

Salmon Chopped Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. Add all of the ingredients to a large bowl and toss to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

Additional Toppings

Avocado, feta cheese, and/or pumpkin seeds.

No Italian Dressing

Use a combination of olive oil, apple cider vinegar, and dijon mustard. Sweeten with maple syrup or honey if needed.

Ingredients

1 head Romaine Hearts (chopped)

1 Red Bell Pepper (medium, chopped)

1/4 Cucumber (medium, chopped)

1/4 cup Red Onion (chopped)

10 ozs Canned Wild Salmon (drained, broken into chunks)

1/4 cup Fresh Dill (finely chopped)

2 tbsps Parsley (fresh, finely chopped)

3 tbsps Italian Dressing

Air Fryer Sweet Potato & Egg Spinach Salad

7 ingredients · 20 minutes · 2 servings



Directions

1. Preheat your air fryer to 400°F (205°C). Spray the sweet potato with avocado oil. Add to the air fryer and cook for 12 to 15 minutes, or until desired crispiness, tossing halfway through.
2. Meanwhile, heat a pan over medium heat. Spray with oil. In a bowl, whisk the eggs and add them to the pan. Stir the eggs to scramble them for five minutes or until thoroughly cooked. Season with salt and pepper.
3. Divide the spinach, cherry tomatoes, potatoes, eggs, and guacamole evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Grated cheese and/or add salsa.

Make it Vegan

Use crumbled tofu or chickpeas in place of the eggs.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 1/2 Sweet Potato (large, cubed)
- 1/16 oz Avocado Oil Spray
- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach
- 2/3 cup Cherry Tomatoes (halved)
- 3 tbsps Guacamole

Ginger Salmon Patties with Fennel & Cucumber Salad

10 ingredients · 20 minutes · 2 servings



Directions

1. In a medium bowl, whisk together 3/5 of the oil, the lime juice, maple syrup, and half of the sea salt. Add the cucumber, fennel, and dill and toss to coat.
2. In a separate bowl, add the salmon chunks, green onions, ginger, and the remaining salt. Mix gently.
3. Divide the salmon mixture evenly into equal parts, and form into slightly flattened patties, about three to four inches in diameter.
4. Add the remaining oil to a non-stick pan over medium heat. Cook the patties for six to eight minutes, flipping once halfway.
5. Divide the salad and salmon patties between plates and enjoy!

Notes

Leftovers

Refrigerate in separate airtight containers for up to three days.

Serving Size

One serving is equal to two patties

More Flavor

Add or swap other fresh vegetables and leafy greens to the salad such as radishes, grated carrots, baby spinach, and kale. Add or swap other chopped fresh herbs like chives, basil, or cilantro.

Additional Toppings

Serve with wasabi mayo, mashed avocado, or guacamole.

Prepare in Advance

The salmon mixture can be prepared a few hours ahead of time of cooking and kept stored in the refrigerator. The salad can also be prepared in advance and kept stored in the refrigerator.

Ingredients

- 2 1/2 **tbsps** Extra Virgin Olive Oil (divided)
- 1 **tbsp** Lime Juice
- 1 **tsp** Maple Syrup
- 1/4 **tsp** Sea Salt (divided)
- 1 Cucumber (large, thinly sliced)
- 1 **bulb** Fennel (small, thinly sliced)
- 1/4 **cup** Fresh Dill (chopped)
- 12 **ozs** Salmon Fillet (skinless, chopped into small chunks)
- 2 **stalks** Green Onion (chopped)
- 1 **tbsp** Ginger (grated)

Tuna Stuffed Pepper

6 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, mix together the tuna, mayonnaise, green onion, parsley, and mustard. Portion into red pepper halves, and enjoy!

Notes

Leftovers

Refrigerate tuna salad in an airtight container for up to four days.

Serving Size

One serving is equal to two halves of a stuffed pepper.

Ingredients

- 1 can Tuna (drained)
- 2 tbsps Mayonnaise
- 1/2 stalk Green Onion (thinly sliced)
- 1 tbsp Parsley (chopped)
- 1 tsp Whole Grain Mustard
- 1 Red Bell Pepper (medium, halved)

Meal Prep Spaghetti Squash, Spinach & Beef

5 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°F) and line a baking sheet with parchment paper.
2. Use half of the oil to coat the inside of both squash halves. Place them flesh-side down on the baking sheet. Cook for 30 to 40 minutes or until the outside is lightly browned and the squash is slightly fork tender.
3. Remove the squash from the oven, flip them over and let them cool. Once cooled, use a fork to scoop out the spaghetti squash into noodles.
4. While the squash is cooking, heat 1/4 of the oil over medium heat. Add the ground beef, breaking it up as it cooks. Cook for seven to 10 minutes or until cooked through. Remove from the pan and set aside.
5. Heat the remaining oil over medium heat and add the spinach. Sauté until slightly wilted, about two minutes. Work in batches if needed.
6. To assemble, divide the ground beef, spaghetti squash, and spinach into bowls or containers. Season with salt and pepper. Enjoy!

Notes

Leftovers

Refrigerate in airtight containers for up to three days.

More Flavor

Add garlic and spices like Italian or Greek seasoning.

Ingredients

1 Spaghetti Squash (medium, cut in half lengthwise, seeds removed)

1/4 cup Extra Virgin Olive Oil (divided)

1 lb Lean Ground Beef

8 cups Baby Spinach

Sea Salt & Black Pepper (to taste)

Basil & Lime Turkey Avocado Bowls

10 ingredients · 30 minutes · 4 servings



Directions

1. Warm half of the oil in a large pan over medium heat. Add the ground turkey and cook, stirring often until the turkey is cooked through, about nine to ten minutes.
2. Add the cauliflower rice in with the turkey and continue to cook for five to 10 minutes. Season with half of the salt.
3. In a blender, combine the remaining oil, remaining salt, lime juice, vinegar, basil, and honey. Blend until smooth, approximately one minute.
4. Divide the turkey mixture evenly between bowls. Top with radishes and avocado. Drizzle the dressing on top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Make it Vegan

Use crumbled tofu or tempeh, or any legume in place of the turkey.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 1 **1/8 lbs** Extra Lean Ground Turkey
- 4 **cups** Cauliflower Rice
- 1 **tsp** Sea Salt (divided)
- 1 **tbsp** Lime Juice
- 1 **1/2 tps** Apple Cider Vinegar
- 1/4 **cup** Basil Leaves (packed)
- 1 **tbsp** Raw Honey
- 1 **cup** Radishes (thinly sliced)
- 1 Avocado (sliced)

Mango Salsa Shrimp Lettuce Wraps

10 ingredients · 20 minutes · 2 servings



Directions

1. In a bowl, mix together the mango, avocado, onion, cilantro, mint, lime juice, and half of the salt.
2. Warm the oil in a pan over medium heat and add the shrimp. Season with the remaining salt. Cook on each side for two to three minutes or until pink and cooked through.
3. To assemble, add the salsa and shrimp to the lettuce leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two wraps.

More Flavor

Add minced garlic, shredded cabbage, sriracha, and/or cheese.

Ingredients

- 1 Mango (diced)
- 1 Avocado (diced)
- 1/3 cup Red Onion (diced)
- 3 tbsps Cilantro (finely chopped)
- 2 tbsps Mint Leaves (finely chopped)
- 1 Lime (juiced)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Avocado Oil
- 8 ozs Shrimp (peeled, deveined, tails removed)
- 1 head Boston Lettuce (leaves pulled apart)

Shrimp Stuffed Avocado

8 ingredients · 10 minutes · 2 servings



Directions

1. In a bowl, combine the shrimp, mayonnaise, red onion, hot sauce, cilantro, and lime juice. Stir well to combine and season with salt and pepper.
2. Spoon the shrimp mixture into the avocado. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is two halves.

Ingredients

5 ozs Shrimp, Cooked (small, roughly chopped)

2 tbsps Mayonnaise

1 tbsps Red Onion (diced)

1/2 tsp Hot Sauce

1 tbsps Cilantro (finely chopped)

1/2 tsp Lime Juice

Sea Salt & Black Pepper (to taste)

2 Avocado (large, pit removed)

Chicken & Pear Sausage with Avocado & Collard Greens

8 ingredients · 20 minutes · 3 servings



Directions

1. Heat a cast-iron pan over medium heat.
2. Add the chicken, pear, salt, parsley, garlic, and half of the oil to a bowl. Mix well to combine. Divide the meat mixture evenly into the number of servings, and form it into patties.
3. Place the patties in the pan and cook until lightly browned and cooked through, about three minutes on each side. Remove and set aside.
4. Add the remaining oil to the same pan. Once hot, add the collard greens and sauté for two to three minutes or until cooked down.
5. Divide the patties, collard greens, and avocado evenly between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for three days. Leave the avocado whole until you are ready to eat.

Serving Size

One serving is one sausage patty, one cup of collard greens, and 1/3 of an avocado.

More Flavor

Add minced shallot and minced sage to the sausage mixture.

Ingredients

12 ozs Extra Lean Ground Chicken
1/2 Pear (medium, chopped)
1/2 tsp Sea Salt
1 tbsp Parsley (finely chopped)
1 Garlic (small, minced)
2 tbsps Extra Virgin Olive Oil (divided)
3 cups Collard Greens (chopped)
1 Avocado (large, sliced)

Jalapeno Turkey Burger Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. In a large bowl, combine the turkey, egg, smoked paprika, chili powder, jalapeño, and red onion. Mix well and season with salt and pepper. Form the mixture into even patties.
2. Preheat the grill to medium heat.
3. Add the patties to the grill and cook for six to seven minutes per side or until cooked through.
4. Divide the arugula onto plates and top with the burger and avocado. Drizzle with the dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one cup of arugula and one burger patty.

More Flavor

Add green onion, garlic, and/or chopped cilantro to the turkey mixture.

Additional Toppings

Add sliced radish, cilantro, cherry tomatoes, or chopped pepper to the salad.

Wet Mixture

To avoid a wet mixture, be sure to squeeze out excess liquid from the onion after grating on a box grater.

No Cilantro Lime Dressing

Use dressing of choice.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Egg (whisked)
- 1 tbsp Smoked Paprika
- 2 tsps Chili Powder
- 1 Jalapeno Pepper (finely chopped, seeds removed for less heat)
- 1/3 cup Red Onion (grated and drained of excess water)
- Sea Salt & Black Pepper (to taste)
- 4 cups Arugula (packed)
- 1 Avocado (sliced)
- 1/3 cup Cilantro Lime Dressing

Salmon Lettuce Wraps with Shredded Purple Cabbage

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the salmon onto the baking sheet. Add half of the lemon juice on top of the salmon and season with turmeric, salt, and pepper.
3. Bake in the oven for 12 to 15 minutes or until cooked through.
4. Meanwhile, in a bowl, toss together the cabbage, carrot, oil, and the remaining lemon juice. Season with salt and pepper.
5. Flake the salmon with a fork. Divide the salmon and cabbage mixture between lettuce leaves and enjoy!

Notes

Leftovers

Refrigerate the salmon and cabbage mixture in separate containers for up to three days. Assemble just before serving.

Serving Size

One serving is approximately four lettuce wraps.

Additional Toppings

Add tomato and parsley.

Ingredients

- 8 ozs** Salmon Fillet
- 1** Lemon (juiced, divided)
- 1/2 tsp** Turmeric
- Sea Salt & Black Pepper (to taste)
- 2 cups** Purple Cabbage (shredded)
- 1** Carrot (medium, shredded)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1 head** Boston Lettuce (leaves separated)

One Pan Steak with Broccoli & Green Beans

6 ingredients · 20 minutes · 2 servings



Directions

1. Heat a cast iron pan over high heat. While the pan is heating up, rub the steak spice seasoning all over the steaks.
2. Once the pan is heated, coat the pan with oil. Place the steaks on the pan and cook for five to six minutes per side or until cooked to your liking. Remove the steaks from the pan and rest for five minutes before slicing.
3. Meanwhile, reduce the heat to medium and add more oil if needed. Add the broccoli, green beans, salt, and pepper. Cook for three to four minutes or until tender-crisp. If you prefer softer veggies, add a bit of water and steam.
4. Divide the broccoli, green beans, and steak between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups of vegetables with steak.

No Steak Spice Seasoning

Use garlic powder, onion flakes, or your favorite seasoning blend instead.

Ingredients

2 tbsps Steak Spice Seasoning
10 ozs Top Sirloin Steak
2 tbsps Avocado Oil
2 cups Broccoli (cut into florets)
2 cups Green Beans (trimmed)
Sea Salt & Black Pepper (to taste)

Beef & Mushroom Stew

10 ingredients · 3 hours · 4 servings



Directions

1. Season the beef all over with half of the salt. Heat the oil in a pot over medium-high heat. Once hot, add the beef and sear on all sides, until browned, about three minutes per side.
2. Add the onion and mushrooms and sauté for about five minutes. Add the garlic and rosemary and cook for two to three minutes.
3. Add the broth, stir, and bring to a simmer. Turn down the heat to low. Cover the pot with a lid and simmer for about two hours.
4. Uncover the pot, add the coconut milk and remaining salt. Stir and simmer uncovered over low heat for another 30 minutes or until the beef is tender and cooked through.
5. Adjust the seasoning to your taste. Top with cilantro and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add celery.

Stew Consistency

Check the stew two to three times during cooking and add more broth or water if necessary.

Ingredients

- 1 1/3 lbs Stewing Beef (cubed)
- 1 tsp Sea Salt (divided)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (large, diced)
- 4 cups Mushrooms (sliced)
- 4 Garlic (clove, minced)
- 2 tsps Rosemary (fresh)
- 1 1/2 pints Bone Broth
- 2/3 cup Canned Coconut Milk (full fat)
- 2 tsps Cilantro (chopped)

One Pan Chicken & Broccoli

10 ingredients · 20 minutes · 2 servings



Directions

1. Make the sauce by mixing the coconut aminos, arrowroot powder, vinegar, salt, and 3/4 of the broth in a bowl.
2. In a large pan, heat the remaining broth over medium-high heat. Add the chicken and broccoli to the pan. Cook for three to four minutes or until the chicken is cooked through.
3. Add the bamboo shoots, garlic, and ginger. Cook for one more minute.
4. Add the sauce and stir. Cook for two to three minutes or until everything is warmed through and the sauce has thickened.
5. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately two cups.

More Flavor

Use your choice of meat.

Additional Toppings

Green onions, cilantro, chili flakes, and/or Thai basil.

Ingredients

- 2 tbsps** Coconut Aminos
- 1 tbsp** Arrowroot Powder
- 2 tsps** Apple Cider Vinegar
- 1/2 tsp** Sea Salt
- 1/2 cup** Chicken Broth (divided)
- 12 ozs** Chicken Breast (thinly sliced)
- 4 cups** Broccoli (chopped into florets)
- 1/4 cup** Bamboo Shoots (sliced, optional)
- 1** Garlic (clove, minced)
- 1 tbsp** Ginger (fresh, minced)

One Pan Chicken, Zucchini, Cauliflower & Sweet Potato

10 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the chicken to one side of the baking sheet followed by the zucchini, onion, cauliflower, and sweet potato. Drizzle the oil and lemon juice all over. Season everything with salt, garlic powder, and oregano. Gently toss the chicken and vegetables to coat.
3. Place in the oven and cook for 20 to 25 minutes or until the chicken is cooked through and the vegetables are fork-tender, flipping halfway through.
4. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of vegetables with chicken.

Additional Toppings

Top with fresh herbs like parsley or dill.

Ingredients

- 1 lb Chicken Breast (skinless, boneless, cubed)
- 1 Zucchini (medium, chopped)
- 1 Yellow Onion (small, chopped)
- 1/2 head Cauliflower (medium, cut into florets)
- 1 Sweet Potato (large, cubed)
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (medium, juiced)
- 1 tsp Sea Salt
- 2 tsps Garlic Powder
- 1 tsp Oregano

Shrimp & Broccoli Foil Packs

7 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C). Lay out large heavy-duty foil pieces, one for each serving.
2. In a bowl, add the broccoli, half of the oil, half of the lemon juice, and half of the Greek seasoning. Toss to combine.
3. Divide the broccoli evenly between the foil pieces.
4. In the same bowl, add the shrimp and the remaining of the following ingredients: oil, lemon juice, and Greek seasoning. Season with paprika and toss to combine. Divide the shrimp and remaining marinade evenly between the foil pieces, beside the broccoli.
5. Wrap the foil into packs by crimping in the edges and folding the ends up. Be sure to leave space in the packs so the heat can circulate well.
6. Transfer the foil packs to a baking sheet and cook in the oven for 13 to 15 minutes. Remove from the oven and carefully unwrap. Season with salt and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one foil pack.

No Greek Seasoning

Use Italian seasoning or another spice blend of choice.

More Flavor

Add sliced garlic to the foil packs. Add more Greek Seasoning if desired.

Additional Toppings

Top with fresh herbs like parsley.

Ingredients

3 cups Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil (divided)
2 tbsps Lemon Juice (divided)
1 tbsp Greek Seasoning (divided)
8 ozs Shrimp (peeled, deveined)
1 tsp Paprika
Sea Salt & Black Pepper (to taste)

One Pan Chicken, Cauliflower & Green Beans

10 ingredients · 25 minutes · 3 servings



Directions

1. Heat the oil in a large pan over medium-high heat. Add the onions, celery, cauliflower, and carrots. Sauté for four to five minutes or until everything starts to soften. Season with salt and pepper.
2. Add the beans, garlic, and ginger. Sauté for two minutes, then add the chicken, breaking it up as it cooks. Cook for five to seven minutes, or until the chicken is cooked through. Season with salt and pepper.
3. To serve, divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Hot sauce, chilli flakes, or sauce of choice. Serve over your grain of choice.

No Chicken

Use your protein of choice. Any other ground meat, cooked lentils, crumbled tofu, or crumbled tempeh would work well.

Ingredients

1 tbsp Extra Virgin Olive Oil (divided)

1/2 Yellow Onion (medium, chopped)

2 stalks Celery (chopped)

1/3 head Cauliflower (small, chopped into small florets)

1 Carrot (large, diced)

Sea Salt & Black Pepper (to taste)

2 cups Green Beans (trimmed, chopped)

2 Garlic (clove, minced)

2 tsps Ginger (grated)

14 ozs Extra Lean Ground Chicken

Pan-Seared Steak with Cauliflower

5 ingredients · 25 minutes · 2 servings



Directions

1. Heat a cast-iron pan over high heat. While the pan is heating up, season the steak with salt and pepper.
2. Once the pan is heated, coat it with oil. Place the steak in the pan and cook for five to six minutes per side or until cooked to your liking. Remove the steak from the pan and let it rest for five minutes before slicing.
3. While the steak is resting, place the cauliflower in a steamer basket over boiling water and cover. Steam for three to five minutes or until tender.
4. Divide the steak and cauliflower evenly onto plates. Season the cauliflower with salt, pepper, and lemon juice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of cauliflower with steak.

More Flavor

Roast the cauliflower with your favorite seasoning instead.

Ingredients

10 ozs Top Sirloin Steak

Sea Salt & Black Pepper (to taste)

1 tbsp Extra Virgin Olive Oil

1/2 head Cauliflower (medium, cut into florets)

2 tsps Lemon Juice

One Pan Mushrooms & Green Beans with Seared Chicken

9 ingredients · 25 minutes · 2 servings



Directions

1. Season the chicken with arrowroot powder, salt, and pepper.
2. Heat half of the oil in a large pan over medium heat. Cook the chicken for four to five minutes per side until golden brown. Transfer the chicken to a plate and set aside.
3. Reduce the heat to medium-low and add the remaining oil. Sauté the mushrooms and beans for three to four minutes or until just tender. Add the garlic and cook for one more minute.
4. Add the red wine vinegar to deglaze the pan, stirring for 30 seconds. Then, add the broth and bring to a simmer.
5. Return the chicken to the pan. Simmer for three to five minutes, allowing the sauce to reduce and thicken until it coats the chicken and vegetables. Little to no liquid should remain. Divide evenly onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of vegetables and one cup of chicken.

More Flavor

Add fresh thyme and/or lemon juice.

Ingredients

10 ozs Chicken Breast (halved lengthwise)

1 tbsp Arrowroot Powder

Sea Salt & Black Pepper (to taste)

2 tbsps Extra Virgin Olive Oil (divided)

2 cups Mushrooms (chopped)

2 cups Green Beans (trimmed)

1 Garlic (clove, minced)

1 tbsp Red Wine Vinegar

3/4 cup Chicken Broth

Hummus & Chicken Pita Wrap

7 ingredients · 20 minutes · 2 servings



Directions

1. In a bowl, mix together the oil and Greek seasoning. Add the chicken and toss to combine.
2. Heat a pan over medium heat. Add the marinated chicken and cook for four to five minutes per side or until cooked through and browned.
3. Spread the hummus over each pita. Arrange the chicken, cucumber, and parsley on top. Wrap the pita and enjoy!

Notes

Leftovers

Best enjoyed immediately after assembling. Chicken can be refrigerated in an airtight container for up to three days.

Serving Size

One serving is equal to one pita wrap.

More Flavor

Add lemon juice to the marinade.

Additional Toppings

Top with tahini sauce and tomato.

Gluten-Free

Use a gluten-free pita instead.

Ingredients

- 2 tsps** Extra Virgin Olive Oil
- 1 tbsp** Greek Seasoning
- 8 ozs** Chicken Breast (boneless, skinless, cubed)
- 1/4 cup** Hummus
- 2** Whole Wheat Pita
- 1/4** Cucumber (medium, sliced)
- 2 tsps** Parsley

Spicy Shrimp & Edamame Rice Bowl

8 ingredients · 20 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. In a bowl, whisk together the mayonnaise, sriracha, and lemon juice.
3. Divide the rice, shrimp, edamame, and cucumber evenly between bowls. Top with green onion and drizzle with the spicy mayonnaise. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1/2 cup rice with shrimp, cucumber, edamame, and dressing.

No Green Onion

Omit or use cilantro instead.

No Basmati Rice

Use brown rice or jasmine rice.

Ingredients

1/2 cup Basmati Rice (dry, rinsed)

1 1/2 tbsps Mayonnaise

1 tsp Sriracha

1/4 Lemon (medium, juiced)

8 ozs Shrimp, Cooked

1/2 cup Frozen Edamame (defrosted)

1/4 Cucumber (medium, sliced)

1 stalk Green Onion (chopped)

Turkey Taco Salad

10 ingredients · 20 minutes · 3 servings



Directions

1. Heat a cast-iron pan over medium heat. Add the oil and garlic and sauté until fragrant, about one minute.
2. Add the turkey, breaking it up as it cooks. Cook for three minutes. Add the water and taco seasoning and mix well. Cover and cook until the turkey is cooked through.
3. Thin the sour cream with a splash of water to create a dressing.
4. Add the mixed greens to a bowl and top with the turkey, avocado, bell pepper, and pickled onions. Drizzle the sour cream dressing on top. Enjoy!

Notes

Leftovers

Refrigerate the turkey in an airtight container for up to three days. Keep the rest of the ingredients separate. Slice the avocado when ready to serve.

Serving Size

One serving is two cups of salad with turkey.

Additional Toppings

Shredded cheese, hot sauce, shredded cabbage and/or pickled jalapeños.

No Taco Seasoning

Use chili powder instead.

More Flavor

Add tomato paste to the turkey when cooking.

Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 1 **Garlic** (clove, large, minced)
- 1 **lb** Extra Lean Ground Turkey
- 1/4 **cup** Water (plus a splash more for consistency)
- 1 1/2 **tsp** Taco Seasoning
- 2 **tbsps** Sour Cream
- 6 **cups** Mixed Greens
- 1 **Avocado** (medium, sliced)
- 1 **Yellow Bell Pepper** (medium, sliced)
- 1 1/2 **ozs** Pickled Red Onions

Mediterranean Turkey & Rice Bowl

10 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. Meanwhile, heat the oil in pan over medium heat. Add the onion and sauté for about five minutes. Add in the turkey, stir and break it up as it cooks for about 10 minutes.
3. Add the Greek seasoning, diced tomatoes, salt, and pepper. Stir and cook for about 10 minutes or until everything has cooked.
4. Divide the rice, turkey, cherry tomatoes, and cucumbers between serving bowls. Top with tzatziki and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cup rice, 2/3 cup turkey, one cup cucumber and tomatoes, and two tablespoons of tzatziki.

More Flavor

Add bell pepper and garlic to the turkey mixture.

Additional Toppings

Add green onion.

Ingredients

1/2 cup Basmati Rice (dry, rinsed)

1 tsp Extra Virgin Olive Oil

1/2 Yellow Onion (small, diced)

10 ozs Extra Lean Ground Turkey

1 tbsp Greek Seasoning

1/2 cup Diced Tomatoes (from the can, with the juices)

Sea Salt & Black Pepper (to taste)

1/2 cup Cherry Tomatoes (halved)

1/4 Cucumber (medium, sliced)

1/4 cup Tzatziki

Turkey & Cheese Stuffed Bell Pepper

8 ingredients · 10 minutes · 1 serving



Directions

1. Mix the cream cheese and the mustard together. Spread the mixture onto one-half of each bell pepper.
2. Mash the avocado and stir in the everything bagel seasoning. Spread on the other half.
3. Layer the turkey, cheese, and lettuce on top of the avocado mixture.
4. Place two halves together to create a sandwich and enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Serving Size

One serving is one whole bell pepper.

More Flavor

Add red onions, sauerkraut and/or fresh herbs.

Ingredients

2 tbsps Cream Cheese, Regular

1/4 tsp Dijon Mustard

1 Red Bell Pepper (medium, sliced in half, seeds removed)

1/2 Avocado (medium)

1/2 tsp Everything Bagel Seasoning

1 1/2 ozs Sliced Turkey Breast

1 1/2 ozs Provolone Cheese (sliced)

1/8 head Green Lettuce

Shredded Beef, Cucumber & Cauliflower Rice

11 ingredients · 3 hours 25 minutes · 6 servings



Directions

1. Season the beef all over with salt and sprinkle with garlic powder and thyme. Heat a pot over medium-high heat. Add the beef and cook for about 10 minutes or until browned on all sides.
2. Add the water and coconut aminos to the pot. Cover with a lid and turn the heat down to low. Cook for about three hours or until the beef is tender. Check occasionally and add more water if necessary.
3. Remove the beef from the pot and shred with two forks. Bring back the shredded beef to the pot and stir with the liquid. Taste and adjust the seasoning to your taste.
4. Heat the oil in a large pan over medium heat. Add the cauliflower rice and cook, stirring occasionally, for five to seven minutes or until desired doneness.
5. Divide the cauliflower rice and beef between serving plates. Top with cucumber and cilantro. Squeeze some lime juice on top, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze the beef for up to three months.

Serving Size

One serving is equal to approximately 2/3 cup of beef, one cup of cauliflower rice, and 1/3 cup cucumber.

More Flavor

Add oregano to the beef.

Additional Toppings

Add avocado.

Ingredients

- 2 lbs** Top Sirloin Beef Roast (cut into big chunks)
- 1 1/2 tsps** Sea Salt
- 2 tsps** Garlic Powder
- 2 tsps** Dried Thyme
- 1/2 cup** Water
- 2 tbsps** Coconut Aminos
- 2 tsps** Extra Virgin Olive Oil
- 6 cups** Cauliflower Rice
- 1** Cucumber (medium, sliced)
- 1/4 cup** Cilantro
- 1 1/2** Lime (juiced)

Shrimp with Edamame Slaw

9 ingredients · 20 minutes · 4 servings



Directions

1. In a bowl, combine the shrimp, half of the oil, half of the lime juice, garlic powder, salt, and pepper. Set aside.
2. In a large bowl, add the broccoli slaw, edamame, onion, radishes, the remaining oil, and the remaining lime juice. Season with salt and pepper and mix to combine. Set aside.
3. Heat a pan over medium heat. Add the shrimp and the marinade to the pan. Cook for about two minutes per side or until cooked through.
4. Divide the edamame slaw into bowls along with the shrimp. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of slaw topped with shrimp.

Additional Toppings

Top with fresh chopped cilantro and more lime juice.

Ingredients

- 1 lb Shrimp (peeled, deveined)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 Lime (large, juiced, divided)
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli Slaw (bagged)
- 2 cups Frozen Edamame (thawed)
- 1/2 cup Red Onion (thinly sliced)
- 1/2 cup Radishes (medium, thinly sliced)

Chicken Salad on Apple Slices

7 ingredients · 10 minutes · 2 servings



Directions

1. In a medium-sized bowl, add the chicken, celery, onion, yogurt, lemon juice, lemon zest, salt, and pepper. Mix well to incorporate.
2. Divide onto the apple slices and enjoy!

Notes

Leftovers

Refrigerate the chicken in an airtight container for up to three days. Slice the apple just before serving.

Serving Size

One serving is about six slices of apples with chicken.

Additional Toppings

Add dried chopped cranberries to the chicken.

Ingredients

8 ozs Chicken Breast, Cooked (shredded)

2 stalks Celery (finely chopped)

1/4 cup Red Onion (finely chopped)

1/3 cup Plain Greek Yogurt

1/2 Lemon (juiced, zested)

Sea Salt & Black Pepper (to taste)

2 Apple (large, cored, cut into thin slices)

Salmon Tacos

8 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Season the salmon with salt, pepper, and taco seasoning. Place the salmon on the baking sheet and cook in the oven for 12 to 15 minutes or until cooked through.
3. Using a fork, mash the avocado in a small bowl. Season with salt and pepper.
4. Spread the mashed avocado onto the tortillas. Flake the salmon and evenly divide it between tortillas. Top with tomatoes and cilantro. Serve with lime slices and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to two tacos.

More Flavor

Add pickled onion, shredded cabbage, and/or hot sauce.

Ingredients

10 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
1 tsp Taco Seasoning
1 Avocado (medium)
4 Corn Tortilla (small)
1/3 cup Cherry Tomatoes (chopped)
1 tbsp Cilantro
1/2 Lime (sliced, for serving)

Slow Cooker Sesame Beef & Broccoli

10 ingredients · 4 hours 10 minutes · 4 servings



Directions

1. Add the sesame oil, garlic, tamari, sugar, vinegar, and water into the slow cooker and whisk to combine.
2. Add the beef and onion. Cover and cook for four hours on high or eight hours on low.
3. About 30 minutes before serving, remove about 1/4 of the liquid and transfer to a bowl. Add the arrowroot powder and whisk to make a slurry. Add the slurry back into the slow cooker along with the broccoli.
4. To serve, divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately 2 1/2 cups per serving.

More Flavor

Add chili flakes and/or minced ginger.

Additional Toppings

Sesame seeds, cilantro, and/or green onion. Serve with rice.

Ingredients

- 2 tsps** Sesame Oil
- 3** Garlic (clove, minced)
- 1/4 cup** Tamari
- 2 tsps** Brown Sugar
- 2 tsps** Rice Vinegar
- 1/3 cup** Water
- 1 1/2 lbs** Stewing Beef (cubed)
- 1** Yellow Onion (medium, chopped)
- 1 1/2 tsps** Arrowroot Powder
- 6 cups** Broccoli (chopped into florets)

Turkey Guacamole Wraps

8 ingredients · 15 minutes · 2 servings



Directions

1. In a bowl, add the avocado, lime juice, and salt. Mash with a fork. Stir in the onion and tomato.
2. Divide the guacamole, turkey, and cheese evenly between the tortillas. Roll it into a wrap and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is one wrap.

No Sliced Turkey

Use sliced chicken, beef, or ham.

More Flavor

Add vegetables like lettuce, peppers and/or cucumber. Add garlic and cilantro to the guacamole.

No Brown Rice Tortilla

Use tortilla of choice.

Ingredients

- 1 Avocado (medium)
- 1/2 Lime (juiced)
- 1/4 tsp Sea Salt
- 3 tbsps Red Onion (finely chopped)
- 1/4 Tomato (chopped)
- 6 1/2 ozs Sliced Turkey Breast
- 2 ozs Cheddar Cheese (sliced)
- 2 Brown Rice Tortilla

Shrimp Salad Wrap

9 ingredients · 15 minutes · 2 servings



Directions

1. In a bowl, whisk together the mayonnaise, lemon juice, salt, and pepper. Add the shrimp, onion, bell pepper, and parsley. Mix well and adjust the seasoning to your taste.
2. Divide the shrimp salad and arugula evenly between tortillas. Roll tightly into a wrap, tucking in the sides.
3. Toast each wrap in a panini press or in a pan on the stovetop for two to three minutes. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one wrap.

No Parsley

Use green onion instead.

Gluten-Free

Use a gluten-free tortilla.

No Panini Press

Heat up a pan over medium heat and cook the wrap into the pan for about a minute on each sides or until browned.

Ingredients

1 tbsp Mayonnaise

1/2 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

8 ozs Shrimp, Cooked (chopped)

2 tbsps Red Onion (diced)

1/3 Red Bell Pepper (medium, finely chopped)

2 tbsps Parsley (chopped)

2 cups Arugula

2 Whole Wheat Tortilla (large)

One Pan Edamame, Beef & Cucumber Stir Fry

10 ingredients · 30 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium-high heat. Add the red onion and sauté for about five minutes. Add the beef and cook for another five minutes, breaking it up as it cooks.
2. Add the vegetable mix and edamame. Stir and cook for about 10 minutes or until the vegetables are tender, stirring occasionally.
3. Add the garlic, tamari, honey, salt, and pepper. Cook for another five minutes or until everything has cooked through.
4. Divide the beef mixture and cucumber evenly between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

Make It Spicy

Add chili flakes or hot sauce.

Additional Toppings

Top with cilantro or green onion.

Frozen Vegetable Mix

This recipe was made using a mix of carrots and snap peas.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Red Onion (sliced)
- 10 ozs Extra Lean Ground Beef
- 2 cups Frozen Vegetable Mix
- 1/2 cup Frozen Edamame
- 2 Garlic (clove, minced)
- 2 tbsps Tamari
- 1 tbsp Raw Honey
- Sea Salt & Black Pepper (to taste)
- 1/2 Cucumber (medium, thinly sliced into ribbons)

Chicken Pesto Mini Pitas

6 ingredients · 10 minutes · 2 servings



Directions

1. In a bowl, add the chicken breast and pesto. Stir well until the chicken pieces are well coated with pesto. Taste and add salt and pepper as needed.
2. Season the tomato slices with salt. Cut the pitas in half and stuff them with chicken, tomato, and romaine lettuce. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one stuffed mini pita.

More Flavor

Add pickle and red onion.

Gluten-Free

Use a gluten-free pita or bread.

Mini Whole Wheat Pita

One mini whole wheat pita is 30 grams or one ounce.

Ingredients

6 ozs Chicken Breast, Cooked (cubed)

1 1/2 tbsps Pesto

Sea Salt & Black Pepper (to taste)

1/2 Tomato (small, sliced)

2 ozs Mini Whole Wheat Pita

2 leaves Romaine (chopped)

Greek Chicken, Bulgur & Tzatziki Bowl

10 ingredients · 25 minutes · 3 servings



Directions

1. Cook the bulgur according to package instructions and set aside to cool.
2. Heat the oil in a medium pan over medium heat. Season the chicken with Greek seasoning and cook for six to eight minutes per side or until golden and cooked through. Set aside to cool completely, then slice thinly.
3. Divide the bulgur, chicken, cucumber, onions, tomatoes, and feta cheese evenly between bowls. Add a dollop of tzatziki and sprinkle with dill, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/3 cup bulgur, two tablespoons of feta, and 1/3 cup of tzatziki with veggies and chicken.

Ingredients

- 1/2 cup** Bulgur (dry)
- 1 tbsp** Extra Virgin Olive Oil
- 1 lb** Chicken Thighs (boneless, skinless)
- 1 tbsp** Greek Seasoning
- 1/2** Cucumber (medium, sliced)
- 1/4 cup** Red Onion (sliced)
- 1/2 cup** Cherry Tomatoes (halved)
- 1/3 cup** Feta Cheese (crumbled)
- 1/2 cup** Tzatziki
- 1/4 cup** Fresh Dill (chopped, optional)

Sriracha Salmon Rice Bowl

10 ingredients · 25 minutes · 2 servings



Directions

1. Cook the rice according to the package directions. Set aside to cool.
2. Mix the sriracha, sesame oil, mayonnaise, and water in a bowl until well combined.
3. Divide the rice, salmon, avocado, edamame, and sriracha mayo evenly between bowls. Garnish with everything bagel seasoning and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cup rice, 1/4 cup edamame, half of an avocado, and two tablespoons of sriracha mayonnaise with salmon.

More Flavor

Add minced garlic while cooking the rice.

Additional Toppings

Top with green onions.

Ingredients

1/2 cup Basmati Rice (dry, rinsed)

1 1/2 tsps Sriracha

1 tsp Sesame Oil

3 tbsps Mayonnaise

1 tbsp Water

10 ozs Canned Wild Salmon (drained and broken into large chunks)

1/2 Avocado (medium, sliced)

1/2 cup Frozen Edamame (thawed)

1 tsp Everything Bagel Seasoning

2 tbsps Cilantro (chopped)

Spicy Beef Taco Cauliflower Rice

10 ingredients · 30 minutes · 2 servings



Directions

1. Heat a pan over medium-high heat. Add the ground beef and water. Cover and cook for four to five minutes.
2. Add the taco seasoning and cook uncovered, stirring, for two to three minutes or until the water evaporates completely and the beef is cooked through.
3. Reduce the heat to medium. Stir in the carrot, bell pepper, cauliflower rice, and half of the oil. Season with salt and pepper. Cover and cook for three to four more minutes to allow the flavors to combine.
4. Uncover and add the jalapeños and remaining oil. Stir well. Garnish with cilantro, if desired. Divide evenly between plates or bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add green onions.

Ingredients

12 ozs Extra Lean Ground Beef
1/4 cup Water
1 tbsp Taco Seasoning
1 Carrot (medium, finely, chopped)
1/2 Red Bell Pepper (medium, chopped)
3 cups Cauliflower Rice
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 tbsp Pickled Jalapeno Pepper (sliced)
2 tbsps Cilantro (optional)

Kale, Edamame & Apple Salad with Chicken

9 ingredients · 25 minutes · 4 servings



Directions

1. Heat the oil in a pan over medium heat. Season the chicken with salt and pepper, then place it into the pan. Cook for six to eight minutes per side, or until cooked through. Remove and let it rest for five minutes before slicing.
2. Divide the kale, edamame, apples, avocado, and hazelnuts evenly between bowls or plates. Top with chicken and dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add dressing when ready to eat.

Serving Size

One serving is approximately 2 1/2 cups of salad with chicken.

No Green Goddess Dressing

Use your favorite dressing instead.

No Hazelnuts

Use other chopped nuts or seeds instead.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 **lb** Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 4 **cups** Kale Leaves (stems removed, chopped)
- 1 **1/2 cups** Frozen Edamame (thawed)
- 2 Apple (small, chopped)
- 1/2 Avocado (medium, cut into cubes)
- 1/2 **cup** Hazelnuts (chopped)
- 1/4 **cup** Green Goddess Salad Dressing

Cheesesteak Skillet

9 ingredients · 30 minutes · 3 servings



Directions

1. Preheat 1/3 of the oil in a pan over medium-high heat. Add the beef and break it up as it cooks. Cook for three to five minutes or until cooked through and crispy. Remove from the pan and set aside.
2. Add the remaining oil to the pan. Sauté the mushrooms, onions, garlic, and bell peppers, stirring occasionally, for four to six minutes or until softened. Season with salt and pepper.
3. Return the beef to the pan, mixing with the vegetables. Reduce the heat to medium-low and top with provolone slices. Cover for one minute, or until the cheese melts.
4. Divide evenly between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add chili flakes and/or chopped chillies.

Serve it With

Enjoy as is or serve between a bun, in a wrap and grilled, otop of potatoes, or otop of rice.

Ingredients

- 3 tbsps** Avocado Oil (divided)
- 1 lb** Extra Lean Ground Beef
- 2 cups** Mushrooms (sliced)
- 1** Yellow Onion (medium, sliced)
- 2** Garlic (clove, finely chopped)
- 1** Green Bell Pepper (medium, sliced)
- 1** Red Bell Pepper (medium, sliced)
- Sea Salt & Black Pepper (to taste)
- 4 ozs** Provolone Cheese (sliced)

Egg Salad & Tuna Lettuce Wraps

7 ingredients · 30 minutes · 2 servings



Directions

1. Bring a small pot of water to a boil and use a spoon to carefully lower the eggs inside. Boil for seven to eight minutes, then immediately remove them and place them into a bowl of icy water for at least three minutes.
2. Peel the eggs and chop them. In a bowl, whisk together the mayonnaise, lemon juice, salt, and pepper. Add the eggs, tuna, and basil. Stir well, taste and adjust the seasoning to your taste.
3. Divide the tuna mixture evenly between lettuce leaves and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two stuffed lettuce leaves.

More Flavor

Add red onion and capers.

No Basil

Use dill or parsley instead.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

3 Egg

1 1/2 tbsps Mayonnaise

1/4 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

2 cans Tuna (drained)

2 tbsps Basil Leaves (chopped)

4 leaves Romaine (medium)

Ginger Turkey Wraps copy

9 ingredients · 30 minutes · 2 servings



Directions

1. Add the turkey to a pot. Cover it with about one inch (2.5 cm) of water. Bring to a boil then reduce the heat to a simmer. Cook partially covered for 10 to 12 minutes or until the turkey is cooked through. Place the cooked turkey onto a cutting board and shred it with two forks. Set aside to cool.
2. Meanwhile, whisk together the lime juice, yogurt, soy sauce, ginger, and honey, in a large bowl, until well combined. Add the coleslaw mix, green onions, and sesame seeds, if using. Toss gently to ensure all the ingredients are well coated. Stir in the turkey.
3. Divide the mixture evenly between tortillas. Fold the sides and bottom over filling and roll up tightly into a wrap. Enjoy!

Notes

Leftovers

Best enjoyed fresh. The turkey filling can be refrigerated separately in airtight containers for up to three days.

Serving Size

One serving is equal to one wrap.

More Flavor

Add cilantro, leafy greens and/or red pepper flakes.

Gluten-Free

Use a gluten-free tortilla.

Ingredients

- 8 ozs Turkey Breast
- 1 1/2 tsps Lime Juice
- 2 tbsps Plain Greek Yogurt
- 2 tsps Soy Sauce
- 1/2 tsp Ginger
- 1/2 tsp Raw Honey
- 1 cup Coleslaw Mix
- 1 stalk Green Onion (chopped)
- 1 Low Carb Tortilla (1 large tortilla or 2 small tortillas)

One Pan Shrimp, Peppers & Broccoli

9 ingredients · 15 minutes · 2 servings



Directions

1. Heat the oil in a large pan over medium heat. Add the garlic and cook for 30 seconds, until softened.
2. Add the broccoli, bell pepper, and water. Season with salt and pepper. Cover and cook for two to three minutes, stirring occasionally, until the vegetables are just tender.
3. Increase the heat to medium-high. Add the shrimp and season with salt and pepper. Cook for three to four minutes until the shrimp are cooked through.
4. Add the lemon juice and parsley. Stir to combine and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add ginger and tamari sauce. Serve over your favorite grain of choice or cauliflower rice.

Additional Toppings

Top with cilantro and/or green onions.

Ingredients

- 1 **1/2 tbsps** Extra Virgin Olive Oil
- 3 Garlic (clove, sliced)
- 2 **cups** Broccoli (chopped into florets)
- 1 Red Bell Pepper (medium, sliced)
- 3 **tbsps** Water
- Sea Salt & Black Pepper (to taste)
- 12 **ozs** Shrimp (peeled, deveined)
- 1 **tsp** Lemon Juice (plus more to taste)
- 1/4 **cup** Parsley (chopped)