

Simple, Quick and Nutritious Recipe Bundle

CLEAN AND COMPLETE MEALS
DON'T HAVE TO BE
COMPLICATED! TRY THESE
SIMPLE RECIPES WITH EIGHT
INGREDIENTS OR LESS AND
MINIMAL PREPARATION TIME,
TO FEEL AMAZING.



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Table of Contents

Breakfast

• Mexican Scramble	4
• Balanced Oats	5
• Banana Pecan Cottage Cheese	6
• Eggs, Berries & Matcha	7
• Nut butter Toast and Eggs	8
• Papaya Yogurt Bowl	9
• Simple Scramble with Matcha	10
• Smoked Salmon & Avocado Toast	11
• Vanilla Almond Butter Overnight Oats	12
• Vanilla Protein Smoothie	13

Lunch

• Avocado Ranch Chicken Salad	15
• Buffalo Chicken Wrap	16
• Crunchy Beet Salad	17
• Egg Salad and Crackers	18
• No Time to Prep Lunch!	19
• Sensible Smoothie & Nutty Banana	20
• Quinoa Burrito Bowl	21
• Sweet and Savory Chicken Salad	22
• Turkey Salad	23
• Simply Complete Bento Box	24

Dinner

• Chicken and Vegetable Sheet Pan Dinner	26
• Chicken Teriyaki Bowl	27
• Colorful Chicken Sausage Combo	28
• Easy Beef and Broccoli	29
• Greek Inspired Spaghetti Squash	30
• Ground Chicken Tacos	31
• Pesto Shrimp and Asparagus Pasta	32
• Salmon and Cauliflower	33
• Turkey Burger Sheet Pan Dinner	34
• Turkey Chili	35

A top-down view of a bowl of yogurt. The yogurt is white and has been topped with several slices of banana arranged in a semi-circle. Scattered on top of the yogurt and banana are several walnut halves and a small amount of dark chia seeds. The bowl is light-colored and sits on a textured surface.

Simple, Quick and Nutritious Breakfast

KICKSTART YOUR DAY



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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

Balanced Oats



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 2 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 0.5 cup [45 g] Rolled Oats Gluten Free <i>(Uncooked)</i>• 1 cup [245 g] Almond Milk• 0.75 scoop (20 g) [15 g] Protein Powder• 1 tbsp [6 g] Unsweetened Shredded Coconut• 1.5 tbsp [11.25 g] Slivered Almonds• 0.5 cup [61.5 g] Raspberries	<ol style="list-style-type: none">1. Combine rolled oats with milk and microwave 1.5 - 2 minutes.2. Stir in protein powder and top with all other ingredients.

NUTRITION INFO				
Calories : 388	Fat : 15.46 g	Carbs : 39.13 g	Protein : 27.81 g	Fiber : 11.35 g

Banana Pecan Cottage Cheese



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [226 g] Cottage Cheese (4% milk fat)
- 1 medium (7" to 7-7/8" long) [118 g] Banana (*Sliced*)
- 0.5 tbsp, chopped [4 g] Pecans
- 1.5 tsp [4.8 g] Cacao Nibs

DIRECTIONS

1. Top cottage cheese with all other ingredients.

NUTRITION INFO

Calories : 381.5

Fat : 15.34 g

Carbs : 38.95 g

Protein : 27.74 g

Fiber : 5.1 g

Eggs, Berries & Matcha



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 3 large [150 g] Egg (*Hard boiled*)
- 0.5 cup [61.5 g] Raspberries
- 0.5 cup [72.5 g] Blueberries
- 1 tsp [2 g] Matcha Tea Powder (*Or one packet*)
- 1.5 cup [367.5 g] Almond Milk (*Steamed or warm*)

DIRECTIONS

1. Mix together matcha with almond milk and serve with a side of eggs and berries.

NUTRITION INFO

Calories : 360.5

Fat : 20.92 g

Carbs : 22.09 g

Protein : 22.41 g

Fiber : 7.95 g

Nut butter Toast and Eggs



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 slice [84 g] Sprouted Grain Bread
(*Toasted*)
- 1 tbsp [16 g] Almond Butter
- 0.5 tbsp [5 g] Hemp Hearts
- 2 large [100 g] Hard-Boiled Egg

DIRECTIONS

1. Spread toast with almond butter and sprinkle with hemp hearts. Serve with hard boiled eggs.

NUTRITION INFO

Calories : 490.5

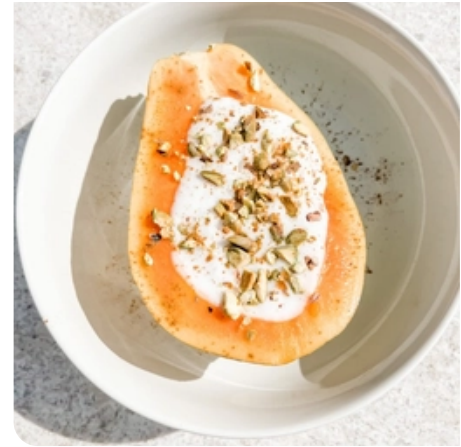
Fat : 23.56 g

Carbs : 41.02 g

Protein : 26.64 g

Fiber : 8.75 g

Papaya Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.5 medium (5-1/8" long x 3" dia) [152 g] Papaya (*Seeds removed*)
- 0.75 cup [170.25 g] Whole Milk Greek Yogurt Plain (*4% milk fat*)
- 2 tbsp [16 g] Dry roasted shelled pistachios
- 0.25 tsp [0.57 g] Cinnamon

DIRECTIONS

1. Cut papaya in half lengthwise and scrape out seeds.
2. Fill papaya with Greek yogurt and top with pistachios and cinnamon.

NUTRITION INFO

Calories : 337.67

Fat : 15.03 g

Carbs : 28.5 g

Protein : 24.32 g

Fiber : 4.65 g

Simple Scramble with Matcha



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 3 MINUTES

INGREDIENTS

- 0.5 tbsp [7 g] Avocado Oil
- 3 large [150 g] Egg (*Lightly beaten*)
- 4 tomato [68 g] Cherry Tomatoes (*Chopped*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 cup [20 g] Arugula (Rocket)
- 1 cup, cubes [160 g] Cantaloupe Melons
- 1 tsp [2 g] Matcha Tea Powder (*Or one packet*)
- 1 cup [245 g] Almond Milk

DIRECTIONS

1. Heat oil in a medium skillet over medium heat. Add tomatoes and cook for 1 minute.
2. Add eggs, salt, and pepper, and scrape from the skillet using a soft spatula as the eggs cook for 1-2 minutes. Just before removing from heat, mix in arugula.
3. Warm the almond milk or use a milk steamer and add the matcha powder.
4. Serve eggs and matcha latte with a side of cantaloupe.

NUTRITION INFO

Calories : 399

Fat : 26.05 g

Carbs : 20.06 g

Protein : 22.85 g

Fiber : 4.4 g

Smoked Salmon & Avocado Toast



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 slice [84 g] Sprouted Grain Bread (*Or Ezekiel*)
- 0.5 avocado [68 g] Avocado (*Sliced*)
- 2.5 oz, boneless [70.88 g] Smoked Salmon
- 1 tbsp [10 g] Hemp Hearts
- 1 cup [20 g] Microgreens
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Top toast with avocado, followed by all other ingredients. Enjoy!

NUTRITION INFO

Calories : 489.5

Fat : 20.1 g

Carbs : 47.46 g

Protein : 29.76 g

Fiber : 14.35 g

Vanilla Almond Butter Overnight Oats



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.33 cup [29.7 g] Rolled Oats Gluten Free
- 0.5 cup [122.5 g] Almond Milk
- 0.5 tbsp [7 g] Chia Seeds
- 0.5 tsp [3.55 g] Honey
- 2 tbsp [32 g] Almond Butter
- 0.25 cup, sliced [41.5 g] Strawberries
- 0.33 cup [74.91 g] Greek Nonfat Yogurt - Vanilla
- 0.25 scoop [5 g] Collagen Powder

DIRECTIONS

1. Mix together all ingredients, except for strawberries, in a mason jar and shake until well combined.
2. Store in the refrigerator overnight.
3. In the morning, mix well, add more milk if needed for desired consistency. Top with strawberries.

NUTRITION INFO

Calories : 462.58

Fat : 25.02 g

Carbs : 43.42 g

Protein : 19.5 g

Fiber : 7.53 g

Vanilla Protein Smoothie



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [245 g] Almond Milk (*Or coconut milk (not canned)*)
- 1 scoop (20 g) [20 g] Protein Powder - Vanilla (*Clean brand recommendations: Truani, Be Well by Kelly, and Mind Body Green*)
- 1 medium (7" to 7-7/8" long) [118 g] Banana
- 1 tbsp [16 g] Almond Butter
- 0.25 cup [5 g] Broccoli Sprouts
- 0.5 cup [118.5 g] Water (*Or until desired consistency*)

DIRECTIONS

1. Blend until smooth in a blender and enjoy.

NUTRITION INFO

Calories : 347.25

Fat : 13.93 g

Carbs : 32.75 g

Protein : 27.71 g

Fiber : 5.75 g



Simple, Quick and Nutritious Lunch

RE-FUEL AND RE-ENERGIZE



Avocado Ranch Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4.5 oz [126 g] Skinless Chicken Breast
(Cooked (measured uncooked))
- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 0.5 avocado [68 g] Avocado
- 0.25 cup [28.25 g] Shredded Carrots
- 0.25 cup, sliced [28.75 g] Onions
- 2 tbsp [2 g] Cilantro (Fresh (chopped))
- 1 apple Apples (Red)
- 1.5 tablespoon [22.5 g] Ranch Salad Dressing (Clean brand: Primal Kitchen)

DIRECTIONS

1. Slice chicken breast into 1/2 inch slices.
2. Top mixed greens with all other ingredients.
3. Serve with an apple.

NUTRITION INFO

Calories : 507.25

Fat : 25.02 g

Carbs : 41.49 g

Protein : 33.71 g

Fiber : 13.26 g

Buffalo Chicken Wrap



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 180 MINUTES

INGREDIENTS

- 5 oz [140 g] Skinless Chicken Breast (*Boneless*)
- 0.25 cup [60 g] Beef Bone Broth
- 3 tbsp [45 g] Buffalo Sauce Made with Avocado Oil
- 2 wrap [86 g] Sprouted Grain Wrap (*Or gluten free wraps*)
- 1 medium whole (2-3/5" dia) [123 g] Tomatoes (*Vine ripe tomato (sliced)*)
- 1 small (6-3/8" long) [158 g] Cucumber (*Thinly sliced*)
- 1 cup [20 g] Arugula Lettuce
- 2 oz [56.7 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. To make shredded buffalo chicken, cook chicken breast in the slow cooker with bone broth for 3 hours on high or 5 hours on low. Shred the chicken using two forks to tear apart, and mix in the buffalo sauce. This can be done ahead of time. If you do not have a slow cooker, you can boil the chicken with bone broth and water for 10 - 15 minutes, then pull apart and mix with buffalo sauce.
2. Fill wraps with shredded chicken, sliced tomatoes, sliced cucumber, and arugula.
3. Serve each wrap with 3 tbsp side of dry roasted mixed nuts.

NUTRITION INFO

Calories : 431

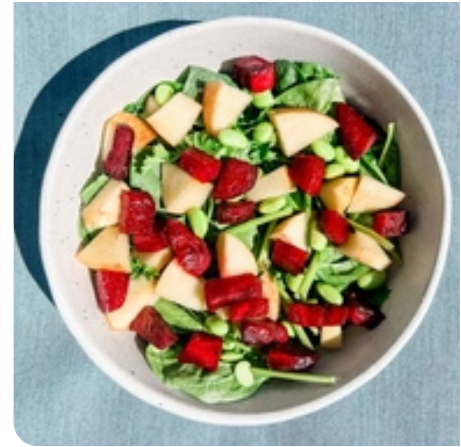
Fat : 22.16 g

Carbs : 35.17 g

Protein : 28.67 g

Fiber : 8.05 g

Crunchy Beet Salad



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup, chopped [68 g] Watercress
- 0.25 cup [42.5 g] Edamame (Shelled) *(Cooked)*
- 1 medium pear (approx 2-1/2 per lb) [166 g] Pear *(Chopped)*
- 0.5 cup [68 g] Beets *(cooked, chopped)*
- 1 tbsp [14 g] Olive Oil
- 0.5 medium Lemon *(Juice only)*
- 1 dash [0.4 g] Salt *(To taste)*
- 1 dash [0.1 g] Black Pepper *(To taste)*
- 2 oz [56.7 g] Beef Jerky

DIRECTIONS

1. Top watercress with edamame, pear, beets, olive oil, lemon juice, salt, and pepper. Toss to coat evenly.
2. Serve salad with a side of beef jerky.

NUTRITION INFO

Calories : 539.75

Fat : 30.51 g

Carbs : 45.9 g

Protein : 26.66 g

Fiber : 11.15 g

Egg Salad and Crackers



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 large [100 g] Hard-Boiled Egg
(Chopped)
- 0.5 tbsp [7.5 g] Mayonnaise (made with avocado oil) (Brand Recommendations: Primal Kitchen or Chosen Foods)
- 1 tbsp [10 g] Hemp Hearts
- 0.5 tsp [0.5 g] Dill (Dried)
- 1 dash [0.4 g] Salt (To taste)
- 1 dash [0.1 g] Black Pepper (To taste)
- 1 serving (17 crackers) [35 g] Gluten Free Crackers (Clean brand recommendations: Simple Mills, and Mary's Gone)
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [57 g] Red Bell Pepper (Sliced)
- 0.5 serving (28g) [14 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Mix together eggs, mayonnaise, hemp hearts, dill, salt, and pepper.
2. Serve egg salad with crackers and bell pepper for dipping along with a side of mixed nuts.

NUTRITION INFO

Calories : 533

Fat : 41.01 g

Carbs : 22.6 g

Protein : 22 g

Fiber : 4.1 g

No Time to Prep Lunch!



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 0.65 cup [147.55 g] Whole Milk Greek Yogurt Plain (<i>Single serve yogurt</i>)• 1 apple Apples (<i>Red</i>)• 1 1 bar [52 g] Peanut Butter Chocolate Protein Bar (RX)	<ol style="list-style-type: none">1. Grab and go!

NUTRITION INFO				
Calories : 468.91	Fat : 16.06 g	Carbs : 55.84 g	Protein : 29.99 g	Fiber : 9.4 g

Sensible Smoothie & Nutty Banana



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 scoop (20 g) [20 g] Protein Powder (*Or collagen peptides*)
- 1 tbsp [16 g] Almond Butter (*Divided*)
- 1 tbsp [14 g] Chia Seeds
- 0.5 cup [15 g] Baby Spinach
- 0.25 cup [36.25 g] Blueberries
- 1.5 cup [367.5 g] Almond Milk
- 1 tbsp [10 g] Hemp Hearts
- 1 medium (7" to 7-7/8" long) [118 g] Banana

DIRECTIONS

1. Add collagen peptides or protein powder, 1 tbsp almond butter, chia seeds, spinach, blueberries, almond milk, and hemp hearts to a blender. Blend until smooth.
2. Serve smoothie with a banana topped with almond butter.

NUTRITION INFO

Calories : 502.25

Fat : 25.9 g

Carbs : 44.25 g

Protein : 33.96 g

Fiber : 12.43 g

Quinoa Burrito Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.75 cup, cooked [120 g] Quinoa (Cooked) *(Organic, cooked)*
- 0.25 cup [60 g] Black Beans (Canned) *(Drained and rinsed.)*
- 0.25 cup, chopped [40 g] Red Onions
- 0.5 avocado [68 g] Avocado *(Chopped)*
- 0.25 cup [71.75 g] Pico de Gallo *(Or salsa)*
- 1.5 oz [42.53 g] Goats Cheese (Soft) *(Crumbled)*

DIRECTIONS

1. Top quinoa with all other ingredients and enjoy!

NUTRITION INFO

Calories : 501.75 Fat : 22.89 g Carbs : 58.38 g Protein : 19.37 g Fiber : 12.45 g

Sweet and Savory Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (5 oz) yields [140 g] Canned Organic Chicken (*Drained, or use shredded chicken*)
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 0.5 tsp [0.5 g] Dill (Dried)
- 1 dash [0.4 g] Salt (*To taste*)
- 5 grape, seedless [25 g] Grapes (*Halved or quartered*)
- 1 stalk, medium (7-1/2" - 8" long) [40 g] Celery (*Chopped*)
- 2 cup [40 g] Arugula (Rocket)
- 1 oz [28.35 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. In a medium bowl, mix together canned chicken breast, mayonnaise, dill, salt, grapes, and celery.
2. Serve chicken mixture over arugula with a side of mixed nuts.

NUTRITION INFO

Calories : 528.5

Fat : 37.13 g

Carbs : 15.6 g

Protein : 38.14 g

Fiber : 4.05 g

Turkey Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup [40 g] Arugula (Rocket)
- 4 slice [76 g] Organic Roast Turkey Meat
- 1 oz [28.35 g] Goats Cheese (Soft)
- 0.25 cup [28.25 g] Shredded Carrots
- 4 tbsp [60 g] Hummus
- 1 tbsp [14 g] Olive Oil
- 0.5 small lemon [15 g] Lemon Juice (*juice only*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Top arugula with turkey, goat cheese, shredded carrots, and hummus.
2. Mix together olive oil, lemon juice, salt, and pepper and pour over salad.

NUTRITION INFO

Calories : 452.25

Fat : 31.77 g

Carbs : 7.91 g

Protein : 29.76 g

Fiber : 1.8 g

Simply Complete Bento Box



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 3 slice [57 g] Organic Roast Turkey Meat• 0.5 cup, seedless [80 g] Grapes• 0.5 oz [14.18 g] Dry Roasted Mixed Nuts• 1 serving (17 crackers) [35 g] Gluten Free Crackers• 2 tbsp [30 g] Hummus	<ol style="list-style-type: none">1. Eat crackers with the hummus and all others separately.

NUTRITION INFO				
Calories : 449	Fat : 25.43 g	Carbs : 33.08 g	Protein : 22.42 g	Fiber : 2 g



Simple, Quick and Nutritious Dinner

FINISH STRONG



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Chicken and Vegetable Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 8 oz [226 g] Boneless Skinless Chicken Thighs (raw)
- 20 medium spear (5-1/4" to 7" long) [320 g] Asparagus
- 2.5 cup [412.5 g] Fingerling Potatoes
- 2 tbsp [28 g] Olive Oil
- 1 tbsp, ground [1.8 g] Oregano
- 0.5 tbsp [4.2 g] Garlic Powder
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Mix together oil, oregano, and garlic powder in a medium bowl.
3. Coat chicken with oil mixture and place on a large baking sheet. Spread asparagus and potatoes in a single layer on the baking sheet and drizzle with the remaining oil mixture. Sprinkle with salt and pepper.
4. Cook for 20 minutes in the oven, or until internal temperature of the chicken reaches 165 degrees F (74 degrees C).

NUTRITION INFO

Calories : 464

Fat : 18.21 g

Carbs : 45.84 g

Protein : 30.96 g

Fiber : 9.73 g

Chicken Teriyaki Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 180 MINUTES

INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 4 tbsp [56 g] Coconut Aminos
- 0.5 tbsp [4.2 g] Garlic Powder
- 1 tsp [1.8 g] Ginger (Ground)
- 1 tbsp [21 g] Honey
- 3 cup, florets [213 g] Broccoli
- 2 cup [298 g] Baby Carrots
- 0.75 cup [93.75 g] Brown Rice

DIRECTIONS

1. Add chicken breasts to a slow cooker.
2. Mix together coconut aminos, garlic powder, ground ginger, honey, and 1/4 cup warm water. Pour over chicken.
3. Cook chicken on high for 3-4 hours or low for 6-7 hours. Once cooked, shred chicken by pulling apart using two forks. Mix well with sauce in slow cooker.
4. Cook rice according to package.
5. Steam or boil broccoli and carrots for 3-4 minutes.
6. Serve chicken and vegetables over cooked brown rice.

NUTRITION INFO

Calories : 581.75

Fat : 4.6 g

Carbs : 93.54 g

Protein : 42.79 g

Fiber : 9.79 g

Colorful Chicken Sausage Combo



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 4 link (2.3 oz) [272 g] Organic Chicken Sausage (*Sliced*)
- 1.5 cup [210 g] Peas and Carrots (Frozen)
- 1.5 cup [150 g] Riced Cauliflower (*Fresh or frozen*)
- 0.5 cup [30 g] Parsley (*Chopped*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.5 tbsp [4.2 g] Garlic Powder
- 1 avocado [136 g] Avocado (*Peeled and chopped*)

DIRECTIONS

1. Heat olive oil over medium heat in a large skillet. Add frozen peas, carrots, and cauliflower. Break apart as it cooks.
2. Once vegetables are soft, approximately 5-10 minutes, mix in the parsley, salt, and pepper. Push this mixture to the side of the skillet.
3. Add sausage to the skillet. Cover and cook 5-10 minutes, turning the sausage at least once. Mix all together and serve warm topped with avocado.

NUTRITION INFO

Calories : 427.5

Fat : 24.43 g

Carbs : 25.61 g

Protein : 33.37 g

Fiber : 10.85 g

Easy Beef and Broccoli



SERVINGS: 2

PREP TIME: 3 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 0.66 cup [122.1 g] White Rice (Uncooked)
- 12 oz [340.2 g] Ground Beef (95% Lean / 5% Fat)
- 3 cup, florets [213 g] Broccoli
- 3 tbsp [42 g] Coconut Aminos
- 0.5 tbsp [4.2 g] Garlic Powder
- 0.5 tsp [0.9 g] Ginger (Ground)

DIRECTIONS

1. Cook rice according to package.
2. Add ground beef to a large skillet and cook over medium heat, crumbling and breaking apart as you go along.
3. Once beef is mostly browned through, drain excess liquid from the skillet. Add remaining ingredients and mix well until beef and broccoli are evenly coated.
4. Cook for approximately 5 more minutes, until beef and broccoli are of desired consistency.
5. Serve beef mixture over cooked rice.

NUTRITION INFO

Calories : 532.9

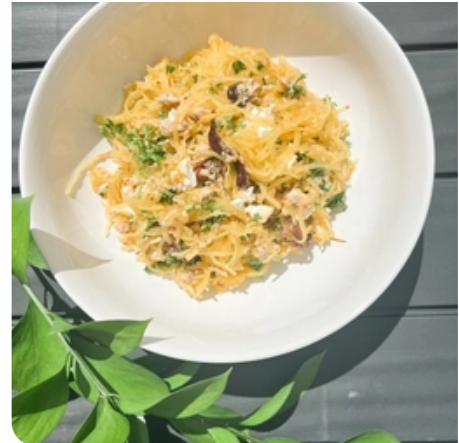
Fat : 9.26 g

Carbs : 65.4 g

Protein : 44.38 g

Fiber : 3.33 g

Greek Inspired Spaghetti Squash



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- 1 medium [958 g] Spaghetti Winter Squash *(If following a low FODMAP diet stick to no more than 1 cup (155 g) spaghetti squash)*
- 2 tbsp [28 g] Olive Oil
- 4 tbsp (packed) [60 g] Feta Cheese
- 6 oz [170.1 g] Canned Salmon *(Drained, or cooked wild caught salmon)*
- 2 tbsp [28 g] Kalamata Olives
- 0.25 cup [15 g] Parsley *(Chopped)*
- 1 tbsp [14 g] Lemon Juice

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. In a large glass baking dish, add water to just cover the bottom of the pan and place spaghetti squash face down. Bake spaghetti squash for 40 minutes, then allow to cool.
3. In the meantime, mix together olive oil, feta, salmon, olives, parsley, and lemon juice.
4. Once spaghetti squash has cooled enough for you to handle, scrape out insides combine with the feta mixture. Serve warm or cool.

NUTRITION INFO

Calories : 480.45

Fat : 28.03 g

Carbs : 35.2 g

Protein : 25.97 g

Fiber : 1.51 g

Ground Chicken Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Avocado Oil
- 8 oz [227.2 g] Ground Chicken
- 1.5 tbsp [13.5 g] Taco Seasoning
- 6 medium (approx 5" dia) [79.8 g] Taco Shell (grain free)
- 0.5 cup [143.5 g] Pico de Gallo
- 1 avocado [136 g] Avocado (*Peel and chopped*)

DIRECTIONS

1. Heat avocado oil over medium heat in a medium skillet. Add ground chicken and cook until browned all the way through, breaking apart and flipping as you go along.
2. Add taco seasoning and 1 tbsp water and cook for one additional minute.
3. Heat taco shells in the microwave for ten seconds.
4. Fill taco shells with cooked chicken, pico de gallo, and avocado.

NUTRITION INFO

Calories : 567.25

Fat : 35.08 g

Carbs : 42.55 g

Protein : 24.38 g

Fiber : 8.05 g

Pesto Shrimp and Asparagus Pasta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Avocado Oil
- 6 oz [170.4 g] Shrimp (Prawns) (*Peeled and deveined*)
- 10 medium spear (5-1/4" to 7" long) [160 g] Asparagus
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 6 oz, dry [168 g] Red Lentil Pasta
- 3 tbsp [42 g] Pesto Sauce

DIRECTIONS

1. Cook lentil pasta as directed on the package.
2. While pasta is cooking, heat avocado oil in a medium skillet. Add asparagus and cook for 2 minutes. Add shrimp, sprinkle with salt and pepper. Continue to cook for 4-5 minutes, flipping the shrimp once.
3. Once pasta is fully cooked, drain and rinse. Toss pasta with shrimp, asparagus, and pesto sauce.

NUTRITION INFO

Calories : 563

Fat : 21.73 g

Carbs : 55.03 g

Protein : 39.12 g

Fiber : 10.68 g

Salmon and Cauliflower



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 2 tbsp [28 g] Olive Oil
- 4 cup [400 g] Cauliflower (*Florets*)
- 3 cup, whole [288 g] Mushrooms (*Halved, baby bella*)
- 0.18 cup [43.2 g] Beef Bone Broth
- 0.5 tbsp [4.2 g] Garlic Powder
- 0.5 tbsp [3.45 g] Onion Powder
- 0.25 cup [15 g] Parsley
- 10 oz, boneless, raw [283.5 g] Salmon (*Cut into two fillets*)

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place salmon on a greased baking sheet and sprinkle with salt and pepper. Bake salmon in the oven for approximately 15 minutes or until internal temperature reaches 135 degrees F (57 degrees C).
3. In the meantime, heat a large skillet over medium heat.
4. Toss together avocado oil, cauliflower, mushrooms, bone broth, garlic powder, onion powder, salt and pepper to taste.
5. Add cauliflower mixture to the skillet. Cook for 5-10 minutes, stirring occasionally, or until vegetables have reached desired consistency.
6. After removing vegetables from heat, mix in fresh parsley. Serve baked salmon with cauliflower and mushrooms.

NUTRITION INFO

Calories : 424.85

Fat : 22.69 g

Carbs : 18.72 g

Protein : 40.71 g

Fiber : 7.05 g

Turkey Burger Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 12 oz [336 g] Ground Turkey
- 3 cup, florets [213 g] Broccoli
- 3 cup [170.1 g] Shredded Red Cabbage
- 2 tbsp [28 g] Avocado Oil
- 1 tbsp [8.4 g] Garlic Powder
- 1 tbsp [6.9 g] Onion Powder
- 0.5 tbsp, ground [0.9 g] Oregano
- 4 tbsp (packed) [60 g] Feta Cheese

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. In a medium bowl, mix together ground turkey, half of the garlic powder, half of the onion powder, and oregano using your hands to blend together well.
3. Create small patties (4-6 about the size of your palm) and place on a greased baking sheet.
4. Spread broccoli and red cabbage onto the baking sheet in a single layer.
5. Drizzle vegetables with avocado oil, remaining garlic powder, and remaining onion powder.
6. Bake for approximately 20 minutes, until internal temperature of turkey patties reaches 165 degrees F (74 degrees C).
7. Serve turkey patties with vegetables and top with feta cheese.

NUTRITION INFO

Calories : 538.2

Fat : 32.79 g

Carbs : 21.9 g

Protein : 43.01 g

Fiber : 8.77 g

Turkey Chili



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Avocado Oil
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Seeds removed and chopped*)
- 12 oz [336 g] Ground Turkey
- 0.75 tbsp [6.75 g] Chili Seasoning
- 1.5 cup [363 g] Diced Canned Tomatoes
- 1 cup [240 g] Beef Bone Broth
- 0.75 cup [192 g] Kidney Beans (Canned) (*Drained and rinsed*)
- 1 avocado [136 g] Avocado (*Peeled and chopped*)

DIRECTIONS

1. Heat olive oil in a medium stock pot over medium heat. Add ground turkey and red bell pepper and cook until turkey is no longer pink, breaking up and flipping turkey as you go along.
2. Add all other ingredients except for the avocado. Mix and bring to a boil.
3. Reduce heat to a simmer and cook for 15 minutes.
4. Serve warm and top with avocado.

NUTRITION INFO

Calories : 582.5

Fat : 30.81 g

Carbs : 34.03 g

Protein : 46.6 g

Fiber : 13.18 g