



# JULY PCOS RECIPE PACK

*Discover 19 easy, healthy and tasty **PCOS FRIENDLY** recipes, including breakfast, lunch, dinner and snack options.*

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# SAMPLE WEEKLY MEAL PLANNER

## MONDAY

### BREAKFAST

Cauliflower & Egg  
Breakfast Muffins  
**And**  
Sardine & Avocado  
Endive Wraps

### LUNCH

Slow Cooker  
Chicken  
Cacciatore **And**  
Curried Coconut  
Soup

### SNACK

Simple Tuna Salad  
**OR**  
Edamame with  
Everything Bagel  
Seasoning

### DINNER

15 Minute  
Shrimp &  
Cabbage Stir Fry

## TUESDAY

### BREAKFAST

Cauliflower & Egg  
Breakfast Muffins  
**And**  
Sardine & Avocado  
Endive Wraps

### LUNCH

15 Minute Shrimp  
&  
Cabbage Stir Fry

### SNACK

Simple Tuna Salad  
**OR**  
Edamame with  
Everything Bagel  
Seasoning

### DINNER

One Pan Pork  
Chops  
with Potatoes &  
Green Beans

## WEDNESDAY

### BREAKFAST

Cauliflower & Egg  
Breakfast Muffins  
**And**  
Sardine & Avocado  
Endive Wraps

### LUNCH

One Pan Pork  
Chops  
with Potatoes &  
Green Beans

### SNACK

Simple Tuna Salad  
**OR**  
Edamame with  
Everything Bagel  
Seasoning

### DINNER

Steak, Butternut  
Squash &  
Broccoli

## THURSDAY

### BREAKFAST

Beef, Sweet Potato  
&  
Rapini Skillet **And**  
Mushroom & Tofu  
Scramble

### LUNCH

Steak, Butternut  
Squash &  
Broccoli

### SNACK

Turmeric Chicken  
Nuggets **OR**  
Steamed Edamame  
with Tamari

### DINNER

Soothing Pork  
Hock  
Noodle Soup

## FRIDAY

### BREAKFAST

Beef, Sweet Potato  
&  
Rapini Skillet **And**  
Mushroom & Tofu  
Scramble

### LUNCH

Soothing Pork  
Hock  
Noodle Soup

### SNACK

Turmeric Chicken  
Nuggets **OR**  
Steamed Edamame  
with Tamari

### DINNER

BBQ Ribs

## SATURDAY

### BREAKFAST

Smoked Salmon &  
Quinoa Breakfast  
Bowl **And**  
Grain-Free Flax  
Bread

### LUNCH

BBQ Ribs

### SNACK

Turmeric Chicken  
Nuggets **OR**  
Steamed Edamame  
with Tamari

### DINNER

Coconut Lime  
Steamed  
Mussels

## SUNDAY

### BREAKFAST

Smoked Salmon &  
Quinoa Breakfast  
Bowl **And**  
Grain-Free Flax  
Bread

### LUNCH

Coconut Lime  
Steamed  
Mussels

### SNACK

Turmeric Chicken  
Nuggets **OR**  
Steamed Edamame  
with Tamari

### DINNER

Steak, Butternut  
Squash & Zoodles

# WEEKLY SHOPPING LIST



## FRUITS & VEGETABLES

### *Fruits*

- 1 1/2 Avocado
- 1 1/2 Green Apple
- 1 Lemon
- 2 1/2 tbsps Lime Juice

### *Vegetables*

- 2 1/2 cups Arugula
- 3 cups Asparagus
- 2 1/8 cups Broccoli
- 4 1/2 cups Butternut Squash
- 1/4 Carrot
- 2 1/2 cups Cauliflower Rice
- 128 grams Chinese Broccoli
- 1/3 cup Cilantro
- 1 1/2 heads Endive
- 4 1/4 Garlic
- 2 1/8 tbsps Ginger
- 2 cups Green Beans
- 8 cups Green Cabbage
- 5 stalks Green Onion
- 4 grams Lemongrass
- 2 cups Mini Potatoes
- 3/4 cup Mushrooms
- 1/2 cup Oyster Mushrooms
- 1/4 cup Parsley
- 1/2 bunch Rapini
- 1 Sweet Potato
- 1 tsp Thyme
- 2/3 Yellow Onion
- 1 1/8 Zucchini

## MEAT, DAIRY AND BAKING

### *Bread, Fish, Meat & Cheese:*

- 363 grams Chicken Breast
- 170 grams Chicken Thighs
- 227 grams Extra Lean Ground Beef
- 907 grams Mussels
- 680 grams Ny Striploin Steak
- 350 grams Pork Chop
- 680 grams Pork Hock
- 454 grams Pork Ribs
- 57 grams Prosciutto
- 454 grams Shrimp
- 170 grams Smoked Salmon
- 227 grams Tofu

### *Cold:*

- 7 Egg

### *Baking:*

- 2/3 tsp Baking Powder
- 1/3 cup Nutritional Yeast
- 3/4 cup Oats

## GRAINS, SEEDS AND SPICES

### *Seeds, Nuts and Spices:*

- 1/4 tsp Black Pepper
- 1/8 tsp Chili Flakes
- 1/4 tsp Cumin
- 3/4 tsp Curry Powder
- 1 tbsp Everything Bagel Seasoning
- 1/3 cup Ground Flax Seed
- 1 1/8 tsps Oregano
- 1/2 tsp Red Pepper Flakes
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 1/2 tsp Smoked Paprika
- 1 2/3 tbsps Turmeric

## CANS, CONDIMENTS & MISC

### *Boxed and Canned:*

- 75 grams Buckwheat Soba Noodles
- 1 cup Canned Coconut Milk
- 1/2 cup Crushed Tomatoes
- 1/4 cup Quinoa
- 255 grams Sardines
- 3 cans Tuna
- 2/3 cup Vegetable Broth

### *Condiments and Oils:*

- 2 1/8 tbsps Avocado Oil
- 1/2 cup Barbecue Sauce
- 2 tbsps Black Olives
- 1 1/2 tsps Capers
- 1 tbsp Coconut Aminos
- 3 tbsps Coconut Oil
- 2 2/3 tbsps Extra Virgin Olive Oil
- 3 tbsps Mayonnaise
- 1 1/3 tbsps Tamari



**CAULIFLOWER & EGG  
BREAKFAST MUFFINS**

# CAULIFLOWER & EGG BREAKFAST MUFFINS



Serves: 3  
Prep: 5 mins  
Cook: 25 mins



Nutrition per  
serving:  
152 kcal  
6g Fats  
8g Carbs  
17g Protein



## WHAT YOU NEED

- 57 grams Prosciutto (roughly chopped)
- 2 1/2 cups Cauliflower Rice
- 2 Egg
- 1/2 cup Arugula (roughly chopped)
- 2 tbsps Parsley (finely chopped)
- 1/4 cup Nutritional Yeast
- Sea Salt & Black Pepper (to taste)

## WHAT YOU NEED TO DO

*Preheat the oven to 375 F (191 C) and lightly grease a muffin tin.*

*Heat a large skillet over medium heat. Add the prosciutto and cook for a 3 minutes per side or until crisp. Remove from the pan and set aside.*

*In a large bowl add the cauliflower rice, eggs, arugula, parsley, nutritional yeast, sea salt and pepper. Mix well to combine.*

*Scoop the cauliflower mix into the muffin tin, filling to the top and creating a small hollow space in the top. Add the prosciutto to the hollowed-out space. Place in the oven and bake for 15 minutes. Remove, let it cool slightly and then serve and enjoy!*

### **Leftovers**

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

### **Serving Size**

*One serving is equal to two cauliflower egg bites.*

### **More Flavor**

*Add chili flakes to the mix.*

### **No Arugula**

*Use spinach.*





**SARDINE & AVOCADO  
ENDIVE WRAPS**

# SARDINE & AVOCADO ENDIVE WRAPS



Serves: 3  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
381 kcal  
25g Fats  
17g Carbs  
26g Protein



## WHAT YOU NEED

- 255 grams Sardines (packed in oil, drained)
- 1 1/2 Avocado (cubed)
- 1 1/2 heads Endive (leaves separated)

## WHAT YOU NEED TO DO

*In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.*

*Fill each endive leaf with the sardine avocado mixture. Enjoy!*

### **Leftovers**

*Refrigerate in an airtight container for up to three days.*

### **Serving Size**

*One serving is equal to approximately three endive-filled leaves.*

### **Additional Toppings**

*Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.*

### **No Endive**

*Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.*







**BEEF, SWEET POTATO  
& RAPINI SKILLET**

# BEEF, SWEET POTATO & RAPINI SKILLET



Serves: 1  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
297 kcal  
12g Fats  
20g Carbs  
28g Protein



## WHAT YOU NEED

- 227 grams Extra Lean Ground Beef
- 1/2 Yellow Onion (sliced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 Garlic (cloves, minced)
- 1 Sweet Potato (medium sized, grated)
- 1/2 bunch Rapini (chopped)
- 1/4 tsp Sea Salt (to taste)

## WHAT YOU NEED TO DO

Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.

Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.

Divide into bowls. Season with sea salt and enjoy

### **Vegan and Vegetarian**

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

### **No Rapini**

Use kale or broccoli instead.

### **Leftovers**

Store leftovers in an airtight container in the fridge for up to three days.





**MUSHROOM & TOFU  
SCRAMBLE**

# MUSHROOM & TOFU SCRAMBLE



Serves: 3  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
114 kcal  
6g Fats  
4g Carbs  
14g Protein



## WHAT YOU NEED

- 1/2 cup Oyster Mushrooms (sliced)
- 2 2/3 tbsps Vegetable Broth (divided)
- 227 grams Tofu (extra firm, drained, crumbled)
- 2 tsp Nutritional Yeast
- 1/8 tsp Turmeric
- 1/8 tsp Sea Salt

## WHAT YOU NEED TO DO

Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and saute for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.

Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.

Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

Each serving equals approximately 1.5 cups.

### More Flavor

Add your choice of spices and/or herbs.

### Additional Toppings

Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

### No Vegetable Broth

Use water instead.





**SMOKED SALMON & QUINOA  
BREAKFAST BOWL**

# SMOKED SALMON & QUINOA BREAKFAST BOWL



Serves: 2  
Prep: 5 mins  
Cook: 25 mins



Nutrition per  
serving:  
327 kcal  
15g Fats  
105g Carbs  
32g Protein



## WHAT YOU NEED

- 1/4 cup Quinoa (uncooked)
- 4 Egg
- 2 tbsps Cilantro (chopped)
- 1 tsp Lime Juice (to taste)
- 2 cups Arugula (packed)
- 170 grams Smoked Salmon (sliced)

## WHAT YOU NEED TO DO

*Cook the quinoa according to the package directions and let cool.*

*Meanwhile, place the eggs in a saucepan and cover with water. Bring to a boil, then turn off the heat, cover with a lid and let sit for 10 to 12 minutes. Transfer the eggs to an ice bath. Peel and slice the eggs when cool enough to handle.*

*Toss the quinoa with cilantro and lime juice. Divide the arugula, quinoa, smoked salmon, and eggs between bowls. Enjoy!*

### **Leftovers**

*Refrigerate in an airtight container for up to two days.*

### **More Flavor**

*Season the quinoa with salt and pepper. Add sliced red onion, capers, or avocado to the finished bowl.*





**GRAIN-FREE FLAX BREAD**

# GRAIN-FREE FLAX BREAD



Serves: 1  
Prep: 5 mins  
Cook: 60 mins



Nutrition per  
serving:  
209 kcal  
16g Fats  
7g Carbs  
8g Protein



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## WHAT YOU NEED

- 1/3 cup Ground Flax Seed
- 2/3 tsp Baking Powder
- 1/8 tsp Sea Salt
- 1 Egg (room temp)
- 1 2/3 tbsps Water (room temp)
- 1 tbspc Coconut Oil (melted)

## WHAT YOU NEED TO DO

*Preheat oven to 350 F (177 C). Grease the inside of a loaf pan or line it with parchment paper.*

*In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.*

*In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.*

*Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.*

*Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.*

*Once cooled, slice and store in the fridge or freezer.*

### **Leftovers**

*Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.*

### **Serving Size**

*One serving is one slice of bread.*







**SIMPLE TUNA SALAD**

# SIMPLE TUNA SALAD



Serves: 4  
Prep: 5 mins  
Cook: 4 hours



Nutrition per  
serving:  
287 kcal  
12g Fats  
12g Carbs  
33g Protein



## WHAT YOU NEED

- 3 cans Tuna (drained)
- 1 1/2 Green Apple (chopped)
- 3 stalks Green Onion (finely sliced)
- 3 tbsps Mayonnaise
- Sea Salt & Black Pepper (to taste)

## WHAT YOU NEED TO DO

*Add all ingredients to a large bowl and mix until well combined. Enjoy!*

### **How to Serve**

*Enjoy alone, on crackers, on a sandwich, or over greens.*

### **Leftovers**

*Keeps well in the fridge for 2 to 3 days.*





**TURMERIC CHICKEN  
NUGGETS**

# TURMERIC CHICKEN NUGGETS



Serves: 4  
Prep: 5 mins  
Cook: 30 mins



Nutrition per  
serving:  
231 kcal  
9g Fats  
13g Carbs  
23g Protein



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## WHAT YOU NEED

- 3/4 cup Oats (rolled)
- 1 2/3 tbsps Turmeric
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 363 grams Chicken Breast (boneless, cubed)
- 1 2/3 tbsps Avocado Oil (divided)

## WHAT YOU NEED TO DO

*In a food processor blend the rolled oats, turmeric powder, sea salt and black pepper until a flour-like consistency forms.*

*In a separate bowl, toss the cubed chicken breast in half of the avocado oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.*

*Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165 F (74 C).*

*Serve the chicken nuggets with your favorite dipping sauce and enjoy!*

### **Leftovers**

*Refrigerate in an airtight container for up to five days.*

### **Serving Size**

*One serving is equal to approximately five nuggets.*

### **Make it Vegan**

*Use cauliflower florets instead and bake them in the oven for 25 to 30 minutes.*





**SLOW COOKER CHICKEN  
CACCIATORE**

# SLOW COOKER CHICKEN CACCIATORE



Serves: 1  
Prep: 5 mins  
Cook: 4 hours



Nutrition per  
serving:  
286 kcal  
10g Fats  
14g Carbs  
38g Protein



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## WHAT YOU NEED

- 170 grams Chicken Thighs (skinless, boneless)
- 1/4 Carrot (peeled and sliced)
- 1/2 cup Mushrooms (sliced)
- 1/2 cup Crushed Tomatoes
- 1/3 tsp Oregano
- 1 1/2 tsps Capers
- 2 tsps Black Olives (pitted, sliced)
- 1/8 tsp Sea Salt
- 2 tsps Parsley (finely chopped)

## WHAT YOU NEED TO DO

Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.

Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

### Leftovers

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

### Serve it With

Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice or couscous.





**CURRIED COCONUT  
SOUP**

# CURRIED COCONUT SOUP



Serves: 1  
Prep: 5 mins  
Cook: 30 mins



Nutrition per  
serving:  
209 kcal  
18g Fats  
9g Carbs  
3g Protein



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## WHAT YOU NEED

- 1/3 tsp Extra Virgin Olive Oil
- 1/3 tsp Ginger (chopped)
- 1/4 Garlic (clove, minced)
- 1/8 Yellow Onion (chopped)
- 3/4 tsp Curry Powder
- 1/4 cup Mushrooms (sliced)
- 4 grams Lemongrass (chopped)
- 2 tbsps Broccoli (chopped into small florets)
- 1/3 tsp Lime Juice
- 1/3 cup Canned Coconut Milk
- 1/2 cup Vegetable Broth
- 1/8 Zucchini (spiralized into noodles)
- 1 1/2 tsps Cilantro
- 1/8 tsp Chili Flakes (optional)

## WHAT YOU NEED TO DO

*In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Saute for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.*

*Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.*

*During the last minute, add the zucchini noodles and remove from heat.*

*Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!*

### **Leftovers**

*Refrigerate in an airtight container for up to five days. Freeze for up to two months.*

### **Serving Size**

*One serving is equal to approximately one cup of soup.*

### **More Flavor**

*Add salt and pepper.*

### **Make it a Meal**

*Add in leftover cooked chicken breast or cooked lentils.*







**EDAMAME WITH EVERYTHING  
BAGEL SEASONING**

# EDAMAME WITH EVERYTHING BAGEL SEASONING



Serves: 3  
Prep: 0 mins  
Cook: 10 mins



Nutrition per  
serving:  
286 kcal  
10g Fats  
14g Carbs  
38g Protein



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## WHAT YOU NEED

- 6 cups Edamame Pods
- 1 1/2 tps Avocado Oil
- 1 tbsp Everything Bagel Seasoning

## WHAT YOU NEED TO DO

*Bring a pot of water to a boil.*

*Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green.*

*Toss the edamame pods in oil and sprinkle everything bagel seasoning ovetop. Enjoy!*

### **Leftovers**

*Refrigerate in an airtight container for up to four days.*

### **More Flavor**

*Add finishing salt to taste.*

### **Everything Bagel Seasoning**

*If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.*





**STEAMED EDAMAME  
WITH TAMARI**

# STEAMED EDAMAME WITH TAMARI



Serves: 4  
Prep: 0 mins  
Cook: 10 mins



Nutrition per  
serving:  
261 kcal  
11g Fats  
18g Carbs  
27g Protein



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## WHAT YOU NEED

- 8 cups Edamame Pods
- 1 1/3 tbsps Tamari

## WHAT YOU NEED TO DO

*Bring a pot of water to a boil.*

*Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green. Toss in tamari and enjoy!*

### **Leftovers**

*Refrigerate in an airtight container for up to four days.*

### **More Flavor**

*Add sesame oil, finishing salt, and/or sesame seeds.*





**15 MINUTE SHRIMP &  
CABBAGE STIR FRY**

# 15 MINUTE SHRIMP & CABBAGE STIR FRY



Serves: 2  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
468 kcal  
20g Fats  
26g Carbs  
52g Protein



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## WHAT YOU NEED

- 2 tbsps Coconut Oil (divided)
- 454 grams Shrimp (raw, peeled and deveined)
- 3 Garlic (cloves, minced)
- 1 Lemon (juiced)
- 1/2 tsp Red Pepper Flakes
- 8 cups Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Sesame Seeds

## WHAT YOU NEED TO DO

Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.

Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.

Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

### More Carbs

Serve with brown rice or quinoa.

### Leftovers

Store in an airtight container in the fridge up to 2 days.





**ONE PAN PORK CHOPS WITH  
POTATOES & GREEN BEANS**

# ONE PAN PORK CHOPS WITH POTATOES & GREEN BEANS



Serves: 2  
Prep: 5 mins  
Cook: 25 mins



Nutrition per serving:  
477 kcal  
20g Fats  
34g Carbs  
41g Protein



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## WHAT YOU NEED

- 2 cups Mini Potatoes (quartered)
- 2 cups Green Beans (trimmed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil
- 3/4 tsp Oregano (divided)
- 1/2 tsp Sea Salt (divided)
- 350 grams Pork Chop (bone-in, 1/2-inch thick)
- 1/2 tsp Smoked Paprika
- 1/4 tsp Cumin

## WHAT YOU NEED TO DO

*Preheat the oven to 375 F (190 C) and line a baking sheet with parchment paper.*

*Place the potatoes and green beans on the baking sheet. Drizzle with the olive oil and season with two-thirds of the oregano and half of the salt. Toss well to coat. Bake for 15 minutes.*

*Meanwhile, season the pork chops on both sides with the smoked paprika, cumin, remaining oregano, and salt.*

*Remove the pan from the oven and stir the vegetables. Add the pork chops to the center of the pan. Place the sheet back in the oven and bake for 10 minutes or until the pork chops are cooked through.*

*Remove the baking sheet from the oven. Divide the pork chops, green beans, and potatoes between plates. Enjoy!*

### **Leftovers**

*Refrigerate in an airtight container for up to three days.*

### **More Flavor**

*Add garlic powder, onion powder, ground coriander or chili powder to the pork chop seasoning.*

### **No Green Beans**

*Use broccoli or sliced carrots instead.*

### **Cooking Time**

*Thicker pork chops may require additional cooking time.*







**STEAK, BUTTERNUT  
SQUASH & BROCCOLI**

# STEAK, BUTTERNUT SQUASH & BROCCOLI



Serves: 2  
Prep: 5 mins  
Cook: 40 mins



Nutrition per  
serving:  
542 kcal  
23g Fats  
34g Carbs  
54g Protein



GF DF

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## WHAT YOU NEED

- 3 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 454 grams NY Striploin Steak
- 1 tsp Thyme
- 2 cups Broccoli (chopped into florets)
- 1 tbsp Nutritional Yeast

## WHAT YOU NEED TO DO

*Preheat the oven to 375 F (191 C) and line a baking sheet with parchment paper.*

*Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.*

*Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet, top with fresh thyme, and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.*

*Meanwhile, add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.*

*Top the broccoli with nutritional yeast and enjoy!*

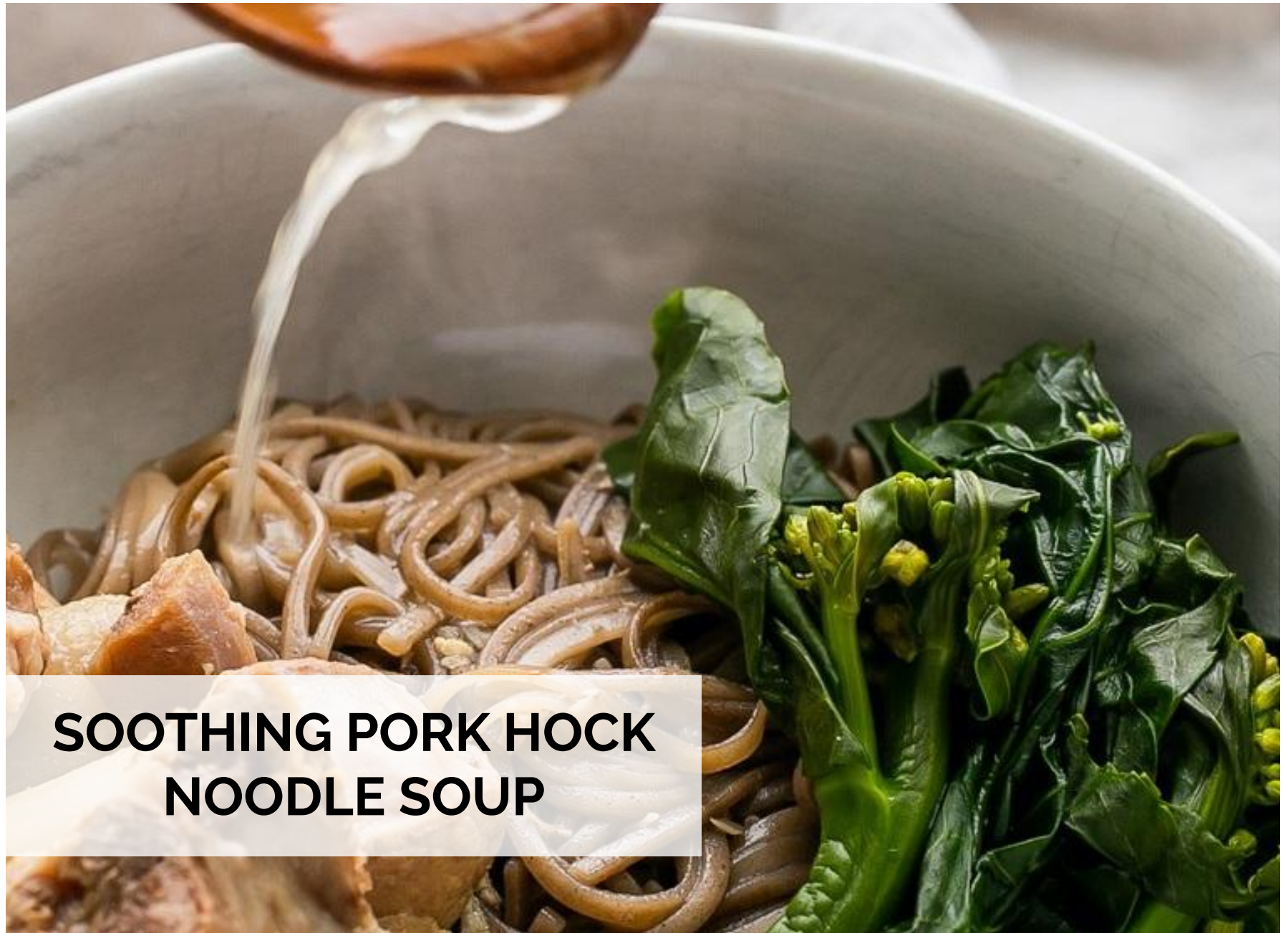
### **Leftovers**

*Refrigerate in an airtight container for up to three days.*

### **More Flavor**

*Add garlic and your favorite herbs to the steak.*





**SOOTHING PORK HOCK  
NOODLE SOUP**

# SOOTHING PORK HOCK NOODLE SOUP



Serves: 2  
Prep: 5 mins  
Cook: 8 hours 30 mins



Nutrition per serving:  
652 kcal  
20g Fats  
30g Carbs  
75g Protein



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## WHAT YOU NEED

- 680 grams Pork Hock
- 2 cups Water
- 1/4 tsp Sea Salt
- 75 grams Buckwheat Soba Noodles
- 128 grams Chinese Broccoli

## WHAT YOU NEED TO DO

Add the pork hock, water and salt to a slow cooker and cook on high for 6 to 8 hours. Strain or skim the fat from the surface. Adjust salt as needed.

About 20 minutes before the pork is done, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.

Add the Chinese broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender.

Divide the soba noodles, Chinese broccoli, pork hock and broth from the slow cooker into bowls. Enjoy!

### Leftovers

Refrigerate the pork and broth in airtight containers for up to three days or freeze for up to two months. Refrigerate the soba noodles and Chinese broccoli for up to five days.

### Serving Size

One serving equals approximately 2 to 3 pieces of pork hock, 3/4 cup of Chinese broccoli, 1 cup of broth and 1 cup of soba noodles.

### More Flavor

Add herbs, spices, onion, garlic, carrot and/or celery to the broth for more depth of flavor.

### Additional Toppings

Top with fresh herbs, fried garlic and lime juice.

### No Pork Hock

Use pork shank instead.





**BBQ RIBS**

# BBQ RIBS



Serves: 2  
Prep: 5 mins  
Cook: 4 hours



Nutrition per  
serving:  
609 kcal  
29g Fats  
36g Carbs  
51g Protein



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## WHAT YOU NEED

- 1/2 cup Barbecue Sauce (divided)
- 454 grams Pork Ribs
- 3 cups Asparagus (woody ends snapped off)
- 1 1/2 tps Extra Virgin Olive Oil (chopped)
- Sea Salt & Black Pepper (to taste)

## WHAT YOU NEED TO DO

*Brush your ribs with half of the barbecue sauce and place in the slow cooker. Cook on low for 6 to 8 hours, or high for 4.*

*When ready to eat, preheat grill over medium heat.*

*Toss your asparagus with oil and season with salt and black pepper to taste.*

*Carefully remove ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with the remaining barbecue sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 to 10 minutes or until bright green.*

*Remove ribs and asparagus from grill and divide onto plates. Enjoy!*

### **Leftovers**

*Refrigerate in an airtight container for up to three days.*

### **No Ribs**

*Use wings, chicken breast or drumsticks instead.*





**COCONUT LIME  
STEAMED MUSSELS**

# COCONUT LIME STEAMED MUSSELS



Serves: 2  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
515 kcal  
21g Fats  
23g Carbs  
55g Protein



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## WHAT YOU NEED

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 1/4 cup Cilantro (chopped)
- 2 stalks Green Onion (chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Ginger (grated)
- 1 tbsp Coconut Aminos
- 907 grams Mussels
- 1/4 tsp Sea Salt (optional)

## WHAT YOU NEED TO DO

*In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.*

*Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.*

*Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.*

*To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!*

### **Leftovers**

*Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.*

### **More Flavor**

*Add garlic or red pepper flakes to the broth.*

### **Additional Toppings**

*Serve with lime wedges, green onion or cilantro.*

### **No Coconut Aminos**

*Use soy sauce or tamari instead of coconut aminos*







**STEAK, BUTTERNUT  
SQUASH & ZOODLES**

# STEAK, BUTTERNUT SQUASH & ZOODLES



Serves: 1  
Prep: 5 mins  
Cook: 40 mins



Nutrition per  
serving:  
526 kcal  
23g Fats  
32g Carbs  
52g Protein



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## WHAT YOU NEED

- 1 1/2 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 227 grams NY Striploin Steak
- 1 Zucchini (spiralized)

## WHAT YOU NEED TO DO

*Preheat the oven to 375 F (191 C) and line a baking sheet with parchment paper.*

*Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.*

*Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.*

*In the same skillet you browned the steak, add the zucchini noodles and cook over medium heat for 2 to 3 minutes.*

*Remove the squash and steak from the oven and divide onto plates with the zucchini noodles. Enjoy!*

### **Leftovers**

*Refrigerate in an airtight container for up to three days.*

### **More Flavor**

*Add garlic and your favorite herbs to the steak.*

