

Recipes & Tips to help create flavor & fun in the kitchen!

Variety is the key to SUCCESS!

Many people think eating healthy means boring, bland, lacking taste...it doesn't have to be this way!

-> **Seasoning is where all the magic happens in the kitchen!**

Play with spices, herbs, techniques, textures and sauces.

- * Use fresh herbs and experiment; sub cilantro and mint for basil in a soup
- * Purchase season blends - use them as a rub to flavor your meat or sprinkle on your veggies!
- * Create sauces or marinades - salad dressings make great marinades too!

-> **Recreate your staples with slight changes.**

- * Are you used to buying frozen vegetables? Try purchasing fresh.
- * Do you typically steam your veggies? Try roasting them!
- * Do not be afraid to experiment. Roast sweet potatoes with brussel sprouts and red onions. Drizzle with olive oil, salt and pepper. Next time use a few slices of chopped bacon and balsamic vinegar instead. Same ingredients, seasoned a different way!

-> **For inspiration** check out cook books or magazines from your local library. Follow your favorite chefs on Instagram or FB.

Here are a few of my favorites:

100 Days of Real Food * Paleo Running Momma * Whole 30 Recipes * Clean Food Crush * Eating Well * Skinny Taste

Consider affordability and speed.

Good tasting, nutritious food does not need to take a long time or be outrageously expensive.

-> Get a notebook and create a list of GO TO meals that your family loves. Make sure to include where to find the recipe (website, cookbook, ect...).

-> Select 2 or 3 of your GO TO meals and be sure to always keep these ingredients on hand - in the pantry, fridge or freezer.

-> Keep an inventory (or list) of what you have in your freezer and keep it posted so you know what you can work with in a pinch.

-> Use your Instapot or Crockpot for busy nights! Use the delayed start feature on your oven. Utilize these features to help you!

-> When you sit down to make your grocery list take these steps to help you speed up the process:

1. Look at your calendar and write out your schedule for the week. If you plan a meal that takes 1 hour to prep and its a night you have meetings or the kids have games...its not gonna happen. Select the right meal for the right night.
2. Create a staples grocery list that you can use & customize for weekly menu (see attached).
3. Most people only cook 2-3 nights/week and once on the weekend. Start with this, and select only 2-3 recipes for the week.
4. Leftovers are GREAT and can be recreated into another dish. (For example Sheet pan fajitas can be turned into taco salad's, quesadillas or chicken tortillas soup.
5. Make extra & freeze them so in 2 weeks you have a home cooked dinner to heat up!

Weekly Meal Plan

"Eat, make and share food that nourishes and excites!"

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

Grocery List

Create a list of staples, items you always have on hand. When you run out of those circle the item. This will make your meal planning - creating your grocery list process much quicker. The empty lines are for items that you don't typically have on hand and need for a recipe on your menu.

Produce:

Frozen or Fresh

- Berries
- Grapes
- Bananas
- Green Beans
- Vegetable blends
- Peppers
- Lettuce/spinach
- Sweet Potatoes
- Onions
- Garlic
- _____
- _____
- _____
- _____

Meat & Protein:

- Frozen Chicken Breasts
- Ground Turkey/beef _____
- Tuna or chicken can _____
- Lentils & beans _____
- Nut butters _____
- _____
- _____

Baking or canned items:

- Cinnamon
- Baking Soda
- Baking Powder
- Salt
- Pepper
- Taco seasoning
- Chili Powder
- Italian Blend seasoning
- _____
- _____
- _____
- _____
- Canned Tomatoes
- Tomato Paste
- Tomato sauce
- Spaghetti Sauce
- Salsa
- Bread crumbs/Panko
- _____
- _____
- _____
- _____

Dairy:

- milk
- eggs
- cheese
- yogurt
- _____
- _____
- _____
- _____

Breads/Grains:

- Pasta
- Oats
- Tortillas
- Rice
- Quinoa
- _____
- _____
- _____
- _____

Other:

- _____
- _____
- _____
- _____

Buffalo Chicken Bowls

Ingredients:

2 cups frozen corn
2 cans black beans - drain & rinse
3 avocados - optional
a pint of cherry tomatoes halved
6 frozen chicken breasts
1 cup of your favorite buffalo sauce - I use Aldi brand
1 TBS garlic minced
1 packet Hidden Valley Ranch Seasoning Dressing
1 1/3 cups plain Greek yogurt or sour cream
3 TBS milk

Instructions:

Cook chicken, garlic and hot sauce to slow cooker and cook on low for 6 hours or on high for 3 hours. When chicken is cooked through, shred it and set aside.

In a separate small bowl mix together your Hidden Valley Greek Yogurt Dressing , Greek yogurt and milk and stick it in the fridge.

Next, drain and rinse your corn and black beans and add them to a bowl. Rinse and half your cherry tomatoes and add them to the bowl as well. Lastly, dice your avocados and add them to the mix!

Assemble your bowls by adding your veggie mixture, topping with chicken, and finishing them off with some healthy Greek yogurt ranch dressing (or whatever your favorite ranch dressing is).

Optional - add rice or quinoa for a more filling bowl. Recreate this meal as shredded buffalo chicken wraps for lunch or a quick dinner; use a whole wheat tortilla or lettuce for a lower carb option.

Recipe from <https://prettyprovidence.com/healthy-buffalo-chicken-bowls/>

Sheet Pan Chicken Fajitas

Sheet Pan Chicken Fajitas have quickly become a regular on my dinner rotation! These easy fajitas are brimming with those Mexican flavors we crave, they're a breeze to throw together, and clean up couldn't be easier. They're sure to be a crowd favorite!

Ingredients You'll Need for This Recipe:

- *Spices – chili powder, ancho chili powder, cumin, paprika, coriander, S&P (I love the Taco Seasoning recipe from AllRecipes.com)
- * Chicken breasts
- * Veggies – bell peppers, onion, garlic, cilantro
- * Olive oil
- * Lime
- * Flour tortillas

How to Make Chicken Fajitas in the Oven:

You don't even need a mixing bowl here, I'm telling you you'll love this easy method! Here's the simple steps:

Place the chicken and veggies on rimmed baking sheet.

Sprinkle over DIY fajita seasoning.

Drizzle it with olive oil and toss well.

Bake until chicken is cooked through, tossing once halfway through.

Serve in warmed tortillas.

Sheet pan dinners are easy and delicious!

Go to

Clean Food Crush

and

**100 Days of Real Food
for many other options!**

Strawberry Cheesecake Overnight Oats

For breakfast or a snack, eat 'em hot or cold, overnight oats do not disappoint! Try this recipe & see other recipes below to change it up!

Ingredients:

- 1 Cup old fashioned oats (dry) gluten free
- 1 TBSP chia seeds
- 1.5 Cups almond milk, unsweetened
- 1.5 TBSP pure maple syrup, or raw honey
- 1 Cup diced strawberries
- 1/2 tsp vanilla extract
- 1/4 Cup Ricotta Cheese

Instructions:

1. Divide all ingredients equally, between 2 separate glass jars fitted with tight lid.
2. Stir well and then cover and place in the refrigerator overnight.
3. Before serving, add about 1 TBSP of chopped nuts (optional).
4. Garnish with fresh strawberries if desired.

Here are a few other overnight oats recipes I enjoy:

- * <https://www.skinnytaste.com/skinny-overnight-oats-in-jar/>
- * <https://wholefully.com/8-classic-overnight-oats-recipes-you-should-try/>
- * <https://dashingdish.com/recipe/brownie-batter-overnight-protein-oatmeal/>

Crockpot Whole Chicken

I LOVE this recipe and use it year round. In the winter I will cook it with carrots, potatoes, celery, onions and mushrooms. In the summer I will season the chicken with salt and pepper, cook it, shred it and make chicken salad or wraps with it.

The options are endless! It is quick, easy and very filling! Enjoy!

Ingredients:

2 teaspoons paprika
1 teaspoon salt
1 teaspoon onion powder
1 teaspoon thyme
½ teaspoon garlic powder
¼ teaspoon cayenne pepper
¼ teaspoon pepper
1 onion
1 whole chicken, (about 3-4 lbs)

Instructions:

Combine the dried spices in a small bowl.

Loosely chop the onion and place it in the bottom of the slow cooker.

Remove any giblets from the chicken and then rub the spice mixture all over. You can even put some of the spices inside the cavity and under the skin covering the breasts.

Place chicken on top of the onions in the slow cooker, breast side down, cover it, and turn it on to high. There is no need to add any liquid.

Cook for 4 – 5 hours on high (for a 3 or 4 pound chicken) or until the chicken is falling off the bone. Don't forget to make your homemade stock with the leftover bones!

Helpful tips:

* You could also cook a small turkey breast with this recipe; place it breast side down

* You can cook this on low (for example, if you're going to be at work all day and you want it to cook while you're gone) if you start it first on high for an hour

* If you do the Overnight Chicken Stock in the Crockpot you can use a hand immersion blender to blend up all the veggies in the stock (after taking out the skin and bones) so there's no waste.