



CAYLA'S CLEAN EATS COOKBOOK

MEAL PREP EDITION

GLUTEN-FREE / DAIRY-FREE / REFINED SUGAR-FREE



BY CAYLA NOELLE
CHN, CYT, OTR/L

8 WEEKS OF BLOOD SUGAR
BALANCING MEALS





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DEDICATION

This Meal Prep Cookbook was inspired by the idea that in this society we are always on the go and it is hard to stay on track with eating healthy blood sugar balanced meals. That's why I created this for you! So you can stay in control of your health and wellness and feel the best you can.

There will be 8 weeks of meal prep recipes, based on 5 servings for your week. These are meant to be prepped ahead of time, so you don't have to worry about making meals every single day. Feel free to pick and choose what works best for you, but I am giving you breakfast, lunch, dinner that are simple and healthy!



ABOUT CAYLA

I am a certified holistic nutritionist, yoga instructor, and occupational therapist who is passionate about all things holistic health & healing. I first started educating myself when I experienced my own gut health problems that were taking over my health and life. All I was given was a prescription that was supposed to “fix” my gut. What it was really doing was putting a bandaid over a much bigger issue. I was dealing with constant bloat & digestive issues, brain fog, low energy, hormonal acne, an irregular cycle, eczema, and inflammation.

My junior year of college, I decided I wanted to take my health in my own hands and heal my body naturally. I wanted to focus on the root cause of my issues & not cover it up with a bandaid fix. I began using my body as a science experiment to figure out what worked for my body and what didn't.

I discovered that I was very sensitive to eating gluten, refined sugar, and most dairy products. By changing the foods I eat, it really helped me heal my body and get to the root cause. This is why I say food is medicine!

My goal is to continue to share the knowledge I've gained from my own experiences & education to support others to overcome similar challenges. From my own experience, certifications, and knowledge my hope is to empower you to take control of your own health like I did! Always remember to consult with your physician before following a new eating plan. Enjoy my 8-week meal plan!



BEFORE YOU BEGIN

I want to hear from you!

Please reach out to Cayla if you have any questions about the recipes. If you take photos or videos of your recipes, I would love to see and share them!! Be sure to tag me on instagram and TikTok.



[@caylanoellehealth](https://www.instagram.com/caylanoellehealth)



[@caylanoellehealth](https://www.tiktok.com/@caylanoellehealth)

Disclaimer

All nutritional information and recipes shared in this eCookbook shall not be considered medical or nutritional advice. None of these recipes are intended to cure, prevent, or treat any illnesses. Consult with your health care provider when making any and all health-related decisions.

I am not responsible for adverse food reactions to food consumed such as, but not limited to, food allergies, food sensitivities, domestic accidents or misinterpreted recipes.

Copyright

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I absolutely invite you to document your creations and am excited to see your personal photos. All I ask is that you please give Cayla Wright credit when sharing recipes.

WEBSITE



QR code to website

Check out
www.caylanoelle.com/harmony_to
check out more of what Cayla
offers!

WEEK 1



Ingredients:

- 1/3 c dairy free, refined sugar free yogurt (My favorite is cocojune)
- 1/4 tsp blue spirulina
- 1 1/2 tbsp nut milk
- 2 tbsp collagen
- top with raw honey, pumpkin seeds, blueberries, gluten-free granola (store bought or homemade...[recipe in my cookbook](#))

Directions :

- In a small container or mason jar mix all ingredients together until combined, except toppings
- add toppings, store in fridge for the week
- Feel free to prep 5 at once for the week, it is easier to make them all in their own jars rather than dividing them after!



For Salad

- 1 butternut squash, peeled & cubed + 1 tbsp olive oil
- 5 c spring mix
- 1 15 oz can chickpeas, drained & rinsed
- 1 c pomegranate
- 1/2 c dried cranberries
- package organic extra firm tofu
- 5 tbsp pumpkin seeds

Ingredients:

For Dressing

- 1/4 c apple cider vinegar
- 3 tbsp dijon mustard
- 3/4 c olive oil
- juice from a whole lemon
- 1/4 tsp salt & pepper

Directions :

- preheat oven to 400°F
- remove excess water from tofu by pressing paper towels on tofu block, then cut into even 1 inch cubes
- add butternut squash and tofu to sheet pan and toss with olive oil, salt, pepper; bake for 30 mins (toss at 15 mins)
- add remaining salad ingredients to a large bowl; top with butternut squash and tofu
- add all dressing ingredients to a bowl and whisk or to a mason jar and shake until combined
- divide salad mix into 5 bowls and dressing into 5 small containers; store in fridge



- 5 servings steak

- 2 tbsp ghee

- 1 package rice noodles

- 1 c beets julienned

- 1 15oz chickpeas, drained and rinsed

- 1 c broccoli

Ingredients:

- 32 oz beef bone broth

- 1c jicama julienned

- 3c spinach

- 5 tbsp walnuts

Directions :

- heat a pan to medium heat with 1 tbsp ghee and cook steak to desired liking
- saute beets, broccoli, and chickpeas with remaining 1 tbsp ghee for 7-10 minutes (feel free to cook with steak if you have a big enough pan)
- while steak/veggies are cooking cook rice noodles according to package directions
- divide steak, veggies, and noodles evenly into 5 containers
- evenly pour bone broth over 5 containers and add in remaining ingredients to each container (jicama, spinach, walnuts)
- allow to cool and store in the fridge; heat up before eating

WEEK 2



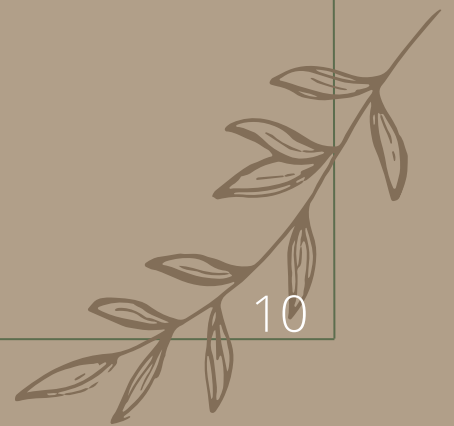
5 servings

Ingredients:

- 8 large pasture-raised eggs
- 1/4c nutritional yeast
- 1 tbsp everything but the bagel seasoning
- 1/2c avocado, diced
- 1c zucchini, finely chopped
- 1/2c cherry tomatoes, quartered
- 1/3c scallions, chopped
- 1/4c radishes, thinly sliced
- 1 tbsp fresh basil, chopped

Directions :

- Preheat the oven to 375°F; line a cupcake pan with cupcake papers or use a sturdy silicone muffin form
- Combine the eggs in a large bowl, whisk until well combined
- Add the remaining ingredients and stir to combine
- Divide the batter evenly amongst 10 muffin cups using a ladle or large spoon
- Bake for 20 minutes or until the egg cups are set. Store in an airtight container in the fridge for up to 5 days





Protein Pesto Pasta



5 servings

Ingredients:

- 1 head cauliflower, chopped
 - 2 tbsp olive oil
 - 1 can artichoke hearts; drained, rinsed, and chopped
 - 1 package grass-fed ground beef
 - 1 box banza chickpea pasta
 - 2 c edamame
 - 2 c shredded carrots
- Pesto
- 3 c spinach
 - 1/4 c walnuts
 - 1 large avocado
 - 2 tbsp lemon juice
 - 2 tbsp water, if needed

Directions :

- preheat oven to 375°F; place chopped cauliflower and artichoke hearts & olive oil in a pan and toss with salt & pepper; bake 20-25 mins or until golden
- heat a pan to low-medium heat and cook ground beef until fully cooked
- boil a pot of water and cook pasta according to box directions; drain pasta & add back to pot
- to make pesto blend all ingredients together; if pesto is too dry add 1 tbsp of water at a time until it is the right consistency; add pesto to pasta and mix until combined
- divide roasted cauliflower, artichokes, ground beef, pasta, edamame, and shredded carrots evenly among 5 containers
- store in fridge and enjoy throughout the week!



Ingredients:

- 10 oz boneless skinless chicken breasts; boiled in water & shredded
- 1/2 tbsp coconut oil
- 1 14 oz can full fat coconut milk
- 2 tbsp tomato paste
- 1 tbsp curry powder
- 1/2c chicken bone broth
- 1 bunch kale, finely chopped
- 1 red bell pepper, sliced
- 1 small butternut squash, cubed
- salt, to taste
- green onion (optional topping)
- 5 servings brown rice

Directions :

- preheat oven to 425°F; toss butternut squash with olive oil and dash of salt, spread on baking sheet and bake for 20-25 mins
- cook brown rice according to package directions
- mix together tomato paste, canned pumpkin and coconut milk until fully combined, set aside
- heat coconut oil in a pan at a medium heat, add curry powder for 2-3 minutes
- add tomato paste mixture to pan and stir until combined follow with bone broth
- add in chicken, squash and bell pepper
- bring to a boil then reduce heat and simmer about 5-7 minutes, add in kale, stir in and allow to wilt
- divide brown rice and curry into 5 containers
- store in fridge and enjoy throughout the week!

WEEK 3



5 servings

Ingredients:

- 4 medium banana
- 2 c rolled oats
- 1 1/4c nut milk
- 1 tsp cinnamon
- 3 tbsp pea protein powder
- 2 handfuls spinach
- 1 c maple syrup
- 2 tbsp chia seeds
- 1 c frozen blueberries
- ghee or grass fed butter for cooking

Directions :

- add banana, oats, nut milk, cinnamon, pea protein, and spinach to a blender; blend until smooth
- heat a non-stick skillet to medium-low heat; the skillet should be hot when batter is added
- cook pancakes with ghee/butter, pour equal sized pancakes to skillet, cook 1-2 mins per side or until golden brown (cover with a lid while they cook)
- in a separate small pot simmer maple syrup, chia seeds, and blueberries for 3-4 mins, stirring often
- divide pancakes into 5 containers, and maple syrup mix in 5 small separate containers
- warm up to eat and serve with maple syrup
- makes 10 pancakes, 2 pancakes per serving





5 servings

Ingredients:

- 1 bag Banza Rice (or 5 servings brown rice)
- 1 bunch chives, chopped
- 1/2c shredded carrots
- 2 tbsp grass fed tallow or ghee
- 1c broccoli chopped
- 1c zucchini chopped
- 1 package tempeh, cubed
- 3 tbsp coconut aminos
- sesame seeds (topping)

Directions :

- bring a pot of water to boil, cook banza rice (or brown rice) as directed on package
- heat a pan to low-medium heat with 2 tbsp tallow or ghee; saute broccoli, zucchini, tempeh, and turmeric until golden
- mix in chives, carrots, tempeh mixture, and coconut aminos together
- divide between 5 containers and sprinkle sesame seeds on top of each
- store in fridge, warm up to serve





Shrimp Grain Bowl



5 servings

Ingredients:

- 1 c quinoa + 1 3/4c filtered water
- 5 servings shrimp (argentinian are the best!)
- 5 c shredded kale
- 1 c cucumbers
- 1 c corn
- 1/4 c hemp seeds
- 5 tbsp pumpkin seeds
- Dressing: 1/4c apple cider vinegar, 3tbs Dijon mustard, 3/4 c olive oil, juice from whole lemon, salt, pepper

Directions :

- combine the quinoa and filtered water in a pot, bring to a boil, then reduce to a simmer and cover to cook for 15 mins, remove from heat and rest, covered, for at least 10 mins
- heat a pan to low-medium heat, cook shrimp until cooked thoroughly
- In a large mixing bowl add kale and massage kale with hands for a couple mins (aides in digestion)
- add cucumber, corn, quinoa, and hemp seeds to the mixing bowl
- divide kale mixture into 5 containers, top with shrimp and 1 tbsp of pumpkin seeds per bowl, store in fridge
- combine all dressing ingredients in a mason jar and shake/mix well, store in 5 dressing containers if available, add dressing to bowls right before eating

WEEK 4



Sweet Potato Avo Toast



5 servings

Ingredients:

- 2 large or 3 medium sweet potatoes; washed & peeled
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp pepper
- 5 avocados
- 5 tbsp lemon juice
- 2 1/2 tsp ashwagandha
- 2 1/2 tsp maca powder
- 5 servings smoked salmon
- broccoli sprouts

Directions :

- preheat oven to 350°F & line a baking sheet with parchment paper
- slice sweet potatoes the long way into 1/2 inch slices
- add sweet potatoes to lined baking sheet and evenly top with olive oil, salt, and pepper
- bake 25-30 mins; flip halfway through
- allow sweet potato slices to cool completely; put in a freezer bag or container and place slices in freezer (don't stack them or they will all freeze together!)
- add avocados to a bowl and mash with a fork; then add lemon juice, ashwagandha, and maca; mix and store covered in fridge
- when ready to eat; take 2-3 sweet potato slices from freezer, toast, top with 1/5 avocado mixture, 1 serving smoked salmon, and sprouts



Quinoa Power Bowl



5 servings

Ingredients:

- 8 chicken drumsticks, skin on
- 1/2 c avocado oil
- 1 tsp paprika, dash salt & pepper
- 1 large cauliflower, chopped
- 1 can artichoke hearts, drained, rinsed, chopped
- 1 tbsp turmeric
- 1 c quinoa + 1 3/4c filtered water
- 1 bunch cilantro, stems removed
- 1 bunch parsley, stems removed
- 1/3 c olive oil
- 1/4 c fresh lemon juice
- salt/pepper

Directions :

- preheat the oven to 400°F & line 2 baking sheets with parchment paper; on one sheet with drumsticks in single layer and rub 1/4c avocado oil on chicken with paprika/salt/pepper; on 2nd sheet add cauliflower & artichoke hearts to 2nd baking sheet & toss with remaining 1/4c avocado oil + turmeric/salt/pepper bake 30-40 mins (or until internal temp of chicken is 165°F)
- combine the quinoa and filtered water in a pot, bring to a boil, then reduce to a simmer and cover to cook for 15 mins, remove from heat and rest, covered, for at least 10 mins
- in a food processor or blender add cilantro, parsley, olive oil, lemon juice, and dash of salt/pepper blend until pesto like; transfer the cooked quinoa to a medium bowl and toss together with the herb sauce
- divide quinoa mixture, veggies, and chicken between 5 containers, store in fridge and heat before eating!



Ingredients:

- 1 large spaghetti squash, cut in half/seeds removed
- 2 tbsp olive oil
- 1 bag green beans
- 5 pieces salmon (wild caught if possible)
- 3 tbsp coconut aminos
- salt/pepper
- 1/4 c sun-dried tomatoes
- 1/4 c honey
- sesame seeds
- 2 c spinach

Directions :

- preheat the oven to 400°F & line a baking sheets with parchment paper; drizzle olive oil, salt and pepper on the spaghetti squash halves, flip them facing down & poke a few holes with a fork in them bake or 35-40 mins
- in the meantime cook green beans in boiling water for 10 mins or until softened, drain water and set beans aside
- allow squash to cool slightly after taking out & use a fork to pull out squash; scraping to form "spaghetti"
- coat salmon in salt, pepper, & coconut aminos; let sit for 2-3 mins
- add salmon to air fryer at 375F for 6 mins
- add spaghetti squash, green beans, sun-dried tomato slices, spinach to a large bowl & mix together
- after salmon timer is up, drizzle honey over it & sprinkle sesame seeds, return to air fryer for 3-5 more mins
- divide spaghetti mixture to 5 containers and top with salmon, store in fridge and heat up when ready to eat

WEEK 5



Ingredients:

- 2 large or 3 medium sweet potatoes
- 1/2 c non-dairy milk
- 1 tsp vanilla extract
- 2 tbsp natural peanut butter (or nut butter of choice)
- 2 tbsp pure maple syrup
- 1/2 tsp cinnamon
- 2 tbsp ground flax seeds
- toppings: pomegranate, walnuts, hemp hearts

Directions :

- preheat oven to 400°F
- wash sweet potatoes & place on a baking sheet with parchment paper; bake 45-60 mins or until easily pierced with a fork
- allow potatoes to cool, then remove skin and add flesh to a large bowl
- add remaining ingredients, except toppings and beat with an electric mixer until fluffy
- divide into 5 containers; add toppings and store in fridge
- serve cold or warmed



Protein Packed Bowl



5 servings

Ingredients:

- 1c quinoa + 1 3/4c filtered water
- 1 tbsp ghee
- 1 package grass fed ground beef
- 1 bag frozen edamame
- 1c shredded carrots
- 5 tbsp coconut aminos
- salt/pepper to taste

Directions :

- combine the quinoa and filtered water in a pot, bring to a boil, then reduce to a simmer and cover to cook for 15 mins, remove from heat and rest, covered, for at least 10 mins
- heat a pan to low-medium heat with ghee, once hot add ground beef, cook until fully cooked through
- bring a small pot of water to a boil, add in edamame, cook 8-10 mins
- in 5 containers add and divide quinoa, ground beef, edamame, carrots, coconut aminos, and salt/pepper to taste
- store in fridge, heat up before eating



Instant Pot Chili



5 servings

Ingredients:

- 2 tbsp olive oil
- 1/2c leek leaves, chopped
- 1 package ground beef or ground turkey
- 2 tbsp tomato paste
- 2 c bone broth
- 2 c sweet potatoes, peeled & cubed
- 2 c tomatoes, chopped
- 2 tbsp taco seasoning
- 1 15oz can lentils, drained & rinsed
- salt & pepper to taste

Directions :

- turn instant pot setting on saute mode, add olive oil & leeks & continuously stir 2-3 mins, then add ground meat, breaking apart as it cooks, once it is almost fully cooked stir in tomato paste, cook 1 more min
- change mode to slow cooker, add broth, sweet potatoes, tomatoes, & taco seasoning to instant pot and stir all to combine
- cook on low for about 4 hours, or until sweet potatoes are tender
- stir in drained/rinsed canned lentils, cook for another 10-15 mins, season with salt and pepper to taste
- divide into 5 containers, store in fridge and heat up when ready to eat



WEEK 6



Ingredients:

- 2 1/2 c gluten free rolled oats
- 5 tsp chia seeds
- 5 tsp fresh ground flax seeds
- 5 tsp pumpkin pie spice
- 1 1/4 c pumpkin puree
- 5 tbsp honey
- 2 tsp vanilla extract
- 2 1/2 c unsweetened almond milk

Directions :

- mix all ingredients in a medium bowl
- divide between 5 small containers or pour into 1 large airtight container
- top with fruit, nuts, or seeds





Earthy Beef Stew



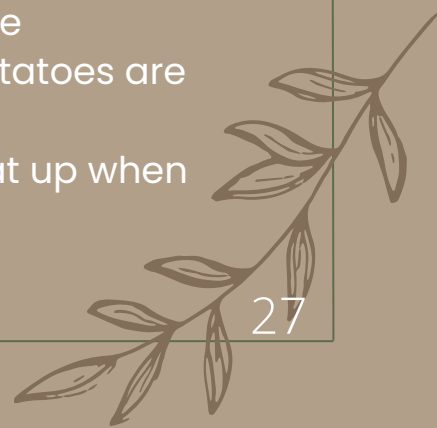
5 servings

Ingredients:

- 2 tbsp avocado oil
- 2 tbs grass-fed beef chuck, cut into 1 inch chunks
- dash salt/pepper
- 3 tbsp arrowroot starch, makes it thicker
- 2 tbsp tomato paste
- 1 c filtered water
- 2 c carrots, peeled and thickly sliced into rounds
- 2 c sweet potatoes potatoes or gold potatoes, peeled and cubed
- 4 c beef bone broth
- 2 tbsp fresh rosemary
- 2 tbsp fresh thyme

Directions :

- turn instant pot setting on saute mode, add avocado oil, beef chunks, salt/pepper, cook until browned on sides 4-6 mins
- once it is almost fully cooked stir in tomato paste, cook 1 more min
- add arrowroot starch and tomato paste and saute for 1-2 more mins
- Pour in water, stirring briskly and scraping the bottom of the pot for 2-3 mins
- change mode to slow cooker, add broth, veggies, rosemary, and thyme to instant pot and stir all to combine
- slow cook on high for about 4 hours, or until potatoes are tender
- divide into 5 containers, store in fridge and heat up when ready to eat





Tacos



5 servings

Ingredients:

- 1 tbsp ghee
- 1 package grass-fed ground beef
- 2 tbsp taco seasoning
- 1 c red cabbage, shredded
- 2 c spinach, shredded
- 1 15oz can black beans, drained & rinsed
- 1 bunch cilantro, chopped
- 10 gluten free tortillas (I like siete)
- guacamole: 2 avocados, 1 small cucumber diced, 1 medium tomato seeded & chopped, juice of 1/2 lime, 1 tsp salt

Directions :

- heat up a pan to low-medium heat with ghee, once hot add ground beef, cook until completely cooked, then add taco seasoning and mix in
- prepare veggies, beans, and cilantro, set aside
- to make guacamole, mash avocados first then add remaining ingredients, mix until combined
- in 5 containers add each ingredient next to one another; beef, cabbage, spinach, beans, cilantro
- place guacamole in a separate container and tortillas separate
- assemble tacos once ready to eat so they do not become soggy

WEEK 7



Chicken Sausage Hash



5 servings

Ingredients:

- 2 large sweet potatoes, peeled and diced
- 2 bell peppers, sliced
- 2 tbsp avocado oil
- 5 servings apple chicken sausage
- 2c edamame
- 1 tbsp ghee
- 5c arugula
- 2 1/2 large avocados, sliced
- optional topping: pumpkin or sesame seeds
- salt/pepper to taste

Directions :

- preheat the oven to 375°F & line a baking sheets with parchment paper
- add sweet potatoes and peppers to lined baking sheet and drizzle avocado oil, salt/pepper on top, mix to combine, bake 35-40 mins, mixing halfway through
- heat a large pan to low-medium heat with ghee, once hot add chicken sausage and edamame, cook until chicken sausage is browned on all sides
- in 5 containers, divide roasted veggies, arugula, chicken sausage & edamame, and any additional seed toppings you choose
- store in fridge, and add 1/2 an avocado to each dish before eating for freshness, enjoy the meal warm



Ingredients:

- 1 c quinoa + 1 3/4c filtered water
- 5 servings shrimp
- 1 tbsp ghee
- 1 c cucumber, sliced
- 1 large jicama, chopped
- 1 large pomegranate
- 1 bunch parsley, chopped
- 1/2 c walnuts
- 2 large avocados, diced
- 1/4 c sunflower seeds
- Dressing: 1/4 c apple cider vinegar, 3 tbs Dijon mustard, 3/4 c olive oil, juice from whole lemon, salt, pepper

Directions :

- combine the quinoa and filtered water in a pot, bring to a boil, then reduce to a simmer and cover to cook for 15 mins, remove from heat and rest, covered, for at least 10 mins
- heat up a pan low-medium heat with ghee, cook shrimp with turmeric, salt, and pepper on low-medium heat, until cooked
- in a large bowl add quinoa, cucumber, jicama, pomegranate, parsley, walnuts, and sunflower seeds; mix together
- combine all dressing ingredients in a mason jar and shake/mix well, store in 5 dressing containers if available, add dressing to bowls right before eating
- divide quinoa mixture into 5 containers, top with shrimp, avocado, and place dressing on the side.
- Enjoy cold (or warm if you prefer!)



Ingredients:

- 5 chicken thighs, bone-in skin-on
- 4 tbsp avocado oil
- 1 tbsp fresh thyme
- 1 tbsp fresh rosemary, chopped
- 2 delicata squash, halved, seeded and sliced
- 1 large zucchini, halved & sliced
- 2 large beets, peeled & cubed
- salt & pepper to taste

Directions :

- preheat the oven to 425°F & line a baking sheets with parchment paper
- add chicken to bowl and massage with herbs, 2 tbsp avocado oil, salt & pepper, set aside
- add veggies & chicken (skin side up) to the lined sheet in a single layer
- roast 45-50 mins (check at 35 mins)
- broil for 2 mins if needed for crispy skin
- divide into 5 containers, store in fridge and heat up when ready to eat

WEEK 8



Chocolate Waffles



5 servings

Ingredients:

- 1/4 c coconut flour
- 3 tbsp honey
- 1 tsp baking powder
- 2 tbsp cacao powder
- 3 tbsp coconut oil, melted
- 3 tbsp peanut butter
- 4 pasture-raised eggs, room temperature
- 1 tsp vanilla extract
- 1/3 c frozen wild blueberries
- ghee (for waffle iron)
- optional toppings: maple syrup, frozen/fresh berries, coconut whipped cream

Directions :

- preheat waffle iron
- add all ingredients (except ghee and toppings) to high-speed blender, blend until smooth
- grease waffle iron with ghee then pour 1/4-1/3c of batter into the middle of the iron, and cook for about 2 mins or until fully cooked/golden, grease with ghee between each waffle
- divide waffles into 5 containers
- serve waffles warm with toppings mentioned above, or any others you like!



Sushi Wraps



5 servings

Ingredients:

- 5 c frozen cauliflower rice
- 1 tbsp coconut oil
- 1/2 c coconut milk
- salt/pepper to taste
- tahini sauce: 1/3 c tahini, 1 tbsp coconut aminos, 1/4 c cold filtered water, 1/2 tsp Paprika
- 8 oz wild-caught smoked salmon
- 1 large cucumber, julienned
- 1/2 c spinach, julienned
- 5 raw nori sheets

Directions :

- heat pan to medium-high heat with coconut oil, add cauliflower to pan and saute for 2 mins, then add coconut milk, salt and pepper, stir to combine, cook until coconut milk has thickened about 3 mins
- remove cauliflower mixture from heat and scrape onto a parchment-lined sheet pan, flatten the rice into a single layer, transfer the sheet pan to the fridge to cool while preparing the rest of the wrap
- make the tahini sauce, in a small mixing bowl add all tahini sauce ingredients and mix until combined
- to assemble, place a nori sheet (shiny side down) on a flat surface in a diamond shape placement, add a scoop of chilled cauliflower rice to the center & shape it into a square, layer with cucumbers, salmon, spinach, and sauce drizzle
- to wrap, fold the corners into the center, use a little water to stick them together if needed, slice in half
- I recommend assembling the night before or morning of so it does not get soggy, serve with extra tahini sauce on the side



Smashed Lamb Burgers



5 servings

Ingredients:

- 1 package ground lamb
- 2 tbsp dijon mustard
- 2 tbsp avocado oil
- 1 head, iceberg lettuce, leaves separated
- salt & pepper to taste
- chipotle mayo: 1/2 c mayo (made with avocado oil), 1 tbsp lime juice, 1 tsp maple syrup, 1-2 tsp chipotle powder
- additional toppings: avocado slices, sliced red cabbage, pickle slices

Directions :

- in a mixing bowl add all chipotle mayo ingredients, mix well, set aside
- heat a pan to medium-high heat
- in another mixing bowl add ground lamb, mustard, salt and pepper, mix well using your hands and form into 10 patties; brush on avocado oil on patties
- add a couple patties to the hot pan and press/smash the patties to about 1/2 inch thickness, cook for 2-3 mins, then flip and cook another 2-3 mins, transfer to a plate and repeat with remaining patties
- serve between lettuce leaves with chipotle mayo and additional toppings of choice
- to store, keep ingredients separated and assemble before eating, divide between 5 days



THANK YOU

I am so grateful for your support and can't wait to see you make these recipes. I hope you enjoy and benefit from them as much as I do! Don't hesitate to reach out to me if you have any questions! Thank you for being a part of this community! Here's to your Hormone Harmony and working with your body rather than against it!

xx Cayla