

DINNER

You Choose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



CHICKEN STIR FRY

INGREDIENTS: BONELESS SKINLESS CHICKEN BREAST, OLIVE OIL, BROCCOLI, YELLOW BELL PEPPER, RED BELL PEPPER, BABY CARROTS MINCED GINGER, GARLIC PASTE, COCONUT AMINOS, SESAME SEEDS RED PEPPER FLAKES, SALT, PEPPER. SERVE OVER RICE. ONE CHICKEN BREAST OR 4-5OZ IS A SERVING. ENJOY OVER 1/2CUP-1CUP OF JASMINE RICE.



BUFFALO CHICKEN SWEET POTATO

INGREDIENTS: HALF OF A MEDIUM SWEET POTATO OR 1 SMALL SWEET POTATO, IN SKILLET, 4 OZ OF SHREDDED CHICKEN, 1/4 CUP OF NON FAT GREEK YOGURT, 2 TBSP OF HOT SAUCE, DRY RANCH SEASONING. MIX AND COOK UNTIL CHICKEN IS HEATED. TOP SWEET POTATO WITH CHICKEN, OPTIONAL- TOP WITH 1 TBSP OF GREEK YOGURT OR NON DAIRY SOUR CREAM.



HALIBUT FRIED RICE

INGREDIENTS: HALIBUT (OR CHOOSE YOUR PROTEIN, CHICKEN, SHRIMP, TOFU, TEMPEH)...4OZ PROTEIN- 1/2 -1 CUP OF RICE. 3 TBSP TERIYAKI COCONUT AMINOS. 1TSP OF GINGER PASTE, 1 TBSP OF GARLIC PASTE, 1 TBSP OF OLIVE OIL, 1/4 CUP OF DICED CARROTS, 1 1 TBSP OF GREEN ONIONS, 1/4 CUP DICED ONIONS. 1/4 CUP PEAS, 1 EGG. PINCH OF SESAME SEEDS.



GARLIC BUTTER SALMON

INGREDIENTS: FINGERLING POTATOES, OLIVE OIL, WILD CAUGHT SKINLESS SALMON FILLETS, MINCED GARLIC, PARSLEY, LEMON JUICE, GRASS FED BUTTER, ASPARAGUS CHICKEN BROTH,



TUSCAN CHICKEN PASTA

INGREDIENTS: CHICKEN BREAST CUBED, SAUTEED WITH SLICED CHERRY TOMATO, SPINACH, OLIVE OIL, MONTREAL STEAK SEASONING. SERVED OVER A SIDE OF BROWN RICE PASTA. 4-5OZ OF CHICKEN AND 2-3 OZ (MEASURE DRY) OF BROWN RICE PASTA OF CHOICE. IF YOU'D LIKE IT MORE LIKE A CREAM SAUCE, ADD 1 CAN ON UNSWEETENED COCONUT CREAM.



TURKEY TACO BOWLS

INGREDIENTS: 4OZ LEAN GROUND TURKEY OR CHICKEN, (SIETE TACO SEASONING) 1/2 CUP (DRY) WHITE OR BROWN RICE, PINCH OF CILANTRO, 1/2 AVOCADO, 1 TBSP RED ONION, 1/4 CUP TOMATOES, 1/4 LOW FAT SHREDDED CHEESE OF CHOICE (OPTIONAL), SALT, PEPPER, VEGAN SOUR CREAM AND HOT SAUCE (OPTIONAL).



STEAK FAJITAS SALAD

INGREDIENTS: SIMPLY ORGANIC FAJITAS SEASONING, YOUR CHOICE OF LEAN STEAK (4OZ), 1/4CUP OF RED, GREEN AND YELLOW SLICED PEPPERS AND ONIONS. 1/4 CUP DICED TOMATO, SHREDDED LETTUCE, 3 TBSP OF SALSA. SERVED OVER LETTUCE.



LEMON BUTTER FISH

INGREDIENTS: FIRM WHITE FISH FILLETS (COD HALIBUT, MAHI), GRASS FED BUTTER OR VEGAN BUTTER, LEMON JUICE, GARLIC POWDER, ONION POWDER, PAPRIKA, OLIVE OIL, PARSLEY, SALT, PEPPER. SERVE WITH BAKED SWEET POTATO AND ARUGULA.