

- **Italian Chicken**
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- 2 lbs boneless skinless chicken breasts, cut into bite sized pieces
- 1 1/2 cup broccoli florets
- 1 small red onion, chopped
- 1 cup plum tomatoes
- 1 medium zucchini, chopped
- 2 tsp garlic minced
- 1 tsp salt
- 1/2 tsp pepper
- 2 tsp basil
- 2 tsp marjoram
- 2 tsp rosemary
- 2 tsp thyme
- 1 tsp. Paprika
- 2 Tbs olive oil
- 2-4 cups cooked rice of choice (optional)

Instructions

1. Pre-heat oven to 450F. Line a baking sheet with aluminum foil and set aside.
2. In a small bowl, mix salt, pepper, basil, marjoram, rosemary, thyme, and paprika
3. Place the chicken and veggies in the baking dish. Sprinkle all the spices and garlic evenly over the chicken and veggies. Drizzle with the olive oil.
4. Bake for 15-20 minutes until chicken is cooked, and veggies are slightly charred.
5. Broil 1-2 minutes to brown chicken
6. Place ½ or 1 cup of cooked rice of choice into 4 individual meal prep containers.
7. Divide chicken and veggies evenly on top of the rice.
8. Cover and store in the fridge for 3- 5 days or serve for dinner!

SLOW Cooker BBQ pulled pork, sweet potatoes and broccoli

- 2 medium sweet potatoes
- 2 Tbsp. olive oil, divided
- ½ tsp. salt, divided
- ½ tsp. garlic powder
- ½ tsp. chipotle powder (or chili powder)
- 1 head broccoli
- 1 lb. boneless skinless chicken breasts
- ½ c. BBQ sauce, divided
- Salt
- Pork Tenderloin

INSTRUCTIONS

- Peel and chop the sweet potatoes into ½" chunks. add to a lined sheet pan. Toss the with 1 Tbsp. olive oil, ¼ tsp. salt, garlic powder and chipotle powder and toss until well combined. Bake at 400° for 20 minutes.
- Toss the sweet potatoes and push to one side of the pan. Add the broccoli and toss with 1 Tbsp. olive oil and ¼ tsp. salt. Add the chicken breasts and brush with ¼ c. BBQ sauce. Bake an additional 15-20 minutes at 400° until the chicken is done.
- Cook roast in crock pot for 6 to 8 hours on low (Pork rub, 1tsp paprika, 1 tsp garlic salt, 1 tsp chili powder, 1 tsp. 1tbsp brown sugar mix up and rub on pork roast

Beef and broccoli

Ingredients

10 - 12 ounces (about 3/4 lb) flank steak or sirloin, trimmed of fat, very thinly sliced against the grain

1 tablespoon cooking oil

water, for blanching broccoli (omit if not blanching)

2 cloves garlic, finely minced

1/4 teaspoon grated fresh ginger

3 1/2 cups of broccoli florets (about 1 head)

For the beef marinade

1 teaspoon cornstarch

1 1/2 teaspoon liquid aminos

1/2 teaspoon toasted sesame oil

1/8 teaspoon black pepper

For the sauce

1 1/2 teaspoons liquid aminos

2 teaspoons granulated sugar, or 1 teaspoon raw honey for paleo

1 teaspoon toasted sesame oil

1/2 teaspoon [Mirin](#), Chinese cooking wine or Dry Sherry (omit for paleo version)

2 teaspoons cornstarch (or arrowroot or tapioca starch for paleo)

salt and black pepper, to taste

1/3 cup cold water or sodium free chicken broth for extra flavor (plus more as needed to thin out the sauce)

Instructions

1. **Marinate the beef:** In a medium bowl, mix together all of the ingredients for the marinade. Add the beef slices and stir until coated. Set aside for at least 10 minutes.
2. **Meanwhile blanch the broccoli:** (skip if not blanching) In a large non-stick saute pan or wok on high heat, bring the water to a boil. Add the broccoli florets and cook for about 30 seconds. Drain and immediately rinse with cold water to stop the cooking process. Set aside.
3. **Make the sauce:** Combine all the sauce ingredients together in a small bowl. Set aside.
4. Heat cooking oil over high heat, for about 2 minutes - using the same non-stick pan or wok you used for your broccoli. The pan needs to be hot enough that you start seeing a little bit of smoke rising.
5. Quickly add the beef to the smoking pan and spread the pieces out to a single layer allowing them to sear and brown. Add the garlic and continue cooking until the meat is no longer pink (about 1-2 minutes making sure not to over cook). Pour in the sauce, stirring constantly, until the sauce boils and thickens - about 30 seconds. Add more water if needed to thin out sauce. Quickly stir in the the broccoli and toss everything together to coat well. Salt and pepper to taste.
6. Sprinkle with sesame seeds and chopped green onions if desired. Serve hot over rice or noodles.
7. **For meal prep:** Divide evenly into lunch containers with your favorite carb - rice, quinoa or noodles.

Taco Lunch Bowls

Ingredients

Rice

- $\frac{3}{4}$ cup uncooked brown rice
- $\frac{1}{8}$ tsp salt
- zest of 1 lime

Ground Turkey or Ground Beef

- $\frac{3}{4}$ lb lean ground turkey
- 2 tablespoons taco seasoning of choice

Salsa

- 1 pint cherry tomatoes, quartered
- 1 jalapeno, minced
- $\frac{1}{4}$ cup red onion, minced
- juice from $\frac{1}{2}$ a lime
- $\frac{1}{8}$ tsp salt

Other:

- one 12 oz/341 mL can corn kernels, drained & rinsed (optional)
- $\frac{1}{4}$ cup shredded cheese (cheddar or mozzarella)

Instructions

1. Cook brown rice according to package directions, adding the lime zest and salt to the cooking water.
2. Cook turkey over medium heat, tossing in the taco seasoning and breaking it up as you cook. Cook for 10 or so minutes, until cooked through.

3. Combine all salsa ingredients and toss together.
4. To assemble lunch bowls: (I love [these containers](#))
5. -1/4 portion of cooked rice (roughly ½ cup)
6. -1/2 cup corn kernels
7. -1/2 cup cooked taco meat
8. -1/4 portion of salsa (just over ½ cup)

Crock pot EASY chicken Tacos

4 to 6 chicken breasts (depending on how many you're cooking for)

Cook chicken in crockpot with taco spices and ½ jar of salsa 6 to 8 hours on low.

Shred after cooked and serve with toppings

Stuffed Pepper Philly Steak

- . 3 Bell Peppers
- 1 ½ lb cooked ground beef
 - 1 container container of mushrooms, sliced
 - 1 c. shredded mozzarella
 - 1 Tbsp. Olive Oil
 - 1 tsp minced garlic
 - 1 tsp worchestire sauce
- Slice peppers in half lengthwise, remove ribs and seeds.

- Slice onions and mushrooms. Saute over medium heat with butter, olive oil, minced garlic and a little salt and pepper. Saute until onions and mushroom are nice and caramelized. Add worchestire sauce. About 25-30 minutes.
 - Preheat oven to 400*.
 - Cook ground beef , drain and then add to the onion/mushroom mixture. Allow to cook 5-10 minutes.
 - Line the inside of each pepper with a slice of provolone cheese.
 - Fill each pepper with meat mixture until they are nearly overflowing.
 - Top each pepper with another slice of provolone cheese.
 - Bake for 15-20 minutes until the cheese on top is golden brown.
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BEEF with PEPPERS

- 1-1/2 pound Flank Steak, Sliced Very Thin Against The Grain
- 1/2 cup Low Sodium Soy Sauce
- 3 Tablespoons Sherry
- 2 Tablespoons Packed Brown Sugar
- 2 Tablespoons Cornstarch
- 1 Tablespoon Minced Fresh Ginger
- 2 cloves Garlic, Minced
- 1 teaspoon Red Chile Paste (or A Few Dashes Red Chile Oil)
- 2 Tablespoons Canola Oil
- 1 whole Medium Yellow Onion, Sliced
- 2 whole Red Bell Peppers, Cored And Sliced Into Rings

- 1 Tablespoon Diced Fresh Jalapeno (or 1 Teaspoon Dice Hot Pepper)
- Red Pepper Flakes, For Sprinkling
- Cilantro Leaves

INSTRUCTIONS

Mix together soy sauce, sherry, brown sugar, cornstarch, ginger, garlic, and chili paste (or chili oil.) Place sliced beef in the mixture and toss to coat. Set aside.

Heat 1 tablespoon oil in a large skillet over medium-high to high heat. When it is very hot, throw in the onions and cook for less than a minute. Remove to a separate plate. Return skillet to flame, allow to reheat, and add bell peppers (and hot pepper/jalapeno if using.) Cook for a minute, tossing, until peppers have brown/black bits but are still firm. Remove to a plate.

Return skillet to heat and allow to get hot. Add the remaining tablespoon of oil to the skillet. Add 1/3 of the meat mixture, evenly distributing over the surface of the skillet. Allow to sit for 20 to 30 seconds, then turn with tongs. Cook for another 30 seconds, then remove to a separate plate. Repeat with remaining meat until all brown.

Reduce heat to low. Add all meat, onions, and peppers to the skillet and toss to combine. Pour in remaining sauce (the sauce the meat marinated in*) and stir. Allow to simmer on low for a few minutes. Sauce will slowly thicken. Turn off heat.

*Update/Note: you can also whip up an extra batch of liquid if you do not want to use the same liquid you use for the meat.

Turn off boiling water, then throw in noodles. Stir, then allow noodles to sit in hot water for 8 minutes or so (check package directions to be sure.) Drain, then add 1/2 the noodles to stir fry. Toss together, then add more noodles to taste. Add very hot water if needed to thin.

