

HEALTHY FREE LIFE

Eating & Living... for the Glory of God

Separate

Created by Healthy Free Life



Separate

Healthy Free Life

Experience the joy of cooking with our 'Separate' category, where each component of your meal gets the attention it deserves. These recipes involve cooking items separately, allowing for perfect texture and flavor development. Whether it's a pot of quinoa, a pan of salmon, or a combination, this approach offers flexibility and a chance to appreciate each ingredient's unique contribution to your plate. While we've only included a handful of recipes in this bundle, the options are endless!

Hot Honey Chicken Bowls

10 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
2. Place the chicken thighs in a bowl and season with salt and pepper. Add the tamari, vinegar, and half the oil. Mix to combine and then transfer to the baking sheet.
3. Add the broccoli to a second baking sheet. Toss with the remaining oil and season with salt and pepper. Transfer both baking sheets to the oven and bake for 25 to 30 minutes or until the chicken is cooked through and the broccoli is tender.
4. Meanwhile, cook the quinoa according to the package directions.
5. In a small saucepan, combine the honey, sriracha, and garlic over low heat. Bring to a low simmer and let the mixture bubble and thicken for two to four minutes and then remove from the heat.
6. Divide the quinoa, chicken, and broccoli evenly between bowls. Add hot honey sauce over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Keep the honey mixture separate and drizzle on top after heated through.

Serving Size

One serving is approximately 1/3 cup of cooked quinoa and one cup of broccoli with chicken.

More Flavor

Add garlic and/or onion powder to the chicken. Let it marinate for a few hours. Add a touch of sesame oil to the hot honey sauce.

Additional Toppings

Top with chopped cilantro or green onion.

Ingredients

- 12 ozs** Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp** Tamari
- 1 tsp** Rice Vinegar
- 2 tbsps** Avocado Oil (divided)
- 2 cups** Broccoli (chopped into florets)
- 1/3 cup** Quinoa (dry, rinsed)
- 1/4 cup** Raw Honey
- 2 tsps** Sriracha
- 1** Garlic (clove, large, minced)

Nutrition

Amount per serving

Calories	599	Sugar	35g
Fat	23g	Protein	41g
Carbs	60g	Sodium	834mg
Fiber	5g		

Meal Prep Chicken Fingers

7 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In one bowl, combine the bread crumbs, salt, garlic powder, paprika, and parsley. In another bowl, whisk the eggs.
3. Dredge each chicken finger into the whisked eggs then into the bread crumbs. Place each chicken finger onto the baking sheet.
4. Cook for 20 to 25 minutes or until the chicken is crispy and cooked through, flipping halfway through. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. To freeze, cool completely then place into a freezer bag or container for up to three months. To reheat, cook from frozen.

Serving Size

One serving is approximately three chicken fingers.

More Flavor

Serve with your favorite dipping sauce like barbecue, ketchup or honey mustard.

Gluten-Free

Use gluten-free bread crumbs.

Ingredients

- 1 1/2 cups Bread Crumbs
- 1 tsp Sea Salt
- 1 tsp Garlic Powder
- 1/2 tsp Paprika
- 1/2 tsp Dried Parsley
- 2 Egg
- 1 lb Chicken Breast (boneless, skinless, cut into strips)

Nutrition

Amount per serving

Calories	335	Sugar	3g
Fat	8g	Protein	34g
Carbs	30g	Sodium	974mg
Fiber	2g		

Meal Prep Chicken Teriyaki with Rice & Broccoli

6 ingredients · 25 minutes · 3 servings



Directions

1. Cook the rice according to the package directions. Set aside.
2. Season the chicken with salt and pepper. Heat the oil in a non-stick skillet over medium heat. Add the chicken and cook for six to seven minutes per side or until browned and cooked through.
3. Add the sauce into the pan and coat the chicken in it. Cook for another two to three minutes or until the sauce has slightly reduced. Turn off the heat and cover.
4. Steam the broccoli in a steamer basket for three to five minutes or until tender-crisp.
5. Divide the rice and broccoli into containers. Slice the chicken and place on top of each bowl. Top with more teriyaki sauce, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is 1/2 cup of rice and 3/4 cup of broccoli with chicken.

Additional Toppings

Top with green onions, sesame seeds, and/or cilantro.

Ingredients

1/2 cup Basmati Rice (dry, rinsed)

1 lb Chicken Thighs (boneless, skinless)

Sea Salt & Black Pepper

2 tbsps Extra Virgin Olive Oil

1/2 cup Teriyaki Sauce (plus more for serving, optional)

2 cups Broccoli (cut into florets)

Nutrition

Amount per serving

Calories	446	Sugar	8g
Fat	15g	Protein	37g
Carbs	38g	Sodium	2004mg
Fiber	2g		

Hummus-Crusted Chicken with Turmeric Rice MR

6 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
3. Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
4. Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

Notes

Use a Rice Cooker

Add the turmeric and tomatoes into the rice cooker along with the rice and water.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

1 lb Chicken Thighs (skinless, boneless)

1/4 cup Hummus

3/4 cup Jasmine Rice (dry, uncooked)

1 tsp Turmeric

1 Tomato (large, diced)

4 cups Baby Spinach

Nutrition

Amount per serving

Calories	307	Sugar	0g
Fat	8g	Protein	27g
Carbs	33g	Sodium	209mg
Fiber	3g		

Indian Butter Chicken and Cauliflower Rice

15 ingredients · 30 minutes · 4 servings



Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1-2 minute or until fragrant.
3. Add diced chicken and stir until cooked through, about 5-7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly

Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk

Use Greek yogurt instead.

No Cauliflower Rice

Serve over brown rice or quinoa instead.

More Veggies

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage

Refrigerate in an air-tight container for up to 2 - 3 days.

Ingredients

- 1 lb Chicken Breast
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 2 tbsps Ginger (grated)
- 1/4 cup Tomato Paste
- 2 tsps Paprika
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1 tsp Sea Salt
- 3/4 tsp Chili Powder
- 1/4 cup Water
- 1 can Organic Coconut Milk (full fat)
- 1 head Cauliflower
- 1 Lime (juiced)

Nutrition

Amount per serving

Calories	326	Sugar	10g
Fat	11g	Protein	39g
Carbs	21g	Sodium	724mg
Fiber	7g		

KID FRIENDLY SUGGESTION:

If your children don't love cauliflower, this would be delicious served over brown rice. The flavors are great. If children are sensitive to spices, reduce the chili powder.

Greek Chicken w/ Salad

10 ingredients · 45 minutes · 4 servings



Directions

1. Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
2. Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
3. While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
4. Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs

Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover

Sprinkle with feta cheese.

No Greek Seasoning

Use Italian seasoning instead.

KID FRIENDLY SUGGESTION

Serve chicken as is, with recipe salad or favorite veggie. Add baked potato, brown rice or quinoa.

Ingredients

2 tbsps Greek Seasoning
1 Lemon (juiced)
1/4 cup Extra Virgin Olive Oil
1 1/4 lbs Chicken Breast (boneless, skinless)
3 cups Cherry Tomatoes (halved)
1 Cucumber (diced)
1/4 cup Red Onion (finely diced)
1 cup Pitted Kalamata Olives (chopped)
3 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	421	Sugar	7g
Fat	22g	Protein	45g
Carbs	13g	Sodium	1292mg
Fiber	2g		

Turmeric Turkey, Zucchini & Sweet Potato

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Line a baking sheet with parchment paper.
2. Toss the sweet potato rounds in half of the olive oil. Toss the zucchini sticks in the other half. Spread the sweet potato rounds across the baking sheet and bake for 15 minutes.
3. At the 15 minute mark, remove the sweet potato from the oven, flip, and move to one side of the sheet. Put the zucchini sticks on the other side of the baking sheet and bake for an additional 15 minutes, or until sweet potato is crispy and zucchini is tender.
4. Meanwhile, heat the coconut oil in a skillet over medium heat. Add the ground turkey, breaking it up as it cooks. Once it is cooked through, add the sea salt, turmeric and water and mix well. Turn off the heat.
5. Remove the sweet potato and zucchini from the oven. Season with any spices you'd like to taste. Divide between plates or containers along with the turmeric turkey. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 to 4 days. Reheat in a skillet or the microwave.

No Ground Turkey

Use any type of ground meat instead.

Vegan & Vegetarian

Use lentils instead of ground meat.

No Zucchini

Use green beans instead.

Ingredients

2 Sweet Potato (medium, sliced into rounds)

1 **tbsp** Extra Virgin Olive Oil (divided)

2 Zucchini (medium, sliced into sticks)

1 **1/2 tsp** Coconut Oil

1 **lb** Extra Lean Ground Turkey

1/2 tsp Sea Salt

2 tsp Turmeric

1/4 cup Water

Nutrition

Amount per serving

Calories	292	Sugar	5g
Fat	15g	Protein	24g
Carbs	17g	Sodium	418mg
Fiber	3g		

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. 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 salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 8 cups Broccoli (sliced into small florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 Lemon (sliced into wedges)

Nutrition

Amount per serving

Calories	465	Sugar	3g
Fat	17g	Protein	43g
Carbs	40g	Sodium	175mg
Fiber	8g		