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## Healthy Beef *and broccoli*

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Servings: 4

Prep time: 5 min

Cook time: 15 min

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### INGREDIENTS

- 1 tbsp olive oil, divided
- 1 1/2 lbs flank steak, very thinly sliced across the grain
- 3 cloves garlic, minced
- 1 shallot, finely chopped
- 4 green onions, thinly sliced
- 4 cups broccoli florets, about 2 small crowns
- 2 tbsp arrowroot starch
- 3/4 cup water
- 1/3 cup low-sodium soy sauce
- 2 tbsp coconut sugar
- 1 tsp fresh ginger, minced
- 1/8 tsp crushed red pepper flakes

### DIRECTIONS

1. Heat the oil in a skillet over medium-high heat. Add the beef and cook until well-browned, about 6-8 minutes. Once well-browned, remove from pan and set aside.
2. In the same pan, add garlic, shallot and green onions to the beef drippings. Cook one minute, stirring frequently. Add broccoli and cover for 5 minutes.
3. In a small mixing bowl, combine water and arrowroot starch and mix until no longer lumpy. Combine soy sauce, coconut sugar, ginger and red pepper flakes in a medium bowl. Add arrowroot starch mixture and stir to combine. Set aside.
4. Remove cover from pan and add sauce. Cook until sauce starts to thicken, about 3-5 minutes. Add beef and stir to combine, cooking an additional 2-3 minutes.
5. Serve over cauli rice, if desired.

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## Baked Zucchini Boats *with tomato and herbs*

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Servings: 2

Prep time: 10 min

Cook time: 25 min

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### INGREDIENTS

- 3 medium zucchini, cut in half
- 2 medium tomatoes, chopped
- 2 cloves garlic, finely chopped
- 1 1/2 tsp, dried Italian seasoning
- 2 tsp, olive oil
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- Aluminum foil

### DIRECTIONS

1. Preheat oven to 400° F.
  2. Place a baking sheet on the center rack.
  3. Combine the zucchini, tomato, garlic, herbs and oil in a large bowl; season with salt and pepper, if desired.
  4. Lay out two sheets of foil. Evenly divide the mixture between foil sheets; fold the edges of each tightly to create two sealed packets.
  5. Place the foil packets directly onto the sheet in the oven. Cook for 20 to 25 minutes.
  6. Remove from the oven.
  7. Allow the packets to cool slightly. Open carefully with tongs to avoid steam burns.
  8. Transfer the contents to a serving dish.
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## Cauliflower Chicken Soup

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Servings: 4-6

Prep time: 10 min

Cook time: 60 min

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### INGREDIENTS

- 2 tbsp. vegetable oil
  - 1 medium onion, chopped
  - 5 cloves garlic, smashed
  - 1 5cm piece fresh ginger, sliced
  - 1 small cauliflower, cut into florets
- (Note: can buy pre-packaged cauli rice to save time)
- 3/4 tsp. crushed chilli flakes
  - 1 medium carrot, peeled and thinly sliced on a bias
  - 1 1/2 container of low-sodium chicken stock
  - 1 stalk celery, thinly sliced
  - 2 boneless skinless chicken breasts
  - Freshly chopped parsley, for garnish

### DIRECTIONS

1. In a large pot over medium heat, heat oil. Add onion, garlic and ginger. Cook until beginning to brown.
2. Meanwhile, pulse cauliflower in a food processor until broken down into rice-sized granules. Add cauliflower to pot with onion mixture and cook over medium high heat until beginning to brown, about 8 minutes.
3. Add chilli flakes, carrots, celery and chicken stock and bring to a simmer. Add chicken breasts and let cook gently until they reach an internal temperature of 163°F, about 15 minutes. Remove from pan, let cool until cool enough to handle, and shred. Meanwhile, continue simmering until vegetables are tender, 3 to 5 minutes more.
4. Remove ginger from pot, and add shredded chicken back to soup. Season to taste with salt and pepper, then garnish with parsley before serving.

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## Chicken Crust Veggie Pizza

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Servings: 1-2

Prep time: 5 min

Cook time: 25 min

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### INGREDIENTS

- 10 oz Canned Chicken
- 1 oz grated parmesan cheese
- 1 large Egg

### DIRECTIONS

1. Thoroughly drain the canned chicken, getting as much moisture out as possible.
2. Spread chicken on a baking sheet lined with a silicon mat
3. Bake at 350 for 10 minutes to dry out the chicken.
4. Once chicken is done baking for 10 minutes remove and place in a mixing bowl. Increase heat of oven to 500 degrees.
5. Add cheese and egg to the bowl with chicken and mix.
6. Pour mixture onto baking sheet lined with a silicon mat and spread thin. Placing parchment paper on top and using a rolling pin makes this easier.
7. Optional: With a spatula press the edges of the crust in to for a ridge for the crust. This is beneficial if you're using topping that may slide off (i.e. eggs).
8. Bake the crust for 8-10 minutes at 500 degrees.
9. Remove crust from oven. Add desired veggie toppings and bake for another 6-10 minutes at 500 degrees. Toppings will dictate final cook time.
10. Remove from oven and allow to cool for a few minutes. Your life is now changed. Enjoy!