

HOT & HEALTHY LIFE

FITNESS.NUTRITION.
REAL MOM LIFE.

February Menu #2

Menu

Slow Cooker Bison Sweet Potato
Chili

Italian Wedding Soup

Roasted Chicken with Cheesy

Hasselback Zucchini Pizzas

Chicken, Broccoli and Cauliflower

Rice Casserole

Sheet pan Salmon with Veggies

Snack: Cranberry Cinnamon Lara
Bar Bites

Shopping List

Proteins:

Ground bison- 1 lb.

Ground beef- 1 lb.

Chicken breast- 1.5 lbs., 1 lb.

Salmon- 2 lbs.

Produce:

Sweet potatoes- 2

Onion- 1, 1

Zucchini- 1, 2 medium

Pepper- 1

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

Carrots- 2

Celery- 2 stalks

Baby spinach- 6 oz.

Cauliflower rice- 3 c.

Broccoli- 3 c.

Baby red potatoes- 1 lb.

Green beans- 8 oz.

Parsley- 2 T.

Lemon- 1 T. juice

Other:

Can diced green chilies- 4 oz., 4 oz.

Seasonings: 2 T. cumin, 1 T. chili powder, 1 tsp. each:
salt, garlic, onion powder

Can tomato sauce

Can diced tomatoes- 14 oz.

Chicken stock- 1 c. 6 c., 1 c.

Panko breadcrumbs- ¼ c.

2 tsp. Italian seasonings, ½ tsp. salt, ¼ tsp. pepper

Egg- 1, 1

Can of cannellini beans- 15 oz.

Parmesan- ½ c.

Italian seasonings- 1 tsp., ½ tsp. salt

Mozzarella cheese- 6 slices

Small package of pepperoni (you won't use the whole
thing)

Optional: 1/8 tsp. crushed red pepper flakes

Coconut milk- 1 can

Nutritional yeast- ¼ c.

1 T. Italian seasonings, 1 T. poultry seasoning, 1 tsp.
salt

Tapioca or Arrowroot starch- ¼ c.

Olive oil- 2 T.

Unsalted butter- ½ c.

Brown sugar- 1 T.

Seasonings: ½ tsp. each: oregano, thyme, rosemary,
salt

Pitted dates- 1 c.

Dried cranberries- 1 c.

Chopped Pecans- 1 c.

½ tsp. Cinnamon

Small bags- 4, Large bags- 2

1. Veggie Prep:

- Sweet potatoes- peel and dice. Place in a large bag labeled “Meal 1.”
- Onion- dice both. Add 1 to large Meal 1 bag with diced sweets.
 - Set ½ of the other diced onion aside and place ½ in a small bag labeled “Meal 2.”
- Zucchini- dice 1 and add to Meal 1 bag with sweets.
 - You will not need 2 medium until cooking day.
- Pepper- dice and add to Meal 1 bag with sweets.
- Garlic cloves- mince 11 total cloves. Add 2 to large Meal 1 bag with sweets.
 - Place 2 in small bag labeled “Meal 2.”
 - Place 3 cloves in a small bag labeled “Meal 5.”
 - Place 4 in a separate small bag labeled “Meal 5.”
- Carrots- dice and add to Meal 2 bag with onion.
- Celery- dice and add to Meal 2 bag with onion.
- Baby spinach- you will not need this until cooking day.
- Cauliflower rice- you will not need this until cooking day.
- Broccoli- you will not need this until cooking day.
- Baby red potatoes- you will not need this until cooking day.
- Green beans- trim and place in large bag labeled “Meal 5.”
- Parsley- finely chop 2 T. and add to small Meal 5 bag with 3 cloves.
- Lemon- you will not need this until cooking day.

1. Finishing Prep:

- Ground bison- Cook bison in a large saute pan until cooked through. Season with salt and pepper. Cool then place in a container in fridge until cooking day.
- Ground beef- Preheat oven to 350.
 - In a large bowl, combine ground beef, panko, ½ of the diced onion, 1 tsp. Italian seasonings, ½ tsp. salt, ¼ tsp. pepper and 1 egg. Form into 1” meatballs and place on a greased pan. Bake 15-20 minutes or until cooked through. Let cool then place in a container in fridge until cooking day.
- Chicken breast- you will not need this chicken until cooking day.
 - Bake 1 lb. at 375 on a greased sheet, seasoned with salt and pepper on both sides. Bake for 20-25 minutes or until cooked through. Let cool then shred and place in small bag labeled “Meal 4.”
- Salmon- you will not need this until cooking day.

Snack: Cranberry Cinnamon Lara Bar Bites

1. Using a food processor, process the dates until they form a ball. Remove and add to a bowl.
2. Add the cranberries to the food processor and process until they are also a ball. Add to dates.
3. Add pecans to the food processor and process until they are tiny pebbles then add to the dates/cranberries. Add cinnamon and a pinch of salt and combine. Form into 1” balls and store in airtight container in fridge.

Slow Cooker Bison Sweet Potato Chili

1. Add cooked bison and all ingredients to the crock pot.
2. Cover and cook on low 8-10 hours or until sweet potatoes are tender.

Italian Wedding Soup

1. Heat a large pot over medium high heat and add a splash of oil. Add the remaining ½ diced onion, carrots and celery and season with salt and pepper. Cook 4-5 minutes.
2. Add garlic and cook 1 minute.
3. Add stock and beans and bring to a boil then reduce to a simmer for 6 minutes.
4. Add meatballs and spinach and simmer 2-3 more minutes.
5. Serve with parmesan cheese.

Roasted Chicken with Cheesy Hasselback Zucchini Pizzas

1. Preheat oven to 400.
2. Season chicken with Italian seasonings and salt on all sides and place on a greased pan.
3. Cut off ends of the zucchinis. Make 1 cm slices in the zucchini, being careful not to cut all the way through to the bottom (google hasselback to see a photo reference).
4. Place cut zucchini on a foil lined pan.
5. Alternately stuff the slits in the zucchini with cheese then pepperoni. Top with crushed red pepper if you desire.
6. Cover zucchini boats with another piece of foil and seal the bottom and top foil.
7. Bake both the zucchini pan and the chicken pan 20-25 minutes.

Chicken, Broccoli and Cauliflower Rice Casserole

1. Preheat oven to 375. Season chicken with salt and pepper on both sides and place on a greased pan. Bake 20-25 minutes or until cooked through. Let rest 10 minutes before shredding.
2. Preheat oven to 400 and grease a 9x9 pan.
3. Add cauliflower rice, broccoli florets, shredded chicken and can of diced green chilies into the pan and stir.
4. In a medium sauce pan, whisk together the coconut milk, chicken stock, nutritional yeast, and seasonings. Bring to a boil then reduce to a simmer.
5. Whisk the egg in a small bowl then whisk it into the simmering liquid, stirring continuously.
6. Whisk in the tapioca/arrowroot starch until well combined and then take off the heat.
7. Pour over cauli/broccoli mixture then bake 45 minutes.

Sheet pan Salmon with Veggies

1. Preheat oven to 400 and grease a sheet pan.
2. In a small bowl, whisk together melted butter, brown sugar, lemon juice, 4 cloves minced garlic, and ½ tsp. each: oregano, thyme, rosemary, salt.
3. In a large pot of boiling, salted water, cook potatoes 12-15 minutes or until partially cooked. Drain well.
4. Place potatoes, green beans and salmon on sheet pan in a single layer.
5. Drizzle green beans and potatoes with olive oil and salt/pepper. Spoon the butter mixture over the salmon.
6. Bake 16-18 minutes.

Ingredients

1 lb. Ground bison
2 Sweet potatoes, peeled and diced
1 onion, diced
1 Zucchini, diced
1 Pepper, diced
2 Garlic cloves, minced
4 oz. Can diced green chilies
Seasonings: 2 T. cumin, 1 T. chili powder, 1 tsp. each: salt, garlic, onion powder
8 oz. Can tomato sauce
14 oz. Can diced tomatoes
1 c. Chicken stock

Slow Cooker Bison Sweet Potato Chili

1. Heat a large saute pan over medium high heat and cook the bison through, seasoning with salt and pepper. Add cooked bison and all ingredients to the crock pot.
2. Cover and cook on low 8-10 hours or until sweet potatoes are tender.

Nutrition Info:

Serving Size: 1/6th of the recipe
Calories: 236
Fat: 9g
Carbs: 21g
Protein: 20g

Ingredients

1 lb. ground beef
¼ c. Panko breadcrumbs
1 Onion, diced
2 tsp. Italian seasonings, ½ tsp. salt, ¼ tsp. pepper
1 Egg
2 Garlic cloves, minced
2 Carrots, peeled and diced
2 stalks of Celery, diced
6 c. Chicken stock or broth
15 oz. Can of cannellini beans, rinsed and drained
6 oz. Baby spinach
½ c. Parmesan

Italian Wedding Soup

1. Preheat oven to 350.
2. In a large bowl, combine ground beef, panko, ½ of the diced onion, 1 tsp. Italian seasonings, ½ tsp. salt, ¼ tsp. pepper and 1 egg. Form into 1" meatballs and place on a greased pan. Bake 15-20 minutes or until cooked through.
3. Meanwhile, heat a large pot over medium high heat and add a splash of oil. Add the remaining ½ diced onion, carrots and celery and season with salt and pepper. Cook 4-5 minutes.
4. Add garlic and cook 1 minute.
5. Add stock and beans and bring to a boil then reduce to a simmer for 6 minutes.
6. Add meatballs and spinach and simmer 2-3 more minutes.
7. Serve with parmesan cheese.

Nutrition Info:

Serving Size: 1/6th of the recipe
Calories: 310
Fat: 12g
Carbs: 25g
Protein: 27g

Ingredients

1.5 lbs. Chicken breast
Italian seasonings- 1 tsp., ½
tsp. salt
2 medium Zucchini
6 slices of mozzarella cheese
Small package of pepperoni
(you won't use the whole thing)
Optional: 1/8 tsp. crushed red
pepper flakes

Roasted Chicken with Cheesy Hasselback Zucchini Pizzas

1. Preheat oven to 400.
2. Season chicken with Italian seasonings and salt on all sides and place on a greased pan.
3. Cut off ends of the zucchinis. Make 1 cm slices in the zucchini, being careful not to cut all the way through to the bottom (google hasselback to see a photo reference).
4. Place cut zucchini on a foil lined pan.
5. Alternately stuff the slits in the zucchini with cheese then pepperoni. Top with crushed red pepper if you desire.
6. Cover zucchini boats with another piece of foil and seal the bottom and top foil.
7. Bake both the zucchini pan and the chicken pan 20-25 minutes.

Nutrition Info:Chicken

Serving Size: 1/4th of the recipe
Calories: 246
Fat: 6g
Carbs: 3g
Protein: 44g

Nutrition Info: Zucchini Pizza

Serving size: 1/4th of recipe
Calories: 142
Fat: 11g
Carbs: 4g
Protein: 12g

Ingredients

3 c. Cauliflower rice
3 c. Broccoli, cut into florets
1 lb. Chicken
1 small can diced green chiles
1 can Coconut milk
1 c. Chicken stock
¼ c. Nutritional yeast
1 T. Italian seasonings, 1 T.
poultry seasoning, 1 tsp. salt
1 Egg
¼ c. Tapioca or Arrowroot starch

Chicken, Broccoli and Cauliflower Rice Casserole

1. Preheat oven to 375. Season chicken with salt and pepper on both sides and place on a greased pan. Bake 20-25 minutes or until cooked through. Let rest 10 minutes before shredding.
2. Preheat oven to 400 and grease a 9x9 pan.
3. Add cauliflower rice, broccoli florets, shredded chicken and can of diced green chilies into the pan and stir.
4. In a medium sauce pan, whisk together the coconut milk, chicken stock, nutritional yeast, and seasonings. Bring to a boil then reduce to a simmer.
5. Whisk the egg in a small bowl then whisk it into the simmering liquid, stirring continuously.
6. Whisk in the tapioca/arrowroot starch until well combined and then take off the heat.
7. Pour over cauli/broccoli mixture then bake 45 minutes.

Nutrition Info:

Serving Size: 1/6th of recipe
Carbs: 15g
Fat: 13g
Protein: 22g
Calories: 263

Ingredients

1 lb. Baby red potatoes
2 lbs. Salmon
8 oz. Green beans, trimmed
2 T. olive oil
3 cloves garlic, minced
2 T. Parsley, freshly chopped
½ c. Unsalted butter, melted
1 T. Brown sugar
1 T. Lemon juice
4 cloves garlic, minced
Seasonings: ½ tsp. each: oregano,
thyme, rosemary, salt

Sheet pan Salmon with Veggies

1. Preheat oven to 400 and grease a sheet pan.
2. In a small bowl, whisk together melted butter, brown sugar, lemon juice, 4 cloves minced garlic, and ½ tsp. each: oregano, thyme, rosemary, salt.
3. In a large pot of boiling, salted water, cook potatoes 12-15 minutes or until partially cooked. Drain well.
4. Place potatoes, green beans and salmon on sheet pan in a single layer.
5. Drizzle green beans and potatoes with olive oil and salt/pepper. Spoon the butter mixture over the salmon.
6. Bake 16-18 minutes.

Nutrition Info:

Serving Size: 1/6th of the recipe
Calories: 399
Fat: 21g
Carbs: 8g
Protein: 29g

Ingredients

1 c. pitted dates
1 c. Dried cranberries
1 c. Chopped Pecans
½ tsp. Cinnamon

Snack: Cranberry Cinnamon Lara Bar Bites

1. Using a food processor, process the dates until they form a ball. Remove and add to a bowl.
2. Add the cranberries to the food processor and process until they are also a ball. Add to dates.
3. Add pecans to the food processor and process until they are tiny pebbles then add to the dates/cranberries. Add cinnamon and a pinch of salt and combine. Form into 1" balls and store in airtight container in fridge.

Nutrition Info:

Serving Size: 1/16th of the recipe
Calories: 107
Fat: 4g
Carbs: 18g
Protein: 1g