

lunch dishes

MEDITERRANEAN SALMON BOWL

Cuisine: Mediterranean



SERVES: 2
PREP TIME: 15 minutes
COOK TIME: 15 minutes
READY IN: 30 minutes

INGREDIENTS

2 (6 oz) Salmon Filets
1 tsp Basil, dry
1/2 tsp Crushed Red Pepper
2 cloves Garlic, minced
1 cup Broccoli Florets
2 tbsp Olive Oil

Salad:

1 cup Lettuce, chopped
2/3 cup Purple Cabbage, chopped
Handful Fresh Basil Leaves
1/4 cup Feta Cheese, crumbled
1 tbsp Lemon Juice
6 Olives, pitted
2 tbsp Low Carb Hummus

NUTRITION

Calories: 580
Total Fat: 40g
Sodium: 600mg
Total Carbohydrates: 20g
Dietary Fiber: 8g
Sugar: 4g
Protein: 38g



DIRECTIONS

Rub the salmon with the dried basil, crushed red pepper flakes, and 1 clove garlic. Let it sit while you make the broccoli and the salad.

For the salad chop the cabbage and massage it in a bowl with the lemon juice. Then add the lettuce, basil, olive oil, feta cheese and 1 clove of minced garlic. Mix everything well together and add salt and pepper if needed.

For the broccoli, chop the florets and stir them for 2 minutes in a non-stick pan with 1 Tbsp olive oil. Then turn off the heat and covered with a lid for 3 minutes.

Remove broccoli from the pan and set aside. Add the salmon to the same pan. Cooked it at medium/medium high heat and covered with a lid, flipping half-way through. After 6-7 minutes the salmon is ready and you can start arranging the bowl.

Add the salad first, then add the olives, hummus, broccoli and then salmon. Add salt and pepper to taste and enjoy.

lunch dishes

BAKED ZUCCHINI, SPINACH, AND FETA CASSEROLE

Cuisine: Vegetarian



SERVES: 6
PREP TIME: 5 minutes
COOK TIME: 55 minutes
READY IN: 60 minutes

INGREDIENTS

3 cups Baby Spinach
¼ cup Fat-Free Feta, crumbled
2 small Yellow Squash, diced
¼ cup Low-Fat Parmesan, grated
2 small Zucchini, diced
½ cup Whole Wheat Panko
1 tsp Dried Basil Leaves
2 Egg Whites
2 tsp Garlic Powder
½ tsp Ground Black Pepper
½ tsp Kosher Salt

NUTRITION

Calories: 370
Total Fat: 9g
Sodium: 883mg
Total Carbohydrates: 39g
Dietary Fiber: 3g
Sugar: 10g
Protein: 30g



DIRECTIONS

Preheat the oven to 400°F. Spray a 9×13" casserole-dish using non-stick spray and put aside.

In a large-skillet heat olive-oil. Once hot, add the zucchini, spinach and yellow-squash.

Then cook for 5minutes, till spinach is wilted and squash is soft. Drain off any excess liquid & put in a large mixing-bowl.

Add the remaining ingredients into mixing-bowl with the spinach mix. Blend well & spread the mixture in an even layer in the prepared casserole-dish.

Bake for 30-40minutes till golden-brown on top. Let cool slightly before serving.

lunch dishes

TERIYAKI CHICKEN & BROCCOLI

Cuisine: Asian



SERVES: 4
PREP TIME: 5 minutes
COOK TIME: 12 minutes
READY IN: 17 minutes

INGREDIENTS

1 lb Chicken Breast, cubed
Salt & Pepper
1 tbsp Olive Oil
2 cups Broccoli Florets
1 Bell Pepper, sliced strips
2 cups Cooked Brown Rice

Sauce:

¼ cup Low-Sodium Soy Sauce
2 tbsp Honey
2 tbsp Rice Wine Vinegar
1 tbsp Cornstarch
1 clove Garlic, minced
¼ tsp Ground Ginger, optional

NUTRITION

Calories: 370
Total Fat: 9g
Sodium: 883mg
Total Carbohydrates: 39g
Dietary Fiber: 3g
Sugar: 10g
Protein: 30g



DIRECTIONS

Heat a large pan to medium-high heat. Add chicken, season with salt and pepper and cook until no longer pink 2-3 minutes.

Whisk all the ingredients for the teriyaki sauce in a small bowl.

Add the teriyaki sauce to chicken and cook for 4-5 minutes or until sauce is thick. Remove chicken from heat.

Add the broccoli florets and bell pepper to the same pan. Stir fry for 2-3 minutes or until the bell pepper is slightly softened.

Serve each portion with a 1/2 cup of brown rice. Can be refrigerated for up to 4 days.

LIGHTENED-UP SHEPARD'S PIE

Cuisine: American



SERVES: 6
PREP TIME: 5 minutes
COOK TIME: 40 minutes
READY IN: 45 minutes

INGREDIENTS

1 lb Ground Turkey
1 medium Onion, diced
2 cloves Garlic, minced
2 large Carrots, chopped
1/2 cup Mushrooms, chopped
1 tbsp Fresh Rosemary, chopped
1 tbsp Fresh Thyme, chopped
1/2 cup + 2 tbsp Chicken Stock
1 tbsp Potato Starch
1/2 head Cauliflower, chopped
1 Egg
Salt & Pepper to taste

NUTRITION

Calories: 171
Total Fat: 8g
Sodium: 162mg
Total Carbohydrates: 7g
Dietary Fiber: 3g
Sugar: 3g
Protein: 18g



DIRECTIONS

Preheat oven to 400 degrees F.

In a large skillet, sauté ground turkey on medium heat until browned. Add onion, garlic, carrots and mushrooms and cook until soft, about 3 minutes.

Add a 1/2 cup of chicken stock and potato starch and bring mixture to a light boil, mixing often.

Turn off heat and add half of your fresh herbs (you'll reserve the other half for your cauliflower mash) along with salt and pepper. Set aside.

Fill a medium saucepan with water and bring to a rolling boil. Cook cauliflower for about 7 to 10 minutes, until nice and soft, and drain.

In a separate bowl, whisk together egg, 2 tablespoons of chicken stock (or more if needed) and cauliflower. Using a potato masher or whisk, mash cauliflower until smooth and add reserved herbs along with a good pinch of salt.

Evenly divide 6 ramekins or in a casserole dish with the meat mixture until almost entirely full. Using a spatula, spread cauliflower mixture over top until meat is completely covered.

Place ramekins or casserole dish on a baking sheet and cook in the oven for 10 minutes then switch your oven to broil and cook for an additional 10 minutes. Allow a few minutes to cool and enjoy!

LEMONY CHICKPEA & TUNA SALAD

Cuisine: American



SERVES: 6
PREP TIME: 10 minutes
COOK TIME: 0 minutes
READY IN: 10 minutes

INGREDIENTS

2 (15.5 oz) can Chickpeas, rinsed
2 to 3 Roma Tomatoes, chopped
1/2 Red Onion, finely chopped
1 bunch Flat Leaf Parsley, chopped
1/2 bunch Mint, finely chopped
1/2 tsp Lemon Zest
3 tbsp Lemon Juice
1 tbsp Olive Oil
1 clove Garlic, minced
Salt & Pepper to taste
2 (5 oz) cans Chunk Light Tuna
in water, drained

NUTRITION

Calories: 280
Total Fat: 5.7g
Sodium: 271mg
Total Carbohydrates: 36g
Dietary Fiber: 7.1g
Sugar: 1g
Protein: 21.4g



DIRECTIONS

In a large bowl, combine all ingredients, folding the tuna in last.

Enjoy!

lunch dishes

MOROCCAN SALMON FOIL PACKETS WITH CARROT NOODLES & CHICKPEAS

Cuisine: Seafood / Moroccan



SERVES: 4
PREP TIME: 5 minutes
COOK TIME: 20 minutes
READY IN: 35 minutes

INGREDIENTS

4 (6 oz) Salmon Filets
Salt & Pepper to taste
2 large Carrots, peeled, spiralized
2 tbsp Cilantro, chopped

Chickpeas:

1 (14.5 oz.) can Chickpeas, rinsed
1 tsp Olive Oil
1/2 tsp Sea Salt
1/2 tsp Smoked Paprika

Sauce:

3 tbsp Harissa
1 tbsp Olive Oil
1 tbsp Fresh Lemon Juice
1 1/2 tsp Fresh Ginger, grated
1 tbsp Honey
3 cloves Garlic, minced
1 tsp Smoked Paprika

NUTRITION

Calories: 469
Total Fat: 14.4g
Sodium: 715mg
Total Carbohydrates: 33.5g
Dietary Fiber: 6.1g
Sugar: 6.6g
Protein: 49.2g



DIRECTIONS

Preheat oven to 400 degrees F.

While oven is pre-heating, spiralize the carrots into noodles and toss chickpeas with olive oil, sea salt, cumin and smoked paprika until completely coated.

Using four pieces of heavy duty foil (18x12 in. each), evenly distribute carrot noodles and chickpeas in the center of each piece. Season salmon fillets with salt and pepper and place (skin side down) on top of the carrot noodles and chickpeas, making four foil packets.

In a small bowl, whisk together harissa, olive oil, lemon juice, ginger, honey, garlic and smoked paprika, until combined, and spoon sauce over top of each salmon fillet.

Fold the sides of the foil together to seal, covering the fish completely. Place foil packets on a large baking sheet and bake in the oven for about 20 minutes, or until salmon is cooked through. Unwrap foil, top with chopped cilantro and enjoy!

lunch dishes

THAI CHICKEN SALAD

Cuisine: Thai



SERVES: 6
PREP TIME: 15 minutes
COOK TIME: 10 minutes
READY IN: 25 minutes

INGREDIENTS

3 cups Cooked Chicken Breast, Shredded
4 cups Napa Cabbage, shredded
2 cups Matchstick Carrots
1 Red Bell Pepper, julienned
1 cup Fresh Cilantro, chopped
1/2 cup Green Onions, chopped
1/2 cup Wonton Crisps

Dressing:

3 tbsp Rice Vinegar
2 tbsp Reduced-Sodium Soy Sauce
2 cloves Garlic, minced
2 tbsp Honey
1 tbsp Fresh Ginger, minced
2 tsp Toasted Sesame Oil
3 tbsp Olive Oil

NUTRITION

Calories: 324
Total Fat: 18.5g
Sodium: 269.5mg
Total Carbohydrates: 18.1g
Dietary Fiber: 3.1g
Sugar: 10.2g
Protein: 21.3g



DIRECTIONS

To make the dressing, combine all ingredients in a small jar with a sealed lid and shake well until combined. I also use this jar to store any extra dressing to use for the week.

To make the salad, combine all the ingredients in a large bowl and toss to combine.

Drizzle salad with ginger-sesame dressing and mix until fully coated. Garnish with wonton crisps (or chopped peanuts), serve and enjoy!

lunch dishes

PAN-SEARED SHRIMP WITH ROSEMARY SPAGHETTI SQUASH

Cuisine: Seafood



SERVES: 1
PREP TIME: 5 minutes
COOK TIME: 70 minutes
READY IN: 75 minutes

INGREDIENTS

1 Spaghetti Squash
1/2 cup Water
2 tsp Olive Oil, divided
6 oz Large Shrimp, peeled, deveined
1/4 cup Red Onion, thinly sliced
1/2 tsp Garlic, minced
5 Cherry Tomatoes, halved
1 tsp Fresh Lemon Juice
1/4 tsp Fresh Rosemary, chopped
Dash of Salt

NUTRITION

Calories: 318
Total Fat: 10.7g
Sodium: 398mg
Total Carbohydrates: 22g
Dietary Fiber: 5g
Sugar: 9g
Protein: 37g



DIRECTIONS

Preheat oven to 350°F. Cut spaghetti squash in half lengthwise. Scrape out and discard seeds and membranes. Place halves, cut side down, in a large baking dish; add water. Bake at 350°F for 45 to 50 minutes or until tender. Remove squash from oven. Turn cut side up; cool for 10 minutes. Scrape inside of squash with a fork to remove spaghetti-like strands.

Heat 1 teaspoon olive oil in a medium skillet over medium-high. Add shrimp; cook 2 minutes on each side or until done. Remove from pan; keep warm. Return skillet to medium-high. Add remaining 1 teaspoon oil to pan; swirl to coat. Add onion and garlic; sauté 4 minutes or until onion is tender. Add squash, tomatoes, juice, rosemary, and salt. Cook 2 minutes or until warmed through. Top with shrimp.

lunch dishes

SLOW COOKER MEDITERRANEAN CHICKEN & FARRO

Cuisine: Mediterranean



SERVES: 4
PREP TIME: 20 minutes
COOK TIME: 7 hours
READY IN: 7 hours & 20 mins

INGREDIENTS

2 tbsp Olive Oil
4 (6oz) Chicken Thighs, skinless
1/2 tsp Kosher Salt
1/2 tsp Black Pepper, divided
Cooking Spray
3 cups Chicken Stock, unsalted
1 cup Uncooked Farro
1/2 cup Chopped Shallots
10 Pitted Castelvetrano Olives, sliced
1 1/2 tbsp Capers, drained
1/2 cup Flat-Leaf Parsley, chopped
1/4 cup Toasted Almonds, chopped
1 tsp Lemon Zest
1 tbsp Fresh Lemon Juice
1 clove Garlic, grated
1/4 tsp Crushed Red Pepper

NUTRITION

Calories: 512
Total Fat: 24g
Sodium: 665mg
Total Carbohydrates: 38g
Dietary Fiber: 5g
Sugar: 3g
Protein: 34g



DIRECTIONS

Heat oil in a large skillet over medium-high. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Cook chicken until browned, about 2 minutes per side. Set aside.

Coat a 5-quart slow cooker with cooking spray. Stir together stock, farro, shallots, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper in slow cooker. Top with chicken; sprinkle with olives and capers. Cover and cook on low until a thermometer inserted in chicken registers 165°F, 7 to 8 hours.

Remove chicken from slow cooker. Add chopped parsley, almonds, lemon zest and juice, garlic, and red pepper to farro mixture; stir until creamy. Garnish servings with parsley leaves.

lunch dishes

MEATBALL-STUFFED SPAGHETTI SQUASH

Cuisine: Italian

SERVES: 4
 PREP TIME: 10 minutes
 COOK TIME: 60 minutes
 READY IN: 70 minutes

INGREDIENTS

2 medium Spaghetti Squash
 1 tbsp Olive Oil
 1 tsp Kosher Salt
 1/2 tsp Ground Black Pepper
 4 cloves Garlic, smashed
 1 cup Marinara Sauce
 1/4 cup Parmesan Cheese, grated
 1/4 cup Basil Leaves, torn
 1/4 tsp Red Pepper Flakes
 12 (1 1/2-inch) Meatballs, precooked
 3/4 cup Mozzarella Cheese

NUTRITION

Calories: 334
 Total Fat: 10g
 Sodium: 368mg
 Total Carbohydrates: 39g
 Dietary Fiber: 6g
 Sugar: 5g
 Protein: 22g



DIRECTIONS

Arrange a rack in the middle the oven and heat to 400°F. Line a rimmed baking sheet with aluminum foil; set aside.

Cut each squash in half lengthwise and scoop out the seeds. Brush the sides of each squash with oil and season with the salt and pepper. Place cut-side down in a single layer on the baking sheet, placing one garlic clove under each piece of squash. Roast until the squash are soft when poked with a fork and the skin is browned and blistered, about 40 minutes.

Remove the baking sheet from the oven. Flip the squash over with tongs and remove and discard the garlic. Use a fork to shred the inside of each half, leaving about a 1/2 inch of unshredded squash left in the shell. Transfer the shredded squash to a large bowl. Add the sauce, Parmesan, basil, and red pepper flakes and stir to combine.

Evenly divide the shredded filling between the squash halves. Divide the meatballs over the filling, then top with the mozzarella cheese.

Bake until the meatballs are heated through and the cheese is melted, 15-20 minutes. Garnish with more fresh basil before serving.

lunch dishes

MOROCCAN CHICKEN QUINOA SALAD

Cuisine: Moroccan American



SERVES: 8
PREP TIME: 25 minutes
COOK TIME: 0 minutes
READY IN: 25 minutes

INGREDIENTS

2 Chicken Breasts, cooked & cubed
2 cups Quinoa, cooked
1 cup Kale, chopped
1 Bell Pepper, chopped
8 medium Carrots, grated or spiral
1/2 cup Chickpea, rinsed
1/2 cup Parsley, chopped

6 tbsp. Lemon Juice
2 tbsp. Olive Oil
1/2 tsp Garlic Powder
1/2 tsp Cumin
1/2 tsp Paprika
1/2 tsp Cinnamon
1/2 tsp Sea Salt
1/2 tsp Cayenne Pepper
1/2 cup Feta Cheese, optional

NUTRITION

Calories: 334
Total Fat: 10g
Sodium: 368mg
Total Carbohydrates: 39g
Dietary Fiber: 6g
Sugar: 5g
Protein: 22g



DIRECTIONS

Make the vinaigrette: Whisk together the lemon juice, olive oil, and seasonings. Set aside.

Combine all ingredients together in a large bowl. Drizzle vinaigrette over. Serve right away or cover and refrigerate for a few hours to allow the flavors to come together.

lunch dishes

STRAWBERRY, QUINOA & EDAMAME SALAD

Cuisine: Vegan



SERVES: 8
PREP TIME: 15 minutes
COOK TIME: 0 minutes
READY IN: 125 minutes

INGREDIENTS

¼ cup White Balsamic Vinegar
1 tbsp. Olive Oil
½ tsp. Salt
2 cups Red Quinoa, Cooked
2 cups Edamame, frozen, shelled, cooked
½ cup Sliced Almonds, toasted
2 tbsp. Shredded Coconut, toasted
2 cups Strawberries, halved

NUTRITION

Calories: 182
Total Fat: 8g
Sodium: 152mg
Total Carbohydrates: 21.4g
Dietary Fiber: 4.8g
Sugar: 7g
Protein: 7.8g



DIRECTIONS

Whisk together vinegar, oil and salt in a small bowl.

Stir together quinoa, edamame, almonds and coconut in a large bowl. Drizzle with dressing; toss to coat. Gently stir in strawberries.

Cover and chill 2 to 24 hours before serving. Serve cold.

Tip: To toast coconut, spread in a shallow baking pan lined with parchment paper. Bake in a 350 degrees F oven for 5 to 10 minutes or until golden, shaking pan once or twice, watching closely to avoid burning.

lunch dishes

ROASTED BUTTERNUT SQUASH & PEAR QUINOA SALAD

Cuisine: Vegan

SERVES: 6
 PREP TIME: 10 minutes
 COOK TIME: 55 minutes
 READY IN: 65 minutes

INGREDIENTS

3 cups Butternut Squash, peeled, diced
 5 tbsp. Olive Oil, divided
 Salt & Pepper to taste
 1/4 tsp. Crushed Red Pepper
 1 Firm Ripe Pear, sliced into 8 wedges
 2 tsp. Fresh Ginger, finely chopped
 1 clove Garlic, finely chopped
 1/8 tsp. Ground Turmeric
 1/2 cup Quinoa
 1 cup Vegetable Broth
 1 Scallion, sliced
 3 tbsp. Cider Vinegar
 2 tsp. Red Onion, minced
 1 tsp. Dijon Mustard
 1 tsp. Fresh Rosemary, chopped
 Minced Fresh Red Chile to taste
 2 cups Baby Arugula

NUTRITION

Calories: 210
 Total Fat: 12.7g
 Sodium: 309mg
 Total Carbohydrates: 21.7g
 Dietary Fiber: 4.2g
 Sugar: 5g
 Protein: 3.1g



DIRECTIONS

Preheat oven to 400 degrees F.

Toss squash in a large bowl with 1 tablespoon oil, 1/4 teaspoon each salt and pepper and crushed red pepper. Spread on a large rimmed baking sheet. Roast for 15 minutes. Stir the squash, add pear and roast until browned and tender, about 15 minutes more.

Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat and add ginger, garlic and turmeric; cook until sizzling, about 1 minute. Add quinoa and cook, stirring, for 30 seconds. Add broth and bring to a boil over high heat. Reduce heat to a simmer, cover and cook until the broth is absorbed, about 15 minutes. Remove from heat and let stand, covered, for 5 minutes. Stir in scallion and the remaining 1/4 teaspoon each salt and pepper and let cool.

Whisk vinegar, onion, mustard, rosemary and chile in a large bowl. Slowly whisk in the remaining 3 tablespoons oil. Stir half the dressing into the quinoa. Add the pears and squash to the bowl with the remaining dressing; gently stir to coat. Let stand, stirring occasionally, for 15 minutes or refrigerate separately for up to 1 day.

Fold arugula into the squash and pears and serve over the quinoa.

lunch dishes

VEGAN WHITE BEAN CHILI

Cuisine: Vegan



SERVES: 6
PREP TIME: 35 minutes
COOK TIME: 30 minutes
READY IN: 65 minutes

INGREDIENTS

¼ cup Avocado Oil
2 cup Poblano Chiles, seeded, chopped
1 large Onion, chopped
4 cloves Garlic, minced
½ cup Quinoa, rinsed
4 tsp. Dried Oregano
4 tsp. Ground Cumin
1 tsp. Salt
½ tsp. Ground Coriander
½ tsp. Ground Pepper
4 cup Low-Sodium Vegetable Broth
2 (15 oz) can White Beans,
 No-Salt-Added, rinsed
1 large Zucchini, diced (about 3 cups)
¼ cup Fresh Cilantro, chopped
2 tbsp. Lime Juice

NUTRITION

Calories: 283
Total Fat: 11.7g
Sodium: 529mg
Total Carbohydrates: 36.7g
Dietary Fiber: 8.4g
Sugar: 7g
Protein: 9.7g



DIRECTIONS

Heat oil in a large pot over medium heat. Add chiles, onion and garlic. Cook, stirring, until the vegetables are softened, 5 to 7 minutes.

Add quinoa, oregano, cumin, salt, coriander and pepper; cook, stirring, until aromatic, about 1 minute. Stir in broth and beans. Bring to a boil.

Reduce heat to a simmer. Partially cover and cook, stirring occasionally, for 20 minutes. Add zucchini; cover and continue cooking until the zucchini is soft and the chili has thickened, 10 to 15 minutes more. Stir in cilantro and lime juice. Serve with lime wedges, if desired.

lunch dishes

RAINBOW BUDDAH BOWL WITH CASHEW TAHINI SAUCE

Cuisine: Vegan



SERVES: 1
PREP TIME: 20 minutes
COOK TIME: 0 minutes
READY IN: 20 minutes

INGREDIENTS

3/4 cup Unsalted Cashews
1/2 cup Water
1/4 cup Parsley Leaves
1 tbsp. Lemon Juice or Cider Vinegar
1 tbsp. Olive Oil
1/2 tsp. Reduced-Sodium Tamari or Soy Sauce
1/4 tsp. Salt
1/2 cup Cooked Lentils
1/2 cup Cooked Quinoa
1/2 cup Red Cabbage, shredded
1/4 cup Raw Beet, grated
1/4 cup Bell Pepper, chopped
1/4 cup Carrot, grated
1/4 cup Cucumber, sliced

NUTRITION

Calories: 361
Total Fat: 10g
Sodium: 139mg
Total Carbohydrates: 54g
Dietary Fiber: 14g
Sugar: 9g
Protein: 16.6g



DIRECTIONS

Blend cashews, water, parsley, lemon juice (or vinegar), oil, tamari (or soy sauce) and salt in a blender until smooth.

Place lentils and quinoa in the center of a shallow serving bowl. Top with cabbage, beet, pepper, carrot and cucumber. Spoon 2 tablespoons of the cashew sauce over the top (save extra sauce for another use). Garnish with cashews, if desired.

lunch dishes

GROUND TURKEY SWEET POTATO SKILLET

Cuisine: American



SERVES: 4
PREP TIME: 10 minutes
COOK TIME: 30 minutes
READY IN: 40 minutes

INGREDIENTS

3 small or 2 large Sweet Potatoes, peeled and diced (about 3 cups)
1 lb. Ground Turkey
1 Yellow Bell Pepper
1 cup Onion, diced
1/2 cup Mozzarella, shredded
1/2 cup Water
1/4 cup Fresh Cilantro, chopped,
2 tbsp. Olive Oil
1 1/2 tbsp. Ground Cumin
1 tbsp. Garlic, minced
1 tsp. Chili Powder
1/2 tsp. Salt
1/4 tsp. Pepper

NUTRITION

Calories: 416
Total Fat: 19g
Cholesterol: 88mg
Sodium: 523mg
Total Carbohydrates: 34g
Dietary Fiber: 5g
Sugar: 6g
Protein: 29g



DIRECTIONS

In a large cast iron skillet, heat olive oil over medium-high heat. Add garlic and cook for 1 minute and then add ground turkey. Use a wooden spoon to break apart meat and continue cooking approximately 8 minutes until browned.

Add cumin, chili powder, salt and pepper. Stir well to incorporate.

Add onion and bell pepper, and cook for 3-4 minutes. Add diced sweet potato and water. Stir and cover with a lid for approximately 6-8 minutes until the sweet potatoes soften. Add additional water during this process if needed to keep the meat from drying out.

Remove lid and add additional salt and pepper if needed. Top with shredded mozzarella and allow it to melt. Remove skillet from heat and garnish with fresh cilantro before serving.

lunch dishes

TURKEY MEATBALLS WITH LEMON ZUCCHINI NOODLES

Cuisine: American



SERVES: 4
PREP TIME: 15 minutes
COOK TIME: 15 minutes
READY IN: 30 minutes

INGREDIENTS

1 lb. Ground Turkey
1/2 cup Shredded Mozzarella Cheese
4 cloves Garlic, grated
2 cloves Garlic, minced
1 tsp. Italian Seasoning
Salt & Pepper to taste
1 cup Fresh Cilantro, chopped, divided
3 tbsp. Avocado Butter
4 medium Zucchini, spiralized or one bag frozen
Juice from 1/2 Lemon
1 tbsp. Sriracha hot sauce

NUTRITION

Calories: 240
Total Fat: 13g
Cholesterol: 91mg
Sodium: 490mg
Total Carbohydrates: 4g
Dietary Fiber: 1g
Sugar: 1g
Protein: 27g



DIRECTIONS

To make the turkey meatballs: In a large bowl, combine ground turkey, cheese, grated garlic, Italian seasoning, chopped cilantro and black pepper. Mix well with your hands or fork and form medium balls. Arrange the turkey meatballs on a plate and set aside.

Melt 2 tablespoons butter in a large skillet over medium-low heat. Cook the turkey meatballs for 8 - 10 minutes on all sides, until browned and cooked through. While cooking, baste the meatballs with the mix of butter and juices. Remove to a clean plate and set aside.

In the same skillet melt remaining tablespoon butter; then add lemon juice, hot sauce, minced garlic, and red pepper flakes (if you want). Add the zucchini noodles and cook for 3 or 4 minutes, stirring regularly, until zucchini is done but still crisp and juices have reduced a bit. Adjust seasoning with salt and pepper and garnish with more cilantro or parsley if you like.

Push zucchini on one side of the skillet and add the turkey meatballs back to the pan and reheat for a minute or two. Serve the garlic butter turkey meatballs with lemon zucchini noodles immediately with a lemon slice on the side. Enjoy!

lunch dishes

CHICKEN & QUINOA IN A MUSTARD SAUCE

Cuisine: American



SERVES: 4
PREP TIME: 15 minutes
COOK TIME: 40 minutes
READY IN: 55 minutes

INGREDIENTS

1 lb. Chicken Breast, cubed
8oz. White Mushrooms, thinly sliced
2 tbsp. Olive Oil
1 cup Dry Quinoa
1 3/4 cup Water
1 Dried Bay Leaf
6 oz. Fresh Baby Spinach
3 tbsp. Dijon Mustard
2 tbsp. Maple Syrup
1 tbsp. Fresh Lemon Juice

NUTRITION

Calories: 329
Total Fat: 11g
Cholesterol: 65mg
Sodium: 347mg
Total Carbohydrates: 41g
Dietary Fiber: 4g
Sugar: 11g
Protein: 17g



DIRECTIONS

In a 3-quart sauté pan or large skillet, heat 1 tbsp. of olive oil over medium heat. Add the mushrooms, and cook undisturbed for 5 minutes. Season with salt to taste, stir, and continue cooking until the mushrooms are tender and browned, stirring occasionally, about 4-5 minutes. Remove to a plate with a slotted spoon.

Increase the heat to medium-high and add remaining olive oil. Add chicken, season with salt and pepper to taste, and cook until lightly browned, stirring occasionally, do not overcook.

Stir in quinoa, water, bay leaf, and salt and pepper, to taste. Bring to a boil. Reduce heat to low and simmer, partially covered, about 15-17 minutes. You want quinoa to be completely tender and most of the liquid absorbed.

While the quinoa is cooking, prepare the mustard sauce by whisking together the Dijon mustard, maple syrup and lemon juice. Set aside.

When quinoa is tender, discard the bay leaf and add the spinach. Cover the pan and let the spinach cook for about 1-2 minutes or until wilted. Then using a pair of tongs, toss the spinach with the quinoa and chicken.

Stir in mushrooms and mustard sauce. Serve garnished with parsley and red pepper flakes, if desired.

lunch dishes

VEGAN CHICKPEA & ZUCCHINI NOODLE BOWL

Cuisine: Vegan / Vegetarian



SERVES: 2
PREP TIME: 1 minute
COOK TIME: 29 minutes
READY IN: 30 minutes

INGREDIENTS

1 tsp Avocado Oil
1 1/2 cups Chickpeas, cooked
Sea Salt
12 oz bagged Zucchini Noodles
2 oz (2 handfuls) Basil Leaves
1 oz (1 handful) Cilantro Leaves
1 tbsp Honey
1/4 cup Rice Vinegar
1/2 Lemon
2 tbsp Tahini, unsweetened
1 tbsp Soy Sauce or Tamari
1-2 tbsp Olive Oil
3 cloves Garlic
1 Jalapeno, deseeded

NUTRITION

Calories: 253
Total Fat: 10g
Cholesterol: 80mg
Sodium: 460mg
Total Carbohydrates: 34g
Dietary Fiber: 10g
Sugar: 13g
Protein: 12g



DIRECTIONS

Preheat oven to 400F. Drain, rinse and dry chickpeas in a kitchen towel. Add chickpeas to a large baking sheet and drizzle with avocado oil and sprinkle with salt. Smush around with your fingers to make sure all chickpeas are covered with oil and salt. Roast for 25-35 minutes moving the chickpeas around with a wooden spoon mid-through.

Make the Tahini Sauce by adding basil leaves, cilantro leaves, honey, garlic, rice vinegar, soy sauce, tahini, olive oil, lemon juice, and jalapeño to a blender and blend until smooth.

Preheat a large skillet over medium heat. Add a splash of olive oil to the hot pan, add zucchini noodles, sprinkle with salt and stir constantly for the zucchini to be able to release its steam upwards instead of into the pan. Remove from the pan as soon as slightly soft.

Add zucchini noodles to a big bowl, add roasted chickpeas and drizzle with Tahini Herb Sauce.

30-DAY CLEANSE RECIPES