

HOT & HEALTHY LIFE

FITNESS.NUTRITION.
REAL MOM LIFE.

February Menu #1

Menu

Instant Pot Ragu with Zucchini
Noodles

Chicken, Veggie and Butternut
Squash Soup

Creamy Sun Dried Tomato and
Spinach Pasta

Southwest Turkey Stuffed Peppers
Gnocchi, Sausage and Spinach
Skillet

Snack: No Bake Energy Bites

Shopping List

Proteins:

Pork tenderloin- 1 lb.

Chicken breast- 1 lb.

Optional: 2 smoked andouille sausage links

Ground turkey- 1 lb.

Italian sausage- 1 lb.

Produce:

Garlic cloves- 4, 2, 3, 1, 3

Fresh thyme- 2 sprigs

Zucchini- 2 large

Carrots- 2

Apple- 1

Butternut squash- 1 medium

Onion- ½, ½, ½

Fresh sage- 3 sprigs

Spinach- 4 c. 4 c.

Tomato- 1

Cilantro- 2 T.

Bell peppers- 4

Other:

Can of crushed tomatoes- 28 oz.

Jar of roasted red peppers- 7 oz.

Bay leaves- 2

Chicken stock- 2 c, 1 c. (or veggie stock), ½ c., ¼ c.

Seasonings: ½ tsp. salt, ¼ tsp. pepper, 1/8 tsp.

cayenne, 1 pinch each: cinnamon, nutmeg

Coconut milk- 1 can, ½ c.

8 oz. Whole wheat penne- 8 oz.

Butter- 2 T.

Arrowroot starch- 2 T.

Julienned sun dried tomatoes in olive oil- ½ c.

Parmesan- ½ c. ½ c.

Seasonings: ¼ tsp. each: oregano, basil, red pepper
flakes

Canned Black beans- ¾ c.

Frozen corn- ¾ c.

1 tsp. cumin

Optional: 2 T. pickled jalapeno slices, diced

Shredded Mexican cheese- 1 c.

1 (16 oz) package of dry gnocchi

14.5 oz. can of diced tomatoes (seasoned with Italian
seasonings if available)

Shredded mozzarella- 1 c.

Oats- 1 c.

Unsweetened coconut flakes- 2/3 c.

Peanut butter- ½ c.

Ground flaxseed- ½ c.

Chocolate chips- ½ c.

Honey- 1/3 c.

Chia seeds- 1 T.

Vanilla- 1 tsp.

Small bags- 7, Large bags- 1

1. Veggie Prep:

- **Garlic cloves- mince 13 total cloves. Place 4 in a small bag labeled "Meal 1."**
 - Place 2 in a small bag labeled "Meal 2."
 - Place 2 in a small bag labeled "Meal 3."
 - Set 1 aside.
 - Place 3 in a small bag labeled "Meal 5."
- **Fresh thyme- you will not need these until cooking day.**
- **Zucchini- spiralize and place in large bag labeled "Meal 1."**
- **Carrots- peel and dice 2 and place in a large bag labeled "Meal 2."**
- **Apple- you will not need this until cooking day.**
- **Butternut squash- peel then dice and add to large Meal 2 bag with carrot.**
- **Onion- dice all onion. Place ½ of 1 in a small bag labeled "Meal 2."**
 - Set ½ of 1 aside.
 - Place ½ of 1 in a small bag labeled "Meal 5." (1/2 of one will be extra too)
- **Fresh sage- add 3 sprigs to the large Meal 2 bag with diced squash.**
- **Spinach- you will not need any of the spinach until cooking days.**
- **Tomato- dice and set aside.**
- **Cilantro- finely chop 2 T. and set aside.**
- **Bell peppers- cut off tops and take out the seeds. Set aside.**

1. Finishing Prep:

- **Pork tenderloin-** you won't need this until cooking day.
- **Chicken breast-** Bake at 375 for 25-30 minutes or until cooked through. Let cool then shred and place in small bag labeled "Meal 2."
- **Optional andouille:** you will not need this until cooking day.
- **Ground turkey-** Heat a large skillet over medium high heat. Add a splash of oil then add the diced onion. Cook 3-4 minutes then add garlic and cook 1 more minute.
 - Add ground turkey and cook through, seasoning with salt and pepper.
 - Stir in beans, corn, tomato, cilantro and cumin. Cook 5 minutes.
 - Stuff peppers with mixture and place in a greased pan. Add extra filling between peppers if you have more.
- **Italian sausage-** you won't need this until cooking day.
- **Snack: No Bake Energy Bites**
 - Mix all ingredient together and form into 1" balls. Store in airtight container in fridge.

Instant Pot Ragu with Zucchini Noodles

1. Season pork with salt and pepper on all sides. Place in instant pot with garlic, tomatoes, roasted red peppers, sprigs of fresh thyme and bay leaves.
2. Place lid on Instant Pot and seal. Set manual time to 45 minutes on high pressure.
3. Natural release pressure then remove bay leaves. Shred pork in sauce.
4. Serve over raw zucchini noodles.

Chicken, Veggie and Butternut Squash Soup

1. Peel and dice 1 apple and set aside.
2. Heat a large pot over medium high heat. Add a splash of oil then add the diced onion. Cook 3-4 minutes.
3. Add the garlic and cook 1 more minute.
4. Add the chicken stock, carrots, apple, butternut squash, sage, and seasonings. Bring to a boil then simmer 20-30 minutes. When veggies are tender, use a blender, food processor or immersion blender to puree the soup.
5. Stir in the coconut milk and the shredded cooked chicken. Return to heat on low for 5 minutes.

Creamy Sun Dried Tomato and Spinach Pasta

1. Cook pasta according to package directions.
2. Heat a large pot over medium high heat and add a splash of oil. Add the sausage if you're using.
3. Add butter and garlic and cook 1-2 minutes.
4. Add starch and stir well.
5. Whisk in stock and then coconut milk. Bring to a boil then reduce to a simmer.
6. Stir in spinach, sun dried tomatoes and ¼ tsp. each: oregano, basil, red pepper flakes.
7. Cook 2-3 minutes then top with Parmesan.

Southwest Turkey Stuffed Peppers

1. Preheat oven to 350.
2. Pour chicken stock into bottom of pan and cover pan with foil.
3. Bake 45 minutes. Remove and top with cheese. Bake uncovered for 10 more minutes.

Gnocchi, Sausage and Spinach Skillet

1. Heat a large skillet over medium high heat and add a splash of oil. Add the diced onion and garlic and season with salt and pepper. Cook 5-6 minutes.
2. Add the Italian sausage and cook through.
3. Add the gnocchi, can of undrained diced tomatoes, and $\frac{1}{4}$ c. chicken stock. Cover and cook on medium 5-7 minutes.
4. Stir in the spinach and parmesan cheese and cook 3-5 more minutes.

Ingredients

1 lb. Pork tenderloin
4 Garlic cloves, minced
28 oz. Can of crushed tomatoes
7 oz. Jar of roasted red peppers, drained
2 sprigs of Fresh thyme
2 Bay leaves
2 large Zucchini, spiralized

Instant Pot Ragu with Zucchini Noodles

1. Season pork with salt and pepper on all sides. Place in instant pot with garlic, tomatoes, roasted red peppers, sprigs of fresh thyme and bay leaves.
2. Place lid on Instant Pot and seal. Set manual time to 45 minutes on high pressure.
3. Natural release pressure then remove bay leaves. Shred pork in sauce.
4. Serve over raw zucchini noodles.

Nutrition Info:

Serving Size: 1/4th of the recipe
Calories: 208
Fat: 3g
Carbs: 20g
Protein: 28g

Ingredients

1 lb. Chicken breast
2 c. Chicken stock
2 garlic cloves, minced
2 Carrots, peeled and diced
1 Apple, peeled and diced
1 medium Butternut squash, peeled and diced
½ Onion, diced
3 sprigs of Fresh sage
Seasonings: ½ tsp. salt, ¼ tsp. pepper, 1/8 tsp. cayenne, 1 pinch each: cinnamon, nutmeg
1 can Coconut milk

Chicken, Veggie and Butternut Squash Soup

1. Preheat oven to 375. Season chicken with salt and pepper on both sides and place on a greased pan. Bake 20-30 minutes or until cooked through. Let rest 10 minutes before shredding.
2. Meanwhile, heat a large pot over medium high heat. Add a splash of oil then add the diced onion. Cook 3-4 minutes.
3. Add the garlic and cook 1 more minute.
4. Add the chicken stock, carrots, apple, butternut squash, sage, and seasonings. Bring to a boil then simmer 20-30 minutes. When veggies are tender, use a blender, food processor or immersion blender to puree the soup.
5. Stir in the coconut milk and the shredded cooked chicken. Return to heat on low for 5 minutes.

Nutrition Info:

Serving Size: 1/6th of the recipe
Calories: 256
Fat: 14g
Carbs: 14g
Protein: 18g

Ingredients

8 oz. Whole wheat penne
Optional: 2 smoked andouille
sausage links
2 T. Butter
3 garlic cloves, minced
2 T. arrowroot starch
1 c. Chicken stock
½ c. Canned coconut milk
4 c. Spinach
½ c. Julienned sun dried
tomatoes in olive oil, drained
½ c. Parmesan
Seasonings: ¼ tsp. each:
oregano, basil, red pepper
flakes

Creamy Sun Dried Tomato and Spinach Pasta

1. Cook pasta according to package directions.
2. Heat a large pot over medium high heat and add a splash of oil. Add the sausage if you're using.
3. Add butter and garlic and cook 1-2 minutes.
4. Add starch and stir well.
5. Whisk in stock and then coconut milk. Bring to a boil then reduce to a simmer.
6. Stir in spinach, sun dried tomatoes and ¼ tsp. each: oregano, basil, red pepper flakes.
7. Cook 2-3 minutes then top with Parmesan.

Nutrition Info:

Calculated with the sausage
Serving Size: 1/4th of the recipe
Calories: 488
Fat: 37g
Carbs: 24g
Protein: 15g

Ingredients

1 lb. Ground turkey
¾ c. Canned Black beans, rinsed
¾ c. Frozen corn
1 Tomato, diced
1 garlic clove, minced
½ onion, diced
2 T. Cilantro, chopped
1 tsp. cumin
Optional: 2 T. pickled jalapeno
slices, diced
4 Bell peppers
½ c. Chicken stock
1 c. Shredded Mexican cheese

Southwest Turkey Stuffed Peppers

1. Heat a large skillet over medium high heat. Add a splash of oil then add the diced onion. Cook 3-4 minutes then add garlic and cook 1 more minute.
2. Add ground turkey and cook through, seasoning with salt and pepper.
3. Stir in beans, corn, tomato, cilantro and cumin. Cook 5 minutes.
4. Preheat oven to 350.
5. Stuff peppers with mixture and place in a greased pan. Add extra filling between peppers if you have more.
6. Pour chicken stock into bottom of pan and cover pan with foil.
7. Bake 45 minutes. Remove and top with cheese. Bake uncovered for 10 more minutes.

Nutrition Info:

Serving Size: 1/4th of the recipe
Calories: 402
Fat: 17g
Carbs: 31g
Protein: 35g

Ingredients

1 lb. Italian sausage
½ Onion, diced
3 cloves Garlic, minced
4 c. Spinach
¼ c. Chicken stock
½ c. Parmesan cheese
1 (16 oz) package of dry gnocchi
14.5 oz. can of diced tomatoes
(seasoned with Italian seasonings
if available)
1 c. Shredded mozzarella

Gnocchi, Sausage and Spinach Skillet

1. Heat a large skillet over medium high heat and add a splash of oil. Add the diced onion and garlic and season with salt and pepper. Cook 5-6 minutes.
2. Add the Italian sausage and cook through.
3. Add the gnocchi, can of undrained diced tomatoes, and ¼ c. chicken stock. Cover and cook on medium 5-7 minutes.
4. Stir in the spinach and parmesan cheese and cook 3-5 more minutes.

Nutrition Info:

Serving Size: 1/6th of recipe
Calories: 305
Fat: 15g
Carbs: 22g
Protein: 20g

Ingredients

1 c. Oats
2/3 c. Unsweetened coconut
flakes
½ c. Peanut butter
½ c. Ground flaxseed
½ c. Chocolate chips
1/3 c. Honey
1 T. Chia seeds
1 tsp. Vanilla

Snack: No Bake Energy Bites

1. Mix all ingredient together and form into 1" balls. Store in airtight container in fridge.

Nutrition Info:

Serving Size: 1/12th of the recipe
Calories: 208
Fat: 12g
Carbs: 23g
Protein: 5g