

Simple meals



Take the thought out of it.

Feel free to adjust and dictate how much of ingredient to use. Each example was intended for one person, double or triple the recipe if desired.

- **Minimal ingredients**
- **Minimal time**

Chicken Stir Fry

- 5-6 oz chicken (breast or two thighs)
- 2-3 cups mixed vegetables: green beans, bean sprouts, sugar snap peas, water chestnuts, carrots, bell peppers (frozen bags can make easier convenience if time is short)
- 1-2 tsp olive oil
- 1-2 tbsp. Coconut aminos or low-sodium soy sauce
- optional: minced garlic, cashews, ground ginger, spinach,

Try over a bed of cauliflower rice!



Pasta-less Pasta

- 2 cups zoodles (zucchini or squash noodles spiralized)
- ½ cup diced onions and bell peppers
- 5-6 oz ground turkey, lean ground beef, or chicken sausages
- 1-2 tsp olive oil
- Pasta sauce: Make your own using diced tomatoes, onions, garlic, oregano, and seasonings
- Optional: Parmesan cheese, dried oregano and basil



Fajita Bowl

- 5-6 oz ground turkey, roasted chicken, or lean beef
- ½ cup grilled bell peppers and onions in 2 tsp olive oil
- Bed of romaine lettuce (2 cups)
- 1 oz shredded cheddar cheese, 1/3 sliced avocado, and salsa (or diced tomatoes)
- Optional: black beans, cilantro, lime



Lettuce Wrap Burgers

- 5oz turkey burgers or grass-fed burgers (1 large patty)
- Head of iceberg lettuce (as much as you like)
- 1-2 slices of cheese
- ¼ cup grilled onion, some lettuce, 2-3 slices tomato, and ¼ avocado slices
- Low-sugar condiments! Like 1-2 tbsp Dijon mustard and low-sugar ketchup



Try with 2 slices turkey bacon!

Tuna Salad

- Tuna (1 can or 4-5 oz fresh)
- Diced stick of Celery and ½ tomato
- 2 tbsp. olive Oil or Avocado Oil Mayo
- 1 tbsp. dijon Mustard
- Pepper (1 tsp. up to 1tbsp. For taste)



Try dipping with cucumber or pickle slices or over a bed of dark leafy greens!