

HEALTHY FREE LIFE

Eating & Living... for the Glory of God

Stirfry

Created by Healthy Free Life



Stirfry

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Explore the dynamic world of stirfries with our easy-to-follow recipes. Combining protein, vegetables, and starchy carbs, these dishes are a celebration of texture and taste. Perfect for a quick satisfying dinner, and especially great as leftovers for lunch, our stirfries are not just meals but an experience in balanced eating, offering a delightful way to enjoy a variety of foods in one dish.



BIG BATCH, 4 SERVINGS

STIRFRY FORMULA

1 POUND MEAT CUBED, SLICED, OR GROUND

- beef - flank steak (my fave!), chuck steak, top sirloin, skirt steak, strip, round, etc
- boneless, skinless chicken breast or thigh
- ground beef, chicken, or turkey
- tempeh, sliced or crumbled

1 MEDIUM ONION, SLICED

2 CLOVES GARLIC, MINCED

4+ CUPS CHOPPED STIR-FRY VEGGIES PICK 1 OR MIX AND MATCH

- | | | |
|------------|---------------|------------|
| • broccoli | • cabbage | • peppers |
| • carrots | • cauliflower | • zucchini |
| • bok choy | • mushrooms | • etc. |

SEASON AS DESIRED

- | | | |
|---------------------|---------------------|-----------------------|
| • salt & pepper | • organic tamari | • taco seasoning pack |
| • 1 lemon, juiced | • organic soy sauce | • Italian seasoning |
| • ume plume vinegar | • coconut aminos | • Herbes de Provence |

SERVE OVER STARCHY GRAIN

1 cup uncooked grain yields approx 3-4 cups cooked grain

- Such as quinoa, brown rice, buckwheat, millet
- Can use other starchy carb if desired. (roasted potatoes, beans, etc)

Instructions:

1. Cook starchy grain according to instructions.
2. Cook meat in skillet with 1 tbsp oil until cooked through (beef steak can be pink inside). Remove meat from pan and place on plate, set aside.
3. Add 1 tbsp oil to same skillet, and saute any onion or garlic if using for 2-5 min.
4. Then add favorite stir fry veggies and cook until tender. Season with salt and pepper.
5. Add cooked meat back into pan. Mix with veggies.
6. Season stir fry as desired.
7. Serve 1/4 veggie and meat mixture over 1/2 to 3/4 cup cooked grain.

Beef, Sweet Potato & Rapini Skillet

7 ingredients · 25 minutes · 4 servings



Directions

1. Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
2. Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
3. Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini

Use kale or broccoli instead.

Leftovers

Store leftovers in an airtight container in the fridge for up to three days.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (sliced)
- 1 tbsp Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (medium sized, grated)
- 8 ozs Rapini (chopped)
- 1/2 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	283	Sugar	5g
Fat	12g	Protein	26g
Carbs	18g	Sodium	426mg
Fiber	4g		

Beef Burrito Bowl with Cauliflower Rice

11 ingredients · 30 minutes · 4 servings



Directions

1. In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
2. Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
3. When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
4. Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
5. Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

Notes

Optional Toppings

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
4 Garlic (cloves, minced)
1 Yellow Onion (small, finely diced)
1 lb Extra Lean Ground Beef
1 tbsps Cumin (ground)
1 tbsps Coriander (ground)
1 tbsps Oregano (dried)
1 1/2 tps Sea Salt (divided)
1 Lime (juiced)
4 cups Cauliflower Rice
2 Avocado (diced)

Nutrition

Amount per serving

Calories	481	Sugar	5g
Fat	33g	Protein	28g
Carbs	19g	Sodium	997mg
Fiber	11g		

Turkey & Cabbage Stir Fry MR

10 ingredients · 20 minutes · 3 servings



Directions

1. Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
2. To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
3. Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
4. Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
5. Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings

Top with additional cilantro.

No Turkey

Use ground chicken or pork instead.

Add a Starchy Carb

Per serving: Serve over top of 1/2 to 3/4 cup cooked brown rice or quinoa.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tbsp Coconut Oil
- 8 cups Green Cabbage (thinly sliced)
- 1 Carrot (large, julienned)
- 1/4 cup Water
- 1/4 cup Coconut Aminos
- 1 Lime (juiced, plus more for garnish)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1/2 cup Cilantro (chopped)

Nutrition

Amount per serving

Calories	365	Sugar	13g
Fat	17g	Protein	32g
Carbs	22g	Sodium	524mg
Fiber	7g		

Deconstructed Egg Roll MR

9 ingredients · 30 minutes · 4 servings



Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
2. Add the turkey and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos

Use tamari or soy sauce instead.

Meat-Free

You may replace the ground meat with scrambled eggs or tofu.

Add a Starchy Carb

Per serving: Serve over top of 1/2 to 3/4 cup cooked brown rice or quinoa.

Ingredients

- 2 **tbps** Avocado Oil
- 1 Yellow Onion (medium, diced)
- 5 **stalks** Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 **tbsp** Ginger (peeled and grated)
- 1 **lb** Extra Lean Ground Turkey
- 6 **cups** Coleslaw Mix
- 2 **cups** Bean Sprouts (optional)
- 1/4 **cup** Coconut Aminos

Nutrition

Amount per serving

Calories	329	Sugar	10g
Fat	18g	Protein	26g
Carbs	21g	Sodium	667mg
Fiber	6g		

Ginger Chicken Stir Fry MR

10 ingredients · 30 minutes · 4 servings



Directions

1. Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
2. 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 chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from 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 is wilted.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Veggies

Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Add a Starchy Carb

Per serving: Serve over top of 1/2 to 3/4 cup cooked brown rice or quinoa.

Leftovers

Keeps well in the fridge up to 3 days.

Vegan and Vegetarian

Use chickpeas or tofu instead of chicken.

Make It Faster

Use pre-sliced veggies from the bag.

Ingredients

- 1/3 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 4 cups Kale Leaves (chopped)

Nutrition

Amount per serving

Calories	260	Sugar	4g
Fat	8g	Protein	37g
Carbs	10g	Sodium	1624mg
Fiber	4g		

Chicken, Broccoli & Cashew Stir Fry MR

15 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
2. Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
3. Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
4. Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
5. Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
6. Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

Ingredients

1 lb Chicken Breast
3/4 cup Quinoa
1 1/2 cups Water
2 tbsps Tamari
1 tbsp Raw Honey
1 tbsp Apple Cider Vinegar
4 cups Broccoli (cut into florets)
1 tbsp Coconut Oil
1 Yellow Bell Pepper (diced)
1/2 Sweet Onion (chopped)
1 tbsp Ginger (grated)
3 Garlic (cloves, minced)
1/2 cup Cashews
3 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	467	Sugar	9g
Fat	17g	Protein	37g
Carbs	44g	Sodium	596mg
Fiber	6g		

Sausage, Broccoli & Cabbage Stir Fry MR

6 ingredients · 25 minutes · 4 servings



Directions

1. Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
2. Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

No Sausage

Use ground meat instead.

Make it Quick

Use bagged coleslaw mix to save time on slicing cabbage.

Add a Starchy Carb

Per serving: Serve over top of 1/2 cup cooked brown rice or quinoa.

Ingredients

- 1 **1/2 lbs** Chicken Sausage
- 1 Yellow Onion (small, diced)
- 1 Garlic (clove, minced)
- 4 **cups** Broccoli (chopped into small florets)
- 4 **cups** Purple Cabbage (finely sliced)
- 2 **tsps** Italian Seasoning

Nutrition

Amount per serving

Calories	438	Sugar	10g
Fat	25g	Protein	27g
Carbs	29g	Sodium	1814mg
Fiber	5g		

Spaghetti Squash Chow Mein MR

10 ingredients · 1 hour 30 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
3. In a separate pan, melt the coconut oil and brown the ground chicken.
4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos

Use tamari instead.

Vegan and Vegetarian

Replace the ground chicken with scrambled eggs or tofu.

Likes it Spicy

Serve with hot sauce.

Leftovers

Refrigerate up to 3 days.

Ingredients

- 1 Spaghetti Squash
- 2 **tbsps** Sesame Oil
- 1 Yellow Onion (medium, diced)
- 4 **stalks** Celery (sliced diagonally)
- 4 **cups** Coleslaw Mix
- 3 Garlic (cloves, minced)
- 1 **tbsp** Ginger (peeled and grated)
- 1 **1/2 tpsps** Coconut Oil
- 1 **1/2 lbs** Extra Lean Ground Chicken
- 1/4 **cup** Coconut Aminos

Nutrition

Amount per serving

Calories	422	Sugar	9g
Fat	22g	Protein	32g
Carbs	25g	Sodium	439mg
Fiber	5g		

Garlicky Beef & Greens MR

7 ingredients · 20 minutes · 4 servings



Directions

1. In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.
2. Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
3. To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
4. Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 cup.

More Flavor

Add sesame oil, lime juice, red pepper flakes or a drizzle of honey.

Additional Toppings

Top with sesame seeds or chopped cilantro.

No Beef

Use ground chicken, turkey or pork instead.

No Coconut Aminos

Use tamari or other soy-based sauce instead.

Add a Starchy Carb

Per serving: Serve over top of 1/2 to 3/4 cup cooked brown rice or quinoa.

Ingredients

- 1/4 cup Coconut Aminos
- 4 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated or minced)
- 1 stalk Green Onion (chopped)
- 1 lb Extra Lean Ground Beef
- 4 cups Kale Leaves (finely chopped)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	228	Sugar	3g
Fat	12g	Protein	24g
Carbs	5g	Sodium	505mg
Fiber	1g		

Unstuffed Cabbage Rolls MR

7 ingredients · 45 minutes · 4 servings



Directions

1. Heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
2. Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
3. Divide into bowls and enjoy!

Notes

Add a Starchy Carb

1/2 to 3/4 cup (per serving) cooked brown rice would be yummy with this recipe.

Vegetarian & Vegan

Use lentils instead of ground meat. Don't add starchy carb.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 1 **tbsp** Coconut Oil
- 1 **lb** Extra Lean Ground Beef
- 1 Yellow Onion (small, finely diced)
- 8 **cups** Green Cabbage (finely sliced)
- 3 **cups** Diced Tomatoes
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper

Nutrition

Amount per serving

Calories	323	Sugar	12g
Fat	15g	Protein	27g
Carbs	19g	Sodium	434mg
Fiber	7g		

Cuban Beef Picadillo MR

10 ingredients · 45 minutes · 4 servings



Directions

1. Cook the brown rice according to package directions.
2. Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
3. Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
4. Divide the rice and beef mixture between plates and serve immediately. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Stir in a couple of tablespoons of olive brine or add minced garlic.

Additional Toppings

Serve with extra chopped cilantro, green onions or lime juice on top.

Grain-Free

Use roasted potatoes or cauliflower rice instead of rice.

Ingredients

- 3/4 cup** Brown Rice (uncooked)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1 lb** Extra Lean Ground Beef
- 1** Red Bell Pepper (chopped)
- 1 1/2 cups** Diced Tomatoes (from the can with juices)
- 4 stalks** Green Onion (chopped, green part only)
- 1/2 cup** Cilantro (chopped)
- 1/2 cup** Green Olives (sliced)
- 1 1/2 tsps** Cumin
- 1/2 tsp** Sea Salt

Nutrition

Amount per serving

Calories	395	Sugar	4g
Fat	16g	Protein	27g
Carbs	33g	Sodium	516mg
Fiber	3g		

Spiced Beef & Spinach with Rice MR

5 ingredients · 20 minutes · 4 servings



Directions

1. Cook the rice according to the package directions.
2. Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
3. Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
4. Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season the beef with other dried herbs and spices or add fresh garlic and ginger.

Additional Toppings

Cilantro, lime wedges, and/or red pepper flakes.

No Beef

Use ground chicken, turkey, or pork instead.

No Rice

Use quinoa or cauliflower rice instead.

Ingredients

3/4 cup Jasmine Rice

1 lb Extra Lean Ground Beef

1 1/2 tbsps Curry Powder

Sea Salt & Black Pepper (to taste)

4 cups Baby Spinach

Nutrition

Amount per serving

Calories	334	Sugar	0g
Fat	12g	Protein	26g
Carbs	31g	Sodium	100mg
Fiber	3g		

Beef, Sweet Potato & Broccoli Skillet

7 ingredients · 25 minutes · 4 servings



Directions

1. Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
2. Add the broccoli and cook for about 5 more minutes or until stalks are soft.
3. Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

Leftovers

Store leftovers in an airtight container in the fridge for up to three days.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (sliced)
- 1 tbsp Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (medium sized, grated)
- 1 cup Broccoli (chopped)
- 1/2 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	278	Sugar	5g
Fat	11g	Protein	25g
Carbs	18g	Sodium	415mg
Fiber	3g		

Sesame Beef & Brown Rice

9 ingredients · 35 minutes · 4 servings



Directions

1. Cook the rice according to the directions on the package.
2. While the rice cooks, in a small bowl, whisk together the tamari, coconut sugar, sesame oil, ginger and chili flakes.
3. In a nonstick skillet over medium heat, add the ground beef and cook. As it browns, break it up with a wooden spoon or spatula. Cook for 3 to 4 minutes and then add the tamari mixture. Reduce the heat to medium-low and stir frequently until cooked through, about 5 minutes more.
4. Divide the rice onto plates, top with the beef. If using, top with the cilantro and sesame seeds. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add sautéed vegetables on the side.

No Cilantro

Use green onions instead or completely omit.

Ingredients

- 1 cup Brown Rice (dry, uncooked)
- 3 tbsps Tamari
- 1 tbsp Coconut Sugar
- 2 tsps Sesame Oil
- 1/4 tsp Ginger (ground)
- 1/4 tsp Chili Flakes
- 1 lb Extra Lean Ground Beef
- 1/4 cup Cilantro (for topping, chopped)
- 1 tbsp Sesame Seeds (optional, for topping)

Nutrition

Amount per serving

Calories	418	Sugar	3g
Fat	16g	Protein	28g
Carbs	39g	Sodium	832mg
Fiber	2g		