



Clean + Delicious Meal Plan

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Hi Gorgeous!

Here's a week of clean & delicious recipes that will save you time & effort in the kitchen plus feel like a five-star meal!

Meals that are **shaded** mean leftovers, but use this as a guide & feel free to modify to fit your lifestyle & taste preferences. Notice the serving sizes per recipe and adjust to fit your family size (make adjustments on the shopping list too).

Want more leftovers? No problem, double the recipe and have ready-to-go dinners or lunches throughout the week!

### More time saving tips...

- Buy a pre-made rotisserie chicken at the store for the *Chicken Teriyaki Bowl*.
- Pre-make your coconut rice in the beginning of the week and use for your *Chicken Teriyaki Bowl*, *Caribbean Blackened Salmon Bowl* or even make a little extra to go alongside your *one pan meals*.
- Skip the step for assembling the Blackened Spice on the Caribbean Blackened Salmon Bowls, instead purchase one at the store premade.
- Prep some meals on the weekend- like the *Egg muffins*, *protein muffins*, *granola bars*, *chicken teriyaki bowl* lunches and any snacks you wish.

Increase the 'enjoyability factor' in the kitchen by turning on your favorite tunes & pouring yourself a refreshing beverage to enjoy while you cook.

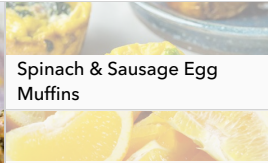
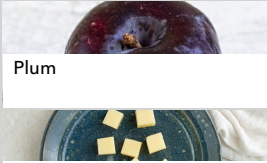
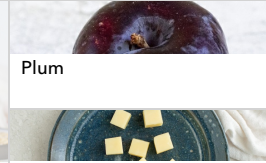
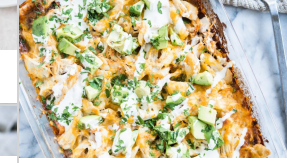
Cooking clean & delicious meals don't have to be time-consuming and overly complicated! I hope you enjoy these personal favorites as much as I do!

**Setup a complimentary discovery call** to learn more about my nutrition coaching and meal planning services!

Cheers to your Best Health,

Xo, Deanna  
wellness@deannadewitt.com



|                | Mon                                                                                                                                                                                                               | Tues                                                                                                                                                                                                   | Wed                                                                                                                                                                                                               | Thur                                                                                                                                                                                                     | Fri                                                                                                                                                                                                                                       | Sat                                                                                                                      | Sun                                                                                                                      |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Breakfast      | <br>Spinach & Sausage Egg Muffins<br><br>Orange | <br>Blueberry Sweet Potato Breakfast Meatballs                                                                        | <br>Spinach & Sausage Egg Muffins<br><br>Orange | <br>Blueberry Sweet Potato Breakfast Meatballs                                                                         | <br>Spinach & Sausage Egg Muffins<br><br>Orange                     | <br>Chorizo & Squash Breakfast Hash   | <br>Veggie Scramble with Strawberries |
| AM Snack       | <br>Protein Berry Oatmeal Cups                                                                                                   | <br>Plum<br><br>Raw Cheese of Choice | <br>Protein Berry Oatmeal Cups                                                                                                   | <br>Plum<br><br>Raw Cheese of Choice | <br>Protein Berry Oatmeal Cups                                                                                                                         | <br>Everything Bagel Hummus & Veggies | <br>Everything Bagel Hummus & Veggies |
| Lunch          | <br>Chicken Teriyaki Bowl                                                                                                        | <br>Chicken Teriyaki Bowl                                                                                             | <br>Chicken Teriyaki Bowl                                                                                                        | <br>Pasta with Spinach & Turkey                                                                                        | <br>One Pan Chicken & Carrots with Orange Glaze & Quinoa                                                                                               | <br>One Pan Tamari Beef & Vegetables  | <br>Easy Chicken Enchilada Casserole  |
| Optional Snack | <br>Homemade Oat Granola Bars                                                                                                    | <br>Peach Yogurt Parfait                                                                                              | <br>Homemade Oat Granola Bars                                                                                                    | <br>Peach Yogurt Parfait                                                                                               | <br>Homemade Oat Granola Bars                                                                                                                          | <br>Peach Yogurt Parfait              | <br>Homemade Oat Granola Bars         |
| Dinner         | <br>Lemony Shrimp Pasta                                                                                                         | <br>Caribbean Blackened Salmon Bowls                                                                                 | <br>Pasta with Spinach & Turkey                                                                                                 | <br>One Pan Chicken & Carrots with Orange Glaze & Quinoa                                                              | <br>One Pan Tamari Beef & Vegetables<br><br>Perfect Coconut Rice | <br>Easy Chicken Enchilada Casserole | <br>Southern Shrimp & Grits          |

## Fruits

- ☐ 2 Avocado
- ☐ 1 Banana
- ☐ 2 1/8 cups Blueberries
- ☐ 2/3 Lemon
- ☐ 2 tbsps Lemon Juice
- ☐ 2 Lime
- ☐ 2 tbsps Lime Juice
- ☐ 1 Mango
- ☐ 6 Navel Orange
- ☐ 3 Peach
- ☐ 4 Plum
- ☐ 2 cups Strawberries

## Breakfast

- ☐ 3 cups Granola
- ☐ 1/3 cup Maple Syrup
- ☐ 3/4 cup Old Fashioned Grits

## Seeds, Nuts & Spices

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 1/4 tsp Black Pepper
- ☐ 1/2 tsp Cajun Seasoning
- ☐ 1/2 tsp Chili Flakes
- ☐ 2 1/2 tbsps Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 1 tbs Cumin
- ☐ 1 tsp Dried Thyme
- ☐ 1 1/3 tbsps Everything Bagel Seasoning
- ☐ 1 1/4 tbsps Garlic Powder
- ☐ 3/4 tsp Ground Ginger
- ☐ 1 tsp Italian Seasoning
- ☐ 1 tsp Onion Powder
- ☐ 1 tsp Oregano
- ☐ 1 tbsps Paprika
- ☐ 2 tbsps Sea Salt
- ☐ 1 Sea Salt & Black Pepper
- ☐ 0 Sesame Seeds
- ☐ 1/4 cup Unsweetened Dried Blueberries

## Vegetables

- ☐ 2 cups Arugula
- ☐ 10 cups Baby Spinach
- ☐ 4 cups Bok Choy
- ☐ 3 heads Broccoli
- ☐ 1 cup Butternut Squash
- ☐ 20 Carrot
- ☐ 1/4 cup Chives
- ☐ 3/4 cup Cilantro
- ☐ 0 Cilantro
- ☐ 1 Cucumber
- ☐ 1/4 cup Fresh Chopped Cilantro
- ☐ 1 1/2 tbsps Fresh Sage
- ☐ 2 tsps Ginger
- ☐ 2 cups Green Beans
- ☐ 16 stalks Green Onion
- ☐ 1 1/2 cups Kale Leaves
- ☐ 1 Large Avocado, Diced
- ☐ 1 cup Purple Cabbage
- ☐ 3 Red Bell Pepper
- ☐ 1 Sweet Potato
- ☐ 1 1/2 tbsps Thyme
- ☐ 2 Tomato

## Boxed & Canned

- ☐ 8 cups Brown Rice Penne
- ☐ 1 cup Chicken Broth
- ☐ 6 1/4 cups Coconut Rice
- ☐ 13 1/2 fl ozs Full Fat Coconut Milk
- ☐ 2 cups Jasmine Rice
- ☐ 8 ozs Lentil Pasta
- ☐ 2 cans Mild Enchilada Sauce
- ☐ 2 cups Quick Oats

## Baking

- ☐ 1 tsp Baking Powder
- ☐ 2 tbsps Honey
- ☐ 1/2 cup Oat Flour
- ☐ 2 cups Oats
- ☐ 1/2 cup Raw Honey

## Bread, Fish, Meat & Cheese

- ☐ 3 slices Bacon
- ☐ 2 lbs Chicken Breast
- ☐ 1 lb Chicken Thighs With Skin
- ☐ 8 ozs Chorizo
- ☐ 12 Corn Tortillas
- ☐ 1 1/2 lbs Extra Lean Ground Beef
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 2 lbs Ground Pork
- ☐ 1 cup Hummus
- ☐ 8 3/4 ozs Pork Sausage
- ☐ 8 ozs Raw Cheese
- ☐ 4 Salmon Fillet
- ☐ 4 1/2 cups Shredded Chicken
- ☐ 2 cups Shredded Mexican Blend Cheese
- ☐ 1 1/2 lbs Shrimp

## Condiments & Oils

- ☐ 12 fl ozs Coconut Aminos
- ☐ 1 tbsps Coconut Oil
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 3/4 tsp Fish Sauce
- ☐ 1 1/2 tbsps Rice Vinegar
- ☐ 1 tbsps Sesame Oil
- ☐ 1 tbsps Sriracha
- ☐ 2/3 cup Sun Dried Tomatoes
- ☐ 1/2 cup Tamari

## Cold

- ☐ 2 tbsps Butter
- ☐ 20 Egg
- ☐ 3 cups Grass Fed Greek Yogurt
- ☐ 2 tbsps Orange Juice
- ☐ 1 1/2 cups Plain Coconut Milk
- ☐ 1/2 cup Unsweetened Almond Milk

## Other

- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 2 3/4 cups Water





## Spinach & Sausage Egg Muffins

6 servings

30 minutes

### Ingredients

1 1/2 tsps Extra Virgin Olive Oil  
8 3/4 ozs Pork Sausage (casing removed)  
6 cups Baby Spinach (chopped)  
8 Egg  
1/4 cup Water  
1/4 tsp Sea Salt  
1 stalk Green Onion (chopped)

### Directions

- 1 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is two egg muffins.

**More Flavor:** Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

**Make it Vegetarian:** Omit the sausage.

**No Sausage:** Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

**No Spinach:** Use kale or chard instead.



## Blueberry Sweet Potato Breakfast Meatballs

8 servings

35 minutes

### Ingredients

2 lbs Ground Pork (may also use turkey)  
1 Sweet Potato (large-peeled)  
1 1/2 cups Kale Leaves (de-stemmed & finely chopped)  
2/3 cup Blueberries (fresh or frozen)  
1 tbsp Maple Syrup  
1 1/2 tsps Sea Salt  
1 1/2 tsps Thyme (fresh/chopped or substitute 3/4 tsp. dried)  
1 1/2 tsps Fresh Sage (Fresh/chopped or may substitute 3/4 tsp dried)

### Directions

- 1 Preheat the oven to 400 F and line a rimmed baking sheet with parchment paper, then set aside.
- 2 Grate the sweet potato then add to a large bowl along with the ground pork, kale, blueberries, maple syrup, salt, and spices. Work the mixture with your hands until fully combined.
- 3 Shape the mixture into one inch balls and place on the rimmed baking sheet. Bake at 400 F for 20-25 minutes until the meatballs are browned and the blueberries have burst.
- 4 Let cool slightly then enjoy!

### Notes

**Storage:** These will keep up to 5 days in the fridge or up to 3 months in the freezer.

**Cook Now Eat Later:** Make a double batch and freeze half for later.

**Additions:** Try crushed red peppers and fennel.





## Chorizo & Squash Breakfast Hash

2 servings

30 minutes

### Ingredients

8 ozs Chorizo (casing removed)  
1 cup Butternut Squash (chopped into small cubes)  
1/4 tsp Sea Salt  
2 Egg  
1/4 cup Cilantro (roughly chopped)  
1 Avocado (sliced)

### Directions

- 1 In a large cast iron skillet over medium heat, add the chorizo and break it apart with the back of a spoon until crumbled. Cook for about 5 to 7 minutes, until cooked through. Remove with a slotted spoon and set aside, leaving the fat in the pan.
- 2 Add the butternut squash and salt to the same pan. Cook for about 18 to 20 minutes, stirring every few minutes, until cooked through and crispy. Move to the sides of the pan, and crack the eggs. Cook until the whites are set and the yolks are done to your liking.
- 3 Add the chorizo back to the pan to heat it up slightly. Divide the hash between plates and top with the eggs. Add cilantro and avocado over top and enjoy!

### Notes

**Leftovers:** Refrigerate the squash and chorizo in an airtight container for up to four days. The eggs are best enjoyed the same day.

**More Flavor:** Add sliced onion or garlic to the chorizo while cooking.

**Meal Prep Option:** Hard boil the eggs. Cook the butternut squash and chorizo ahead of time and store in airtight containers for an easy on-the-go meal.



## Veggie Scramble with Strawberries

2 servings

15 minutes

### Ingredients

8 Egg  
1/4 tsp Sea Salt (divided)  
2 tsps Extra Virgin Olive Oil  
2 Red Bell Pepper (finely chopped)  
2 Tomato (medium, diced)  
2 stalks Green Onion (chopped)  
2 cups Strawberries (chopped)

### Directions

- 1 Whisk the eggs in a bowl and season with half of the salt. Set aside.
- 2 Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
- 3 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**More Flavor:** Add dried herbs and spices like garlic powder or parsley.

**No Red Pepper:** Use any colour of bell pepper.

**Like it Spicy:** Add red pepper flakes or jalapeno pepper.

**No Strawberries:** Serve with a different fruit instead.



## Protein Berry Oatmeal Cups

12 servings

35 minutes

### Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbsp Coconut Oil (melted)
- 1 1/2 cups Blueberries (Fresh or frozen (thaw))

### Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

**Serving Size:** One serving size is equal to one oatmeal cup.

**Nut-Free:** Use boxed coconut milk instead of almond milk.

**No Frozen Berries:** Use fresh berries instead.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.

**No Protein Powder:** Omit or use collagen instead.





## Everything Bagel Hummus & Veggies

4 servings

5 minutes

### Ingredients

- 1 cup Hummus
- 1 1/3 tbsps Everything Bagel Seasoning
- 4 Carrot (medium, peeled and cut into sticks)
- 1 Cucumber (medium, sliced)

### Directions

1

Add the hummus to a bowl and stir in the Everything Bagel seasoning. Serve with carrot sticks and cucumber slices. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Veggies:** Use any raw vegetable instead or serve with crackers or pita bread.

**Everything Bagel Seasoning:** If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



## Chicken Teriyaki Bowl

6 servings  
20 minutes

### Ingredients

12 fl ozs Coconut Aminos  
3/4 tsp Ground Ginger (or 1 tbsl diced fresh ginger )  
3/4 tsp Garlic Powder  
1 1/2 tbsps Rice Vinegar  
1 tbsp Sesame Oil  
3/4 tsp Fish Sauce  
4 1/2 cups Shredded Chicken (Use rotisserie chicken or 1-2lbs chicken breast)  
2 1/4 cups Coconut Rice (may also use brown rice or cauliflower rice)  
3 heads Broccoli (or about 1 pound broccoli florets)  
Sesame Seeds (for garnish)  
Cilantro (optional, for garnish)

### Directions

- 1 Cook the rice according to coconut rice recipe or use package instructions for alternate rice.
- 2 Save time: Use a pre-cooked rotisserie chicken and shred. Or sear chicken breast for 4-5 min both sides until cooked, let reset then chop.
- 3 For the sauce, add all the coconut aminos to a large skillet over medium heat. Simmer for about 10 minutes, or until it thickens to coat the back of a spoon. Then, remove from heat and whisk in the ginger, garlic, vinegar, sesame oil, and fish sauce.
- 4 Steam broccoli Stovetop Method: Place the broccoli florets into a medium-sized pot with 1/4 cup water. Place the lid on and let simmer for 10 minutes, until the florets are bright green and easily pierced with a fork. Drain the water from the broccoli and set aside.
- 5 Assemble the bowls: toss the chicken with the teriyaki sauce, then spoon the rice into each bowl, top with the teriyaki chicken and broccoli, then garnish with cilantro and sesame seeds and serve!

### Notes

**Save Time:** Use a store bought rotisserie chicken to save time and prepare the coconut rice ahead of time.

**Spice it up:** Add crushed red peppers to the sauce for an extra kick!

**Low Carb:** Swap the white rice for cauliflower rice.



## Homemade Oat Granola Bars

1 serving  
15 minutes

### Ingredients

2 cups Quick Oats (gluten free)  
1/2 cup All Natural Peanut Butter (or  
alternate nut butter )  
1/2 cup Raw Honey (or maple syrup)  
1/2 tsp Sea Salt (optional)  
1/4 cup Unsweetened Dried  
Blueberries (or chocolate chips or  
dried cranberries)

### Directions

- 1 Line a baking sheet with parchment paper and set aside. In a small saucepan over low-medium heat, bring the honey to runny consistency. Set a timer, and allow the honey to continue boiling for ONLY 1 minute.
- 2 Remove the pan of honey from the heat and stir in the peanut butter and salt.
- 3 Immediately pour the warm mixture over the oats and dried blueberries, use a spatula to stir well, coating the oats evenly. As the mixture cools, it will become sticky and difficult to mix, so be sure to move quickly!
- 4 Transfer the mixture to the lined pan, and press HARD to pack it into the pan. Pressing firmly will ensure that the bars stick together well later. Sprinkle any optional toppings over the top, if desired. (The chocolate chips will melt, so I use a piece of parchment paper over the top to help press them into place without making a mess.)
- 5 Place the pan in the fridge or freezer to cool for 1 hour, then use a large knife or pizza cutter to cut evenly-sized bars. 1 serving = 12 squares.
- 6 These granola bars can be kept at room temperature for 3-5 days, or in the fridge in an airtight container for up to 1 month. You can also freeze them for up to 6 months if you'd like to make a larger batch. They can thaw overnight in the fridge, or if taken to work.

### Notes

1 serving: 1 serving is 12 squares (8g sugar per square with maple syrup)





## Peach Yogurt Parfait

6 servings

5 minutes

### Ingredients

3 cups Grass Fed Greek Yogurt  
(Coconut yogurt if dairy-free)

3 cups Granola

3 Peach (pit removed, diced or  
alternate stone fruit)

### Directions

- 1 Layer the yogurt, granola, and peach in a jar. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Additional Toppings:** Add shredded coconut, hemp seeds, chia seeds, sliced almonds, or crushed pistachios.



## Lemony Shrimp Pasta

2 servings

20 minutes

### Ingredients

8 ozs Lentil Pasta  
2 tbsps Butter (divided)  
2 tbsps Extra Virgin Olive Oil (divided)  
8 ozs Shrimp (peeled, deveined)  
2 cups Arugula  
2 tbsps Lemon Juice  
1/4 cup Chives (chopped)  
1/2 tsp Chili Flakes (for topping)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the spaghetti according to the directions on the package. Remove from heat, strain and run cold water over the pasta to prevent over-cooking.
- 2 In a skillet over medium heat, add half the butter and extra virgin olive oil. Add the shrimp and cook for 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove the shrimp and set aside. Add the arugula to the pan and sauté until just wilted.
- 3 Add the pasta to the pan along with the shrimp, lemon juice and the remaining butter and olive oil. Toss to coat. Divide onto plates and top with chives, chili flakes and salt and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Oil-Free:** Omit the oil. Save some of the pasta water and use it to help make the sauce.

**Dairy-Free:** Use additional olive oil instead of butter.

**No Arugula:** Use another leafy green such as spinach instead.



## Caribbean Blackened Salmon Bowls

4 servings  
20 minutes

### Ingredients

- 2 tbsps Chili Powder
- 1 tbsp Paprika
- 1 tbsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Oregano (Dried)
- 1 tsp Dried Thyme
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 Salmon Fillet (skin-on (5-6oz filets) )
- 1 tbsp Extra Virgin Olive Oil
- 4 cups Coconut Rice (may also use plain white or brown rice, quinoa, or cauliflower rice)
- 1/2 cup Cilantro
- 2 tbsps Lime Juice (about 1 lime)
- 3 tbsps Extra Virgin Olive Oil
- 1 cup Purple Cabbage (Shredded)
- 1 Avocado (diced)
- 1 Mango (diced)

### Directions

- 1 Make the coconut rice, if using. (See Recipe) Or use any rice, quinoa or cauliflower rice on hand.
- 2 Whisk together the ingredients for the blackened seasoning (chili, paprika, cumin, garlic + onion powder, dried oregano + thyme, sea salt +pepper). Season each salmon fillet with 1 tablespoon of it.
- 3 Heat 1 tablespoon olive oil in a skillet over medium heat. Once hot, place the salmon in the pan and sear for 4-5 minutes, until browned and crisp, then flip and sear an additional 3-4 minutes, until browned, and remove from the pan.
- 4 Blend all ingredients for the cilantro lime sauce until smooth (Cilantro, lime and olive oil). If the sauce is too thick, add 1-2 tablespoons of water to thin it out as needed.
- 5 To assemble place the coconut rice in a bowl, then top with the salmon, mango, avocado, and purple cabbage. Drizzle the cilantro lime sauce over top and serve!

### Notes

**Save Time:** Purchase pre packaged already cooked coconut rice or grain of choice for the base of the bowl. Skip the blackened seasoning step and purchase pre-made blackened spice from the store.

**Meal Prep:** Cook the coconut rice ahead of time and use for all recipes this week that call for rice.

**Fish Swap:** No Salmon? Swap for shrimp, tilapia, mahi mahi, halibut or any fresh wild fish available in your area.





## Pasta with Spinach & Turkey

4 servings  
20 minutes

### Ingredients

8 cups Brown Rice Penne  
2 tbsps Extra Virgin Olive Oil (divided)  
1 lb Extra Lean Ground Turkey  
1 tsp Italian Seasoning  
1/2 tsp Sea Salt  
4 cups Baby Spinach (packed)  
2/3 cup Sun Dried Tomatoes (drained  
or option to add a little of the oil)  
2/3 Lemon (Squeezed-optional)

### Directions

- 1 Cook the pasta according to the directions on the box.
- 2 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning, sun dried tomatoes and salt. Add the spinach and stir until wilted.
- 3 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt and pepper, add more sun dried tomato oil if needed. Squeeze lemon as desired.
- 4 Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

**Serving Size:** One serving is approximately 2 cups.

**More Flavor:** Add garlic, red pepper flakes or fresh herbs.

**No Chickpea Pasta:** Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

**No Turkey:** Use ground chicken, pork, beef or cooked lentils instead.



## One Pan Chicken & Carrots with Orange Glaze & Quinoa

4 servings  
40 minutes

### Ingredients

1 lb Chicken Thighs With Skin  
1 tsp Extra Virgin Olive Oil  
16 Carrot (medium-sized, chopped into 4" pieces)  
1/4 cup Tamari  
1 tbsp Sriracha (Optional)  
2 tbsps Orange Juice (plus zest from half an orange)  
2 tbsps Honey  
2 tsps Ginger (fresh, minced)  
4 stalks Green Onion (chopped)

### Directions

- 1 Cook quinoa according to package or use leftover quinoa.
- 2 Preheat the oven to 425°F (218°C). Pat the chicken dry with a paper towel. Rub the oil on the skin side of the chicken.
- 3 Heat a cast-iron skillet over medium-low heat and once hot, add the chicken skin-side down. Cook for five minutes. Increase the heat to medium and continue cooking skin side down for 10 to 12 minutes, until browned. Transfer to a plate skin side up and set aside.
- 4 In the same skillet, over medium heat, add the carrots, spacing them out as much as you can, side-by-side. Cook for three to four minutes. Turn and cook for an additional three to four minutes, until lightly browned.
- 5 Meanwhile, combine the tamari, sriracha, orange juice, orange zest, honey, and ginger in a bowl. Stir to combine then set aside.
- 6 Add the chicken back to the skillet, laying on top of the carrots. Drizzle the tamari sauce all over the chicken and carrots. Place in the oven and cook for 15 to 18 minutes or until the chicken is cooked through. Remove from the oven and let rest for five to 10 minutes.
- 7 Divide onto plates and top with green onion. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately four carrots and two chicken thighs.

**Additional Toppings:** Top with sesame seeds.



## One Pan Tamari Beef & Vegetables

4 servings  
20 minutes

### Ingredients

1 1/2 lbs Extra Lean Ground Beef  
1 Red Bell Pepper (diced)  
6 stalks Green Onion (chopped)  
2 cups Green Beans (chopped)  
4 cups Bok Choy (chopped)  
1/3 cup Tamari

### Directions

- 1 Heat a large, non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary.
- 2 Add the peppers, green onion, and green beans to the pan with the beef and continue to cook for five to six minutes stirring often until the peppers and beans are just tender.
- 3 Add the bok choy and tamari to the pan and cook for two to three minutes more until the bok choy is wilted and tender. Season with additional tamari if needed then divide between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add red pepper flakes, garlic, or ginger.

**No Tamari:** Use soy sauce or coconut aminos instead.

**No Ground Beef:** Use ground chicken, turkey, or pork instead.

**No Bok Choy:** Use spinach or kale instead.





## Perfect Coconut Rice

6 servings

25 minutes

### Ingredients

2 cups Jasmine Rice (rinsed)  
13 1/2 fl ozs Full Fat Coconut Milk (1 Can )  
1 cup Water  
3/4 tsp Sea Salt (Course)

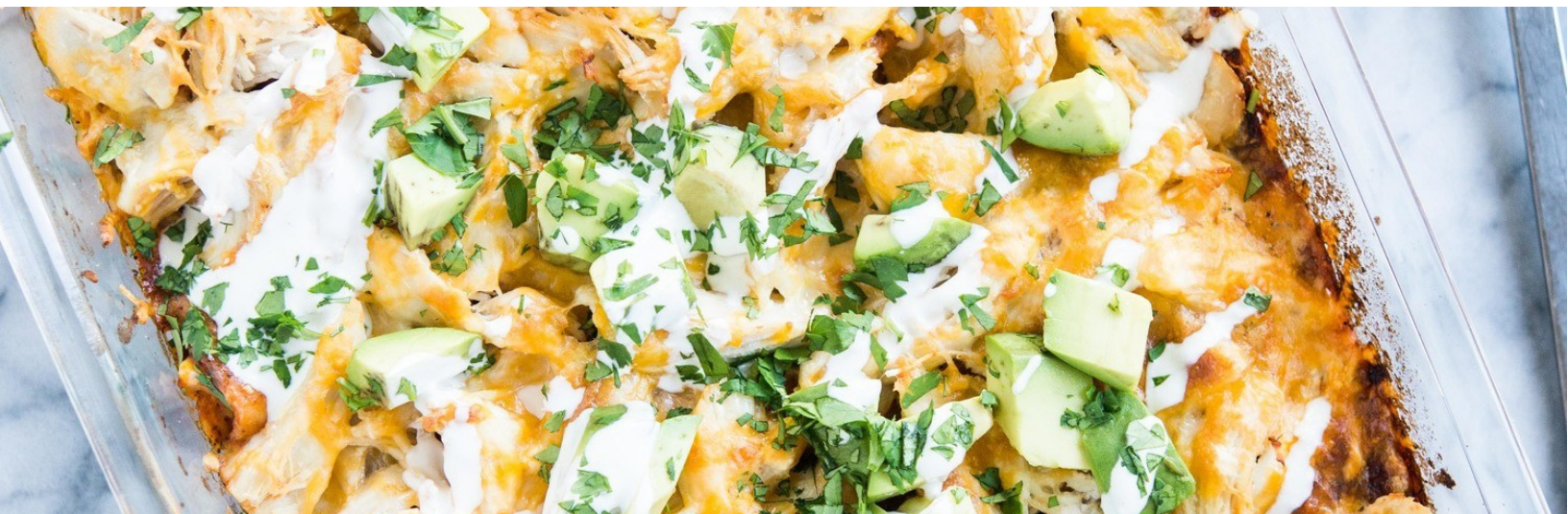
### Directions

1

STOVE TOP: Add the rinsed rice, coconut milk, water, and salt to a pot over high heat and whisk to combine. Bring the mixture to a boil, then reduce the heat to lowest setting, whisk it again, cover, and cook for 20 minutes.

2

INSTA POT VERSION: Add the rinsed rice, coconut milk, water, and salt to the Instant Pot then secure the lid and set to cook on high pressure for 4 minutes. Once the timer goes off, let the pressure naturally release for at least 10 minutes, then manually release the remaining pressure and serve!



## Easy Chicken Enchilada Casserole

6 servings

45 minutes

### Ingredients

2 lbs Chicken Breast  
 1 cup Chicken Broth  
 1 Sea Salt & Black Pepper  
 1 1/2 tsps Chili Powder  
 1 tbs Cumin  
 12 Corn Tortillas  
 2 cups Shredded Mexican Blend Cheese  
 2 Lime  
 1 Large Avocado, Diced (for garnish)  
 1/4 cup Fresh Chopped Cilantro (for garnish)  
 2 cans Mild Enchilada Sauce (Green sauce or salsa verde)

### Directions

- 1 Preheat the oven to 350 F. Season the chicken with cumin, salt, pepper and chili powder, sear the chicken in a little butter or coconut oil for about 3-4 minutes each side. Then pour in 2 cups enchilada sauce and about 1 cup chicken broth or water.
- 2 Place a lid on the pot and once boiling reduce to a simmer and let cook 20 minutes or until chicken is cooked and shreddable.
- 3 Remove from pan and shred the chicken with two forks.
- 4 Spread 1/2 cup enchilada sauce in the bottom of a 3-quart, 9x15 inch pan, then layer 6 corn tortillas over the sauce, until it is fully covered. Layer 2 cups shredded chicken over the tortillas, then pour over 1 cup of enchilada sauce, and 1 cups shredded cheese.
- 5 Repeat previous step to build the next layer, using up the rest of the tortillas, enchilada sauce, and cheese, then bake the casserole at 350 F for 30 minutes, until the top is browned and bubbling. Remove the casserole from the oven and let cool.
- 6 Garnish with the avocado and cilantro and a wedge of lime, then serve!
- 7 If you have leftover sauce from the pot of chicken you can add a few more cups of chicken broth and a can of beans or hominy to create a tortilla soup for leftovers.

### Notes

**Extra protein:** Add a can of rinsed pinto beans with the chicken.

**Toppings:** Add diced tomatoes, shredded cabbage, jalapenos or any favorites!



## Southern Shrimp & Grits

4 servings  
20 minutes

### Ingredients

- 1 1/2 cups Water
- 1 1/2 cups Plain Coconut Milk (from the carton)
- 1 tsp Sea Salt (divided)
- 3/4 cup Old Fashioned Grits (uncooked)
- 3 slices Bacon (chopped)
- 1 lb Shrimp (peeled, deveined)
- 1/2 tsp Cajun Seasoning
- 3 stalks Green Onion (sliced)

### Directions

- 1 In a pot, bring the water and milk to a boil. Add half of the salt and slowly whisk in the grits. Reduce the heat to medium-low and cook for about 15 minutes, or until thickened. Add more water as needed. Set aside.
- 2 In a skillet over medium-high heat, add in the chopped bacon and cook for 6 to 10 minutes or until crispy. Transfer the bacon to a paper towel-lined plate.
- 3 Reserve a few tablespoons of the bacon fat and return to medium-high heat. Add the shrimp, cajun seasoning and remaining salt. Cook for 3 to 4 minutes, or until the shrimp turns pink.
- 4 Divide the grits into bowls and top with the shrimp, bacon and green onions. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately one cup of grits and 6 shrimp.

**More Flavor:** Use broth instead of water. Add butter and/or cheddar cheese to the grits.