from the oven and adjust the oven setting to broil.
- 05 Top the cooked chicken cutlets evenly with the tomato sauce, ham, pineapple, and cheese. Broil for one to two minutes or until the cheese has melted.
- 06 Divide the chicken and broccoli evenly between plates or meal prep containers and enjoy!

## NOTES

### 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 onion, olives, mushrooms, and/or green pepper.

### NO SLICED HAM

Omit or use prosciutto or crispy cooked bacon instead.





# One Pan Cod, Sweet Potatoes & Green Beans

4 SERVINGS 40 MINUTES



## INGREDIENTS

2 Sweet Potato (peeled, cubed)  
400 grams Green Beans (trimmed)  
30 milliliters Extra Virgin Olive Oil (divided)  
6 grams Garlic Powder (divided)  
Sea Salt & Black Pepper (to taste)  
2 Cod Fillet (cut in half)  
1 gram Dried Dill

## NUTRITION

### AMOUNT PER SERVING

Calories	247	Cholesterol	50mg
Fat	8g	Sodium	106mg
Saturated	1g	Vitamin C	15mg
Carbs	21g	Calcium	81mg
Fiber	5g	Iron	2mg
Sugar	6g	Magnesium	81mg
Protein	24g	Zinc	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Place the sweet potatoes on one side of the baking sheet and the green beans on the other side, leaving room for the cod fillets in the middle.
- 03 Toss the potatoes and green beans in half of the oil, half the garlic powder, and salt and pepper. Bake for 15 minutes.
- 04 Remove the baking sheet from the oven and add the cod fillets. Brush the rest of the oil onto the fillets. Top with the remaining garlic powder, dill, salt, and pepper. Place back in the oven for 15 minutes or until the sweet potatoes are soft.
- 05 Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### FILLET SIZE

One cod fillet is equal to 231 grams or eight ounces.

### MORE FLAVOR

Squeeze fresh lemon on top when ready to serve.

# One Pan Italian Chicken & Veggies

2 SERVINGS 25 MINUTES



## INGREDIENTS

283 grams Chicken Breast (cut into large cubes)  
91 grams Broccoli (cut into small florets)  
40 grams Red Onion (cut into thick slices)  
75 grams Cherry Tomatoes  
1 Zucchini (chopped)  
15 milliliters Extra Virgin Olive Oil  
2 grams Italian Seasoning  
2 grams Garlic Powder  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	279	Cholesterol	103mg
Fat	11g	Sodium	90mg
Saturated	2g	Vitamin C	65mg
Carbs	10g	Calcium	53mg
Fiber	3g	Iron	1mg
Sugar	5g	Magnesium	73mg
Protein	35g	Zinc	2mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Add the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 03 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.
- 04 Divide evenly between plates or meal prep containers and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

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

### SERVE IT WITH

Rice, cauliflower rice, or quinoa. Add avocado or dipping sauce, like tzatziki or hummus.

# One Pan Meatloaf, Potatoes & Green Beans

4 SERVINGS 40 MINUTES



## INGREDIENTS

15 milliliters Avocado Oil (divided)  
283 grams Lean Ground Beef  
54 grams Bread Crumbs  
184 grams Tomato Sauce (divided)  
525 milligrams Cumin (ground)  
Sea Salt & Black Pepper (to taste)  
300 grams Mini Potatoes (halved)  
400 grams Green Beans (trimmed)

## NUTRITION

### AMOUNT PER SERVING

Calories	365	Cholesterol	50mg
Fat	19g	Sodium	161mg
Saturated	6g	Vitamin C	30mg
Carbs	32g	Calcium	91mg
Fiber	6g	Iron	4mg
Sugar	6g	Magnesium	67mg
Protein	18g	Zinc	4mg

## DIRECTIONS

- 01 Preheat the oven to 450°F (230°C). Grease a baking sheet with half of the oil.
- 02 In a bowl, add the ground beef, bread crumbs, 3/4 of the tomato sauce, cumin, salt, and pepper. Mix to combine.
- 03 Divide the beef mixture into equal pieces and shape them into mini loaves with your hands, each one approximately the size of your palm. Place them on one side of the baking sheet and add the remaining tomato sauce on top of each mini meatloaf.
- 04 Add the potatoes to the other side of the baking sheet, leaving room for the green beans. Toss with 1/4 of the oil, salt, and black pepper.
- 05 Cook for 15 minutes, remove from the oven and add the green beans. Add the remaining oil, salt, and pepper on top of the beans. Toss with tongs to coat.
- 06 Place back in the oven for 10 to 15 minutes or until the meatloaf is cooked through. Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### GLUTEN-FREE

Use gluten-free bread crumbs.

### MORE FLAVOR

Add onion, garlic, and/or parsley to the meatloaf.

### PARCHMENT PAPER

You can line your baking sheet with parchment paper instead of greasing it.



# Sweet Potato Shepherd's Pie

4 SERVINGS 35 MINUTES



## INGREDIENTS

2 Sweet Potato (medium, peeled and roughly chopped)  
15 milliliters Extra Virgin Olive Oil (divided)  
6 grams Sea Salt (divided)  
454 grams Extra Lean Ground Beef  
1 Yellow Onion (medium, finely chopped)  
1 Carrot (medium, finely chopped)  
3 grams Italian Seasoning  
3 grams Garlic Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	305	Cholesterol	74mg
Fat	15g	Sodium	713mg
Saturated	5g	Vitamin C	2mg
Carbs	18g	Calcium	49mg
Fiber	3g	Iron	4mg
Sugar	6g	Magnesium	41mg
Protein	24g	Zinc	6mg

## DIRECTIONS

- 01 Place the sweet potatoes in a medium pot with just enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potatoes then mash with the oil and half of the salt. Set aside.
- 02 Meanwhile, add the beef, onion, carrot, Italian seasoning, garlic powder, and remaining salt to a skillet over medium-high heat. Cook for six to eight minutes until the beef is fully browned and the vegetables have softened. Drain any excess liquid.
- 03 Set oven broiler to high or 550°F (290°C).
- 04 Spread the beef filling in a baking dish. Spoon the mashed potatoes on top and smooth them into an even layer. Brush with the remaining oil and broil for 10 to 15 minutes until browned. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Store in the refrigerator for up to three days or freeze for up to two months.

### BAKING DISH

An 8 x 8-inch baking dish was used to create four servings.

### NO GROUND BEEF

Use lean ground turkey, chicken, lamb, or pork.

### MORE FLAVOR

Add other spices or top with fresh herbs. Add chopped mushrooms or cauliflower to the beef filling.

### SAVE TIME

Use frozen pre-chopped vegetables.

### SERVE IT WITH

Green salad or roasted vegetables.