



Minimal Ingredient Recipe Bundle

6-INGREDIENTS OR LESS FOR
QUICK, EASY, AND NUTRITIOUS
MEALS ON A BUDGET.



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Minimal Ingredient Breakfast

KICKSTART YOUR DAY



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Apple Cinnamon Cottage Cheese Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (not packed) [226 g] Cottage Cheese (Lowfat 2% Milkfat)
- 16 g Walnuts
- 0.25 tsp [0.57 g] Cinnamon
- 1 - Apples

DIRECTIONS

1. Top bowl of cottage cheese with all other ingredients and enjoy!

NUTRITION INFO

Calories : 403.14

Fat : 15.11 g

Carbs : 35.95 g

Protein : 34.01 g

Fiber : 5.77 g

Blueberry Muffins



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 0.5 cup [120 g] Greek Yogurt
- 1 large [50 g] Egg
- 0.25 cup, sauce [61 g] Applesauce Unsweetened
- 1.25 cup [150 g] Whole Wheat Flour
- 1 tsp [5 g] Baking Powder (Low Sodium)
- 1 cup [145 g] Blueberries

DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. Mix vanilla greek yogurt, egg, and sweetened apple sauce in a medium bowl until well combined.
3. Add flour and baking powder and mix until well combined.
4. Add blueberries and gently fold them into the mixture.
5. Line a cupcake pan with cupcake liners.
6. Evenly divide the blueberry muffin batter into seven portions in the cupcake pan.
7. Bake for 25 minutes.

NUTRITION INFO

Calories : 418.75

Fat : 9.67 g

Carbs : 72.76 g

Protein : 16.44 g

Fiber : 11.29 g

Coco Protein Balls



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [81 g] Oats
- 4 tablespoon [64 g] Almond Butter
- 1 medium (7" to 7-7/8" long) [118 g] Bananas (*mashed*)
- 1 1 tbsp [12 g] Chia Seeds (Spectrum)
- 24 g Chocolate Protein Powder

DIRECTIONS

1. Add all ingredients to a large mixing bowl and use your hands to blend all ingredients together well.
2. Create approximately 8 balls out of the mixture.
3. Store in the refrigerator for 2-3 days, freeze for up to 3 months.

NUTRITION INFO

Calories : 488

Fat : 24.87 g

Carbs : 47.89 g

Protein : 18.95 g

Fiber : 9.2 g

Mexican Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 1 tablespoon [13.5 g] Olive Oil
- 0.5 small [35 g] Onions
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [59.5 g] Bell Peppers
- 3 large [150 g] Egg
- 0.5 cup [120 g] Black Beans (Canned)
- 2 tbsp [32 g] Pico de Gallo

DIRECTIONS

1. In a medium skillet, warm olive oil over medium heat.
2. Add onion and bell pepper. Cook for 3-5 minutes until they are soft.
3. Add eggs. Cook while scraping and flipping them in the pan until the eggs are cooked through.
4. Add beans and pico de gallo and cook for an additional 1 minute. Enjoy warm

NUTRITION INFO

Calories : 490

Fat : 28.97 g

Carbs : 30.64 g

Protein : 27.02 g

Fiber : 10 g

Granola and Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.25 cup [28 g] Paleo Mix Granola
- 0.75 cup [180 g] Greek Yogurt
- 0.25 cup [30.75 g] Raspberries
- 0.24 1 tbsp [2.88 g] Chia Seed (365)

DIRECTIONS

1. Place yogurt in a bowl and top with all other ingredients.

NUTRITION INFO

Calories : 368.65

Fat : 26.94 g

Carbs : 21.45 g

Protein : 12.65 g

Fiber : 5.45 g

Fajita Style Breakfast Burrito



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 0.5 tablespoon [6.4 g] Clarified Butter Ghee• 0.25 cup, chopped [37.25 g] Bell Peppers• 2 oz [56.7 g] Ground Beef (95% Lean / 5% Fat)• 2 large [100 g] Egg• 1 dash [0.4 g] Sea Salt• 1 dash [0.1 g] Black Pepper• 1 1 wrap [52 g] Gluten Free Plain Wraps (Live G Free)	<ol style="list-style-type: none">1. In a medium skillet, heat the ghee until melted.2. Add the peppers to the pan and sauté until the peppers begin to brown.3. Add the ground beef and cook until browned.4. Whisk the two eggs and stir them into the cooked vegetables and beef mixture. Cook until the eggs are cooked through. Season with salt and pepper to taste.5. Add all the contents of the skillet to a gluten-free wrap and roll it into a burrito.6. Heat the burrito in the skillet if desired. Serve and enjoy!

NUTRITION INFO				
Calories : 401.75	Fat : 23.26 g	Carbs : 23.07 g	Protein : 28.12 g	Fiber : 1.75 g

Radiant Bliss Smoothie



SERVINGS: 1

PREP TIME: 4 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 apple [1 154] Green Apple
- 0.5 cup, diced [77.5 g] Pineapple
- 0.5 cup [113.5 g] Whole Milk Greek Yogurt Plain
- 0.5 1 tbsp [6 g] Chia Seed (365)
- 0.25 cup (8 fl oz) [59.25 g] Water *(more or less to reach desired consistency)*

DIRECTIONS

1. Blend all ingredients together in a blender and enjoy!

NUTRITION INFO

Calories : 265.85

Fat : 7.8 g

Carbs : 36.24 g

Protein : 14.87 g

Fiber : 8.6 g

Salsa and Egg Whites



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 2 MINUTES

INGREDIENTS

- 1 tsp [4.5 g] Olive Oil
- 5 large [165 g] Egg White
- 1 tablespoon [16 g] Salsa
- 0.5 avocado [68 g] Avocado
- 1.5 cup, cubes [240 g] Cantaloupe Melons (*Cubed*)

DIRECTIONS

1. In a small skillet, warm olive oil over low medium heat.
2. Add egg whites. Cook while scraping from the pan using a soft spatula until egg whites are cooked through.
3. Place eggs on a plate and add 1 tbsp of salsa and half an avocado.
4. Serve with 1 cup of diced cantaloupe. Enjoy!

NUTRITION INFO

Calories : 335

Fat : 16.33 g

Carbs : 28.19 g

Protein : 21.76 g

Fiber : 7.45 g

Strawberry Cherry Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 0.5 cup, halves [76 g] Strawberries• 0.5 cup [77.5 g] Frozen Cherries• 0.75 cup [170.25 g] Whole Milk Greek Yogurt Plain• 0.25 cup [61.25 g] Almond Milk• 0.5 tsp [1.15 g] Cinnamon	<ol style="list-style-type: none">1. Blend all together and enjoy!

NUTRITION INFO				
Calories : 263.27	Fat : 9.3 g	Carbs : 24.57 g	Protein : 21.82 g	Fiber : 3.55 g

Sweet Potato and Black Bean Breakfast Hash



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 2 cup, cubes [266 g] Sweet Potato
- 2 tablespoon [27.2 g] Coconut Oil
- 1 cup [240 g] Black Beans (Canned)
- 4 large [200 g] Egg
- 1 dash [0.4 g] Sea Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Cut the sweet potatoes into cubes.
2. In a skillet, add 1 tablespoon of coconut oil and turn the heat to medium. Add the cubed sweet potatoes to the skillet.
3. Stir often and cook until the sweet potatoes are fork-tender.
4. Add black beans, salt, and pepper. Heat up the mixture to your desired temperature. Divide the mixture into two bowls.
5. Add 1 tablespoon of coconut oil to the skillet and place it back on the heat. Crack two eggs in the skillet and cook them to your liking.
6. Place the cooked eggs in one of the bowls with the mixture. Repeat step 8 with the remaining 2 eggs.
7. Option to drizzle a bit of salsa on top of the hash.

NUTRITION INFO

Calories : 488

Fat : 23.96 g

Carbs : 47.42 g

Protein : 21.91 g

Fiber : 12.3 g



Minimal Ingredient Lunch

RE-FUEL AND RE-ENERGIZE



Avocado Chicken Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 12 oz [340.2 g] Shredded Chicken
- 0.75 cup [170.25 g] Whole Milk Greek Yogurt Plain
- 2 tsp [8 g] Green Goddess Seasoning Blend
- 1 avocado [136 g] Avocado
- 0.25 small [17.5 g] Red Onions

DIRECTIONS

1. Add Greek yogurt, Green Goddess seasoning mix, and 1/2 of the avocado to a blender and blend until smooth.
2. Cube the remaining 1/2 of the avocado. Dice red onion.
3. Mix red onion and shredded rotisserie chicken.
4. Fold in avocado yogurt dressing into rotisserie chicken.
5. Store in the refrigerator. Serve chilled avocado chicken salad over cubed avocado.

NUTRITION INFO

Calories : 415.76

Fat : 18.5 g

Carbs : 11.75 g

Protein : 48.87 g

Fiber : 5.18 g

Chickpea Hemp Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.75 cup [123 g] Garbanzo Beans
- 2 cup [60 g] Baby Spinach
- 3 tbsp [30 g] Hemp Seeds
- 1 tbsp [14 g] Red Wine Vinegar
- 1 dash [0.4 g] Sea Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Add 2 cups of spinach and arugula to the bowl.
2. Add 2 tbsp red wine vinegar, salt, and pepper to the greens and toss.
3. Rinse the garbanzo beans and add 3/4 cup on top of the greens.
4. Add 1/4 cup hemp seeds and serve.

NUTRITION INFO

Calories : 415.25

Fat : 19.52 g

Carbs : 40.32 g

Protein : 23.37 g

Fiber : 12.58 g

Chicken Caesar Pasta Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 oz [112 g] Skinless Chicken Breast
(Grilled or baked)
- 3 oz [84 g] Chickpea Pasta
- 1 tbsp [14.7 g] Caesar Dressing
- 1 tbsp [5 g] Parmesan Cheese (Grated)
- 1 cup [20 g] Arugula (Rocket)

DIRECTIONS

1. Cook pasta as directed on the package.
2. In a large mixing bowl, combine chicken breast, chickpea pasta, shaved parmesan cheese, creamy Caesar dressing, salt and pepper.
3. Stir until combined. Top with arugula. Serve cold and enjoy!

NUTRITION INFO

Calories : 513

Fat : 16.15 g

Carbs : 53.88 g

Protein : 45.12 g

Fiber : 7.9 g

Classic Chili



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 tsp [4.5 g] Olive Oil
- 0.5 small [35 g] Onions
- 8 oz, raw (yield after cooking) [120 g] Ground Turkey
- 1 cup [246.6 g] Canned Fire Roasted Tomatoes
- 1 cup [240 g] Black Beans (Canned)
- 1 cup [246.6 g] Diced Tomatoes & Green Chilies
- 1 tbsp [9 g] Chili Seasoning

DIRECTIONS

1. Place oil in a heavy-bottomed skillet and heat over medium heat.
2. Add onions and cook until soft (3-4 minutes).
3. Add ground beef or turkey and cook until browned. Make sure to stir often while breaking up the meat.
4. Drain any grease.
5. Add the remaining ingredients and bring to a boil.
6. Reduce the heat to medium-low, cover, and simmer for 15 minutes.
7. Taste and season with chili powder to your liking.

NUTRITION INFO

Calories : 356.25

Fat : 10.46 g

Carbs : 39.14 g

Protein : 25.68 g

Fiber : 15.55 g

Deconstructed Chicken Summer Rolls



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 6 oz [168 g] Skinless Chicken Breast
(Cooked)
- 4 leaf, medium medium [60 g] Butterhead Lettuce
- 2 leaves [30 g] Kale
- 0.75 cup [63.75 g] Broccoli Slaw
- 1 medium (4-1/8" long) [15 g] Young Green Onions
- 2 tbsp [31.25 g] Barbecue Sauce
- 1 oz (22 whole kernels) [28.35 g] Dry Roasted Almonds (with Salt Added)

DIRECTIONS

1. Cut up and shred the chicken breast. Place it in a bowl.
2. Add the shredded vegetable mix, chopped green onion, and BBQ sauce. Toss everything together.
3. To assemble, layer one kale leaf in a bowl.
4. On top of the kale, layer 2 butter lettuce leaves.
5. Place the shredded chicken and vegetable mix in the center of the greens.
6. Serve with a side of almonds.

NUTRITION INFO

Calories : 417.75

Fat : 18.19 g

Carbs : 17.4 g

Protein : 48.63 g

Fiber : 5.67 g

Everything But The Bagel Dip



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.5 tsp [2.3 g] Everything Bagel Seasoning
- 0.75 cup [170.25 g] Whole Milk Greek Yogurt Plain
- 1 fruit [74 g] Clementines
- 1 serving (17 crackers) [35 g] Gluten Free Crackers
- 1 medium (7" long) [201 g] Cucumber *(Sliced)*

DIRECTIONS

1. In a small bowl mix together the Greek yogurt and everything but the bagel seasoning.
2. Serve with all other ingredients and use yogurt mixture as a dip for the crackers and cucumbers.

NUTRITION INFO

Calories : 421.78

Fat : 20.23 g

Carbs : 35.16 g

Protein : 24.99 g

Fiber : 2.7 g

Slow Cooker Butternut Squash Soup



SERVINGS: 2

PREP TIME: 40 MINUTES

COOKING TIME: 480 MINUTES

INGREDIENTS

- 4 cup, cubes [560 g] Butternut Winter Squash
- 3 cup [720 g] Beef Bone Broth
- 0.5 tbsp [3.4 g] Cinnamon
- 0.25 medium (2-1/2" dia) [27.5 g] Onions (*Sliced*)
- 0.5 cup [115 g] Sour Cream
- 2 medium slice [60 g] Gluten Free Bread

DIRECTIONS

1. Preheat the oven to 350°F (176°C).
2. Peel and cut the butternut squash into 1-inch rounds, and remove the seeds. Roast the butternut squash and white onion for 25-35 minutes, until soft.
3. Blend the roasted butternut squash, white onion, and cinnamon until smooth.
4. Add the vegetable blend and salted chicken broth to a slow cooker and cook on high for 4 hours or low for 8 hours.
5. Twenty minutes before serving, add sour cream to the butternut squash soup and mix.
6. Top with a dollop of sour cream before serving and serve with sourdough bread. Option to freeze the soup in individual resealable bags or tupperware for later use.

NUTRITION INFO

Calories : 395.25

Fat : 14.92 g

Carbs : 49.62 g

Protein : 21.72 g

Fiber : 7.61 g

Smoked Salmon Cobb Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup [94 g] Romaine Lettuce
- 2 thin slice (yield after cooking) [16 g] Turkey Bacon (*Cooked*)
- 2 oz, boneless [56.7 g] Smoked Salmon
- 0.25 avocado [34 g] Avocado (*If following a low FODMAP plan use 1/8 avocado*)
- 1 large [50 g] Egg (*Hard boiled*)
- 1 tablespoon [13.5 g] Olive Oil
- 1 dash [0.4 g] Sea Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. In a large salad bowl, combine lettuce, turkey bacon, smoked salmon, avocado, hard boiled egg, olive oil, salt and pepper. Toss until fully combined. Serve cold and enjoy!

NUTRITION INFO

Calories : 398.5

Fat : 30.9 g

Carbs : 5.14 g

Protein : 23.15 g

Fiber : 3.03 g

Tarragon Chicken Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 16 oz [448 g] Skinless Chicken Breast
(Cooked and chopped)
- 0.25 cup [30 g] Slivered Almonds
- 1 cup [122 g] Unsweetened Coconut Milk Yogurt
- 0.5 lemon yields [23.5 g] Lemon Juice
- 1 tsp, leaves [0.6 g] Tarragon
- 4 leaf, medium medium [60 g] Butterhead Lettuce

DIRECTIONS

1. Place chopped chicken in a bowl. Add slivered almonds and stir.
2. In a separate bowl, combine coconut yogurt, lemon juice, and fresh tarragon. Stir.
3. Add the yogurt mixture to the chicken and mix.
4. Place 2 leaves of butter leaf lettuce on plate.
5. Fill each leaf with 1/4 of the chicken mixture. Enjoy!

NUTRITION INFO

Calories : 399

Fat : 15.73 g

Carbs : 11.25 g

Protein : 55.79 g

Fiber : 2.59 g

Take to Go Lunch



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 tbsp [60 g] Hummus
- 0.5 cup, diced [88.5 g] Honeydew Melon
- 2 large [100 g] Egg (*Hard boiled*)
- 2 tbsp [28 g] Kalamata Olives
- 1 cup [149 g] Baby Carrots

DIRECTIONS

1. Pack in a bento box and go!

NUTRITION INFO

Calories : 440.5

Fat : 25.26 g

Carbs : 28.48 g

Protein : 20.04 g

Fiber : 11.7 g

A close-up photograph of three burritos filled with shrimp and avocado, arranged on a dark grey surface. A semi-transparent white rectangular box is centered over the middle burrito, containing the title and subtitle text.

Minimal Ingredient Dinner

FINISH STRONG



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Roasted chicken and brussel spouts



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 medium (2-3/4" dia) (approx 3 per lb) [138 g] Apples
- 2 cup [176 g] Brussels Sprouts (*Shaved*)
- 2 tsp [12 g] Salt
- 2 tsp [4.2 g] Black Pepper
- 6 oz [169.5 g] Boneless Skinless Chicken Thighs (raw)
- 1 tbsp [14 g] Avocado Oil

DIRECTIONS

1. Pre-heat oven to 350° F (190 degrees C).
2. Season chicken thighs with salt and pepper and add to sheet pan.
3. Cut up apples in to small cubes and slice brussel sprouts into thin slices. Toss with Avocado oil and place on sheet pan.
4. Cook for 25-30 minutes.

NUTRITION INFO

Calories : 477

Fat : 21.49 g

Carbs : 37.54 g

Protein : 39.76 g

Fiber : 11.1 g

Chicken and Broccoli Pesto Pasta



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 2 cup chopped [182 g] Broccoli
- 1 small [70 g] Onions (*Sliced*)
- 0.5 tbsp [7 g] Olive Oil
- 2 tbsp [28 g] Pesto Sauce
- 6 oz, dry [168 g] Red Lentil Pasta
- 8 oz [224 g] Skinless Chicken Breast

DIRECTIONS

1. Preheat the oven to 350°F (176°C) degrees.
2. Place the chicken, broccoli, and onion in an oven-safe dish.
3. Mix together the olive oil and 1 tbsp of pesto sauce, then coat the chicken and veggies with this sauce.
4. Bake the chicken and vegetables in the oven for approximately 25 minutes or until the internal temperature of the chicken reaches above 165°F (74°C).
5. In the meantime, cook the pasta per the instructions on the package. Once the pasta is cooked, drain, rinse, and mix it with the remaining pesto sauce.
6. Serve the chicken and vegetables over the pasta.

NUTRITION INFO

Calories : 579.25

Fat : 14.86 g

Carbs : 60.32 g

Protein : 52.6 g

Fiber : 12.02 g

Chicken Meatballs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [1.8 g] Ginger (Ground)
- 0.5 tsp [3 g] Sea Salt
- 1 tsp [3 g] Arrowroot Starch
- 1 tbsp [13.6 g] Coconut Oil
- 2 sweetpotato, 5" long [260 g] Sweet Potato
- 12 oz [340.8 g] Ground Chicken

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a large mixing bowl. Form the meat mixture into balls and place them on the baking sheet. You should have a yield of 15-18 meatballs.
3. Bake for 20-25 minutes alongside the sweet potatoes (these may take longer to bake). The sweet potatoes will be cooked when they are soft and easily pierced with a fork.
4. Once cooked, remove from the oven. Enjoy!

NUTRITION INFO

Calories : 410.5

Fat : 18.93 g

Carbs : 28.97 g

Protein : 32.35 g

Fiber : 4.15 g

Crab Cakes & Arugula Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 12 oz [340.8 g] Lump Crab Meat
- 3 cup [60 g] Arugula (Rocket)
- 2.5 tsp [10 g] Old Bay Seasoning
- 1 large [50 g] Egg
- 3 tablespoon [40.5 g] Olive Oil
- 2 medium Lemon

DIRECTIONS

1. Zest and juice lemons. Keep zest and juice separate.
2. In a medium bowl, gently mix lemon zest, Old Bay seasoning, one tablespoon of, lemon juice, egg, and lump crab meat.
3. Divide the crab mixture into equal portions using a quarter-cup measure.
4. Pan-fry the crab cakes in one tablespoon of olive oil on medium heat until browned on both sides.
5. Toss baby arugula in the remaining lemon juice and olive oil. Serve crab cakes with arugula salad and a lemon wedge.

NUTRITION INFO

Calories : 373.5

Fat : 23.12 g

Carbs : 6.68 g

Protein : 34.57 g

Fiber : 2.05 g

Fajita bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 10 oz [280 g] Skinless Chicken Breast• 0.5 cup [62.5 g] Brown Rice• 1 medium (2-1/2" dia) [110 g] Onions• 2 medium (approx 2-3/4" long, 2-1/2" dia) [228 g] Red Bell Pepper• 1 tbsp [14 g] Avocado Oil• 2 tbsp [18 g] Fajita Seasoning	<ol style="list-style-type: none">1. Add one cup of water to pot and add 1/4 cup of brown rice. Bring to a boil and then reduce heat to low until rice is fully cooked.2. Season chicken with 2 tbsp of fajita seasoning and cut onion and peppers into slices.3. Add 1 tbsp avocado oil to skillet, on medium heat.4. Add peppers and onions to skillet and cook for about 10-15 minutes.5. Move peppers and onions to the side and add chicken to the skillet.6. Cook chicken for about 7 minutes per side.7. Add rice, peppers, onion, and chicken to a bowl and serve.

NUTRITION INFO				
Calories : 474.5	Fat : 10.76 g	Carbs : 55.29 g	Protein : 37.96 g	Fiber : 7.38 g

Grilled Chicken & Vegetable Skewers



SERVINGS: 2

PREP TIME: 30 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 12 oz [336 g] Skinless Chicken Breast
- 1 medium (2-1/2" dia) [110 g] Onions
- 2 cup, florets [142 g] Broccoli
- 3 tsp [12 g] Lite Adobo All Purpose Seasoning
- 5 tbsp [78.13 g] Barbecue Sauce
- 0.5 cup [62.5 g] Brown Rice

DIRECTIONS

1. Cook the rice as directed on the package. Cut the chicken breast, red onion, and broccoli into cubes, about two inches each.
2. Toss the cubed chicken and vegetables in Adobo All-Purpose Seasoning.
3. Add the chicken and vegetables to the wooden skewers in an alternating pattern.
4. Place the skewers in the refrigerator and let them sit for a minimum of two hours.
5. Grill or pan-fry the skewers until the chicken is fully cooked.
6. Dilute 3 tbsp BBQ sauce with 1 tbsp of water.
7. Lightly brush the skewers with BBQ sauce and cook for one minute. Rotate the skewers as needed to prevent the BBQ sauce from burning.
8. Serve with a side of warmed BBQ sauce.

NUTRITION INFO

Calories : 429.5

Fat : 4.7 g

Carbs : 49.81 g

Protein : 46.08 g

Fiber : 4.38 g

Jerk Shrimp Tacos w/ Cabbage Slaw



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.5 tbsp [7 g] Avocado Oil
- 5 oz [142 g] Shrimp
- 0.5 tbsp [2.75 g] Jerk Seasoning
- 3 small tortilla (approx 4" dia) [32.1 g] Corn Tortilla
- 0.5 cup, shredded [35 g] Cabbage
- 0.5 avocado [68 g] Avocado

DIRECTIONS

1. In a small skillet, heat oil over medium heat.
2. Season the jerk seasoning over the shrimp to coat evenly.
3. Place the shrimp in the hot skillet and cook on each side for 2-3 minutes or until the shrimp turn pink.
4. Build the tacos by placing the shrimp, cabbage slaw, and avocado inside the tortilla.
5. Serve and enjoy!

NUTRITION INFO

Calories : 392.5

Fat : 21.24 g

Carbs : 24.99 g

Protein : 23.83 g

Fiber : 8.45 g

Lemon Ricotta & Broccoli Soup



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 2 cup [480 g] Beef Bone Broth
- 2 cup chopped [182 g] Broccoli
- 1 dash [0.4 g] Sea Salt *(To taste)*
- 1 dash [0.1 g] Black Pepper *(To taste)*
- 0.5 tsp [1.4 g] Garlic Powder
- 1 cup [246 g] Ricotta Cheese
- 1 small lemon [30 g] Lemon Juice
- 2 medium slice (4-3/4" x 4" x 1/2") [50 g] Sour Dough Bread

DIRECTIONS

1. In a pot, bring bone broth to a boil. Add broccoli and spice mix. Boil covered for 5- 7 minutes, until broccoli is soft.
2. Allow it to slightly cool, then add broccoli/broth mixture, ricotta cheese, and lemon juice to a blend. Blend until smooth.
3. Serve warm soup with sourdough bread.

NUTRITION INFO

Calories : 333.75

Fat : 13.94 g

Carbs : 24.75 g

Protein : 28.83 g

Fiber : 3.28 g

Miso Ramen w/ Tofu



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 2 cup [490 g] Organic Miso Broth
- 0.5 block (86 g) [43 g] Plain Ramen Noodles
- 2 oz [56 g] Firm Tofu
- 2 large [100 g] Egg (*Soft boiled*)
- 1 stalk [15 g] Green Onions (*chopped*)

DIRECTIONS

1. In a saucepan over high heat, bring the miso broth to a boil.
2. Add the ramen noodles and tofu to the boiling broth and cook until ramen is soft.
3. Remove from heat and place into a large bowl.
4. Top with a soft boiled egg and green onions.
5. Serve hot and enjoy!

NUTRITION INFO

Calories : 354.6

Fat : 17.54 g

Carbs : 22.86 g

Protein : 19.98 g

Fiber : 7.7 g

Beef and Zucchini Stir Fry



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 12 oz [336 g] Sirloin Steak• 2 medium [392 g] Zucchini• 0.25 cup [31.25 g] Brown Rice• 1 tablespoon [13.5 g] Olive Oil• 1.5 tbsp [21 g] Coconut Aminos• 3 clove [9 g] Garlic	<ol style="list-style-type: none">1. Add brown rice to a pot of water (with a 1:2 rice to water ratio), bring to a boil, and then let it simmer for about 20 minutes until the rice is fully cooked.2. In a skillet or wok, heat 1/2 tbsp of avocado oil. Add minced garlic and cook for 2 minutes on medium-low heat.3. Add cubed zucchini and cook for about 10 minutes or until tender.4. Add beef and liquid aminos to the pan and cook to your desired likeness (about 5-8 minutes).

NUTRITION INFO				
Calories : 484.75	Fat : 24.31 g	Carbs : 30.33 g	Protein : 39.04 g	Fiber : 3.16 g