

# Get Back to the Table!

## A Guide to Healthy Eating.



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## What brought me back to the table:

In February 2014 my husband and I embarked on a journey to get healthy. He had been going to the gym consistently for a year and wasn't seeing the results he wanted. We realized if we were going to get real results we needed to change our diet.

So my quest for information began! We did not want to go on a diet we wanted to change our eating habits and do something we could stick with. It was a lifestyle shift! We actually eat more now than we did before and are having fun with food. I joke that I'm eating my way skinny – but it's actually true!

So within this guide I am going to share with you what we have been up to in our kitchen.

## Our motto:

Choose food products as close to the way God intended them to be eaten as possible.

*"And God said, Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food..."*  
– Genesis 1:29

## Our action plan:

Eliminate highly processed foods. The ultimate way to do this is to make your own meals at home as you can control the ingredients. To succeed at making your own meals you need to Meal Plan! If you know what you are eating for the week you are less likely to fall into your old habits of getting fast food or eating unhealthy food choices at home.

We have found that a 5 day meal plan works well for our family. This leaves room for the occasional night out or ordering pizza and of course with all the cooking there are lots of leftovers!

*"You shall eat the fruit of the labor of your hands: you shall be happy, and it shall be well with you." -Psalms 128:2*

## Know your ingredients:

When cooking every night became the objective I wanted to make sure I was using the right ingredients. I didn't want to expend all that effort for futile results. So here's what I have learned:

- **Avoid high fructose corn syrup and canola oil** – because of the highly processed origin of these products our body does not recognize them; therefore stores them as fat. Instead use: Olive Oil, Coconut Oil, Butter
- **Avoid processed sugars** – The average person consumes 150 pounds of sugar per year—compared to just 7 ½ pounds consumed on average in the year 1700. That's 20 times as much! Sugar is the culprit not Fat. By reducing your intake of processed foods you will reduce your sugar intake. When cooking use Coconut Sugar, Pure Honey or Pure Maple Syrup.
- **The shorter the ingredient list on a product the better** – Rule of thumb is if you can pronounce the ingredients (know what they are) you are okay. Avoid items with hydrogenated or partially hydrogenated oils and artificial sweeteners.

In scouring cookbooks and Pinterest for healthy recipes I have found there are some key ingredients you should stock up on...

- **Greek yogurt** – is loaded with protein and calcium. Plus it has probiotics which improve digestive health and keep the bacteria in your gut healthy. Probiotics also boosts your immune system. I use greek yogurt in place of mayonnaise and sour cream. **Fage greek yogurt** is my brand of choice – whole fat is best but if you can't find that go with the 2%.
- **Chicken stock and beef stock** – Stock gives your recipes a flavor boost without the added calories. I opt to purchase stock in the box form vs. the bouillon cubes as the sodium levels are reduced. **Pacific and Simply Balanced** (Target Brand) are my go to stocks.
- **White whole wheat flour** – is ground from the entire wheat kernel of a white wheat plant. It has all the benefits of the traditional Red Whole Wheat flour but has a milder taste! We substitute it for All Purpose Flour.
- **Coconut sugar** – Coconut sugar has a high mineral content and is classified as a low glycemic index food which is why it is favored over traditional sugar. It does have the same sweetness so can be substituted with a 1:1 ratio.

*"You should eat and be full. You should Bless the Lord Your God for the Good Land he has given you." - Deuteronomy 8:10*

When I started this adventure I absolutely dreaded going to the grocery store; I had no clue which products to purchase to replace our everyday staples! In the beginning I was going to multiple stores to try to find the best products. Since this was a lifestyle change the multiple store scenario was not feasible with my schedule for the long haul. Because of my proximity to SuperTarget I find I do the majority of my shopping there – however once you know what you are looking for you can typically find most staples in any store.



### Shopping Tips:

- Stick to the edges: buy fresh or frozen fruit, vegetables, meat products, and dairy products.
- Look high and low: the healthier foods tend to be on the top and bottom shelves.
- The higher the ingredient is listed on the ingredient list the more predominant it is in the product. The fewer the ingredients the healthier the food.
- More Packaging = Less Nutrition.

On the following page I have included my Staples Shopping Guide. It outlines the ingredients and foods I tend to keep on hand in my kitchen.

# Staples Shopping Guide

This is how I stock my kitchen:

Have?	Produce	Brand I purchase/Notes
	Onions	
	Garlic - minced in a jar	
	Hummus	Found in the produce section used as a dip/sandwich spread
	Guacamole	Found in the produce section used as a dip/sandwich spread
	Salsa	Add corn, black beans and/or avocado to your salsa for a treat!
	<b>Select 3-5 Seasonal Fruits and Vegetables to snack on...</b>	
	Apples, Bananas, Grapes, Clementines, Kiwi, Blueberries, Cranberries, Grapefruit, Pears, Plums, Raspberries, Strawberries, Watermelon, Muskmelon, Peaches	
	Carrots, Cucumbers, Tomatoes, Sweet Potatoes, Snap Peas, Radishes, Kohlrabi, Corn, Peppers, Kale, Spinach, Asparagus, Celery, Squash, Yams, Romaine Lettuce, Green Beans	
	<b>Your choices are endless - stock up and enjoy all the fresh and frozen fruits and vegetables you can!</b>	

Have?	Dairy	Brand I purchase/Notes
	Whole Milk	Direct from Autumnwood Farm - Non-Homogenized Whole Milk
	Cheese Sticks	Horizon - Cheddar - Mozzarella
	Parmesan Cheese	Horizon
	Cheddar Cheese	Horizon
	Mozzarella Cheese	Horizon
	Feta Cheese	
	Eggs	
	Greek Yogurt	Fage 2%
	Yogurt on the Go	Stonyfield YoKids Squeezers or Simply GoGurt
	Butter	Unsalted Butter - You can add your own salt

Have?	Meat	Brand I purchase/Notes
	Beef - Ground	Thousand Hills Grass Fed - 80/20 Fat
	Poultry	Boneless, Skinless - Generic Brand
	Bacon	Applegate Naturals
	Turkey Meatballs	Generic Brand - Frozen section
	Shrimp	Simply Balanced - Frozen section
	Salmon	Wild Caught
	Hot Dogs	Applegate Naturals
	Lunch meat	Applegate Naturals

Have?	Grains	Brand I purchase/Notes
	<b>For Grains choose Multi Whole Grain products.</b>	
	Penne Noodles	Bella Terra 8 Whole Grain Pasta w/ Milled Flaxseed found at Cub
	Brown Rice Noodles	Thai Kitchen
	Quinoa Noodles	Ancient Harvest/Simply Balanced
	Quinoa	Simply Balanced
	Rolled Oats	Simply Balanced has a rolled oats and quinoa blend
	Rice Blend	Blend of White, Brown, Wild, etc. - Simply Balanced
	Jasmine Rice	Botan Calrose Rice/Simply Balanced
	Bread	Silver Hills Sprouted Bakery or Food for Life Ezekiel 4:9
	<b>Bread found in the Bakery or Freezer section is typically healthier. For longer shelf life it should be stored in the refrigerator.</b>	

Have?	Canned Goods	Brand I purchase/Notes
	Tomato Sauce	Muir Glen or Simply Balanced
	Diced Tomatoes	Muir Glen or Simply Balanced
	Chicken Stock	Reduced Sodium - Pacific or Simply Balanced
	Beef Stock	Reduced Sodium - Pacific or Simply Balanced
	Green Beans	
	Beans	No Salt Added Simply Balanced (Black/Kidney)
	Spaghetti Sauce	Classico Fire Roasted
	Alfredo Sauce	Classico
	Pizza Sauce	Classico
	Tuna	
	Chicken	
	Bacon Bits	Real Bacon Bits
	Jam/Jelly	Smuckers Simply Fruit
	Peanut Butter	Old Home 100% All Natural or Simply Balanced

# Staples Shopping Guide

This is how I stock my kitchen:

Have?	Oils, Vinegars...	Brand I purchase/Notes
	Extra Virgin Olive Oil	
	White Wine Vinegar	
	Balsamic Vinegar	
	Apple Cider Vinegar	
	Reduced Sodium Soy Sauce	Kikkoman
	Coconut Oil	Great substitute for canola oil in baking.
	Ketchup	Annie's Organic
	Mustard	
	Fish Sauce	A Taste of Thai
	Pure Maple Syrup	
	Pure Honey	
	Teriyaki Sauce	Kikkoman
	100% Lemon Juice	

Have?	Baking/Spices/Herbs	Brand I purchase/Notes
	Coconut Spray	PAM sells a Coconut Spray
	Coconut Sugar	Simply Balanced
	White Whole Wheat Flour	King Arthur Flour
	Sea Salt	Himalayan Pink Salt - we use Sea Salt for everything
	Black Pepper	
	Garlic Powder	
	Chili Powder	
	Italian Seasoning	
	Oregano	
	Rosemary	
	Thyme	
	Sage	
	Basil	
	Lemon Peel	Found at Cub
	Orange Peel	Found at Cub
	Unsweetened Cocoa Powder	Ghirardelli
	Chocolate Chips	Ghirardelli Dark Chocolate Chips or 60% Cacao Bittersweet Chips

Have?	Cereal	Brand I purchase/Notes
	Cinnamon Crunch	Cascadian Farm
	Graham Crunch	Cascadian Farm
	Honey Toasted Cereal	Kashi
	Cinnamon Harvest Shredded Wheat	Kashi
	Multigrain Cheerios	
	Multigrain Hot Cereal/Old Fashion Oatmeal	Simply Balanced has a rolled oats and quinoa blend

Have?	Snacks/Kids Quick Meal	Brand I purchase/Notes
	Chewy Granola Bars - Peanut Butter/Berry	Annie's
	Cereal Bars	Simply Balanced
	Pita Chips - Sea Salt/Multigrain w/ Flaxseed	Simply Balanced
	Tortilla Corn Chips	Simply Balanced, Way Better, Simply Tostitos
	Funley's Super Crackers - Individual pouches comparable to Cheez-it	
	Snack Size Raisins	
	Raw Nuts: Almonds, Pistachios	We buy our nuts at Fleet Farm
	Applesauce pouches	No sugar added
	Macaroni and Cheese	Annie's
	Bernie O's	Annie's
	Pizza Bites	Annie's
	Frozen Pizza	California Pizza Kitchen
	Hershey's Dark Chocolate Nuggets	

"Every man should eat & drink and enjoy the good of his labor. It is the Gift of God."

~ Ecclesiastes 3:13

As I said the Meal Plan is crucial! I created this simple grocery list broken down by meal. I have it posted on our refrigerator so everyone knows what we are having and can add their needed items to the list so when I head to the store nothing is forgotten.

Meals for the week of:

Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
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Other items needed:

.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
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.....	.....	.....	.....	.....

*Come, Lord Jesus, Be our guest. And let this food to us be blessed.*

I've arranged the recipes in this guide via the weekly planner so it will hopefully give you a clear picture of how to make this a routine in your house too. It has truly been a blessing in our house as we are eating healthy and enjoying family time around the dinner table more than ever before!

A key for us has been variety. Nobody wants to eat the same thing each week. So I try to find fun twists on all the basic meals. We try to eat seafood at least once a week and you will find that most of my recipes are Crockpot style – as a working Mom I find it easier to do my cooking ahead of time then at the dinner hour.

### Here's what we are cooking:

### Slow-Cooker Conversions

#### Week One

Meal 1: Steak Chili

Meal 2: Chicken and Kale Stew

Meal 3: Honey Garlic Meatballs serve w/ Rice and Green Beans

Meal 4: Mexican Chicken and Rice Bake

Meal 5: BLT Salmon

HIGH	LOW
3 hrs	7 hrs
4 hrs	8 hrs
5 hrs	9 hrs
6 hrs	10 hrs
7 hrs	11 hrs
8 hrs	12 hrs

#### Week Two

Meal 1: Balsamic Chicken w/ Garlic Parmesan Zucchini and Tomato Bake side dish

Meal 2: Sweet and Sour Shrimp w/ Pineapple serve with Rice

Meal 3: Easy Penne Noodle "Lasagna"

Meal 4: Orange Chicken and Vegetable Stir-Fry serve with Rice

Meal 5: Cheesy Salmon Chowder

#### Week Three

Meal 1: Chicken and Butternut Squash Stew

Meal 2: Taco Pasta (DIY Taco Seasoning and Enchilada Sauce)

Meal 3: Chicken Teriyaki serve w/ Rice and a Steamed Vegetable

Meal 4: Balsamic Roast Beef w/ Italian Roasted Cauliflower side dish

Meal 5: Greek Shrimp and Feta "Pasta"

Bless us, O Lord, and these Thy gifts,  
which we are about to receive from Thy bounty through Christ our Lord. Amen.

#### Week Four

Meal 1: Chicken Enchilada Soup (DIY Enchilada Sauce)

Meal 2: Chicken Bacon Ranch Pasta

Meal 3: Beef and Broccoli serve w/ Rice

Meal 4: Cauliflower Sausage Casserole

Meal 5: Salmon w/ Tomato, Avocado, Corn Bruschetta

#### Week Five

Meal 1: Corn Crab Chowder

Meal 2: Taco Stew (DIY Taco Seasoning)

Meal 3: Fried "Rice"

Meal 4: Pot Roast

Meal 5: Broccoli Cheese Stuffed Tilapia serve w/ Fresh Fruit of Choice

#### Week Six

Meal 1: Spaghetti Squash w/ Bacon, Garlic and Parmesan

Meal 2: Lemony Roasted Chicken w/ Mashed Sweet Potato side dish

Meal 3: Creamy Chicken Corn Chowder

Meal 4: One Pan Baked Salmon and Vegetables

Meal 5: Pizza Sloppy Joes serve w/ Sweet Potato Puffs

#### Bonus Recipes:

- Beer Bread – easy bread to make as a side to the soups and stews
- Roasted Vegetables
- Cucumber Salad
- Cheddar Bacon Dill Dip – great appetizer for parties
- Power Packed Chocolate Chip Cookies
- Healthy Pumpkin Zucchini Chocolate Chip Bread
- Vegan Chocolate Cranberry Zucchini Bread

God is great, God is good. Let us thank Him for our food.  
By His hands we all are fed. Give us, Lord, our daily bread.

Some helpful charts to have in your kitchen:

**Measurement Conversion Chart**

Cup	Fluid Ounces	Tablespoons	Teaspoons	Milliliters
1 cup	8 oz	16 tbsp	48 tsp	237 ml
$\frac{3}{4}$ cup	6 oz	12 tbsp	36 tsp	177 ml
$\frac{2}{3}$ cup	5 oz	11 tbsp	32 tsp	158 ml
$\frac{1}{2}$ cup	4 oz	8 tbsp	24 tsp	118 ml
$\frac{1}{3}$ c	3 oz	5 tbsp	16 tsp	79 ml
$\frac{1}{4}$ c	2 oz	4 tbsp	12 tsp	59 ml
$\frac{1}{8}$ c	1 oz	2 tbsp	6 tsp	30 ml
$\frac{1}{16}$ c	$\frac{1}{2}$ oz	1 tbsp	3 tsp	15 ml

**Measurements Conversions**

1 c	=	$\frac{1}{2}$ pint
2 cups	=	1 pint
4 cups	=	1 quart
2 pints	=	1 quart
4 quarts	=	1 gallon
8 quarts	=	1 peck
4 pecks	=	1 bushel
3 tsp	=	1 tablespoon
4 tbsp	=	$\frac{1}{4}$ cup
5 $\frac{1}{8}$ tbsp	=	$\frac{1}{2}$ cup
8 tbsp	=	$\frac{1}{2}$ cup

**Safe Meat Temperatures Cooking Times**

Beef ...140°F... rare ... safe to eat  
 Beef ...160°F ... medium ... safe to eat  
 Beef ...170°F ... well-done ... safe to eat  
 Pork roast ... 165°F ... done ...safe to eat  
 Lamb roast ... 145°F ...safe to eat  
 Pork or Lamb, ground ...160°F ...safe to eat  
 Ham, precooked ... 140°F ... done  
 Chicken, whole ... 180°F ... safe to eat  
 Turkey, whole... 180°F... in thick part of thigh  
 Stuffing in poultry ... 165°F ... safe to eat

**Oven Temperature Conversion Chart**

Very low	250 - 275°F =	121 - 135°C
Slow Cook	300 - 325°F =	149 - 163°C
Moderate Heat	350 - 375°F =	177 - 191°C
High Heat	400 - 425°F =	204 - 218°C
Very Hot	450 - 475°F =	232 - 246°C
Extremely Hot	500 - 525°F =	260 - 274 °C



## Planning the day:

Our Meal Plan is based on dinner because we typically eat our dinner leftovers for lunch. However, when you are eating healthy you may notice you get hungry more often. This is okay! It is because your body is processing the food you are eating faster because it knows what it is! So you will need to plan your food for the day too. We typically eat something approximately every 3 hours.

# Excellence is a Habit

## Breakfast 7:00 AM

**Example:** 3 egg whites & 1 yolk omelette with Veggies and 1/2 a fruit

Excellent source of protein, helps maintain/gain lean body mass + Low Glycemic Carbs for energy  
Proteins are essential for the repair and growth of tissues.

Break your Fast within an hour of waking up

## Snack 9:30 AM

**Example:** Plain Greek Yogurt, topped with Berries + a dozen mixed nuts

Sustain energy & maintain Protein intake. Ideal combination of probiotics, B vitamins, anti-oxidants, healthy fats, fiber and protein.

### Main Idea

Day Time  
Carbs & Protein

Night Time  
Fats & Protein

## Lunch 12:00 PM

**Example:** Chicken Breast, Quinoa & Mixed Veggies

The breast is the leanest part of the chicken and a great source of protein.  
Quinoa is a gluten free grain that contain more protein than any other grain or rice.

## Pre-Workout 3:30 PM

**Example:** Almond Butter smeared on a Whole Grain Toast + Banana slices

Bananas are rich in potassium and B6 which aid in the manufacturing of amino acids, the building blocks of proteins. Nut butter & bananas are notorious for providing long lasting energy.

60-90 minutes before training for adequate digestion and absorption

### Health Tip

Staying hydrated is key to looking, feeling your best. Drink roughly 6 cups of water a day. Mostly between meals.

## Post-Workout 6:00 PM

**Example:** Whey Protein Smoothie

Optimize your efforts with fast absorbing protein- Whey or Eggs are ideal.  
The vitamins & minerals in fruits contribute to a faster post-workout recovery.

## Dinner 7:00 PM

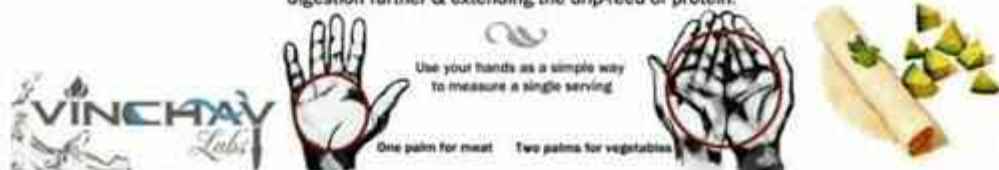
**Example:** Salmon & Mixed Veggies

The different colors in vegetables (and fruits) correspond to different combinations of nutrients. For optimal health, eat a colorful variety every day.  
Salmons are nutritional powerhouse. Rich in high quality protein & large amount of omega-3 oils which reduce inflammation and provide a nutritional foundation for optimal heart, brain, mental, visual & immune system.

## Late Snack 9:00 PM

**Example:** Roast Turkey Breast Slice & 1/5 Chopped Avocado

Slow digesting protein such as turkey, and chicken curb the break down of muscle during sleep by providing a steady release of amino acids. Healthy fats such as avocados and almonds help slow digestion further & extending the drip-feed of protein.



Our go to snacks are typically almonds, cashews, cheese sticks, fruit (fresh or dried), carrots, pita or tortilla chips with guacamole/hummus/salsa and dark chocolate. The charts below are the guides I use to help plan a day...

## Clean Eating SNACKS

*Cashews	*Air-popped popcorn
*Veggies and Hummus	*Raisins or other dried fruit
*Apples	*Pecans
*Bananas	*Veggies with homemade dressing
*Greek yogurt with fresh berries	*Grapes
*Almonds	*Bananas with peanut butter
*Grapefruit	*String Cheese
*Olives and pickles	*Edamame
*Avocados with cottage cheese	*Pistachios
*Peanuts	*Homemade popsicles
*Fresh fruit smoothies	*Dark Chocolate
*Veggies & Guacamole	*Peaches
*Berries	*Clementines
*Hard Boiled Eggs	

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## 80 Healthiest Foods

Veggies	Fruits	Grains	Spices
asparagus carrots celery kale onions spinach squash sweet potatoes tomatoes yams	apples blueberries cranberries grapefruit oranges pears plums raspberries strawberries watermelon	barley brown rice buckwheat corn millet oats quinoa rye spelt whole wheat	basil cilantro ginger oregano parsley peppermint rosemary sage thyme turmeric
Beans	Seafood	Nuts	Drinks
black beans garbanzo beans kidney beans lima beans miso navy beans pinto beans soybeans tempeh tofu	cod halibut mackerel oysters salmon sardines scallops shrimp tilapia tuna	almonds cashews flaxseeds macadamia nuts peanuts pistachios pumpkin seeds sesame seeds sunflower seeds walnuts	cranberry juice fat free milk fruit smoothie green tea ice water mint tea orange juice soy milk tomato juice vegetable juice

# Control your portions!

size of one serving



Size of a deck of cards for meat.



A slice of cake, brownie or cookie should be the size of one post-it note.



Mayo and butter should be the size of a standard die, and the size of 3 dice for cheese.



Size of one fist for rice and pasta. Two fists for vegetables.



Half a baseball (or size of a cupped hand) for rice, pasta, fruits and ice-cream.



A handful for nuts, popcorn and trail mix.



10 to 15 chips for one serving.



Size of a dental floss box for chocolates.

pandaloveschristmas

## Disclaimer:

I am a Wife, Mother and Realtor who recently embraced a passion for healthy eating. I read lots of articles and recipes but I am not a dietician. There are many varying opinions out there; be sure to go to a specialist if you have specific dietary needs. My choices are based on the food preferences of my family. My goal was to make healthy meals that we could eat as a family at our dinner table each night.

Also I want to be clear that no matter what you serve to eat at your home I will be beyond happy to break bread with you! I was taught you eat what you are served.

☺

"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and him with me." -Revelation 3:20

Meals for the week of: (Check your pantry; then head to the store with this list to get needed ingredients)

Steak Chili (Slow Cooker Meal)	Chicken & Kale Stew (Slow Cooker Meal)	Honey Garlic Meatballs serve with Rice (Slow Cooker Meal)	Mexican Chicken and Rice Bake	BLT Salmon
<b>Ingredients Needed:</b>  1½ pounds stew meat Chili Powder Cumin Sea Salt Ground Red (cayenne) Pepper Onion (fresh) Can/Box Kidney Beans (approx. 15 ounces) 28 ounce can diced tomatoes  <b>Optional Topping Ingredients:</b>  Grated Cheese Avocado Greek Yogurt Fresh Cilantro	<b>Ingredients Needed:</b>  2 pounds Boneless, skinless chicken breasts  2 large sweet potatoes  Tomato Paste (small can)  4 cups Baby Kale or Spinach (fresh)	<b>Ingredients Needed:</b>  Coconut Sugar  Honey  Ketchup  Soy Sauce  Minced Garlic (jarred in the produce section)  Bag of Fully Cooked Frozen Meatballs  <i>Serve with:</i>  Rice Green Beans  <b>Cooking Note:</b> Cook extra rice tonight to use for meal tomorrow.	<b>Ingredients Needed:</b>  2 Boneless, skinless chicken breasts  4 cups rice  ¾ cup corn  Can/Box Black Beans (approx. 15 ounces)  Greek Yogurt  Table onions  4 ounce can green chilies  Chunky Salsa  Grated Cheddar or Monterey Jack Cheese	<b>Ingredients Needed:</b>  Cherry Tomatoes  Bacon  Baby Spinach (fresh)  Salmon Steaks (Wild Caught)

## Easy Slow Cooker Steak Chili

Serves: 4 - 5

### Ingredients

- 1½ pounds stew beef, cut in 2-inch chunks (grass-fed recommended)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon ground red (cayenne) pepper - double this if you like it hot!
- ½ onion, diced
- 1 15-ounce can kidney beans, drained and rinsed
- 1 28-ounce can diced tomatoes, with juice
- Optional toppings: grated cheese, ~~sour cream~~, diced avocados, and/or fresh cilantro

*Greek yogurt*

### Instructions

1. Put the stew beef chunks in the bottom of the [slow cooker](#). Sprinkle with chili powder, cumin, salt, and pepper. Top with onions, beans, and tomatoes.
2. Turn the slow cooker onto high and cook for 5 to 6 hours. Shred beef with a fork before serving, if desired. Top with garnishes of choice and serve warm.

### Notes

We recommend [organic ingredients](#) when feasible.

# Chicken & Kale Slow-Cooker Stew

## Chicken & Kale Slow-Cooker Stew

Kale is underused in my book. I never really tried it before I switched over to Paleo, and up until lately my only kale adventures were making kale chips in the oven. Then I saw a few slow cooker recipes using kale and decided to give it a try. It adds a ton of nutritional value, beautiful color, and it's delicious!

Whenever I slow cook with sweet potatoes they always seem to explode and turn the meal into a thick stew---which is just fine in my book! So when this recipe is done, you will not really have any resemblance of sweet potato cubes. But you will have a tasty, hearty stew instead!

### Ingredients

- 1) 2 pounds chicken breast or thigh (no need to chop these, just throw them in. They'll shred later)
- 2) 2 large sweet potatoes, cut into chunks
- 3) 1 large onion, cut into chunks
- 4) 1 Tablespoon tomato paste + 1 cup of water *- Use entire can of tomato paste*
- 5) 2-4 cups of baby kale (or regular kale, which you should chop into smaller pieces)

### Instructions

- 1) Throw your chicken into your slow cooker.
- 2) Chop up your sweet potatoes and onion, and toss that in too.
- 3) Add your tomato paste/water, and then stir to incorporate everything.
- 4) Cook on low for 6-8 hours.
- 5) In the last hour of cooking, open your slow cooker and stir to mix everything up. This will shred your chicken. Add in your kale, and stir until it's incorporated.
- 6) Cook for 30-60 minutes longer until the kale is tender.
- 7) Eat up!



## Honey Garlic Crockpot Meatballs

### Prep time

5 mins

### Cook time

4 hours

### Total time

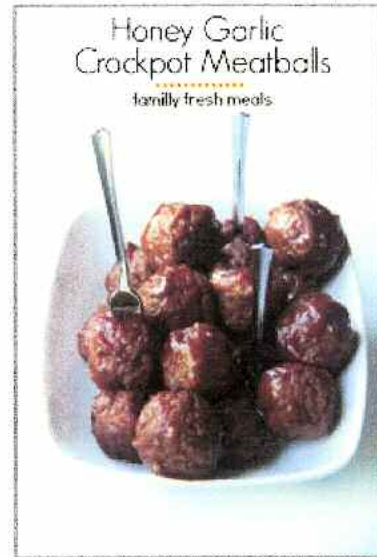
4 hours 5 mins

Corey: Corey Valley

Serves: 6-8

### Ingredients

- 1/4 cup <sup>coconut</sup> brown sugar
  - 1/3 cup honey
  - 1/2 cup ketchup
  - 2 TB soy sauce
  - 3 cloves garlic, minced
  - 1 (28oz) bag fully cooked, frozen meatballs
- \*Double



### Instructions

1. In a medium bowl, mix together brown sugar, honey, ketchup, soy sauce and garlic.
2. Place frozen meatballs in a 3-4 quart crockpot and pour sauce over meatballs. Stir so all meatballs are coated evenly. Cook on LOW for 4 hours, stirring occasionally.
3. Use as an appetizer or serve over rice for a meal!

Recipe by Family Fresh Meals at <http://www.familyfreshmeals.com/2014/07/honey-garlic-crockpot-meatballs.html>

\* If you want sauce to pour over your rice double the sauce ingredients.

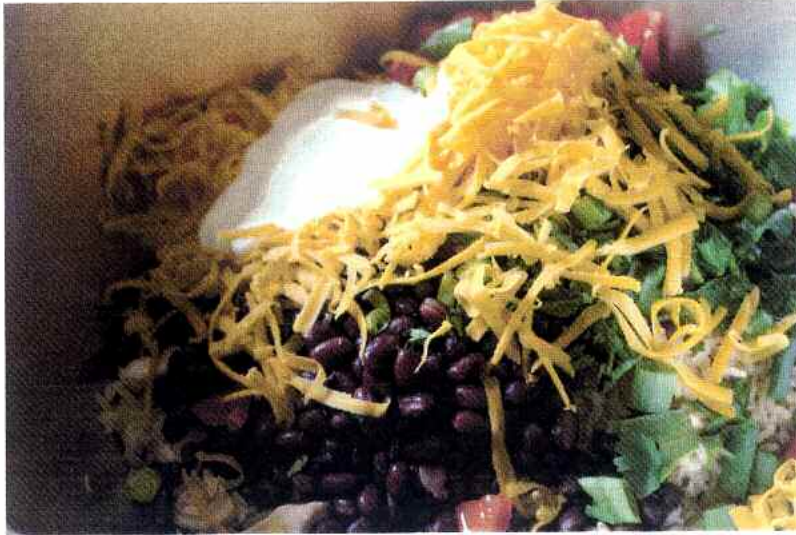
## mexican chicken and rice bake.

by kellyhartman on September 29, 2011

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11



It's 5 o'clock.

Your kids are screaming.

The phone is ringing.

Your toddler is eating dirt he found in the indoor plant you thought would be perfect for the house, before you had small children.

Good thing you made this chicken and rice dish ahead of time! Just pre-heat your oven, pop it in and dinner is on the table in 30 minutes. It's great for the kids, perfect for leftovers, and an excellent way to sneak in a few vegetables into your meal.



## mexican chicken and rice bake. | Frugal Foodie Family

I've had a lot of readers ask about crock-pot recipes or dinners that are easy to make ahead of time and pop in the oven to get dinner ready lickity-split. Hope you enjoy this one!

### Mexican Chicken and Rice Bake

(serves 4-6)

#### What You'll Need:

2 boneless, skinless chicken breasts, pre-cooked and shredded

4 cups pre-cooked brown rice

3/4 cup corn

1 15 ounce can black beans, drained and rinsed

1 cup plain yogurt (or you can substitute sour cream) - *Greek Yogurt*

1/4 cup chopped green onions

1 4 ounce can green chilis

1/2 cup chunky salsa

1 cup grated cheddar or monterey jack cheeses

salt and pepper

cilantro for garnish

#### Instructions

Preheat oven to 350. In a large bowl, combine all ingredients except for cilantro and mix thoroughly to combine. Make sure the yogurt and cheese is stirred completely. Season with salt and pepper. Transfer to an oven-safe dish and top with extra cheese if you would like. Bake for 20-25 minutes, or until heated through.

Garnish with chopped cilantro.

# BLT Salmon

## Ingredients

- 1 cup cherry tomatoes halved
- 6 strips thick cut bacon, chopped
- 1 cup baby spinach
- 4 Salmon steaks
- 

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## Instructions

1. Season salmon with salt, and pepper. Cook in preheated skillet for 4-5 minutes per side or until fish flakes easily. Remove and keep warm.
2. In the same skillet, fry bacon. Remove. Drain all but 1 T of grease. Add tomatoes to hot pan, and saute just until tomatoes begin to soften. Add spinach and cook only until it begins to wilt but does not lose its color. Spoon veggies over chicken. Top with crumbled bacon.

<http://www.lemonsforlulu.com/2012/08/02/blt-salmon/>

Meals for the week of: (Check your pantry; then head to the store with this list to get needed ingredients)

Balsamic Chicken w/ Garlic Parmesan Zucchini & Tomato Bake Side Dish	Sweet & Sour Shrimp w/ Pineapple (Slow Cooker Meal)	Easy Penne Noodle “Lasagna”	Orange Chicken & Vegetable Stir-Fry	Cheesy Salmon Chowder (Slow Cooker Meal)
Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:
Garlic Powder	3 cans (8 ounce each) Pineapple chunks	1 pound ground beef	Orange Juice	Onion
Basil	2 packages (6 ounce each) frozen snow peas (or fresh)	Onion (medium fresh)	Soy Sauce	Potatoes
Sea Salt & Pepper	Cornstarch	1 24 ounce jar Spaghetti Sauce (Classico Fire Roasted brand)	Rice Vinegar	Carrot
Minced Onion (dried in spice section)	Coconut Sugar	1 15 ounce jar Alfredo Sauce (Classico)	Fish Sauce	Celery
Minced Garlic	Chicken Stock (low sodium)	1 box Penne Noodles – (Bella Terra 8 Whole Grain Pasta w/ Milled Flaxseed or other Multi Whole Grain Pasta)	Orange Zest (peel)	Minced Garlic
Olive Oil	Soy Sauce	Shredded Mozzarella & Cheddar Cheese	Minced Garlic	Rice
Balsamic Vinegar	Ginger		Ginger	Chicken Stock
8 Boneless, skinless chicken breasts (about 24 ounces)	1 pound Shrimp (peeled and deveined)		1 pound Boneless, skinless chicken breasts	Sea Salt
2.5 pounds zucchini or 2 large zucchini	Apple Cider Vinegar		Sea Salt & Pepper	Thyme
Grape Tomatoes			Corn Starch	Flaked Cooked Salmon (near the tuna fish)
Parmesan Cheese			4 cups chopped Vegetables (broccoli, carrots, celery, snap peas mushroom, etc.)	13 ounce can evaporated milk
Thyme	Serve with:		Olive Oil	Shredded Cheddar Cheese
Oregano	Rice		Onion	
			Serve with: Rice	



### Crock Pot Balsamic Chicken

#### Ingredients

- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 teaspoons dried minced onion
- 4 garlic cloves, minced
- 1 tablespoon extra virgin olive oil
- 1/2 cup balsamic vinegar
- 8 boneless, skinless chicken thighs (about 24 ounces)  
or breasts
- sprinkle of fresh chopped parsley

#### Directions

Combine the first five dry spices in a small bowl and spread over chicken on both sides. Set aside. Pour olive oil and garlic on the bottom of the crock pot. Place chicken on top. Pour balsamic vinegar over the chicken. Cover and cook on high for 4 hours. Sprinkle with fresh parsley on top to serve.

# Garlic Parmesan Zucchini and Tomato Bake



## Ingredients

- 2 large or 2.5 lbs zucchini, cut into quarters
- 10 oz grape tomatoes, cut in halves or 2 large tomatoes, diced
- 7 garlic cloves, crushed
- 1/2 cup Parmesan Cheese, shredded
- 1 tsp basil/thyme/oregano, dried
- 3/4 tsp salt
- 1/2 tsp ground black pepper
- 1/3 cup parsley or basil, finely chopped - *I don't spend the \$ to garnish.*
- Cooking spray (I use Misto) - *I use Coconut Spray*

## Directions

1. Preheat oven to 350 degrees F and spray 8 x 8 or 9 x 11 baking dish with cooking spray. Set aside.
2. In a large mixing bowl, add all ingredients, except parsley/basil, and stir to combine. Transfer to a prepared baking dish and bake uncovered for 25 minutes for crunchy zucchini or 35 minutes if you like well cooked vegetables. I recommend checking for doneness with a fork or knife after 25 minutes. Remove from the oven, garnish with basil or parsley and serve hot/warm.

**Storage Instructions: Refrigerate covered for up to 3 days.**

<http://ifoodreal.com/garlic-parmesan-zucchini-and-tomato-bake/>

# Sweet and Sour Shrimp with Pineapple

## Ingredients:

- 3 cans (8 ounces each) pineapple chunks, reserve 1 cup of juice
- 2 packages (6 ounces each) frozen snow peas
- 1/3 cup plus 2 teaspoons coconut sugar
- ¼ cup cornstarch
- 2 cups chicken stock
- 4 teaspoons soy sauce
- 1 teaspoon ground ginger
- 1 pound peeled, deveined shrimp
- ¼ cup Apple Cider Vinegar

## Directions:

Drain pineapple chunks, reserving 1 cup of juice. Place pineapple and snow peas in slow cooker.

In medium saucepan mix the chicken stock, pineapple juice, soy sauce, sugar, cornstarch and ginger together. Bring to a boil and cook for 1 minute. Then pour into the slow cooker. Cover; cook on **Low** for 4 ½ to 5 ½ hours.

Add Shrimp and vinegar. Cover; cook on **Low** 30 minutes or until shrimp are done. Meanwhile prepare the rice to serve over the Sweet and Sour Shrimp.

Serves: 4 people

# Easy Penne Noodle “Lasagna”

## Ingredients:

- 1 pound ground beef
- 1 medium Onion
- 1- 24 ounce jar Spaghetti Sauce – Classico Fire Roasted
- 1 – 15 ounce jar Alfredo Sauce – Classico
- 1 box Penne Noodles – Bella Terra 8 Whole Grain Pasta w/ Milled Flaxseed or other Multi Whole Grain Pasta
- 1-2 cups of shredded cheese (combo of Mozzarella and Cheddar) – Horizon

## Directions:

Preheat oven to 350 degrees.

Put water on to Boil; then cook noodles as directed on the package.

Meanwhile brown the onion and ground beef together.

Once the noodles and ground beef mixture are cooked mix them all together with the spaghetti sauce and then pour it into a 9 x 13 baking pan.

Spread Alfredo sauce over mixture and then sprinkle with cheese.

Bake at 350 degrees for approximately 30 minutes. (Until the cheese melts)

## Recipe: Orange Chicken and Vegetable Stir-Fry

Prep Time: 15 min(s) Cook Time: 10 min(s) Total Time: 25 min(s) Servings: 4-6

*If you've always wanted to make your own Chinese restaurant food at home, this recipe is a great one to add to your collection. Enjoy!*

### Ingredients

#### Sauce:

1/2 cup orange juice

2 tablespoons soy sauce

2 tablespoons rice vinegar

1 tablespoon oyster sauce - Fish Sauce

1 tablespoon orange zest

2 large cloves garlic

1 teaspoon minced ginger - 1/4 tsp ground ginger

optional sweetener like sugar, honey, agave, etc.

#### Stir-fry:

1 pound chicken tender cut into cubes

salt and pepper

3 tablespoons corn starch

4 cups chopped vegetables such as broccoli, carrots, celery, mushroom, snap peas, etc.

olive oil

1/2 cup medium yellow onion, chopped

### Instructions

1. Blend all the ingredients for the sauce in a blender or food processor for 10 seconds.
2. Taste the sauce and add your choice of sweetener to your liking.
3. Blend again for a few more seconds.
4. Heat the sauce in a large skillet on medium-high heat for 5 minutes. Carefully transfer the sauce to a heat proof bowl.
5. Rinse the skillet clean.
6. Season the chicken with salt and pepper.
7. Add the corn starch and massage the chicken with your hands.
8. If using fresh broccoli or green beans, boil the broccoli for 3-5 minutes until soft enough to pierce with a fork yet firm.
9. Transfer the vegetables to a plate lined with a paper towel.
10. Wipe down the skillet until dry.
11. Heat approximately 1 tablespoon of oil in the skillet on medium-high heat.
12. Cook the onion and chicken until the chicken is cooked through, approximately 3-4 minutes.
13. Add the remaining vegetables and stir-fry them together for 2 minutes.
14. Slowly add a few tablespoons of sauce while stirring the vegetables and chicken.
15. Continue to add the sauce a few tablespoons at a time, allowing about 15 seconds between each addition to allow sauce to slightly cook down.
16. Spoon the stir-fry over a bowl of hot rice. Serve immediately.

# Cheesy Salmon Chowder

## Ingredients:

- 1 large onion, chopped
- 3 potatoes, peeled and cut into chunks
- 1 large carrot or a handful of baby carrots, peeled and finely chopped.
- 1 stalk celery, finely chopped
- $\frac{1}{2}$  teaspoon minced garlic (1 clove)
- $\frac{1}{4}$  cup uncooked long-grain white rice
- 3 cups chicken or vegetable stock
- $\frac{3}{4}$  teaspoon sea salt
- $\frac{1}{2}$  teaspoon dried thyme leaves
- $\frac{1}{4}$  teaspoon black pepper
- 1 cup flaked cooked salmon
- 1 13 ounce can evaporated milk
- 1 cup shredded Cheddar cheese

## Directions:

Combine onion, potatoes, carrot, celery, garlic, rice, stock, sea salt, thyme, and pepper in slow cooker. Cover and cook on **Low** for 8 to 10 hours, or until vegetables and rice are tender.

Stir in salmon, milk and cheese. Cover and cook on **High** for 15 minutes, or until salmon is heated through.

Serves: 4-6 people

Meals for the week of: (Check your pantry; then head to the store with this list to get needed ingredients)

Chicken & Butternut Squash Stew	Taco Pasta (Slow Cooker Meal) DIY Taco Seasoning & Enchilada Sauce can be made ahead	Chicken Teriyaki (Slow Cooker Meal) serve with Rice	Balsamic Roast Beef w/ Italian Roasted Cauliflower Side	Greek Shrimp and Feta "Pasta"
Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:
Red Onion	1 pound ground beef	1 pound Boneless, skinless chicken breasts	3-4 pound boneless roast beef (chuck or round roast)	Olive Oil
Minced Garlic	Beef Stock			Onion
Olive Oil	Sea Salt			
Chicken Stock	Chili Powder		Beef Stock	Minced Garlic
14.5 ounce can diced tomatoes	Crushed Dried Red Pepper	Chicken Stock	Balsamic Vinegar	Oregano
15 ounce can tomato sauce	Garlic Powder	Teriyaki Sauce (low sodium)	Worcestershire Sauce	Thyme
Butternut Squash	Oregano		Soy Sauce	Paprika
Pound of Potatoes	Cumin	Coconut Sugar	Honey	Sea Salt & Pepper
Carrots	14.5 ounce can diced tomatoes	Minced Garlic	Crushed Red Pepper	28 ounces diced tomatoes
Bell Pepper	Onion	Serve with:	Minced Garlic	1 pound Shrimp (peeled and deveined)
1 pound Boneless, skinless chicken breasts	Minced Garlic	Rice	Head of Cauliflower	
Chili Powder	Olive Oil		Olive Oil	
Basil	White Whole Wheat Flour	Steamed Vegetable (Broccoli, Carrots, etc.)	Italian Seasoning	Feta Cheese
Nutmeg	28 ounce can crushed tomatoes		Sea Salt	Spaghetti Squash
Paprika	Onion Powder		Garlic Powder	
Sea Salt & Pepper	Coconut Sugar			
	Cream Cheese			
	Shredded Cheddar Cheese			
	Pasta (Whole Wheat/Multigrain)			
	<b>Cooking Note:</b>			
	Enchilada Sauce will be ready for next week's recipe.			

# Chicken and Butternut Squash Stew

Prep time	Cook time	Total time
15 mins	35 mins	50 mins

Serves: 4

## Ingredients

- 1 red onion, chopped
- 2 garlics, chopped
- Olive oil for frying
- 500 ml vegetable stock - 16.9 ounces - 2 7/64 cups
- 1 can chopped tomatoes (400 g) 14 ounces - used 14.5 ounces diced tomatoes
- 1 can tomato puree (140 g) 5 ounces - used 15 ounces tomato sauce
- 1/2 butternut squash, peeled and chopped (bitesize pieces)
- 425 g potatoes, chopped (bitesize pieces) 14.99 ounces
- 2 large carrots, chopped (bitesize pieces)
- 1/2 red bell pepper, chopped (bitesize pieces)
- 500 g chicken, chopped (bitesize pieces) 17.637 ounces
- 1-2 cm of fresh chili, chopped - used 1/4 tsp. chili powder
- 1 cm x 2 cm ginger, chopped - used 1/4 tsp. Ginger
- 1 tbsp ground basil
- 1 tsp nutmeg
- 2 tbsp paprika - used 1 + 6sp
- 1 tsp salt (or to taste) - used 1/4 tsp.
- 1 tsp pepper (or to taste) - used 1/4 tsp.
- Optional: 1/2 tbsp cornstarch dissolved in 1/4 cup of water (to thicken)



## Instructions

1. Prepare all the components for the dish
2. Fry the onion and garlics in olive oil in a large kitchen pot over medium-high heat. Fry for 2-4 minutes or until slightly golden. Stir often to prevent them from burning.
3. Add vegetable stock, chopped tomatoes and tomato puree to the onions. Bring to a boil. The lid should be on.
4. Once it is boiling, add the butternut squash, potato and carrots to the same pot. Turn down to medium heat. Keep the lid.
5. After 5 minutes add the bell pepper and chicken along with all of the spices (including the ginger and chili). Allow to simmer with the lid on for 35-40 minutes. Stir occasionally. The vegetables should be tender (cooked all the way through, but they still have a slight snap to them).
6. Optional: if you prefer your stew a little thicker, the cornstarch dissolved in water can be used. Simply add it to the pot while stirring. Bring the pot to boil for a minute or two after adding it. The stew should get slightly thicker.
7. Serve immediately.

Recipe by Anne's Healthy Corner at <http://www.anneshealthycorner.com/chicken-and-butternut-squash-stew/>

## Slow-Cooker Taco Pasta



Too busy to cook but craving some good old fashioned comfort food? Our slow-cooker taco pasta combines pasta with ground beef, tomatoes, onions, taco seasonings and chile cooking sauce for a simmered-to-perfection hearty dish.

Prep Time  
**15 min**

Total Time  
**4 hr 45 min**

Servings  
**6**

### Taco Pasta

- 1 lb lean (at least 80%) ground beef
- 1 cup Progresso™ beef-flavored broth (from 32-oz carton)
- 1 cup water
- 1 package (1 oz) Old El Paso™ taco seasoning mix — *Homemade Taco Seasoning used*
- 1 can (14.5 oz) Muir Glen™ organic diced tomatoes, undrained
- 1/4 cup finely chopped white onion
- 1 garlic clove, finely chopped
- 1 package (8 oz) Old El Paso™ chile and roasted garlic Mexican cooking sauce — *Homemade Enchilada Sauce used (1 cup)*
- 4 oz (half of 8-oz package) cream cheese, soften, cut into 1-inch pieces
- 3 cups cooked medium pasta shells — *Wheat or Multigrain*
- 2 cups shredded Cheddar cheese (8 oz)

### Toppings, if desired

- Sour cream — *use Greek Yogurt*
- Old El Paso™ Thick 'n Chunky salsa
- Shredded cheese

1. In 10-inch skillet, cook beef over medium-high heat 5 to 8 minutes, stirring frequently, until beef is thoroughly cooked; drain.
2. In 5- to 6-quart slow cooker, place cooked beef and remaining Taco Pasta ingredients except pasta shells and Cheddar cheese; stir until well combined.
3. Cover; cook on Low heat setting 4 to 5 hours.
4. About 15 minutes before serving, cook and drain pasta as directed on package. Uncover slow cooker; stir in pasta and shredded Cheddar cheese until well combined.
5. Cook uncovered on High heat setting 10 to 15 minutes longer or until cheese is melted.
6. Serve topped with sour cream, salsa and/or shredded cheese.

# DIY Taco Seasoning Packet

## Ingredients:

- 1 teaspoon salt
- 1 teaspoon chili powder
- $\frac{1}{2}$  teaspoon crushed dried red pepper
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon oregano
- $\frac{1}{2}$  teaspoon cumin

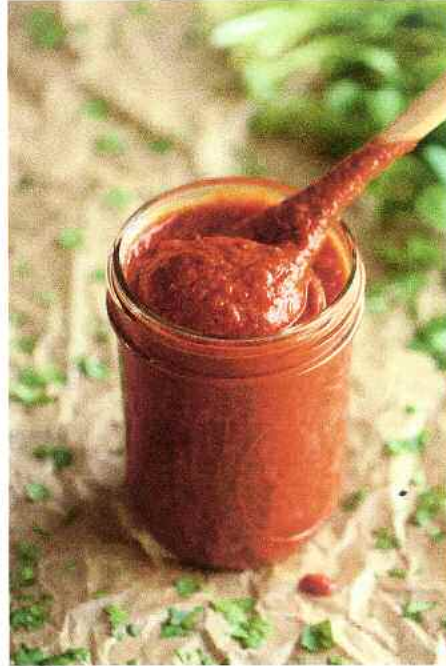
## Directions:

Combine all spices together. Store in a labeled snack size Ziploc bag for easy use when a recipe calls for a taco seasoning mix.

# Homemade Enchilada Sauce

Prep Time 5 minutes  
Cook Time 15 minutes  
Total Time 20 minutes

Yield 4 cups



*You'll never want store-bought enchilada sauce after making this super easy, no-fuss homemade version!*

## Ingredients

- 1/4 cup vegetable oil - *Olive Oil instead*
- 1/4 cup all-purpose flour - *White Whole Wheat Flour instead*
- 1 (28-ounce) can crushed tomatoes
- 2 tablespoons plus 2 teaspoons chili powder
- 1 1/2 teaspoons dried oregano
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon brown sugar, packed - *Coconut sugar instead*
- Kosher salt and freshly ground black pepper, to taste

## Instructions

- Heat vegetable oil in a saucepan over medium high heat. Whisk in flour until well combined, about 1 minute.
- Stir in tomatoes, chili powder, oregano, cumin, garlic powder, onion powder, brown sugar and 1 cup water; season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer until slightly thickened, about 10 minutes.
- Store in an airtight container in the refrigerator for up to two weeks. *Or Freeze.*

## Notes

Adapted from [Add a Pinch](#)



### Crock-Pot Chicken Teriyaki

#### Ingredients:

- 1 lbs chicken, diced
- 1 cup chicken broth
- ½ cup teriyaki sauce
- ½ cup brown sugar - *I use Coconut Sugar*
- 3 garlic cloves, minced

#### Directions:

1. Combine chicken broth, teriyaki sauce, brown sugar and garlic cloves in large bowl.
2. Add chicken to sauce, and toss to combine.
3. Pour chicken mixture into crock-pot.
4. Cook on low 4-6 hours, or until chicken is cooked through

*Serve with Rice and a steamed Vegetable (Broccoli/Carrot).*

# Balsamic Roast Beef Recipe

**Prep time**

5 mins

**Cook time**

4 hours

**Total time**

4 hours 5 mins

This Balsamic Roast Beef Recipe is simple and delicious. You'll definitely want left overs of this roast beef recipe for all those scrumptious leftover meals!

Author: Robyn Stone | Add a Pinch

Serves: 6-8

## Ingredients

- 1 3-4 pound boneless roast beef (chuck or round roast)
- 1 cup beef broth
- ½ cup balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1 tablespoon honey
- ½ teaspoon red pepper flakes
- 4 cloves garlic, chopped

## Instructions

1. Place roast beef into the insert of your slow cooker. In a 2-cup measuring cup, mix together all remaining ingredients. Pour over roast beef and set the timer for your slow cooker. (4 hours on High or 6-8 hours on Low)
2. Once roast beef has cooked, remove from slow cooker with tongs into a serving dish. Break apart lightly with two forks and then ladle about ¼ - ½ cup of gravy over roast beef.
3. Store remaining gravy in an airtight container in the refrigerator for another use.

## Notes

If you prefer a more pronounced flavor, once the roast beef has been removed, use a fat separator on the gravy and then pour the gravy into a saucepan over medium heat. Simmer until the gravy has reduced by half.

Recipe by Cooking | Add a Pinch at <http://addapinch.com/cooking/2012/10/25/balsamic-roast-beef-recipe/>



## Italian Roasted Cauliflower with Marinara

**Prep:**  
5 mins

**Cook:**  
30 mins

**Total:**  
35 mins

2 Points Plus Per Serving -- Serves 4

By: [Everyday Maven](http://www.EverydayMaven.com)

Serves: 4

### Ingredients

- 1 large head cauliflower, cleaned and cut into florets
- 2 Tablespoons olive oil
- 1½ teaspoons Italian seasoning
- 1 teaspoon kosher salt
- ¼ teaspoon garlic powder
- ⅛ to ¼ teaspoon crushed red pepper flakes
- 1 cup marinara sauce (see NOTES) - *I omit this*

### Instructions

1. For instructions on how to easily break down the cauliflower into florets, [click here](#).
2. Preheat the oven to 450F. Line a baking sheet with tin foil and set aside. Grab a gallon size ziploc type bag and place cauliflower florets into it, add olive oil, seal and gently shake until well coated.
3. Add in Italian seasoning, salt, garlic powder and crushed red pepper flakes. Seal and gently shake until evenly coated. Open bag and pour cauliflower onto lined baking sheet. Shake tray to spread out.
4. Roast for 15 minutes. Remove and turn cauliflower florets, roast for an additional 15 minutes until you see some crispy edges and browning.
5. While cauliflower is roasting, heat marinara sauce. Serve roasted cauliflower florets with marinara for dipping and Enjoy!

Recipe by EverydayMaven™ at <http://www.everydaymaven.com/2014/italian-roasted-cauliflower-marinara/>



Really Good!

# Greek Shrimp and Feta Pasta

Prep Time: 25 minutes  
Cook Time: 30 minutes

Yield: 4 servings

*Greek-inspired shrimp, feta cheese and pasta come together with a chunky herb-infused tomato sauce.*

## Ingredients:

olive oil, for sauteeing  
1 small onion, diced  
4 cloves garlic, minced  
1 + 1/2 teaspoons dried oregano, crushed between fingertips  
1/2 teaspoon dried thyme  
1/2 teaspoon sweet paprika  
coarse salt and fresh black pepper

2 cans (28 ounces total) petite diced tomatoes w/ juices

8 ounces penne pasta or similar medium-sized pasta

1 pound medium - large uncooked shrimp, cleaned and tails off

1 cup block-style feta cheese, crumbled

1 tablespoon fresh chopped parsley

extra-virgin olive oil, for drizzling over top

Download a Free Greek e-cookbook

*I used Ancient Harvest Quinoa  
Garden of Eatin' or  
Bella Terra 8 Whole Grain Pasta*

## Instructions:

1. In a large deep-sided skillet heat 2 - 3 tablespoons oil over medium-low heat and add onion, garlic, oregano, thyme, paprika and season well with salt and pepper. Cook, stirring often 5 - 6 minutes.
2. Add the tomatoes with their juices and about a teaspoon of coarse salt (or 1/2 teaspoon of table salt) and bring to a simmer. Cook 20 - 25 minutes, stirring often and tasting halfway through and adding more seasoning to taste as needed. If the tomatoes seem highly acidic you can add a pinch of sugar.
3. Meanwhile cook the penne according to package directions in plenty of salted water.
4. After about 25 minutes stir the shrimp into the tomatoes and cook until they begin to curl up.
5. Remove from heat and mix in the feta, parsley and drained pasta.
6. Serve hot or warm drizzled with extra-virgin olive oil.

## Notes:

Adapted from [Saveur](#)

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<http://www.cinnamonspiceandeverythingnice.com/greek-shrimp-and-feta-cheese-pasta/>

\* Use Spaghetti Squash

Bake Squash @ 350° for 1 hour.

Place Squash on cookie sheet face down w/  
water. (Squash should be cut in half w/ seeds scraped out,

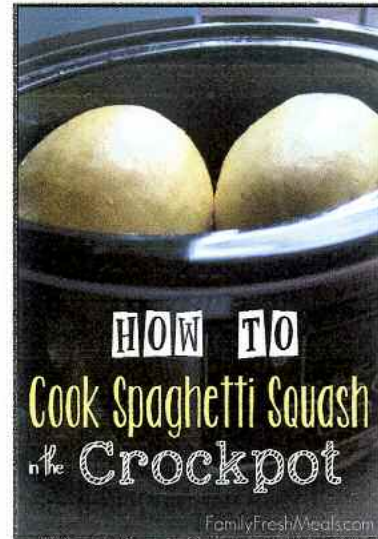
## How to Cook Spaghetti Squash in the Crockpot

Prep time	Cook time	Total time
2 mins	4 hours	4 hours 2 mins

Corey: Corey Valley  
Serves: 4

### Ingredients

- 1 large spaghetti squash (or 2 small will usually fit in a 6 qt. crockpot)
- 2 cup water



### Instructions

1. Wash your spaghetti squash thoroughly with soap and water.
2. Pierce 4-5 times with a sharp knife.
3. Place in crockpot with 2 cups of water and cook on HIGH for 3-4 hours or on LOW for 6.
4. Be careful when removing your squash from the crockpot, because it will be very soft and flimsy.
5. Cut squash down the center and remove seeded center. Then, using a fork, scrap out all of your yummy spaghetti squash!

Recipe by Family Fresh Meals at <http://www.familyfreshmeals.com/2014/02/crockpot-spaghetti-squash.html>

## Meals for the week of:

(Check your pantry; then head to the store with this list to get needed ingredients)

Chicken Enchilada Soup (Slow Cooker Meal)	Chicken Bacon Ranch Pasta	Beef and Broccoli (Slow Cooker Meal)	Cauliflower Sausage Casserole	Salmon w/ Tomato, Avocado, Corn Bruschetta
Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:
1 pound Boneless, skinless chicken breasts	Penne Pasta – Whole Wheat or Multigrain	Beef Stock	Pound Breakfast Sausage	Pound Fresh Salmon (Wild Caught)
Can Whole Kernel Corn or Frozen Corn	Boneless, skinless chicken breasts	Soy Sauce	Can Healthy Request Cream of Chicken Soup	Basil
14.5 ounce can diced tomatoes	Bacon	Fish Sauce	Milk	Sea Salt & Pepper
Chicken Stock	Butter	Coconut Sugar	Minced Dried Onion	Olive Oil
Can diced green chiles	White Whole Wheat Flour	Sesame Oil	Sea Salt & Pepper	Frozen or Fresh Sweet Corn (1/2 cup needed)
Onion	Milk	Minced Garlic	Head of Cauliflower	Grape Tomatoes
Bay leaves	Onion Powder	2 pounds boneless roast beef (Chuck or Round Roast) or stew meat	Shredded Cheddar Cheese	Balsamic Vinegar
Minced Garlic	Garlic Salt	Cornstarch		
Cumin	Ranch – Bolthouse Farms Classic Ranch Yogurt Dressing in the Refrigerator section	2 Heads of Broccoli		
Chili Powder		<i>Serve with:</i>		
Sea Salt & Pepper	Shredded Cheddar Cheese	Rice		
*Homemade Enchilada Sauce from last week				

## Chicken Enchilada Slow Cooker Soup



Rated: ★★★★★

Submitted By: AMBERNPETTY

Photo By: MrsFisher0729

Prep Time: 15  
Minutes

Cook Time: 6  
Hours 30 Minutes

Ready In: 6 Hours  
45 Minutes

Servings: 6

"Chicken breasts cook up tender and flavorful when slow-cooked in this enchilada-inspired soup. Toss all the ingredients into your slow cooker and let it simmer all day long while you're at work. The scent of dinner will come wafting through before you even get through the door!"

### INGREDIENTS:

1 pound skinless, boneless  
chicken breast halves

1 (15.25 ounce) can whole  
kernel corn, drained

1 (14.5 ounce) can diced  
tomatoes including juice

1 (14.5 ounce) can chicken  
broth

\* 1 (10 ounce) can enchilada  
sauce

1 (4 ounce) can diced green

chiles

1 white onion, chopped

1/4 cup chopped fresh cilantro (omitted)

2 bay leaves

3 cloves garlic, minced

1 teaspoon ground cumin

1 teaspoon chili powder

1 teaspoon salt

1/4 teaspoon ground black  
pepper, or to taste

*Can/Box of Black Beans*

### DIRECTIONS:

1. Rinse and pat dry the chicken breasts, then place into the bottom of a slow cooker. Add the corn, tomatoes, chicken broth, enchilada sauce, green chiles, onion, cilantro, bay leaves, garlic, cumin, chili powder, salt, and black pepper. *and black beans*
2. Cook on Low for 6 hours. Transfer the chicken to a large plate, then shred the meat with two forks. Return the chicken to the slow cooker and continue cooking for 30 minutes to 1 hour.

*\* Use Homemade Enchilada Sauce (1 1/4 cup)*

# Homemade Enchilada Sauce

Prep Time 5 minutes  
Cook Time 15 minutes  
Total Time 20 minutes

Yield 4 cups



*You'll never want store-bought enchilada sauce after making this super easy, no-fuss homemade version!*

## Ingredients

- 1/4 cup vegetable oil - *Olive Oil Instead*
- 1/4 cup all-purpose flour - *White Whole Wheat Flour Instead*
- 1 (28-ounce) can crushed tomatoes
- 2 tablespoons plus 2 teaspoons chili powder
- 1 1/2 teaspoons dried oregano
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon brown sugar, packed - *Coconut Sugar Instead*
- Kosher salt and freshly ground black pepper, to taste

## Instructions

- Heat vegetable oil in a saucepan over medium high heat. Whisk in flour until well combined, about 1 minute.
- Stir in tomatoes, chili powder, oregano, cumin, garlic powder, onion powder, brown sugar and 1 cup water; season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer until slightly thickened, about 10 minutes.
- Store in an airtight container in the refrigerator for up to two weeks. *Or Freeze.*

## Notes

Adapted from [Add a Pinch](#)

# Chicken Bacon Ranch Pasta



Super easy to make and ridiculously delicious!

## INGREDIENTS

[Print This Recipe](#)

- 10-12 oz penne pasta
- 2 cups cooked and chopped chicken
- 3/4 cup cooked and crumbled bacon
- 1/4 cup butter
- 1/4 cup flour
- 2 cups heavy cream (milk would be fine, too) - *I use whole milk*
- 1 tsp. onion powder
- 1 tsp. garlic salt
- 1/3 cup ranch dressing ~~used Lite House~~ - *Bolthouse Farms Classic Ranch Yogurt Dressing*
- 3/4 cup shredded cheddar cheese



## INSTRUCTIONS

- Cook pasta according to its package's directions. Drain. I always add a little olive oil after I drain it and stir in around so the pasta noodles don't stick together or the pot.
- Toss in cooked and chopped chicken as well as cooked and crumbled bacon into the pasta.
- TO MAKE RANCH ALFREDO SAUCE: Melt butter in saucepan, add flour and stir to combine. Once you have your roux, add heavy cream (or milk) stir constantly until sauce thickens. Remove from heat and stir in Garlic salt, onion powder and ranch dressing until well combined.
- Pour ranch alfredo over pasta, chicken and bacon. Stir to evenly combine.
- Add in shredded cheddar cheese and stir to combine.
- Pour into a casserole pan and bake at 350 degrees F for 15 minutes.

# Slow Cooker Beef and Broccoli

Prep Time 10 minutes

Cook Time 2 hours

Total Time 2 hours, 10 minutes

Yield 6 servings



*A Chinese take-out favorite that can be made right in the slow cooker - no sauteing, no stirring, no frying. It doesn't get easier than that!*

## Ingredients

- 1 cup beef broth
- 1/4 cup soy sauce
- 1/4 cup oyster sauce - *I use Fish Sauce*
- 1/4 cup [Imperial Sugar Light Brown Sugar](#) - *I use coconut sugar*
- 1 tablespoon sesame oil
- 3 cloves garlic, minced
- 2 pounds boneless beef chuck roast, thinly sliced
- 2 tablespoons cornstarch
- 2 heads broccoli, cut into florets

## Instructions

- In a medium bowl, whisk together beef broth, soy sauce, oyster sauce, sugar, sesame oil and garlic.
- Place beef into a slow cooker. Add sauce mixture and gently toss to combine. Cover and cook on low heat for 90 minutes.
- In a small bowl, whisk together 1/4 cup water and cornstarch.
- Stir in cornstarch mixture and broccoli into the slow cooker. Cover and cook on high heat for an additional 30 minutes.
- Serve immediately.

## Notes



### Cauliflower Sausage Casserole

- 1 pound sage breakfast sausage
- 1 can condensed cream of chicken soup
- 1/3 cup heavy whipping cream - Whole Milk
- 1/4 cup water
- 2 teaspoon dried onion, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 small head cauliflower, finely chopped
- 1 1/2 cups shredded Cheddar cheese

Preheat oven to 350 degrees. Lightly spray a 1.5 quart casserole dish with vegetable spray.

Brown sausage in a large skillet and drain grease. Stir together the soup, heavy whipping cream, water, onion, salt and pepper in a bowl.

Place chopped cauliflower in bottom of casserole dish. Top with sausage and then top with soup mixture. Cover with foil and bake for 1 hour. Remove foil and top with cheese. Return to oven for 5 minutes to melt cheese and serve. Serves 6.

Nutritional Information- Calories- 265, Carbohydrates- 7.14 (fiber- .96, Sugars- 1.51)

## Brunch N' Cupcakes: {Salmon with Tomato, Avocado and Corn Burschetta}



I think you really need to make this Salmon! It is a simple meal, filled with tons of flavor! The salmon is lightly pan seared with a little seasoning and the burschetta topping adds extra flavor and texture! Pair the salmon with a simple green salad or steamed veggies and you have a delicious meal!

### Salmon with Tomato, Avocado and Corn Burschetta

Brunch N' Cupcakes

Serves 2-4

#### Ingredients:

3/4 - 1 Pound Fresh Salmon

~~Teaspoon Pepper and Basil~~

1/4 Teaspoon Salt

1 Teaspoon Olive Oil

- 1/4 tsp Pepper  
- 1 tsp Basil

#### For the Burschetta:

1/2 Cup Fresh Sweet Corn

1 Cup Grape Tomatoes Roughly Chopped

1/2 Avocado Chopped

1 Teaspoon Dry Basil

Salt and Pepper to Taste

1 Teaspoon Balsamic Vinegar

1/2 Teaspoon Olive Oil

#### Directions:

1- Combine Burschetta ingredients into a small bowl, lightly mix and set aside.

2- Coat both sides of the fish with olive oil and seasonings. Heat a small skillet on medium heat and cook salmon for 4 minutes on each side or until salmon has reached the desired degree of doneness.

3- Plate salmon and top with the fresh burschetta, serve immediately!

## Meals for the week of:

(Check your pantry; then head to the store with this list to get needed ingredients)

Corn Crab Chowder	Taco Stew	Fried “Rice”	Pot Roast (Slow Cooker Meal)	Broccoli Cheese Stuffed Tilapia
<i>Ingredients Needed:</i>	<i>Ingredients Needed:</i>	<i>Ingredients Needed:</i>	<i>Ingredients Needed:</i>	<i>Ingredients Needed:</i>
Onion	Pound of Ground Beef	Head of Cauliflower	3-4 pound Chuck Roast	6-8 Tilapia Fillets (Fish)
Potatoes	Onion	Sesame Oil	Olive Oil	Cream Cheese
Sea Salt & Pepper	2 – 15 ounce cans stewed tomatoes	Minced Garlic	Carrots	Frozen Broccoli
Dill	Can/box of Kidney beans or black beans	Table Onions	Potatoes	Parmesan Cheese
Bacon Bits (I buy the REAL Bacon Bits)	Shredded Cheddar Cheese	Onion	Onion	Minced Garlic
16 ounce can of creamed corn	Tortilla Chips (look for chips w/o Canola Oil)	Celery	Celery	Sea Salt & Pepper
10 ounces imitation crab	Greek Yogurt	Red Bell Pepper	Beef Stock	<i>Serve with:</i>
Milk	Sliced Black Olives	Mushrooms (small package)	Corn Starch	Fresh Fruit of Choice
Healthy Request Can of Cream of Celery Soup	*Homemade Taco Seasoning Packet	Low Sodium Soy Sauce	Sea Salt & Pepper	
Shredded Cheddar Cheese		Eggs	Thyme	
		Boneless, skinless chicken breasts	Rosemary	
			Paprika	
			Onion Powder	
			Garlic Powder	
			Cayenne Pepper	
			Coriander	
			Turmeric	
			<i>Cooking Note:</i> You can make the Steak Seasoning Packet ahead of time.	

# Corn Crab Chowder

## Ingredients:

- $\frac{3}{4}$  cup onion, chopped
- 3 cups potatoes, peeled and diced
- 1  $\frac{1}{2}$  cups of water
- 1  $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{4}$  teaspoon dill weed
- 2 Tablespoons Real Bacon Bits
- 16 ounces of corn (frozen or fresh)
- 10 ounces of imitation crab
- 4 cups of milk
- 1 can cream of celery soup
- shredded cheddar cheese

## Directions:

In a large pot place onion, potatoes, water, salt, pepper, dill, and bacon bits. Cover and simmer 15 minutes, until potatoes are tender.

Then add corn, crab, milk, and soup; heat gently.

Serve with shredded cheddar cheese sprinkled on top.

Serves: 8-10 people

# Taco Stew

## Ingredients:

- 1 pound ground beef
- $\frac{1}{2}$  cup chopped onion
- DIY Taco Seasoning Packet
- 2 (15 ounce) cans diced tomatoes
- 1 can of black beans, drained (or box if shopping at Target)
- 2 cups shredded cheddar cheese
- Tortilla chips
- $\frac{1}{2}$  cup greek yogurt
- Sliced black olives

## Directions:

Brown ground beef with onion; drain.

Add taco seasoning, diced tomatoes, and black beans. Bring to a boil. Reduce heat and simmer 30 minutes or longer.

Spoon into bowls. Top with shredded cheese, greek yogurt, and black olives. Garnish with chips.

Serves: 4 people

# DIY Taco Seasoning Packet

## Ingredients:

- 1 teaspoon salt
- 1 teaspoon chili powder
- $\frac{1}{2}$  teaspoon crushed dried red pepper
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon oregano
- $\frac{1}{2}$  teaspoon cumin

## Directions:

Combine all spices together. Store in a labeled snack size Ziploc bag for easy use when a recipe calls for a taco seasoning mix.



Fried Rice isn't too healthy due to the mounds of rice, excess sodium and heavy oil. This mock-friend rice dish tastes very similar to the real thing but remains low carb thanks to the cauliflower "rice." This is a dish kids devour and adults adore.

Serves 4

Ingredients:

1 head of organic cauliflower

1/2 teaspoon sesame oil

3 cloves garlic, minced

2 green onions

1/4 cup yellow onion, chopped

1/4 cup celery, chopped

1/4 cup red bell pepper, chopped

6 mushrooms, sliced

4 tablespoons Bragg's aminos (or Tamari or low sodium soy sauce)

4 eggs, beaten

4 ounces cooked chicken breast, cubed

*I used*

Directions:

Chop the cauliflower and remove most of the stems. Place entire chopped head in a food processor. Pulse several times until it is riced. In a large skillet or wok, heat the oil and spray your pan with coconut oil cooking spray. Fry the garlic and green and yellow onions for 2 minutes. Add cauliflower and cook 4 more minutes. Add bell pepper and mushroom and the Braggs. Toss in the chicken. Mix everything together well and then push the contents to one side of the pan. Pour the eggs into the other side of the pan and cook until done, but slightly moist. Stir everything together. Remove from heat. Leftovers heat beautifully, though it tastes great cold too!

## Slow Cooker "Melt in Your Mouth" Pot Roast

Yields 4 - 6 servings.

### Ingredients:

- 1 chuck roast (mine was 3 pounds)
- Olive oil
- 1 pound carrots, peeled and cut into large chunks
- 2 pounds potatoes, peeled and cut into large chunks
- 1 onion, peeled and cut into large chunks
- 2 stalks celery, cut into large chunks (optional)
- 1 cup beef broth
- 1 tablespoons corn starch



### SEASONING MIX -

- 2 tablespoons steak seasoning (mine has a blend of peppercorns, garlic, paprika, parsley and salt)
- 1 tablespoon kosher salt
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary

- Homemade  
Steak Seasoning  
Packet

### Directions:

Combine together seasoning mix in a small bowl. Set aside.

Coat both sides of meat with olive oil. Sprinkle on a third of the seasoning mix onto each side.

Sear both sides of the meat in a large skillet over medium-high heat. Transfer roast to slow cooker.

Place the vegetables in a large bowl. Drizzle on a little olive oil to coat vegetables. Sprinkle on the remaining seasoning mix. Add the vegetables to the same skillet that was used to sear the meat. Sauté for about five minutes - stirring occasionally.

Transfer the vegetables to the top of the roast in the slow cooker. Pour in the beef broth. Cover with lid.

Cook on low for 9 hours or on high for 6 hours.

## Slow Cooker "Melt in Your Mouth" Pot Roast continued

Using a turkey baster, retrieve most of the cooking juices from the slow cooker. Transfer juices to a small sauce pan and bring to a simmer over medium heat on the stovetop. Whisk together the cornstarch with a little water. Blend into the pan juices while whisking. Bring back to a simmer until thickened. Taste and adjust seasoning as needed.

Transfer the roast and vegetables to a large platter. Ladle the gravy over. Serve immediately.

**ANGELA'S TIME-SAVING TIP:** I usually prep my veggies the evening before so that I don't have to take the time to do this task in the morning. Simply store the peeled, cut carrots in a container or plastic baggie in the fridge. (Do the same for the onions and celery.) And, store the peeled and cut potatoes in the fridge - immersed in cold water in a large container. (Just drain off the water in the morning.) Also, the seasoning mix can be made the night before to save some time in the morning. And, for an extra boost of flavor and to save a little more time come morning, the beef can be seasoned the night before and stored in a large plastic baggie in the fridge.

## Copy Cat Recipe - Outback Steak Seasoning Recipe

### Ingredients

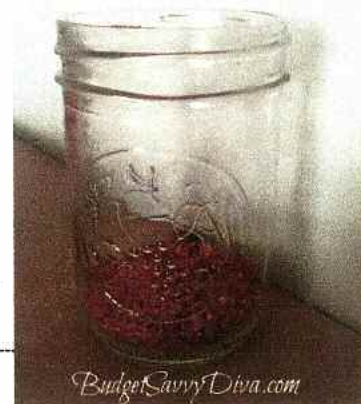
- 1 teaspoon salt
- 1 teaspoon paprika
- ½ teaspoon ground black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- ¼ teaspoon coriander
- ¼ teaspoon turmeric

### Instructions

1. Mix all the seasonings together. This recipe is enough to cover 1 large steak ( both sides)

Recipe by Budget Savvy Diva at <http://www.budgetsavvydiva.com/2012/06/outback-steakhouse-steak-seasoning-recipe/>

Outback Steakhouse  
Steak  
Seasoning



# Broccoli Cheese Stuffed Tilapia

Directions: Whenever you get home pull out your tilapia fillets and submerge them in warm water to unthaw. If your awesome and can think ahead of time and pull them out in the morning then go for it! But I pulled them out when I got home from work. They unthaw within 5 minutes in warm water.

- 1.) Soften cream cheese in microwave for 30 seconds to 1 minute
  - 2.) Chop your broccoli into small pieces and microwave for a few minutes just so that it is tender. If you are using frozen broccoli, do this as well because you don't want that extra water.
  - 3.) Combine 4 oz. of cream cheese with broccoli-You may decide to use a little more or less depending on your liking. I used all 8oz. But realized in the end that I could have used probably half and been okay.
  - 4.) Add 1/2 cup of parmesan cheese. I did not have any of hand and that is why i used 8oz. of cream cheese. If using Parmesan cheese as well I do not recomend using all 8oz. of cream cheese.
  - 5.) Mince 3 cloves of garlic and add into mixture
  - 6.) Season with salt, pepper, and red pepper flakes
- You should have a creamy nice filling.
- 7.) Once your tilapia fillets are ~~un~~-thawed season them liberally with salt and pepper. I did not do this, and only seasoned them on the tops after stuffing them and realized theyneeded to be seasoned before hand all over.
  - 8.) Start your stuffing! If you buy the frozen bags of Tilapia fillets, the fillets are not big, the key is to kind of fold the fish over the stuffing. If you press and push down the fillet will lay over the stuffing.
  - 9.) Once all fishys are stuffed drizzle with olive oil and cover with foil and pop them into a 400 degree oven for 30 mins.

*p.s...your kitchen will probably smell like farts because of the broccoli, but just trust and believe that it wont taste that way! I think Big T was a little apprehensive digging into, but it was hubby approved!*

I sauteed up some yellow and green squash as a side dish with this and it was yummmmyyy!

All in all a pretty healthy dish! Really your only getting about 1 oz. of cream cheese in each serving of fish if you have 6-7 fillets.

And my plate for dinner....

Ingredients: Tilapia  
Cream Cheese  
Broccoli  
Parmesan Cheese  
Garlic  
Salt and Pepper

## Meals for the week of:

(Check your pantry; then head to the store with this list to get needed ingredients)

Spaghetti Squash w/ Bacon, Garlic & Parmesan	Lemony Roasted Chicken w/ Sweet Potato Side Dish	Creamy Chicken Corn Chowder	One Pan Baked Salmon & Vegetables	Pizza Sloppy Joes (Slow Cooker Meal)
Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:	Ingredients Needed:
Spaghetti Squash	3-4 pound Fryer or Roasting Chicken	Left over chicken from last night or 1 pound Boneless, skinless chicken breasts	Salmon Filets (Wild Caught)	Pound Ground Beef
Bacon	Onion	Bacon	2 - Fresh Roasting Vegetables (Green Beans, Tomatoes, Asparagus, Broccoli, etc.)	Pound Ground Pork Sausage
Minced Garlic	Butter	Butter	Olive Oil	Onion
Parmesan Cheese	Lemon Juice (100%)	Bell Pepper	Butter	Green Bell Pepper
Sea Salt & Pepper	Parsley	Onion	Sea Salt	Jar Classico Pizza Sauce
	Lemon Peel	Ground Cayenne Pepper	Lemon Peel	Apple Cider Vinegar
	Salt	Minced Garlic	Fresh or Dried Chives	Yellow Mustard
	Thyme	White Whole Wheat Flour	Oregano	Worcestershire Sauce
	3-4 pounds Sweet Potato	Chicken Stock (6 cups)	Parsley	Minced Garlic
	1 - orange (to juice)	3 - Potatoes	<i>Cooking Note:</i> You can make the Lemon-Herb Butter ahead of time.	Italian Seasoning
	Orange Peel	Bay Leaves		Crushed Red Pepper
	Sea Salt & Pepper	Sea Salt & Pepper		Applegate Pepperoni slices (Refrigerator Section)
	<i>Cooking Note:</i> Use leftover chicken in meal tomorrow.	Fresh/ Frozen Corn		Shredded Mozzarella Cheese
		Milk		Hamburger Buns
				<i>Serve with:</i> Sweet Potato Puffs (Tator Tots)

*Pin it*

## SPAGHETTI SQUASH WITH BACON, GARLIC, AND PARMESAN

### INGREDIENTS:

1 spaghetti squash, around 4 pounds  
4 slices bacon, diced  
3 cloves garlic, chopped  
Parmesan cheese, shaved or grated, as much as you like  
salt and pepper, to taste



### DIRECTIONS:

\* Preheat the oven to 375 degrees. Spray a baking sheet with cooking spray or olive oil.  
Wash the spaghetti squash and slice off the end with the stem. Stand it up with the flat cut side down. Slice the squash in half lengthwise. (Use your muscles, squash can be difficult to cut!)  
Scrape the seeds from the center of the squash and discard (or save for roasting and eating as a snack). Sprinkle the inside of the squash with salt and pepper.  
Place on the prepared pan cut side down and bake for 30-45 minutes or until a sharp knife can be easily inserted with only a little resistance.  
Set aside.  
Fry the bacon over medium heat until crisp. Add the garlic to the bacon and continue cooking one minute or until fragrant.  
Use a fork to scrape the flesh from the squash in long strings. Place in a bowl.  
Add the bacon and garlic to the bowl of squash. You can drain the bacon first or add the grease right to the squash if you're feeling naughty.  
Salt and pepper to taste and sprinkle on some Parmesan cheese.

*Pin it*

*This delicious recipe brought to you by **Buns In My Oven***

<http://www.bunsinmyoven.com/2012/10/24/spaghetti-squash-with-bacon-garlic-and-parmesan/>

\* Or use Crockpot to Cook Spaghetti Squash

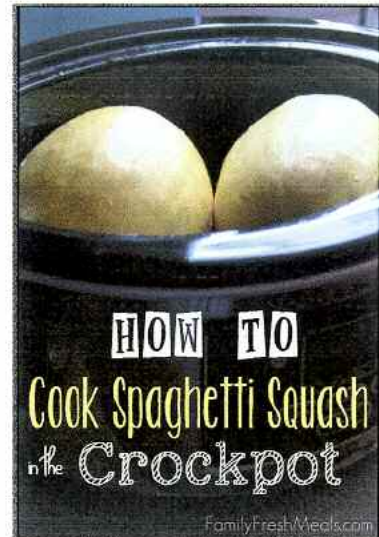
## How to Cook Spaghetti Squash in the Crockpot

Prep time	Cook time	Total time
2 mins	4 hours	4 hours 2 mins

Corey: Corey Valley  
Serves: 4

### Ingredients

- 1 large spaghetti squash (or 2 small will usually fit in a 6 qt. crockpot)
- 2 cup water



### Instructions

1. Wash your spaghetti squash thoroughly with soap and water.
2. Pierce 4-5 times with a sharp knife.
3. Place in crockpot with 2 cups of water and cook on HIGH for 3-4 hours or on LOW for 6.
4. Be careful when removing your squash from the crockpot, because it will be very soft and flimsy.
5. Cut squash down the center and remove seeded center. Then, using a fork, scrap out all of your yummy spaghetti squash!

Recipe by Family Fresh Meals at <http://www.familyfreshmeals.com/2014/02/crockpot-spaghetti-squash.html>

## Slow Cooker – Lemony Roasted Chicken

### Ingredients:

1 fryer or roasting chicken (3 to 4 pounds)

½ cup chopped onion

2 tablespoons butter

Juice of one lemon (3 tablespoons 100% lemon juice)

1 teaspoon dried parsley

2 teaspoons grated lemon peel

¼ teaspoon salt

¼ teaspoon thyme leaves

Rinse chicken and pat dry with paper towels. Place onion in chicken cavity and rub skin with butter. Place chicken in slow cooker.

Squeeze juice of lemon over chicken. Sprinkle with parsley, grated lemon peel, salt and thyme. Cover and cook on LOW 6 – 8 hours.



### Mashed Sweet Potatoes W/Orange

What makes this dish so lovely is not just the simplicity of it, but that the ingredients taste so darn awesome together you would swear that they were made for each other. I generally keep them on the healthier side and stick to the recipe below, but as you can imagine, a big ol hunk of butter swirled in makes you want to swoon. It is so unbelievably fantastic (without butter) as a light side dish for the holidays, I implore you to remember this when November rolls around. The fact that it goes so well with grilled or roasted food makes this a year round staple.

#### Ingredients:

3-4 pounds of sweet potatoes, peeled and cut into large chunks

zest of 1 large orange *or 1/2 tsp Orange Peel*

juice of 1 large orange

large pinch of salt and lots of fresh ground pepper *- 1/8 tsp.*

1. Steam the chunked sweet potatoes until very soft. Alternatively, you can boil them, but I find when I steam them the end result is less watery.
2. With a potato masher or large fork, hand mash the potatoes until desired smoothness. I prefer it with consistently tiny chunks but no big bites.
3. Add the zest and juice of the orange, **salt and pepper**, and taste for flavor. Be generous with the black pepper! If the mash is too thick, add a small splash of hot water, chicken broth, or if you have it, more orange juice.
4. Enjoy!

## Creamy Chicken and Corn Chowder

Prep Time: 15 minutes

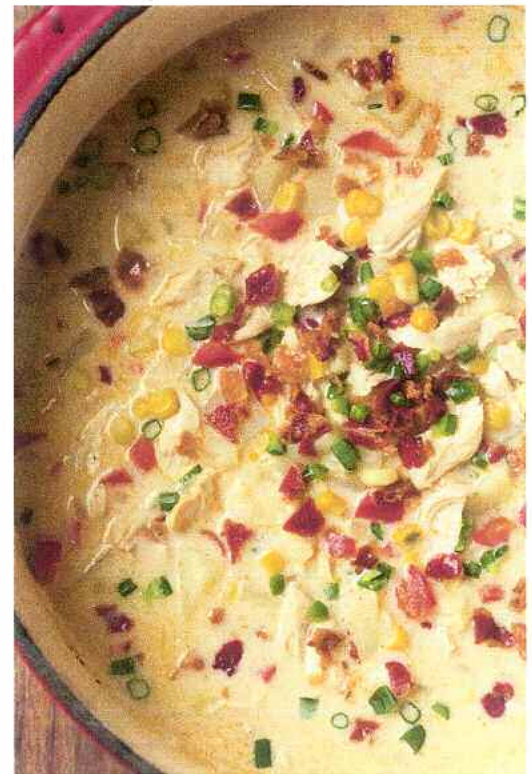
Cook Time: 30 minutes

Yield: About 7 servings

### Ingredients

- 1 lb boneless skinless chicken breast, cooked and shredded (3 cups)
- 8 slices bacon, cooked and crumbled\*
- 1/4 cup butter, diced into 1 Tbsp pieces
- 1 large red bell pepper, diced (1 1/2 cups)
- 1 medium yellow onion, diced (1 1/4 cups)
- 1 - 2 jalapenos, seeded for less heat if desired, finely chopped
- 4 cloves garlic, minced
- 1/3 cup all-purpose flour - *White Whole Wheat Flour*
- 6 cups low-sodium chicken broth
- 3 medium russet potatoes, peeled and diced slightly less than 1/2-inch thick (3 cups)
- 2 bay leaves
- Salt and freshly ground black pepper, to taste
- 2 1/2 cups fresh or frozen corn
- 1 1/2 cups half and half - *I use Milk*
- Green onions and seeded, finely chopped jalapenos (optional), for serving

*1/8 tsp. ground  
Cayenne Pepper*



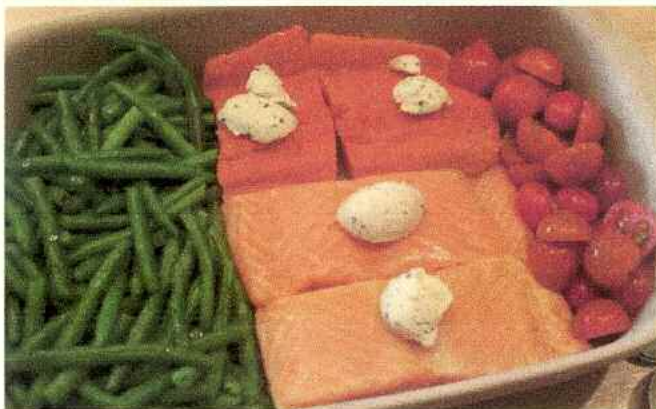
### Directions

- In a large pot, melt butter over medium heat. Add red bell pepper, onions, jalapenos and saute until tender, about 3 minutes. Add garlic and cook 30 seconds longer. Stir in flour, and cook 2 minutes stirring constantly. While stirring, slowly add in chicken broth and whisk until well blended.
- Add potatoes, bay leaves and season with salt and pepper to taste. Bring mixture to a boil stirring frequently, then reduce heat to medium-low and cook, uncovered, 10 minutes or just until potatoes are tender, stirring occasionally.
- Add in cooked chicken, corn and half and half and simmer, uncovered 10 - 15 minutes longer, stirring occasionally. Serve warm topped bacon, green onions, and optional jalapeno peppers.
- Recipe Source: adapted with some changes from BHG

## Quick & Healthy Recipe: One Pan Baked Salmon & Vegetables

- a 13 x 9 baking pan (or similar)
- salmon filets (I used 4 small)
- roasting vegetables (obviously I used green beans & tomatoes. Asparagus or broccoli would be great too).
- olive oil
- Lemon, garlic & herb butter (you could make this yourself or purchase already infused)
- salt

- Homemade Lemon - Herb Butter used



Place the salmon skin filets side down (if there's any skin) in the middle of the pan, put vegetables on each side of the salmon. I used about three handfuls of petite whole green beans and about two handfuls of large cherry tomatoes (cut in half). Drizzle olive oil over the vegetables and sprinkle with salt to taste. Add approximately 1 tablespoon of a lemon, garlic, & herb butter on top of each salmon filet. Bake at 400 degrees for approximately 20 minutes (or until salmon is cooked through). That's it! Just one dish to clean, a few ingredients, and less than 30 minutes of time total! A grain-free, low-carb, super delicious dinner!



## Lemon-Herb Butter

Southern Living APRIL 2011

Yield: Makes about 1/2 cup

Hands-on: 5 Minutes

Total: 5 Minutes

**my**  
**recipes**

Photo by: Photo: Jennifer  
Davick; Styling: Amy  
Burke

### Ingredients

1/2 cup butter, softened

2 teaspoons lemon zest

\* 1 teaspoon chopped fresh chives

\* 1 teaspoon chopped fresh oregano

\* 1 teaspoon chopped fresh parsley

For dried herbs I used just shy of a 1/2 tsp.

### Preparation

Stir together butter, lemon zest, chives, oregano, and parsley.

Go to full version of  
[Lemon-Herb Butter recipe](#)

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Used this butter for Salmon / Veggie Roast

\* If a recipe calls for fresh herbs, but you want to use your dry herbs; replace the fresh herbs in your recipe w/ 1/3 as much of the dried equivalent.

If a recipe calls for 1 Tablespoon you'd use 1 teaspoon. (Fresh to Dried)

## Slow Cooker Pizza Sloppy Joes

An easy, kid-friendly slow cooker sloppy joe recipe with pizza sauce.

Author: Michele @ Flavor Mosaic

Serves: 8

### Ingredients

#### Ground Beef Mixture

- 1 pound lean ground beef
- 1 pound ground pork sausage
- 1 small onion, chopped
- 1/2 medium-size green bell pepper, chopped

#### Sauce

- 2 cups Spaghetti or Pizza sauce - I used one jar pizza sauce w/ 1/4 cup water - Classico Brand
- 1/2 cup water
- 2 tablespoons cider vinegar
- 3 tablespoons yellow mustard
- 1 tablespoon Worcestershire sauce
- 2 cloves garlic, minced
- 1-1/2 teaspoons italian seasoning
- 1/2 teaspoon crushed red pepper (optional) - I used 1/4 tsp.

#### Toppings

- 16 slices pepperoni
- 8 slices mozzarella cheese
- 8 hamburger buns, toasted

### Instructions

1. in a large deep skillet over medium-high heat, brown beef and sausage with onion and bell pepper stirring 10 minutes or until beef and sausage crumble and are no longer pink. Drain well.
2. Place beef mixture in a slow cooker. Stir in pizza sauce, water, vinegar, mustard, worcestershire, garlic, italian seasoning, and crushed red pepper (if desired). Cover and cook on low for 8 hours. Serve on hamburger buns. Top the meat with Mozzarella cheese.

Recipe by Real Housemoms at <http://realhousemoms.com/slow-cooker-pizza-sloppy-joes/>



# Beer Bread

## Ingredients:

- 3 cups White Whole Wheat Flour
- 1  $\frac{1}{2}$  Tablespoons Baking Powder
- 1  $\frac{1}{2}$  Teaspoon s Sea Salt
- 5 Tablespoons Coconut Sugar
- 12 Fluid Ounces of Beer
- 2-3 Tablespoons melted Butter

## Directions:

Preheat oven to 350 degrees.

Mix first 4 ingredients. Add Beer and mix with wooden spoon, then your hands. Mix as little as possible. Batter will be sticky.

Generously spray 9 x 5 loaf pan with Coconut Spray or Olive Oil Spray (PAM). Then spread the batter in the loaf pan and pour the melted butter over the batter. Bake at 350 degrees for 50-60 minutes.

Note: This is an easy bread to make to serve alongside soup and stews.

# Roasted Vegetables

## Ingredients:

- Pound small red potatoes (about 8), cut into fourths
- 1 small butternut or acorn squash; peeled and cut into 1-inch pieces
- 1 package (8 ounces) whole mushrooms
- 3 small onions, cut into fourths or a diced large onion
- 2 tablespoons olive oil
- 1 teaspoon grated lemon peel
- $\frac{1}{2}$  teaspoon dried sage leaves
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon pepper

## Directions:

Preheat oven to 425 degrees.

Place all ingredients in a large container or resealable plastic food storage bag; gently toss.

Spread vegetables in a single layer in a shallow baking pan or large cookie sheet. Roast uncovered for 30-45 minutes or until potatoes and squash are tender when pierced with a fork.

Serves: 6 people

# Cucumber Salad

## Ingredients

2 large English cucumbers  
1/2 onion  
2-3 tomatoes

## *{For the dressing}*

3 Tbsp. white wine vinegar  
2 Tbsp. olive oil  
1 tsp. oregano  
1/8 tsp. salt

## Directions

Make the dressing: add all ingredients to a small bowl and whisk to combine.  
Slice the cucumbers and onion. Dice tomatoes, removing excess juice. Place in a bowl.  
Add the dressing and toss to coat. Salt/pepper to taste if needed.  
Best if refrigerated for at least an hour to let the flavors combine.

## *Variations:*

*Add some honey/agave to the dressing for sweetness.*

*Toss in a little minced garlic.*

*For a punch of spice, add red chili pepper or cayenne.*

From **thegardengrazer.com**



# Cheddar Bacon Dill Dip

## Ingredients:

- 16 ounces Greek Yogurt
- 3 ounces REAL Bacon Bits
- 1 cup shredded Cheddar Cheese
- 3 tsp. dried parsley flakes
- 1  $\frac{1}{2}$  tsp. dried dill weed
- $\frac{3}{4}$  tsp. salt free herb seasoning blend (Mrs. Dash Original, McCormick All Purpose Seasoning)
- $\frac{3}{4}$  tsp. Coconut Sugar
- Pinch of Sea Salt

## Directions:

Mix all ingredients together and refrigerate. The longer you can refrigerate prior to serving the more flavorful the dip will be. Serve with Pita Chips and raw vegetables.





RainbowJewels's Personal Recipe

## Power Packed Chocolate Chip Cookies

[Rate this recipe!](#)



Recipe by [RainbowJewels](#)

"I took my basic chocolate chip cookie recipe and packed it with super foods. You get vitamins, minerals & antioxidants with the cocoa nibs and almonds. Fiber, protein, and Omega 3 fatty acids with the flax and chia seeds, and healthy MCT fats in the coconut oil. These cookies are an easy way to treat your kids (or yourself!) with a great tasting and healthier dessert that provides nutrition and still satisfies your sweet tooth."

3 Photos

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### Ingredients [Edit and Save](#)

*Servings: 60*

*Yield: 5 dozen cookies*

1/2 cup grass fed butter

1/2 cup coconut oil

1 cup ~~white sugar~~ OR coconut sugar

1 cup packed brown sugar - *I used Coconut Sugar*

2 eggs

2 tsp vanilla extract

3 cups flour - *White whole wheat Flour*

1/2 tsp cream of tartar

1 tsp baking soda

1/2 tsp salt

2 tsp hot water

1 cup Ghiradelli 60% cacao chocolate chips

4 oz Ghiradelli white chocolate bar, coarsely chopped - *I used white chocolate chips*

1/4 cup chia seeds

1/4 cup ground flax

1/4 cup cocoa nibs

1/4 cup sliced almonds

### Directions

1. Preheat oven to 350°.
2. Cream together sugars, butter, & coconut oil until smooth.
3. Beat in the eggs one at a time, then add vanilla.
4. Dissolve the baking soda in hot water then add to batter. Add the cream of tartar.
5. Fold in flour, and remaining ingredients. Mix to incorporate well.
6. Drop by rounded tablespoonfuls onto parchment lined cookie sheets and bake for 12 mins.
7. Remove to wire rack to cool.

## Healthy Pumpkin Zucchini Chocolate Chip Bread

### Prep time

10 mins

### Cook time

50 mins

### Total time

1 hour

A delicious and moist low fat healthy pumpkin bread with zucchini and chocolate chips! This is amazing!

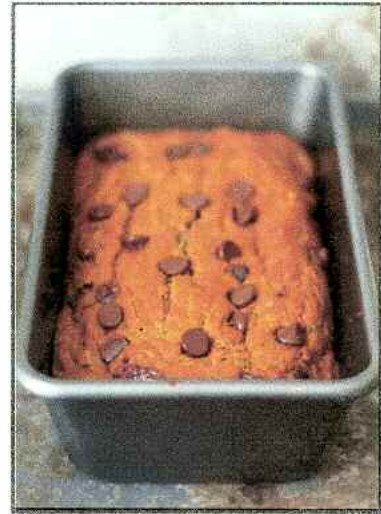
Author: Monique of AmbitiousKitchen.com

Recipe type: Bread, Healthy, Low-fat

Serves: 12 slices

### Ingredients

- 1 1/2 cups whole wheat flour or white whole wheat flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoons cinnamon
- pinch of nutmeg
- pinch of cloves
- pinch of ginger
- 3/4 cup canned pumpkin
- 1 cup shredded zucchini, squeezed of excess moisture
- 1/3 cup honey
- 1 tablespoon olive or coconut oil
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup almond milk - *I used regular milk (whole)*
- 1/2 cup chocolate chips - *60% Cacao Bittersweet Chocolate or Dark Chocolate Chips*



### Instructions

1. Preheat oven to 350 degrees F. Grease a 9 inch loaf pan with nonstick cooking spray.
2. In a large bowl, whisk together flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger.
3. In a separate large bowl combine pumpkin, zucchini, honey, oil, egg, and vanilla until well combined and smooth. Whisk in almond milk. Add wet ingredients to dry ingredients and mix until just combined. Gently fold in chocolate chips, reserving a few for sprinkling on top. Bake for 50-60 minutes or until toothpick comes out clean. Cool on wire rack for 10-15 minutes, then remove bread from pan and transfer to wire rack to finish cooling.

### Notes

You can also bake these into muffins, but may need to adjust baking time. I would check them at 20 minutes.

You can use different types of chocolate chips to make this bread your own. Add in a handful of toasted pecans or walnuts for healthy fats.

I love adding 1/2 cup of coconut to this bread to make it extra special.

### Nutrition Information

Serving size: 1 slice Calories: 153 Fat: 4.5g Carbohydrates: 26.1g Sugar: 13g Fiber: 2.3g Protein: 3g

Recipe by Ambitious Kitchen at <http://www.ambitiouskitchen.com/2014/09/healthy-pumpkin-zucchini-chocolate-chip-bread/>

## Vegan Chocolate Cranberry Zucchini Bread

### Ingredients

- 1 1/2 cups shredded raw zucchini (one medium)
- 1 cup whole-wheat flour - *white whole wheat*
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1 large banana
- 1/2 cup coconut sugar
- 1/2 cup coconut oil
- 1 teaspoon pure vanilla extract
- 1/2 cup dried cranberries



### Directions

1. Preheat oven to 350°F.
2. Shred one medium zucchini in a food processor or with a hand grater. Set aside.
3. Mix the flour, cocoa powder, baking soda, baking powder, salt, and spices in a separate bowl, and set that aside.
4. Mash the banana with the sugar, oil, and vanilla. Fold in the grated zucchini. Stir in the dry ingredients, and mix in the dried cranberries at the end.
5. Pour the batter into a lightly greased bread loaf pan, and bake for 40-50 minutes or until a toothpick inserted comes out clean.

Serves 8.

This guide was a compilation of my Pinterest account; it was not created for monetary gain. For further information feel free to dig in!

### **Acknowledgements and Resources**

[www.thegardengrazer.com](http://www.thegardengrazer.com)

[www.allrecipes.com](http://www.allrecipes.com)

[www.ambitiouskitchen.com](http://www.ambitiouskitchen.com)

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[www.vinchaylabs.com](http://www.vinchaylabs.com)

[www.beyonddiet.com](http://www.beyonddiet.com)

For your convenience I have uploaded this guide along with the individual shopping lists and meal plan template to our website at [www.JoyerHomeTeam.com](http://www.JoyerHomeTeam.com). Look for it under the Get Back to the Table! tab.

Feel free to share!

Happy Eating! ~Christy Joyer – [Christy@JeffJoyer.com](mailto:Christy@JeffJoyer.com) – 612.750.0252