

Meal Prep Day Recipes; Shit is Getting Real

Slow Cooked Chicken with Salsa

3 lbs chicken legs (approximately 9-10 chicken legs) You could use the same amount of chicken thighs or breasts, but your cooking time may vary depending on the cut of meat.

1 cup 505 medium hatch chili salsa (or your favorite salsa)

1 tsp oregano

Salt and pepper

For the sauce:

2 tsp arrowroot starch (aka arrowroot powder), or cornstarch

Reserved sauce after cooking chicken

1. Place chicken legs in the base of slow cooker so that they cover the bottom, it's okay if they overlap or if they don't all fit on the bottom. Give them a sprinkle of sea salt and pepper. Pour the salsa and oregano on top to cover the legs. If they are not all perfectly covered, that's okay.
2. Set your crockpot for 6 1/2 hours on low. If you get your chicken out of the fridge and let it come to room temp (around 30 minutes) before you add to the crock pot, they will cook in about 6 hours.
3. Check your chicken at the end of the cooking time, it should be falling off the bone and cooked through. Give it more time if needed or if you are making a larger batch.
4. Carefully remove the chicken legs from the crock-pot and reserve the leftover sauce. Allow the legs to cool slightly and then remove the skin, bones and cartilage (pretty much remove anything you don't want to eat). You can keep the bones in a Ziploc bag in the freezer for later use in bone broth, if desired. Break the chicken meat into chunks and set aside.
5. Warm up a non-reactive skillet over medium heat. Cast iron and copper pans are reactive, so don't use them here. Stainless steel, enamel or a non-stick pan would be best. Add the reserved sauce from the crock-pot. In a clean bowl, add the 2 tsp of arrowroot starch. When the sauce begins to simmer, add a little bit of the sauce to the bowl of arrowroot and whisk until it is smooth and no clumps remain, it will be a bit thick.
6. Pour arrowroot sauce mix into the cooking pan of sauce. Stir it to incorporate and allow it to continue to cook for up to 10 minutes more, turning down heat as needed until it begins to cook down and get thick.
7. When the sauce is your desired thickness, add the chicken and stir to cover with the sauce. Allow it to warm up and serve with the braised cabbage recipe below. It is also great on a salad, over rice or in a tortilla.

Chicken Cilantro Frittata

1 Tbs Cooking Oil (I recommend coconut oil, butter or olive oil)
1 cup finely chopped Onions (about 1/2 of a kind of big onion)
1 cup chopped Mushrooms
3 cups finely chopped green cabbage (or a mix of red and green cabbage if you have it)
1/2 bunch of cilantro, washed and chopped, stems removed, set aside
2 cups cooked and chopped Chicken
8 Eggs, beaten in a large mixing bowl with 1 Tbs of water added and a sprinkle of sea salt and black pepper.

Mix all spices together in a small bowl:

2 tsp Chili Powder
1/2 tsp Oregano
1/2 tsp Paprika
1/2 tsp Sea Salt
1/4 tsp Black Pepper

1. Preheat your oven to 375° F and chop all veggies. Preheat an 8" oven safe skillet (or any medium sized skillet you have) over medium heat and add the 1 Tbs of cooking oil. I prefer using a cast iron skillet for this recipe, but if you don't have one use what you've got.
2. Add your chopped onion, stirring occasionally and cook til soft, about 5 minutes.
3. Add the cabbage, mushrooms and a few sprinkles of the spices you mixed in a small bowl. Give it a good stir and cook til soft, another 4-5 minutes.
4. Add your chopped chicken to the veggies, along with the rest of the spice mix and give another good stirring. Let it get warm for a few minutes.
5. Ok, at this point if you're not using an oven safe skillet then it's time to get out a baking dish. A 9x9 would be appropriate, or even a pie pan. Be sure to oil your baking dish well so your frittata doesn't stick. Pour your veggie and chicken mixture into your baking dish and just spread it out evenly. Then follow the directions below.
6. If you're cooking in an oven safe skillet, spread out your veggie chicken mixture and just pour the beaten eggs on top. Keep on the stove top for a few minutes to let the bottom set a little and then put into the oven, being sure to use an oven mit on the handle! If you're using a baking dish, just put it into the oven after you've added your eggs.
7. Set your oven timer for 10 minutes and when the time is up, remove from the oven (the handle of your pan might be pretty dang hot, be careful!) and sprinkle the cilantro on top. I bet you thought I forgot about the cilantro, huh?
8. Return your frittata to the oven for another 10-15 minutes, or until set. This means the edges are a little brown and it's solid in the middle. If you're using the skillet method, check it around 10 minutes since the skillet was already hot before going into the oven. If you're using the baking dish method, give it a few minutes longer.
9. Let it sit a few minutes and then cut into 4-8 slices. It is great served with some salsa, avocado and tortillas, if that's your thing. Or some spicy black beans, as in my photo.
10. Enjoy!

Indian Spiced Paleo Beef Meatballs

1 lb. Grassfed ground beef
1 TBS fresh turmeric root, grated
1 TBS fresh ginger root, grated
1 TBS fresh lemon zest, grated (about 1/2 lemon)
2 cloves garlic, minced
1 tsp sea salt
1/2 tsp black pepper
1/2 tsp garam masala
1/2 tsp curry powder
1/4 tsp coriander
Dash of cayenne
2 TBS water

1. Let your beef come to room temp if you have time, this means letting it sit out on the counter for 30 mins or so. If you're like "I need to eat NOW!" then don't worry about that step.
2. Assemble your ingredients, find your microplane zester, your cutting board, a sharp knife, a mixing bowl, get out a baking sheet and put some parchment on it (or oil it up), preheat your oven to 400 degrees F.
3. Zest your turmeric, ginger and lemon zest with your amazing microplane (I always have fun with this tool) and mince your garlic. Measure your spices.
4. Mix all ingredients into your beef. The 2 TBS of water is just there to help mix things around. You can omit the water or add a little extra if you need. Using a Tablespoon measuring spoon, an ice cream scoop or large serving spoon, measure out hunks of the beef mixture. Place evenly spaced on your oiled or parchment-ed baking sheet and roll lightly to get uniform-ish shaped balls. I don't like to make these too perfect, but that's your call.
5. Bake at 400 F for 20-25 mins. Check after 20 mins and flip if getting brown on the bottom.
6. Let cool a little and enjoy!

Kabocha Squash with Green Curry Dipping Sauce

1 medium kabocha squash
3 Tbs coconut oil
1/2 tsp sea salt
1/2 tsp black pepper
1 tsp turmeric

Curry sauce:

1/2 cup full fat canned coconut milk
2-3 tsp green curry paste, to taste
1 tsp fresh grated ginger root

1/2 tsp fresh grated lime zest (optional)
1 tsp arrowroot starch

A note about the sauce: this sauce is best served warm, so if you have any leftover sauce that you want to use just be sure to warm it up on the stovetop again when you want to serve it. Because of the fats in the coconut milk and the thickening properties of arrowroot, the sauce will thicken and congeal (I hate that word) and thin out a bit as it warms up.

If you'd prefer a cold dipping sauce, you can simply mix the green curry paste, lime zest and ginger root into 1/2 cup of mayo (find one without weird ingredients you can't pronounce).

1. Preheat oven to 400 F. Rinse and dry squash. Place squash on a large cutting board and cut from the stem side down through the middle to cut in half. Cut off the stem and scoop out any seeds.
2. Cut into lengthwise quarters and then cut each quarter into half moon shaped chunks about 1" thick. Put all pieces into a bowl.
3. Melt coconut oil and combine all spices and coconut oil with squash and stir to coat.
4. Place squash on parchment lined baking sheet and bake for 25-30 minutes. Check at 25 minutes for doneness. Squash should have roasty color on the bottom, but shouldn't look burned.
5. While squash is cooking, combine coconut milk, curry paste and ginger root in a small pan. Bring to a simmer over medium heat and when it is warm, pour a little into the bowl with the arrowroot starch and stir until no clumps remain. Pour arrowroot mix back into pan and stir to combine. Allow to cook for a few minutes longer until sauce begins to get thick. Remove from heat, being sure to warm up again before serving. If you end up with leftover sauce after the recipe, be sure to serve it warm because it will get pretty thick in the fridge when it's cold but will thin a little when it's warm.
6. When squash is done cooking, allow to cool a little and serve with coconut curry sauce.

Paprika Roasted Butternut Squash

1 medium butternut squash
2 Tbs coconut oil
1/2 tsp rosemary
1 tsp paprika
1/2 tsp sea salt
1/2 tsp black pepper

Equipment you'll need: A decent heavy handled knife to chop through the squash, a vegetable peeler, a decent sized cutting board, a mixing bowl, parchment paper (optional), a baking sheet.

1. Set your oven rack to the middle position and preheat your oven to 375° F. Line your baking dish with parchment paper, or use a little extra coconut oil to coat the bottom well.

Rinse and dry your squash then carefully chop off the ends. Then chop the rounded end off. Take out the seeds and peel the skin away.

2. Chop your squash into roughly 1" cubes. Put your chopped squash into a mixing bowl.
3. Melt your coconut oil and pour it over the squash and add the spices, mix everything together. The coconut oil will solidify as it cools on the squash, but that's ok, it will melt and coat the squash when it warms up in the oven.
4. Spread your squash evenly across the baking dish and place in pre heated oven and bake for 40-45 minutes, be sure to check it halfway through the baking time and rotate the baking dish or flip squash if it's getting too brown on the bottom for your liking. It'll get kinda brown on the bottom, that's going to give it that yummy roasted flavor you want.
5. Allow it to cool a few minutes before serving. It makes a great side dish and is great the next day on a salad at lunch.

Baked Carrot Fries with Cumin

- 7 medium carrots
- 1 tsp cumin seeds (or 1 tsp powdered cumin)
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 2 Tbs coconut oil

1. Preheat oven to 400 F.
 2. Wash and scrub carrots (no need to peel em, save yourself the work!) and slice into large sticks, like for carrot sticks. Place in a medium bowl and set aside.
 3. Toast cumin seeds in a small skillet for 1-2 minutes, stirring. Make sure they don't get burnt, just enough time to get them toasty. When toasted, place in a spice grinder and grind into powder.
 4. Combine carrots, melted coconut oil and spices.
 5. Cover a large baking sheet with parchment paper and spread the carrot sticks evenly over the baking sheet, being sure to leave room between each stick.
 6. Place in the oven and bake for 20 minutes.
- Enjoy!

Kale with Caramelized Onions and Sun Dried Tomatoes

- 1 bunch of kale, washed and torn into bit sized pieces
 - 1/4 cup of diced sun dried tomatoes packed in olive oil (if there is any excess olive oil, reserve it to drizzle over completed recipe)
 - 1 tsp balsamic vinegar
 - A few sprinkles of sea salt
 - 1/4 tsp crushed pepper flakes
- For the caramelized onions:
- 1/4 cup coconut oil
 - 1 red onion, sliced into rings

1 yellow onion, sliced into rings
1/2 tsp salt
1/2 tsp black pepper
1/4 tsp paprika

1. Heat a large non stick skillet over medium heat. I highly recommend a non stick skillet for this recipe, to keep the onions from sticking during the caramelizing process. Add the 1/4 cup of oil (if you're concerned about using this amount of oil, you can cut it back to 2 tbs but have some extra oil that can go into the pan if the onions need it).
2. Turn the heat down to medium low and add the salt, pepper and paprika. Stir the spices into the onions and continue to cook for 30 minutes, stirring occasionally and turning down the heat if onions start to get too brown.
3. When the 30 minutes are up, remove the onions from the pan and set aside.
4. Add the kale to the pan with a sprinkle of sea salt. Add 1/2 cup of water and return heat to medium and cover the pan with a lid (or large plate, be careful with this method, as plate will get hot during cooking process. Cook kale for 10 minutes, stirring occasionally and add a little more water if it evaporates).
5. When kale is tender, add the sun dried tomatoes, caramelized onions, balsamic vinegar and give it a big stir. Taste and add more salt or pepper if desired.

Enjoy!

Braised Cabbage with Garlic

2 tsp virgin coconut oil
3 cloves of garlic, minced
1 medium head of green cabbage, sliced into ribbons
Sea salt and pepper to taste

Equipment: You'll need a large skillet with a lid for this recipe. You can improvise a lid if your pan doesn't have one, a plate (just be sure to remove it with a hot mitt, the plate will get hot!) or even a smaller pan can work just fine. I used a lid for a wok since my large pan doesn't have a lid.

1. Be sure to have your veggies chopped and ready to go into the pan before you start this recipe, the garlic cooks FAST.
2. Heat your large skillet over medium heat. When the pan is warmed up, add your 2 tps of coconut oil and give it a swirl. Add your minced garlic and give a good stir, cooking for only about 30 seconds before adding your cabbage. It's going to look like a massive pile, that's okay! I promise it cooks down. Add a few sprinkles of sea salt, black pepper and about 1/4 cup of water to the pan and cover.
3. Allow to cook covered for about 10-15 minutes, and be sure to give a good stir to the cabbage to give the cabbage on the top to get incorporated. If it starts to brown, add more water to the pan and lower the heat.
5. When your cabbage is crisp-tender remove from heat and taste. Add more salt or

pepper as needed.

Chili Lime Turkey Burgers

1 lb ground turkey
1/2 c finely chopped mushrooms (they are going in your burgers, so make em pretty small and choppy... You know what I mean)
3 cloves minced garlic
1/2 cup finely chopped green onions (about 1/2 a bunch)
1/4 cup chopped cilantro (optional)
Zest of 1/2 lime
1 Tbs chili powder
1 tsp oregano
1 tsp sea salt
1/2 tsp black pepper
1 Tbs coconut oil for cooking burgers

1. If you have time, let your meat come to room temperature for a few minutes as you assemble your other ingredients.
2. Combine all ingredients and form into 4 equally sized patties.
3. Heat a medium sized skillet over medium heat and add coconut oil to coat the bottom. I highly suggest using a cast iron skillet. Add 2 burgers to the skillet and cook for 5 minutes on each side, until cooked through with no pink remaining inside.
4. Serve with greens and carrot fries.