

High Protein Recipe Bundle

LOOKING FOR HIGH PROTEIN, LOW CARB MEALS THAT ARE EASY TO MAKE, HAVE ONLY HEALTHY INGREDIENTS, AND ARE NUTRIENT DENSE. LOOK NO FURTHER!

ABBY ELIZABETH LLC

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High Protein Breakfast

START YOUR DAY RIGHT

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Berry Smoothie



SERVINGS: 1 PREPPING TIME: 2 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 1/2 cup (68g) frozen mixed berries
- 1 tbsp (10g) hemp hearts
- 2 scoops (30g) vanilla protein powder
- 1/2 cup (120g) unsweetened almond milk
- Handful baby spinch

DIRECTIONS

1. Blend all together and enjoy!

NUTRITION INFO

Calories: 357, Carbohydrate: 16 grams, Protein: 44 grams, Fat: 12 grams

Cottage Cheese Bowl



SERVINGS: 1 PREPPING TIME: 2 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 1.25 cup (283g) 2% cottage cheese
- 2 tbsp (20g) hemp hearts
- 1/2 cucumber, sliced
- 1/2 tsp (0.5g) dill and/or chives (optional)

DIRECTIONS

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

NUTRITION INFO

Calories: 360, Carbohydrate: 16 grams Protein: 37 grams, Fat: 16 grams

Greek Yogurt Bowl



SERVINGS: 1 PREPPING TIME: 2 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 1 cup (125g) Greek Yogurt (whole milk)
- 1/4 cup (34g) mixed berries
- 1 tbsp (10g) pumpkin seeds or sunflower seeds
- (Option to serve with two hard boiled eggs for an additional 13 grams of protein).

DIRECTIONS

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

NUTRITION INFO

Calories: 334, Carbohydrate: 17 grams, Protein: 26 grams, Fat: 19 grams

Ground Turkey and Egg Skillet



SERVINGS: 2 PREPPING TIME: 0 MIN COOKING TIME: 10 MIN

INGREDIENTS

- 8 oz (228g) ground turkey
- 1/4 cup (64g) pico de gallo
- 4 eggs
- 1 tbsp (14g) avocado oil
- 1 tsp (2g) garlic salt
- Black pepper to taste
- 2 handfuls arugula
- 1/4 small red onion

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: 382, Carbohydrate: 3 grams, Protein: 33 grams, Fat: 26 grams

Hearty Sausage and Eggs Scramble



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 8 MIN

INGREDIENTS

- 1 organic chicken sausage link, sliced 1/4 inch thick
- 2 eggs
- 1/2 tbsp (7g) avocado oil
- 1/2 cup (45g) chopped broccoli florets
- 1/4 small onion, chopped small
- 1 clove garlic, minced
- Sea salt and black pepper to taste

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: 350, Carbohydrate: 20 grams, Protein: 34 grams, Fat: 14 grams

High Protein Overnight Oats



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 1/2 cup (40g) dry old fashioned oats
- 2 scoops (30g) vanilla protein powder
- 2/3 cup (160g) unsweetened almond milk (or milk of choice)
- 1/2 tbsp (5g) chia seeds
- 1/2 tsp (2g) vanilla extract
- 1/4 tsp (1g) cinnamon
- 1/2 tbsp (5g) pumpkin seeds
- 1/8 cup (15g) raspberries or blackberries

DIRECTIONS

1. Stir together oats, protein powder, almond milk, chia seeds, vanilla extract, and cinnamon.
2. Refrigerate oat mixture in mason jar or small container overnight.
3. Top with berries and pumpkin seeds.

NUTRITION INFO

Calories: 426, Carbohydrate: 23 grams, Protein: 55 grams, Fat: 14 grams

Mushroom and Spinach Scramble



SERVINGS: 1 PREPPING TIME: 2 MIN COOKING TIME: 5 MIN

INGREDIENTS

- 1 tsp (4.5g) avocado oil
- 2 egg whites and 2 whole eggs
- 1/4 cup (24g) mushrooms, sliced
- 1/2 cup (11g) baby spinach
- Dash of garlic salt
- Dash of pepper
- 1 oz (28g) goat cheese
- 1 slice Ezekiel toast (option to omit toast and serve with 1/2 small avocado for lower carb)

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: 415, Carbohydrate: 20 grams, Protein: 28 grams, Fat: 23 grams

Protein Pancakes



SERVINGS: 2 PREPPING TIME: 5 MIN COOKING TIME: 15 MIN

INGREDIENTS

- 2/3 cup (80g) almond flour
- 2 tbsp (20g) tapicoa flour
- 2 tbsp (20g) protein powder
- 1/8 tsp (1g) baking soda
- 1/8 tsp (1g) salt
- 1/8 tsp (1g) ground cinnamon
- 2 tbsp (32g) almond butter
- 1/3 cup (80g) unsweetened almond milk
- 2 eggs
- 1 tbsp (14g) Ghee, grass-fed butter, or avocado oil.

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 meduim 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: 549, Carbohydrate: 13 grams, Protein: 34 grams, Fat: 43 grams

Steak and Eggs



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 5-10 MIN

INGREDIENTS

- 1/2 tbsp (7g) avocado oil
- 1/4 tbsp (3.5g) tamari or coconut aminos
- 1/4 tbsp (3.5g) Worcester sauce
- 1 clove garlic, minced
- Dash of black pepper
- 2 eggs
- 3 oz (85g) sirloin steak, sliced thin
- 2 cups (42g) arugula

DIRECTIONS

1. Marinate 1/4 tbsp avocado oil, tamari, Worcester sauce, garlic, and pepper with sliced sirloin steak over night.
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 1/2 tbsp avocado oil. Crack eggs into the skilled. All eggs to cook until egg white is firm.
4. Serve steak and eggs over 1 cup arugula.

NUTRITION INFO

Calories: 392, Carbohydrate: 4 grams, Protein: 39 grams, Fat: 24 grams

Super Savory Omelette



SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 5 MINUTES

INGREDIENTS

- 3 large eggs
- Salt and pepper to taste
- 1 tsp (4.5 g) avocado oil
- 2 tbsp (8 g) red onions, chopped
- Handful of spinach or arugula
- 2 tbsp (28 g) goat cheese
- 2 sliced of organic turkey, sliced

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: 438, Carbohydrate: 5 grams, Protein: 33 grams, Fat: 31 grams



High Protein Lunch

GET THE BOOST YOU NEED.

Cobb Salad



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 20 - 25 MIN (TIME TO COOK CHICKEN, BACON, AND EGGS)

INGREDIENTS

- 2 cups (42g) mixed greens
- 1 hard boiled egg, quartered
- 2 slices cooked bacon, crumbled
- 2 oz (56g) cooked chicken breast, sliced
- 1 handful cherry tomatoes, chopped
- 1/8 small red onion, sliced
- 1/2 tbsp (7g) olive oil
- Lemon juice to taste
- Salt and pepper to taste

DIRECTIONS

1. Mix all ingredients together and enjoy!

NUTRITION INFO

Calories: 376, Carbohydrate: 8 grams, Protein: 37 grams, Fat: 21 grams

Egg Salad with Bell Peppers



SERVINGS: 1 PREPPING TIME: 8 MIN COOKING TIME: 12 MIN (FOR HARD BOILED EGGS)

INGREDIENTS

- 2 whole eggs, hard boiled and chopped
- 2 egg whites, hard boiled and chopped
- 1/2 tbsp (7g) avocado oil mayonaise
- 1/8 small red onion, diced
- 1 tbsp (10g) hemp hearts
- Salt and pepper to taste
- 1 Red bell pepper, sliced to scoop up egg salad
- 2 tbsp (20g) pumpkin seed kernels (served on the side)

DIRECTIONS

1. Mix together eggs, avocado oil mayonaise, 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: 468, Carbohydrate: 13 grams, Protein: 32 grams, Fat: 32 grams

Hearty Pesto Chicken Salad



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 20 MIN (FOR CHICKEN BREAST)

INGREDIENTS

- 2 cups (42g) mixed greens
- 4 oz (113g) cooked chicken breast, sliced
- 1/2 small avocado
- Handful cherry tomatoes
- 2 oz (56g) sliced mozzarella
- 1 tbsp (15g) 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: 578, Carbohydrate: 24 grams, Protein: 56 grams, Fat: 31 grams

Mediterranean Salad With Ground Beef



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 10 MIN (FOR GROUND BEEF)

INGREDIENTS

- 1 cup (22g) mixed greens
- 2 oz (56g) feta cheese
- 1/8 small red onion, sliced
- 2 tbsp (20g) green olives
- 1/2 medium vine ripe tomato, sliced
- 1 small cucumber, sliced
- 4 oz (113g) cooked ground beef
- 1/2 tbsp (7g) olive oil
- Salt and pepper to taste

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: 505, Carbohydrate: 10 grams, Protein: 31 grams, Fat: 37 grams

Organic Chicken Salad and Avocado



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 5 oz (142g) canned organic chicken
- 1/2 tbsp (7g) avocado oil mayonaise
- 1/8 small red onion, diced
- 1 tsp (1g) dried dill weed
- Salt and pepper to taste
- 1 small avocado, halved and pitted
- 1 small cucumber, sliced

DIRECTIONS

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

NUTRITION INFO

Calories: 532, Carbohydrate: 17 grams, Protein: 39 grams, Fat: 34 grams

Shrimp and Avocado Salad



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 4oz (113g) cooked shrimp
- 1 tbsp (10g) sesame seeds
- 1/2 small avocado
- 2 cups (42g) arugula or rocket
- 1/2 medium cucumber, chopped
- 1/8 small red onion, chopped
- 1 tbsp (14g) fresh lemon juice
- 1/2 tbsp (14g) olive oil
- Salt and pepper to taste

DIRECTIONS

1. Lightly toss together all ingredients and enjoy!

NUTRITION INFO

Calories: 275, Carbohydrate: 9 grams, Protein: 29 grams, Fat: 14 grams

Sliced Chicken with Veggies and Hummus



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 15-20 MIN

INGREDIENTS

- 5oz (142g) chicken breast, sliced
- 1 tbsp (14g) avocado oil
- Salt and pepper to taste
- 2 tbsp (14g) hummus
- 1/4 cup (22g) chopped broccoli
- 1 handful cherry tomatoes
- 1/4 cup (22g) organic baby carrots

DIRECTIONS

1. Preheat oven to 450 degrees.
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 15-20 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: 373, Carbohydrate: 11 grams, Protein: 47 grams, Fat: 14 grams

Smoked Salmon Salad



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 4 oz (113g) smoked salmon
- 2 cups arugula (42g) or rocket
- 1 handful halved cherry tomatoes.
- 1/2 small avocado, diced
- 1 tbsp (10g) hemp hearts
- 1 tbsp (10g) sesame seeds
- 1/2 tbsp (7g) olive oil
- lemon juice to taste
- Salt and pepper to taste

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: 456, Carbohydrate: 20 grams, Protein: 31 grams, Fat: 30 grams

Tuna Salad Lettuce Wrap



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 0 MIN

INGREDIENTS

- 5 oz (142g) canned tuna
- 1 tbsp (14g) avocado oil mayo
- 1-2 green onions, chopped
- Crushed red pepper flakes
- 2-4 leaves of bibb or romaine lettuce
- Salt and pepper to taste
- 2 tbsp (17g) raw or 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.
3. Serve with side of mixed nuts.

NUTRITION INFO

Calories: 335, Carbohydrate: 7 grams, Protein: 36 grams, Fat: 17 grams

Turkey Patty with Egg



SERVINGS: 1 PREPPING TIME: 2 MIN COOKING TIME: 6-8 MIN

INGREDIENTS

- 4oz (113g) ground turkey patty
- 1 egg over easy
- 1 tbsp (14g) avocado oil
- Dash of paprika
- Salt and pepper to taste
- 1 cup (22g) baby spinach
- 1/8 small red onion, sliced
- 1 oz (28g) 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: 508, Carbohydrate: 4, Protein: 40, Fat: 37



High Protein Dinner

END THE DAY FEELING GOOD.

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Asian Sesame Kabobs



SERVINGS: 2 | PREPPING TIME: 10 MIN (PLUS TIME TO MARINADE) | COOKING TIME: 10 MIN

INGREDIENTS

- 12oz (340g) steak tips
- 2 bell peppers, color of choice, cut into squares
- 1 small yellow onion, cut into squares
- 1/2 cup (144g) coconut aminos or tamari
- 3 tbsp (40g) avocado oil
- 1 tbsp (14) sesame oil
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 tbsp (6 g) ginger, minced (or 1 tsp ground ginger)
- 1 tsp (2g) onion powder
- Dash of salt
- Grilling skewers.

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 refrigerate for at least 30 minutes (or overnight). Save a small amount to pour over the skewers after cooking.
3. Let grilling skewers soak in water for 5 minutes before preparing kabobs.
4. Heat grill to medium heat.
5. Add steak and vegetables to the skewers, alternating between each.
6. Place on grill and cook for approximately 10 minutes (or until steak is desired texture), turning over once.
7. Once removing from the grill pour over remaining marinade.

NUTRITION INFO

Calories: 481, Carbohydrate: 11 grams, Protein: 38 grams, Fat: 33 grams

Baked Salmon and Asparagus



SERVINGS: 2 PREPPING TIME: 5 MIN COOKING TIME: 12 MIN

INGREDIENTS

- 1 large bundle asparagus, ends removed
- 2, 5 oz (142g) wild caught salmon filet, skin on
- Juice of one lemon
- 3 tbsp (40g) avocado oil
- 2 tsp (3g) dried rosemary
- 3-4 cloves garlic, minced
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit.
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: 386, Carbohydrate: 4 grams, Protein: 31 grams, Fat: 27 grams

Balsamic Chicken



SERVINGS: 2 PREPPING TIME: 5 MIN COOKING TIME: 25 MIN

INGREDIENTS

- 2, 5oz (142g) chicken breasts, boneless and skinless
- 1/4 cup (64g) balsamic vinegar
- 1 tsp (7g) honey
- 1 tbsp (14g) whole grain mustard
- 2 cloves garlic, minced (or 1 1/2 tsp garlic powder
- Salt and pepper to taste
- 2 tbsp (28g) avocado oil
- 2 cups (300g) cherry tomatoes
- 1 tbsp (5g) dried rosemary
- 4 oz (113g) mozzarella, sliced thin
- 2 cups (182g) broccoli florets, steamed

DIRECTIONS

1. Preheat oven to 425 degrees.
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 degree Fahrenheit (approximately 25 minutes).
7. Top with mozzarella immediately after removing from oven.
8. Serve warm with steamed broccoli florets.

NUTRITION INFO

Calories: 499, Carbohydrate: 11 grams, Protein: 59 grams, Fat: 24 grams

Cashew Chicken



SERVINGS: 2 PREPPING TIME: 6 MIN COOKING TIME: 15 MIN

INGREDIENTS

- 1 tbsp (14g) coconut oil
- 10 oz (284g) chicken breast, cut into cubes
- 1 red or orange bell pepper, sliced
- 1 green bell pepper, sliced
- 1/2 small onion, sliced
- 1/8 cup (40g) coconut aminos
- 1 tsp (1g) rice wine vinegar
- 1 clove garlic, minced
- Dash of ground ginger
- Dash of red pepper flakes (optional)
- 1 tsp (1g) honey
- 2 tbsp (22g) cashews
- 1 cup (142g) cooked cauliflower rice.

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 a cook for 1-2 minutes.
7. Remove from heat and serve warm or cooked cauliflower rice.

NUTRITION INFO

Calories: 390, Carbohydrate: 13 grams, Protein: 48 grams, Fat: 16 grams

Chicken Sheet Pan Dinner



SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 25 MIN

INGREDIENTS

- 2, 5 oz (142g) boneless skinless chicken breasts, sliced and uncooked
- 2 large carrots, chopped
- 2 cups (182g) broccoli, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 small red onion, chopped
- 3 tbsp (40g) olive oil
- 3 cloves garlic, minced
- 1 tsp (1g) dried thyme
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
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: 414, Carbohydrate: 15, Protein: 39, Fat: 23

Fajita Skillet



SERVINGS: 2-3 PREPPING TIME: 5 MIN COOKING TIME: 10 MIN

INGREDIENTS

- 4 oz (113g) boneless skinless chicken breast, sliced 1/2 inch thick
- 6 oz (170g) skirt steak, sliced 1/2 inch thick
- 2 tbsp (14g) olive oil
- 3 bell peppers (yellow, green, and red), sliced
- 1 medium red onion, sliced
- 2 garlic cloves, minced
- 2 tsp (1g) ground cumin
- 2 tsp (1g) chili powder
- 1 tsp (1g) onion powder
- 1 tsp (1g) salt
- 1 tsp (1g) crushed red pepper flakes
- juice from one lime
- Jicama wraps for serving

DIRECTIONS

1. Warm a large skillet over medium heat with 1 tbsp 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 a jicima wrap.

NUTRITION INFO

Calories: 329, Carbohydrate: 10, Protein: 42, Fat: 12

Pesto Chicken and Green Beans



SERVINGS: 3-4 PREPPING TIME: 10 MIN COOKING TIME: 15 MIN

INGREDIENTS

- 4 tbsp (50g) pre-made pesto sauce made with olive oil
- 3, 5oz (142g) boneless, skinless chicken breasts
- 8 oz (227g) green beans, trimmed
- 1 tbsp (14g) olive oil

DIRECTIONS

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

NUTRITION INFO

Calories: 305, Carbohydrate: 7, Protein: 38, Fat: 13

Shrimp Sheet Pan Dinner



SERVINGS: 3 PREPPING TIME: 10 MIN COOKING TIME: 8 MIN

INGREDIENTS

- 12oz (340g) medium shrimp (peeled and deveined)
- 1 cup (150g) cherry tomatoes
- 1 medium summer squash (sliced 1/2 thick)
- 1 bundle asparagus (thin)
- 3 tbsp (40g) olive oil
- 1 tsp (1g) garlic powder
- 1/2 tsp (0.5g) ground ginger
- 1 tsp (1g) dried oregano
- 1 tsp (1g) onion powder
- 1 tsp (1g) salt
- 2 tbsp (14g) lemon juice

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
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: 296, Carbohydrate: 17, Protein: 28, Fat: 16

Steak Stir Fry



SERVINGS: 1 PREPPING TIME: 5 MIN COOKING TIME: 8 MIN

INGREDIENTS

- 4 oz (113g) grass-fed sirloin steak, sliced 1/8 inch thick
- 1 cup (90 g) broccoli, chopped
- 1 red or orange bell pepper, sliced
- 1/2 small yellow onion, sliced
- 2 tbsp (36g) tamari or coconut aminos
- 1 tbsp (14g) toasted sesame oil
- 1 tbsp (10g) sesame seeds
- 1 green onion, chopped
- 1 cup (142g) cooked cauliflower rice

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.
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: 502, Carbohydrate: 22 grams, Protein: 45 grams, Fat: 29 grams

Turkey Chili



SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 30 MIN

INGREDIENTS

- 0.5 tbsp (7g) avocado oil
- 1/2 small onion, diced
- 1 small red bell pepper, diced
- 2 ribs celery, diced
- 1 clove garlic, minced (or 1 tsp garlic powder)
- 12oz (340g) ground turkey
- 1/2 14.5 oz (213g) can fire roasted tomatoes
- 1/2 tbsp (8g) tomato paste
- 1 1/2 tsp (2.5g) Chile powder
- 1/2 tbsp (3g) paprika
- 1/4 tsp (0.5g) ground cumin
- Dash of cayenne pepper
- Dash of salt and pepper
- Spoonful plain Greek yogurt (or avocado)

DIRECTIONS

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

NUTRITION INFO

Calories: 330, Carbohydrate: 16 grams Protein: 35 grams, Fat: 14 grams