



NUTRITION BY AMY

Reset: Bonus Lunches & Dinners

Amy Ritchie

<http://www.nutritionbyamy.ca>



Amy's Butter Chicken

4 servings
30 minutes

Ingredients

- 1 lb Chicken Breast (about 3 medium breasts)
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1 can Tomato Paste
- 2 tsps Paprika
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1 tbsp Chili Powder (OPTIONAL or to taste if you like spicy)
- 1 tsp Sea Salt
- 1/4 cup Water
- 1 can Organic Coconut Milk (full fat, thai kitchen brand if you can find it)
- 2 cups Frozen Peas
- 1 Lime (sliced into 4)

Directions

- 1 Dice your chicken into cubes and set aside.
- 2
- 2 Dice onion and garlic and grate ginger (see note)
- 3
- 3 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger until soft and fragrant, about 5 mins.
- 4
- 4 Stir in tomato paste, water, paprika, curry, garam masala, sea salt and chilli powder if using. Cook for 1-2 minute or until fragrant.
- 5
- 5 Add diced chicken and stir until cooked through, about 5-7 minutes.
- 6
- 6 Stir in coconut milk and peas, reduce to simmer for about 5 minutes.
- 7
- 7 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly: Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk: Use Greek yogurt instead.

No Cauliflower Rice: Serve over brown rice or quinoa instead.

More Veggies: Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage: Refrigerate in an air-tight container for up to 2 - 3 days.

Ginger: Cut off the peel and use the smallest grater on your cheese grater OR a zester



Amy's Honey Sesame Chicken with Peas & Quinoa

4 servings
20 minutes

Ingredients

- 2 tbsps Chicken Broth
- 3 tbsps Soy Sauce (or tamari)
- 1 tsp Sesame Oil
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Honey
- 1 1/4 lbs Chicken Breast (diced into cubes)
- 3/4 cup Quinoa (uncooked)
- 1 1/4 cups Chicken Broth
- 2 cups Frozen Peas (thawed)
- 1 tbsp Sesame Seeds
- 1 tsp Red Pepper Flakes

Directions

- 1 In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- 2 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 3 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
- 4 Warm the green peas.
- 5 Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

Notes

No Chicken Breast: Use turkey breast instead.

Vegan & Vegetarian: Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.

Soy/Gluten Free: Use coconut aminos instead of soy sauce or tamari.



Amy's Cauliflower Shepherd's Pie

4 servings

50 minutes

Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 3 cups Mushrooms (sliced)
- 1 lb Extra Lean Ground Beef (or chicken/turkey)
- 5 ozs Tomato Paste (1 can, 156mL)
- 1 tsp Sea Salt
- 1 tbsp Italian Seasoning
- 1/4 tsp Black Pepper
- 3 cups Frozen Vegetable Mix
- 1 cup Beef Broth

Directions

- 1 Preheat oven to 350F.
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are very soft, about 20 minutes. (If using potato or 1/2 potato you can add them here too.)
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions, garlic & mushrooms and cook for 5 minutes or until onions are translucent.
- 4 Add the meat, tomato paste, Italian seasoning, salt and pepper and cook until meat is browned.
- 5 Add the frozen veggies & broth, heat through. Remove from heat. Taste & add more salt and pepper to taste.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top. Add cheese now if using.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 5-10 minutes or until golden - WATCH CLOSELY! Broiling can burn things quickly.

Notes

Vegan and Vegetarian: Use cooked lentils instead of ground meat.



Need More?: Add 2 white potatoes (boil with the cauliflower and mash up together)



Taco Salad

4 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Smoked Paprika
- 1/2 tsp Sea Salt
- 1 cup Salsa (& more to serve)
- 8 cups Romaine (or other lettuce/greens)
- 2 ozs Cheddar Cheese
- 1 Tomato (chopped)
- 2 cups Corn Chips Or Tortilla Strips
- 1/2 cup Cilantro (optional)
- 1 Lime (squeeze to serve)

Directions

- 1 Heat oil over medium heat, add ground beef and spices and cook until browned and cooked through
- 2 Top romaine with seasoned beef, cheese (if using), tomato, corn chips or tortilla strips, cilantro and some extra salsa & lime to serve!

Notes

Time Saver: Use a taco seasoning mix.

No Dairy?: Leave out the cheese!

Okay With Dairy?: Add some sour cream!

Not a Fan of Beef?: Use ground chicken, turkey or lentils instead.

Like it Classic/Family Friendly?: Make tacos instead of taco salad!

Plant Based?: Use black beans in place of ground beef (still season them!)



Reset Thai Turkey Burgers with Almond Carrot Slaw

3 servings
30 minutes

Ingredients

1 lb Extra Lean Ground Turkey
4 stalks Green Onion (sliced)
1/4 cup Cilantro (chopped)
1/4 cup Basil (fresh, chopped)
2 cloves Garlic (minced)
1 tbsp Ginger (grated or finely chopped)
1/2 tsp Sea Salt (to taste)
1/4 tsp Black Pepper
2 Carrot (grated, about 1.5 cups)
1 Lime
2 tbsps Almond Butter
1 tbsp Soy Sauce
1 head Boston Lettuce (peeled apart into leaves)

Directions

- 1 Preheat oven to 425.
- 2 In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into 4 equal-sized patties onto parchment lined baking tray.
- 3 Bake for 20-25 minutes, flipping halfway through.
- 4 While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and soy sauce. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
- 5 To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

Notes

No Boston Lettuce: Use cabbages leaves instead.

BBQ/Stove: You can also grill or pan fry these!

Like It Spicy?: Add hot sauce to your burgers!

Make Ahead: Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.



Amy's Egg Roll in a Bowl

4 servings
30 minutes

Ingredients

- 2 tbsps Sesame Oil
- 4 Garlic (cloves, minced 2-4)
- 1 Yellow Onion (small, diced, ~1 cup)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sriracha (or more to taste)
- 2 lbs Lean Ground Pork
- 1/4 cup Soy Sauce
- 2 tbsps Rice Vinegar
- 1/2 tsp Black Pepper
- 8 cups Coleslaw Mix
- 4 stalks Green Onion (diced)

Directions

- 1 Heat sesame oil in a pan over medium-high heat. Add the onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
- 2 Add the pork, sriracha, rice vinegar, soy sauce, pepper and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix until veggies have softened. Transfer to bowls, top with green onion and enjoy!

Notes

No Coconut Aminos: Use tamari or soy sauce instead.

Meat-Free: Replace the ground meat with scrambled eggs or tofu.

Sriracha Mayo: Optional topping: mix 1/4 cup mayo (preferably avocado or olive oil mayo) with 1-2 tbsp sriracha or hot sauce



Amy's Asian Meatballs with Cauliflower Rice

3 servings
40 minutes

Ingredients

- 1 lb Lean Ground Pork
- 1 tbsp Sesame Oil
- 1 tbsp Soy Sauce
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 3 stalks Green Onion (chopped)
- 1/2 tsp Sea Salt (to taste)
- 1/4 tsp Black Pepper
- 1 head Cauliflower (or use pre-made)
- 1/4 cup Sesame Seeds

Directions

- 1 Preheat your oven to 350F and line a baking sheet with parchment.
- 2 In a mixing bowl, combine the ground pork, sesame oil, soy sauce, garlic, ginger, 1/2 the green onion, salt and pepper. Mix well and roll mixture into 1.5-inch balls.
- 3 Place the meatballs on the baking sheet and place in oven for 30 minutes. While the meatballs are cooking, grate your cauliflower to make cauliflower rice OR if using pre-made cook according to bag directions.
- 4 To serve, divide the cauliflower rice between bowls and season with a little extra soy sauce. Top the cauliflower with meatballs, sprinkle with sesame seeds, and remaining green onion. Enjoy!

Notes

Coconut Aminos: A soy sauce alternative you can find at many grocery stores, usually in the health food aisle. It can be replaced with tamari or regular soy sauce.

More Carbs: Serve with rice or noodles.

Serving Size: There are about 3 meatballs per serving.

Leftovers: Keeps well in the fridge for up to 3 days.



Amy's Honey Chili Meatballs

4 servings
30 minutes

Ingredients

1 lb Extra Lean Ground Chicken
1/2 Yellow Onion (chopped, ~1 cup)
2 Garlic (cloves, minced, ~1.5 tsp)
1 Egg
1/4 cup Ground Flax Seed (or chia)
1/4 cup Almond Flour
1 tsp Sea Salt (divided)
1/4 tsp Black Pepper
2 tbsps Coconut Oil
1/2 cup Organic Chicken Broth
1/3 cup Tomato Paste
1/4 cup Raw Honey
1 tbsp Apple Cider Vinegar
1 1/2 tps Chili Powder
1/4 tsp Paprika
1/4 tsp Ground Mustard

Directions

- 1 Preheat oven to 350 degrees F.
- 2 In a large oven safe pan, sautee onion and garlic with 1 tsp coconut oil until soft (~5 mins)
- 3 In a large bowl, combine ground chicken, onion, garlic, egg, flax, almond flour, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 4 Melt remaining coconut oil in the pan over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 5 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 6 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

Notes

Likes it Spicy: Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

Serve Them With: Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

Leftovers: Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

Slow Cooker Version: Add formed meatballs with sauce and cook on low for 6-8 hours.



Serving Size: A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.



Amy's Apple Turkey Burgers with Caramelized Onions and Brie

4 servings
45 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 Yellow Onion (peeled and finely sliced)
- 2 Apple (green, divided)
- 1 lb Extra Lean Ground Turkey
- 2 tps Dijon Mustard
- 1/2 tsp Ground Sage
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 ozs Brie Cheese
- 1 head Green Lettuce (separated into leaves and washed)

Directions

- 1 Heat olive oil in a frying pan over low medium heat. Add yellow onion and saute for 20-30 minutes or until caramelized, stirring occasionally. When onion bits get stuck to the bottom, add 1 to 2 tps of water at a time to deglaze the pan. Set aside.
- 2 Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
- 3 In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
- 4 Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
- 5 Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

- BBQ Lover:** Grill your apple slices too.
- No Grill:** Cook burgers in the oven at 350 for 15 minutes per side.
- More Carbs:** Serve on a bed of brown rice, with potato/sweet potato or in a brown rice tortilla wrap.
- Leftovers:** Can be frozen up to 6 months in an airtight container.
- No Brie/Dairy?:** Use avocado or tomato slices instead!



Amy's Lemon Turkey Quinoa Skillet

4 servings
30 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 3/4 cup Quinoa (dry, uncooked)
- 2 cups Organic Vegetable Broth
- 1/4 cup Black Olives (chopped)
- 2 cups Baby Spinach (chopped)
- 1 Lemon (zested and juiced)
- 1/2 cup Parsley (chopped)

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 2 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 3 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender. If needed add more broth and cook another 5-10 mins.
- 4 Stir in the black olives, spinach, lemon juice & zest to the skillet with the turkey and mix well until spinach is wilted.
- 5 Top with parsley and enjoy!

Notes

More Flavor: Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

Leftovers: Keep in an air-tight container in the fridge for up to 3 days.

No Quinoa: Use long-grain white rice instead.

No Spinach: Use chopped kale or swiss chard instead.

No Ground Turkey: Use ground chicken or ground beef instead.

No Vegetable Broth: Use any type of broth, or water instead.

Vegan & Vegetarian: Use cooked black beans, lentils instead of ground turkey.



Amy's Sweet Paprika Shrimp

2 servings
15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Maple Syrup
- 1 1/2 tsps Paprika
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes (optional)
- 14 1/16 ozs Shrimp (large, peeled and deveined)
- 1 1/2 tsps Water
- 1/2 Lemon

Directions

- 1 In a mixing bowl whisk the olive oil, maple syrup, paprika, Italian seasoning, salt and red pepper flakes, if using, until combined. Add the shrimp to the sauce and toss to coat.
- 2 Heat a large non-stick pan or skillet over medium-high heat.
- 3 Add the shrimp and all of the sauce to the pan. Let the shrimp cook for 1 to 2 minutes per side. Add the water and lemon juice. Stir to coat the shrimp in the sauce. Let the sauce come to a gentle bubble then remove from the heat and season with additional salt and lemon juice if needed.
- 4 Divide between plates and serve immediately. Enjoy!

Notes

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

More Flavor: Serve with extra lemon wedges or fresh ground pepper on top.

Make it a Meal: Serve shrimp beside cooked quinoa or brown rice with sauteed greens.



Amy's Poke Bowl

4 servings

10 minutes

Ingredients

- 1 cup Basmati Rice (dry, rinsed)
- 1 lb Ahi Tuna (sushi-grade, sliced)
- 1/4 cup Soy Sauce (or alternative)
- 1 tsp Sesame Oil
- 1 tsp Hot Sauce (tested with sriracha)
- 1 tsp Rice Vinegar
- 1/4 tsp Ground Ginger
- 1 Cucumber (thinly sliced)
- 1/2 Avocado (sliced)
- 1 Mango (sliced)
- 4 stalks Green Onion
- 1 tbsp Sesame Seeds (toasted, white and/or black)
- 1/4 cup Mayonnaise

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Mix your cubed fish with soy sauce, sesame oil, hot sauce, rice vinegar and ginger. Place in the fridge.
- 3 Mix mayo with desired amount of hot sauce.
- 4 When rice is done, let cool, divide into bowls and top with the tuna, cucumber, avocado, mango, mayo, green onions and sesame seeds. Enjoy immediately!

Notes

Leftovers: Tightly wrap the tuna in plastic wrap or foil, and store the remaining ingredients in an airtight container for up to two days.

No Ahi Tuna: Use sushi-grade salmon, crab meat or chopped grilled tofu.

No Rice: Use cauliflower rice, brown rice, quinoa or soba noodles instead.

More Flavor: Serve with pickled ginger and/or wasabi.

Additional Toppings: Top with seaweed, edamame or grated carrots.



Teriyaki Pork Stir Fry

3 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided use)
- 2 cups Broccoli (florets)
- 1 Carrot (thinly sliced ~1/2 cup)
- 1 Red Bell Pepper (cut into 1 inch pieces)
- 1 lb Pork Tenderloin (cut into 1 inch pieces or thinly sliced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tsp Ginger (minced)
- 2 Garlic (2 tsp minced)
- 1 tbsp Sesame Seeds
- 1/4 cup Soy Sauce
- 1/2 cup Water
- 1 1/2 tbsps Honey
- 1 tsp Sesame Oil
- 1 tbsp Corn Starch

Directions

- 1 In a small pot combine soy sauce, water, honey and sesame oil, bring to a boil stirring to mix in honey. In a small bowl or measuring cup mix the cornstarch with 2 tablespoons of cold water until dissolved. Add the cornstarch mixture to the sauce and boil for 1-2 minutes or until sauce has thickened.
- 2 Heat 1 teaspoon of the olive oil in a large pan over medium high heat. Add the broccoli, peppers and carrots, and cook for 4-6 minutes until softened and lightly browned. Remove from the pan.
- 3 (Make sure garlic & ginger and minced and ready to go before starting this step). Add the remaining 2 teaspoons of oil to the pan. Add the pork, then season with salt and pepper to taste. Cook, stirring occasionally, until the meat is browned and cooked through, 4-6 minutes and then stir in the garlic & ginger for 1 min. Turn off heat.
- 4 Add the vegetables back to the pan with the pork. Pour in the sauce and toss to coat and sprinkle with sesame seeds. Enjoy!

Notes

Veggies: Swap out the veggies included for any you desire!

Need More?: Serve over rice, quinoa or cauliflower rice.



Zuppa Toscana Soup

6 servings
45 minutes

Ingredients

- 1 lb Spicy Italian Sausage
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 cloves Garlic (minced)
- 1 1/16 quarts Chicken Broth
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/2 tsp Red Pepper Flakes (optional, spicy)
- 4 Yellow Potato (cubed, 4 cups)
- 1 head Cauliflower (small, chopped)
- 1 1/2 cups Coconut Milk Full Fat (1 can)
- 6 cups Kale Leaves (chopped)
- 4 stalks Green Onion

Directions

- 1 Remove the sausage from casing, brown in a large pot and remove (use some of your olive oil if needed to prevent sticking).
- 2 Add olive oil and onion and cook for 3-5 mins or until soft, add garlic and cook 1 min more.
- 3 Add chicken broth, salt, pepper, chilli flakes (if using), potato, cauliflower and cooked sausage. Mix and bring to a simmer, cook until potatoes and cauliflower are soft ~10 mins.
- 4 Add the kale and coconut milk to the soup, and simmer for an additional 5 to 10 minutes, stirring occasionally.
- 5 Taste and adjust salt, pepper and red pepper flakes to taste. Top with green onion.

Notes

Serving Size: Approximately 2.5 cups.

Leftovers: This makes a lot so you'll have leftovers! Freeze and thaw in the coming weeks.

Optional Toppings: Bacon or cheese.

No Sausage?: I like this with spicy Italian turkey sausage, but you can also use any other ground meat (just add Italian seasoning so there's still lots of flavour!)

Like It Spicy?: Add hot sauce or increase the chilli flakes. If you don't like it spicy skip the chilli and spicy sausage.

Low Carb? Or Need More?: Adjust the cauliflower and potato ratio as needed. It's more filling/higher carb with more potato, or you can make it lower carb by increasing the cauliflower and decreasing the potato.

Okay with Dairy?: You can use heavy whipping cream in place of coconut milk.

Coconut Milk: Use the full fat canned coconut milk, not the carton.



No Kale?: Use spinach! Chop it up first.

More Veggies?: Add in whatever you'd like! Peppers, mushrooms and broccoli would all work well in this soup.

Plant Based?: Use 1 cup red lentils instead of sausage, you'll need to increase the broth or water accordingly.

Brand: I like the Marc Angelou brand from Metro.



Thai Basil Turkey with Bok Choy & Rice

3 servings

25 minutes

Ingredients

- 1 cup Jasmine Rice (dry or use basmati)
- 1 tsp Coconut Oil
- 2 Thai Chili (stems removed and finely sliced)
- 6 stalks Green Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Honey
- 3 tbsps Soy Sauce
- 1 cup Chicken Broth
- 1 cup Basil Leaves (fresh, chopped)
- 1 tsp Sesame Oil
- 6 cups Bok Choy (chopped)

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey, soy sauce & broth and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
- 3 Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
- 4 Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

Notes

No Rice: Use quinoa or roasted potatoes instead.

Storage: Store in an airtight container in the fridge up to 3 days.

Low Carb: Use cauliflower rice instead of jasmine rice.

Make it Faster: Use green peas instead of bok choy.

No Thai Chili: If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

Reheating Leftovers: Saute in a skillet until warmed through.

Vegan & Vegetarian: Replace the ground turkey with roasted chickpeas or warm lentils.



Ginger Beef & Broccoli

2 servings
15 minutes

Ingredients

- 1/2 cup Beef Broth
- 2 tbsps Soy Sauce
- 2 Garlic Cloves (minced)
- 2 tsps Ginger (fresh, minced or grated)
- 1 tbsp Corn Starch
- 1 1/2 tsps Extra Virgin Olive Oil
- 10 ozs Flank Steak (sliced against the grain into 1/2" strips)
- 3 cups Broccoli (florets, chopped)

Directions

- 1 In a small bowl, whisk together the broth, soy sauce, garlic, ginger and corn starch until no clumps remain.
- 2 Heat a skillet over medium heat and add the oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan, stir, add broccoli, stir again and then cover and cook for an additional 3 minutes or until broccoli is desired texture. Serve and enjoy!

Notes

Additional Toppings: Serve on top of rice or cauliflower rice. Top with sliced green onion and/or toasted sesame seeds and additional soy sauce if desired.

No Bone Broth: Use chicken, beef or vegetable broth instead.

Like it Spicy?: Add some hot sauce, jalapeno or chilli flakes.



Sesame Green Beans

2 servings
25 minutes

Ingredients

4 cups Green Beans (trimmed)
1 1/2 tbsps Soy Sauce
1 1/2 tbsps Sesame Oil
2 tbsps Sesame Seeds

Directions

- 1 Preheat oven to 400°F and line a baking sheet with parchment.
- 2 Toss the green beans with soy sauce, sesame oil and sesame seeds. Lay flat on baking sheet and place in oven for 20 minutes.
- 3 Remove from oven and enjoy!

Notes

Likes it Spicy: Sprinkle with chili flakes after roasting.



Amy's Crispy Pork Tenderloin

4 servings

30 minutes

Ingredients

- 1 tbsp Dijon Mustard
- 1 lb Pork Tenderloin (patted dry)
- 2 tbsps All Purpose Gluten-Free Flour (or regular flour)
- 1 tsp Sea Salt
- 2 tps Ground Sage
- 3/4 tsp Garlic Powder
- 1/2 tsp Black Pepper
- 2 tbsps Extra Virgin Olive Oil

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Spread the mustard over the pork tenderloin until evenly coated.
- 3 In a shallow bowl, combine the flour, salt, pepper, garlic powder and sage. Press the pork tenderloin into the flour mixture until completely covered.
- 4 Heat the oil in a large oven safe skillet over medium-high heat. Sear the pork tenderloin for about 2 to 3 minutes per side, or until golden brown.
- 5 Transfer the skillet to the oven and continue baking for 15 to 20 minutes.
- 6 Remove from the oven, cover with foil and let it sit for 5 to 10 minutes before serving. Slice and enjoy!

Notes

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

No GF Flour: Use rice flour, whole wheat flour, all purpose flour or breadcrumbs.



Asian Pork Lettuce Wraps

2 servings
15 minutes

Ingredients

- 1 Cucumber (thinly sliced)
- 1/2 cup Rice Vinegar
- 1 tsp Extra Virgin Olive Oil
- 10 ozs Lean Ground Pork
- 1 Garlic Cloves (minced)
- 1 tbsp Soy Sauce
- 1 tsp Sesame Oil
- 1 tsp Honey
- 1/2 head Boston Lettuce (leaves separated)
- 1 Carrot (shredded)
- 1 tsp Toasted Sesame Seeds (optional, for garnish)

Directions

- 1 Put thinly sliced cucumber in a small bowl, cover with vinegar (use enough to fully submerge the cucumbers), put aside.
- 2 Add oil to a pan over medium heat, cook pork breaking up as you do until it's cooked through.
- 3 In a small bowl, mix together the garlic, soy sauce, sesame oil and honey. Add the sauce to the pork and stir to combine, cooking for another 1 to 2 minutes.
- 4 Put the pork mixture into individual lettuce leaves. Top with shredded carrot, pickled cucumbers and sesame seeds, if using. Enjoy!

Notes

More Flavor: Add ginger to the meat mixture.

Additional Toppings: Top with avocado, cashews, hot sauce or chili flakes.

Plant Based: Use lentils (cooked) instead of pork.



Bibimbap Bowl

3 servings

25 minutes

Ingredients

- 1 cup Basmati Rice
- 1 Cucumber (thinly sliced)
- 1 Carrot (grated or julienned)
- 1/2 cup Rice Vinegar (or white vinegar)
- 1 tbsp Sesame Oil
- 6 Egg
- 3 cups Baby Spinach (chopped)
- 1 tbsp Sesame Seeds (toasted)
- 3 stalks Green Onion (chopped)
- 1 tbsp Soy Sauce (more to taste)
- 1 tbsp Sriracha (more to taste)
- 1 tbsp Maple Syrup
- 1 tbsp Sesame Oil

Directions

- 1 Cook rice according to package directions.
- 2 Cut cucumber & carrot and cover with vinegar in a mason jar or bowl, let it sit.
- 3 Heat half of your sesame oil in a small pan, cook eggs & saute spinach.
- 4 Mix together soy sauce, sriracha, maple syrup & remaining sesame oil.
- 5 Top rice with pickled veggies, eggs, spinach, sesame seeds, green onion and your dressing. Enjoy!



Quinoa Italian Wedding

4 servings

30 minutes

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Spicy Italian Sausage
- 1 Yellow Onion (diced)
- 4 stalks Celery (sliced)
- 2 Carrot (diced)
- 2 Garlic Cloves (diced)
- 4 cups Chicken Broth
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 cups Baby Spinach (chopped)

Directions

- 1 Cook quinoa: combine quinoa & water, bring to a boil and simmer covered for 15 minutes. Fluff with a fork.
- 2 Add 1 tbsp oil to large pot over medium heat, remove sausage from casing and break up while cooking until brown (allowing it to brown brings out the flavour!) Remove from the pot.
- 3 Add onion, celery & carrot to the pot, saute on low for 5 minutes, add garlic, stir, then add broth, salt & pepper and simmer until carrots are soft.
- 4 Add cooked quinoa, cooked sausage and chopped spinach to the pot, simmer a few minutes, taste and adjust salt and pepper. Enjoy!

Notes

No Sausage?: Use any ground meat instead.

Plant Based: Use vegan alternative like beyond meat or meat free crumbles.

Not into Spicy?: Use mild or medium sausage.



One Pan Steak, Asparagus & Mushrooms

2 servings
10 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
(divided)
1 lb Top Sirloin Steak
1/4 tsp Sea Salt (divided)
2 cups Asparagus (woody ends
trimmed)
12 Cremini Mushrooms (sliced)

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 4 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

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

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.



Strawberry Chicken Avocado Salad

3 servings

35 minutes

Ingredients

- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 2 tsps Honey
- 1/4 cup Parsley (chopped)
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 12 ozs Chicken Breast (cubed)
- 6 cups Mixed Greens (or spinach)
- 1/2 Avocado (cubed)
- 1/3 cup Red Onion (thinly sliced)
- 1 1/2 cups Strawberries (halved)
- 3 tbsps Sliced Almonds
- 3 tbsps Feta Cheese

Directions

- 1 Whisk the extra virgin olive oil with the balsamic vinegar, honey, parsley, salt and pepper in a small bowl. Save 1/2 for your dressing and mix the other 1/2 with you cubed chicken, refrigerate 30 mins (or longer).
- 2 Cook chicken in a large pan.
- 3 Top greens with chicken, avocado, red onion, strawberries, almonds, feta and dressing. Enjoy!

Notes

Serving Size: Each salad has 2-3 cups greens, ~1 cup chicken, 1/6 of an avocado, 2 tbsp red onion, 1/2 cup strawberries, 1 tbsp almonds & 1 tbsp feta.

Prefer Plant Based?: Use chickpeas instead of chicken (still toss them in the marinade!)



Chicken Salad Wraps

3 servings
20 minutes

Ingredients

- 1 lb Chicken Breast
- 2 stalks Celery (chopped)
- 1/2 cup Red Onion (diced)
- 1 cup Grapes (red, halved)
- 1/4 cup Parsley (chopped)
- 1/4 cup Mayonnaise
- 1 tsp Dijon Mustard
- 1/2 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

Directions

- 1 Place chicken in a large pot, cover with cold water and a sprinkle of salt, bring to a boil, simmer & cover 10 mins or until cooked through. Remove and put in the fridge to cool.
- 2 Chop celery, grapes, parsley and red onion. Mix in a medium bowl.
- 3 Add mayo, lemon juice, dijon, salt & pepper, mix well.
- 4 Chop chicken and add, mix well & enjoy!

Notes

Time Saver: Use rotisserie chicken.

To Serve: You can have this as is or serve in a lettuce wrap or over chopped greens.

Need More?: Serve in a wrap or as a sandwich or increase serving size.

Make it Lighter: Use plain Greek yogurt in place of mayo



One Pan Chicken & Carrots with Orange Soy Glaze

3 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Soy Sauce
- 1 1/2 tbsps Sriracha
- 1/2 Navel Orange (juice & zest)
- 1 tbsp Honey
- 1 tsp Ginger (fresh, grated or 1/4 tsp dry)
- 9 Carrot (medium-sized, chopped into 4" pieces)
- 4 cups Green Beans
- 1 lb Chicken Thighs
- 2 stalks Green Onion (chopped)

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 In a small bowl combine the olive oil, soy sauce, sriracha, orange juice & zest, honey, and ginger in a bowl. Stir to combine then set aside.
- 3 Add the carrots & green beans to the skillet, place chicken on top. Drizzle the orange soy sauce all over the chicken and veggies. Place in the oven and cook for 40-45 minutes or until the chicken is cooked through and the carrots are soft.
- 4 Divide onto plates and top with green onion. Enjoy!

Notes

Serving Size: One serving is equal to approximately 1 cup green beans, four carrots and 3 chicken thighs.

Additional Toppings: Top with sesame seeds.

Sear for More Flavour: Option to sear the chicken & carrots first. To do so heat 1 tbsp olive oil in a cast-iron skillet over medium heat and once hot, add the chicken, cook 5-8 mins or until it starts to brown. Transfer to a plate. In the same skillet, over medium heat, add the carrots, spacing them out as much as you can, side-by-side. Cook for three to four minutes. Turn and cook for an additional three to four minutes, until lightly browned. Then return chicken to pan, add green beans and cover with sauce. Bake 15-18 mins or until chicken is cooked through and carrots are soft.

Lots of Liquid?: Add 1 tsp corn starch and simmer to make a thicker sauce.

Prep Ahead: You can marinate the chicken in the sauce the night before, then pour the chicken and sauce over your veggies to cook.



Spicy Shrimp Sushi Bowls

2 servings

30 minutes

Ingredients

- 1/2 cup Basmati Rice
- 12 ozs Shrimp (frozen, cooked)
- 1/4 cup Soy Sauce
- 1 tsp Sesame Oil
- 1 tsp Sriracha (or other hot sauce)
- 1 tsp Rice Vinegar
- 1/4 tsp Ground Ginger (or 1 tsp fresh)
- 1/2 Avocado (sliced)
- 2 stalks Green Onion (diced)
- 1/2 Mango (cubed)
- 1/4 Cucumber (sliced)

Directions

- 1 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 2 Thaw shrimp & remove tails. Cook in a pan over medium heat for 3-5 minutes until heated through.
- 3 Mix the soy sauce, sesame oil, hot sauce, rice vinegar & ginger. Toss shrimp in the sauce.
- 4 Divide the rice, top with veggies, mango, shrimp & sauce. Enjoy!

Notes

Additional Toppings: Spicy mayo and/or sesame seeds.



Peanut Noodle Bowl

2 servings

30 minutes

Ingredients

- 3 tbsps Peanut Butter
- 1 1/2 tbsps Soy Sauce
- 1 tbsp Honey
- 1 tbsp Sesame Oil
- 1/2 Lime
- 1 Garlic Cloves (small, diced)
- 1/4 cup Water (less if you like a thicker sauce)
- 8 ozs Chicken Breast (sliced into bite sized pieces)
- 4 ozs Vermicelli Noodles (1 cup cooked per serve)
- 1 1/2 cups Broccoli (florets)
- 2 Carrot (1 cup shredded)
- 3 stalks Green Onion (chopped)

Directions

- 1 In a small bowl or jar mix the peanut butter, soy sauce, honey, sesame oil, lime juice, garlic and water until smooth and creamy. You can also blend this or shake it in a jar to combine well.
- 2 Combine 2 tbsps sauce with your cut chicken, then saute until cooked through.
- 3 Place uncooked noodles & raw broccoli in a large bowl (or 2 smaller bowls), pour boiling over and let rest 5-10 mins or until noodles are soft.
- 4 Top your rice noodles with chicken, broccoli, carrots, green onion & peanut sauce. Mix well and enjoy!

Notes

Prep Ahead: Make the sauce and chicken ahead to save time - you can also use a rotisserie chicken instead of cooking it yourself.

Spice Up Your Sauce: Add in chili flakes, hot sauce or ginger (I use 1/4 tsp ground ginger).

Make it Vegan: Omit the chicken and use cooked tofu or chickpeas instead.

More Flavour : Top your bowl with cilantro, crushed peanuts, more lime, soy sauce or tortilla strips/chips.

More Veg: Add in bell peppers, chopped spinach or cucumber.

Need More?: Increase the amount of chicken or rice noodles.

Nut-Free: Use sunflower seed butter instead of peanut butter.

Lower Carb?: Skip the rice noodles and increase the amount of veggies & chicken.

Like it Saucy?: Double the sauce.