



Pure Simple Wellness
Health and Wellness Coaching

High Protein *Recipes*

**30 HIGH PROTEIN
RECIPES THAT ARE
EASY TO MAKE
AND NUTRIENT
RICH WITH SIMPLE
INGREDEINTS.**

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Pure Simple Wellness
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High Protein *Breakfast*

KICKSTART YOUR DAY

Berry Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 0.25 cup [38.75 g] Frozen Blueberries
- 0.25 cup [63.75 g] Frozen Strawberries
- 1 tbsp [10 g] Hemp Hearts
- 2 scoop (20 g) [40 g] Protein Powder – Vanilla
- 0.5 cup [122.5 g] Almond Milk
- 1 cup [30 g] Baby Spinach
- 0.25 cup [59.25 g] Water (*More or less for desired consistency*)

DIRECTIONS

1. Blend all together and enjoy!

NUTRITION INFO

Calories : 339.25 Fat : 8.25 g Carbs : 22.46 g Protein : 49.41 g Fiber : 5.65 g Sugar : 19.27 g

Cottage Cheese Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1.5 cup [337.5 g] 1% Low Fat Cottage Cheese
- 2 tbsp [20 g] Hemp Hearts
- 1 small (6-3/8" long) [158 g] Cucumber
(Sliced)
- 0.25 tsp [0.25 g] Dill (Dried)

DIRECTIONS

1. Top cottage cheese with hemp hearts, sliced cucumber, and dill/chives.

NUTRITION INFO

Calories : 373.75 Fat : 13.26 g Carbs : 20.55 g Protein : 43.58 g Fiber : 1.73 g Sugar : 17.18 g

Greek Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [227 g] Whole Milk Greek Yogurt Plain
- 0.25 cup [36.25 g] Blueberries
- 0.25 cup [30.75 g] Raspberries
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)

DIRECTIONS

1. Top Greek yogurt with mixed berries and pumpkin seeds.

NUTRITION INFO

Calories : 341.35 Fat : 15.12 g Carbs : 22.93 g Protein : 29.24 g Fiber : 3.88 g Sugar : 12.67 g

Ground Turkey and Egg Skillet



SERVINGS: 2

PREP TIME: 2 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 8 oz [224 g] Ground Turkey
- 0.25 cup [71.75 g] Pico de Gallo
- 4 large [200 g] Egg
- 1 tbsp [14 g] Avocado Oil
- 0.25 tsp [0.7 g] Garlic Powder
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 2 cup [40 g] Arugula (Rocket)
- 0.25 onion (small) [37 g] Red Onions (*Chopped*)

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add ground turkey and cook approximately 5 minutes, mixing occasionally.
3. Drain extra liquid.
4. Mix in pico de gallo, garlic salt, and black pepper. Crack eggs over the mixture. Cook for approximately 3 minutes until egg whites and turkey are cooked through.
5. Top with red onion and arugula when removed from heat.

NUTRITION INFO

Calories : 388.13

Fat : 25.1 g

Carbs : 5.33 g

Protein : 35.2 g

Fiber : 0.6 g

Sugar : 2.47 g

Hearty Sausage and Eggs Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 1.5 link (2.3 oz) [102 g] Organic Chicken Sausage (*Sliced*)
- 2 large [100 g] Egg
- 0.5 tbsp [7 g] Avocado Oil
- 0.5 cup chopped [45.5 g] Broccoli
- 0.25 small [17.5 g] Onions (*Chopped*)
- 1 clove [3 g] Garlic (*Minced*)
- 1 dash [0.4 g] Sea Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add sliced sausage, broccoli, onion, and garlic to the skillet and cook for 5 minutes stirring occasionally.
3. Whisk eggs in a bowl then add to skillet along with salt and pepper.
4. Stir until eggs are cooked through.
5. Remove from heat and serve warm.

NUTRITION INFO

Calories : 356.75 Fat : 21.65 g Carbs : 8.1 g Protein : 33.72 g Fiber : 1.55 g Sugar : 2.32 g

Mushroom and Spinach Scramble



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 tsp [4.67 g] Avocado Oil
- 2 large [66 g] Egg White
- 2 large [100 g] Egg
- 0.25 cup, chopped [17.5 g] Mushrooms
- 1 cup [30 g] Baby Spinach
- 0.25 tsp [0.7 g] Garlic Powder
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 oz [28.35 g] Goat Cheese
- 1 medium slice [30 g] Gluten Free Bread

DIRECTIONS

1. Warm avocado oil over medium heat in a medium skillet.
2. Whisk together eggs and goat cheese.
3. Add mushrooms, garlic salt, and pepper to the skillet and cook for 1-2 minutes.
4. Add egg mixture to the skillet and mix with a spatula until eggs are cooked through.
5. Right before removing from heat, fold spinach into scrambled eggs.
6. Serve with one slice of Ezekiel toast.

NUTRITION INFO

Calories : 414.13 Fat : 23.91 g Carbs : 15.4 g Protein : 29.62 g Fiber : 1.76 g Sugar : 2.6 g

Protein Pancakes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 0.66 cup [73.92 g] Almond Flour
- 2 tbsp [15 g] Tapioca Flour
- 1 scoop (20 g) [20 g] Protein Powder
- 0.18 tsp [0.83 g] Baking Soda
- 1 dash [0.4 g] Salt
- 0.25 tsp [0.57 g] Cinnamon
- 2 tbsp [32 g] Almond Butter
- 0.33 cup [80.85 g] Almond Milk
- 2 large [100 g] Egg
- 1 tbsp [12.8 g] Clarified Butter Ghee

DIRECTIONS

1. Mix all dry ingredients together.
2. Whisk together eggs and almond milk.
3. Stir egg mixture, and almond butter into dry ingredient mixture until smooth.
4. Heat 1/2 tbsp butter or oil in a medium skillet over medium heat.
5. Scoop 1/6 of batter onto the skillet for one pancake, you will likely be able to fit 2-3 pancakes on the skillet.
6. Cook until edges become firm and you can easily flip the pancake.
7. Cook for another 3-5 minutes on the opposite side.
8. Repeat steps 5-7 with remaining batter.
9. Option to serve with mixed berries or spread with almond butter.

NUTRITION INFO

Calories : 528.05 Fat : 37.48 g Carbs : 18.91 g Protein : 30.21 g Fiber : 6.66 g Sugar : 4.36 g

Steak and Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.5 tbsp [7 g] Avocado Oil
- 0.25 tbsp [3.5 g] Coconut Aminos
- 0.25 tbsp [4.25 g] Worcestershire Sauce
(*Gluten free brand*)
- 1 clove [3 g] Garlic (*Minced*)
- 1 dash [0.1 g] Black Pepper
- 2 large [100 g] Egg
- 3.5 oz [99.23 g] Beef Top Sirloin (Lean Only, Trimmed to 1/8" Fat)
- 2 cup [40 g] Arugula (Rocket)

DIRECTIONS

1. Marinate sliced steak with half of the avocado oil, coconut aminos, Worcester sauce, garlic, and pepper.
2. Warm skillet over medium heat. Add steak and marinade mixture to the skillet and cook until steak is cooked through, turning steak strips once.
3. In a separate skillet heat remaining avocado oil. Crack eggs into the skilled. All eggs to cook until egg white is firm.
4. Serve steak and eggs over arugula.

NUTRITION INFO

Calories : 360.25

Fat : 21.3 g

Carbs : 5.58 g

Protein : 35.73 g

Fiber : 0.9 g

Sugar : 3.52 g

Super Savory Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 3 large [150 g] Egg
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 tsp [4.67 g] Avocado Oil
- 0.25 onion (small) [37 g] Red Onions (*Chopped*)
- 1 cup [20 g] Arugula (Rocket)
- 1 oz [28.35 g] Goat Cheese
- 2 slice [110 g] Organic Oven Roasted Turkey Breast (*Sliced or chopped*)

DIRECTIONS

1. In a bowl, whisk eggs with goat cheese until fluffy.
2. In a small skillet heat olive oil.
3. Add to skillet red onions and turkey. Cook for 2-3 minutes then remove from heat.
4. Add eggs to skillet and cook for 1-2 minutes, or until sides begin to lift from the bottom. Flip eggs. Top with cooked onions mixture and turkey. Cook for an additional 30 seconds - 1 minute or until eggs are cooked through.
5. Fold in half, remove from heat, and enjoy!

NUTRITION INFO

Calories : 477.25 Fat : 26.26 g Carbs : 5.58 g Protein : 48.15 g Fiber : 0.73 g Sugar : 2.52 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 Sugar : 16.55 g



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High Protein *Lunch*

**RE-FUEL AND
RE-ENERGIZE**

Cobb Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 1 large [50 g] Egg (*Hard boiled and chopped*)
- 2 slice [30 g] Uncured Bacon (*Cooked and chopped*)
- 2 oz [56 g] Skinless Chicken Breast (*Cooked (measured raw))*
- 5 tomato [85 g] Cherry Tomatoes (*Chopped*)
- 0.25 onion (small) [37 g] Red Onions (*Chopped*)
- 0.5 tbsp [7 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Mix all ingredients together and enjoy!

NUTRITION INFO

Calories : 377.75 Fat : 26.96 g Carbs : 9.44 g Protein : 25.81 g Fiber : 3.61 g Sugar : 4.04 g

Egg Salad with Bell Peppers



SERVINGS: 1

PREP TIME: 8 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 2 large [100 g] Egg (*Hard boiled and chopped*)
- 3 large [99 g] Egg White (*Hard boiled and chopped*)
- 0.5 tbsp [7.5 g] Mayonnaise (made with avocado oil)
- 0.25 onion (small) [37 g] Red Onions (*Diced*)
- 1 tbsp [10 g] Hemp Hearts
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Sliced*)
- 2 tbsp [14 g] Pumpkin Seeds

DIRECTIONS

1. Mix together eggs, avocado oil mayonnaise, red onion, hemp hearts, salt, and pepper.
2. Serve with red bell pepper to scoop egg salad.
3. Also serve with a side of pumpkin seed kernels.

NUTRITION INFO

Calories : 439.25 Fat : 29.51 g Carbs : 11.35 g Protein : 32.95 g Fiber : 6.13 g Sugar : 6.9 g

Hearty Pesto Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 5 oz [140 g] Skinless Chicken Breast
(Cooked and sliced (measured raw))
- 0.5 avocado [68 g] Avocado (Sliced)
- 5 tomato [85 g] Cherry Tomatoes
(Halved)
- 2 oz [56.7 g] Mozzarella Cheese (Part Skim Milk)
- 1 tbsp [14 g] Pesto Sauce (Made with olive oil)

DIRECTIONS

1. Mix together pesto sauce with chopped tomatoes and mozzarella.
2. Combine all other ingredients together and top with tomato mixture.

NUTRITION INFO

Calories : 537

Fat : 29.99 g

Carbs : 15.61 g

Protein : 52.9 g

Fiber : 8.37 g

Sugar : 4.22 g

Mediterranean Salad With Ground Beef



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 cup, shredded or chopped [55 g] Mixed Salad Greens
- 3 tbsp (packed) [45 g] Feta Cheese
- 0.25 onion (small) [37 g] Red Onions (*Chopped*)
- 1 serving (20g) [20 g] Green Olives (*Halved*)
- 0.5 medium whole (2-3/5" dia) [61.5 g] Tomatoes (*Sliced*)
- 1 small (6-3/8" long) [158 g] Cucumber (*Chopped*)
- 5 oz [141.75 g] Ground Beef (95% Lean / 5% Fat) (*Cooked (measured raw)*)
- 0.5 tbsp [7 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Combine mixed greens, feta cheese, red onion, green olives, tomatoes, cucumbers, and ground beef.
2. Drizzle with olive oil and add salt and pepper to taste.

NUTRITION INFO

Calories : 447.55 Fat : 27.02 g Carbs : 11.37 g Protein : 39.35 g Fiber : 5.81 g Sugar : 6.67 g

Organic Chicken Salad and Avocado



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (5 oz) yields [140 g] Canned Organic Chicken (*Drained*)
- 0.5 tbsp [7.5 g] Mayonnaise (made with avocado oil)
- 0.25 onion (small) [37 g] Red Onions (*diced*)
- 1 tsp [1 g] Dill (*Dried*)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 avocado [136 g] Avocado (*Halved and pitted*)
- 1 small (6-3/8" long) [158 g] Cucumber (*Sliced*)

DIRECTIONS

1. Mix together chicken, avocado oil mayonnaise, red onion, dill, salt, and pepper.
2. Fill avocados with chicken mixture.
3. Serve with a side of sliced cucumbers.

NUTRITION INFO

Calories : 558.25 Fat : 38.54 g Carbs : 18.96 g Protein : 35.84 g Fiber : 11.63 g Sugar : 3.13 g

Shrimp and Avocado Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 oz [113.6 g] Shrimp (Prawns) (*Cooked (measured raw)*)
- 0.5 oz [14.18 g] Sesame Seeds
- 0.5 avocado [68 g] Avocado (*Chopped*)
- 2 cup [40 g] Arugula (Rocket)
- 1 small (6-3/8" long) [158 g] Cucumber (*Chopped*)
- 0.25 small [17.5 g] Red Onions (*Chopped*)
- 5 tomato [85 g] Cherry Tomatoes (*Halved*)
- 1 tbsp [14 g] Lemon Juice
- 0.5 tbsp [7 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Lightly toss together all ingredients and enjoy!

NUTRITION INFO

Calories : 405.25

Fat : 27.1 g

Carbs : 22.16 g

Protein : 23.2 g

Fiber : 10.68 g

Sugar : 6.3 g

Sliced Chicken with Veggies and Hummus



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 5 oz [140 g] Skinless Chicken Breast
- 1 tbsp [14 g] Avocado Oil
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 2 tbsp [30 g] Hummus
- 0.5 cup, florets [35.5 g] Broccoli
- 5 tomato [85 g] Cherry Tomatoes
- 0.25 cup [37.25 g] Baby Carrots

DIRECTIONS

1. Preheat oven to 425 degrees F (220 C).
2. Coat chicken breast in avocado oil, salt, and pepper.
3. Place chicken breast in a glass baking dish and cook in the oven for 20 minutes (until internal temperature of chicken shows 165 degrees Fahrenheit using a cooking thermometer).
4. Allow chicken to rest for at least 5-10 minutes.
5. Serve all together, dip vegetables in hummus.

NUTRITION INFO

Calories : 397

Fat : 22.3 g

Carbs : 10.26 g

Protein : 36.56 g

Fiber : 2.95 g

Sugar : 3.45 g

Smoked Salmon Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 oz, boneless [113.4 g] Smoked Salmon
- 2 cup [40 g] Arugula (Rocket)
- 5 tomato [85 g] Cherry Tomatoes (*Halved*)
- 0.5 avocado [68 g] Avocado (*Diced*)
- 1 tbsp [10 g] Hemp Hearts
- 0.25 oz [7.09 g] Sesame Seeds
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Combine salmon, arugula, cherry tomatoes, avocado, and hemp hearts together in a bowl.
2. Mix olive oil, lemon juice, salt, and pepper together and drizzle over salad.

NUTRITION INFO

Calories : 499.25 Fat : 38.26 g Carbs : 15.1 g Protein : 28.52 g Fiber : 8.43 g Sugar : 3.34 g

Tuna Salad Lettuce Wrap



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz [141.75 g] Tuna in Water (Canned)
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 1 stalk [15 g] Green Onions (*Chopped*)
- 0.25 tsp [0.45 g] Red Pepper Flakes
- 3 leaf [60 g] Romaine Lettuce
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 0.5 oz [14.18 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Drain and mix canned tuna with avocado oil mayo, green onion, and red pepper flakes.
2. Fill lettuce leaves with tuna mixture. Serve with side of mixed nuts.

NUTRITION INFO

Calories : 364.5 Fat : 20.45 g Carbs : 5.61 g Protein : 39.66 g Fiber : 1.98 g Sugar : 1.04 g

Turkey Patty with Egg



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 5 oz [140 g] Ground Turkey (*Formed into one or two patties*)
- 1 large [50 g] Egg
- 1 tbsp [14 g] Avocado Oil
- 0.25 tsp [0.53 g] Paprika
- 0.25 tsp [1.5 g] Salt
- 0.25 tsp [0.53 g] Black Pepper
- 1 cup [30 g] Baby Spinach
- 0.25 small [17.5 g] Red Onions (*Sliced*)
- 1 oz [28.35 g] Feta Cheese

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add ground turkey patty to skillet and cook for 3-4 minutes on one side.
3. Flip patty, and crack egg into the skillet next to the patty.
4. Season egg with paprika, salt, and pepper.
5. Cook for another 1-2 minutes, then flip egg.
6. Cook turkey patty until brown all the way threw and cook egg until desired consistency.
7. Combine all remaining ingredient and serve turkey patty and egg over these ingredients (warm or cooled).

NUTRITION INFO

Calories : 490

Fat : 35.22 g

Carbs : 5.03 g

Protein : 38.97 g

Fiber : 1.3 g

Sugar : 2.48 g



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High Protein *Dinner*

FINISH STRONG

Asian Sesame Kabobs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 12 oz [340.2 g] Beef Flank (Lean Only, Trimmed to 0" Fat, Choice Grade)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Cut into squares*)
- 1 medium [119 g] Green Bell Pepper (*Cut into squares*)
- 0.5 cup [112 g] Coconut Aminos
- 2 tbsp [28 g] Avocado Oil
- 1 tbsp [13.6 g] Sesame Oil
- 2 clove [6 g] Garlic (*Minced*)
- 3 tsp [6 g] Ginger (*Minced*)
- 1 tsp [2.4 g] Onion Powder
- 1 dash [0.4 g] Salt

DIRECTIONS

1. Mix together coconut aminos, avocado oil, sesame oil, garlic, ginger, onion powder, and salt.
2. Pour most of the coconut amino mixture over steak tips in a bowl in refrigerator for at least 30 minutes (or overnight). Save a small amount to pour over the skewers after cooking.
3. Heat grill to medium heat.
4. Add steak and vegetables to the skewers, alternating between each.
5. Place on grill and cook for approximately 10 minutes (or until steak is desired texture), turning over once.
6. Once removing from the grill pour over remaining marinade.

NUTRITION INFO

Calories : 573.5 Fat : 31.73 g Carbs : 33.59 g Protein : 38.42 g Fiber : 3.65 g Sugar : 28.5 g

Baked Salmon and Asparagus



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- 20 medium spear (5-1/4" to 7" long) [320 g] Asparagus
- 10 oz, boneless, raw [283.5 g] Salmon
- 1 small lemon [30 g] Lemon Juice
- 2 tbsp [28 g] Avocado Oil
- 2 tsp [2.4 g] Rosemary (Dried)
- 3 clove [9 g] Garlic (*Minced*)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Preheat oven to 425 degrees F (220 C).
2. Mix together avocado oil, lemon juice, rosemary, garlic, salt, and pepper.
3. In a glass baking dish, coat the salmon and asparagus with the avocado oil mixture.
4. Cook in oven for 9-12 minutes.

NUTRITION INFO

Calories : 369.5 Fat : 22.82 g Carbs : 8.65 g Protein : 34.51 g Fiber : 3.65 g Sugar : 3.11 g

Balsamic Chicken



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 0.25 cup [60 g] Balsamic Vinegar
- 1 tsp [7.1 g] Honey
- 3 tsp [16.5 g] Dijon Mustard
- 2 clove [6 g] Garlic (*Minced*)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 2 tbsp [28 g] Avocado Oil
- 2 cup [298 g] Cherry Tomatoes
- 1 tbsp [3.3 g] Rosemary (Dried)
- 4 oz [113.4 g] Mozzarella Cheese (Whole Milk) (*Sliced thin*)
- 2 cup, florets [142 g] Broccoli (*Steamed*)

DIRECTIONS

1. Preheat oven to 425 degrees F (220 C).
2. In a large bowl mix together vinegar, honey, mustard, garlic, salt, and pepper.
3. Pound chicken to tenderize.
4. Add chicken to the bowl and coat chicken with vinegar mixture.
5. Transfer chicken and vinegar mixture to a glass oven dish along with the cherry tomatoes.
6. Cook in oven until internal temperature of chicken reaches 165 degrees F (74 degrees C), approximately 25 minutes.
7. Top with mozzarella immediately after removing from oven.
8. Serve warm with steamed broccoli florets.

NUTRITION INFO

Calories : 548.75 Fat : 29.74 g Carbs : 21.41 g Protein : 49.14 g Fiber : 4.4 g Sugar : 12.19 g

Cashew Chicken



SERVINGS: 2

PREP TIME: 6 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp [13.6 g] Coconut Oil
- 12 oz [336 g] Skinless Chicken Breast (*Cut into cubes*)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Sliced*)
- 1 medium [114 g] Orange Bell Pepper (*Sliced*)
- 0.5 small [35 g] Onions (*Sliced*)
- 0.5 tbsp [7 g] Coconut Aminos
- 0.5 tbsp [7 g] Rice Vinegar
- 1 clove [3 g] Garlic (*Minced*)
- 0.25 tsp [0.45 g] Ginger (Ground)
- 0.25 tsp [0.45 g] Red Pepper Flakes (*Optional*)
- 1 tsp [7.1 g] Honey
- 1 serving (28g) [28 g] Roasted Salted Cashew Nuts
- 2 cup [200 g] Riced Cauliflower (*Cooked*)

DIRECTIONS

1. Heat coconut oil in a large skillet over medium heat.
2. Mix together the coconut aminos, vinegar, garlic, ginger, honey, and red pepper flakes.
3. Add chicken to the skillet and sauté until 2-3 minutes, flipping occasionally.
4. Add in the bell peppers and onion and cook for 4-5 minutes, stirring occasionally.
5. Add in the coconut amino mixture and cook for an additional 3-5 minutes until the sauce has thickened.
6. Add in cashews and cook for 1-2 minutes.
7. Remove from heat and serve warm or cooked cauliflower rice.

NUTRITION INFO

Calories : 410.25 Fat : 16.29 g Carbs : 23.57 g Protein : 44.83 g Fiber : 6.48 g Sugar : 14.22 g

Chicken Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 2 medium [122 g] Carrots
- 2 cup chopped [182 g] Broccoli
- 1 medium [114 g] Orange Bell Pepper (*Chopped*)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Chopped*)
- 1 small [70 g] Red Onions (*Chopped*)
- 3 tbsp [42 g] Olive Oil
- 3 clove [9 g] Garlic (*Minced*)
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 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 C).
2. Mix together olive oil, garlic, thyme, salt, and pepper.
3. Place chicken breast and vegetables together on an aluminum or glass oven pan.
4. Drizzle olive oil mixture over chicken and vegetables. Then lightly toss to fully coat the chicken and vegetables.
5. Bake at 20-25 minutes, mixing occasionally to prevent the chicken and vegetables from sticking to the pan and to cook evenly.

NUTRITION INFO

Calories : 443

Fat : 23.21 g

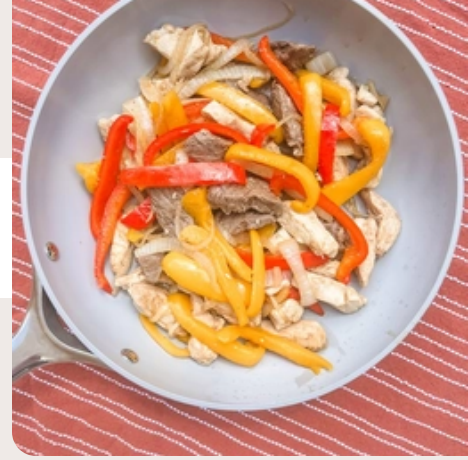
Carbs : 24.57 g

Protein : 37.5 g

Fiber : 8.7 g

Sugar : 10.88 g

Fajita Skillet



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 4 oz [112 g] Skinless Chicken Breast (*Sliced thin*)
- 6 oz [170.1 g] Beef Flank (Trimmed to 0" Fat, Choice Grade) (*Sliced thin*)
- 2 medium (approx 2-3/4" long, 2-1/2" dia) [228 g] Red Bell Pepper (*Sliced*)
- 1 medium [114 g] Orange Bell Pepper (*Sliced*)
- 2 clove [6 g] Garlic (*Minced*)
- 2 tsp [4.2 g] Cumin
- 1 tsp [2.6 g] Chili Powder
- 1 tsp [2.4 g] Onion Powder
- 1 dash [0.4 g] Salt (*To taste*)
- 1 tsp [1.8 g] Red Pepper Flakes
- 1 lime yields [38 g] Lime Juice
- 4 tortillas [100 g] Cassava Flour Tortillas

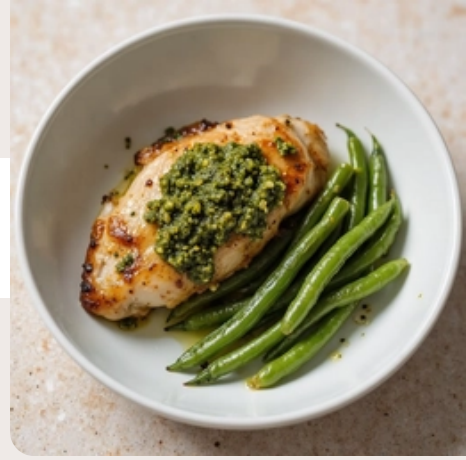
DIRECTIONS

1. Warm a large skillet over medium heat with half of the olive oil.
2. Mix together cumin, chili powder, onion powder, salt, and crushed red pepper flakes.
3. Coat chicken and steak with half of the spice mixture and add to the skillet.
4. Cook chicken and steak for 2 minutes, flipping to cook both sides.
5. Add remaining olive oil, vegetables, and remaining spice mixture to the pan.
6. Mix occasionally and cook until chicken and beef is cooked through and vegetables are desired consistency.
7. Remove from heat and add lime juice.
8. Serve in cassava flour or other grain free wrap.

NUTRITION INFO

Calories : 394.5 Fat : 12.13 g Carbs : 36.97 g Protein : 34.75 g Fiber : 10.1 g Sugar : 9.42 g

Pesto Chicken and Green Beans



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 4 tbsp [56 g] Pesto Sauce (*Dairy free brand*)
- 12 oz [336 g] Skinless Chicken Breast
- 8 oz [226.8 g] Green String Beans (*Trimmed*)
- 1 tbsp [14 g] Olive Oil

DIRECTIONS

1. Warm large skillet on the stove over medium heat.
2. Coat chicken breast with pesto sauce. Add chicken to the skillet and cook for 8 minutes on one side.
3. Flip the chicken and add green beans and remaining olive oil.
4. Cook until chicken is cooked through, internal temperature of 165 degrees F (74 C).

NUTRITION INFO

Calories : 441.5 Fat : 24.29 g Carbs : 9.6 g Protein : 46.5 g Fiber : 4.24 g Sugar : 1.84 g

Shrimp Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 10 oz [284 g] Shrimp (Prawns)
- 2 cup [298 g] Cherry Tomatoes
- 1 medium [196 g] Summer Squash (*Sliced*)
- 20 medium spear (5-1/4" to 7" long) [320 g] Asparagus
- 3 tbsp [42 g] Olive Oil
- 1 tsp [2.8 g] Garlic Powder
- 0.5 tsp [1 g] Ginger
- 1 tsp, ground [0.6 g] Oregano
- 1 tsp [2.4 g] Onion Powder
- 1 dash [0.4 g] Salt (*To taste*)
- 2 tbsp [28 g] Lemon Juice

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Mix together olive oil, garlic powder, ground ginger, dried oregano, onion powder, and salt.
3. Place the shrimp, cherry tomatoes, summer squash, and asparagus in a large pan.
4. Pour over olive oil mixture and lightly toss with the shrimp and vegetables.
5. Bake for 6-8 minutes.

NUTRITION INFO

Calories : 374 Fat : 23.24 g Carbs : 19.95 g Protein : 26.86 g Fiber : 6.33 g Sugar : 9.86 g

Steak Stir Fry



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 5 oz [141.75 g] Beef Top Sirloin (Trimmed to 1/8" Fat)
- 1 cup chopped [91 g] Broccoli
- 1 medium [114 g] Orange Bell Pepper (*Sliced*)
- 0.5 small [35 g] Onions (*Sliced*)
- 2 tbsp [28 g] Coconut Aminos
- 0.5 tbsp [6.8 g] Sesame Oil
- 0.5 oz [14.18 g] Sesame Seeds
- 1 stalk [15 g] Green Onions (*Chopped*)
- 1 cup [100 g] Riced Cauliflower (*Cooked*)

DIRECTIONS

1. In a medium skillet heat sesame oil over medium heat.
2. Add steak and cook for 2 minutes, stirring occasionally.
3. Add in broccoli, bell pepper, yellow onion, and tamari or coconut aminos.
4. Cook for 3-4 minutes, or until vegetables are desired texture.
5. Just before removing from heat, add in sesame seeds and green onion.
6. Serve over cooked cauliflower rice.

NUTRITION INFO

Calories : 575

Fat : 32.34 g

Carbs : 37.65 g

Protein : 37.57 g

Fiber : 10 g

Sugar : 22.5 g

Turkey Chili



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 0.5 tbsp [7 g] Avocado Oil
- 0.5 small [35 g] Onions (*Diced*)
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper (*Diced*)
- 2 stalk, medium (7-1/2" - 8" long) [80 g] Celery (*Diced*)
- 1 clove [3 g] Garlic (*Minced*)
- 12 oz [336 g] Ground Turkey
- 1 cup [246.6 g] Canned Fire Roasted Tomatoes
- 1 tbsp [16 g] Tomato Paste
- 1.5 tsp [3.9 g] Chili Powder
- 0.5 tbsp [3.45 g] Paprika
- 0.25 tsp [0.53 g] Cumin
- 0.25 tsp [0.45 g] Red or Cayenne Pepper (*Optional*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.5 avocado [68 g] Avocado (*Chopped*)

DIRECTIONS

1. Heat avocado oil in a large pan. Add onion, bell pepper, and celery and cook 2-3 minutes, stirring occasionally.
2. Add turkey, garlic, Chile powder, paprika, cumin, cayenne, salt, and pepper to the pan and cook until turkey is cooked through, 6-8 minutes, turning and crumbling the turkey as it cooks.
3. Add canned tomatoes, tomato paste, and 1/8 cup water and bring to a boil.
4. Turn to low and simmer for 15-20 minutes.
5. Remove from heat and serve warm.
6. Top with avocado.

NUTRITION INFO

Calories : 413.5 Fat : 21.99 g Carbs : 20.06 g Protein : 36.79 g Fiber : 10.69 g Sugar : 8.31 g

If you're 40 or older and wondering why nothing seems to work anymore, you're not alone. The diets, workouts, and routines that used to keep you feeling good just aren't cutting it now.

Sound familiar?

- You wake up tired, even after a full night's sleep
- The scale won't budge, what matter what you try
- Brain fog, mood swings, or sugar cravings are hitting harder
- You're reaching for caffeine, snacks, or wine just to feel okay
- And some days, you barely recognize the person in the mirror

Unfortunately, doing things the way you used to might be.

What if There's a Better Way?

With personalized support, expert insight, and compassionate step-by-step guidance, you can start to:

- Understand what your body is going through and what it needs
- Support your metabolism, hormones, and mindset
- Reconnect with your energy, balance, and confidence

No more guesswork. Just proven strategies and real results.

Ways to Work Together

- 7-Day Anti-Inflammatory Reset
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Curious about Where to Start?

Send me an email and let's hop on a call.



Let's get you the best plan and strategy that works for YOU!

Yours in wellness,

Elizabeth Girouard CHHC, CWMA

Send me an email at: elizabeth@puresimplewellness.com



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