



PROTEIN PACKED RECIPES

Let's get YOU ready for the full house! These recipes below are tried & true favorites to help YOU TAKE CARE OF YOU as you lead into the holiday season.

Find that Queen Bee Meal below, the one meal a day that serves you in nutrients, vitamins, minerals, whole foods, so that you can keep your momentum for all your people.

Remember, you are beautiful! You are strong! You can do this!

Jenny

Spinach, Guac, & Egg Scramble
Creamy Apple Pie Smoothie
Ginger Ground Chicken Stir Fry
Chili Lime Salmon Bowl
Edamame Quinoa Salad
Baked Chicken w/Broccoli & Rice
Crockpot Pork Tenderloin w/Black eyed Peas



shopping list

Keep in mind you may already have some of these ingredients

FRUITS

Apple
Avocado, 4-6
Banana
Blueberries
Grapes
Navel Oranges
pears
4 cups Strawberries

SEEDS, NUTS & SPICES

Black Pepper
Cayenne Pepper
Chili Powder
Cinnamon
Sea Salt
1/4 tsp Turmeric

FROZEN

3/4 cup Frozen Berries
2 cups Frozen Blueberries
1 1/2 cups Frozen Cauliflower
1 cup Frozen Edamame

VEGETABLES

2 bags Baby Spinach
2 bags romaine
6 cups Broccoli, one big bag
Carrots
Celery
Cucumber
Garlic
2 1/4 tsps Ginger
4 cups Green Beans
Green Onion
4 cups baby kale
Red Bell Pepper (stirfry)
4 leaves Romaine
1 Sweet Potato
1 tsp Thyme
White Onion
Yellow Onion

BOXED & CANNED

1/2 cup Chickpeas
1/3 cup Dry Black Eyed Peas
1 1/2 cups Lite Coconut Milk
Quinoa
Vegetable/Chicken Broth
Rice, nishiki if possible

BAKING

1 tbsp Dried Unsweetened Cranberries
1/4 cup gluten free Oats
1/2 cup Pureed Pumpkin
2 tsps Raw Honey

BREAD, FISH, MEAT & CHEESE

12 oz chicken breasts
24 oz ground chicken
18 oz ground turkey
7 oz pork tenderloin
7 ozs Salmon Fillet
Cheese, cabot hard cheddar shredded

CONDIMENTS & OILS

2 tsps Apple Cider Vinegar
1 2/3 tsps Avocado Oil
2 tsps Capers
1 tbsp Coconut Oil
1 1/4 tsps Dijon Mustard
1/4 cup Extra Virgin Olive Oil
1 tsp Sesame Oil
3 1/2 tsps Tamari

COLD

2 dozen eggs
1 pint egg whites
Unsweetened Almond Milk, for smoothies

OTHER

Protein Powder
Pre made guac if easier



spinach, guac & egg scramble

INGREDIENTS

- 4 Eggs (whisked)
- ½ **avocado** (halved)
- 1-2 cups** Baby Spinach
- ⅛ **tsp** Sea Salt
- ¼ **tsp** Black Pepper
- *add a sprinkle of cabot hard cheddar shredded cheese

DIRECTIONS

In a mixing bowl, whisk together eggs, spinach, sea salt and black pepper. Mix well. Transfer to the skillet and stir continuously while cooking to scramble. Once eggs are cooked through, remove from the heat and add to a bowl. Top with ½ avocado.

Calories include all the macros- protein, carbs, healthy fat, & fiber.

creamy apple pie smoothie

INGREDIENTS

- 1 Apple (medium, peeled and chopped)
- ½ Banana (frozen)
- 2 tbsp gluten free** Oats
- 1 tbsp** Nut Butter
- ¾ **tsp** Cinnamon (ground)
- Protein Powder (20-40 grams)
- 1 1/2 cup** Unsweetened Almond Milk



ginger ground chicken stir fry

INGREDIENTS

- 1 ½ tbsps** Tamari
- ½** Garlic (cloves, minced)
- ¾ tsp** Ginger (peeled and grated)
- ¾ tsp** Coconut Oil
- ⅛** Yellow Onion (diced)
- ¾ stalk** Celery (sliced)
- ¼** Red Bell Pepper (diced)
- 1 cup** Broccoli (chopped into florets)
- 7 oz ground chicken**
- 1 cup** Kale Leaves or spinach leaves (chopped) (can use frozen)

DIRECTIONS

Mix together tamari, garlic, and ginger in a jar. Put on a lid and shake well. Set aside.

Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until the chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from the jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale or spinach is wilted.

chili lime salmon bowl

INGREDIENTS

- 2 tsp** Avocado Oil
- 2 tsp** Maple Syrup
- ½** Lime (juiced, plus additional slices for garnish)
- ½ tsp** Chili Powder
- ¼ tsp** Sea Salt
- ¼ tsp** Cayenne Pepper



¼ tsp Cumin
6 oz salmon
½ avocado
Lettuce, romaine or your choice
Crumbled cheese, feta or goat

DIRECTIONS

In a zipper-lock bag or shallow bowl, combine the oil, maple syrup, lime juice, chili powder, salt, cayenne pepper, and cumin. Mix to combine. Add the sauce over the salmon as it starts to cook on low heat in a skillet. Cook salmon on low to liking.

Serve in a bowl over romaine lettuce and avocado. Add a sprinkle of hemp, flax or sunflower seeds for a little crunch.

edamame quinoa salad

An awesome way to get good nutrient dense protein in to digest your food best

INGREDIENTS

1 cup Frozen Edamame
1 ½ tsp Lime Juice
1 ½ tsp Tamari
1 tsp Sesame Oil
1 tsp Maple Syrup
1 stalk Green Onion (sliced)
¼ Red Bell Pepper (chopped)
¼ cup Cilantro (chopped)
1 tsp Avocado Oil
¼ cup Quinoa uncooked

DIRECTIONS

Cook the quinoa according to the package directions. Set aside to cool.



Bring a small pot of water to a boil and add the edamame. Cook for 1 to 2 minutes just until the edamame is cooked through. Drain and set aside to cool. (can also use microwavable bags for time saving)

Add the avocado oil, lime juice, tamari, sesame oil, and maple syrup to a jar. Cover and shake well to combine.

In a large mixing bowl, add the cooked quinoa, edamame, green onion, red pepper, cilantro, and dressing. Stir well to combine.

baked chicken with broccoli & rice

The most boring, and yet nourishing meal to fuel for energy and synergy for your week ahead.

INGREDIENTS

7 oz chicken breasts (purchase frozen or fresh)

Sea Salt & Black Pepper

2 cups Broccoli (sliced into small florets)

1 ½ tsp Extra Virgin Olive Oil

½ cup rice

⅓ cup Water

Any seasoning or sriracha or spice for flavor

DIRECTIONS

Preheat the oven to 400 and add chicken breasts to the oven for 40 min until cooked or crockpot for the day. Season with s&p.

Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the chicken. Bake the chicken and broccoli in the oven for 15 minutes, or until the broccoli is crisp.

While the chicken cooks, follow directions to make ½ cup rice or 1 cup cooked. More for more people. Season with extra sea salt, black pepper and olive oil if you like.



Crockpot pork tenderloin w/black eyed peas

INGREDIENTS

1/3 cup Dry Black Eyed Peas
1 cup Vegetable Broth (divided)
2 tbsps White Onion (chopped)
1/2 stalk Celery (chopped)
1 Garlic (cloves, minced)
1 tsp Thyme (fresh, removed from stem)
Sea Salt & Black Pepper
1/4 tsp Creole Seasoning
6 ozs Ham or pork tenderloin

DIRECTIONS

Soak the dry black-eyed peas in water overnight or for at least 4 hours. Or use canned. Be sure to cover by several inches. Drain, rinse, and set aside.

Cook the onion, celery, garlic and thyme for 5 minutes or until soft. Season with salt and black pepper to taste. Add to crockpot.

Add pork tenderloin, and coat well; then add the remaining broth and black eyed peas. Cook on high for 1 hour; then low for 2-3 hours.

I like to cut up the pork tenderloin and mix in with peas, like a stew dish. I love to add pomegranate seeds and parsley as fixings for flavor.

Let me know if you try any of these recipes! Serving yourself in nourishment keeps you strong, energized and ready for whatever is ahead!

Stay strong this season,



Jenny