



WELLNESS
Homemade



WELLNESS HOMEMADE

QUICK AND EASY FAMILY MEAL RECIPES

THE WHOLE FAMILY WILL LOVE!

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www.wellnesshomemade.org



Tasha!

I'M TASHA

I'm Tasha, a highly motivated Certified Health and Nutrition coach dedicated to helping you achieve your health and wellness goals through realistic goal setting, accountability and working through individual obstacles. We will work collaboratively together to address and improve your individual issues such as nutrition, energy, weight management, digestive issues, sleep management, physical activity and more. Remember- this is not for educational purposes and should not take the place of medical advice.

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MEAL PLANNING

MEAL PREP

Tips and advice

WEEKLY MEAL PLANS

Weekly meal plans to ease your schedule

RECIPES

Breakfast, lunch and dinner ideas





MEAL PREP TIPS

PREPPING TIPS

- Can you make breakfast burritos and refrigerate them?
- Can you cut up fruits or veggies to prepare for quick grabs and ease when making meals?
- Can you prep your taco meat?
- Can use taco meat in taco salads or when you got to make the taco recipe you can just warm it up!
- Can you make yoghurt parfaits?

If you are looking for ease in shopping, you can find most of the products in this cookbook on [Thrive Market](https://www.thrivemarket.com). Many of the items are liked to Thrive or Amazon. Use my link, <http://thrv.me/HkaqFb>, for up to 40% off your first order.



A banner with a dark grey background and a yellow border, featuring the text 'MEAL PREP TIPS' in a yellow, serif font. The banner is set against a background of various fresh ingredients: a bowl of mixed nuts on a wooden cutting board, a bunch of green beans, and a bowl of quinoa.

MEAL PREP TIPS

- Keep in mind all dinner batches should be doubled to allow for leftovers the following night or for lunches.
- Grill chicken ahead of time.
- Make taco meat ahead of time for quick dinners
- Hard boil eggs for the week (8 for each person)
- Option to precook rice to be had for Tuesday dinner (can be frozen)
- Option to precook quinoa for lunch on Friday and Saturday.

If you don't have leftovers, use quinoa and lettuce to make chicken salads or chicken salad wraps (see recipe for easy chicken salad)

Remember to try and keep things simple!



LUNCH PREPPING TIPS



PROPER PREPARATION PREVENTS POOR PERFORMANCE

Think about things you can prep now

- Being ready for the day means setting yourself up for success! Making sure you have fresh produce cut and ready to grab, ensures you will grab the good stuff and so will the family.
- Nitrate-free lunch meat is a great option to have on hand
- Can you cut up fruits or veggies to prepare for a quick grab and ease when making the meal? or Can you pre-package them so kids can grab them on the go?
- Do you have leftovers you can pack up and take with you?

Charcuterie snack tray



Lunch Wrap



Left overs



LUNCH PREPPING TIPS



THINK ABOUT THINGS YOU CAN PREP NOW

Convenience seems to always be the first thing we go for. Here are some easy quick and grab items that you don't have to do much with, BUT remember, you want to go for as much fresh produce and lean meat as you can. PROTEIN, FIBER, FAT (they keep you full and fueled)

- Do you have healthy grab and go options?
- Do you have cut up fruit or veggies in a bag?



Some ingredients are linked directly to buy online - Just click the product image!

POST DINNER PREP



THINK ABOUT THINGS YOU CAN PREP NOW

Using leftovers from dinner for tomorrow's meal is a great way to take off some pressure. Find yourself some containers that will work for tomorrow's lunch.

- Do you have at least one serving of protein left?
- Do you have leftover vegetables?
- Can you use the leftover protein to create a salad?
- What other items can you add to make it a complete meal?

Remember!

Lunch should be a PROTEIN, FIBER FILLED CARB, VEGETABLES AND FAT





WEEKLY MEAL PLANS

Follow my weekly meal plans or create your own to help ease your weekly meal planning. Coordinate with the recipes listed in this guide and write out your weekly grocery list on the provided lined area. *Tip: shop and prep the weekend before to make it easier through the week.*



SAMPLE WEEKLY MEAL PLAN

MONDAY

• BREAKFAST

Breakfast burrito

OR Greek Yogurt, Fruit and 1 tsp honey

• LUNCH

Lentil Salad

• DINNER

Grilled chicken with Broccoli- *save left overs for lunch*

WEDNESDAY

• BREAKFAST

Breakfast burrito

OR Greek Yogurt, Fruit and 1 tsp honey

• LUNCH

Use left over taco meat for taco salad

• DINNER

Egg roll in a bowl- *save left overs for lunch*

FRIDAY

• BREAKFAST

Greek Yogurt, Fruit and 1 tsp honey

• LUNCH

Left over chili

• DINNER

Mediterranean chicken dinner OR dine out

TUESDAY

• BREAKFAST

Greek Yogurt, Fruit and 1 tsp honey

• LUNCH

Left over chicken and Broccoli with rice OR chicken salad

• DINNER

Tacos - *save left overs for lunch*

THURSDAY

• BREAKFAST

Breakfast burrito

OR Greek Yogurt, Fruit and 1 tsp honey

• LUNCH

Egg Roll in a bowl

• DINNER

Chili- *save left overs for lunch*

SNACK IDEAS

- Veggies and oil-free hummus or guacamole
- Protein balls
- Apples with Peanut butter

GROCERY LIST:



SAMPLE WEEKLY MEAL PLAN

MONDAY

- BREAKFAST**

Muesli

- LUNCH**

Mediterranean salad

- DINNER**

Turkey Meatloaf (make Sunday and warm to make it easier) + Green beans. *Save left overs for lunch*

WEDNESDAY

- BREAKFAST**

Egg and sweet Potato Breakfast

- LUNCH**

Use left over taco meat for taco salad

- DINNER**

Baked potato and broccoli - *save left overs for lunch*

FRIDAY

- BREAKFAST**

Egg and sweet potato breakfast OR muesli

- LUNCH**

Left over chili

- DINNER**

Chicken noodle soup OR go out for dinner

TUESDAY

- BREAKFAST**

Egg and sweet potato breakfast

- LUNCH**

Left over Turkey Meatloaf meal

- DINNER**

Tacos - *save left overs for lunch*

THURSDAY

- BREAKFAST**

Muesli

- LUNCH**

Left over baked potato and broccoli meal

- DINNER**

Chili- *save left over for lunch*

SNACK IDEAS

- Celery + Peanut butter
- Cucumber and Tajin
- Protein balls
- Apples with Peanut butter

GROCERY LIST:



SAMPLE WEEKLY MEAL PLAN

MONDAY

• BREAKFAST

Two hard-boiled eggs with avocado toast

• LUNCH

Chicken Salad wrap or sandwich

• DINNER

Grilled chicken and roasted veggies - *save leftover for lunch*

WEDNESDAY

• BREAKFAST

Two hard boiled eggs with avocado toast

• LUNCH

Left over chili

• DINNER

Taco bowl - *save leftover for lunch*

FRIDAY

• BREAKFAST

Chia seed pudding with walnuts or pecans and fruit of choice

• LUNCH

Quinoa topped with shredded carrots, feta, cherry tomatoes, avocado, salt, and pepper.

• DINNER

Dine out



TUESDAY

• BREAKFAST

Sweet potato breakfast bowl

• LUNCH

Left over chicken, veggies + fruit of choice

• DINNER

Chili - *save leftover for lunch*

THURSDAY

• BREAKFAST

Sweet potato breakfast bowl

• LUNCH

Left over taco bowl or make into a taco salad

• DINNER

Grilled chicken with Creamy broccoli and rice recipe- *save chicken left over for lunch*

SNACK IDEAS

- Celery + Peanut butter
- Cucumber and Tajin
- Protein balls
- Apples with Peanut butter

GROCERY LIST:

MY WEEKLY MEAL PLAN

MONDAY

- BREAKFAST

- LUNCH

- DINNER

TUESDAY

- BREAKFAST

- LUNCH

- DINNER

GROCERY LIST:

WEDNESDAY

- BREAKFAST

- LUNCH

- DINNER

THURSDAY

- BREAKFAST

- LUNCH

- DINNER

FRIDAY

- BREAKFAST

- LUNCH

- DINNER

SNACK IDEAS





BREAKFAST RECIPES

These recipes can help with your weekly meal planning in the prior pages. Coordinate with these recipes and write out your grocery list on the provided lined area in the weekly meal planning pages. Some ingredients are linked directly to buy online - Just click the product image! *Tip: shop and prep the weekend before to make it easier through the week.*



BREAKFAST

OATMEAL

Ingredients:

- 1/3 cup Gluten Free Organic oats
- 1 TBS Flaxseed (optional)
- 1 TBS Chia seeds (optional)
- 1 tsp maple syrup
- 1 tsp vanilla
- pinch of cinnamon



Some ingredients are linked directly to buy online - Just click the product image!



Directions

1. Add all ingredients to a pot and cook until desired consistency

Overnight oats

1. Add all ingredients to a cup or container with a lid and store over night
2. Add fruit to the top and peanut or almond butter

Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	227
% Daily Value*	
Total Fat 7.9g	10%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 32.5g	12%
Dietary Fiber 9.4g	33%
Total Sugars 12.8g	
Protein 6.3g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 4mg	25%
Potassium 160mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by [verywell](#)

Protein- 6.3g
Net Carbs-26g
Fat- 7.9g

BREAKFAST

MUESLI

Ingredients:

- 1 Serving of Muesli
- 1 Serving milk of choice
- Add fruits like berries, bananas or peaches
- Peanut butter for protein and fiber-filled fats



Directions

1. Prepare as stated on the package
2. Add apples or peaches to the pot while cooking
3. Add a pinch of cinnamon

Use code: **wellness30**



Some ingredients are linked directly to buy online - Just click the product image!



BREAKFAST

BREAKFAST BURRITO



Ingredients for 1 burrito:

- 2 Eggs
- 1 Sausage
- 1 Tortillas
- Bonus, veggies



Bonus FIBER



Some ingredients are linked directly to buy online - Just click the product image!

Directions

1. Add eggs to pan and cook. Then add sausage. Add veggies, if desired
2. Cook tortilla as directed
3. Add egg mix to a tortilla and wrap
4. Refrigerate or freeze and warm in microwave or toaster oven

Nutrition Facts

Servings: 1

Amount per serving

Calories **338**

% Daily Value*

Total Fat 16.4g 21%

Saturated Fat 4.9g 24%

Cholesterol 397mg 132%

Sodium 634mg 28%

Total Carbohydrate 18.4g 7%

Dietary Fiber 2.5g 9%

Total Sugars 0.9g

Protein 28.4g

Vitamin D 31mcg 154%

Calcium 86mg 7%

Iron 3mg 17%

Potassium 163mg 3%

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Recipe analyzed by **verywell**



BREAKFAST

SWEET POTATO & EGG BREAKFAST BOWL

Ingredients

- 2 Eggs
- 1/2 Sweet Potato
- 1/2 Apple Sliced
- 1-2 TBS Feta
- Serving of pecans or walnuts



Directions

1. Cook eggs (over easy or sunny side up is best)
2. In the same pan or separate pan warm sweet potato (to learn how to meal prep see Sweet potato page)
3. Slice up 1/2 an apple
4. Add sweet potato to the bottom of the bowl
5. Add eggs, apple, feta and pecans or walnuts



Some ingredients are linked directly to buy online - Just click the product image!



BREAKFAST

AVOCADO TOAST

Ingredients

- 1 Eggs
- 1 Wholly guacamole or 1/2 of an Avocado
- 1 slice of Bread
- Bonus: veggies



Directions

1. Cook eggs
2. While eggs are cooking toast bread and spread guacamole on toast.
3. Once eggs are done place on top or eat on the side.
4. Optional- easier option! Have hard boiled eggs on hand and use those instead of scrambled or over easy.



Bonus FIBER



Some ingredients are linked directly to buy online - Just click the product image!

Nutrition Facts

Serving size: 1 Slice of avocado toast
Servings: 1

Amount per serving	
Calories	441
	% Daily Value*
Total Fat 30.4g	39%
Saturated Fat 6.9g	34%
Cholesterol 327mg	109%
Sodium 279mg	12%
Total Carbohydrate 27.3g	10%
Dietary Fiber 12.7g	45%
Total Sugars 3.2g	
Protein 18g	
Vitamin D 31mcg	154%
Calcium 79mg	6%
Iron 4mg	20%
Potassium 745mg	16%

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Recipe analyzed by [verywell](#)



BREAKFAST

BREAKFAST SAUSAGE

Ingredients

- 1 lb. raw 93% lean ground turkey
- 2 TBSP. pure maple syrup (Optional)
- 1½ tsp Real sea salt (or Himalayan salt)
- 1 tsp finely chopped fresh sage
- 1 tsp finely chopped fresh rosemary
- ¼ tsp ground black pepper
- ¼ tsp ground nutmeg
- 1 tsp olive oil



Directions

1. Combine turkey, maple syrup, salt, sage, rosemary, pepper, and nutmeg in a large mixing bowl; mix with clean hands until just blended. (Do not over mix, as that will make the sausage tough.) Set aside. (optional, make patties)
2. Heat oil in a large nonstick skillet over medium-high heat.
3. Add turkey mixture or patties. Cook for 5 to 8 minutes, or until the turkey is no longer pink and the patties are cooked through or the sausage crumbles are no longer pink.
4. Can be cooked as patties or as ground sausage meat (like taco meat)

Nutrition Facts

Serving size: 1 Sausage

Servings: 12

Amount per serving

Calories **87**

% Daily Value*

Total Fat 4.6g 6%

Saturated Fat 0.8g 4%

Cholesterol 39mg 13%

Sodium 921mg 40%

Total Carbohydrate 2.4g 1%

Dietary Fiber 0.1g 0%

Total Sugars 2g

Protein 10.4g

Vitamin D 0mcg 0%

Calcium 14mg 1%

Iron 1mg 5%

Potassium 111mg 2%

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Recipe analyzed by **verywell**



BREAKFAST

GRANOLA BARS

Ingredients

- 1 ½ Cups gluten-free rolled oats
- 1 Cup puffed millet or puffed quinoa
- ½ Cup about 6 Medjool dates, pitted and diced
- 1 TBSP chia seeds
- ½ tsp salt
- ¾ Cup nut butter I used peanut butter
- ½ Cup honey or maple syrup if vegan
- ¼ Cup coconut oil
- 1 tsp vanilla
- 3 oz. dark chocolate melted for topping



Some ingredients are linked directly to buy online - Just click the product image!



Directions

1. Add all dry ingredients to a bowl
2. Melt together the nut butter, coconut oil, honey and vanilla
3. Pour into dry ingredients and mix well
4. Line a 9x9 pan and flatten.
5. Drizzle with melted chocolate if you desire
6. Refrigerate for 2 hours- then cut and keep in the fridge.

Nutrition Facts

Serving size: 1 bar	
Servings: 12	
Amount per serving	
Calories	248
% Daily Value*	
Total Fat 13.9g	18%
Saturated Fat 5.4g	27%
Cholesterol 0mg	0%
Sodium 176mg	8%
Total Carbohydrate 27.8g	10%
Dietary Fiber 3.5g	12%
Total Sugars 15.9g	
Protein 6.2g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 1mg	6%
Potassium 161mg	3%

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Recipe analyzed by **verywell**

BREAKFAST

CHIA SEED PUDDING



Ingredients

- 3/4 cup milk of choice (we use oat)
- 3 TBSP Chia seeds
- 1 TBSP Maple syrup (you can lower this to 1tsp or omit)
- 1 tsp vanilla

Directions

1. Mix all together and let sit for at least 15 minutes but for BEST results I recommend overnight.

Add preferred fruit

- Strawberries
- Banana
- Wild blueberries or regular

Add nuts, optional

- Walnuts
- Almonds
- Pecans



Some ingredients are linked directly to buy online - Just click the product image!

Nutrition Facts

Serving size: 1 cup

Servings: 4

Amount per serving

Calories	97
	% Daily Value*
Total Fat 4.1g	5%
Saturated Fat 0.5g	2%
Cholesterol 2mg	1%
Sodium 13mg	1%
Total Carbohydrate 12.9g	5%
Dietary Fiber 4.6g	16%
Total Sugars 5.7g	
Protein 3.8g	
Vitamin D 0mcg	2%
Calcium 172mg	13%
Iron 1mg	6%
Potassium 12mg	0%

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Recipe analyzed by **verywell**





LUNCH RECIPES

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LUNCH

TACO SALAD

Ingredients

- Left over taco meat
- Lettuce and tomato
- A dollop of yogurt
- Tortilla
- Added veggies



Directions

1. Place taco meat in a container and then place lettuce tomato and extra veggies in also
2. Place cooked tortilla separately
3. When ready to eat, put a dollop of Greek Yogurt in a separate container, and combine it all. You do not need to cook anything



OR



Bonus FIBER



Some ingredients are linked directly to buy online - Just click the product image!



LUNCH

TACO BOWL

Ingredients

- 1 Recipe [taco meat](#)
- 1/2 Cup uncooked white rice
- salt and pepper to taste
- 2 TBSP cilantro, or to taste
- 1 cup corn
- 1 TBSP butter, optional (to saute corn)
- 1 Avocado, sliced or quartered
- 1/4 Red onion, sliced
- 1 Cup tomatoes, cubed
- 1 Cup shredded cheese
- 1/2 Cup sour cream
- Hot sauce or Sriracha, optional
- 1 Lime



Directions

1. Prepare [taco meat](#) recipe or have it prepared ahead of time
2. Cook white rice. Drain and drizzle with lime (or lemon) juice.
3. Prepare all the desired toppings. Slice the onions, cut the avocados and cube the tomatoes. If you want to warm your corn, then do so in a skillet with 1 tbs butter.
4. In a [bowl](#), arrange all the ingredients for this simple taco bowl.

Some ingredients are linked directly to buy online - Just click the product image!



LUNCH

CHICKEN SALAD

Ingredients

- Shredded or canned chicken
- Add all ingredients
- Enjoy on whole wheat bread or in a salad wrap



OR



Directions

1. 1.5 lbs chicken breasts, cooked and diced (2 large chicken breasts) or chicken in a can
2. 1 cup red grapes, quartered or 1/2 apple diced
3. 1/2 cup mayo
4. 2–3 stalks celery, thinly sliced
5. 1/4 cup finely diced red onion or green onion
6. 2 tbsp red wine vinegar
7. 1/2 tsp salt, or to taste
8. Black pepper, or to taste

Nutrition Facts

Serving size: 1 cup
Servings: 5

Amount per serving

Calories **196**

% Daily Value*

Total Fat 9.5g	12%
Saturated Fat 2.3g	12%
Cholesterol 59mg	20%
Sodium 680mg	30%
Total Carbohydrate 6.3g	2%
Dietary Fiber 0.6g	2%
Total Sugars 5g	
Protein 20.2g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	9%
Potassium 243mg	5%

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Recipe analyzed by **verywell**

Some ingredients are linked directly to buy online - Just click the product image!



LUNCH

LENTIL SALAD

Ingredients

- 1/2-1 Cup lentils (Trader Joe's)
- 1 cup of veggies- cucumber, tomatoes, onions. (optional sweet peppers)
- 1/2 Avocado
- Sprinkle feta (optional)

For the Dressing:

- Olive Oil
- Balsamic vinegar or red wine vinegar
- Optional - use Braggs dressing



Directions

1. Mix all ingredients together and eat!
2. For the dressing, just drizzle both on top of the salad before stirring.



Some ingredients are linked directly to buy online - Just click the product image!



Nutrition Facts

Servings: 1

Amount per serving

Calories **220**

% Daily Value*

Total Fat 13.5g **17%**

Saturated Fat 1.9g **9%**

Cholesterol 0mg **0%**

Sodium 130mg **6%**

Total Carbohydrate 20.8g **8%**

Dietary Fiber 10.8g **38%**

Total Sugars 3.3g

Protein 6.9g

Vitamin D 0mcg **0%**

Calcium 23mg **2%**

Iron 11mg **60%**

Potassium 624mg **13%**

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Recipe analyzed by **verywell**

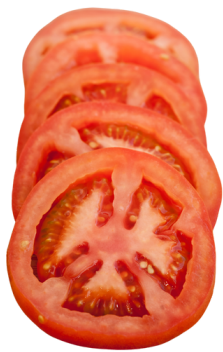
This does not include optional Feta

LUNCH

LETTUCE WRAPS

Ingredients

- Lettuce- romaine, butter lettuce or iceberg
- Tomato
- Turkey meat or temp-eh for veterinarians
- Cheese
- Red onions (optional)
- Mayo or cranberry cream cheese
- Wrap or lavash bread (optional)



Directions

1. Lay lettuce down on parchment paper (Romain 2 slices, butter lettuce 2 slices or iceberg 1-2 slices)
2. Add "dressing" of choice- Mayo, mustard or cranberry cream cheese
3. Layer the rest of your ingredients
4. Add lettuce to the top
5. Roll carefully into parchment paper (for a tight roll wrap again with saran wrap)
6. Cut in 1/2
7. Options: Use a lavash wrap or other wrap to use on the outer layer

Some ingredients are linked directly to buy online - Just click the product image!

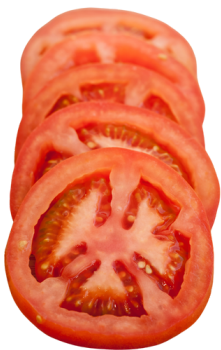


LUNCH

PINWHEELS

Ingredients

- 1 Lavash wrap
- 1 TBS Pof strawberry or cranberry cream cheese (recipe in dressings and seasonings section)
- 2-4 Slices of nitrate-free turkey
- Handful of spinach or 2-3 romaine leaves
- White cheese of your choice, optional



Directions

1. Lay wrap down
2. Spread 1-2 tbs strawberry cream cheese on a wrap
3. Add turkey
4. Add tomato
5. Add lettuce
6. Roll carefully
7. Cut in 1/2 or in small pinwheel slices

Some ingredients are linked directly to buy online - Just click the product image!





DINNER RECIPES

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DINNER

TACOS

Ingredients

- 1 lb Organic Ground turkey
- Taco Seasoning
- 1/2- 1 Organic Onion
- 2 Siete taco Shells
- Tomatoes
- Lettuce



Directions

1. Dice onions and sauté in 1 TBS avocado oil until clear
2. Add ground turkey and cook until brown
3. Add taco seasoning and fill the seasoning packet with water and pour in the pan- let sit for 5 minutes
4. Once done MAKE TACOS!! Top with lettuce tomato and a dab of yogurt if you choose.



Some ingredients are linked directly to buy online - Just click the product image!



Nutrition Facts	
Serving size: 2 tacos	
Servings: 5	
Amount per serving	
Calories	296
% Daily Value*	
Total Fat 16.3g	21%
Saturated Fat 5.2g	26%
Cholesterol 110mg	37%
Sodium 344mg	15%
Total Carbohydrate 9.3g	3%
Dietary Fiber 0.2g	1%
Total Sugars 0.5g	
Protein 31.3g	
Vitamin D 0mcg	0%
Calcium 93mg	7%
Iron 3mg	14%
Potassium 407mg	9%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by [verywell](#)

Does not include tortilla or added veggies

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DINNER

TACOS

Ingredients

- Siete chips
- 1 lb Organic lean ground turkey
- Siete taco seasoning
- Rumiano cheese of choice
- Lettuce, tomato avocado



Directions

1. Prepare taco meat according to the Siete package or use my taco seasoning recipe to make your own taco meat.
2. place chips on a baking sheet and top with cheese
3. Place in oven at 350 degrees until melted
4. Remove and top with toppings

Some ingredients are linked directly to buy online - Just click the product image!



Does not include chips

Nutrition Facts

Serving size: 1 Serving
Servings: 5

Amount per serving	223
Calories	% Daily Value*
Total Fat 7.8g	10%
Saturated Fat 3.9g	20%
Cholesterol 63mg	21%
Sodium 305mg	13%
Total Carbohydrate 9.7g	4%
Dietary Fiber 0.2g	1%
Total Sugars 0.5g	
Protein 27.8g	
Vitamin D 0mcg	0%
Calcium 85mg	7%
Iron 1mg	6%
Potassium 162mg	3%

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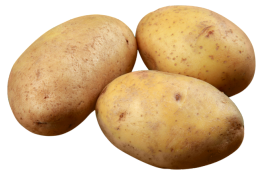
Recipe analyzed by [verywell](#)

DINNER

BAKED POTATO

Ingredients

- Baked potatoes
- Organic lean ground turkey
- Siete taco seasoning
- Rumiano cheese of choice
- Lettuce, tomato avocado



Some ingredients are linked directly to buy online - Just click the product image!



Directions

1. Place the trivet in the bottom of a 6-quart instant pot and add one cup of water
2. Scrub potatoes
3. Pierce potatoes with a fork
4. Pressure cook- cover with a lid and turn the valve to "sealing" Set the pressure cooker to manual high pressure for 15 minutes
5. In the meantime Prepare taco meat according to the Siete package or use any protein of choice
6. Once the timer goes off, allow for natural pressure release, about 15 minutes. Allow any other pressure to release. Check to see if the potatoes are done
7. Take the desired amount of potatoes out of the pressure cooker and add toppings

DINNER

CHINESE CHICKEN SALAD

Ingredients

- 1 Leftover or freshly grilled chicken breast, finely chopped
- 1 package of angel hair cabbage or coleslaw mix
- 4 Green onions sliced
- 1 Package of ramen (crushed) or wonton strips

Ingredients for Dressing

- 2 TBSP Organic cane sugar- can also use coconut sugar or cut this in 1/2
- 1 tsp salt
- 1/2 tsp pepper
- 1 TBSP low sodium tamari.
- 1/4 Cup extra virgin olive oil
- 1 TBSP non-GMO sesame oil (not toasted)
- 3 TBSP organic vinegar



Directions for dressing

1. Combine ingredients for the dressing and shake. Place in refrigerator if you can.

Directions for salad:

1. Combine all other ingredients into a bowl and mix
2. Add dressing.
3. Serves 4 - with extra
4. Double every aspect of the recipe if you want to make more.

Note- this is not my healthiest recipe but it is one of our favorite summer dinners.

Nutrition Facts	
Serving size: 2 cups	
Servings: 4	
Amount per serving	
Calories	133
% Daily Value*	
Total Fat 7.2g	9%
Saturated Fat 1.9g	10%
Cholesterol 21mg	7%
Sodium 711mg	31%
Total Carbohydrate 6.8g	2%
Dietary Fiber 0.3g	1%
Total Sugars 0.1g	
Protein 9g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 1mg	6%
Potassium 72mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by [verywell](#)



DINNER

ORZO SALAD

Ingredients

- 6oz Dry gluten-free or whole wheat orzo pasta
- 1 Cup grape or cherry tomatoes, sliced in half
- 1/2 Cup crumbled feta cheese
- 1/4 Cup pitted kalamata olives, sliced
- 1/4 Cup chopped parsley
- 2 TBSP gluten-free capers, drained

For the Lemon Dressing:

- 1/2 Cup extra virgin olive oil
- 1/4 Cup lemon juice
- 1 tsp honey
- 1 Clove garlic, minced
- Salt and pepper



Directions

1. Make the salad dressing by mixing all ingredients
2. Cook pasta according to the package
3. Rinse with cold water when done
4. Add all other ingredients
5. Add dressing when ready to consume



Some ingredients are linked directly to buy online - Just click the product image!



DINNER

BELL PEPPER NACHOS

Ingredients

- Olive oil spray
- 1 lb 93% lean ground turkey
- 1 Clove garlic, minced
- 1/4 Onion, minced
- 1 TBSP chopped fresh cilantro (optional)
- 1 Tsp garlic powder
- 1 Tsp cumin powder
- 1 Tsp Real Sea salt
- 1/4 Cup tomato sauce
- 1/4 Cup chicken broth
- 21 Mini rainbow peppers, halved and seeded (about 13 oz seeded)
- 1 Cup sharp shredded Cheddar cheese
- 2 TBSP light Greek Yogurt
- 2 TBSP sliced black olives
- 1 Jalapeno, sliced thin (optional)
- Chopped cilantro, for garnish



Directions

1. Preheat oven to 400F and line a large baking tray with parchment
2. Spray oil in a medium nonstick skillet over medium heat.
3. Add onion, garlic and cilantro and sauté for about 2 minutes, add ground turkey, salt, garlic powder, and cumin and cook meat for 4 to 5 minutes until meat is completely cooked through. Add 1/4 cup of tomato sauce and chicken broth, mix well and simmer on medium for about 5 minutes, remove from heat.
4. Meanwhile, arrange the mini peppers in a single layer, and cut the sides up close together.
5. Fill each with cooked ground turkey mixture, then top with shredded cheese and jalapeno slices, if using.
6. Bake for 8 to 10 minutes, until cheese is melted.
7. Remove from oven and top with black olives, sour cream and cilantro. Serve immediately.

Nutrition Facts

Serving size: 1 Serving
Servings: 6

Amount per serving

Calories **224**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 2.6g	13%
Cholesterol 57mg	19%
Sodium 143mg	6%
Total Carbohydrate 21.9g	8%
Dietary Fiber 2.3g	8%
Total Sugars 0.8g	
Protein 18.1g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 2mg	13%
Potassium 773mg	16%

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Recipe analyzed by **verywell**



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DINNER

PIZZA

Ingredients

- Lavash bread
- Primal Kitchen pizza sauce
- Applegate pepperoni
- Rumiano mozzarella cheese



Nutrition Facts

Serving size: 1 Serving
Servings: 5

Amount per serving	
Calories	385
% Daily Value*	
Total Fat 12.4g	16%
Saturated Fat 4.9g	24%
Cholesterol 75mg	25%
Sodium 273mg	12%
Total Carbohydrate 49.7g	18%
Dietary Fiber 7.5g	27%
Total Sugars 31.8g	
Protein 25.3g	
Vitamin D 0mcg	0%
Calcium 144mg	11%
Iron 4mg	20%
Potassium 998mg	21%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**



Directions

1. Preheat oven to 350
2. Put the lavash bread on parchment paper
3. Add all of your toppings to your lavash bread starting with Pizza sauce
4. Put the parchment paper on a baking sheet or straight into the oven.
5. Let back until the cheese melts
6. Remove and let cool until cheese is ok to eat

Some ingredients are linked directly to buy online - Just click the product image!



DINNER

SPAGHETTI

Ingredients

- Pasta of choice
- Raos Pasta Sauce or another cleaner brand
- Ground Turkey or Grass-fed ground beef
- Garlic, onion and seasoning of choice



OR



Directions

1. Boil noodles as directed
2. dice onion and garlic and saute until fragrant
3. Add Ground meat of choice and season to taste with salt and pepper or Garlic salt if you choose.
4. When meat is done add sauce and simmer until warm.
5. Add a side salad

Nutrition Facts	
Serving size: 1 Serving	
Servings: 1	
Amount per serving	
Calories	382
% Daily Value*	
Total Fat 25.9g	33%
Saturated Fat 7.6g	38%
Cholesterol 101mg	34%
Sodium 1673mg	73%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 0.5g	
Protein 28.1g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	3%
Potassium 1mg	0%

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DINNER

CHICKEN POT PIE

Ingredients

- 2-3 Cups of chicken
- 1.5 Cans of cream of chicken soup
- 2 Cups organic frozen mixed vegetables
- 1.5 Cups of shredded cheddar cheese
- 2 Tsp Herbs De Provence
- 2 Tsp onion powder
- 2 Tsp granulated garlic



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Directions

1. Pre-heat oven to 400 degrees
2. Combine all ingredients in a medium size bowl and set aside.
3. In a 12-cup muffin pan, line each muffin cup with the pie crust, I like to make sure the entire inside of the muffin tin is filled with crust. Make sure to press into the corners of the muffin tin.
4. Take a 1/4 measuring cup and start scooping into the muffin tins.
5. With the extra pie dough I like to cut out shapes to put on top of the pies while they cook but you can get creative with this- our girls love to do the basket weave.
6. Place in oven for 25-30 minutes. I like to pull these out when the pie crust is golden brown.

Note: This recipe makes more than 12 muffin tins- If you have chicken mix left over I like to make 2 big muffins or 6 more small muffins using the steps above.

DINNER

TURKEY MEATLOAF

Ingredients

- 2 TBSP butter
- 1 Cup onion, chopped
- 3 Garlic cloves, minced
- 1 ¼lbs Ground turkey
- ½ Cup breadcrumbs (homemade if possible)
- 1 Egg
- ¾ Cup Ketchup
- 3 tsp Worcestershire sauce
- ¾ tsp salt
- ½ tsp black pepper



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Directions

1. Melt butter in a skillet.
2. Cook onion and garlic in melted butter for 5 minutes, or until translucent and fragrant.
3. Remove from heat and let cool for 5 minutes
4. Combine turkey, bread crumbs, egg, 1/4 cup of ketchup, Worcestershire sauce, salt, and pepper
5. Add onion mixture.
6. Press meatloaf into mini loaf pans.
7. Spread the remaining ketchup on top.
8. Bake in a 350-degree oven for 35-40 minutes or until internal temperature reaches 165 degrees Remove from oven and let stand 5 minutes before serving.
9. If using a large loaf pan cook for 55-60 minutes or until internal temperature reaches 165 degrees.

DINNER

BAKED WHOLE CHICKEN

Ingredients

- Whole Chicken
- Braggs vinaigrette
- Small Potatoes
- Carrots



Directions

1. Wash potatoes and carrots
2. Preheat oven to 450 degrees
3. Cut potatoes, carrots and the head of the garlic off and place in a Dutch oven or roasting pan. place garlic last
4. Place chicken on top of veggies
5. Pour dressing over the chicken and coat well- add salt if desired
6. Place in oven and cook for 25 minutes
7. At 25 minutes baste chicken with sauce at the bottom of the pan
8. Lower temp to 425 and cook for 45 minutes or until done
9. Add a side salad, optional



Nutrition Facts

Serving size: 1
Servings: 5

Amount per serving

Calories **190**

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0.9g 5%

Cholesterol 25mg 8%

Sodium 86mg 4%

Total Carbohydrate 28g 10%

Dietary Fiber 4.8g 17%

Total Sugars 5g

Protein 10.9g

Vitamin D 0mcg 0%

Calcium 36mg 3%

Iron 1mg 7%

Potassium 817mg 17%

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DINNER

MEDITERRANEAN DINNER

Ingredients

- Pre grilled chicken
- Homemade or precooked rice
- Lettuce, tomatoes, cucumbers and olives
- Salad dressing



Directions

1. Prepare Rice as directed
2. Grill or bake chicken
3. Chop veggies
4. Combine ingredients
5. Add dressing

Nutrition Facts

Serving size: 1
Servings: 1

Amount per serving	
Calories	376
	% Daily Value*
Total Fat 14.2g	18%
Saturated Fat 3.2g	16%
Cholesterol 99mg	33%
Sodium 188mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 3.9g	
Protein 35.9g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	9%
Potassium 279mg	6%

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DINNER

CHICKEN BROTH

Ingredients

- 1 Organic whole chicken (for less expensive and more nutrient dense broth use 2-3 lbs chicken feet + Necks and backs)
- (Optional) 1 package of chicken feet (for the best outcome and or obtain a gelatin-like substance when cooled) can also do backs and necks
- 4 Carrots
- 4 Celery
- 1 onion
- 4-5 tsp Apple cider vinegar (adjust to your taste)



Directions

1. Fill the pot with water (be sure not to overfill) add in all ingredients and let sit for one hour. Then turn the oven on, cover and let the broth cook for 2-3 hours. For more gelatinous broth cook for up to 12 hours.
2. Turn stove off
3. Let's cool this is an important part! Don't skip this!
4. Strain and put into mason jars
5. Refrigerate, Gel will not form until broth is cool and has been refrigerated.
6. The broth is good for about 10 days in the fridge.
7. Warm when you are ready to drink or use in your favorite soup recipes, cooking rice, making chili etc.

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DINNER

CHICKEN NOODLE SOUP

Ingredients

- 60oz or so of broth (homemade or Kettle&Fire brand)
- 2 Cups leftover chicken
- 2 Cups chopped carrots
- 2 Cups chopped celery
- Potatoes (optional)
- 3 tsp herbs de Provence
- 2 tsp salt
- 2 tsp pepper
- 2 tsp granulated garlic
- 1 pack of egg noodles



Directions

1. Fill the pot with broth and add water if needed
2. Add all ingredients EXCEPT NOODLES
3. Cook until heated and carrots and potatoes are cooked
4. In the mean time, cook noodles in a separate pot
5. When noodles are done and soups is ready add soup to bowl and add 1/2 cup noodles.



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Nutrition Facts	
Serving size: 1	
Servings: 7	
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 3.3g	4%
Saturated Fat 0.9g	5%
Cholesterol 34mg	11%
Sodium 1414mg	61%
Total Carbohydrate 10.9g	4%
Dietary Fiber 2.2g	8%
Total Sugars 3.5g	
Protein 15.5g	
Vitamin D 0mcg	0%
Calcium 34mg	3%
Iron 1mg	8%
Potassium 406mg	9%

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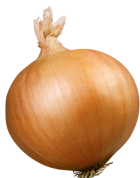
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DINNER

CREAM OF BROCCOLI SOUP

Ingredients

- 2 Heads Broccoli
- 6 TBSP Butter
- 2 Small onions
- 8 TBSP Flour
- 6 Cups Chicken Stock
- 6 Cups Vegetable broth
- 1 tsp Basil
- 2 Bay leaf
- 2 TBSP Parsley fresh chopped
- 2 TBSP Garlic Salt
- Pepper to taste



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Directions

1. Chop Broccoli
2. Heat butter in a large saucepan over medium heat
3. Add onion and cook for 3 minutes, partly covered
4. Add chopped broccoli and season well with a small amount of garlic salt
5. Partly cover and continue cooking for 7 minutes. Stir during the cooking process
6. Mixing flour until well incorporated. Cook for 3 minutes, uncovered, over medium heat
7. Add remaining ingredients and mix well
8. Cook soup, partly covered, for 30 minutes over low heat
9. Use an immersion blender or blender to puree the soup
10. Correct seasoning and serve



DINNER

RAMEN

Ingredients

- 2 – 2 1/2 inches fresh ginger minced
- 3 Garlic cloves minced
- 3-4 TBSP toasted sesame oil
- 48 oz homemade or store-bought broth
- 32 oz room temperature water
- 1 yellow onion cut in half and sliced thinly
- 1 Packet of preferred noodles (ramen or udon)

Fixings

- Chicken
- Mushrooms
- Scallions
- Shredded carrots
- Jalapenos
- Mung beans
- Bok Choi
- Sriracha



Directions

1. In a large pot warm sesame oil and add minced garlic and ginger and sauté until fragrant (about 2 minutes).
2. Add broth, water and onions, and bring to a boil.
3. Meanwhile, In another pot, begin to boil your eggs. I find putting 1 TBS of baking soda in with the eggs helps the peeling process. Cook the eggs for 8-10 minutes and remove promptly.
4. Meanwhile, begin to cut up your fixings and prepare them for the soup. For our chicken, we use the chicken from the broth we make but a rotisserie chicken will do the job just fine. As a tip, we typically shred 1 large carrot, cut about 4-5 mushrooms, slice 1 jalapeño and one egg cut in 1/2 for each person.
5. By now your soup should be boiling. Add your noodles and cook as directed- usually 6-9 minutes.
6. Use tongs to remove the desired amount of noodles for each bowl to be served. Be careful because it's very HOT.
7. Use a ladle to spoon out the broth and fill the bowl about 3/4s of the way.
8. Add your fixings! Chicken, veggies, hot sauce etc.



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DINNER

CHILI

Ingredients

- 1 lb Ground turkey
- 1/2 Large onion or 1 small onion diced
- 24 oz of tomato sauce or strained tomatoes
- 2 Cans of kidney beans
- 1 Can of black beans
- 2 TBSP chilli powder (give or take)
- 3 TBSP cumin
- 1 tsp garlic powder
- Salt and pepper to taste



Directions

1. Brown Turkey
2. Add all other ingredients
3. Simmer for 30-40 minutes
4. Add white cheddar cheese and Greek yogurt as toppings.
5. If eating clean or there are dairy issues don't add cheese or yogurt.

Some ingredients are linked directly to buy online - Just click the product image!

Nutrition Facts

Serving size: 1
Servings: 6

Amount per serving

Calories **493**

% Daily Value*

Total Fat 10.5g	13%
Saturated Fat 1.7g	9%
Cholesterol 77mg	26%
Sodium 166mg	7%
Total Carbohydrate 62.5g	23%
Dietary Fiber 15.9g	57%
Total Sugars 3.2g	
Protein 42.7g	
Vitamin D 0mcg	0%
Calcium 148mg	11%
Iron 10mg	53%
Potassium 1642mg	35%

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Recipe analyzed by [verywell](#)



DINNER

ROASTED BROCCOLI

Ingredients

- 2 Packages of broccoli or two heads
- Spray avocado oil
- Granulated garlic
- Salt



Directions

1. Preheat oven to 375 degrees
2. Place Broccoli on a baking sheet
3. Spray with avocado oil
4. sprinkle with granulated garlic and salt
5. Bake for 20-30 minutes or until florets begin to look toasted



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DINNER

ROASTED CARROTS

Ingredients

- 2 lbs carrots, washed, scrubbed, diagonally cut into about 3-inch pieces
- 4 TBSP butter
- 4 Cloves garlic, minced
- 1 tsp Italian Seasoning
- 1/4 tsp salt
- 1/4 tsp fresh ground pepper
- 1/3 Cup grated parmesan cheese
- 1/4 Cup chopped fresh parsley



Directions

1. Preheat oven to 425F.
 2. Grease a baking dish with butter
 3. Place prepared carrots in a large mixing bowl; set aside.
 4. Melt butter on medium to low heat on the stove.
 5. Once melted, add minced garlic, Italian Seasoning, salt, and pepper to the melted butter and whisk until thoroughly combined- turn off the heat
 6. Pour the butter mixture over the carrots and toss to coat.
 7. Add grated parmesan cheese and mix until combined.
 8. Transfer carrots to your baking dish.
 9. Bake for 20 to 25 minutes or until tender mixing halfway through cooking.
 10. Remove from oven.
 11. Sprinkle with fresh parsley and serve.
- TIP - you can reduce the carrot amount and use zucchini and potatoes to add a variety of veggies.*



Some ingredients are linked directly to buy online - Just click the product image!



DINNER

CREAMY BROCCOLI AND RICE

Ingredients

- 1 Package of frozen rice
- 1 Package Cream of mushroom soup
- 2-3 Cups fresh or frozen broccoli



Some ingredients are linked directly to buy online - Just click the product image!

Nutrition Facts

Serving size: 1

Servings: 5

Amount per serving

Calories **200**

% Daily Value*

Total Fat 4.6g 6%

Saturated Fat 1g 5%

Cholesterol 0mg 0%

Sodium 391mg 17%

Total Carbohydrate 35.3g 13%

Dietary Fiber 2.2g 8%

Total Sugars 1.5g

Protein 4.8g

Vitamin D 0mcg 0%

Calcium 38mg 3%

Iron 2mg 9%

Potassium 253mg 5%

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Recipe analyzed by **verywell**



Directions

1. Prepare rice as directed on the package (fresh rice can be used too)
2. Add 1/2-3/4's cream of mushroom soup and add about 1/2 cup of water to the pan
3. Add broccoli and cook until broccoli is cooked to desired texture.
4. Pair with chicken of choice



DINNER

BRUSSELS SPROUTS

Ingredients

- 2 Packages shredded Brussels sprouts
- 12 Slices of bacon
- 1/2 Medium onion
- 4 Cloves garlic
- Candied pecans (optional)



Directions

1. Dice bacon and cook on medium heat until cooked
2. While bacon is cooking dice onion and garlic
3. Once the bacon is done cooking remove it from the heat and let sit on a paper towel
4. Put onions and garlic in a pot with bacon grease and cook for 2-3 minutes or until fragrant.
5. Throw in Brussels sprouts and mix well and cook until Brussels sprouts are bright and colourful
6. Add Candied pecans (optional)

Some ingredients are linked directly to buy online - Just click the product image!



DINNER

STEAMED SWEET POTATOES

Ingredients

- Sweet potatoes



Directions

1. Wash sweet potato
2. Add water to instant pot (about 1/2 an inch of water)
3. Use a fork to poke holes in sweet potatoes
4. Add Trivet to the instant pot
5. Place sweet potatoes in the instant pot
6. Place the lid on the instant pot and set the valve to "sealing"
7. Set the instant pot to "high pressure" or "pressure cook" depending on your instant pot model.
8. Set timer
9. Small Potatoes (15 minutes)
10. Medium Potatoes (30 minutes)
11. Large Potatoes (60 Minutes)
12. When the timer beeps, allow pressure to naturally release for 15 minutes before manual release
13. If potatoes are for some reason not cooked all the way repeat process for 5 more minutes



DINNER

SHEET PAN TERIYAKI CHICKEN

Ingredients

- 2 Chicken breasts
- 2 Packages of broccoli (about 4 cups)
- Salt and pepper

Sauce

- 1 Cup coconut aminos
- 3 TBSP Raw Honey
- 3 TBSP rice wine vinegar
- 3 cloves garlic
- 1 TBSP ginger minced
- 1 TBSP arrowroot
- 1/4 Cup water
- Pinch of salt



Some ingredients are linked directly to buy online - Just click the product image!



Directions

1. Pre-heat oven to 350 degrees
2. Cut chicken diagonally into pieces
3. Place chicken and broccoli on a baking sheet and spray with avocado oil and sprinkle with salt
4. Place in oven and bake for 30 minutes
5. About 10 minutes before the chicken is done- In a medium saucepan mix sauce ingredients together and cook on medium heat until warm.
6. When chicken is done put chicken and broccoli in the sauce and mix until coated. Serve hot.

DINNER

EGG ROLL IN A BOWL

Ingredients

Sauce

- 2 tsp ground ginger
- ½ Cup coconut aminos or low-sodium soy sauce
- ½ tsp crushed red pepper flakes
- 1 tsp honey
- Cracked black pepper to taste

Stir fry

- Olive oil spray
- 1 ½ lbs. of ground beef, turkey, or chicken will work, cooked, crumbled, drained
- 4 tsp toasted sesame oil
- 8 Cups shredded cabbage, carrots, onions store-bought slaw mix works great



Directions

Sauce - Add all ingredients in a small bowl and set aside.

Stir fry

1. Cook, crumble and drain ground meat. Set aside.
2. Wipe out the skillet. Add sesame oil heat, then add shredded vegetables. Cook till soft and translucent.
3. Add ground meat back to the pan. Heat back up.
4. Add sauce to the pan and stir constantly till the liquid evaporates.

Nutrition Facts

Serving size: 1
Servings: 8

Amount per serving

Calories 172

% Daily Value*

Total Fat 11g 14%

Saturated Fat 2.6g 13%

Cholesterol 43mg 14%

Sodium 580mg 25%

Total Carbohydrate 6.5g 2%

Dietary Fiber 2g 7%

Total Sugars 3.3g

Protein 11.9g

Vitamin D 0mcg 0%

Calcium 31mg 2%

Iron 1mg 4%

Potassium 157mg 3%

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DRESSINGS & SEASONINGS

These recipes can help with your weekly meal planning in the prior pages. Coordinate with these recipes and write out your grocery list on the provided lined area in the weekly meal planning pages. Some ingredients are linked directly to buy online - Just click the product image! *Tip: shop and prep the weekend before to make it easier through the week.*



DRESSINGS & SEASONINGS

VINEGARETTE

Ingredients

- 1/3 Cup olive oil
- 3 TBSP raw apple cider vinegar
- 1-2 TBSP fresh lemon juice
- 2 small garlic cloves, minced
- 1/2 tsp Dijon
- 1 tsp dried oregano
- 3/4 tsp salt
- 1/2 tsp black pepper



Directions

- Combine all of the ingredients in a glass jar, seal the lid, and shake until mixed. (we use mason jars so that we can put the lid on and shake)
- You can serve this right away, but the flavour will get better as the ingredients marry together. For best results, wait at least 30 minutes before serving over your favourite salad ingredients.
- Leftover dressing can be stored in the fridge for up to a week.



DRESSINGS & SEASONINGS

HONEY DIJON

Ingredients

- 1/4 Cup Dijon mustard
- 3 TBSP greek yogurt
- 2-3 TBSP honey



Directions

- Combine all ingredients, mix well and enjoy.
- To make sure you get the right sweetness for you, I recommend starting with 2TBS of honey and then building on that



DRESSINGS & SEASONINGS

GREEK DRESSING

Ingredients

- 1/2 Cup extra virgin olive oil
- 1/4 Cup lemon juice
- 1 tsp honey
- 1 Clove garlic, microplaned or finely minced
- Salt and pepper



Directions

- Combine all of the ingredients in a glass jar, seal the lid, and shake until mixed. (we use mason jars so that we can put the lid on and shake)
- Leftover dressing can be stored in the fridge for up to a week.



DRESSINGS & SEASONINGS

BOTTOM OF THE JAR DRESSING

Ingredients

- Leave about 1 TBSP at the bottom of the jam jar
- 1/2 Cup extra virgin olive oil
- Pinch of salt
- 2 tsp minced garlic (can do less)
- 1/4 Cup vinegar of choice (ACV, regular, red wine)



Directions

- Combine all of the ingredients in a jam jar, seal the lid, and shake until mixed. Add more spices as you learn and go
- Leftover dressing can be stored in the fridge for up to a week.



DRESSINGS & SEASONINGS

MAYONNAISE

Ingredients

- 1 Egg
- 1 1/4 Cup Avocado Oil
- 1 tsp Dijon Mustard
- 1/2 tsp salt
- 1 tsp lime or lemon juice

Nutrition Facts

Serving size: 1 tbs

Servings: 30

Amount per serving

Calories **89**

% Daily Value*

Total Fat 9.5g **12%**

Saturated Fat 1.4g **7%**

Cholesterol 5mg **2%**

Sodium 43mg **2%**

Total Carbohydrate 0.1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Protein 0.2g

Vitamin D 1mcg **3%**

Calcium 1mg **0%**

Iron 0mg **0%**

Potassium 3mg **0%**

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Recipe analyzed by **verywell**



Directions

- Add egg, mustard and salt to a food processor or a container for your Emerson blender.
- Add 1/3 cup of your avocado oil
- Use an emersion blender or food processor to begin to emulsify until creamy. Make sure the Emerson blender is over the egg!
- Start adding the rest of the oil
- Store in the fridge for up until the egg expiration date.



CRANBERRY SAUCE

Ingredients

- 12 oz fresh cranberries
- 1/8 tsp cinnamon or a "pinch"
- 1 Small orange juiced
- 1/3 Cup honey
- 1/2 Cup water
- 1 tsp orange zest, optional



Directions

- Wash cranberries and remove any that aren't good
- Place all ingredients in a saucepan
- Bring to a simmer while stirring fairly frequently.
- Cook for 15-20. minutes or until the berries have popped.
- If you like a smoother texture use an immersion blender to blend together and create a smoother texture.
- Before removing sauce be sure to taste and add honey if you desire



DRESSINGS & SEASONINGS

CRANBERRY OR STRAWBERRY CREAM CHEESE

Ingredients

- 1/2 Cup cream cheese
- 2-3 TBSP Cranberry sauce or Strawberry jam



Directions

- Mix ingredients and use on a wrap to make pinwheels
- See the Pinwheel recipe in the lunch section



DRESSINGS & SEASONINGS

RANCH DIP

Ingredients

- 1/2 Cup yogurt
- 2-3 TBSP Flavor God Ranch seasoning OR make your own!

DIY Ranch seasoning for ranch dip

- 3 TBSP dried parsley
- 1 TBSP dried dill weed
- 1 TBSP granulated garlic
- 1 TBSP granulated onion
- 1.5 tsp kosher salt
- 1 tsp freshly ground black pepper



Directions

- Combine all of the ingredients in a small bowl and stir until mixed

If making ranch seasoning-

- Add all seasoning ingredients into a blender and mix until seasonings are fine.
- Add as much seasoning as you like
- Mix in with yogurt.
- Leftover dressing can be stored in the fridge for up to a week.



HUMMUS

Ingredients

- 1 (15-ounce) can of chickpeas
- 5 TBSP reserved chickpea liquid
- 1/3 Cup tahini
- 2 TBSP freshly squeezed lemon juice
- 1 Clove garlic, minced
- ¼ Cup olive oil
- 1/2 tsp salt



Directions

- Drain the chickpeas, but keep 2-3 tablespoons of the liquid.
- In a food processor, add the tahini, reserved chickpea liquid, and lemon juice. Pulse until light and whipped, about 30 seconds.
- Add the garlic and drained chickpeas and continue to pulse chickpeas, about 30 more seconds.
- Leave the food processor on, begin to drizzle in the olive oil and continue processing until the hummus is smooth and creamy. If the consistency is too thick you can add a bit more chickpea liquid.
- Season with salt and pepper, to taste.
- You can garnish with paprika or sumac.
- Enjoy immediately or store in fridge for a week





SNACK AND EXTRAS

These recipes can help with your weekly meal planning in the prior pages. Coordinate with these recipes and write out your grocery list on the provided lined area in the weekly meal planning pages. Some ingredients are linked directly to buy online - Just click the product image! *Tip: shop and prep the weekend before to make it easier through the week.*



SNACKS & EXTRAS

BAKED PEACHES

Ingredients

- 4 Peaches
- 2 TBSP maple sugar
- 8 TBSP butter
- 1-2 tsp cinnamon

Serves 4



Directions

- Preheat oven to 350
- Cut peaches or nectarines in 1/2
- place a tsp sized square of butter in the center of each peach
- Sprinkle maple syrup sugar or brown sugar over the top (not much)
- Place in oven and bake for 15 minutes
- Remove pan from oven and add a sprinkle of cinnamon on each peach
- Place back in the oven for 5 minutes
- Remove and consume while warm
- Optional, add vanilla ice cream or vanilla yogurt to the top



SNACKS & EXTRAS

PROTEIN BALLS

Ingredients

- 2 Cups Purely Elizabeth oats
- 3/4 Cup creamy peanut butter
- 1/3 Cup chocolate chips
- 1/4 Cup honey



Directions

- Combine all ingredients together
- Roll into balls or use a small cookie scoop
- Refrigerate

Note- I use Purely Elizabeth oatmeal for these because they have added protein and flavor. You can use any of the flavors OR you can use instant oats.



SNACKS & EXTRAS

PUMPKIN BREAD WITH PROTEIN

Ingredients

- 3 Cups organic flour
- 1/4-1/2 Cup pumpkin spice protein powder
- 2 tsp Baking Soda
- 1 tsp salt
- 1 tsp nutmeg
- 2 16 oz cans of pumpkin (or one large can)
- 1.5 Cups maple sugar (option to add more for additional sweetness)
- 2 Eggs
- 1/2 Cup Greek yogurt
- 2/3 Cups water



Use code- Wellnesshomemade



Directions

- Preheat oven to 350 degrees
- Sift together Dry ingredients, including sugar.
- Make a well in the middle of the dry ingredients
- Add wet ingredients
- Mix until smooth
- Measure about 1/2 cup into each mini bread loaf pan (you want each muffin section to be about 1/2 full.
- Bake at 350 degrees for 22-25 minutes or until the bread is slightly brown on top OR a toothpick comes out almost clean
- If using a large loaf bake for 50 + minutes using the same tools as above to determine if they are done.
- Let cool then store in an airtight container overnight. zip locks work great or use an airtight container large enough to hold all the bread loaves

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SNACKS & EXTRAS

PUMPKIN BREAD WITHOUT PROTEIN

Ingredients

- 3 1/4- 3 1/2 Cups organic flour
- 2 tsp Baking Soda
- 1 tsp Salt
- 1 tsp Nutmeg
- 2 16 oz Cans of pumpkin
- 1.5 Cups maple sugar
- 4 Eggs
- 2/3 Cups water



Directions

- Preheat oven to 350 degrees
- Sift together Dry ingredients, including sugar.
- Make a well in the middle of the dry ingredients
- Add wet ingredients
- Mix until smooth
- Measure 1/2-1/2 cup into each mini bread loaf pan (you want each muffin section to be about 1/2 full.
- Bake at 350 degrees for 22-25 minutes or until the bread is slightly brown on top OR a toothpick comes out clean
- If using a large loaf bake for 50 + minutes using the same tools as above to determine if they are done.
- Let cool the store in an airtight container over night.



This is not necessarily a healthy recipe but is far better than buying pumpkin bread -baking at home is far better for you than buying baked goods.

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SNACKS & EXTRAS

HOMEMADE CHOCOLATE CAKE



Ingredients

Cake

- 2 Cups flour
- 2 Cups organic cane sugar
- 1 tsp salt
- 3/4 Cup baking cocoa
- 2 tsp Baking powder
- 1.5 tsp Baking soda
- 1 Cup milk of choice (regular is best but oat works great too)
- 1/2 Cup olive oil
- 2 Eggs
- 2.5 tsp vanilla
- 1 Cup boiling water

Frosting

- 1 Cup butter (8oz) softened
- 1/2 Cup baking cocoa
- 4 Cups powdered sugar
- 2 tsp vanilla
- Pinch of salt
- 6-7 tsp milk

Directions

- Preheat the oven to 350 degrees Fahrenheit. Line two 9-inch round pans with parchment paper or butter them for sticking.
- In a saucepan, start boiling 1 cup of water.

Directions, contd.

- In a mixing bowl, whisk together the dry ingredients: flour, sugar, baking cocoa, baking powder, baking soda, and salt.
- Mix in the wet ingredients: eggs, milk, vegetable oil, and vanilla extract until the mixture is smooth.
- Add the boiling water and mix until incorporated and smooth.
- Pour the batter into the prepared pans, dividing evenly.
- Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean.
- Cool the cakes completely. It is recommended to let them cool and then place them in a container or ziplock bag overnight to help them become more moist.
- For the frosting, beat the softened butter until creamy. Add the baking cocoa, powdered sugar, milk, and vanilla extract, and beat until smooth. Add more milk if you want a thinner consistency.
- Frost the cooled cake and serve.



SNACKS & EXTRAS

POPCORN

Ingredients

- 1 Cup of popcorn kernels
- 1 TBSP coconut oil



Directions

- Melt 1 TBSP coconut oil in a large pot
- Add 1 cup of kernels and let sit until popping is 5 seconds apart

Topping ideas:

- Nutritional yeast
- Salt
- Truffle Salt
- Butter-infused olive oil or any other favorite topping



SNACKS & EXTRAS

CHOCOLATE DRIZZLE POPCORN

Ingredients

- 1 Cup of popcorn kernels
- 1 TBSP coconut oil
- 1/2 Cup of morsels



Directions

- Melt 1 tbs coconut oil in a large pot
- Add one cup of kernels and let sit until popping is 5 seconds apart

For chocolate

- In a small pot add about an inch of water and place the pot on medium heat
- Place a well-fitted glass or metal bowl on top of the pot and begin to stir
- Stir until melted and drizzle chocolate over the popcorn.
- Optional- add a pinch of salt

Topping ideas:

- Nutritional yeast
- Salt
- Truffle Salt
- Butter infused olive oil or any other favorite topping



SNACKS & EXTRAS

DAIRY FREE CHOCOLATE COVERED STRAWBERRIES

Ingredients

- 1 Package of Strawberries
- About a cup of Semi Sweet Chocolate morsels



Directions

- Pour mini chocolate chip morsels into a glass measuring cup or microwave-safe container.
- Put the container with morsels into
- Air Fryer to 370 degrees and air fry for a few minutes and then open and stir, Repeat until chocolate is at the desired consistency. Once the chocolate is liquid-like, you can take it out
- Microwave- put 4 minutes on the microwave and stop every 30 seconds to stir. Repeat until the chocolate is at the desired consistency. Once chocolate is liquid remove
- Dip rinsed and dried strawberries into chocolate and then place on parchment paper. **Careful, this is hot and parents should be helping children**
- Refrigerate to let the chocolate harden



SNACKS & EXTRAS

3 INGREDIENT COOKIES

Ingredients

- 2 Bananas (ripe)
- 1 Cup oats
- 1/3 Cup enjoy life chocolate chips (optional)



Directions

- Mash up bananas
- Mix in oats
- Add chocolate chips if desired
- Bake at 350 degrees for 12-15 minutes



SNACKS & EXTRAS

TACO SEASONING

Ingredients

- 1 TBSP Chili powder
- 1/2 tsp Garlic powder
- 1/2 tsp Onion powder
- 1/2 tsp Dried oregano
- 1/2 tsp Paprika
- 1 1/2 tsp Ground cumin
- 1 tsp Salt
- 1tsp Pepper



Directions

- Mix all ingredients
- Use as needed for taco night



Recommended
Seasonings





INTERESTED IN MORE RECIPES?

I'm always coming up with and finding new recipes. Visit my blog, www.wellnesshomemade.org/blog to find more.



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