



Balanced Meals

Deanna De Witt
<http://deannadewitt.com>

Here are a few of my absolute FAV recipes (and some client favs too)! Use these recipes as a guide & modify to your tastes, preferences & needs.

To cut back time in the kitchen during the week, prep a batch of breakfast meatballs, egg cups or the quiche on the weekend and enjoy all week. For recipes calling for shredded chicken, take a short cut and pickup a rotisserie chicken at the store- this will save you time & keep you motivated to cook more!

A Few Pro Tips:

- Buy Organic as much as possible
- Choose grass fed, local, pasture raised and wild caught proteins
- Read labels (ingredients) for hidden preservatives, sugars, chemicals etc. If you cant pronounce it, don't eat it!
- Cook in healthy fats that are stable with heat like grass-fed butter, coconut oil, avocado oil, ghee or tallow. Avoid vegetable oils always & limit olive oil in cooking med-high temps (great for dressings!)
- To increase your kitchen enjoyment while cooking, try elevating your atmosphere by adding music, listening to a podcast or audible.
- Prior to eating take a moment to have gratitude for your meal, take a deep breath, bring awareness to your body & create a positive intention behind nourishing yourself. Proper nutrition is the ultimate self care.
- Stay hydrated- drink 1/2 your body weight in ounces every day, more when active. Hydration places a big role in hunger, cravings, pain, balancing blood sugar, detoxing the body & numerous other functions.

Be sure to tag me in your creations on IG@deannadeeee or Facebook Deanna DeWitt Wellness.

Cheers to good food & better health!

xo Deanna



Crustless Broccoli Sausage Cheddar Quiche

6 servings

40 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
2 cups Broccoli (finely chopped)
4 1/3 ozs Cheddar Cheese (shredded)
6 Egg
1/2 cup Oat Milk (Or milk of choice)
1/2 tsp Sea Salt
1/2 tsp Garlic Powder
1 lb Breakfast Sausage

Directions

- 1 Preheat the oven to 350°F (176°C) and grease a pie pan with the coconut oil.
- 2 Brown sausage in a pan and add seasonings of choice such as garlic, salt, fennel, sage, rosemary.
- 3 Arrange the broccoli, cheese and sausage in a single layer in the prepared pie pan.
- 4 In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli, sausage & cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
- 5 Slice the quiche into wedges and enjoy!

Notes

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

Dairy-Free: Omit the cheese or use a dairy-free cheese instead.

More Flavor: Add finely chopped onions and red pepper flakes.

No Almond Milk : Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

Pie Pan: This recipe was developed using a standard 9-inch glass pie pan.



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.



Meal Prep Breakfast Sandwiches

10 servings

30 minutes

Ingredients

12 Eggs
1/4 cup Whole Milk
1 1/2 tsps Salt
1 lb Turkey Sausage (or bacon)
3 cups Baby Spinach
12 English Muffins (Organic)
4 ozs Provolone Cheese (optional)

Directions

- 1 Preheat oven to 300 degrees. Generously oil a rimmed half sheet pan.
- 2 Whisk the eggs, milk, and salt.
- 3 Cook sausage in a skillet until browned. Add the spinach and stir until wilted.
- 4 Pour the egg mixture into the oiled half sheet pan along with sausage/spinach mixture. Bake for 15 minutes, until just set.
- 5 Remove, cool, and cut into rounds using a wide mason jar lid or round cookie cutter. Spread English muffins with butter (optional) and place an egg round on each one. Add cheese, wrap in foil.
- 6 Refrigerate (up to 5-6 days) or freeze. To reheat, you can use the oven, microwave, toaster oven, or some combination of all!



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.



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 Frozen Berries (thawed)

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.



Thai-Inspired Chopped Chicken Salad

3 servings
15 minutes

Ingredients

- 1 1/2 cups Green Cabbage (Shredded)
- 1 1/2 cups Purple Cabbage (Shredded)
- 1 Carrots (Shredded)
- 1 Red Bell Pepper (diced)
- 1/2 Cucumber (Diced)
- 2 ozs Whole Rotisserie Chicken (shredded)
- 1/2 cup Cilantro (Roughly Chopped)
- 1/4 cup Raw Peanuts (Crushed nuts for garnish)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Coconut Aminos
- 2 tbsps Water (Hot water is better for mixing)
- 1 tbsp Lime Juice
- 2 tsps Honey
- 1 tsp Sesame Oil
- Red Pepper Flakes (to taste)

Directions

- 1 For the peanut dressing: blend all ingredients until smooth. (peanut butter, coconut aminos, water, lime juice, honey, sesame oil, red pepper flakes.)
- 2 For the salad, add all ingredients but crushed peanuts to a large bowl and toss to combine, then drizzle the peanut dressing over top and toss again. Top with crushed peanuts and serve. *If you are planning to eat later, leave the dressing on the side and pour it over when you are ready to eat so that the cabbage doesn't get soggy. This will last for 4-5 days in the refrigerator.

Notes

Meal Prep: Lasts in the fridge for 4-5 days, store dressing separately and dress prior to eating.

Save Time: Purchase a rotisserie chicken and shred for protein.



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.



Chicken Teriyaki Bowl

4 servings
20 minutes

Ingredients

8 fl ozs Coconut Aminos
1/2 tsp Ground Ginger (or 1 tbsls diced fresh ginger)
1/2 tsp Garlic Powder
1 tbsp Rice Vinegar
2 tsps Sesame Oil
1/2 tsp Fish Sauce
3 cups Shredded Chicken (Use rotisserie chicken or 1-2lbs chicken breast)
1 1/2 cups Coconut Rice (may also use brown rice or cauliflower rice)
2 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 ¼ 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.



Spicy Shrimp Sushi Bowls

2 servings

30 minutes

Ingredients

3/4 cup Brown Rice
8 ozs Shrimp (large, peeled, deveined)
1 tbsp Coconut Oil
1 tbsp Mayonnaise
1/2 tsp Sriracha
1 1/2 tsps Coconut Aminos
1 Carrot (shredded)
1/2 Cucumber (sliced)
1/4 Avocado (cubed)

Directions

- 1 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 2 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
- 3 Meanwhile, mix the mayonnaise, sriracha, and aminos in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 4 Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

Notes

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

More Flavor: Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

Additional Toppings: Sesame seeds and/or lime zest.



Hearty Sausage, Potato, Kale White Bean Soup

6 servings
50 minutes

Ingredients

1 tbsp Butter (Grass fed or coconut oil)
1/2 Yellow Onion (thinly sliced)
3 Garlic (thinly sliced)
1 lb Italian Sausage (Ground-mild or hot)
1/2 tsp Smoked Paprika
1 tbs Whole Wheat Flour (1-2 tbs optional, makes it a bit thicker or try gluten free)
5 cups Bone Broth (or chicken broth)
1 can Cannellini Beans (or white northern beans)
4 Yellow Potato (any kind of potato will work, diced)
2 cups Kale Leaves (chopped & ribs removed)
3/4 cup Heavy Cream (can sub half and half)
1/2 tsp Salt (more or less to taste)
Freshly Ground Black Pepper And Lemon Juice

Directions

- 1 Heat butter over medium-high heat. Add onion & garlic; sauté until very soft and fragrant 5-10min. Add the sausage and cook until browned.
- 2 Add the smoked paprika and flour; sauté for one minute.
- 3 Add broth, a little at a time. Add potatoes; bring to a simmer over low heat. Cook for 10-15 minutes or until potatoes are tender. Add kale and white beans and simmer for another 5-10 minutes.
- 4 Add half and half, salt, pepper, and lemon juice to taste. Enjoy!

Notes

Dairy free: Sub the cream for coconut cream from the can.

Founder: Inspired by Pinch of Yum recipe, for more great recipes from this creator go to pinchofyum.com



Pasta with Spinach & Turkey

6 servings
20 minutes

Ingredients

12 cups Brown Rice Penne
3 tbsps Extra Virgin Olive Oil (divided)
1 1/2 lbs Extra Lean Ground Turkey
1 1/2 tsps Italian Seasoning
3/4 tsp Sea Salt
6 cups Baby Spinach (packed)
1 cup Sun Dried Tomatoes (drained or
option to add a little of the oil)
1 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 Pot Creamy Chicken Piccata Skillet

4 servings
20 minutes

Ingredients

1 1/2 lbs Chicken Breast (about 1/2-inch thick-Thinly Sliced)
1 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Butter (Or olive oil)
3 Garlic Clove (minced)
1 1/2 cups Chicken Broth
1/2 cup White Cooking Wine (may replace with chicken broth)
1/4 cup Lemon Juice
1/4 cup Capers
1/2 cup Grass Fed Greek Yogurt (Whole milk or full fat coconut milk from the can (dairy free))
2 cups Baby Spinach (chopped)
1/2 cup Shredded Parmesan Cheese (for garnish)
1 bunch Parsley (Chopped for garnish)
12 ozs Brown Rice Pasta Shells (optional, or pasta of choice)

Directions

- 1 Season the chicken breast with salt and pepper on both sides. If your chicken breast is on the thicker side (more than 1/2 inch thick), slice them in half lengthwise before seasoning.
- 2 Heat the butter or olive oil in a large skillet over medium heat. Once hot, add the chicken and sear for 4-5 minutes, until browned, then flip and cook for an additional 3-4 minutes, until browned and fully cooked through. Remove the chicken from the skillet and set aside.
- 3 Cook pasta according to directions, rinse, set aside.
- 4 Add the minced garlic to the skillet and cook for 1 minute, until fragrant.
- 5 Pour 1/2 cup of the chicken broth and white wine into the skillet and increase the heat to medium-high. Let simmer for 3-4 minutes, until slightly reduced and alcohol smell is evaporated, then stir in the lemon juice, capers, and spinach. Cook for 2-3 minutes, until wilted, then turn off the heat.
- 6 Whisk together the yogurt and remaining cup of chicken broth until smooth, then stir into the spinach mixture.
- 7 Add the chicken back to the skillet, garnish with parsley and parmesan cheese, and serve alongside pasta!

Notes

Low Carb: Sub more veggies for pasta or serve over cauliflower rice.

Dairy Free: Substitute full-fat coconut milk for the yogurt and omit the parmesan cheese.

Creamier : If you'd like your sauce to be on the thicker side, you can use 3/4-1 cup of Greek yogurt here



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!