

JUNE ONE PAN RECIPE PACK

Discover 13 easy, healthy and tasty **ONE PAN** recipes, including breakfast, lunch, dinner, treat and smoothie options.

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SAMPLE WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Tropical Coconut Oatmeal	Tropical Coconut Oatmeal	Mashed Sweet Potato with Coconut & Blueberries	Mashed Sweet Potato with Coconut & Blueberries	Mashed Sweet Potato with Coconut & Blueberries	Warm Peas with Eggs	Warm Peas with Eggs
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lemon Turkey Quinoa Skillet	One Pan Chicken, Grapes & Veggies	Lemon Turkey Quinoa Skillet	One Pan Lemon Chicken	Turkey & Cabbage Stir Fry	One Pan Salmon with Rainbow Veggies	Acorn Squash & Sausage Hash
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
Apple with Peanut Butter	Coconut Chia Seed Yogurt	Apple with Peanut Butter	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Grapes & Pistachios	Grapes & Pistachios
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
One Pan Chicken, Grapes & Veggies	Lemon Turkey Quinoa Skillet	One Pan Lemon Chicken	Turkey & Cabbage Stir Fry	One Pan Salmon with Rainbow Veggies	Acorn Squash & Sausage Hash	One Pan Salmon with Rainbow Veggies

TROPICAL COCONUT OATMEAL

TROPICAL COCONUT OATMEAL



Serves: 2 Prep: 6 mins Cook: 15 mins



Nutrition per serving: 435 kcal 18g Fats 64g Carbs 9g Protein



WHAT YOU NEED

- 1 cup Oats (rolled)
- 11/4 cups Plain Coconut Milk (from the box)
- 11/2 tbsps Chia Seeds
- 1 Mango (cubed)
- 1 tbsp Coconut Butter (melted)
- 2 tbsps Unsweetened Coconut Flakes

WHAT YOU NEED TO DO

In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil.

Reduce heat and let it simmer for 10 minutes.

Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes.

Enjoy!

Leftovers

Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

More Flavor Add a pinch of cinnamon.

Likes it Sweet Add a drizzle of maple syrup or honey.



MASHED SWEET POTATO WITH COCONUT & BLUEBERRIES

MASHED SWEET POTATO WITH COCONUT & BLUEBERRIES



Serves: 3 Prep: 5 mins Cook: 30 mins



Nutrition per serving: 200 kcal 7g Fats 34g Carbs 6g Protein



WHAT YOU NEED

- 3 Sweet Potato (purple or orange, small, halved)
- 3/4 cup Blueberries (fresh or frozen)
- 1/3 cup Unsweetened Coconut Flakes

WHAT YOU NEED TO DO

Boil the sweet potato for 30 minutes, or until fork-tender and the peel removes easily.

Drain and submerge in cold water until cool enough to handle. Remove from the water and peel the sweet potato.

Transfer to a plate and mash with a fork. Top with blueberries and coconut flakes.

Enjoy!

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

Additional Toppings

Maple syrup, honey, hemp seeds, crushed nuts or other fresh or frozen fruit.

Meal Prep Boil a large batch of swee

Boil a large batch of sweet potatoes ahead of time and keep refrigerated for up to five days, or freeze for up to ten months.



WARM PEAS WITH EGGS

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Serves: 1 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 341 kcal 10g Fats 38g Carbs 25g Protein



WHAT YOU NEED

- 1/4 White Onion (diced)
- 11/2 tbsps Water
- 11/2 cups Frozen Peas
- 1/8 tsp Sea Salt
- 2 Egg

WHAT YOU NEED TO DO

In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.

Add the peas and stir until warmed through. Season with salt.

Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.

Remove from heat and serve immediately.

Enjoy!

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

Serving Size

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor Use broth or oil instead of water.

Additional Toppings

Top with avocado, diced tomatoes, salsa or olives. Serve with toast, rice cakes, toasted sweet potato slices or as is.



LEMON TURKEY QUINOA SKILLET

LEMON TURKEY QUINOA SKILLET



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 365 kcal 18g Fats 24g Carbs 27g Protein



WHAT YOU NEED

- 11/8 tbsps Extra Virgin Olive Oil
- 1 1/2 Garlic (cloves, minced)
- 340 grams Extra Lean Ground Turkey
- 3/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 3 tbsps Black Olives (chopped)
- 11/2 cups Baby Spinach (chopped)
- 1/2 cup Quinoa (dry, uncooked)
- 11/8 cups Vegetable Broth
- 3/4 Lemon (zested and juiced)

More Flavor

Top with crumbled vegan 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.

WHAT YOU NEED TO DO

Heat oil in a large skillet with a tight-fitting lid over medium-high heat.

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.

Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.

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.

Stir in the lemon zest and lemon juice. Season with additional salt if needed.

Serve immediately and enjoy!

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 lentils instead of ground turkey.



ONE PAN CHICKEN, GRAPES & VEGGIES

ONE PAN CHICKEN, GRAPES & VEGGIES



Serves: 2 Prep: 5 mins Cook: 30 mins



Nutrition per serving: 563 kcal 28g Fats 34g Carbs 46g Protein



WHAT YOU NEED

- 454 grams Chicken Drumsticks
- 1/2 Acorn Squash (seeds removed, chopped)
- 4 cups Green Beans (trimmed)
- 1 cup Grapes (seedless, stems removed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt

WHAT YOU NEED TO DO

Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.

Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil overtop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through.

Enjoy!

Leftovers

Refrigerate in an airtight container up to three days.

Serving Size

One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

More Flavor

Add your choice of herbs and spices, or balsamic vinegar.



ONE PAN LEMON CHICKEN

ONE PAN LEMON CHICKEN



Serves: 2 Prep: 5 mins Cook: 35 mins



Nutrition per serving: 415 kcal 17g Fats 36g Carbs 32g Protein



WHAT YOU NEED

- 227 grams Chicken Breast (skinless and
- boneless)
- 2 cups Mini Potatoes (halved)
- 2 cups Brussels Sprouts (halved)
- 2 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced and zested)
- 1 tbsp Rosemary (fresh, chopped)
- Sea Salt & Black Pepper (to taste)

WHAT YOU NEED TO DO

Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.

In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.

Bake for 25 to 30 minutes or until the chicken is cooked through.

Divide onto plates and enjoy!

No Brussels Sprouts

Use another green veggie instead such as green beans, asparagus or broccoli.

No Chicken Breasts

Use chicken legs or thighs instead and increase cooking time as needed.

More Flavor

Add additional spices such as oregano, thyme or chili flakes.

No Mini Potatoes Use diced regular potatoes.



TURKEY & CABBAGE STIR FRY

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TURKEY & CABBAGE STIR FRY



Serves: 4 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 365 kcal 17g Fats 22g Carbs 32g Protein



WHAT YOU NEED

- 302 grams Extra Lean Ground Turkey
- 2 tsps Coconut Oil
- 5 1/3 cups Green Cabbage (thinly sliced)
- 2/3 Carrot (large, julienned)
- 2 2/3 tbsps Water
- 2 2/3 tbsps Coconut Aminos
- 2/3 Lime (juiced, plus more for garnish)
- 2 Garlic (clove, minced)
- 2 tsps Ginger (fresh, minced or grated)
- 1/3 cup Cilantro (chopped)

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings

Top with additional cilantro.

No Turkey Use ground chicken or pork instead.

WHAT YOU NEED TO DO

Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.

To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.

Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.

Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.

Divide evenly between plates and serve with lime wedges, if using. Enjoy!



ONE PAN SALMON WITH RAINBOW VEGGIES

ONE PAN SALMON WITH RAINBOW VEGGIES



Serves: 3 Prep: 10 mins Cook: 30 mins



Nutrition per serving: 440 kcal 23g Fats 27g Carbs 34g Protein

WHAT YOU NEED

- 3 cups Cherry Tomatoes
- 425 grams Salmon Fillet
 1 1/2 Yellow Bell Pepper
- 11/2 Yellow Bell Pepper (sliced)
- 3 cups Broccoli (chopped into small florets)
- 3/4 cup Red Onion (sliced into chunks)
- 3 tbsps Extra Virgin Olive Oil
- 2 1/4 tsps Coconut Aminos
- 3/4 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

WHAT YOU NEED TO DO

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

Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.

Place in the oven and bake for 30 minutes, or until salmon is fully cooked.

Divide between plates and enjoy!

More Carbs Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.



ACORN SQUASH & SAUSAGE HASH

ACORN SQUASH & SAUSAGE HASH



Serves: 2 Prep: 5 mins Cook: 30 mins



Nutrition per serving: 352 kcal 24g Fats 23g Carbs 13g Protein



WHAT YOU NEED

- 142 grams Pork Sausage (casings removed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Acorn Squash (peeled, chopped into cubes)
- 1/4 Yellow Onion (chopped)
- 1 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 11/2 tsps Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/2 Apple (cored, cubed)

WHAT YOU NEED TO DO

In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.

In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.

Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.

Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

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

Serving Size One serving is approximately 1 cup of the hash mixture.

More Fiber Stir in cooked quinoa or rice.

Make it Vegan Use black beans or lentils instead of sausage.







APPLE WITH PEANUT BUTTER



Serves: 1 Prep: 3 mins Cook: 0 mins

Nutrition per serving: 287 kcal 17g Fats 32g Carbs 8g Protein



WHAT YOU NEED

- 1 Apple
- 2 tbsps All Natural Peanut Butter

WHAT YOU NEED TO DO

Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



COCONUT CHIA SEED YOGURT

COCONUT CHIA SEED YOGURT



Serves: 3 Prep: 5 mins Cook: 30 mins



Nutrition per serving: 368 kcal 23g Fats 37g Carbs 9g Protein



WHAT YOU NEED

- 3 cups Unsweetened Coconut Yogurt
- 3/4 cup Chia Seeds
- 1 tbsp Cinnamon
- 3/4 cup Strawberries (chopped)

WHAT YOU NEED TO DO

Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.

Top with strawberries and enjoy!

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

More Flavor Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



MACADAMIA NUT CLUSTERS

MACADAMIA NUT CLUSTERS



Serves: 8 Prep: 5 mins Cook: 30 mins



Nutrition per serving: 208 kcal 18g Fats 11g Carbs 3g Protein



WHAT YOU NEED

- 155 grams Dark Chocolate (chopped)
- 3/4 cup Macadamia Nuts
- 1/4 tsp Sea Salt (coarse)

WHAT YOU NEED TO DO

Place the dark chocolate in a microwave-safe bowl. Microwave for one minute, then stir. Return to the microwave for 30 seconds at a time, stirring each time, until all the chocolate has melted.

Line a baking sheet with parchment paper. Arrange the macadamia nuts into groups of five or six nuts. Scoop the melted chocolate over top until each macadamia cluster is covered. Sprinkle with salt.

Refrigerate for at least 20 minutes or until the chocolate has hardened.

Enjoy!

Leftovers Keep refrigerated for up to one week or freeze if longer.

Serving Size One serving equals approximately two macadamia nut clusters containing five to six nuts each.

Nut-Free Use pumpkin seeds and dried fruit instead.

Additional Toppings Dried fruit, shredded coconut, hemp seeds or sesame seeds.

No Macadamia Nuts Use almonds instead.



RASPBERRY CHIA FRESCA

RASPBERRY CHIA FRESCA



Serves: 2 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 209 kcal 8g Fats 31g Carbs 5g Protein



WHAT YOU NEED

- 1 cup Water
- 1/4 cup Chia Seeds
- 3 cups Coconut Water
- 1/2 cup Frozen Raspberries
- 2 tbsps Lemon Juice (optional)

WHAT YOU NEED TO DO

Stir the water and chia seeds together. Let thicken for 10 minutes.

Add the coconut water, raspberries, lemon juice, and chia mixture into a blender.

Blend until well incorporated. Pour into glasses and enjoy!

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size One serving equals approximately two cups.

More Flavor Add a sprinkle of cinnamon and a sweetener of your choice.

No Coconut Water Omit and replace with water instead.

