



Metabolic Safety Method Recipe Bundle

BALANCED, PROTEIN-RICH
RECIPES WITH MODERATE CARBS
& LOWER FAT.

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Metabolic Safety Method Breakfast

KICKSTART YOUR DAY

Egg White & Veggie Breakfast Scramble



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **6 large** [198 g] Egg White
- **0.5 cup, chopped** [62 g] Zucchini
- **0.25 cup, chopped** [28.5 g] Red Bell Pepper
- **0.25 cup, chopped** [31.5 g] Red Onions
- **0.5 cup** [15 g] Spinach (*Chopped*)
- **1 tsp** [4.8 g] Olive Oil
- **1 dash** [0.63 ml] Kosher Salt (*To Taste*)
- **1 dash** [0.63 ml] Black Pepper (*To Taste*)
- **1 tbsp, fresh** [3.8 g] Parsley (*Garnish*)
- **0.75 cup** [169.5 g] Cottage Cheese (4% milk fat)
- **0.5 cup** [72 g] Berries
- **1 tbsp** [21 g] Honey
- **1 small slice (2-1/2" x 2" x 1/2")** [15 g] Sour Dough Bread

DIRECTIONS

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add the red onion, zucchini, and bell pepper. Sauté for 3–4 minutes, until softened.
3. Stir in the spinach and cook until just wilted.
4. Pour in the egg whites and scramble gently, cooking 2–3 minutes until set. Season with kosher salt and black pepper.
5. In a small bowl, stir together cottage cheese, berries, and honey.
6. Lightly toast a slice of sourdough bread. (Optional: spread with butter while warm.)
7. Garnish the veggie scramble with chopped parsley. Serve the scramble with the cottage cheese and berries on the side.

NUTRITION INFO

Energy : 466 kcal Fat : 13.4 g Carbs : 46.1 g Protein : 44.9 g Fiber : 4.4 g Sugar : 31.8 g

Pumpkin Chia Seed Pudding



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **5 tbsp** [70 g] Chia Seeds
- **1.5 cup** [367.5 g] Soy Milk
- **0.5 cup** [125 g] Pumpkin Puree
- **1 tbsp** [20 g] Maple Syrup
- **3 scoop** [72 g] Organic Vegan Protein Powder
- **1 tsp** [1.7 g] Pumpkin Pie Spice
- **2 dash** [1.25 ml] Kosher Salt (*To Taste*)
- **1 tsp** [4.2 g] Vanilla Extract

DIRECTIONS

1. Add the chia seeds, soy milk, pumpkin puree, maple syrup, protein powder, pumpkin pie spice, salt, and vanilla to a bowl and mix until well combined.
2. Let the mixture soak for 5 minutes before dividing the mixture evenly between two containers.
3. Cover each container and refrigerate overnight or for at least 3 hours.

NUTRITION INFO

Energy : 444 kcal Fat : 20.2 g Carbs : 37.1 g Protein : 36.5 g Fiber : 18.3 g Sugar : 10.7 g

Berry-Quinoa Greek Yogurt Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **1 cup** [240 g] Low Fat Greek Yogurt - Vanilla
- **2 tbsp** [22 g] Quinoa (uncooked)
- **0.75 cup** [108 g] Berries (*Fresh*)
- **1 tbsp** [14 g] Chia Seeds
- **1 tbsp** [7 g] Pumpkin Seeds
- **1 tsp** [7.1 g] Honey
- **1 large** [50 g] Egg (*Hard-boiled*)

DIRECTIONS

1. Cook quinoa according to package directions. Cool in the fridge.
2. If not already prepared, hard-boil the egg. Cool and then peel.
3. Stir honey into the Greek yogurt until smooth.
4. Spoon the yogurt into a wide bowl, spreading it evenly.
5. Top with sections of quinoa, berries, chia seeds, and pumpkin seeds.
6. Serve immediately or chill briefly. Enjoy with the hard-boiled egg on the side.
7. Drizzle a little extra honey on top, if desired.
8. Garnish with a small mint sprig for freshness.
9. Serve immediately, with the egg on the side if including.

NOTES

1. **Tip:** Replace the honey with stevia or monk fruit to lower the carbs and sugar.

NUTRITION INFO

Energy : 507 kcal

Fat : 23 g

Carbs : 58.1 g

Protein : 30.2 g

Fiber : 9.5 g

Sugar : 27.5 g

Yogurt Berry Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- **0.75 cup** [114 g] Strawberries (*Quartered*)
- **0.75 cup** [108.75 g] Blueberries (*Halved*)
- **0.25 Juice of 1 lime** [9.5 g] Fresh Lime Juice (*Approximately 0.25 of a tablespoon*)
- **1 cup** [240 g] Plain Non Fat Greek Yogurt
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **1 tsp** [7.1 g] Honey
- **1 tsp** [4.2 g] Vanilla Extract
- **2 medium** [88 g] Egg (*Hard boiled*)

DIRECTIONS

1. Boil eggs in a small pot for 7-12 minutes. Once done, set aside and cool.
2. Add the strawberries, blueberries, and lime juice to a bowl. Gently mix all the fruit until combined. The lime juice will keep the fruit from browning.
3. In a separate bowl, mix the Greek yogurt, flaxseeds, honey, and vanilla.
4. Add the Greek yogurt mixture to the fruit. Gently toss everything together until the fruit is coated in the Greek yogurt dressing.
5. Refrigerate until ready to eat. Serve with hard-boiled eggs.

NOTES

1. **Berry options:** This recipe works well with any combination of fresh, never frozen berries.

NUTRITION INFO

Energy : 416 kcal

Fat : 12 g

Carbs : 41 g

Protein : 36.2 g

Fiber : 6.5 g

Sugar : 30.4 g

Protein Berry Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **1 scoop** [20 g] Protein Powder - Vanilla
- **0.75 cup** [191.25 g] Frozen Strawberries
- **0.5 medium** [59 g] Banana
- **0.13 cup** [11.25 g] Rolled Oats Gluten Free
- **1 tbsp** [14 g] Chia Seeds
- **0.25 large** [50 g] Avocado
- **0.25 tsp** [0.57 g] Cinnamon
- **2** [2 cube] Ice Cubes

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and serve immediately.

NUTRITION INFO

Energy : 529 kcal Fat : 16.9 g Carbs : 76.8 g Protein : 29.3 g Fiber : 12.4 g Sugar : 49.8 g

Baked Apple Cinnamon Protein Oatmeal Cups



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **0.5 cup** [45 g] Rolled Oats Gluten Free
- **0.5 scoop** [10 g] Protein Powder - Vanilla
- **0.5 large** [16.5 g] Egg White
- **0.25 medium (2-3/4" dia) (approx 3 per lb)** [34.5 g] Apples (*Diced*)
- **0.38 cup** [90 ml] Organic Unsweetened Almond Milk
- **0.5 tsp** [1.15 g] Cinnamon
- **0.5 tbsp** [10 g] Maple Syrup
- **0.5 tsp, ground** [1.25 g] Flaxseeds
- **0.13 tsp** [0.15 g] Kosher Salt
- **0.5 cup** [113.5 g] Whole Milk Greek Yogurt Plain
- **2 tsp** [14.2 g] Honey
- **2 tbsp** [32 g] Almond Butter
- **4 section or slice** [68 g] Orange

DIRECTIONS

1. Preheat oven to 350°F (175°C). Line a muffin tin with parchment liners.
2. In a mixing bowl, combine oats, protein powder, egg white, diced apple, almond milk, cinnamon, maple syrup, flaxseed, and kosher salt. Stir and let sit for 5 minutes.
3. Divide mixture evenly into the lined muffin cups. Press down gently.
4. Bake for 25 minutes, or until golden and set. Allow to cool slightly before serving.
5. In a small serving bowl, mix Greek yogurt, almond butter, and honey.
6. Serve oatmeal cups with the Greek yogurt mixture and orange slices on the side.

NUTRITION INFO

Energy : 346 kcal

Fat : 14.4 g

Carbs : 36.2 g

Protein : 19.5 g

Fiber : 4.5 g

Sugar : 17 g

Protein Pancakes with Blueberries & Greek Yogurt



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **0.5 medium** [59 g] Banana (*Mashed*)
- **2 large** [66 g] Egg White
- **1 scoop** [20 g] Protein Powder - Vanilla
- **0.25 cup** [22.5 g] Rolled Oats Gluten Free
- **0.25 tsp** [1.15 g] Baking Powder
- **0.25 tsp** [0.57 g] Cinnamon
- **0.25 cup** [36 g] Berries
- **0.25 cup** [60 g] Low Fat Greek Yogurt - Vanilla (*For Topping*)
- **0.25 tsp** [0.3 g] Kosher Salt
- **1 tsp** [5.3 g] Almond Butter (*Drizzled on Top*)
- **1 large** [50 g] Hard-Boiled Egg
- **1 tbsp** [20 g] Maple Syrup

DIRECTIONS

1. In a small pot, boil an egg in water for 7-10 minutes. Once done, set in the fridge to chill.
2. Blend banana, egg whites, protein powder, oats, baking powder, cinnamon, and kosher salt until smooth.
3. Heat a non-stick skillet over medium heat. Pour batter to form small pancakes.
4. Cook 2-3 minutes per side until golden.
5. Serve with a dollop of Greek yogurt, fresh blueberries, maple syrup, and a drizzle of almond butter. Enjoy a hard-boiled egg on the side for an extra protein boost!

NUTRITION INFO

Energy : 478 kcal Fat : 12.3 g Carbs : 50.3 g Protein : 44.4 g Fiber : 6.1 g Sugar : 27.3 g

Chocolate Almond Protein Shake



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **28 g** Chocolate Protein Powder
- **1 tbsp** [16 g] Almond Butter
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **1 medium** [118 g] Banana (*Frozen*)
- **0.33 tbsp** [1.98 g] Cocoa Powder
- **1 scoop** [20 g] Collagen Powder
- **1 tsp** [7.1 g] Honey
- **3** [3 cube] Ice Cubes

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

NUTRITION INFO

Energy : 481 kcal

Fat : 16.5 g

Carbs : 42.8 g

Protein : 42 g

Fiber : 7.1 g

Sugar : 21.1 g

Savory Egg White & Veggie Breakfast Muffins



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 28 MINUTES

INGREDIENTS

- **6 large** [198 g] Egg White
- **2 large** [100 g] Egg
- **0.5 cup** [120 g] Plain Non Fat Greek Yogurt
- **2 tbsp** [10 g] Nutritional Yeast
- **0.5 tsp** [1.4 g] Garlic Powder
- **0.5 tsp** [0.6 g] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper
- **0.5 cup, chopped** [57 g] Red Bell Pepper
- **0.5 cup** [15 g] Spinach (*Chopped*)
- **0.25 cup, chopped** [31.5 g] Red Onions
- **0.25 cup** [22.5 g] Rolled Oats Gluten Free
- **1 slice** [42 g] Sprouted Grain Bread
- **0.5 large** [100 g] Avocado (*Sliced*)
- **0.5 cup** [72 g] Berries
- **4 pumps** [4 g] Avocado Oil Cooking Spray

DIRECTIONS

1. Preheat oven to 350°F (175°C). Lightly spray a 6-cup muffin tin with avocado oil spray.
2. In a mixing bowl, whisk together egg whites, whole eggs, and Greek yogurt until smooth. Stir in nutritional yeast, garlic powder, salt, and pepper.
3. Fold in bell pepper, spinach, onion, and rolled oats. Mix until evenly combined.
4. Divide the mixture evenly among the muffin cups, filling nearly to the top. Bake for 22–28 minutes, or until the muffins are set in the center and lightly golden around the edges.
5. Allow to cool slightly before removing from the pan. Serve warm on their own or with toast, avocado, and berries.

NUTRITION INFO

Energy : 378 kcal

Fat : 14.2 g

Carbs : 31.4 g

Protein : 31.7 g

Fiber : 6.4 g

Sugar : 8 g

High Protein Cinnamon Oatmeal



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.5 cup** [118.5 g] Water
- **0.5 cup** [122.5 g] Soy Milk
- **0.5 cup** [45 g] Rolled Oats Gluten Free
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tsp** [2.1 g] Vanilla Extract
- **0.5 tsp** [1.15 g] Cinnamon
- **2 scoop** [48 g] Organic Vegan Protein Powder
- **0.25 cup** [36.25 g] Blueberries

DIRECTIONS

1. In a deep saucepan, bring the water and soy milk to a boil over medium-low heat.
2. Once boiling, add the oats, salt, vanilla extract, cinnamon, and protein powder. Cook for 8–10 minutes, stirring occasionally until the oatmeal starts to thicken.
3. Top with fresh blueberries before serving.

NUTRITION INFO

Energy : 429 kcal

Fat : 9.1 g

Carbs : 43.6 g

Protein : 42.3 g

Fiber : 9 g

Sugar : 7.1 g



Metabolic Safety Method Lunch

RE-FUEL AND RE-ENERGIZE

Grilled Chicken Quinoa & Veggie Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **6 oz** [168 g] Skinless Chicken Breast (*Sliced*)
- **2 tbsp** [22 g] Quinoa (uncooked)
- **0.5 cup, florets** [35.5 g] Broccoli (*Steamed*)
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Halved*)
- **1 tbsp, fresh** [3.8 g] Parsley (*Chopped*)
- **2 tsp** [9.6 g] Olive Oil
- **1 tsp** [4.7 g] Lemon Juice
- **1 dash** [0.63 ml] Kosher Salt (*To Taste*)
- **1 dash** [0.63 ml] Black Pepper (*To Taste*)

DIRECTIONS

1. Cook quinoa according to package instructions. Fluff and set aside.
2. Grill or pan-sear chicken breast until fully cooked (165°F internal), then slice thinly.
3. Arrange quinoa, broccoli, and tomatoes in a bowl. Top with chicken.
4. Drizzle with olive oil and lemon juice. Season with kosher salt, black pepper, and parsley.

NUTRITION INFO

Energy : 372 kcal Fat : 13.5 g Carbs : 27.4 g Protein : 44.8 g Fiber : 3.7 g Sugar : 2 g

Tuna & White Bean Salad with Spinach



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 can (6.5 oz), drained** [167 g] Tuna in Water (Canned)
- **0.5 cup** [130.5 g] Canned White Beans
- **1 cup** [30 g] Spinach (*Chopped*)
- **0.5 medium** [100.5 g] Cucumber (*Diced*)
- **0.25 cup** [37.25 g] Cherry Tomatoes (*Halved*)
- **1 tbsp, chopped** [5 g] Red Onions
- **4 olives** [60 g] Kalamata Olives (*Pitted*)
- **2 tsp** [9.6 g] Olive Oil
- **1 tsp** [4.7 g] Lemon Juice
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper

DIRECTIONS

1. In a bowl, combine tuna, white beans, spinach, cucumber, cherry tomatoes, red onion, and olives.
2. Drizzle with olive oil and lemon juice.
3. Season to taste with kosher salt and black pepper. Toss gently until everything is evenly coated.

NUTRITION INFO

Energy : 457 kcal

Fat : 14.4 g

Carbs : 27.1 g

Protein : 52.5 g

Fiber : 8.4 g

Sugar : 3.2 g

Turkey, Avocado & Veggie Wraps



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 wrap** [43 g] Sprouted Grain Wrap
- **2 tsp** [9.6 g] Olive Oil
- **1 tbsp, fresh** [3.8 g] Parsley (*Chopped*)
- **4 slice (1 oz)** [113.4 g] Deli Turkey or Chicken Breast Meat
- **1 tbsp** [15 g] Hummus
- **0.25 medium** [50.25 g] Cucumber (*Cut into Strips*)
- **0.25 large** [50 g] Avocado (*Sliced*)
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Halved*)
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper
- **1 small** [150 g] Apples (*Sliced*)

DIRECTIONS

1. Warm the tortilla slightly to make it more pliable.
2. Spread hummus evenly over the tortilla.
3. Layer turkey slices, avocado, cucumber strips, and cherry tomatoes on top.
4. Season with salt and pepper.
5. Roll up tightly into a wrap and serve with a sliced apple on the side.

NUTRITION INFO

Energy : 533 kcal

Fat : 24.1 g

Carbs : 57.3 g

Protein : 27.8 g

Fiber : 9.3 g

Sugar : 9 g

Sweet Potato Chicken Poppers with Yogurt Dill Dipping Sauce



SERVINGS: 2

PREP TIME: 25 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **8 oz** [227.2 g] Ground Chicken
- **1 medium** [114 g] Sweet Potato
(Approximately 1 cup of shredded sweet potato)
- **1 medium** [44 g] Egg
- **1 tbsp** [15 ml] Oat Flour
- **4 tbsp, chopped** [20 g] Red Onions (*Finely chopped*)
- **1 tsp** [2.8 g] Garlic Powder
- **1 tsp** [2.4 g] Onion Powder
- **2 tbsp, ground** [13 g] Flaxseeds
- **0.5 tsp** [0.6 g] Kosher Salt
- **0.25 tsp** [0.57 g] Black Pepper
- **4 pumps** [4 g] Avocado Oil Cooking Spray
- **0.5 cup** [120 g] Plain Non Fat Greek Yogurt
- **1 sprigs** [0.2 g] Dill (*Finely chopped*)
- **1 head** [30 g] Garlic (*Minced*)
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tbsp** [7 g] Lemon Juice

DIRECTIONS

1. In a small bowl, combine the Greek yogurt, minced garlic, fresh dill, salt, and lemon juice to create a dipping sauce. Refrigerate until ready to eat.
2. Preheat oven to 400°F (205°C).
3. Add the ground chicken, sweet potato, oat flour, red onions, garlic powder, onion powder, flaxseeds, salt, black pepper, and egg to a bowl.
4. Spray a non-stick oven-safe cookie sheet with the avocado oil cooking spray.
5. Use a cookie scoop to scoop the ground chicken mixture into small, round poppers. Space them evenly on the baking sheet. Slightly flatten them with a fork. They should be about one inch in diameter.
6. Bake for 40-45 minutes, flipping halfway through, until fully cooked. For a crispier texture, place them under the broiler for 1-2 minutes to finish.
7. Serve with Greek yogurt dill dipping sauce.

NOTES

1. **Dipping sauce option:** Enhance your Greek yogurt dipping sauce by stirring in a few dashes of your favorite hot sauce for an extra spicy kick.

NUTRITION INFO

Energy : 378 kcal

Fat : 14 g

Carbs : 30.2 g

Protein : 33 g

Fiber : 4.9 g

Sugar : 8.1 g

Chickpea & Quinoa Mediterranean Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.5 cup** [125 g] Chickpeas (canned and drained)
- **2 tbsp** [22 g] Quinoa (uncooked)
- **0.5 medium** [100.5 g] Cucumber (*Diced*)
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Halved*)
- **0.25 cup, chopped** [31.5 g] Red Onions
- **1 tbsp, fresh** [3.8 g] Parsley (*Chopped*)
- **2 tsp** [9.6 g] Olive Oil
- **2 tsp** [9.4 g] Lemon Juice
- **0.5 oz** [14.18 g] Feta Cheese
- **2 tbsp** [20 g] Hemp Hearts
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper
- **1 tbsp** [5 g] Nutritional Yeast

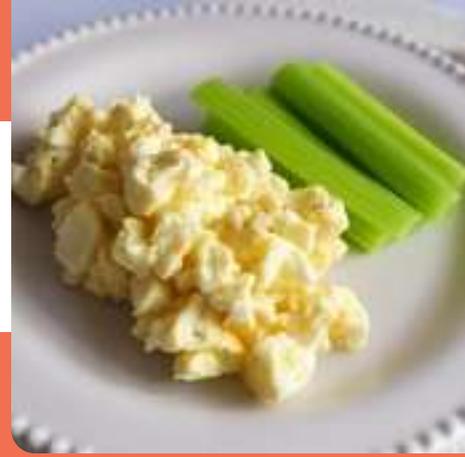
DIRECTIONS

1. Rinse quinoa and cook according to package directions. Fluff with a fork and let cool slightly.
2. In a serving bowl, combine cooked quinoa, chickpeas, cucumber, cherry tomatoes, red onion, parsley, hemp hearts, and feta.
3. In a small bowl, whisk together olive oil, lemon juice, and nutritional yeast. Pour over the salad.
4. Add salt and pepper to taste. Toss gently until evenly coated. Serve immediately or refrigerate for a chilled version.

NUTRITION INFO

Energy : 512 kcal Fat : 25.5 g Carbs : 61.8 g Protein : 23.2 g Fiber : 10.8 g Sugar : 4.9 g

Cottage Cheese Low Carb Egg Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **3 medium** [132 g] Egg (*Hard boiled and peeled*)
- **0.5 cup** [113 g] Cottage Cheese (4% milk fat)
- **1 scoop** [20 g] Protein Powder (*Unflavored*)
- **0.5 tsp** [2.75 g] Dijon Mustard
- **0.25 tsp** [1.18 g] Lemon Juice
- **1 tsp, ground** [2.5 g] Flaxseeds
- **0.25 tsp** [0.3 g] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper
- **2 stalk** [80 g] Celery (*Cut into four pieces*)
- **0.5 cup** [61.5 g] Raspberries

DIRECTIONS

1. Roughly chop the hard-boiled eggs and add them to a bowl.
2. In a separate bowl, mix the cottage cheese, protein powder, Dijon mustard, lemon juice, flaxseeds, salt, and pepper until well combined to create the dressing.
3. Add the dressing to the chopped eggs and gently fold until combined.
4. Refrigerate until ready to eat. Serve with a side of raspberries and celery for scooping.

NUTRITION INFO

Energy : 455 kcal

Fat : 20.3 g

Carbs : 16.9 g

Protein : 53.5 g

Fiber : 7 g

Sugar : 10.3 g

Greek Chopped Salad



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup, cooked, diced** [135 g] Rotisserie Chicken (Skin Not Eaten)
- **1 medium** [201 g] Cucumber (*Diced*)
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Halved*)
- **0.5 medium (approx 2-3/4" long, 2-1/2" dia)** [57 g] Red Bell Pepper (*Diced*)
- **0.5 cup** [82 g] Garbanzo Beans (*Rinsed*)
- **0.25 small** [37 g] Red Onions (*Diced*)
- **0.13 cup** [15.6 g] Kalamata Olives (*Pitted and halved*)
- **3 tbsp** [42 g] Red Wine Vinegar
- **0.5 tbsp** [7 g] Olive Oil
- **2 tsp, ground** [1.2 g] Oregano
- **1 tsp** [1.2 g] Kosher Salt

DIRECTIONS

1. In a small bowl, combine the red wine vinegar, olive oil, oregano, and salt to make the dressing. Store the dressing in a sealed container at room temperature until ready to serve.
2. Add the rotisserie chicken, cucumber, cherry tomatoes, red bell pepper, garbanzo beans, red onion, and kalamata olives to a large bowl. Gently toss until combined. Refrigerate until ready to serve.
3. Right before serving, add the dressing to the salad and gently toss all ingredients together until combined.

NUTRITION INFO

Energy : 560 kcal Fat : 23.7 g Carbs : 38.4 g Protein : 49.2 g Fiber : 13.2 g Sugar : 12.1 g

Shrimp Couscous Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.25 cup, dry, yields** [136.25 g] Couscous
- **10 oz, without shell, cooked** [280 g] Steamed or Boiled Shrimp (*Cold cocktail shrimp, sauce not needed*)
- **1 tsp** [1.2 g] Kosher Salt
- **1 small lemon** [30 g] Lemon Juice
- **1 tbsp** [14 g] Olive Oil
- **1 head** [30 g] Garlic (*Minced*)
- **1 tsp, ground** [2.5 g] Flaxseeds
- **1 medium** [201 g] Cucumber (*Diced*)
- **0.5 can** [170 g] Yellow Sweet Corn (canned, 15.5 oz) (*Drained*)
- **2 small** [4 g] Radish (*Thinly sliced*)
- **2 tbsp, chopped** [10 g] Red Onions
- **0.25 cup, chopped** [28.5 g] Red Bell Pepper
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Cut in half*)
- **2 tbsp** [2 g] Cilantro (Coriander) (*Minced*)
- **1 tbsp** [1.6 g] Peppermint (Mint) (*Minced leaves*)
- **2 dash** [1.26 ml] Black Pepper

DIRECTIONS

1. Cook the couscous according to package instructions.
2. Add the olive oil, garlic, lemon juice, flaxseeds, salt, and pepper to a bowl and whisk until combined to form the dressing.
3. Add the cooked couscous, shrimp, red onions, bell pepper, cucumber, corn, radishes, cherry tomatoes, cilantro, and mint to a large bowl and gently toss until well combined.
4. Refrigerate until ready to eat.

NOTES

1. **Protein options:** The shrimp can be substituted with diced skinless, boneless rotisserie chicken.

NUTRITION INFO

Energy : 466 kcal

Fat : 11.4 g

Carbs : 47 g

Protein : 44.6 g

Fiber : 6 g

Sugar : 7.1 g

Chicken & Black Bean Burrito Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **4 oz** [112 g] Skinless Chicken Breast (*Sliced*)
- **0.25 cup** [31.25 g] Brown Rice
- **0.5 cup** [120 g] Black Beans (Canned)
- **0.5 cup** [23.5 g] Romaine Lettuce
- **0.25 medium** [37 g] Tomatoes (Roma) (*Diced*)
- **0.25 medium** [50.25 g] Cucumber (*Diced*)
- **1 tbsp** [1 g] Cilantro (Coriander) (*Chopped*)
- **2 tsp** [9.6 g] Olive Oil
- **0.5 Lime** [19 g] Fresh Lime Juice
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper

DIRECTIONS

1. Rinse uncooked brown rice. Cook according to package directions. Fluff with a fork and set aside.
2. Grill chicken breast until cooked through (165°F internal), then slice thinly.
3. In a serving bowl, layer brown rice, black beans, lettuce, tomato, and cucumber. Top with chicken and sprinkle with cilantro.
4. Drizzle with olive oil and lime juice. Season with salt and pepper. Toss gently before serving. (Optional: add salsa or avocado for extra moisture and flavor)

NUTRITION INFO

Energy : 512 kcal

Fat : 12.7 g

Carbs : 59.7 g

Protein : 38.3 g

Fiber : 11.1 g

Sugar : 2.1 g

Cottage Cheese Power Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [226 g] Cottage Cheese (4% milk fat)
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Quartered*)
- **0.5 medium** [100.5 g] Cucumber (*Diced*)
- **0.5 tbsp** [8 g] Balsamic Vinegar
- **1 tbsp** [7 g] Pumpkin Seeds
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper
- **0.5 cup** [72 g] Berries
- **1 medium** [166 g] Pear (*Sliced*)

DIRECTIONS

1. In a bowl, combine cottage cheese, tomatoes, cucumber, and balsamic vinegar. Season to taste with kosher salt and black pepper.
2. Top with pumpkin seeds.
3. Slice a pear and place in a bowl with the berries. Serve fruit on the side.

NUTRITION INFO

Energy : 420 kcal Fat : 14.7 g Carbs : 48.2 g Protein : 30.9 g Fiber : 8.5 g Sugar : 32.3 g



Metabolic Safety Method Dinner

FINISH STRONG

Lemon Herb Salmon with Roasted Vegetables



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **4 oz, boneless, raw** [113.4 g] Salmon
- **0.5 cup, chopped** [62 g] Zucchini
- **0.5 medium (approx 2-3/4" long, 2-1/2" dia)** [57 g] Red Bell Pepper (*Diced*)
- **0.5 cup, florets** [35.5 g] Broccoli
- **2 tbsp** [22 g] Quinoa (uncooked)
- **1 tbsp** [14 g] Olive Oil (*Divided*)
- **2 tsp** [9.4 g] Lemon Juice (*Divided*)
- **0.25 tbsp, ground** [0.45 g] Oregano
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper
- **2 sprigs** [0.4 g] Dill (*Optional Garnish*)

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a sheet pan with parchment. Place salmon and vegetables on the pan. Drizzle with the remaining olive oil and lemon juice. Sprinkle with oregano, salt, and pepper.
2. Bake 18–20 minutes, until salmon flakes easily with a fork and vegetables are tender.
3. While salmon and veggies cook, rinse quinoa and cook according to package directions. Fluff with a fork, then toss with half the olive oil, a squeeze of lemon juice (if desired), and season lightly with salt and pepper. Set aside.
4. Plate the salmon and vegetables alongside the seasoned quinoa. Garnish with dill and add a final squeeze of lemon juice, if desired.

NUTRITION INFO

Energy : 404 kcal

Fat : 22.5 g

Carbs : 30.5 g

Protein : 31 g

Fiber : 6.1 g

Sugar : 4.1 g

Slow Cooker Pumpkin Sweet Potato Soup



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 280 MINUTES

INGREDIENTS

- **1 medium** [114 g] Sweet Potato (*Peeled and diced*)
- **1.5 cup** [375 g] Pumpkin Puree
- **0.25 medium (approx 2-3/4" long, 2-1/2" dia)** [28.5 g] Red Bell Pepper (*Diced*)
- **0.25 small** [37 g] Red Onions (*Diced*)
- **2 cup** [480 ml] Vegetable Broth
- **2 head** [60 g] Garlic (*Minced*)
- **1 tsp** [11 g] Ginger
- **1 tsp** [1.2 g] Kosher Salt
- **2 tsp** [3.4 g] Pumpkin Pie Spice
- **2 cup** [452 g] Light Coconut Milk
- **3.5 scoop** [84 g] Organic Vegan Protein Powder (*Unflavored*)

DIRECTIONS

1. Add the sweet potatoes, pumpkin puree, red onions, bell peppers, vegetable broth, garlic, ginger, salt, and pumpkin pie spice to a slow cooker.
2. Cover and cook on low for 6 hours or on high for 4 hours.
3. Remove everything from the slow cooker and add it to a blender. Puree until smooth.
4. Add the protein powder and puree again until there are no clumps and the protein powder is fully incorporated. Return the puree to the slow cooker.
5. Add the coconut milk to the slow cooker and stir until combined. Cover and cook for 30 minutes on low.

NUTRITION INFO

Energy : 482 kcal Fat : 23.2 g Carbs : 44.6 g Protein : 31.5 g Fiber : 10.3 g Sugar : 12.4 g

Chicken and Sweet Potato with Quinoa



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **4 oz** [112 g] Skinless Chicken Breast
- **0.5 cup, cubed, uncooked** [66.5 g] Sweet Potato
- **1 tbsp** [14 g] Olive Oil (*Divided*)
- **0.5 cup** [55 g] Green String Beans (*Steamed*)
- **0.25 cup, chopped** [31.5 g] Red Onions
- **2 tbsp** [22 g] Quinoa (uncooked)
- **0.5 tbsp** [8 g] Balsamic Vinegar
- **1 dash** [0.63 ml] Kosher Salt (*To Taste*)
- **1 dash** [0.63 ml] Black Pepper (*To Taste*)

DIRECTIONS

1. Roast sweet potatoes at 400°F (200°C) for 20 minutes with ½ of the olive oil, kosher salt, and pepper.
2. While the sweet potatoes roast, rinse dry quinoa and cook according to package directions.
3. Grill chicken until cooked through (165°F), then slice.
4. In a bowl, combine chicken, sweet potatoes, green beans, onion, and quinoa.
5. Drizzle with remaining olive oil and balsamic vinegar. Season to taste with additional kosher salt and black pepper.

NUTRITION INFO

Energy : 414 kcal

Fat : 17 g

Carbs : 42.9 g

Protein : 32.4 g

Fiber : 6.1 g

Sugar : 5.8 g

Baked Turkey Meatballs with Quinoa & Broccoli



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **5 oz** [140 g] Ground Turkey
- **1 large egg white** [33 g] Egg White
- **2 tbsp** [3 g] Panko Bread Crumbs
- **0.5 tsp** [1.4 g] Garlic Powder
- **0.25 tsp** [0.3 g] Kosher Salt
- **0.13 tsp** [0.29 g] Black Pepper
- **5 tbsp** [55 g] Quinoa (uncooked)
- **0.5 cup, florets** [35.5 g] Broccoli (*Steamed*)
- **1 tbsp** [14 g] Olive Oil (*Divided*)

DIRECTIONS

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment. In a bowl, mix ground turkey, egg white, breadcrumbs, garlic powder, and the salt and pepper. Roll into several small meatballs. Place on the baking sheet and bake 18–20 minutes, until cooked through (165°F internal).
2. Rinse quinoa and cook according to package directions. Fluff with a fork, then stir in half the olive oil and season lightly with salt and pepper to your liking. Add a squeeze of lemon juice if desired. Set aside.
3. Place broccoli florets in a steamer basket over simmering water. Cover and steam 4–5 minutes, until tender-crisp.
4. Serve meatballs with the seasoned quinoa and steamed broccoli. Drizzle the quinoa and broccoli with the remaining olive oil before serving.

NUTRITION INFO

Energy : 566 kcal Fat : 28.3 g Carbs : 60.5 g Protein : 42.8 g Fiber : 6.1 g Sugar : 0.6 g

Chicken and Potato Picadillo



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **10 oz** [284 g] Ground Chicken
- **1 tsp** [1.2 g] Kosher Salt
- **0.25 tsp** [0.57 g] Black Pepper
- **0.5 tbsp** [3.45 g] Onion Powder
- **0.5 tbsp** [4.2 g] Garlic Powder
- **1 tsp, ground** [0.6 g] Oregano
- **0.25 tsp** [0.53 g] Cumin
- **1 tbsp** [5 g] Nutritional Yeast
- **1 tsp, ground** [2.5 g] Flaxseeds
- **1 large** [369 g] Russet Potatoes (*Peeled and cubed*)
- **1 tbsp** [14 g] Olive Oil
- **0.25 cup** [61.25 g] Tomato Sauce (no sugar added)
- **1 tbsp** [16 g] Tomato Paste
- **0.25 cup** [60.75 g] Chicken Stock (*Unsalted*)
- **1 leaf** [0.6 g] Bay Leaf (*Whole*)
- **0.25 small** [37 g] Red Onions (*Diced*)
- **0.25 medium (approx 2-3/4" long, 2-1/2" dia)** [28.5 g] Red Bell Pepper (*Diced*)
- **2 tbsp** [2 g] Cilantro (Coriander) (*Minced*)
- **0.13 cup** [19.11 g] Stuffed Green Olives

DIRECTIONS

1. Add the ground chicken, salt, black pepper, onion powder, garlic powder, oregano, cumin, nutritional yeast, and flaxseeds to a bowl. Mix until well combined and set aside.
2. Add the diced potatoes to a deep saucepan and cover them with cold water. Bring to a boil and cook over medium heat until the potatoes start to soften. They should be soft, yet firm enough to hold their shape.
3. Add the olive oil to a large skillet over medium heat. Once the oil is hot, add the seasoned ground chicken and cook, stirring frequently, until the chicken is browned on all sides.
4. Once the chicken is browned on all sides, add the tomato sauce, tomato paste, chicken stock, and bay leaf to the skillet. Gently mix until combined. Let simmer over medium-low heat for 20 minutes.
5. Add the cooked diced potatoes, red onion, red bell pepper, cilantro, and olives. Gently stir until combined, then let simmer over medium-low heat for 5 minutes.
6. Remove the bay leaf before serving.

NOTES

1. **Protein options:** The ground chicken can be substituted with ground turkey.

NUTRITION INFO

Energy : 481 kcal

Fat : 20.3 g

Carbs : 44.2 g

Protein : 33 g

Fiber : 6.2 g

Sugar : 5.3 g

Turkey & Veggie Skillet with Brown Rice



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.25 cup** [31.25 g] Brown Rice (*Uncooked*)
- **0.25 cup** [60 ml] Vegetable Broth
- **1 tsp** [4.8 g] Olive Oil
- **4 oz** [112 g] Ground Turkey
- **0.25 tsp** [0.7 g] Garlic Powder
- **1 tsp** [2.3 g] Smoked Paprika
- **0.25 tsp** [0.3 g] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper
- **0.5 cup, chopped** [62 g] Zucchini
- **0.25 cup, chopped** [28.5 g] Red Bell Pepper
- **0.25 medium** [27.5 g] Yellow Onions (*Diced*)
- **0.25 cup** [30 g] Yellow Bell Pepper (*Chopped*)

DIRECTIONS

1. Cook brown rice according to package directions.
2. While rice cooks, heat olive oil in a skillet over medium heat. Add ground turkey, breaking it apart with a spoon. Season with garlic powder, smoked paprika, salt, and pepper. Cook 5–6 minutes, until browned and no longer pink.
3. Stir in zucchini, bell peppers, and onion. Sauté 4–5 minutes, until vegetables are tender-crisp.
4. Add cooked brown rice and vegetable broth. Stir to combine and cook 2–3 minutes, until heated through and lightly moistened. Taste and adjust seasoning as needed.
5. Serve warm and enjoy!

NOTES

1. **Optional:** Garnish with fresh parsley or a squeeze of lemon juice.

NUTRITION INFO

Energy : 422 kcal

Fat : 14.6 g

Carbs : 47 g

Protein : 27.5 g

Fiber : 5.4 g

Sugar : 5.6 g

Lentil Beef Burgers



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **10 oz** [283.5 g] Ground Beef (95% Lean / 5% Fat)
- **0.25 cup, dry** [50 g] Brown Lentils (*Cooked*)
- **1 medium** [44 g] Egg
- **1 tbsp** [15 g] Plain Non Fat Greek Yogurt
- **0.5 tbsp** [8.25 g] Dijon Mustard
- **0.25 tbsp** [4.25 g] Worcestershire Sauce
- **1 head** [30 g] Garlic (*Minced*)
- **0.5 tbsp** [9 g] Kosher Salt
- **0.5 tsp** [1.15 g] Black Pepper
- **0.75 tbsp** [10.5 g] Olive Oil
- **0.25 small** [37 g] Red Onions (*Thinly sliced*)
- **1 small** [148 g] Tomatoes (Roma) (*Thinly sliced*)
- **4 leaf, medium** [8 g] Iceberg Lettuce (*Shredded*)
- **4 small slice (2-1/2" x 2" x 1/2")** [60 g] Sour Dough Bread

DIRECTIONS

1. Cook the brown lentils according to the package instructions. Allow the lentils to cool completely before using them.
2. Combine the ground beef, cooked lentils, Greek yogurt, Dijon mustard, Worcestershire sauce, egg, garlic, salt, and pepper in a bowl. Mix with your hands just until combined to avoid overmixing.
3. Divide the ground beef mixture evenly and form two patties.
4. Heat the olive oil in a non-stick skillet over medium heat. Add the patties and cook for about 5 minutes per side, until golden brown and cooked through.
5. Remove the patties from the skillet and let them rest at room temperature for 5 to 10 minutes. This will allow the juices to absorb back into the burger and prevent them from drying out.
6. Assemble the patties into burgers by placing them on the sourdough bread and topping them with onions, tomatoes, and lettuce.

NOTES

1. **Protein options:** The ground beef can be substituted with ground turkey.

NUTRITION INFO

Energy : 495 kcal

Fat : 16.3 g

Carbs : 38.9 g

Protein : 44.3 g

Fiber : 8.1 g

Sugar : 2.3 g

Ground Beef Taco Bowls



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **8 ounce** [224 g] Ground Beef (90% Lean / 10% Fat)
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Diced*)
- **0.5 medium** [55 g] Yellow Onions (*Diced*)
- **0.5 cup** [120 g] Black Beans (Canned) (*Rinsed and drained*)
- **1 cup, cooked** [195 g] Brown Rice
- **1 tsp** [4.8 g] Olive Oil
- **0.5 fruit** [33.5 g] Lime
- **0.5 cup** [23.5 g] Romaine Lettuce (*Chopped*)
- **1 small** [70 g] Avocado (*Chopped*)
- **2 tbsp** [2 g] Cilantro
- **1 tsp** [2.1 g] Cumin
- **0.5 tsp** [1.3 g] Chili Powder
- **0.25 tsp** [0.7 g] Garlic Powder
- **0.25 tsp** [0.3 g] Kosher Salt
- **0.13 tsp** [0.29 g] Black Pepper
- **0.13 tsp** [0.23 g] Red Pepper Flakes (*Optional*)

DIRECTIONS

1. In a skillet over medium heat, add the ground beef. Cook until browned, breaking it up as it cooks (about 5–7 minutes). Drain excess fat if needed.
2. Push the beef to one side of the skillet. Add the olive oil to the other side and sauté the onion and red bell pepper for 3–4 minutes, or until softened.
3. Add the black beans and stir them together with the beef and veggies.
4. Stir in cumin, chili powder, garlic powder, salt, pepper, and red pepper flakes (if using). Cook for another 2–3 minutes or until everything is heated through.
5. Layer each bowl with brown rice and your taco mixture. Top with lettuce, cilantro, avocado, and a squeeze of lime.

NUTRITION INFO

Energy : 484 kcal Fat : 20.6 g Carbs : 46.2 g Protein : 30.6 g Fiber : 10.3 g Sugar : 6.1 g

Chickpea & Spinach Skillet with Quinoa



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **2 tbsp** [22 g] Quinoa (uncooked)
- **0.25 cup, chopped** [31.5 g] Red Onions
- **1 clove** [3 g] Garlic (*Minced*)
- **0.25 tsp** [0.53 g] Cumin
- **0.5 tsp** [1.15 g] Smoked Paprika
- **0.5 cup** [85 g] Edamame (Shelled)
- **0.5 cup** [125 g] Chickpeas (canned and drained)
- **1 cup** [30 g] Spinach
- **2 tbsp** [20 g] Hemp Hearts
- **2 tsp** [9.6 g] Olive Oil (*Divided*)
- **1 tsp** [4.7 g] Lemon Juice
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.63 ml] Black Pepper

DIRECTIONS

1. Rinse quinoa and cook according to package directions. Fluff with a fork, then toss with half of the olive oil and a pinch of salt and pepper. Set aside.
2. Heat the remaining olive oil in a skillet over medium heat. Add the red onion and garlic; cook 3 minutes until softened and fragrant. Stir in the cumin and smoked paprika, and cook 30 seconds to bloom the spices. Remove from heat.
3. Steam or boil shelled edamame 3–5 minutes, then drain. (If using pre-cooked/ready edamame, you can skip this step)
4. In a serving bowl, combine the quinoa, spinach, chickpeas, edamame, onion-garlic-spice mixture, and hemp hearts. Drizzle with lemon juice. Season with salt, black pepper, and red pepper flakes (if using). Toss gently to combine.
5. Taste and adjust seasoning with more lemon juice, salt, or pepper, if desired.

NUTRITION INFO

Energy : 538 kcal

Fat : 26.6 g

Carbs : 64.3 g

Protein : 26.6 g

Fiber : 13.4 g

Sugar : 3.1 g

Shrimp and Veggie Stir-Fry



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **8 oz** [226.67 g] Shrimp (*Large, peeled, and de-veined*)
- **0.33 cup** [41.25 g] Brown Rice (*Uncooked/Dry*)
- **2 tbsp** [28 g] Olive Oil
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Sliced*)
- **1 cup, flowerets** [71 g] Broccoli
- **1 cup, pieces or slices** [70 g] Mushrooms
- **1 cup, chopped** [124 g] Zucchini
- **2 clove** [6 g] Garlic (*Minced*)
- **4 tbsp** [56 g] Coconut Aminos
- **0.25 tsp** [0.45 g] Ginger (*Ground*)
- **1 dash** [0.63 ml] Kosher Salt (*To taste*)
- **1 dash** [0.63 ml] Black Pepper (*To taste*)

DIRECTIONS

1. Cook brown rice according to package directions.
2. While the rice cooks, heat half of the olive oil in a large skillet or wok over medium-high heat. Add the red bell pepper, broccoli, mushrooms, and zucchini, and stir-fry for 5–7 minutes, until tender.
3. Add garlic and cook for 1 minute. Remove mixture from skillet and set aside.
4. Add the remaining olive oil to the skillet.
5. Add shrimp in a single layer. Cook 2–3 minutes per side, or until pink and opaque.
6. Return the veggies to the skillet and stir in the coconut aminos, ginger, salt, and black pepper.
7. Cook for 2–3 minutes or until everything is heated through.
8. Serve over cooked and lightly salted brown rice.

NUTRITION INFO

Energy : 450 kcal

Fat : 17 g

Carbs : 46.7 g

Protein : 29.1 g

Fiber : 5.5 g

Sugar : 17.5 g