

lunch dishes

JAMBALAYA

Cuisine: Cajun



SERVES: 6
PREP TIME: 10 minutes
COOK TIME: 20 minutes
READY IN: 30 minutes

INGREDIENTS

2 tbsp Olive Oil
1 lb Andouille Sausage, thinly sliced
2 large Bell Peppers, diced
1/2 large Onion, diced
1/2 cup Celery, diced
4 cloves Garlic, minced
1 lb large Shrimp, peeled
2 lb Cauliflower Rice
1 can (14.5 oz) Diced Tomatoes, drained
1/4 cup Chicken Bone Broth
2 tbsp Cajun Seasoning
1 tsp Salt, to taste
Green Onion, sliced & Parsley, chopped (optional, for garnish)

NUTRITION

Calories: 449
Total Fat: 27.9g
Total Carbohydrates: 9.9g
Dietary Fiber: 5g
Sugar: 6.9g
Protein: 33.5g



DIRECTIONS

Heat the oil in a large dutch oven over medium heat. Add the bell peppers, onions, and celery. Saute for 5-8 minutes, until the vegetables are soft.

Add the sliced sausage. Saute for about 5 minutes, until browned.

Make a well in the center and add the minced garlic. Let it sizzle for about 30 seconds, until fragrant, then stir in with everything else.

Add the cauliflower rice, diced tomatoes, bone broth, and Cajun seasoning. Stir together, then add the shrimp. Increase heat to high to bring to a simmer, then continue to simmer uncovered, stirring occasionally, until the cauliflower is tender, shrimp is cooked through, and liquid is reduced, about 5-7 minutes. It will release more liquid at first and then reduce in volume again as it simmers more.

Season with salt to taste, and/or more Cajun seasoning if you like. If desired, garnish with green onions and parsley.

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STUFFED CABBAGE ROLLS

Cuisine: Polish



SERVES: 6
PREP TIME: 25 minutes
COOK TIME: 1 hour
READY IN: 1 hour & 25 minutes

INGREDIENTS

1 head Cabbage
1 lb Ground Beef or Turkey
1 can (14.5 oz) Diced Tomatoes,
drained
1 large Egg
4 cloves Garlic, minced
2 tsp Italian Seasoning
1 tsp Sea Salt
¼ tsp Black Pepper
1 cup Cauliflower Rice
1 can (15 oz) Tomato Sauce

NUTRITION

Calories: 321
Total Fat: 18g
Total Carbohydrates: 15g
Dietary Fiber: 5g
Sugar: 7g
Protein: 25g



DIRECTIONS

Preheat the oven to 350 degrees F. Bring a large pot of water to a boil. Add the head of cabbage into the boiling water, immersing fully. Boil for 5-8 minutes, just until the leaves are soft enough to bend. They will turn bright green and the outer leaves might come off, which is okay and you can fish them out. Remove the cabbage from the boiling water. Set aside to cool. Leave the hot water in the pot for now, you might need it again later when peeling the cabbage leaves.

Meanwhile, cook the cauliflower rice according to the directions on the package.

In a large bowl, combine the ground beef, diced tomatoes, egg, minced garlic, Italian seasoning, sea salt, and black pepper. Mix until just combined, but don't over-mix. Fold in the cooked cauliflower rice. Set aside.

Spread half the tomato sauce in a large rectangular or oval ceramic baking dish. Set aside.

Carefully peel the leaves from the cabbage. To do this, flip cabbage over so core side is up, and cut the leaves one-by-one from the core, then carefully peel (they are fragile). Instead of peeling leaves back, slide your fingers between the layers of cabbage to release them. The leaves on the outside will be very soft and easier to peel, but inside they may be firmer. If they are too firm and crisp to bend, you can return the partially peeled cabbage to boiling water for a couple more minutes to soften more.

Cut the thick rib from the center of each cabbage leaf, cutting in a "V" shape. Place 1/3 cup beef mixture into a log shape at one end of a cabbage leaf. Fold in the sides, then roll up, like a burrito. Place the cabbage roll, seam side down, into the baking dish over the sauce. Repeat to make 12 cabbage rolls. (If the inner leaves are too small, you may need to use two to overlap them to fit the filling.)

Spoon the remaining tomato sauce over the cabbage rolls. Cover the baking dish tightly with foil. Bake for 1 hour, or until the beef is cooked through.

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EGG ROLL BOWL

Cuisine: Asian



SERVES: 4
PREP TIME: 10 minutes
COOK TIME: 18 minutes
READY IN: 28 minutes

INGREDIENTS

1 lb Lean Ground Turkey or Chicken
3 tsp Ground Ginger
1 cup Yellow Onion, chopped
3 cloves Garlic, minced
2 tbsp Olive Oil
1 package Dry Coleslaw Mix
2 tbsp Low Sodium Soy Sauce
2 tbsp Sweet Chili Sauce
2 tbsp Sriracha
Chopped Green Onion, Sriracha, &
Cilantro, for garnish (optional)

NUTRITION

Calories: 329
Total Fat: 16g
Cholesterol: 90mg
Sodium: 745mg
Total Carbohydrates: 23g
Dietary Fiber: 8g
Sugar: 13g
Protein: 24g



DIRECTIONS

Brown ground turkey or chicken in a large skillet. Break meat into smaller pieces as it cooks using a wooden spoon or spatula. Cook for about 6-8 minutes or until the meat is no longer pink. Remove from heat (place meat in a bowl or plate).

In the same skillet over medium heat, add olive oil. Once hot, add onion, garlic, and ginger and cook until fragrant, about 3-5 minutes. Add coleslaw mix (shredded cabbage and carrots) into the skillet. Toss and add soy sauce, sweet chili sauce, and Sriracha. Cook for another 3-5 minutes or until cabbage is tender. Add in the cooked ground meat until well mixed.

Serve in a bowl and top with green onions, drizzle of Sriracha, and cilantro (if using). Enjoy!

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DIRTY CAULIFLOWER RICE

Cuisine: Creole American



SERVES: 4
PREP TIME: 5 minutes
COOK TIME: 15 minutes
READY IN: 20 minutes

INGREDIENTS

3 tbsp Olive Oil
1 lb. Ground Turkey or Chicken
4 ribs Celery, diced
1 cup Red Bell Pepper, diced
1/2 cup Onion, diced
3 cloves Garlic, minced
3/4 tsp Paprika
1/4 tsp Oregano
1/4 tsp Thyme
1/4 tsp Cayenne Pepper
1 1/2 tsp Salt, divided
1 tsp Garlic Powder, divided
1/4 tsp Pepper
1/4 cup Chicken Stock or Water
12oz Frozen Cauliflower Rice
Sliced Green Onion & Chopped
Parsley, for garnish

NUTRITION

Calories: 327
Total Fat: 19g
Cholesterol: 101mg
Total Carbohydrates: 10g
Dietary Fiber: 3g
Sugar: 3g
Protein: 27g
Sodium: 851mg



DIRECTIONS

Preheat a heavy bottomed or cast iron skillet over medium-high heat. Add the olive oil, ground meat, and season with 1 tsp. salt, 1/4 tsp. pepper and 1/2 tsp. garlic powder. Brown ground meat, breaking it apart with a spoon or spatula until it begins to caramelize. If it sticks to the bottom of the pan, that's ok.

After the meat begins to caramelize, reduce the heat to medium and add the onion, pepper, and celery and continue to cook for about 5 minutes or until the veggies are tender and the onions are translucent. Add the garlic and the next four ingredients and cook for another minute.

Add the frozen cauliflower rice, stock or water and season with the remaining 1/2 tsp. salt and 1/2 tsp. garlic powder. Stir to combine and use the liquid to loosen the bits stuck to the bottom of the pan. This will give the cauliflower rice its "dirty" color! Continue to cook, stirring often, until the cauliflower rice is tender and there is no liquid left in the pan. Taste and adjust seasoning as desired. Garnish with sliced onion and chopped parsley and serve!

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SHRIMP SCAMPI WITH ZUCCHINI NOODLES

Cuisine: Seafood / Italian American



SERVES: 4
PREP TIME: 12 minutes
COOK TIME: 13 minutes
READY IN: 25 minutes

INGREDIENTS

1 lb Zucchini Noodles
3 tbsp Olive Oil, divided
1 lb large Shrimp, peeled
1 tsp Sea Salt, divided
1/2 tsp Black Pepper, divided
4 cloved Garlic, minced
1 medium Shallot, minced
1/4 cup Chicken Bone Broth
1/4 cup Butter
2 tbsp Lemon Juice
1/4 cup Parsley, chopped

NUTRITION

Calories: 341.7
Total Fat: 24g
Total Carbohydrates: 6.5g
Dietary Fiber: 1.6g
Sugar: 3.8g
Protein: 25.7g



DIRECTIONS

Place the zucchini noodles in a colander over the sink and toss with salt. Let them sit for 20 minutes. The salt will bring out the water.

Heat 2 tablespoons of oil in a large saute pan over medium-high heat. Add the shrimp. Season with salt and pepper. Arrange in a single layer. Saute for 2-3 minutes without moving, until the edges start to turn opaque and the bottom starts to brown. Flip and saute for 1-3 more minutes, until cooked through. Remove shrimp from the pan, cover to keep warm, and set aside.

Add another tablespoon of oil to the pan. Add the minced garlic and shallots to the pan. Saute for about 2-3 minutes, until browned.

Add broth and scrape the bottom to deglaze. Simmer for 2-3 minutes, until the liquid volume reduces by half.

Stir in butter and lemon juice. After butter melts, bring to a simmer and simmer for 3-4 more minutes, stirring occasionally and scraping the bottom of the pan, until volume is reduced. Season with salt and pepper to taste. Stir in fresh parsley.

Once the zucchini seems watery and softened, squeeze the zoodles gently to release some additional water - don't try to squeeze hard every last drop, or they can get mushy. Add the zucchini noodles to the pan. Cook for 2-3 minutes, just until hot.

Stir the shrimp back into the pan.

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LETTUCE WRAPS

Cuisine: Vegan / Vegetarian



SERVES: 4
PREP TIME: 40 minutes
COOK TIME: - minutes
READY IN: 40 minutes

INGREDIENTS

3 tbsp Rice Vinegar
2 tbsp Hoisin Sauce
2 tbsp Low Sodium Soy Sauce
1 tsp Sesame Oil
¼ tsp Crushed Red Pepper
1 (14 oz) package Tofu, extra firm
1 tbsp Canola Oil
8 oz White Mushroom, chopped
1 cup Daikon Radish, chopped
3 cloves Garlic, minced
1 tbsp Fresh Ginger, grated
4 Scallions, sliced
8 large Bibb Leaves or Iceberg Lettuce
Julienned Carrots (optional)

NUTRITION

Calories: 178
Total Fat: 10.9g
Cholesterol: 80mg
Sodium: 408mg
Total Carbohydrates: 10.6g
Dietary Fiber: 1.9g
Sugar: 5g
Protein: 12.9g



DIRECTIONS

Combine vinegar, hoisin, soy sauce, sesame oil and crushed red pepper in a small bowl; set aside.

Cut tofu in half horizontally. Press the tofu slices between paper towels to squeeze out as much liquid as possible. Crumble the tofu. Heat canola oil in a large nonstick skillet over medium-high heat. Add the crumbled tofu; cook, stirring and breaking into smaller pieces, until starting to brown, about 5 minutes. Add mushrooms; continue cooking and stirring until any liquid has evaporated, about 3 minutes. Stir in daikon, garlic, ginger and scallions. Add the reserved sauce; cook, stirring, until well combined and heated through, about 2 minutes.

Spoon a scant 1/2 cup tofu mixture into each lettuce leaf. Top with carrots, if desired.

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STUFFED PEPPERS

Cuisine: American



SERVES: 3
PREP TIME: 10 minutes
COOK TIME: 30 minutes
READY IN: 40 minutes

INGREDIENTS

4 Bell Peppers
1 lb. Ground Turkey
2 cans Mushrooms, drained
1 cup Cauliflower Rice
1 can (14 oz) Diced Tomatoes
1 tsp Ground Pepper
1 tsp Chili Powder
2 tsp Cumin
1 tsp Garlic, minced
1/4 tsp Salt

NUTRITION

Calories: 333
Total Fat: 14g
Cholesterol: 104mg
Sodium: 839mg
Total Carbohydrates: 18g
Dietary Fiber: 8g
Sugar: 7g
Protein: 35g



DIRECTIONS

Preheat your oven to 375F.

Cut your peppers in half (lengthwise) and remove the stems and seeds.

Sautee your garlic in a skillet on the stove for a minute. Add your ground turkey and break up the meat as it cooks.

Once your turkey is close to completely cooked, add tomatoes, mushrooms, and cauliflower rice.

Stir in seasonings and remove from heat.

Spray a 9x12 pyrex with olive oil spray and place your empty peppers into the dish. Spoon the filling mixture into the pepper halves.

Bake in the oven for 30 minutes.

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BAKED CHICKPEAS WITH ORANGE, LEMON, & SQUASH

Cuisine: Vegan / Vegetarian



SERVES: 10
PREP TIME: 60 minutes
COOK TIME: 5 hours
READY IN: 6 hours

INGREDIENTS

2 cups Dried Chickpeas
1/4 tsp Baking Soda
1/3 cup Olive Oil
2 1/2 cups Onions, chopped
3/4 tsp Crushed Red Pepper
1 1/2 tsp Sea Salt
1 1/2 cups Low-Sodium Vegetable Broth
1 cup Celery Leaves, coarsely chopped
2 (4 inch) strips Orange Zest
5 cups Butternut Squash, 1-inch cubes
1/4 cup Lemon Juice
2 tbsp Dijon Mustard

NUTRITION

Calories: 253
Total Fat: 9.9g
Sodium: 468mg
Total Carbohydrates: 34.2g
Dietary Fiber: 9.4g
Sugar: 7g
Protein: 8.6g



DIRECTIONS

Place chickpeas in a large bowl with enough cold water to cover by 3 inches. Let soak for 8 to 24 hours.

Preheat oven to 400 degrees F. Rinse the chickpeas. Transfer to a medium bowl and toss with baking soda.

Heat oil in a large ovenproof pot over medium heat. Add onions and cook, stirring occasionally, until soft, about 4 minutes. Stir in the chickpeas, Aleppo (or crushed red pepper) and salt; cook for 30 seconds. Add broth, celery leaves and orange zest. Bring to a boil over high heat, then remove from heat. Cover the pot with a double layer of foil and put the lid on.

Reduce oven temperature to 300 degrees . Bake the chickpeas until very tender, about 4 hours. Stir in squash, lemon juice and mustard; bake until the squash is tender, about 1 hour more. 1 cup servings - top with more celery leaves, if desired.

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CURRIED CHICKEN

Cuisine: Indian



SERVES: 4
PREP TIME: 10 minutes
COOK TIME: 20 minutes
READY IN: 30 minutes

INGREDIENTS

1 package Riced Cauliflower
1 tbsp Olive Oil
1/2 cup Scallions, chopped
2 cloves Garlic, minced
1 lb Chicken Breast, cubed
2 tbsp Curry Paste, mild or hot
1 cup Low-Sodium Chicken Broth
1/2 cup Frozen Green Peas
2 tbsp Fresh Cilantro, chopped
Salt & Pepper, to taste

NUTRITION

Calories: 246
Total Fat: 8g
Cholesterol: 102mg
Sodium: 874mg
Total Carbohydrates: 10g
Dietary Fiber: 3g
Sugar: 3g
Protein: 28g



DIRECTIONS

Cook cauliflower rice according to package.

Heat oil in a wok or large skillet on medium-high. Add scallions and garlic and cook for 1 minute, stirring frequently. Add chicken and cook for 2 minutes, stirring frequently, until golden brown on all sides.

In a small bowl, whisk curry paste into broth. Add curry mixture to wok and bring to a simmer over same heat. Simmer for 2 minutes, until chicken is cooked through. Add frozen peas and cook for 30 seconds, until just tender. Remove from heat, stir in cilantro and season with salt and pepper. Serve chicken mixture over cauliflower rice.

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OVEN-BAKED SALMON

WITH CHARRED ONIONS & OLD BAY RADISHES

Cuisine: Seafood



SERVES: 4
PREP TIME: 15 minutes
COOK TIME: 30 minutes
READY IN: 45 minutes

INGREDIENTS

2 medium Onions, sliced 1/2 inch thick
4 tbsp Olive Oil, divided
2 Lemons, zest
1 1/2 tsp Ground Pepper
1 tsp Sea Salt, divided
4 (5 oz) Salmon Filets (skin-on)
6 large Radishes, cut into wedges,
plus more thinly sliced for garnish
1 tsp Old Bay Seasoning
1/2 tsp Sugar
Fresh Cilantro for garnish

NUTRITION

Calories: 324
Total Fat: 19.3g
Total Carbohydrates: 7.4g
Dietary Fiber: 1.8g
Sugar: 3g
Protein: 29.1g



DIRECTIONS

Preheat oven to 325 degrees F. Heat a large cast-iron skillet over high heat. Add onions and cook, pressing down occasionally, until completely charred on one side, 10 to 15 minutes. Turn and cook, pressing down occasionally, until charred on the second side, 8 to 10 minutes more. Transfer to a large bowl and cover tightly. Let steam for 15 minutes.

Meanwhile, mix 2 tablespoons oil, lemon zest, pepper and 1/2 teaspoon salt in a small bowl. Add 1 tablespoon oil to a medium ovenproof nonstick or cast-iron skillet and add salmon, skin-side down. Spread the lemon zest mixture on the salmon. Bake until just cooked through, 14 to 16 minutes.

Bring a small saucepan of water to a boil. Add radish wedges and cook until just tender, 5 to 6 minutes. Drain and pat dry. Dry the pan and add the remaining 1 tablespoon oil and Old Bay. Heat over medium heat until sizzling, about 1 minute. Remove from heat and stir in the radish wedges. Cover and keep warm.

Combine the onions, the remaining 1/2 teaspoon salt and sugar in a food processor; puree until smooth. Serve the salmon with the onion puree and radishes. Garnish with sliced radishes, cilantro and flaky salt, if desired.

GRILLED EGGPLANT SALAD

Cuisine: Vegan / Vegetarian



SERVES: 4
PREP TIME: 20 minutes
COOK TIME: 5 minutes
READY IN: 25 minutes

INGREDIENTS

1/4 cup Olive Oil
2 tsp Za'atar Seasoning (see below)
1 tsp Lemon Zest
3 tbsp Lemon Juice (1 lemon),
divided
1 medium Eggplant, cut into 1/2
inch-thick slices
1 medium Red Bell Pepper,
stemmed, seeded and quartered
lengthwise
1/2 medium Red Onion, peeled and
cut into 1-inch wedges
Cooking Spray
1 cup Cherry Tomatoes, halved
3/4 cup Fresh Parsley, chopped
1/4 cup Scallions, thinly sliced
1/4 cup Fresh Mint, chopped
1/2 tsp Salt

NUTRITION

Calories: 191
Total Fat: 14.8g
Sodium: 306mg
Total Carbohydrates: 14g
Dietary Fiber: 5.6g
Sugar: 7g
Protein: 2.7g



DIRECTIONS

Preheat a grill to medium-high.

Combine oil, za'atar and lemon zest in a small bowl. Brush 1 side of eggplant slices with half of the oil mixture; reserve the remaining mixture. Oil the grill rack (see Tips). Grill the eggplant, uncovered, turning often, until tender and grill marks appear on both sides, about 5 minutes total. Cut the eggplant into 1/4-inch pieces and transfer to a large bowl.

Coat bell pepper quarters and onion wedges with cooking spray. Grill, uncovered, until tender and charred, about 5 minutes. Chop the peppers into 3/4-inch pieces. Remove and discard onion stem. Add the peppers, onions, tomatoes, parsley, scallions and mint to the bowl with the eggplant.

Add lemon juice and salt to the reserved oil mixture; whisk to combine. Drizzle over the vegetables and toss to coat.

Add 4-6oz. of your choice of protein if desired.

Za'atar: The Middle Eastern spice blend za'atar gives you big flavor from just one ingredient: it's a mix of thyme, sumac, salt, sesame seeds and sometimes other herbs. Look for it in the bulk-spice section of natural-foods stores, in specialty-foods stores, in the spice section of some grocery stores or online.

To make your own mix: Combine 1 tsp. each ground sumac, sesame seeds and dried thyme with 1/4 tsp. salt.

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GRILLED FLANK STEAK

WITH TOMATO SALAD

Cuisine: American



SERVES: 4
PREP TIME: 10 minutes
COOK TIME: 10 minutes
READY IN: 20 minutes

INGREDIENTS

1 pint Grape Tomatoes, halved
1/2 cup Fresh Cilantro, chopped
1/3 cup Olive Oil
1 small Jalapeno, seeded and sliced
2 tsp Garlic, minced
1/2 tsp Salt, divided
1 1-lb Flank Steak
1/2 tsp Ground Pepper

NUTRITION

Calories: 346
Total Fat: 25.1g
Sodium: 358mg
Total Carbohydrates: 3.9g
Dietary Fiber: 1.1g
Sugar: 2g
Protein: 25.3g



DIRECTIONS

Preheat grill to medium-high or heat a grill pan over medium-high heat.

Combine tomatoes, cilantro, oil, jalapeño, garlic and 1/4 teaspoon salt in a medium bowl; set aside.

Season steak with the remaining 1/4 teaspoon salt and pepper. Grill until an instant-read thermometer inserted in the center reads 125 degrees F for medium-rare, 3 to 5 minutes per side.

Transfer the steak to a clean cutting board, preferably one with grooves for collecting juices, and thinly slice across the grain. Divide the slices among 4 plates. Drizzle any juices that have accumulated on the cutting board over the steak and top with the tomato salad.

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SPANISH CAULIFLOWER RICE

Cuisine: Latin



SERVES: 4
PREP TIME: 10 minutes
COOK TIME: 15 minutes
READY IN: 25 minutes

INGREDIENTS

1 lb Lean Ground Beef
16 oz Riced Cauliflower
1 tbsp Olive Oil
1/3 cup Tomato Sauce
1/4 cup Chicken or Vegetable Broth
1 tsp Garlic, minced
1 tsp Onion Powder
1/2 tsp Ground Cumin
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1 tbsp Fresh Lime Juice
1/4 cup Fresh Cilantro, chopped

NUTRITION

Calories: 203
Total Fat: 8g
Sodium: 498mg
Total Carbohydrates: 8g
Dietary Fiber: 13g
Sugar: 3g
Protein: 24g



DIRECTIONS

In a large skillet cook ground beef on medium heat until browned. Add cauliflower rice and cook for five minutes.

Stir in tomato sauce, broth, garlic, onion powder, cumin, sea salt and black pepper. Cover and cook for 5 to 10 more minutes, until flavors are well blended.

Uncover. Toss with lime juice and garnish with cilantro.

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PESTO Z'PAGHETTI

WITH CHICKEN & ROASTED TOMATO

Cuisine: Italian



SERVES: 4
PREP TIME: 10 minutes
COOK TIME: 26 minutes
READY IN: 36 minutes

INGREDIENTS

2 tbsp Olive Oil
1 lb Chicken Breast, sliced
1 Onion, sliced
1 cup Grape Tomatoes
1 (12 oz) package Frozen Zucchini Spirals, cooked and drained
3 tbsp Pesto

NUTRITION

Calories: 284
Total Fat: 15g
Sodium: 441mg
Total Carbohydrates: 7g
Dietary Fiber: 3g
Sugar: 3g
Protein: 28g



DIRECTIONS

Heat olive oil in large nonstick skillet over medium-high heat. Add chicken and season with salt and pepper. Cook 6 minutes or until browned. Remove and set aside.

Add onion and cook 5 minutes or until softened. Add tomatoes and cook 4 minutes, stirring frequently or until tomatoes begin to burst and onions are tender.

Return chicken with any juices to skillet and stir in zucchini spirals and pesto.

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CILANTRO LIME CHICKEN

Cuisine: Spanish



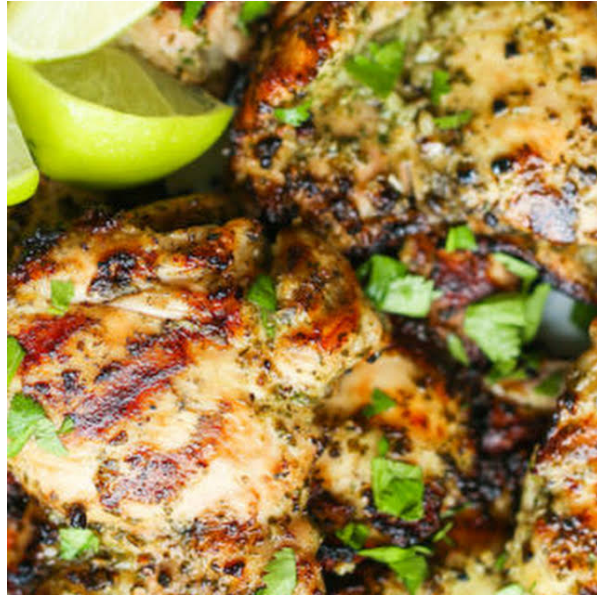
SERVES: 6
PREP TIME: 2 hours
COOK TIME: 20 minutes
READY IN: 2 hours & 30 minutes

INGREDIENTS

1/4 cup Fresh Cilantro, chopped
3 tbsp Olive Oil
2 tbsp Lime Juice
1 tbsp Lime Zest
2 tsp Chili Powder
1 tsp Ground Cumin
1 tsp Kosher Salt
1 tsp Ground Pepper
2 lbs Boneless, Skinless
Chicken Thighs

NUTRITION

Calories: 240
Total Fat: 12g
Sodium: 580mg
Total Carbohydrates: 0g
Dietary Fiber: 0g
Sugar: 0g
Protein: 32g



DIRECTIONS

In a medium bowl, combine cilantro, 2 tablespoons olive oil, lime juice, lime zest, chili powder, cumin, salt and pepper.

In a gallon size Ziploc bag or large bowl, combine chicken and cilantro mixture; marinate for at least 2 hours to overnight, turning the bag occasionally. Drain the chicken from the marinade.

Heat remaining 1 tablespoon olive oil in a cast iron grill pan over medium-high heat.* Working in batches, add chicken to the grill pan in a single layer and cook until golden brown and cooked through, reaching an internal temperature of 165 degrees F, about 4-5 minutes per side.

Serve immediately with a side of veggies..

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SKIRT STEAK WITH CHIMICHURRI

Cuisine: Argentinean



SERVES: 4
PREP TIME: 10 minutes
COOK TIME: 5 minutes
READY IN: 20 minutes

INGREDIENTS

Chimichurri:

1/2 cup Fresh Parsley, packed
1/2 cup Fresh Basil, packed
1/4 cup Fresh Cilantro, packed
1/4 cup Olive Oil
2 cloves Garlic, minced
2 tsp White Wine Vinegar
1 tbsp Lime Juice
1/2 tsp Ground Coriander
1/2 tsp Ground Cumin
1/2 tsp Salt & 1/8 tsp Ground Pepper

Steak:

1/2 tsp Chili Powder
1/2 tsp Salt & 1/4 tsp Ground Pepper
1/4 tsp Ground Cayenne Pepper
1 1/4 lb Skirt Steak

NUTRITION

Calories: 370
Total Fat: 26g
Sodium: 700mg
Total Carbohydrates: 3g
Dietary Fiber: 1g
Protein: 31g



DIRECTIONS

Preheat the broiler and coat a broiler pan with cooking spray.

For the chimichurri: Combine the parsley, basil, cilantro, olive oil, garlic, vinegar, lime juice, coriander, cumin, salt, and pepper in a blender. Process, shaking the blender if needed, until smooth, 2 to 3 minutes.

For the steak: Combine the chili powder, salt, black pepper, and cayenne, and sprinkle the mixture evenly over both sides of the steak. Place the steak on the prepared rack and broil 3 to 4 minutes per side for medium rare. Transfer to a cutting board and allow the meat to rest 5 minutes. Cut across on the diagonal into 1/4-inch to 1/2-inch wide strips. Serve drizzled with the chimichurri sauce.

lunch dishes

ONE POT FAJATIA PASTA

Cuisine: American



SERVES: 4
PREP TIME: 15 minutes
COOK TIME: 10 minutes
READY IN: 25 minutes

INGREDIENTS

2 large Zucchini, spiralized
1 lb. Chicken Breast, sliced into 1/2 inch thick strips
2 tsp Chili Powder
1 tsp Ground Cumin
1 tsp Garlic Powder
1 tsp Paprika
1 tsp Salt
1/4 tsp Black Pepper
1/4 cup Olive Oil
1 tsp Garlic, minced
1 Onion, 1/4 inch slices
1 Red Bell Pepper, 1/4 inch slices
1 Orange Bell Pepper, 1/4 inch slices
1 Green Bell Pepper, 1/4 inch slices
Lime Wedges & Chopped Fresh Cilantro, for garnish

NUTRITION

Calories: 322
Total Fat: 17g
Cholesterol: 72mg
Total Carbohydrates: 14g
Dietary Fiber: 4g
Sugar: 8g
Protein: 27g
Sodium: 754mg



DIRECTIONS.

In a small bowl, combine chili powder, cumin, garlic powder, paprika, salt, pepper. Whisk until evenly mixed.

In a large bowl, add chicken, onions, bell peppers. Drizzle with olive oil. Sprinkle with minced garlic. Mix everything until it is evenly coated in oil and garlic. Sprinkle seasoning mix over everything. Toss and mix ingredients until everything is evenly coated. (If you have time you can let the spices marinate on the chicken for about 30 minutes for even more flavor, but I usually don't do this step and it still tastes good.)

Bring a large skillet or wok to high heat over stove. Add ingredients and cook until chicken is cooked and vegetables are tender but still crisp. When everything is just about done cooking, add in the zucchini noodles and toss and mix with the fajita ingredients. Cook zucchini until tender but still crisp. Zucchini noodles cook quite quickly so this will only take about 2 minutes. Drain skillet of any excess liquid released from the zucchini. Sprinkle cilantro and squeeze lime juice over pasta. Serve warm.

lunch dishes

SWEET CHILI CHICKEN & VEGGIES

Cuisine: Asian



SERVES: 4
PREP TIME: 5 minutes
COOK TIME: 15 minutes
READY IN: 20 minutes

INGREDIENTS

1 lb. Chicken Breast, diced
3 cups Broccoli Florets
3 cups Cauliflower Florets
2 large Carrots, sliced 1/4 inches
2-3 tbsp Olive Oil
1/2 tsp Ground Black Pepper
10 oz Sweet Chili Sauce

NUTRITION

Calories: 411
Total Fat: 16g
Cholesterol: 120mg
Total Carbohydrates: 19g
Dietary Fiber: 7g
Sugar: 8g
Protein: 49g
Sodium: 182mg



DIRECTIONS.

Preheat oven to 425F. If you have a convection oven, use it; if not a conventional oven is fine.

Line a sheet pan with aluminum foil for easier cleanup and to it add the chicken, vegetables, evenly drizzle with olive oil, season with pepper, evenly drizzle with 3/4 of the chili sauce, toss with your hands to combine, and roast for about 14-15 minutes, or until chicken is cooked through and vegetables are crisp-tender. If baking in a conventional oven, you may need to bake slightly longer, 17-18 minutes, but watch your food and not the clock.

Evenly drizzle with the remaining chili sauce, if desired, and serve immediately. Recipe will keep airtight in the fridge for up to 5 days.

lunch dishes

GARLIC TOFU & BRUSSELS SPROUTS

Cuisine: Vegetarian



SERVES: 4
PREP TIME: 15 minutes
COOK TIME: 30 minutes
READY IN: 45 minutes

INGREDIENTS

14 oz package Tofu, extra firm organic, pressed
1 lb. Brussels Sprouts, diced
1 tbsp Olive Oil
2 tbsp Balsamic Vinegar
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1/3 cup Dried Cranberries
1/4 cup Pumpkin Seeds
1 tbsp Balsamic Glaze

NUTRITION

Calories: 284
Total Fat: 15g
Sodium: 441mg
Total Carbohydrates: 7g
Dietary Fiber: 3g
Sugar: 3g
Protein: 28g



DIRECTIONS

Preheat the oven to 400 degrees F

Drain the excess water from the container of tofu. Dice the tofu into 1 inch bite sized pieces, and press between two clean towels for 15 minutes to wick away additional moisture.

In a large bowl, mix together the Brussels sprouts, oil, vinegar and garlic. Add in the salt, pepper and tofu and toss gently until the tofu is well coated.

Spray a foil lined baking sheet with cooking spray and add tofu mixture. Put into the oven and bake for 20 minutes.

After 20 minutes, remove from the oven and stir.

Evenly spread the pumpkin seeds and cranberries and return to the oven for an additional 10 minutes.

Remove from the oven and drizzle with balsamic glaze. Enjoy!

lunch dishes

FOIL PACK CAJUN CHICKEN AND VEGETABLES

Cuisine: Cajun



SERVES: 4
PREP TIME: 10 minutes
COOK TIME: 20 minutes
READY IN: 30 minutes

INGREDIENTS

2-3 Chicken Breasts, 1 inch pieces
1 large Zucchini, diced
2 cups Broccoli Florets
1 Bell Pepper, diced
1 cloves Garlic, minced
1 tsp Garlic Powder
1 tsp Chili Powder
1 tsp Paprika
1 tsp Oregano
1 tsp Salt
1/4 tsp Black Pepper

NUTRITION

Calories: 154
Total Fat: 8g
Sodium: 82mg
Total Carbohydrates: 5g
Dietary Fiber: 1g
Sugar: 2g
Protein: 13g



DIRECTIONS

Pre-heat oven to 450F. Cut 4 sheet of aluminum foil into long rectangles (about 12"x12"). Set aside.

Combine all the ingredients in a large bowl. Spoon mixture evenly onto the 4 foil sheets. Fold and seal foil.

Place foil packs on a cooking sheet and bake 20-25 minutes. Serve chicken from foil packets. Be careful when opening packets; steam is trapped inside.

lunch dishes

CHICKEN TACOS

IN CABBAGE “TORTILLAS”

Cuisine: Mexican



SERVES: 4

PREP TIME: 20 minutes

COOK TIME: 35 minutes

READY IN: 55 minutes

INGREDIENTS

1 medium Head Green Cabbage
1 lb. Chicken Breast, cut into strips
1/2 tsp Salt, divided
3 tbsp Avocado Oil, divided
1 medium Onion, sliced
3 large cloves Garlic, minced
1 Jalapeno, minced
2 tsp Ground Cumin
1 medium Carrot, shredded
1/3 cup Fresh Cilantro, chopped
1 Scallion, sliced
1 tbsp Rice Vinegar

NUTRITION

Calories: 298
Total Fat: 13.6g
Sodium: 401mg
Total Carbohydrates: 18.8g
Dietary Fiber: 7.1g
Sugar: 9g
Protein: 26.6g



DIRECTIONS

Bring a large pot of water to a boil. Slice the stem end off cabbage and discard the outermost leaves. Peel 8 leaves from the head. Blanch in the boiling water for 30 seconds. Transfer to a paper-towel-lined baking sheet to dry. Thinly slice enough of the remaining cabbage to get 3 cups.

Season chicken with 1/4 teaspoon salt. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, stirring, until browned and just cooked through, 5 to 7 minutes. Transfer to a plate.

Add 1 tablespoon oil and onion to the skillet. Reduce heat to medium and cook, stirring, until starting to brown, 3 to 4 minutes. Add garlic, jalapeño and cumin and cook for 1 minute more. Stir in the chicken and any accumulated juices. Cover to keep warm.

Combine the reserved sliced cabbage, carrot, cilantro and scallion in a medium bowl. Add the remaining 1 tablespoon oil, vinegar and the remaining 1/4 teaspoon salt and stir to combine.

Divide the chicken mixture among the cabbage leaves and top with the slaw. 2 tacos per serving.

11-DAY CLEANSE RECIPES