

Metabolic Revamp Method

30 MEALS
IN
30 MINUTES

"THE SECRET TO GETTING AHEAD IS GETTING STARTED. TODAY IS THE DAY FOR NEW BEGINNINGS"



KURTZ
MEDICAL AESTHETICS

BREAKFAST

Amish Oatmeal

Blender Banana Protein Pancakes

Egg White Oatmeal

Veggie Stuffed Egg Muffins

Everything Bagel Avocado Toast

Sweet Potato and Breakfast Sausage Hash

Cinnamon Roll Breakfast Smoothie

Mexican Veggie Breakfast Burrito

Baked Peanut Butter Choc Chip Oatmeal Cups

English Muffin Breakfast Pizza



AMISH OATMEAL

Ingredients:

- 2 cups of old fashioned oats
- 1 cup egg whites
- 1 egg
- 3 tbs melted grass-fed butter
- 2-3 tbs agave
- $\frac{1}{3}$ cup preferred milk
- $\frac{1}{2}$ teaspoon salt
- 2 tsp vanilla extract

Instructions:

- Preheat the oven to 350. Grease 13x9 pan with coconut oil (or whatever oil you have off hand)
- Combine all ingredients. Pour into the pan and bake for 25-30 minutes until the edges are golden brown. Let cool and cut into squares or crumbles!

Macros: Cal-189, Protein-9g, Carbs-19g, Fat-8g



BLENDER BANANA PROTEIN PANCAKES

Ingredients:

- 2 cup oats
- 2 bananas
- 1 cup reduced-fat cottage cheese
- 8 egg whites
- 1/3 cup of preferred milk
- 1 teaspoon cinnamon
- 1 teaspoon baking powder

Instructions:

- Add everything to a blender and blend until smooth.
- Spray a skillet/griddle over medium-high heat with cooking spray. Add the batter and cook until bubbles begin to burst and edges firm up. Flip and cook for 2-3 minutes. Repeat until all pancakes are cooked.

Macros: Cal-149, Protein-10g, Carbs-22g, Fat-3g



EGG WHITE OATMEAL

Ingredients:

- ½ cup rolled oats
- ½ cup water, almond milk, or milk of choice
- 3 egg whites (about ⅓ cup)

Instructions:

- Combine oats, water, and a pinch of salt in a microwave-safe bowl and microwave for approximately 45 seconds, until water is absorbed and oats are slightly softened.
- Stir in egg whites and microwave for 45 seconds, stirring and then microwaving for another 1-1.5 minutes. Egg whites should be light and fluffy, and oatmeal should be soft and cooked through.
- Drizzle in maple syrup or agave and whatever toppings you would like

Macros: Cal-233, Protein-17g, Carb-32g, Fat-4g



VEGGIE STUFFED EGG MUFFINS

Ingredients:

- 8 large eggs
- 1/2 cup milk of choice
- 1 cup shredded cheddar cheese
- 1 cup bell peppers diced (I used a mix of red, orange, and green)
- 1/2 cup baby spinach roughly chopped
- 1/4 tsp salt
- 2 scallions thinly sliced

Instructions:

- Preheat the oven to 350°F.
 - Grease the interior of a nonstick muffin pan.
 - In a medium bowl, add eggs and milk. Whisk until uniform. Stir in cheese, bell peppers, spinach, salt, scallions, and any other omelet ingredients you are adding. Scoop batter into muffin tin, filling them almost to the rim.
 - **You should have enough batter for 12 muffins.
 - Bake for about 20-25 minutes, or until eggs are cooked. The muffins will initially be very puffy but will sink back down when they cool. Use a thin spatula to loosen the edges of muffins to remove them from the pan. Eat while warm.
 - Store uneaten muffins in the fridge or freezer.
- Macros: Cal-92, Protein-7g, Carb-0.5g, Fat-6g



EVERYTHING BAGEL AVOCADO TOAST

Ingredients:

- 2 slices of bread (I like Daves)
- 2 tbs cream cheese
- 1 large ripe avocado
- Everything Bagel Seasoning

Instructions:

- Toast the bread. Spread cream cheese evenly on slices of bread.
- Mash half of the avocado and place mashed avocado evenly on slices of bread. Slice the other half of the avocado and place slices on top.
- Sprinkle with Everything Bagel Seasoning and eat immediately. Top with a fried egg for a boost of protein!

Macros: Cal-643, Protein-16g, Carb-63, Fat-42g



SWEET POTATO & BFAST SAUSAGE SKILLET

Ingredients:

- 1 sweet potato diced into small pieces
- 1-2 tbs extra virgin olive oil or butter
- ½ minced onion
- ½ diced bell pepper
- ½ roll of ground breakfast sausage (or bacon)
- 1-2 handfuls of spinach or kale
- Eggs to top if desired
- Salt, and pepper to taste

Instructions:

- Dice sweet potatoes and toss in extra virgin olive oil, salt, and pepper. Air fry at 350 for 15 minutes, tossing every 5 minutes. (or bake at 425 for 20-25)
 - While sweet potatoes are cooking, add a little extra virgin olive oil or grass-fed butter to the pan. Break breakfast sausage into pieces and cook until brown. (or cook bacon) Set aside.
 - Add more oil or butter to the pan and add onion and bell peppers until cooked through. Add back breakfast sausage or bacon.
 - Add spinach until wilted.
 - Add cooked sweet potatoes and toss.
 - In a separate pan, fry two eggs to top the hash.
- Macros: Cal-359, Protein-13g, Carb-20g, Fat-26.5g



CINNAMON ROLL BREAKFAST SMOOTHIE

Ingredients:

- 1/2 cup rolled oats
- 3/4 cup plain greek yogurt
- 1 Tablespoon Agave
- 1 cup of preferred milk
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1 frozen banana
- PECAN NUTS, OPTIONAL

Instructions:

BLEND BABY, BLEND! You can also add a scoop of vanilla protein powder or collagen powder for a boost of more protein!

Macros: Cal-473, Protein-23g, Carb-82g, Fat-8g



MEXICAN BREAKFAST BURRITO

Ingredients:

- 2 eggs
- 1 tbsp pico de gallo or salsa
- 1/3 cup spinach (washed)
- 1/4 avocado, large
- 1 scallion, thinly sliced
- 2 heaping tbsp pepper jack cheese (or cheese of choice)
- 2 tsp olive oil
- Preferred breakfast meat
- Large tortilla

Instructions:

- Scramble the eggs lightly in a non-stick pan. Mix the salsa or pico, 1 tsp olive oil, and the cheese to form a creamy spread. Spread this over the tortilla. If desired, cook sausage as well.
- *Tip: wipe the pan clean so that you can use it to toast the burrito.
- Put all the rest of the ingredients in the tortilla, except olive oil, and wrap the burrito.
- Toast on the folded side first at medium-high heat with olive oil so that the ends "seal." Do this until golden brown, flip, and toast on the other side.
- Transfer to a cutting board and slice carefully in the middle. Serve immediately!

Macros: Cal-320, Protein-22, Carb-17g, Fat-22g



P B C H O C C H I P O A T M E A L C U P S

Ingredients:

- 3 cups old-fashioned rolled oats
- 1/2 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1 1/2 cups milk (I use unsweetened vanilla almond milk)
- 1/4 cup maple syrup
- 2 Tablespoons ground flaxseed (see subs below)
- 1 teaspoon vanilla extract

Instructions:

- Preheat the oven to 350°F and line a 12-cup muffin tin with silicone liners. Paper liners work too. Spray liners with non-stick spray.
- In a large bowl, mix rolled oats, cinnamon, baking powder, and salt.
- In another bowl, whisk together almond milk, maple syrup, peanut butter, mashed bananas, vanilla, and 1/8 cup of mini chocolate chips into the bowl with the ground flaxseed. Pour wet ingredients into the large bowl with the dry ingredients.
- Scoop mixture evenly into muffin tin with liners and top each cup with remaining mini chocolate chips.
- Bake 30-35 minutes or until the center of the cups has set, and a toothpick comes out clean. Allow cups to cool before
- transferring to a storage container and placing them in the fridge or freezer.

Macros: Cal-110, Protein-3g, Carb-20g, Fat-2g



ENGLISH MUFFIN BREAKFAST PIZZAS

Ingredients:

- 1 Package of English Muffins
- 8 Eggs
- 1 lb Breakfast Sausage
- 8 oz Mild Cheddar Cheese thin sliced

For the gravy:

- 2 cups Milk
- ¼ cup sausage drippings; add butter if you don't have enough drippings
- ¼ cup flour
- ½ teaspoon salt or to taste
- ¼ teaspoon pepper or to taste

Instructions:

- Cook meat in a cast iron pan until well done. Remove from pan and pour off all but ¼ cup of fat.
 - To the meat drippings in the skillet, add the flour. Cook and stir over medium heat for 5 to 10 minutes or until the mixture turns golden. (This burns away the raw flour flavor, which must be done before the liquid is introduced)
 - Slowly add milk, stirring constantly.
 - Cook gravy until it boils and thickens.
 - Lightly toast English Muffins in the toaster while making gravy.
 - Scramble eggs in a non-stick skillet, and add a small dash of milk to make them fluffier, if desired.
 - Turn oven broiler on high and assemble pizzas on baking sheet.
 - Add gravy to the open-faced toasted English Muffin, then top with scrambled eggs, a slice of cheese, and sausage.
 - Toast under broiler until cheese is bubbly and melted.
- Macros: Cal-532, Protein-22g, Carb-35g, Fat-33g



LUNCH

Carne Asada Tacos
Pulled Chicken Salad Sammies
Teriyaki Turkey Bowls
Buffalo Chicken Wrap
Sweet Potato Chicken Sausage Skillet
Taco Salad Bowls
Baked Chicken Taquitos
Avocado Tuna Salad Wrap
Grilled Chicken Quesadillas
Chicken Hummus Naan Wraps



CARNE ASADA TACOS

Ingredients:

- 1 pound carne asada (Most stores sell it already seasoned and ready to go). If not, buy carne asada seasoning or just make your own!
- 1 onion
- Salsa of any kind (I love black bean and corn salsa on these)
- Pickled Jalapeños (optional)
- Shredded Pepper Jack Cheese or whatever cheese you prefer
- 1 Avocado
- 4 tortillas

Instructions:

- Grill carne asada on the grill or cast-iron skillet until cooked through. Set aside.
- Add EVOO to pan and grill onions until fragrant. Set aside.
- Stack all ingredients on the taco and serve.

Macros (per taco): Cal-263, Protein-14g, Carb-31g, Fat-9g



PULLED CHICKEN SALAD SAMMIES

Ingredients:

- 1 rotisserie chicken pulled apart, or 4-6 chicken breasts or legs pulled
- ½ red onion
- 1 cup greek yogurt
- 2 tbs mayo (optional, I like it for texture)
- 1 cup of sliced grapes
- A handful of chopped walnuts
- 2 stalks of celery chopped into small pieces
- Salt, and pepper to taste
- Whole grain bread (Daves killer bread is my favorite)

Instructions:

- Mix all ingredients in a large bowl and serve.

Macros (per sandwich): Cal-476, Protein-26g, Carb-27g, Fat-4g



TERIYAKI TURKEY BOWLS

Ingredients:

For the teriyaki sauce:

- 1/2 cup Low Sodium Soy Sauce
- 1/4 cup water
- 2 tablespoons Rice vinegar or Red Wine Vinegar
- 2 tablespoons pure maple syrup or agave
- 2 teaspoons minced garlic
- 1 teaspoon ground ginger
- 1 tablespoon cornstarch
- 2 tablespoons warm water

For the turkey

- 1 tablespoon extra virgin oil
- 1/2 cup diced onion
- 2 tablespoons minced garlic
- 1 pound Ground Turkey
- 1 cup finely chopped broccoli
- 1 bell pepper finely chopped
- 2 green onions diced for garnish
- 4 cups cooked white or brown rice

Instructions:

- Mix soy sauce, 1/4 cup water, red wine vinegar, maple syrup or agave, garlic, and ginger in a small saucepan over medium heat.
 - Stir with a whisk. In a small bowl, whisk together 2 tablespoons of warm water and cornstarch until cornstarch is completely dissolved.
 - Heat sauce over medium-high heat. Slowly whisk in cornstarch mixture and simmer until thickened.
 - Remove from heat and set aside.
 - Heat oil in a large skillet over medium-high heat. Add diced onions and cook until soft. Crumble ground turkey and garlic into the pan and cook until the turkey is about half cooked. Add peppers and chopped broccoli and continue to cook until the turkey is no longer pink.
 - Pour teriyaki sauce on over cooked turkey and vegetable mixture and stir.
 - Simmer for about five minutes to combine the flavors—spoon meat over rice or noodles.
 - Garnish with green onions and serve immediately.
- Macros: Cal-325, Protein-16g, Carb-52g, Fat-6g



BUFFALO CHICKEN WRAP

Ingredients:

- 6 Tyson Air fried chicken tenders
- ½ cup buffalo sauce
- ¼ cup blue cheese
- ¼ cup of lettuce
- 4 tortillas

Instructions:

- Cook chicken according to package.
- Chop into small pieces and toss in buffalo. Serve on tortillas with lettuce and blue cheese.

Macros: Cal-305, Protein-18g, Carb-38g, Fat-9g



SWEET POTATO + CHICKEN SAUSAGE SKILLET

Ingredients:

- 1 package of chicken sausage (4 links)
- 1 chopped bell pepper
- 2 tbs minced garlic
- 1 chopped onion
- 1 chopped zucchini
- 1 large sweet potato
- 2 tbs extra virgin olive oil divided
- 2-3 cups of spinach or kale
- Salt and pepper to taste

Instructions:

- Dice sweet potatoes and toss in EVOO, salt, and pepper.
- Air fry at 350 for 15 minutes tossing every 5. If you don't have an air-fry, you can roast at 425 for about 25 minutes.
- While sweet potatoes are cooking, add EVOO to the skillet. Dice chicken sausage and cook in skillet until crispy. Set aside.
- Add more EVOO and add onions and peppers and cook until fragrant. Add minced garlic. Cook for another 30 seconds. Add zucchini and cook.
- Once cooked through, add sausage back to pan and toss.
- Add greens, salt, and pepper to taste. Cook until greens are wilted.
- Add sweet potatoes to the skillet when finished

Macros: Cal-438, Protein-44g, Carb-30g, Fat-17g



TACO SALAD BOWLS

Ingredients:

- Olive oil
- 1 pound ground turkey (or grass-fed ground beef)
- 1 packet of taco seasoning
- 1/2 onion
- 1 bell pepper
- 1 can of corn strained and rinsed
- 1 can of black beans strained and rinsed
- Cup of rice (Or a package of instant rice if in a time crunch)

Instructions:

- Add olive oil to the pan and cook ground turkey until no longer pink.
- Toss in taco seasoning. Set aside.
- Add a little more oil to the pan and cook onion and bell peppers until cooked through.
- Add turkey back to the pan and toss.
- In a large bowl, add rice and turkey mixture.
- Top with corn and beans and whatever else you like

***Optional: Top with sour cream, avocado, and a little cheese. I also like to sometimes add a taco shell or two for some crunch.

Macros (per 2 tacos): Cal-365, Protein-27g, Carb-31g, Fat-16g



BAKED CHICKEN TAQUITOS

Ingredients:

- 2 cups cooked shredded chicken (I use rotisserie)
- 6 ounces cream cheese, softened
- 1/4 cup salsa, your favorite kind
- 1/4 cup sour cream
- 1 cup shredded cheddar cheese
- 1 cup baby spinach leaves, chopped
- 1/4 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon chili powder
- salt and freshly ground black pepper for taste
- 15-20 tortillas of choice

Instructions:

- Preheat the oven to 425 degrees F.
- Add cream cheese, salsa, and sour cream to a mixing bowl and stir until smooth. Add remaining ingredients (except the tortillas) and toss to combine.
- Taste and add more seasoning if needed.
- Place a large spoonful of filling in a line along with each tortilla and roll tightly. Secure with a toothpick if needed.
- Spray the tops of the tacos with cooking spray, or brush them lightly with oil.
- Bake for 15-20 minutes or until the shells are crispy.

Macros (per taquito): Cal-210, Protein-9g, Carb-20g, Fat-11g



AVOCADO TUNA SALAD WRAP

Ingredients:

Ingredients for the tuna:

- 3 packs of skipjack tuna
- 3 tablespoons finely diced celery
- 3 tablespoons finely diced bread and butter pickles
- 2 tablespoons finely diced red onion

For the dressing:

- 1 small avocado, separated
- 1 tablespoon lemon juice
- 1/3 cup light mayonnaise (use up to 1/2 cup for more creamy consistency)
- 1 teaspoon Dijon mustard
- 1 teaspoon olive oil
- Salt and pepper

Instructions:

- DRESSING: Slice and mash avocado. Add in the 1 tablespoon lemon juice, 1/3 cup mayo, 1 teaspoon Dijon mustard, 1 teaspoon olive oil, and salt and pepper to taste.
- SALAD: Finely dice the celery, pickles, red onion, and parsley.
- Add the 3 tablespoons celery, 3 tablespoons pickles, 2 tablespoons red onion, and 2 tablespoons parsley to the bowl with the tuna and diced avocado.
- Add the dressing on top and gently stir to combine. Taste and adjust seasonings to taste. Add extra mayo here if you want a creamier salad (1-4 tablespoons extra).
- SERVE: Serve on a wrap, with pita chips, etc. -- however you'd like to enjoy it! Best enjoyed the same day and shortly after making it; the avocado begins to brown after about an hour or two.

Macros (for entire mixture): Cal-879, Protein-100g, Carb-25g, Fat-45g



GRILLED CHICKEN QUESADILLAS

Ingredients:

- 1 cup shredded chicken
- 2 Tbsp cream cheese
- 1 1/2 tbsp tomato paste
- 3 garlic cloves, minced
- 1/3 tsp cumin
- 1/3 tsp coriander
- 1/2 tsp crushed red pepper
- 1 jalapeno, chopped
- 1/2 cup chopped arugula
- 1/2 cup shredded cheese
- 2 flour tortillas

Instructions:

- In a small bowl, mix the cream cheese, garlic, tomato paste, cumin, coriander, and crushed red pepper, a tsp of water until smooth.
 - Add the chicken and chopped jalapeno, and the arugula to the mix.
 - Spread 1/2 of the mixture on one half of a flour tortilla and top with cheese of your choice - mine was mozzarella. Repeat for the other tortilla.
 - Fold each tortilla in half and toast in a non-stick pan with olive oil until golden brown. Flip and toast on the other side as well.
 - Slice in 3-4 pieces and serve like this, or with guacamole.
- Macros: Cal-702, Protein-54g, Carb-27g, Fat-49g



CHICKEN & HUMMUS NAAN WRAPS

Ingredients:

- 4 pieces of naan bread
- 1 cup of roasted red pepper hummus
- 4 cups of organic spring mix
- 3 cups of shredded cooked chicken
- 2 cups of the veggie mixture with dressing (see below for recipe)
- 4 tablespoons of full-fat feta cheese or goat cheese
- For garnish (added to each wrap):
- 1 1/2 teaspoons of extra vinaigrette or juice from the veggies
- Sea salt & black pepper, to taste
- Drizzle of good-quality extra virgin olive oil
- For the veggie mixture
- 1/2 cup of peeled, sliced & quartered cucumber
- 1 cup of quartered cherry tomatoes
- 1/2 cup of peeled & diced red onion*
- 1/4-1/3 cup of red wine vinaigrette

Instructions on next page



CHICKEN & HUMMUS NAAN WRAPS

Instructions

- Turn on your oven's LOW broil setting and pop the naan bread pieces onto the middle rack. Warm & slightly toast each side for about 3-5 minutes, keeping an eye on them, so they don't get too dark (I always set a timer). Alternately, you can warm the naan bread in a skillet on the stove or in a toaster oven if you don't want to turn on your oven.
- Meanwhile, prep the cucumber, tomatoes, and red onion and add the chopped veggies to a medium-sized bowl. Pour vinaigrette over the veggie mixture and toss the vegetables until they're well coated.
- Lay the naan bread pieces on a cutting board
- Prepare each naan wrap as follows: Spread 1/4 cup of hummus across the whole surface, place 1 cup of spring mix on half the naan, then the cooked shredded chicken on the other half. Scoop 1/2 cup of the veggie mixture on top of the salad mix (this helps to absorb a bit of the dressing), then crumble 1 tablespoon of feta cheese over the veggies.
- Garnish each chicken wrap by pouring an extra tablespoon of red wine vinaigrette or juice from the bottom of the veggie bowl over the whole wrap, followed by sea salt & cracked black pepper (to taste) and a drizzle of extra virgin olive oil if desired.

Macros (per one Naan): Cal-440cal, Protein-17g, Carb-65g, Fat-14g



DINNER

Sesame chicken

Asian tacos with crunch slaw and chili mayo

Ground turkey and Broccoli Pasta

Ground Turkey Sloppy Joes

Egg Roll in a bowl

Gnocchi with spinach and chicken sausage

Skillet chicken with mushroom wine sauce

Coconut Chicken Curry

Southwest Ground Beef Sweet Potato Skillet

Taco Bell CopyCat Mexican Pizzas



SESAME CHICKEN

Ingredients:

- 1/2 Pounds Of Chicken Breast
- 1/4 Cup Soy Sauce
- 2 Tablespoons Rice Vinegar
- 2 Tablespoons Maple Syrup
- 1 Tablespoon Corn Starch
- 2 Teaspoons Sesame Oil
- 2-3 Minced Garlic Cloves
- 1-2 Teaspoons of Chili Paste
- Sesame Seeds
- Extra Virgin Olive Oil

Instructions:

- Dice chicken into small pieces. Toss in salt, pepper, and EVOO. Throw in air-fryer for 10-12 minutes on 380°F (or bake in the oven for about 15 mins)
- While chicken is cooking, in a mixing bowl, stir together all other ingredients besides the sesame seeds.
- Add to pan and bring to boil. Once boiling, lower to a simmer. Stir until thickened.
- Once the chicken is cooked, add to the pan and toss. Add sesame seeds.
- Serve with Jasmine rice and zucchini for a yummy balanced meal!

Macros (includes rice): Cal-403, Protein-28g, Carb-46g, Fat-12g



ASIAN TACOS WITH CRUNCH SLAW + CHILI MAYO

Ingredients:

- 1 lb Ground Beef
- 1 tbs Extra Virgin Olive Oil
- 4 Minced Garlic Cloves
- 1/2 tbs Grated (or minced) Fresh Ginger

Slaw:

- Any Premade Salad Kit You Like
- 1/2 Juice Of A Lime
- 1 TBS Chopped Cilantro

Sauce Ingredients:

- 1/4 Cup Soy Sauce
- 2 Tablespoons Hoisen Sauce
- 1 Tablespoon of Rice Wine Vinegar
- 1 Tablespoon Of Sriracha (or more!)
- 1 Tablespoon of Agave or Pure Maple Syrup
- 2 Tablespoons a Sesame Oil
- 1 Tablespoon Cornstarch Mixed With 2 Tablespoons Of Water
- 6 Small Taco Tortillas Or Hard Shells

Chili Mayo:

- 1/2 Cup Of Mayo
- 1 TBS of Chili Paste

Instructions:

- Add olive oil to the pan. Add minced garlic and ginger and cook until fragrant.
- Add beef and cook until no longer pink. You may add all the rest of the ingredients straight to the pan and toss (except the cornstarch and water), but I personally like to whisk them all together in a bowl first, then add to the skillet.
- Bring to a bubble, lower, and let simmer until it thickens slightly.
- Mix the cornstarch in a bowl with water and add to the pan.
- Continue to simmer until it thickens.
- While you have the meat simmering, toss together the salad and mix the mayo. Put in fridge until ready to top tacos. Once your meat mixture is good to go, layer the tacos with meat, slaw, and mayo.

Macros (per taco): Cal-357, Protein-12g, Carb-21g, Fat-25g



GROUND TURKEY & BROCCOLI PASTA

Ingredients:

- 1 Large Onion Chopped
- 1 lb Ground Turkey
- 1 tbs Extra Virgin Olive Oil
- 3 Cups Of Any Short Pasta (use Banza Chickpea Pasta for Extra Protein)
- 3 Cups Of Low Sodium Veggie or Chicken Stock
- 1 Tsp Salt
- Ground Pepper To Taste
- 1 LB Broccoli Florets
- 3 Tomatoes Diced
- 1-2 Garlic Cloves Grated
- A Pinch of Red Pepper Flakes
- 1/2 Cup PF Parmesan Cheese, Grated
- 1/2 Cup of Chopped Parsley

Instructions:

- Preheat a large dutch oven or pot on medium heat and swirl oil to coat. Add onion and sauté for 3 minutes, stirring occasionally.
- Add ground turkey and cook for 5 minutes, breaking into pieces and stirring with a spatula. Add pasta, stock, salt, and pepper; stir and level with a spatula.
- Then cover and cook on low heat for 10-12 minutes, checking after 10 mins. Brown rice and any gluten-free pasta cook faster than wheat. When pasta is al dente, turn off the heat and add broccoli, tomato, garlic, and red pepper flakes. Stir, cover, and let stand for 5 mins.
- Add parsley and parmesan cheese, gently stir and serve hot.

Macros: Cal-448, Protein-31g, Carb-42g, Fat-19g



TURKEY SLOPPY JOES

Ingredients:

- 1 Small Onion
- 2 Cloves Of Garlic
- 1 Medium Carrot
- 1 Bell Pepper
- 6oz Baby Bella Mushrooms
- 1 Tablespoon Olive Oil
- 1 Pound Lean Ground Turkey
- Salt and Pepper
- 1/2 Cup Ketchup
- 1 Can (8oz) Tomato Sauce
- 1 Tablespoon Each: Worcestershire sauce, Red Wine Vinegar, Agave or Pure Maple Syrup
- 1 Teaspoon Yellow Mustard
- 2 Teaspoons Beef Bullion Powder
- 1/4 Cup BBQ Sauce

Optional: 1/2 To 1 Full Cup Freshly Grated Sharp Cheddar Cheese
(Depending On How Cheesy You'd Like it)

- Your Favorite Hamburger Buns (I Like Daves Killer Bread Buns)

Instructions on next page



TURKEY SLOPPY JOES

Instructions

- **Prep Veggies:** Peel an onion and grate it on the large holes of a cheese grater. Mince the garlic, finely chop (or grate on the large holes) a carrot, finely chop the red pepper, and finely chop the mushrooms.
- ***You could also, instead, add a coarsely chopped carrot, coarsely chopped red pepper, and garlic to a food processor and pulse into diced pieces. Add the mushrooms separately and pulse them into diced pieces. This is quicker.
- **Cook veggies:** Add 1 tablespoon olive oil to a large cast-iron skillet and place over medium-high heat.
- Add in the onion, garlic, carrot, and bell pepper. Sauté for 5-7 mins or until liquid from the veggies has evaporated.
- Add the mushrooms and sauté for another 2-3 minutes or until all veggies are mostly tender.
- Press veggies into the edges of the skillet and add 1 pound of ground turkey in the center of the pan. Crumble the meat into small pieces and cook until no longer pink (but not cooked through all the way), about 5-8 minutes. As you crumble the meat, incorporate the veggies into the meat.
- Season with salt and pepper to taste.
- **Sauce:** Whisk this sauce separately in a different bowl or just add it right into the skillet. Add the ketchup, tomato sauce, Worcestershire sauce, red wine vinegar, agave or maple syrup, yellow mustard, beef bouillon powder, and BBQ sauce.
- Stir well and then simmer the meat until fully cooked through and the sauce has thickened about another 3-5 minutes.
- Stir well and then simmer the meat until fully cooked through and the sauce has thickened about another 3-5 minutes.
- **Finish:** Remove the skillet from the heat. If desired, add some freshly grated cheese on top of the meat and let it stand (covered with a lid) for 2-3 minutes or until melted. Spoon the mixture on top of the toasted buns (note 2) and enjoy immediately.



EGG ROLL IN A BOWL

Ingredients:

- 1 Pound Ground Pork or Chicken
- 4 Green Onions (whites and greens separated)
- 2 teaspoons Ginger Grated
- 3 Cloves Garlic
- 1 Pound Coleslaw Mix
- 3 Tablespoons Soy Sauce
- 1 Teaspoon Sesame Oil or To Taste
- Cilantro & Sesame Seeds For Garnish

Instructions:

- Brown pork in a pan until no pink remains. Drain fat.
- Add the whites of the green onions, ginger, garlic, and coleslaw mix.
- Cook until slaw is tender, about 5 mins. Stir in soy sauce and sesame oil and stir until coated.
- Garnish with cilantro, greens or green onions, and sesame seeds, and serve

Macros (per egg roll): Cal-265, Protein-12g, Carb-28g, Fat-10g



TUSCAN GNOCCHI + CHICKEN

Ingredients:

- 2 Tablespoons Butter (or olive oil)
- 1 Pack Of Italian Chicken Sausage
- 1 Brown Shallot, Chopped (or 1 small onion)
- 4 Cloves Garlic, Minced
- 1 Pound (500 G) Uncooked Potato Gnocchi (The Dry Packaged Gnocchi - not fresh)
- 1/2 Cup Jarred Sun-Dried Tomato Strips In Oil, (Reserve 2 Teaspoons of the Jarred Oil For Cooking)
- 1/2 Cup Chicken Broth
- 1 1/4 Cups of Half and Half
- 1 Teaspoon Dried Italian Herbs
- Salt & Pepper, To Taste
- 1 1/2 Cups Fresh Baby Spinach
- 1/2 Cup Fresh Grated Parmesan Cheese (Optional)
- 2 Tablespoons Fresh Chopped Basil, (Or Parsley)

Instructions:

- Heat a large skillet over med-high heat. 1 tbs olive oil to a pan and cook chicken sausage until crispy. Remove from pan and set aside.
- Add the second tablespoon of butter and sauté shallots until transparent, about 2 minutes. Sauté garlic until fragrant, about 30 seconds. Scraping up and brown bits leftover from the sauce.
- Add the gnocchi and let sear in the butter for a min. Add the sun-dried tomatoes and reserved oil. Cook for a further minute to release flavors into the gnocchi.
- Pour in the chicken broth, cream, and Italian herbs and add the sausage back to the pan.
- Season with salt and pepper to taste. Mix everything together and reduce heat to medium. Cover the pan with the lid and let cook for 5 mins.
- Stir in the spinach leaves and cook until wilted, about 1 minute.
- Stir in parmesan cheese and chopped basil Let simmer for a further minute or until gnocchi is soft, cooked through, and the sauce has thickened to your liking.
- Season with a little extra salt & pepper, if needed, to suit your taste.
- Serve immediately.



SKILLET CHICKEN WITH MUSHROOM WINE SAUCE

Ingredients:

- 3 Boneless Skinless Chicken Breasts Cut In Half Horizontally Into Cutlets
- 1/2 Teaspoon Salt
- 1 Teaspoon Pepper
- 1/2 Teaspoon Garlic Powder
- 12 Ounces Mushrooms, Cleaned and Thick-Sliced
- 2 Tablespoons Unsalted Grass-fed Butter, Divided
- 2 Tablespoons Olive Oil
- 2 Garlic Cloves, Minced
- 2 Large Shallots, Sliced Thin (Or A Small Sweet Onion)
- 1 1/2 Cups Chicken Broth, Low Sodium
- 1/2 Cup Dry White Wine
- 1/2 Cup Half And Half Cream
- 2 Large Springs Of Fresh Thyme
- 1 Teaspoon Dijon Mustard
- 2 Teaspoons Cornstarch Dissolved In 2 Tablespoons Water Or Broth

Instructions:

- Pat the chicken breasts dry with paper towels. Cut each breast in half horizontally into 2 thinner cutlets. Alternatively, place the chicken breasts between two sheets of plastic wrap and pound to an even thickness.
 - Sprinkle chicken with salt, pepper, and garlic powder.
 - Add 2 tablespoons of olive oil to a large skillet. Add the chicken to the skillet and cook until well browned, about 5 mins. Turn and cook another 3-5 mins. Remove the cooked chicken to a plate and cover to keep warm. Repeat until all chicken is browned.
 - Add 2 tablespoons of butter to the pan and heat until melted. Add the sliced mushrooms and cook undisturbed until the mushrooms are very dark on one side. Stir and turn the mushrooms and continue cooking until the moisture is released and evaporated and the mushrooms are well browned.
 - Add the sliced shallots to the pan and cook until softened and starting to brown. Add the minced garlic and sauté for 30 seconds or until fragrant. Pour the wine into the pan and scrape the bottom to deglaze. Add the thyme springs, chicken broth, mustard, and cream. Bring to a boil and cook for 5 mins. Stir in the dissolved cornstarch. Bring the sauce back to a light simmer and add the chicken. Heat and simmer for 5 mins or until the sauce is thickened and the chicken is warmed through. Remove the thyme sprigs, and season the dish with salt and pepper to taste.
 - Garnish with parsley or additional thyme and serve with rice, potatoes, or chickpea noodles for more protein.
- Macros: Cal-327, Protein-18g, Carb-12g, Fat-9.5g



KURTZ
MEDICAL AESTHETICS

COCONUT CHICKEN CURRY

Ingredients:

- 2 lbs Boneless & Skinless Chicken Breast or Thighs Cut Into 1.5" Cubes
- 2 Large Onions Chopped
- 4 Garlic Cloves Minced
- 1 Inch Fresh Ginger Peeled And Minced
- 2 tbsp Oil
- 2 tbsp Yellow Curry
- 1 tsp Turmeric
- 14 oz can Full Fat Coconut Milk
- 1 tbsp Maple Syrup
- 3/4 tsp Salt
- Ground Black Paper To Taste
- 4 tbsp Cold Water
- 1 tbsp Cornstarch

Instructions:

- Preheat a large skillet on med-high heat and swirl oil to coat. Add onion, garlic, and ginger and cook for 5 mins, stirring occasionally.
- Add yellow curry powder and turmeric; sauté for 30 seconds, stirring often.
- Add coconut milk, maple syrup, salt, and stir until incorporated, and bring to a boil.
- Add chicken, stir, reduce heat to low and cook uncovered for 15 mins, stirring occasionally.
- In a small bowl, whisk the cold water with cornstarch and pour over the sauce. Stir and cook for a few mins until the sauce has thickened.
- Season with pepper to taste and serve over brown rice or quinoa

Macros: Cal-553, Protein-33g, Carb-35g, Fat-31g



SOUTHWEST GROUND BEEF & SWEET POTATO SKILLET

Ingredients:

- 1 Tablespoon Olive Oil
- 1/2 Cup Diced Onion
- 1 Pound Lean Ground Beef
- 5 Teaspoons Chili Powder
- 2 Teaspoons Ground Cumin
- Kosher Salt and Black Pepper To Taste
- 1 Teaspoon Grated Garlic
- 2 Cups Peeled And Diced Sweet Potatoes
- 14.5 Ounces Canned Diced Green Chiles
- 1/4 Cup Water
- 1/2 Cup Shredded Cheddar Cheese
- Cilantro for garnish (optional)

Instructions:

- Heat the olive oil in a large skillet over med-high heat. Addin the ground beef and diced onion and crumble the beef with a wooden spoon. Add in chili powder, cumin, and season with salt and pepper. When the beef is nearly cooked through, add the garlic and cook for another minute. Pour it out onto a plate and wipe out the skillet.
- Add the diced sweet potato, fire-roasted tomatoes, green chilies, water, and a little more salt and pepper to the skillet. Stir everything together and cover it with a lid. Lower the heat and let it simmer for about 20 mins or until the sweet potatoes are tender.
- Add the ground beef mixture with the sweet potatoes and stir everything together. Top with shredded cheese and cover with the lid again for another minute or until the cheese is melted. Top with cilantro and serve.

Macros: Cal-248, Protein-15g, Carb-22g, Fat-11g



KURTZ
MEDICAL AESTHETICS

COPYCAT TBELL MEXICAN PIZZA

Ingredients:

- 1 Pound Ground Chicken
- 1/2 Jalapeño Deseeded and Diced Finely
- 1/4 Yellow Onion Diced Finely
- 1 Clove Garlic
- 2 tbsp Olive Oil (Plus a little to spray on tortillas)
- 1 Packet Of Your Favorite Taco Seasoning
- 12 Tortillas
- 1 15oz Can of Red Enchilada Sauce
- 2 16 oz Cans of Refried Beans
- 12 oz Thick Shredded Monterey Jack Cheese
- Cilantro
- Diced Tomatoes

Instructions:

- Preheat the oven to 425. Then in a medium frying pan, add olive oil and heat on medium heat. Add yellow onion diced finely, jalapeño deseeded and diced finely, and garlic clove minced. Let sauté for 2 mins, continuing to stir occasionally. After add in your ground chicken and break apart into bite-sized pieces until cooked through.
- Then follow the instructions on the back of your taco seasoning packet.
- Once taco meat is cooked, add it to a small bowl and work on your tortillas. On a large baking sheet, add 4 tortillas, and spray the tops with a little olive oil.
- Cook tortillas for about 4 mins on the first side and 2 mins on the other at 425, but keep an eye on them!
- While tortillas are cooking, heat up your 2 cans of refried beans in a small saucepan. On low, occasionally stir, so it heats through and does not burn. Once it is cooked all the way through, add 6 tbsp of the red enchilada sauce, then reserve the rest for the tops of the Mexican pizzas.
- Once your tortillas are cooked, refried beans are heated, and ground chicken is cooked, you are ready to layer!
- Place the first tortilla on a baking sheet again. Then spread the refried beans enchilada mixture in an even layer. Sprinkle the ground chicken over the refried beans, then Monterey jack cheese, followed by the second tortilla. After this, take 3 tbsp of the red enchilada sauce and spread it over the top of the second tortilla, starting in the center and working out.
- Lastly, sprinkle cheese over the red enchilada sauce, press down into the sauce, and place it back in the oven at 435 for 5 mins. Once out of the oven, sprinkle with diced tomatoes and cilantro, cut, and enjoy!

Macros (per taco): Cal-324, Protein-16g, Carb-29g, Fat-16g

