



High-Protein Animal Based Recipes

Melissa Slemp

<https://www.abundanthealthwithmelissa.com/>

Hi,

Protein is crucial for diabetes management, preserving lean muscle, maintaining bone density, keeping you full, preventing sugar spikes, and curbing cravings between meals.

Five Tips When Putting Meals Together:

- 1) Be mindful of your daily protein intake.
- 2) Include veggies, fiber, lean protein, and healthy fats in your diet.
- 3) Start by identifying protein options in your kitchen.
- 4) Prioritize 25-30 grams per meal or a minimum of 100 grams daily.
- 5) Consume protein and fat first to slow carb absorption.

Starting with healthy food choices for optimal functioning can be challenging. This high-protein plan is suggested, but feel free to customize recipes to fit your routine.

Recognizing the importance of protein for balancing blood sugar and hormones, as well as providing essential amino acids for muscle maintenance, we combine:

- Complex carbohydrates with fiber
- Protein
- Healthy fats

Explore these **breakfast, lunch, dinner, smoothie, and snack recipes** to enjoy satisfying meals without deprivation. Follow these steps in meal preparation to enhance blood sugar control, satiety, and support a healthy weight.

Welcome to your meal planning guide!

Taking the time to plan your meals can have such a positive impact on your health. This guide will teach you how to create delicious meal plans for yourself.

Here is how to use it:

Step 1:

Download a blank weekly meal planning template [HERE](#).

Step 2:

Look at the recipes in this guide and begin to fill in the weekly template by outlining what you will eat for your desired meals (breakfast, lunch, dinner, and snacks).

Don't be afraid to cook a big batch of a recipe and add it to your plan multiple times throughout the week.

Enjoying leftovers is a big time-saver!

Step 3:

Once your meal plan is complete, create a grocery list. Refer to the recipes you have added to your plan and write down the ingredients you will need to make them.

Remember to check the recipe serving size and scale the quantities of the ingredients up or down depending on how many servings you need.

Step 4:

Once you have done your shopping, you may want to do some meal prep. Look at the recipes you have chosen and see what can be prepped in advance. Perhaps you can dice vegetables or even make an entire recipe to save yourself time later in the week.

You are all set to follow your meal plan for the week! Check your plan every morning and night, so you know what is coming up next and can stay organized.

Meal planning is a skill that gets easier over time. Reach out to me any time with your meal planning questions.

Melissa Slemp
Certified Health Coach & T1D



Overnight Vanilla Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	2mg
Sodium	124mg
Potassium	351mg
Vitamin C	6mg
Calcium	430mg
Iron	3mg
Vitamin D	63IU
Folate	25µg
Vitamin B12	0.3µg
Magnesium	116mg
Zinc	3mg

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

Serving Size: One serving is approximately 1 1/2 cups.

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



Protein Packed Chia Seed Pudding

1 serving

5 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1/3 cup Unsweetened Almond Milk ((or unsweetened coconut milk))
- 1 tbsp All Natural Almond Butter ((or natural peanut butter))
- 3 tbsps Vanilla Protein Powder
- 2 tbsps Collagen Powder
- 1 1/2 tbsps Plain Greek Yogurt
- 1 tbsp Blueberries
- 1 tbsp Strawberries ((Sliced))
- 1/2 tsp Cinnamon ((dash))
- 1 tsp Walnuts (optional)

Directions

- 1 Combine chia seeds and water/milk in a bowl, let it sit for 5-8 minutes and gel. Add in cinnamon & heat in microwave for 40 seconds. Stir and then add in dash more of cinnamon, nut butter, protein powder, collagen, Greek yogurt and the nuts, seeds, fruit. Add more milk in needed for a smoother consistency.

Nutrition

Amount per serving	
Calories	454
Fat	28g
Carbs	30g
Fiber	15g
Sugar	4g
Protein	29g
Cholesterol	6mg
Sodium	98mg
Potassium	578mg
Vitamin C	8mg
Calcium	576mg
Iron	5mg
Vitamin D	43IU
Folate	25µg
Vitamin B12	0.4µg
Magnesium	215mg
Zinc	2mg



Turkey Sausage Scramble

1 serving

10 minutes

Ingredients

- 4 1/16 ozs Turkey Sausage (casing removed)
- 1 cup Baby Spinach (chopped)
- 2 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	328
Fat	19g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	35g
Cholesterol	458mg
Sodium	848mg
Potassium	607mg
Vitamin C	11mg
Calcium	108mg
Iron	4mg
Vitamin D	82IU
Folate	111µg
Vitamin B12	2.4µg
Magnesium	58mg
Zinc	5mg

Directions

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

Notes

Leftovers: Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

More Flavor: Add onion, mushrooms, or bell pepper.

Additional Toppings: Hot sauce, ketchup, avocado, or salsa.

No Spinach: Use kale instead.

No Turkey Sausage: Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.



Almond Pancakes

3 servings

20 minutes

Ingredients

- 1 cup Almond Flour
- 1 tsp Baking Powder
- 2 Egg
- 1 tbsp Monk Fruit Sweetener
- 1/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil (softened)
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 3 tbsps Almond Butter (for topping)
- 3 tbsps Almonds (roughly chopped, for topping)

Nutrition

Amount per serving	
Calories	494
Fat	44g
Carbs	18g
Fiber	7g
Sugar	3g
Protein	17g
Cholesterol	124mg
Sodium	327mg
Potassium	235mg
Vitamin C	0mg
Calcium	321mg
Iron	3mg
Vitamin D	39IU
Folate	28µg
Vitamin B12	0.3µg
Magnesium	181mg
Zinc	1mg

Directions

- 1 In a medium-sized bowl, whisk together the almond flour, baking powder, eggs, sweetener, almond milk, coconut oil, cinnamon and sea salt.
- 2 Heat a greased skillet over medium-low heat. Pour the batter into the skillet, no more than 1/4 cup at a time. Cook each side for 3 to 4 minutes or until browned.
- 3 Divide the pancakes onto plates and top with almond butter and almonds. Enjoy!

Notes

Leftovers: Refrigerate cooked pancakes in an airtight container for up to three days. Reheat in a toaster for easy leftovers.

Serving Size: One serving equals approximately 2 to 3 small pancakes.

Additional Toppings: Top with berries and/or maple syrup.

No Monk Fruit Sweetener: Omit or use coconut sugar and adjust accordingly for flavor.



Spinach, Bacon & Cheese Scramble

1 serving
10 minutes

Ingredients

- 2 Egg
- 2 slices Bacon, Cooked (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Extra Virgin Olive Oil
- 3 cups Baby Spinach
- 1 1/2 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Calories	442
Fat	33g
Carbs	6g
Fiber	2g
Sugar	1g
Protein	31g
Cholesterol	431mg
Sodium	843mg
Potassium	759mg
Vitamin C	25mg
Calcium	445mg
Iron	5mg
Vitamin D	92IU
Folate	233µg
Vitamin B12	1.5µg
Magnesium	99mg
Zinc	4mg

Directions

- 1 In a small bowl whisk the eggs and add the bacon. Season with salt and pepper.
- ⋮
- 2 Heat a skillet over medium heat and drizzle the oil. Once hot, add the spinach and cook until just wilted, about one minute. Pour in the egg mixture and add the cheese and cook, stirring occasionally until the eggs are cooked to your liking. Remove from heat and enjoy!

Notes

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

Dairy-Free: Omit the cheese or use a vegan cheese.

No Pork: Omit the bacon.



Citrus Cauliflower Porridge

1 serving
15 minutes

Ingredients

- 3/4 cup Cauliflower Rice
- 3/4 oz Collagen Powder
- 1 1/4 cups Lite Coconut Milk
- 1 tbsp Maple Syrup
- 3 tbsps Chia Seeds
- 1/2 Blood Orange (sliced)
- 2 tbsps Pomegranate Seeds

Nutrition

Amount per serving	
Calories	553
Fat	30g
Carbs	47g
Fiber	16g
Sugar	26g
Protein	27g
Cholesterol	0mg
Sodium	144mg
Potassium	496mg
Vitamin C	75mg
Calcium	310mg
Iron	3mg
Vitamin D	0IU
Folate	30µg
Vitamin B12	0µg
Magnesium	17mg
Zinc	0mg

Directions

- 1 Add the cauliflower, collagen powder, milk, and maple syrup to a small pot. Bring the pot to a light boil, and then reduce to a simmer for five to seven minutes.
- 2 Remove the pot from the heat and mix in the chia seeds. Serve the mixture in a bowl. Top with the blood orange and pomegranate seeds. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

Additional Toppings: Bee pollen, hemp seeds, chopped walnuts, blueberries, and/or yogurt.

No Maple Syrup: Use stevia, monk fruit sweetener, or honey and adjust accordingly.



Hawaiian Omelette

2 servings

20 minutes

Ingredients

- 1 1/2 tsp Coconut Oil
- 5 Egg
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 cup Pineapple (cored and diced)
- 2 2/3 ozs Prosciutto (sliced into small pieces)
- 1/2 cup Goat Cheese (crumbled)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	389
Fat	26g
Carbs	9g
Fiber	1g
Sugar	6g
Protein	30g
Cholesterol	502mg
Sodium	1618mg
Potassium	394mg
Vitamin C	28mg
Calcium	128mg
Iron	4mg
Vitamin D	103IU
Folate	124µg
Vitamin B12	1.1µg
Magnesium	45mg
Zinc	2mg

Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 3 Pour 1 portion of the egg mixture in so that it covers the skillet and let cook until almost set. Place some of the pineapple, prosciutto and goat cheese on one half of the omelette and fold the other half over top. Remove from heat. Transfer to a plate and serve with a cup of baby spinach on the side.
- 4 Repeat with remaining ingredients to make additional omelettes. Enjoy!



Brownie Protein Pancakes

2 servings

15 minutes

Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Chickpea Flour
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tbsp Baking Powder
- 1 cup Unsweetened Almond Milk (or water)
- 1/4 cup Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil

Nutrition

Amount per serving	
Calories	444
Fat	19g
Carbs	37g
Fiber	6g
Sugar	17g
Protein	29g
Cholesterol	4mg
Sodium	866mg
Potassium	376mg
Vitamin C	0mg
Calcium	773mg
Iron	4mg
Vitamin D	50IU
Folate	109µg
Vitamin B12	0.6µg
Magnesium	110mg
Zinc	2mg

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time: Make the pancake batter in a blender.

Toppings: Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers: Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour: Try oat flour instead. Results may vary.



Yogurt & Berries

2 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

Nutrition

Amount per serving	
Calories	261
Fat	5g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Potassium	226mg
Vitamin C	55mg
Calcium	526mg
Iron	2mg
Vitamin D	99IU
Folate	0µg
Vitamin B12	0µg
Magnesium	0mg
Zinc	0mg

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Grape & Coconut Protein Chia Pudding

2 servings

35 minutes

Ingredients

- 1/2 cup Chia Seeds
- 1 cup Unsweetened Coconut Yogurt
- 2/3 cup Water
- 1/2 tsp Cinnamon
- 1/2 cup Vanilla Protein Powder
- 2/3 cup Grapes (halved)

Nutrition

Amount per serving	
Calories	389
Fat	19g
Carbs	33g
Fiber	19g
Sugar	5g
Protein	28g
Cholesterol	4mg
Sodium	72mg
Potassium	383mg
Vitamin C	1mg
Calcium	689mg
Iron	4mg
Vitamin D	0IU
Folate	9µg
Vitamin B12	1.9µg
Magnesium	51mg
Zinc	2mg

Directions

- 1 In a small bowl, mix together the chia seeds, yogurt, water, cinnamon, and protein powder.
- ⋮
- 2 Layer the chia pudding and grapes into small jars, one jar per serving, and refrigerate for at least 30 minutes. Enjoy!

Notes

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

Serving Size: One serving is 3/4 cup of chia pudding.

More Flavor: Add maple syrup.

Additional Toppings: Nuts and seeds.



Chocolate Collagen Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 5 leaves Romaine (washed and torn)
- 1/4 cup Frozen Cauliflower
- 1/2 cup Strawberries
- 1/2 Banana (frozen)
- 2 tbsps Chia Seeds
- 2 tbsps Cacao Powder
- 1 tbsp Almond Butter
- 1/2 oz Collagen Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Almond Milk: Use any other kind of milk like cashew, hemp or rice instead.

No Collagen Powder: Omit or use protein powder instead.

No Romaine: Use spinach or kale instead.

Nutrition

Amount per serving	
Calories	481
Fat	25g
Carbs	45g
Fiber	22g
Sugar	14g
Protein	27g
Cholesterol	0mg
Sodium	298mg
Potassium	1283mg
Vitamin C	67mg
Calcium	981mg
Iron	7mg
Vitamin D	151IU
Folate	251µg
Vitamin B12	0µg
Magnesium	201mg
Zinc	1mg



Chocolate Avocado Smoothie

1 serving

5 minutes

Ingredients

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

Nutrition

Amount per serving	
Calories	297
Fat	19g
Carbs	11g
Fiber	7g
Sugar	1g
Protein	25g
Cholesterol	4mg
Sodium	227mg
Potassium	685mg
Vitamin C	13mg
Calcium	655mg
Iron	2mg
Vitamin D	101IU
Folate	115µg
Vitamin B12	0.6µg
Magnesium	146mg
Zinc	2mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder: Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet: Add frozen banana.

Nut-Free Version: Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



Chicken, Cauliflower & Spinach Casserole

4 servings

1 hour 15 minutes

Ingredients

- 1 1/3 lbs Chicken Thighs (boneless, skinless, chopped)
- 1 head Cauliflower (medium, finely chopped)
- 2 cups Baby Spinach (chopped)
- 1 1/2 cups Plain Coconut Milk (from a carton)
- 1/4 cup Nutritional Yeast
- 2 tsps Garlic Powder
- 2 tsps Onion Powder
- 1 tsp Turmeric (ground)
- 1 tsp Ground Sage
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	299
Fat	9g
Carbs	16g
Fiber	6g
Sugar	6g
Protein	38g
Cholesterol	142mg
Sodium	830mg
Potassium	1141mg
Vitamin C	75mg
Calcium	242mg
Iron	4mg
Vitamin D	39IU
Folate	121µg
Vitamin B12	35.8µg

Directions

- 1 Preheat the oven to 350°F (175°C). Grease a casserole dish.
- 2 Add all the ingredients to a large bowl, and mix well to combine. Add the contents of the bowl to the prepared casserole dish.
- 3 Bake in the oven for 50 to 55 minutes. Let cool for 10 minutes before serving. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups. An 8.5 x 11-inch (22 x 28 cm) casserole dish was used to make four servings.

More Flavor: Use fresh onions and garlic in place of powder.

Additional Toppings: Green onions, fresh herbs like parsley and/or cilantro.

Magnesium	74mg
Zinc	3mg



Beef & Mushroom Stew

4 servings

3 hours

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 tsbps Rosemary (fresh)
- 1 1/2 pints Bone Broth
- 2/3 cup Canned Coconut Milk (full fat)
- 2 tsbps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	404
Fat	22g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	43g
Cholesterol	122mg
Sodium	1018mg
Potassium	968mg
Vitamin C	8mg
Calcium	68mg
Iron	5mg
Vitamin D	13IU
Folate	22µg
Vitamin B12	3.5µg
Magnesium	42mg
Zinc	9mg

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.



Turkey, Cabbage & Pumpkin Soup

2 servings

40 minutes

Ingredients

- 1 tsp Avocado Oil
- 10 ozs Extra Lean Ground Turkey
- 1 1/2 cups Green Cabbage (thinly sliced)
- 2 Carrot (medium, julienned)
- 1 1/2 tsps Turmeric
- 12 fl ozs Bone Broth
- 1/2 cup Pureed Pumpkin
- 1 cup Canned Coconut Milk (full fat)
- 1/4 cup Parsley (optional for garnish)
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	610
Fat	41g
Carbs	24g
Fiber	7g
Sugar	10g
Protein	37g
Cholesterol	131mg
Sodium	482mg
Potassium	1020mg
Vitamin C	48mg
Calcium	143mg
Iron	6mg
Vitamin D	20IU
Folate	71µg
Vitamin B12	1.7µg
Magnesium	69mg
Zinc	4mg

Directions

- 1 Heat the oil in a pot over medium heat. Once hot, add the turkey. Cook, stirring often until the turkey is cooked through, about ten minutes. Add the cabbage, carrots, and turmeric. Stir and cook for another five minutes.
- 2 Add the broth and pumpkin purée. Stir and bring to simmer. Turn the heat down, cover the pot with a lid, and simmer for about 15 minutes.
- 3 Uncover the pot, add the coconut milk, and simmer for another five minutes.
- 4 Divide the soup between serving bowls. Top with parsley and lime juice. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add garlic and onion powder.

No Bone Broth: Use broth of choice.



One Pot Chicken & Saffron Rice

2 servings

50 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 8 ozs Chicken Breast (chopped)
- 1/4 cup Red Onion (chopped)
- 1 stalk Celery (large, chopped)
- 1 Carrot (medium, chopped)
- Sea Salt & Black Pepper (to taste)
- 2 cups Vegetable Broth (plus more as needed)
- 1/4 tsp Saffron (threads)
- 1/2 cup Brown Rice (dry, rinsed)
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	466
Fat	18g
Carbs	44g
Fiber	4g
Sugar	4g
Protein	31g
Cholesterol	82mg
Sodium	769mg
Potassium	883mg
Vitamin C	13mg
Calcium	69mg
Iron	2mg
Vitamin D	1IU
Folate	96µg
Vitamin B12	0.2µg
Magnesium	119mg
Zinc	2mg

Directions

- 1 Heat the oil in a large pan over medium heat. Add the chicken, onion, celery, and carrot. Sauté for five minutes or until the vegetables are tender and the chicken is no longer pink. Season with salt and pepper.
- 2 Add the broth and saffron. Bring to a boil.
- 3 Stir in the rice, cover, and reduce the heat to medium-low. Cook for 30 to 35 minutes or until the broth is absorbed and the rice is cooked through.
- 4 Add the spinach, cover, turn off the heat, and let it sit for five minutes.
- 5 Fluff the rice with a fork. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Use in season vegetables and/or turkey breast.



Warm Chicken & Bell Pepper Salad

4 servings

20 minutes

Ingredients

- 1 lb Chicken Breast (boneless, skinless, cut into thick strips)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Arrowroot Powder
- 3 tbsps Extra Virgin Olive Oil
- 2 Red Bell Pepper (small, thickly sliced)
- 3 tbsps Fresh Dill (chopped, plus more for garnish)
- 2 tbsps Garlic Powder
- 2 tbsps Red Wine Vinegar
- 10 leaves Romaine (chopped)
- 2 tbsps Sunflower Seeds (toasted)

Nutrition

Amount per serving	
Calories	320
Fat	15g
Carbs	17g
Fiber	4g
Sugar	4g
Protein	28g
Cholesterol	82mg
Sodium	63mg
Potassium	771mg
Vitamin C	79mg
Calcium	41mg
Iron	2mg
Vitamin D	1IU
Folate	145µg
Vitamin B12	0.2µg
Magnesium	58mg
Zinc	1mg

Directions

- 1 Season the chicken with salt and pepper, then lightly coat in arrowroot powder, shaking off excess.
- 2 Heat the oil in a large pan over medium high heat and cook the chicken for five to seven minutes.
- 3 Add the bell peppers, dill, and the garlic to the pan then stir in the vinegar. Cook for an additional three to four minutes until the peppers are soft and the chicken is cooked through.
- 4 Divide the romaine leaves evenly between plates. Top with the chicken and peppers. Garnish with sunflower seeds and fresh dill. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Make it Vegan: Use black beans, lentils, or tofu instead of chicken.

More Flavor: Use toasted pine nuts instead of sunflower seeds. Add tomatoes, cucumbers, and green onions.



Turkey & Mushroom Curry with Green Beans

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 Yellow Onion (medium, chopped)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Turkey Thigh (boneless, skinless, cut into small pieces)
- 2 cups Mushrooms (sliced)
- 1 1/2 tps Curry Powder
- 1/2 cup Cream, Half & Half
- 2 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	352
Fat	17g
Carbs	22g
Fiber	7g
Sugar	15g
Protein	32g
Cholesterol	110mg
Sodium	192mg
Potassium	990mg
Vitamin C	15mg
Calcium	156mg
Iron	6mg
Vitamin D	23IU
Folate	52µg
Vitamin B12	2.5µg
Magnesium	72mg
Zinc	4mg

Directions

- 1 Heat the oil in a large pan over medium heat. Add the onions and cook for three to five minutes or until softened. Season with salt and pepper.
- 2 Add the turkey and mushrooms and cook for two more minutes.
- 3 Sprinkle the curry powder over the meat. Stir to coat, then pour in the cream.
- 4 Mix everything together and cook, covered, for four minutes, then uncovered for a further two to three minutes to thicken the sauce.
- 5 Meanwhile, place the green beans in a steamer basket over boiling water and cover. Steam for three to five minutes.
- 6 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

Serving Size: One serving is approximately one cup of curry and one cup of green beans.

More Flavor: Try with chicken breast or thighs.

Serve it With: Quinoa, basmati rice, or your favorite grain.

Additional Toppings: Fresh herbs like cilantro or parsley.



Lentil, Fennel & Turkey Meatball Soup

2 servings

45 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, sliced)
- 1/2 bulb Fennel (medium, sliced)
- 2 Garlic (clove, minced, divided)
- 2 cups Vegetable Broth, Low Sodium
- Sea Salt & Black Pepper (to taste)
- 8 ozs Extra Lean Ground Turkey
- 1 cup Lentils (cooked)
- 1/2 cup Cream, Half & Half
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	429
Fat	19g
Carbs	33g
Fiber	11g
Sugar	11g
Protein	33g
Cholesterol	105mg
Sodium	262mg
Potassium	1002mg
Vitamin C	17mg
Calcium	157mg
Iron	6mg
Vitamin D	17IU
Folate	211µg
Vitamin B12	1.5µg
Magnesium	78mg
Zinc	5mg

Directions

- 1 Heat the oil in a pot over medium-high heat. Add the onion and fennel. Stir and sauté for about 10 minutes or until soft. Add half of the garlic and sauté for two to three minutes.
- 2 Add the broth and season with salt and pepper. Stir, bring the soup to a simmer, and turn the heat down to low.
- 3 Meanwhile, in a bowl, mix together the turkey, the remaining garlic, salt, and pepper. Roll the turkey mixture into small meatballs. Add the meatballs to the pot, cover with lid, and simmer for about 15 minutes.
- 4 Remove the lid. Add in the lentils and cream. Stir and simmer uncovered for another 10 minutes. Adjust the seasoning to your taste and add more broth if needed.
- 5 Remove from the heat and stir in the parsley. Divide between serving 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 equal to approximately 2 1/3 cups.

More Flavor: Add carrot and celery.

Dairy-Free: Use coconut cream instead.



White Bean Chicken Chili

6 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Cumin
- 1 tbsp Chili Powder
- 1/2 tsp Sea Salt
- 3 cups Chicken Broth (divided)
- 3 cups White Navy Beans (cooked and divided)
- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 cup Frozen Corn
- 1/2 cup Cilantro (chopped)
- 1 Lime (sliced into wedges)

Nutrition

Amount per serving	
Calories	290
Fat	7g
Carbs	34g
Fiber	11g
Sugar	5g
Protein	25g
Cholesterol	74mg
Sodium	776mg
Potassium	760mg
Vitamin C	35mg
Calcium	99mg

Directions

- 1 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 2 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 3 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
- 4 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 5 Divide the chili into bowls and serve with a lime wedge. Enjoy!

Notes

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

Additional Toppings: Corn chips, sour cream and/or shredded cheese.

No Chicken Thighs: Use chicken breast instead.

Vegetarian: Omit the chicken and use extra beans.

Serving Size: One serving is equal to approximately one cup of chili.

Save Time: Use cooked beans from the can.

Iron	4mg
Vitamin D	1IU
Folate	160µg
Vitamin B12	0.5µg
Magnesium	84mg
Zinc	3mg



Sauteed Cabbage & Kale with Salmon

2 servings

25 minutes

Ingredients

- 12 ozs Salmon Fillet
- 2 tsps Extra Virgin Olive Oil (divided)
- 1 Lemon (juiced, divided)
- 2 Garlic (clove, minced, divided)
- Sea Salt & Black Pepper (to taste)
- 2 cups Purple Cabbage (chopped)
- 1 cup Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	303
Fat	13g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	40g
Cholesterol	87mg
Sodium	163mg
Potassium	914mg
Vitamin C	71mg
Calcium	89mg
Iron	2mg
Vitamin D	957IU
Folate	38µg
Vitamin B12	8.0µg
Magnesium	71mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper and place the salmon on top. In a small bowl, mix together half of each the oil, lemon juice, garlic. Season the mixture with salt and pepper.
- 2 Brush the salmon fillets all over with the lemon mixture and place onto the baking sheet. Cook in the oven for 15 to 20 minutes or until cooked through.
- 3 Meanwhile, warm up the remaining oil in a pan over medium-high heat. Add the cabbage and remaining garlic. Sauté for about five minutes, add the kale, and sauté for another 10 minutes or until tender. Season with salt and pepper, turn off the heat, and top with the remaining lemon juice.
- 4 Divide the salmon and cabbage mixture between serving plates and enjoy!

Notes

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

Serving Size: One serving is approximately six ounces of salmon and one cup of kale and cabbage.

More Flavor: Add onion and bell pepper to the cabbage mixture.

Additional Toppings: Top with fresh herbs and sesame seeds.



One Pan Turkey, Cabbage & Spinach

3 servings

25 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 1 Garlic (clove, minced)
- 4 cups Purple Cabbage (thinly sliced)
- 1 Zucchini (medium, chopped)
- 1 lb Extra Lean Ground Turkey
- 2 cups Baby Spinach
- 1 tbsp Balsamic Vinegar
- 1 tsp Herbes de Provence
- 1/3 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	371
Fat	20g
Carbs	17g
Fiber	5g
Sugar	10g
Protein	34g
Cholesterol	127mg
Sodium	350mg
Potassium	966mg
Vitamin C	85mg
Calcium	214mg
Iron	5mg
Vitamin D	24IU
Folate	92µg
Vitamin B12	2.1µg
Magnesium	82mg
Zinc	5mg

Directions

- 1 Heat the oil in a large pan over medium heat. Add the onion and garlic and sauté for two minutes or until fragrant. Add the cabbage and zucchini and sauté for about three minutes, or until the veggies start to soften.
- 2 Push the veggies aside in the pan and add the turkey. Cook for five to seven minutes, breaking it up as it cooks. Once it is mostly cooked, mix it with the veggies to combine.
- 3 Add the baby spinach, balsamic vinegar, and Herbes de Provence. Mix well and cook until the spinach wilts. Top with feta cheese and serve. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.



Roasted Chicken, Veggies & Quinoa with Tahini Sauce

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 12 ozs Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Paprika
- 1 Orange Bell Pepper (medium, chopped)
- 1 cup Cherry Tomatoes
- 2 tsps Tahini
- 2 tsps Water
- 1 tbsp Lemon Juice

Nutrition

Amount per serving	
Calories	494
Fat	16g
Carbs	41g
Fiber	7g
Sugar	2g
Protein	49g
Cholesterol	124mg
Sodium	103mg
Potassium	1288mg
Vitamin C	184mg
Calcium	116mg
Iron	5mg
Vitamin D	2IU
Folate	146µg
Vitamin B12	0.4µg
Magnesium	169mg
Zinc	4mg

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- 3 Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 4 Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
- 5 Chop the cooked chicken. Divide the quinoa, chicken, cherry tomatoes, and bell peppers evenly between plates. Serve with the dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Drizzle with tahini dressing before serving.

Serving Size: One serving is equal to approximately two cups.

Make it Vegan: Use tofu instead of chicken.

More Flavor: Add broccoli and red onion to the roasted vegetables.

Additional Toppings: Top with fresh herbs such as dill or parsley.



Canned Salmon & Zucchini Noodles

1 serving
10 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
1/4 cup Red Onion (thinly sliced)
1 Zucchini (large, spiralized)
1/2 Lemon (juiced, plus extra for garnish)
1 tsp Italian Seasoning
4 ozs Canned Wild Salmon (drained and broken into large chunks)

Nutrition

Amount per serving	
Calories	313
Fat	16g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	33g
Cholesterol	75mg
Sodium	455mg
Potassium	948mg
Vitamin C	47mg
Calcium	84mg
Iron	1mg
Vitamin D	974IU
Folate	64µg
Vitamin B12	6.3µg
Magnesium	68mg
Zinc	1mg

Directions

- 1 Heat a pan over medium heat. Add the oil, and once the oil is hot, add the onion and zucchini. Sauté for two to three minutes until softened, tossing them as they cook.
- 2 Before serving, add lemon juice and Italian seasoning and toss to combine. Transfer to a serving dish. Add the salmon on top. Garnish with the remaining lemon. Enjoy!

Notes

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

More Flavor: Add minced garlic and cherry tomatoes to the zucchini as it cooks.

Additional Toppings: Fresh dill and/or pine nuts.



Turkey, Barley & Squash Soup

5 servings

50 minutes

Ingredients

- 12 ozs Turkey Breast
- 12 cups Chicken Broth, Low Sodium
- 2/3 cup Pearl Barley (uncooked)
- 2 Carrot (medium, diced)
- 1 Leeks (large, sliced)
- 2 stalks Celery (diced)
- 3 Garlic (clove)
- 2 cups Butternut Squash (peeled, seeds removed, cubed)
- 2 cups Brussels Sprouts (thinly sliced)
- 3 tbsps Pesto (optional)

Nutrition

Amount per serving	
Calories	369
Fat	9g
Carbs	44g
Fiber	8g
Sugar	6g
Protein	33g
Cholesterol	36mg
Sodium	327mg
Potassium	1298mg
Vitamin C	46mg
Calcium	136mg
Iron	4mg
Vitamin D	5IU
Folate	71µg
Vitamin B12	1.5µg
Magnesium	87mg
Zinc	2mg

Directions

- 1 Place the turkey breast and the broth in a large pot and bring to a boil. Reduce the heat and simmer, covered, for 30 minutes or until the turkey is cooked through.
- 2 Meanwhile, cook the barley according to the package directions.
- 3 Remove the turkey and set aside. Add the carrots, leeks, celery, garlic, squash, and Brussels sprouts to the same liquid. Cook, covered, for 12 to 15 minutes or until tender.
- 4 While the vegetables cook, shred the cooked turkey breast in pieces using two forks.
- 5 Once the vegetables are cooked, return the turkey to the pot and continue cooking for two minutes or until heated through.
- 6 Cover the bottom of each bowl with barley and pour the soup over top. Top with pesto, if desired, 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 1/3 cup of barley and two cups of soup.

Make it Vegan: Use vegetable broth and tofu, edamame, chickpeas, or lentils instead of turkey breast.

Gluten-Free: Use quinoa, gluten-free pasta, or rice instead of barley.



Shrimp & Black Bean Tacos

4 servings

15 minutes

Ingredients

- 1 cup Black Beans (cooked)
- 1 Lime (juiced, divided)
- 1 tbsp Cilantro (chopped, plus extra for garnish)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Extra Virgin Olive Oil
- 1 lb Shrimp (peeled, deveined)
- 1 tsp Taco Seasoning
- 8 Corn Tortilla (small)
- 1/4 cup Cilantro Lime Dressing

Nutrition

Amount per serving	
Calories	398
Fat	13g
Carbs	40g
Fiber	6g
Sugar	0g
Protein	29g
Cholesterol	183mg
Sodium	345mg
Potassium	466mg
Vitamin C	3mg
Calcium	288mg
Iron	2mg
Vitamin D	0IU
Folate	65µg
Vitamin B12	0µg
Magnesium	71mg
Zinc	2mg

Directions

- 1 In a bowl, add the black beans, half of the lime juice, and cilantro. Use a fork and smash the beans. Season with salt and pepper.
- 2 Heat the oil in a pan over medium-high heat. Add shrimp, taco seasoning, and the remaining lime juice. Stir to mix and season with salt and pepper. Cook for about five minutes, stirring occasionally, or until cooked through.
- 3 Spread the smashed beans on top of the tortillas. Top with shrimp and drizzle with cilantro lime dressing. Garnish with cilantro and enjoy!

Notes

Leftovers: Best enjoy immediately. Refrigerate the smashed beans and shrimp in separate containers for up to three days. Assemble before serving.

Serving Size: One serving is equal to two tacos.

Additional Toppings: Red onion, cabbage, and/or salsa.



Chocolate Peanut Butter Protein Bars

8 servings

40 minutes

Ingredients

- 1 cup All Natural Peanut Butter
- 2/3 cup Vanilla Protein Powder
- 1 1/3 tbsps Coconut Flour
- 3 1/2 ozs Dark Chocolate
- 1/2 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Calories	300
Fat	22g
Carbs	14g
Fiber	4g
Sugar	6g
Protein	15g
Cholesterol	2mg
Sodium	171mg
Potassium	309mg
Vitamin C	0mg
Calcium	63mg
Iron	2mg
Vitamin D	0IU
Folate	31µg
Vitamin B12	0.2µg
Magnesium	98mg
Zinc	2mg

Directions

- 1 Line a baking dish or rectangular container with parchment paper.
- 2 In a small bowl, mix the peanut butter, protein powder, and coconut flour together until smooth.
- 3 Spread the mixture into the prepared baking dish or container. Press it down with a silicone spatula or your hands.
- 4 Add the chocolate to a bowl and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Pour the chocolate over top and gently spread with a spoon or spatula to all corners. Top with flaky sea salt. Refrigerate for one hour or until the chocolate has hardened and the peanut butter bar has set.
- 6 Cut into squares and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to one month.

Serving Size: One serving is one bar. A 7 1/2-inch by 6-inch dish (19 cm by 15 cm) was used to make eight bars.

More Flavor: Add maple syrup, honey, or coconut sugar.

Additional Toppings: Chopped nuts, seeds, cacao nibs and/or hemp seeds.

On The Go: These bars are best chilled but will last for 30 minutes out of the fridge before getting too soft.

Protein Powder: This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.



No Bake Energy Bites

20 servings

10 minutes

Ingredients

- 1 cup Oats ((gluten free old fashioned oats))
- 2/3 cup Unsweetened Shredded Coconut
- 1/2 cup All Natural Peanut Butter ((or use almond butter))
- 1/2 cup Ground Flax Seed
- 1/4 cup Protein Powder
- 1/3 cup Raw Honey
- 1/2 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	142
Fat	8g
Carbs	14g
Fiber	2g
Sugar	8g
Protein	4g
Cholesterol	0mg
Sodium	4mg
Potassium	57mg
Vitamin C	0mg
Calcium	15mg
Iron	1mg
Vitamin D	0IU
Folate	7µg
Vitamin B12	0µg
Magnesium	19mg
Zinc	0mg

Directions

- 1 Toast oats and coconut in 350' oven for 7-8 minutes, mix all ingredients together except chocolate chips. Once mix is cooled, add in chocolate chips. Roll into balls and refrigerate.

Notes

Plant Based Protein Powder : I recommend Pure Food Company Get 20%
<https://www.purefoodcompany.com/shop/>