

Chicken Shawarma Salad Bowls

14 ingredients · 30 minutes · 4 servings



Directions

1. Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
2. Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
3. Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
4. Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

Notes

Garlic Lover

Serve with hummus or add minced garlic to the tahini dressing.

Leftovers

Store in the fridge for up to three days.

Vegan & Vegetarian

Omit the chicken and used cooked chickpeas instead.

Ingredients

- 1 1/4 lbs Chicken Breast (diced into cubes)
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Cinnamon
- 1/2 tsp Turmeric
- 1 tbsp Cumin
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Tahini
- 2 tbsps Water
- 1/2 Lemon (juiced)
- 8 leaves Romaine (chopped)
- 2 Tomato (diced)
- 1 Cucumber (diced)
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving

Calories	404	Cholesterol	147mg
Fat	20g	Sodium	420mg
Carbs	12g	Vitamin A	6182IU
Fiber	4g	Vitamin C	21mg
Sugar	2g	Calcium	130mg
Protein	48g	Iron	5mg

Turkey Taco Skillet with Cauliflower Rice

13 ingredients · 30 minutes · 4 servings



Directions

1. Heat a skillet over medium heat and add the avocado oil. Add the ground turkey, onion, red bell pepper, yellow bell pepper, chili powder, paprika, cumin, and sea salt. Cook for 10 to 15 minutes or until cooked through. Add the tomatoes, stir well and remove from heat.
2. Divide the cauliflower rice into bowls then top with the turkey, avocado and cilantro. Enjoy!

Notes

Cauliflower Rice

Can be served raw or cooked. To cook your cauliflower rice, saute in a skillet for 5 to 7 minutes before serving.

Vegan & Vegetarian

Use cooked lentils instead of ground turkey.

Save Time

Use pre-riced cauliflower.

Dairy-Lover

Top with Greek yogurt or grated cheese.

Leftovers

Store in the fridge for up to three days.

No Avocado Oil

Use coconut or olive oil instead.

Ingredients

- 1 tsp Avocado Oil
- 1 lb Extra Lean Ground Turkey
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (diced)
- 1 Yellow Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1 3/4 cups Diced Tomatoes (from the can)
- 5 cups Cauliflower Rice
- 1 Avocado (sliced, optional)
- 1/4 cup Cilantro (chopped, optional)

Nutrition

Amount per serving

Calories	343	Cholesterol	84mg
Fat	19g	Sodium	335mg
Carbs	20g	Vitamin A	2569IU
Fiber	9g	Vitamin C	141mg
Sugar	8g	Calcium	97mg
Protein	27g	Iron	4mg

Slow Cooker Dijon Pork Tenderloin

7 ingredients · 2 hours 15 minutes · 4 servings



Directions

1. Combine the broth, mustard, Italian seasoning and sea salt in the slow cooker. Add the pork tenderloin to the center of the slow cooker and cover with the lid. Cook on high for 1 to 2 hours or on low for 3 to 4 hours until the pork is cooked through.
2. Once cooked, remove the pork from the slow cooker and cover it with foil to rest and keep warm. Add the lemon juice and parsley into the slow cooker with the leftover juices, and mix well.
3. To serve, slice the pork and drizzle with the juices from the slow cooker. Enjoy!

Notes

Optional Step for Sauce

For a sauce that is more like gravy, transfer the cooking liquid from the slow cooker to a small pot. Bring the liquid to a boil over medium-high heat and then let simmer for 15 minutes. Turn off the heat then stir in the lemon juice and parsley.

No Grainy Dijon Mustard

Use regular Dijon mustard or brown mustard instead.

Leftovers

Keep in the fridge for up to 3 days or freeze for longer.

Serve it With

Mashed potatoes, cauliflower, rice, quinoa or a side salad.

Ingredients

- 3 cups** Organic Vegetable Broth
- 2 tbsps** Dijon Mustard (grainy)
- 1 tsp** Italian Seasoning
- 1/2 tsp** Sea Salt
- 1 lb** Pork Tenderloin
- 1 tbsp** Lemon Juice
- 1/4 cup** Parsley (chopped)

Nutrition

Amount per serving

Calories	137	Cholesterol	61mg
Fat	3g	Sodium	918mg
Carbs	2g	Vitamin A	711IU
Fiber	0g	Vitamin C	7mg
Sugar	1g	Calcium	16mg
Protein	22g	Iron	1mg