healthy
MEAL PLANNING
bundle

SAMPLE PAGES
Seasonal Meals: Summer

Meal plan
## Summer Meals
### Week 1

<table>
<thead>
<tr>
<th>Day</th>
<th>Main Dish</th>
<th>Contributor</th>
<th>Book</th>
<th>Side Dish</th>
<th>Contributor</th>
<th>Book</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Stuffed Patty Pan Squash with Beef</td>
<td>Jo Romero</td>
<td>Celebrations and Holiday Meals</td>
<td>End of the Season Tomato and Basil Salad</td>
<td>Paula Miller</td>
<td>Salads and Sides</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Eggplant, Tomato and Pesto Casserole</td>
<td>Catherine Baez Sholl</td>
<td>Everyday Dinners</td>
<td>Quick and Healthy Greek Spinach Salad</td>
<td>Jennifer Blossom</td>
<td>Salads and Sides</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Greek Veggie Bowl</td>
<td>Eva Moore</td>
<td>Light Meals</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Baked Ginger Soy Salmon With Tomato Relish</td>
<td>Jenni and Mirna</td>
<td>Celebrations and Holiday Meals</td>
<td>Chinese Green Beans</td>
<td>Paula Miller</td>
<td>Salads and Sides</td>
</tr>
<tr>
<td>Friday</td>
<td>Chicken Zoodle Soup</td>
<td>Heather Harris</td>
<td>Soup</td>
<td>Garlic Herbed Chickpea Flatbread</td>
<td>Jenni and Mirna</td>
<td>Baked Goods</td>
</tr>
<tr>
<td>Saturday</td>
<td>Cucumber Basil Avocado Gazpacho</td>
<td>Ginger Hudock</td>
<td>Light Meals</td>
<td>The Perfect Flatbread Trio</td>
<td>Isabel Freitas</td>
<td>Light Meals</td>
</tr>
<tr>
<td>Sunday</td>
<td>One-Pot Olive and Oregano Orzo with Chicken</td>
<td>Kresha Faber</td>
<td>One Dish Wonders</td>
<td>Cheesy Green Bean Casserole</td>
<td>Erin Odom</td>
<td>Light Meals</td>
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</table>
Seasonal Meals Summer

Week 1

Meal Plan

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
<th>Recipe Description</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Dinner</td>
<td>Stuffed Patty Pan Squash with Beef and End of the Season Tomato Basil Salad</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Dinner</td>
<td>Eggplant, Tomato, and Pesto Casserole and Quick and Healthy Greek Spinach Salad</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Dinner</td>
<td>Greek Veggie Bowl</td>
</tr>
<tr>
<td>Thursday</td>
<td>Dinner</td>
<td>Baked Ginger Soy Salmon With Tomato Relish and Chinese Green Beans</td>
</tr>
<tr>
<td>Friday</td>
<td>Dinner</td>
<td>Chicken Zoodle Soup and Garlic Herbed Chickpea Flatbread</td>
</tr>
<tr>
<td>Saturday</td>
<td>Dinner</td>
<td>Cucumber Basil Avocado Gazpacho and The Perfect Flatbread Trio (Caprese, Four Cheese, and Philly Cheese Steak &amp; Bacon)</td>
</tr>
<tr>
<td>Sunday</td>
<td>Dinner</td>
<td>One-Pot Olive &amp; Oregano Orzo with Chicken and Cheesy Green Bean Casserole</td>
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Prep Notes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Task Description</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Morning</td>
<td>Defrost the bacon and ground beef, if frozen.</td>
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<tr>
<td></td>
<td>Evening</td>
<td>Prepare the End of the Season Tomato Basil Salad and Stuffed Patty Pan Squash with Beef.</td>
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<tr>
<td>Tuesday</td>
<td>Evening</td>
<td>Prepare the Eggplant, Tomato, and Pesto Casserole and Quick and Healthy Greek Spinach Salad.</td>
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<tr>
<td>Wednesday</td>
<td>Morning</td>
<td>Soak the quinoa.</td>
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<td></td>
<td>Evening</td>
<td>Prepare the Greek Veggie Bowl.</td>
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<tr>
<td>Thursday</td>
<td>Morning</td>
<td>Defrost the salmon, if frozen.</td>
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<tr>
<td></td>
<td>Evening</td>
<td>Prepare the Baked Ginger Soy Salmon With Tomato Relish and Chinese Green Beans.</td>
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<tr>
<td>Friday</td>
<td>Morning</td>
<td>Prepare batter for Garlic Herbed Chickpea Flatbread. (Optional)</td>
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<td></td>
<td>Evening</td>
<td>Prepare the Chicken Zoodle Soup and Garlic Herbed Chickpea Flatbread.</td>
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<tr>
<td>Saturday</td>
<td>Morning</td>
<td>Hit your local farmer's markets and shops to pick up necessary ingredients for the week.</td>
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<tr>
<td></td>
<td>Evening</td>
<td>Prepare the Cucumber Basil Avocado Gazpacho and The Perfect Flatbread Trio (Caprese, Four Cheese, and Philly Cheese Steak &amp; Bacon).</td>
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<tr>
<td>Sunday</td>
<td>Morning</td>
<td>Defrost the chicken breast, if frozen.</td>
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<tr>
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<td>Evening</td>
<td>Prepare the Cheesy Green Bean Casserole and One-Pot Olive &amp; Oregano Orzo with Chicken.</td>
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Notes
### Shopping List

**Vinegar and Oils**
- 5 tablespoons apple cider vinegar
- 5 tablespoons coconut oil
- 4 tablespoons olive oil
- 1/2 teaspoon sesame oil
- 1 tablespoon avocado oil
- 3/4 cup extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon vegetable oil
- 1/4 cup balsamic vinegar
- 1/2 cup Greek dressing
- 1 teaspoon refined coconut oil

**Produce**
- 1 avocado
- 2 1/2 cups baby spinach
- 1/8 head cabbage
- 2 stalks celery
- 1 celery rib
- 1 eggplant
- 6 tablespoons fresh parsley
- 5 green bell peppers
- 2 1/2 onions
- 1 1/2 red onions
- 17 tomatoes
- 2 1/2 cups baby spinach
- 1 1/2 cups fresh parsley
- 5 green bell peppers
- 2 1/2 onions
- 1 1/2 red onions
- 17 tomatoes

**Meat/Seafood**
- 4 slices bacon
- 1/8 cup bacon bits
- 1/2 cup beef top round
- 1 pound ground beef
- 1 pound chicken breast
- 4 cups cooked chicken breasts
- 1/2 cup ground beef
- 4 ounces pancetta
- 1 1/2 pounds salmon

**Eggs & Dairy**
- 1/4 cup blue cheese
- 5 tablespoons butter
- 6 ounces feta cheese
- 1/4 cup parmesan cheese
- 1 pizza crust
- 1/4 cup mozzarella cheese
- 8 ounces sour cream
- 1 cup orzo

**Grains, Legumes & Flours**
- 2 teaspoons cornstarch
- 1 cup orzo
- 2 cups quinoa

**Spices**
- 1/3 teaspoon crushed red pepper flakes
- 1 teaspoon dried basil
- 1 tablespoon dried oregano
- 2 teaspoons garlic powder
- 2 teaspoons ground black pepper
- 2 teaspoons ground turmeric
- 1 teaspoon Italian seasoning
- 5 1/3 teaspoons sea salt

**Drinks**
- 2 tablespoons cold water
- 3 1/2 quarts filtered water

**Canned/Jarred Goods**
- 2 tablespoons alfredo sauce
- 1 cup black olives
- 1/2 cup kalamata olives
- 1 tablespoon liquid aminos
- 5 cups water
- 1/2 cup olives
- 1 quart chicken broth
- 5 cups water
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<th>Recipes</th>
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<tr>
<td>15 Bean, Sausage, and Veggie Soup</td>
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<tr>
<td>2 Minute Ranch Dressing</td>
<td>Salads &amp; Sides</td>
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<tr>
<td>20 Minute Sausage and Bean Skillet Meal</td>
<td>Quick &amp; Easy</td>
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<tr>
<td>3 Bean Burger with Homemade French Fries</td>
<td>Everyday Dinners</td>
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<tr>
<td>3 Ingredient Almond Butter Cookies</td>
<td>Baked Goods</td>
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<td>3 Ingredient Tex Mex Chicken Wings</td>
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<tr>
<td>30 Second Paleo Cherry Ice Cream</td>
<td>Dessert</td>
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<tr>
<td>5 Ingredient Clean Homemade Sausage</td>
<td>Quick &amp; Easy</td>
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<tr>
<td>5 Ingredient Peanut Butter &amp; Dark Chocolate Stovetop Fudge</td>
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<tr>
<td>5 Minute Mango Pineapple Smoothie Bowl</td>
<td>Light Meals</td>
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<td>5 Spice Pork Roast</td>
<td>Freezer Meals</td>
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<tr>
<td>5 Minute Oat Museli</td>
<td>Breakfast</td>
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<tr>
<td>6 Ingredient Paleo &amp; Vegan Chocolate Chip Cookies</td>
<td>Baked Goods</td>
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<tr>
<td>Acorn Squash with Apple-Walnut Stuffing</td>
<td>Celebrations &amp; Holiday Meals</td>
</tr>
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<td>Adaptea (Adaptogenic Tea)</td>
<td>Beverages</td>
</tr>
<tr>
<td>Addictive Salt &amp; Vinegar Kale Chips</td>
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<tr>
<td>Air Fryer Chicken Tenders</td>
<td>Snacks</td>
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<td>Air Fryer Gluten Free Chicken Strips</td>
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<tr>
<td>Allergen Free No Cook Pumpkin Yogurt</td>
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<td>Aloe Vera Smoothie</td>
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<td>Anti-Inflammatory Chocolate Banana Smoothie</td>
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<td>Anti-Inflammatory Smoothie</td>
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<td>Apple and Banana Coconut Oatmeal</td>
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<td>Apple and Fennel Soup</td>
<td>Soup</td>
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<td>Apple Berry Crumble</td>
<td>Dessert</td>
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<td>Apple Cinnamon Hotcakes</td>
<td>Breakfast</td>
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<td>Apple Kielbasa Bake</td>
<td>Slow Cooker/Pressure Cooker</td>
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<tr>
<td>Apple Nachos</td>
<td>Snacks</td>
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<td>Apple Pie Fruit Leather</td>
<td>Snacks</td>
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<td>RECIPE</td>
<td>TAGS</td>
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<td>2 Ingredient No Rise Pizza Dough</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Dairy Free, Soy Free, Egg Free, Wheat Free, Paleo, Vegetarian, Quick Prep Time, Slow Cooker/Pressure Cooker, Vegetable, Sugar Free, Slow Cooker/Pressure Cooker, Gluten Free, Budget Friendly</td>
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<tr>
<td>20 Minute Sausage and Bean Skillet Meal</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Tree Nut Free, Sugar Free, Gluten Free, Budget Friendly</td>
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<td>30 Minute Chili</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Sugar Free, Budget Friendly</td>
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<tr>
<td>5 Ingredient Clean Homemade Sausage</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Vegetarian, Budget Friendly</td>
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<td>Asian Noodle Salad with Eye Fillet Beef</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Gluten Free, Budget Friendly</td>
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<td>Bacon, Basil and Tomato Pasta</td>
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<td>Baked Italian Boneless Chicken</td>
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<td>Baked White Fish with Parmesan-Herb Crust</td>
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<td>Best Ever Burger Patties</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Budget Friendly</td>
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<td>Biscuits with Salmon Gravy</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Tree Nut Free, Sugar Free, Budget Friendly</td>
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<tr>
<td>Boneless Pork Chops with Apples</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Dairy Free, Sugar Free, Budget Friendly</td>
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<td>Carrot Fettuccine</td>
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<tr>
<td>Cashew Chicken Stir Fry</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Budget Friendly</td>
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<tr>
<td>Chana Dal Indian Curry with Spinach</td>
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<tr>
<td>Chicken Lettuce Wraps</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Budget Friendly</td>
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<tr>
<td>Chicken Zucchini Pesto Tortellini</td>
<td>Dairy Free, Egg Free, Peanut Free, Tree Nut Free, Soy Free, Wheat Free, Gluten Free, Sugar Free, Paleo, Keto, Vegetarian, Budget Friendly, Quick Prep Time, Slow Cooker/Pressure Cooker, Budget Friendly</td>
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</tbody>
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Pesto Cheese Rolls

Servings: 4  |  Prep Time: 30 minutes (+1.5 hours for rising) | Cook Time: 30 minutes

Kathie N. Lapcevic, Homespun Seasonal Living

Ingredients
1 cup shredded cheddar cheese
1 cup pesto
1 ½ tsp yeast
1 ¼ cups warm water, divided
1 ½ tsp salt
1 cup whole wheat flour
2-3 cups all-purpose flour

Instructions
1. In a large bowl, combine the yeast and ½ cup of the warm water. Let sit until foamy, about 5 minutes.
2. Whisk in the remaining water and salt. Mix in the whole wheat flour and about 1 ½ cups of the all purpose flour. Mix until a dough forms, adding flour a little at a time as necessary.
3. Turn the dough out onto a floured board and knead until a soft and elastic dough forms.
4. Place the dough into an oiled bowl, turning to coat.
5. Cover with a tea towel and let rise until doubled, about an hour.
6. After risen, punch down the dough and turn out onto a floured board. Knead slightly and then roll the dough out into a sheet about 13x17 inches.
7. Spread the pesto across the dough, leaving about ½” edge all around. Just like topping a pizza. Sprinkle the cheddar cheese over the pesto.
8. On the short end of the dough, roll it up like a cinnamon roll. Keep it tight. Slice the loaf into 6 even pieces. Place these slices into an oiled casserole dish, about 2” apart.
9. Let rise 30 minutes. Preheat oven to 425°F/220°F.
10. Bake the risen rolls for 30 minutes or until golden brown.
11. Allow to cool slightly before pulling apart to serve.

Nutrition Facts
Servings: 4

Amount per serving | Calories 476

Calories 476  |  % Daily Value

Total Fat 35.7g  |  46%
Saturated Fat 11g  |  65%
Cholesterol 45mg  |  15%
Sodium 1430mg  |  62%
Total Carbohydrate 22.0g  |  8%
Dietary Fiber 2.8g  |  10%
Total Sugars 4.7g

Protein 10.4g

Vitamin D 3mcg  |  17%
Calium 417mg  |  53%
Iron 3mg  |  6%
Potassium 91mg  |  2%

“% Daily Value (%DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.”

Tags: 🍽️ 🍧 🍃 🍎 🌿

Recommendations: You could use any cheese your family favors with great results.
**Dark Chocolate and Blackberry Protein Pancakes**

Servings: 1  |  Prep Time: 3 minutes  |  Cook Time: 3 minutes

Tracy Lewis, Fit and Fulfilled

These healthy protein pancakes are made with Vital Proteins Dark Chocolate and Blackberry collagen peptides and egg whites for protein and oat flour for some healthy carbs and fiber. Blackberries and chocolate are the perfect pair with just a few mini chocolate chips melted in for a delectable treat that’s still healthy enough to qualify as breakfast!

**Ingredients**

- ⅓ cup oats
- 1 scoop dark chocolate and blackberry collagen peptides (I use Vital Proteins)
- 2 egg whites
- ½ banana
- 1 tsp vanilla extract
- ¼ cup blackberries, chopped
- ½ Tbs mini chocolate chips (regular or Enjoy Life brand for a dairy-free option)

**Instructions**

1. Pulse oats in a blender to make a coarse oat flour.
2. Add Dark Chocolate and Blackberry collagen peptides, egg whites, banana, and vanilla extract and blend for a few seconds until smooth.
3. Stir in chopped blackberries and chocolate chips.
4. Spray a skillet with non-stick spray or lightly grease with coconut oil and turn on to medium heat.
5. Pour batter into skillet and cook for a minute or two on each side or until cooked through.
6. Garnish with a few extra blackberries and chocolate chips if desired and serve with pure maple syrup.

**Tags:**

Recommendations: Batter will be very thin. Makes 1 serving of 4-5 pancakes.
Comforting Silverbeet & Potato Curry

Servings: 4  |  Prep Time: 30 minutes  |  Cook Time: 30 minutes

Laini Oldfield, The Wholefood Collective

This curry is quick to get to the table, packed with nutrients and uses the whole silverbeet bunch, rather than discarding the stems as so many recipes ask you to do. In the Mediterranean and Italy, the stems are prized for their flavour and texture, so you should be appreciating them too! If you’re worried about kids not enjoying the stems, chop them finely as you would the onion and cook them off with onion, they’ll be the wiser.

Ingredients
1 medium onion, finely chopped
3cm ginger, grated
4 garlic cloves, finely chopped
1 tsp black mustard seeds
1 tsp ground coriander
1 tsp turmeric paste
½ tsp ground cumin
½ tsp ground chilli
1 tsp garam masala
1 bunch silverbeet, stems removed
1 tomato roughly chopped
1 cup coconut milk
500g potatoes, Desiree (or other waxy variety), cut in 2cm cubes
1 Tbsp lemon juice
1 Tbsp coconut oil
½ tsp salt

Instructions
1. Heat coconut oil in a heavy based saucepan on medium.
2. Add mustard seeds and wait until they start to pop.
3. Add onions and salt and saute for 10-15 minutes on low-medium until the onions turn golden, stirring occasionally.
4. While onions are cooking prepare potatoes.
5. Add garlic and ginger and cook for a further minute, then add the coriander, cumin, chilli, turmeric paste and tomato and saute for one more, while stirring.
6. Add potatoes and 1 cup of water.
7. Cover pan with lid and cook for 10-12 minutes. Stir pot every few minutes to ensure spices aren’t sticking. There should be some give in the potatoes by now, but they shouldn’t be cooked through.
8. While potatoes are cooking prepare the silverbeet. Slice stems into strips, then chop into 1 cm pieces and finely shred leaves.
9. Add coconut milk and garam masala to the saucepan with silverbeet stems. Cook covered for 5 minutes.
10. Add silverbeet leaves and stir through. Cook for a further 2 minutes.
11. Remove from the heat, squeeze in lemon juice, stir to combine.

Tags: 🌱 🍽️ 🌳 🍋 🍲

Recommendations: Serve with steamed brown rice or quinoa and fresh coriander.
Asian Slaw

Servings: 4  |  Prep Time: 15-20 minutes  |  Cook Time:-

Bonnie Lynch, Progress Toward Prosperity

This is a vibrant colored nutty flavored slaw that is sure to delight.

Ingredients

4 cups of red cabbage, thinly sliced
1 cup matchstick carrots
1 red bell pepper, sliced into very thin strips
½ cup green onions
2 Tablespoons sesame seeds, toasted. (Toast in oven at 350°F/180°C for 8-10 minutes.)

DRESSING INGREDIENTS:

½ cup mayonnaise (See homemade recipe below)

INGREDIENTS FOR HOMEMADE MAYONNAISE

4 egg yolks at room temperature
1 Tbsp lemon juice or apple cider vinegar
1 tsp regular or Dijon mustard or ½ tsp dried mustard
½ tsp salt
¼ tsp pepper
½ cup pure olive oil (not extra virgin) for a milder taste.
½ cup coconut oil (warm) or other healthy oil
2 Tablespoons soy sauce or Bragg’s Liquid Aminos, or coconut Aminos
1 Tbsp of toasted sesame oil.

Instructions

1. Slice the cabbage into thin strips.
2. Do the same with the red pepper and the carrot.
3. Chop the green onions into ¼ inch slices.

NOW MAKE THE CREAMY SESAME DRESSING:

4. Put egg yolks into blender or bowl and whisk/blend until smooth.
5. Add lemon juice or vinegar, mustard, and spices and blend until mixed.
6. SLOWLY add oil while blending or whisking at low speed, starting with olive oil. Start with a drop at a time until it starts to emulsify and then keep adding a stream about as thick as an uncooked piece of spaghetti, I repeat, very slowly until all oil is incorporated.
7. Add the tamari sauce and toasted sesame oil and whisk gently until blended.
8. Keeps about 1 week.

Nutrition Facts

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<thead>
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<th>Nutrient</th>
<th>Amount per serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories</td>
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<td>Total Fat 15.6g</td>
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<td>Protein 3.2g</td>
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<td>Vitamin D 0mcg</td>
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<td>0%</td>
</tr>
<tr>
<td>Calcium 79mcg</td>
<td></td>
<td>6%</td>
</tr>
<tr>
<td>Iron 3mg</td>
<td></td>
<td>9%</td>
</tr>
<tr>
<td>Potassium 227mg</td>
<td></td>
<td>5%</td>
</tr>
</tbody>
</table>

*Nutritional information is approximate. This information is intended as a guide only and should not be taken as medical advice. It is always important to consult with a registered dietitian or healthcare professional for personalized nutrition advice.

Tags: 🌼 🍃 🌽 🌿 GF

Recipe adapted by verywell
This Instant Pot Lamb Stew recipe is a must for dinner. I love that this lamb stew can be made in the Instant Pot – making dinner a breeze. I am going to share with you my secret to making this the best Instant Pot Lamb Stew. It’s savory, delicious, and the perfect lamb stew recipe.

**Ingredients**
- 2.5 lbs lamb stew meat
- 1 large leek
- 1 cup guinness beer
- 5 cups quality vegetable or beef stock
- 2 medium sweet potatoes
- 2-3 cups mini potatoes
- 1 Tbsp olive or avocado oil
- 1 tsp salt
- pepper to taste
- fresh thyme and rosemary to taste
- 1 tsp raw honey optional

**Instructions**
1. Wash, cut, and peel the vegetables.
2. Heat up the instant pot using the sauté setting. Add in the oil, salt, pepper, and leeks. Cover with a standard kitchen lid and cook for about 3 minutes until they start to brown.
3. Pour in the beer and honey. (The honey is optional but helps to soften and bring all of the flavors together.) Whisk together before setting in the meat and then layer the vegetables on top. Add the rest of the liquid and add any additional seasonings you’d prefer.
4. Twist on the locking lid and cancel the sauté mode. Select manual mode for 14 minutes. When the pressurized cook time has passed and the pot beeps, let the pot natural pressure release for 2 minutes before quick releasing the rest of the pressure.
5. Stir the stew and then let cool for a few minutes prior to serving.