

Herb-Crusted Grilled Sirloin with Mediterranean Quinoa Salad Grilled Sirloin Steak

• Ingredients:

- 1 lean sirloin steak (trimmed of excess fat) 1 teaspoon olive oil
- 1 garlic clove (minced)
- Juice of half a lemon
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- A pinch of sea salt (or a salt substitute) and freshly ground black pepper

• Instructions:

Marinate: In a small bowl, combine olive oil, minced garlic, lemon juice, rosemary, thyme, salt, and pepper. Rub the mixture evenly over the steak. Let it marinate for at least 30 minutes.

Grill: Preheat the grill to medium-high heat. Grill the steak for about 4-5 minutes per side for medium-rare, adjusting time based on your preferred doneness.

Rest: Allow the steak to rest for a few minutes before slicing against the grain. Mediterranean Quinoa Salad

- 1 cup cooked quinoa (rich in fiber and protein)
- 1 cup cherry tomatoes (halved)
- 1 cucumber (diced)
- 1/4 cup chopped red onion (optional, for a bit of crunch and flavor)
- 1/4 cup pitted Kalamata olives (rinsed to reduce excess salt, then chopped) 1/4 cup crumbled feta cheese (optional; use a reduced-fat version if desired) 2 tablespoons extra virgin olive oil
- Juice of 1 lemon

Ginger Beef Stir-Fry with Broccoli and Bell Peppers Ingredients

- **Ingredients:**

- **Beef:** 1 lb lean beef (such as sirloin or flank steak), thinly sliced against the grain

- **Vegetables:**

- 2 cups broccoli florets

- 1 red bell pepper, thinly sliced

- 1 yellow bell pepper, thinly sliced • 1 medium carrot, julienned

- **For the Marinade/Sauce:**

- 2 teaspoons low-sodium soy sauce (or tamari for a gluten-free option) • 1 teaspoon rice vinegar

- 1 teaspoon freshly grated ginger

- 1 garlic clove, minced

- 1/2 teaspoon sesame oil (optional for flavor)

- A pinch of black pepper

- 1 garlic clove (minced)

- Fresh basil or parsley (chopped)

- A small pinch of sea salt (or salt substitute) and pepper to taste

Combine: In a large bowl, mix the quinoa, tomatoes, cucumber, red onion, olives, and feta cheese.

Dress: In a separate small bowl, whisk together olive oil, lemon juice, garlic, salt, and pepper. Pour over the salad.

Mix & Serve: Toss everything well, and garnish with chopped fresh basil or parsley.

- **Optional Garnish:**

- A few sesame seeds and a sprinkle of chopped green onions

Instructions

1. Marinate the Beef:

Combine the beef slices with the low-sodium soy sauce, rice vinegar, ginger, garlic, sesame oil, and black pepper. Let it marinate for at least 15–20 minutes.

2. Prepare the Vegetables:

While the beef marinates, wash and slice the vegetables into bite-sized pieces.

3. Stir-Fry:

Heat a tablespoon of olive or avocado oil in a large nonstick skillet or wok over medium-high heat.

- First, add the beef slices and quickly stir-fry until they are just browned (about 2–3 minutes). Remove the beef from the pan.

- Add the vegetables to the pan. Stir-fry for about 4–5 minutes until they are tender yet still crisp.

- Return the beef to the pan and toss everything together for an additional minute to let the flavors meld.

4. Serve:

Sprinkle with sesame seeds and green onions. Enjoy this dish on its own or paired with a small serving of brown rice or quinoa for extra fiber.

Hearty Beef and Vegetable Stew

- **Ingredients:**

- **Beef:** 1.5 lbs lean beef stew meat, cut into 1-inch cubes

- **Vegetables:**

- 1 large onion, chopped
- 3 garlic cloves, minced
- 3 carrots, peeled and sliced
- 2 celery stalks, chopped
- 2 parsnips, peeled and cubed
- 1 cup diced tomatoes (preferably low sodium, or use fresh tomatoes) • 1 cup green beans, trimmed and cut into 1-inch pieces

- **Liquids & Seasonings:**

- 4 cups low-sodium beef broth • 1 bay leaf
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- A pinch of salt (or salt substitute) and freshly ground black pepper to taste

- **Optional Add-ins:**

- A handful of spinach or kale added at the end of cooking for extra nutrients

- **Instructions**

- 1. Brown the Beef:**

- In a large pot or Dutch oven, heat a bit of olive oil over medium-high heat. Brown the beef cubes on all sides (this should take about 5–7 minutes). Remove the beef and set aside.

- 2. Sauté Aromatics and Vegetables:**

- In the same pot, add the chopped onion and garlic. Sauté until the onion becomes translucent (about 3 minutes).

- Add the carrots, celery, and parsnips, stirring occasionally for 4–5 minutes.

- 3. Build the Stew:**

- Return the beef to the pot. Add the diced tomatoes, low-sodium broth, bay leaf, thyme, and rosemary. Stir well, and season lightly with salt and pepper. Bring the mixture to a gentle simmer.

- 4. Simmer:**

- Reduce heat to low, cover the pot, and let the stew simmer for about 1.5–2 hours. The meat should become tender and the vegetables soft but still holding some texture.

- If using green beans, add them in the last 15 minutes of cooking. For extra greens like spinach or kale, stir them in a few minutes before serving.

- 5. Finish and Serve:**

- Taste and adjust seasoning if needed. Remove the bay leaf before serving. This stew pairs well with a slice of whole-grain bread or a small side salad.

Hearty Chicken & Vegetable Soup

Ingredients:

- 1 lb boneless, skinless chicken breast (diced)
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 3 carrots, peeled and sliced
- 2 celery stalks, sliced
- 1 zucchini, diced
- 1 cup green beans, cut into 1-inch pieces
- 1 can (14.5 oz) diced tomatoes (low sodium)
- 6 cups low-sodium chicken broth
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- Salt and pepper to taste
- A handful of spinach or kale (optional)

Instructions:

1. In a large pot, heat olive oil over medium heat. Sauté onion and garlic until soft.
2. Add chicken and cook until lightly browned.
3. Stir in carrots, celery, zucchini, and green beans.
4. Pour in the broth and tomatoes, then add thyme and basil.
5. Bring to a simmer and cook for 20–25 minutes until vegetables are tender.
6. Stir in spinach or kale at the end for extra nutrients.
7. Season lightly with salt and pepper. Serve warm.

Salmon & Quinoa Bowl

- 2 salmon fillets (4–6 oz each)
- Salt, pepper, and a squeeze of lemon
- 1 cup quinoa (rinsed)
- 2 cups water or low-sodium broth
- 1 cup steamed broccoli florets
- 1 cup diced butternut squash (roasted or steamed)
- 1/4 cup finely chopped fresh parsley
- Olive oil (optional drizzle)

Instructions:

1. Preheat the oven to 375°F. Season salmon with salt, pepper, and lemon juice; bake for 12–15 minutes until just cooked through.
2. In a saucepan, combine quinoa and water (or broth). Bring to a boil, then reduce heat and simmer for about 15 minutes until the liquid is absorbed.
3. Arrange quinoa in bowls and top with salmon, steamed broccoli, and squash.
4. Drizzle lightly with olive oil and sprinkle with parsley. Serve warm.

Turkey Veggie Meatloaf

Ingredients:

- 1 lb lean ground turkey
- 1 small onion, finely chopped
- 1 carrot, grated
- 1 zucchini, grated (squeeze out excess moisture)
- 1/2 cup rolled oats (or whole wheat breadcrumbs)
- 1 egg (lightly beaten)
- 1/4 cup low-sodium tomato sauce
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 350°F.
2. In a large bowl, combine turkey, onion, carrot, zucchini, oats, egg, tomato sauce, oregano, garlic powder, salt, and pepper. Mix until just combined.
3. Form the mixture into a loaf shape and place it in a lightly greased baking dish.
4. Bake for about 45–50 minutes, or until cooked through.
5. Let it rest for a few minutes before slicing. This can be served with a side of steamed vegetables or mashed sweet potatoes.