

# flank steak with snow peas and broccoli

**SERVES 1 • READY IN 30 MINUTES OR LESS**

## PHASE 1



### Ingredients:

- 1 portion\* flank steak
- 1 tbsp tamari
- ½ tsp avocado oil

### Vegetables:

- ½ tsp avocado oil
- 1 clove garlic, peeled and cut in half
- 1 cup broccoli florets
- 1 cup snow peas, tipped
- ¼ tsp salt

Place flank steak, tamari and avocado oil in a bowl and mix around to coat. You can optionally add this to a plastic bag and marinate for 1 hr to overnight.

Heat a large non-stick skillet over medium high heat. Sear flank steak on both sides until golden brown, about 2-4 minutes per side. Continue cooking until internal temperature of desired doneness is reached (125F -rare, 140F - medium rare, and 145F - medium.). Set aside onto a cutting board and tent with aluminum foil for 5-10 minutes to rest the meat.

Meanwhile, wipe skillet with a paper towel, reheat over high heat and add avocado oil for the vegetables. Swirl to coat the bottom of the skillet. Sauté garlic for 30 seconds. Add broccoli, snow peas and salt. Toss to combine. Cook until broccoli turns bright green, about 3 to 4 minutes.

Slice flank steak across the grain and serve on top of vegetables.

\*US: 1 Portion = 4-6 ounces

\*CA: 1 Portion = 8 ounces

# pork skewer with fresh herb lettuce wrap

**SERVES 1 • READY IN 20 MINUTES OR LESS**

## PHASE 1



### Ingredients:

- 1 portion\* pork tenderloin, cut into 1" cubes
- ½ tbsp fresh lemongrass (white tender parts only), chopped finely or zest of 1 fresh lime
- 1 tsp avocado oil
- 1/8 tsp salt
- 1 tbsp tamari
- 4-6 leaves boston bibbs lettuce
- 2 tbsp chives, cilantro, mint or a combination, roughly chopped
- ½ fresh lime quartered, for serving

Place pork pieces in a ziplock bag with lemongrass, avocado oil and tamari. Marinate for 30 min to overnight.

30 min before grilling, soak wooden skewers.

Set aside lettuce leaves and herb(s).

Heat a grill on high heat.

While the grill is heating up, thread pork pieces onto skewers, 3 pieces per skewer.

Grill pork until cooked through, about 7-10 min (rotating every 2 minutes or so) or until internal temperature reaches 145F.

Take pork off of skewer(s) and place onto the lettuce leaves. Garnish generously with herbs.

Squeeze fresh lime over top and eat.

\*US: 1 Portion = 4-6 ounces

\*CA: 1 Portion = 8 ounces

## stir-fried chicken with snow peas and mushrooms

**SERVES 1 • READY IN 30 MINUTES OR LESS**



### Ingredients:

- 1 teaspoon sesame oil
- 1 portion\* skinless boneless chicken breast, cut into ½-inch strips
- 1 garlic clove, minced
- 1 teaspoon finely chopped fresh ginger
- ½ tablespoon tamari or soy sauce
- 1 ¼ cups snow peas, trimmed
- ½ cup shiitake or cremini mushrooms, halved or sliced
- ¼ cup sliced green onion

Heat ½ teaspoon oil in a nonstick wok or large skillet over medium heat. Add the chicken and cook, turning occasionally, until cooked through, about 4 minutes. Transfer to a plate and cover to keep warm.

In the same wok, heat the remaining ½ teaspoon oil over medium heat. Add the garlic and ginger; cook, stirring constantly, just until fragrant, about 1 minute. Add the tamari, snow peas, and mushrooms; bring to a simmer. Reduce the heat, cover, and simmer until the snow peas are just cooked but still a vivid green, about 3 minutes. Stir in the reserved cooked chicken and reheat for 1 minute. Serve, sprinkled with the green onion.

\*US: 1 Portion = 4-6 ounces

\*CA: 1 Portion = 8 ounces

## beef pho with konjac noodles

**SERVES 1 • READY IN 20 MINUTES OR LESS**

### PHASE 1



#### Ingredients:

- 1 cup fat free beef broth
- 1 tbsp tamari
- 1" piece ginger, halved lengthwise
- 1 pinch cinnamon
- 1 portion\* beef sirloin, sliced as thin as possible
- 1 cup napa cabbage leaves, chopped
- 1 cup konjac or shirataki noodles, vermicelli or fettuccini style, prepared according to package directions
- 2 tbsp cilantro leaves
- ½ lime, cut into wedges
- Hot sauce (optional, for serving)

Add broth to a saucepan along with tamari, ginger and cinnamon. Bring to a boil, reduce heat to medium and simmer covered for 5 minutes.

Meanwhile, place prepared konjac noodles in a large soup bowl along with chopped cilantro. Set aside.

Remove the ginger pieces from broth and discard. Put the cabbage leaves in the broth and stir until the broth comes back up to a boil. Add in beef and stir for 1 minute.

Take the broth off the heat and carefully take the cabbage and beef out with a ladle and put it in the konjac noodle bowl. Pour broth into the bowl.

Serve with juice from lime wedges and optional hot sauce.

\*US: 1 Portion = 4-6 ounces

\*CA: 1 Portion = 8 ounces

## turkey and dill meatballs with zucchini noodles

SERVES 1 • READY IN 30 MINUTES OR LESS

### PHASE 1



#### Ingredients:

- 1 tsp olive oil, divided
- 1 2 cup cremini mushrooms, chopped
- 1 tsp salt, divided
- 1 portion\* ground turkey
- 2 tbsp fresh chopped dill
- 1 2 cup cherry tomatoes

#### Spiralized zucchini:

- 1 clove garlic, chopped
- 1 cup spiralized zucchini

\*US: 1 Portion = 4-6 ounces

\*CA: 1 Portion = 8 ounces

Preheat oven to 450 F and line a baking sheet with parchment paper.

Heat non-stick skillet over medium high heat and add ½ tsp olive oil. Sautee mushrooms and 1/8 tsp salt for about 3 minutes or until starting to brown. Remove from heat and transfer mushrooms to a mixing bowl. Add in ground turkey and dill and mix to combine thoroughly. Form into golf ball sized meatballs and place tightly together in a single layer on the baking sheet. Place cherry tomatoes around the meatballs.

Pop into the oven for 10-12 min or until cooked to 165F. The internal temperature is important here as turkey can easily dry out if overcooked.

Meanwhile take the sauté pan you used for the mushrooms, add remaining olive oil reheat again over medium high heat. Add in chopped garlic and sauté for 30 seconds. Add in spiralized zucchini and salt and sauté for 3 minutes or until warmed through and tender.

Remove meatballs and tomatoes from oven and serve on top of zucchini noodles.

# maple mustard chicken breast with grilled endives

**SERVES 1 COOK TIME: 25 MINUTES**

## PHASE 1



### Ingredients:

- 1 portion\*chicken breast, cut into 2" strips
- 1 large or 2 small endives, halved
- 1 tsp olive oil
- 1 tbsp lemon juice
- zest of 1 lemon, divided
- ¼ tsp dried thyme
- ¼ tsp salt
- 1 tbsp IP maple syrup
- 1 tsp hot mustard
- ¼ tsp garlic powder
- 1 cup arugula

Preheat air fryer to 360°F.

Combine chicken breast, endives, olive oil, lemon juice, half of the lemon zest, thyme, and salt in a bowl. Toss to coat thoroughly.

Place in one layer in an air fryer basket and air fry for 7 minutes. Flip and cook for another 9 minutes or until internal temperature reaches 165°F.

Meanwhile, combine maple syrup, mustard, and garlic powder together in a bowl. Remove chicken from air fryer basket, and toss with maple mustard mixture. Slice and serve on a bed of arugula with endives. Garnish with remaining lemon zest.

\*US: 1 Portion = 4-6 ounces

\*CA: 1 Portion = 8 ounces



# chipotle chile salmon with summer chopped salad

**SERVES 1 • READY IN 30 MINUTES OR LESS**

## PHASE 1



For the salad: Mix all the salad ingredients in a medium bowl; set aside.

For the salmon: Mix the chili powder, oregano, cumin, and salt in a small bowl. Rub over both sides of the salmon.

Spray a nonstick grill pan with nonstick spray and set over medium heat to preheat, about 2 minutes. Place the salmon in the grill pan and cook just until opaque in the center, about 5 minutes on each side. Serve with the salad.

### Ingredients:

#### SALAD

- ½ cup coarsely chopped tomato
- ½ cup each coarsely chopped green and yellow bell pepper
- ¼ cup coarsely chopped radish
- ¼ cup coarsely chopped red onion
- ⅛ cup chopped cilantro
- ½ tablespoon lime juice
- 1 teaspoons olive oil
- ¼ teaspoon salt
- ⅛ teaspoon coarsely ground black pepper

#### SALMON

- ¼ teaspoon chipotle chili powder
- ¼ teaspoon dried oregano
- ¼ teaspoon ground cumin
- ⅛ teaspoon salt
- 1 portion\*skinless salmon fillet
- Nonstick spray

\*US: 1 Portion = 4-6 ounces

\*CA: 1 Portion = 8 ounces