



COOKING 101

REAL FOOD MADE SIMPLE

with Olivia Borer

**COOKING 101 COMPLETE
RECIPE COLLECTION**

AMAZING BEEF STEW

Cook Time: 8-10 hours
Serves: 4-6

INGREDIENTS

- 2lb Beef Stew Meat
- 8 Slices Bacon
- 1lb Carrots
- 4 Stalks Celery
- 1 Yellow Onion
- 1lb Baby Red or Gold Potatoes
- 1/2 Can Tomato Paste
- 1 Tsp Basil
- 1 Tsp Thyme
- 1/2 Tsp Oregano
- 1 Tbsp Minced Garlic
- 1-3 Tsp Sea Salt (to taste)
- 1/2 Tsp Black Pepper
- 2 Cups Beef Broth

You guessed it!
Bacon is the secret
ingredient - YUM!

Try a shallot for a
milder onion flavor
or omit if your
family isn't a fan.
Sub 1 tsp onion
powder instead!

Honestly, any
potato will work,
even russet
potatoes, as long
as they're cut into
about 1" chunks!

Pro-tip: Spoon the
remaining paste and put
into a freezer bag and
freeze flat. Easy to thaw
in hot water for the next
use, and it won't rot in the
fridge.

DIRECTIONS

1. In a large slow cooker, add the stew meat, tomato paste, spices, garlic, and broth.
2. Prep and add the vegetables and bacon to the slow cooker: cut the bacon into 1" pieces with kitchen scissors, peel and cut the carrots into 3/4" pieces, chop the celery into 3/4" pieces, medium dice the onion, and cut the potatoes in half if needed.
3. Cover and cook on low for 8-10 hours (do not cook on high with beef stew meat as it will get tough).
4. Serve and enjoy!

NOTES

- To prep ahead and freeze: combine all ingredients except the beef broth in a large freezer bag. Freeze for up to 3 months. When ready to cook, thaw completely in a large bowl, add to the slow cooker along with the broth, and cook according to directions. You can also prep the recipe ahead without freezing. Cook within 3 days.
- To cook and freeze: cook according to directions and allow the stew to cool completely. Portion into individual servings if desired and freeze in freezer bags or glass storage containers for up to 2 months. Thaw completely and reheat on the stove top or in the microwave.

POT ROAST

Cook Time: 8-10 hours

Serves: 4-6

INGREDIENTS

- 2-3lb Beef Chuck Roast
- 2 Stalks of Celery
- 1 Yellow Onion
- 1lb Carrots
- 1lb Baby Red Potatoes
- ½ Tsp Black Pepper
- Sea Salt to taste
- 1 Tsp Minced Garlic
- 1 can (14.5 oz) Beef Broth or Beef Bone Broth (see week 5)

Honestly, any potato will work, even russet potatoes, as long as they're cut into about 1" chunks!

Try a shallot for a milder onion flavor or omit if your family isn't a fan. Sub 1 tsp onion powder instead!

Watch out for hidden added sugar or vegetable oils in your broth!

DIRECTIONS

1. In a large slow cooker, add the roast, spices, garlic, and broth.
2. Prep and add the vegetables to the slow cooker: peel and cut the carrots into 3/4" pieces, chop the celery into 3/4" pieces, medium dice the onion, and cut the potatoes in half if needed.
3. Cover and cook on low for 8-10 hours.
4. Shred lightly with tongs or two forks.
5. Serve and enjoy!

NOTES

- To prep ahead and freeze: combine all ingredients except the beef broth in a large freezer bag. Freeze for up to 3 months. When ready to cook, thaw completely in a large bowl, add to the slow cooker along with the broth, and cook according to directions. You can also prep the recipe ahead without freezing. Cook within 3 days.
- To cook and freeze: cook according to directions and allow to cool completely. Portion into individual servings if desired and freeze in freezer bags or glass storage containers for up to 2 months. Thaw completely and reheat on the stove top or in the microwave.

BALSAMIC BEEF OR CHICKEN

Cook Time: 6-10 hours
Serves: 4-6

INGREDIENTS

- 2-3lb Beef Chuck Roast OR
2lb Boneless, Skinless Chicken
Thighs
- 28oz Diced Tomatoes
- 1 Yellow Onion
- 1lb Carrots
- 2 Tbsp Minced Garlic
- ¾ Cup Balsamic Vinegar
- 2 Tbsp Olive Oil
- 2-3 Tsp Sea Salt
- 1/2 Tsp Black Pepper

Both taste amazing!
Simply choose your
favorite, and adjust
the cook time as
needed.

Try a shallot for a
milder onion flavor
or omit if your
family isn't a fan.
Sub 1 tsp onion
powder instead!

Make sure to
grab balsamic
vinegar, NOT
vinaigrette!

DIRECTIONS

1. In a large slow cooker, add the meat, tomatoes, garlic, vinegar, oil, and spices.
2. Prep and add the vegetables to the slow cooker: peel and cut the carrots into 3/4" pieces and medium dice the onion.
3. Cover and cook on low for 6-8 hours for the chicken, 8-10 hours for the beef.
4. Shred lightly with tongs or two forks.
5. Serve and enjoy!

NOTES

- To prep ahead and freeze: combine all ingredients in a large freezer bag. Freeze for up to 3 months. When ready to cook, thaw completely in a large bowl, add to the slow cooker, and cook according to directions. You can also prep the recipe ahead without freezing. Cook within 3 days.
- To cook and freeze: cook according to directions and allow to cool completely. Portion into individual servings if desired and freeze in freezer bags or glass storage containers for up to 2 months. Thaw completely and reheat on the stove top or in the microwave.

BEEF OR CHICKEN FAJITAS

Cook Time: 6-8 hours
Serves: 4-6

INGREDIENTS

- 2lbs Boneless, Skinless Chicken Breasts or Thighs OR 2-3lb Beef Chuck Roast
- 3 Bell Peppers
- 1 Sweet Onion
- 1 Tbsp Minced Garlic
- 2 Limes, Juiced
- 1 Tbsp Chili Powder
- 2 Tsp Cumin
- 1 Tsp Paprika
- 1/4 Tsp Crushed Red Pepper Flakes
- 2-3 Tsp Sea Salt

Both taste amazing! Simply choose your favorite, and adjust the cook time as needed.

Pick any combo of red, orange and yellow bell peppers!

DIRECTIONS

1. In a large slow cooker, add the meat of choice, garlic, lime juice, and spices.
2. Prep and add the vegetables to the slow cooker: slice the bell peppers into 1/4" strips and slice the onion into half rings.
3. Cover and cook on low for 6-7 hours for the chicken, 7-8 hours for the beef.
4. Shred the meat lightly with tongs or two forks.
5. Serve and enjoy!

NOTES

- To prep ahead and freeze: combine all ingredients in a large freezer bag. Freeze for up to 3 months. When ready to cook, thaw completely in a large bowl, add to the slow cooker, and cook according to directions. You can also prep the recipe ahead without freezing. Cook within 3 days.

CILANTRO LIME CHICKEN

Cook Time: 6-8 hours
Serves: 4-6

INGREDIENTS

- 2lbs Boneless, Skinless Chicken Breasts or Thighs
- 1 Yellow Pepper
- ½ Red Onion
- 2 Limes, Juiced
- 1 Large Tomato
- 1 Cup Fresh Cilantro
- 2 Tbsp Minced Garlic
- 1 Tsp Cumin
- 2-3 Tsp Salt
- 1 Tsp Pepper

If you love red onion, feel free to use the whole onion or freeze the remainder.

The fresh cilantro imparts such an amazing flavor!

DIRECTIONS

1. In a large slow cooker, add the chicken, garlic, lime juice, and spices.
2. Prep and add the vegetables to the slow cooker: medium-large dice the yellow pepper and onion, cut the tomato in eighths, and cut or pull the cilantro leaves from the bunch (some stems are fine)
3. Cover and cook on low for 6-8 hours.
4. Shred the chicken lightly with tongs or two forks.
5. Serve and enjoy!

NOTES

- To prep ahead and freeze: combine all ingredients in a large freezer bag. Freeze for up to 3 months. When ready to cook, thaw completely in a large bowl, add to the slow cooker, and cook according to directions. You can also prep the recipe ahead without freezing. Cook within 3 days.

SWEET POTATO CHICKEN CURRY

Cook Time: 6-8 hours

Serves: 4-6

INGREDIENTS

- 2lbs Boneless, Skinless Chicken Thighs
- 1 Red Pepper
- 2 Sweet Potatoes
- 1 Yellow Onion
- 1 Tbsp Minced Garlic
- ½ Cup Frozen Kale
- 3 Tbsp Curry Powder
- 1 Tsp Cumin
- ½ Tsp Turmeric (optional)
- ½ Tsp Cayenne
- Sea Salt to Taste
- 1 Can (14.5oz) Chicken Broth or Bone Broth (see week 5)
- 1 Can (14.5oz) Full Fat Coconut Milk

Fresh kale or spinach works too - just finely chop or cut it!

Like things spicy? Feel free to add more cayenne!

Look for a brand with only water, coconut milk, and maybe guar gum.

DIRECTIONS

1. In a large slow cooker, add the chicken, garlic, broth, coconut milk, frozen kale, and spices.
2. Prep and add the vegetables to the slow cooker: medium dice the pepper and onion and peel and medium-large dice the sweet potatoes (chop and add kale if using fresh).
3. Cover and cook on low for 6-8 hours.
4. Shred the chicken lightly with tongs or two forks.
5. Serve and enjoy!

NOTES

- To prep ahead and freeze: combine all ingredients except the broth in a large freezer bag. Freeze for up to 3 months. When ready to cook, thaw completely in a large bowl, add to the slow cooker along with the broth, and cook according to directions. You can also prep the recipe ahead without freezing. Cook within 3 days.

SALSA VERDE PORK

Cook Time: 6-8 hours

Serves: 4-6

INGREDIENTS

- 2-3lbs Pork Shoulder Roast
- 1 (14-16oz) Jar Salsa Verde
- 1 Yellow Onion
- 1 Tbsp Minced Garlic
- 1 Tbsp Cumin
- 1/2 Tsp Red Pepper Flakes
- 1/2 Tsp Black Pepper
- 2-3 Tsp Sea Salt

Make sure to check that there is no sugar added!

Omit if you don't like it spicy or add more if you do!

DIRECTIONS

1. In a large slow cooker, add the pork, salsa verde, garlic, and spices.
2. Medium dice the onion and add to the slow cooker.
3. Cover and cook on low for 6-8 hours.
4. Shred the pork lightly with tongs or two forks.
5. Serve and enjoy!

NOTES

- To prep ahead and freeze: combine all ingredients in a large freezer bag. Freeze for up to 3 months. When ready to cook, thaw completely in a large bowl, add to the slow cooker, and cook according to directions. You can also prep the recipe ahead without freezing. Cook within 3 days.
- To cook and freeze: cook according to directions and allow to cool completely. Portion into individual servings if desired and freeze in freezer bags or glass storage containers for up to 2 months. Thaw completely and reheat on the stove top or in the microwave.
- Feel free to add baby red or golden potatoes cut into 1" pieces for extra fun!

SPICY GARLIC LIME PORK

Cook Time: 6-8 hours

Serves: 4-6

INGREDIENTS

- 2lb Pork Loin or Tenderloin Roast
- 1 Green Pepper
- 1 Red Pepper
- 1 Yellow Onion
- 1 Lime, Juiced
- 1 Tbsp Minced Garlic
- 1-2 Tsp Chili Powder
- 1/4 Tsp Red Pepper Flakes (optional)
- 1 Tbsp Sea Salt
- 1/4 Cup Olive Oil
- 1/2 Cup Water

Peppers not your favorite? Try carrots, onion, and baby red potatoes instead!

Not a fan of spicy? Switch to 1 Tbsp Italian seasoning instead of the chili powder and red pepper flakes

DIRECTIONS

1. In a large slow cooker, add the lime juice, garlic, olive oil, and water.
2. Slice the peppers and onion, and add to the slow cooker.
3. Place the pork on top and sprinkle all spices over top.
4. Gently mix some of the liquid mixture over the pork and vegetables.
5. Cover and cook on low for 6-8 hours
6. Serve and enjoy!

NOTES

- To prep ahead and freeze: combine all ingredients in a large freezer bag. Freeze for up to 3 months. When ready to cook, thaw completely in a large bowl, add to the slow cooker, and cook according to directions. You can also prep the recipe ahead without freezing. Cook within 3 days.
- Want to only marinate the pork roast (or pork chops, chicken thighs, or steak)? Simply remove the vegetables from the list and add all other ingredients to a freezer bag or large bowl. Marinate for up to 24 hours. Can also be frozen, thawed, and cooked as directed.

HERB MUSTARD PORK

Cook Time: 6-8 hours
Serves: 4-6

INGREDIENTS

- 2lb Pork Loin or Tenderloin Roast
- 1lb Carrots
- 1 Yellow Onion
- 1/4 Cup Stone Ground Mustard
- 1/4 Cup Olive Oil
- 2 Tbsp Coconut Aminos
- 1 Tsp Basil
- 1 Tsp Thyme
- 1/2 Tsp Oregano
- 2-3 Tsp Sea Salt

My favorite brand is
Fresh Thyme
Organic Stone
Ground. Avoid
bright yellow
varieties.

Coconut aminos are
a soy sauce
alternative. Find
them in the ethnic
section at the store.

DIRECTIONS

1. In a large slow cooker, add the pork.
2. Prep and add the vegetables to the slow cooker: peel and cut the carrots into 1/2" pieces and medium dice the onion.
3. Mix the spices, mustard, and oil together; spread over the pork and vegetables.
4. Cover and cook on low for 6-8 hours
5. Serve and enjoy!

NOTES

- To prep ahead and freeze: combine all ingredients in a large freezer bag. Freeze for up to 3 months. When ready to cook, thaw completely in a large bowl, add to the slow cooker, and cook according to directions. You can also prep the recipe ahead without freezing. Cook within 3 days.
- If desired, add 1lb baby red or golden potatoes. Cut into 1" pieces if needed.

ROASTED VEGETABLES

Cook Time: 15-60 minutes
Servings Vary

INGREDIENTS

- 2-3 Cups Vegetables of Choice
- 1 Tbsp Sea Salt
- 1 Tsp Black Pepper (opt.)
- 1 Tsp Garlic Powder (opt.)
- 1/4 cup Coconut Oil or Butter, melted OR Avocado Oil

Pair roasted vegetables with any protein. They also taste amazing with avocado, guacamole, or any of the Primal Kitchen brand dressings.

DIRECTIONS

1. Preheat the oven to 400-425 degrees.
2. Line a large cookie sheet (or 2) with parchment paper.
3. Cut the veggies into 1/2-2" pieces (smaller pieces cook faster; see below).
4. Scatter in a single layer across the pan.
5. Drizzle with cooking fat of choice.
6. Sprinkle evenly with spices and salt.
7. Bake for 25-45 minutes, depending on the vegetable (see below).
8. If desired, broil the last 2-5 minutes for extra crispiness.
9. Store for up to 6 days in the fridge.

VEGETABLE COOKING TIMES

- Carrots, sliced lengthwise - 45 minutes; 1/2" coins - 25-30 minutes
- Potatoes, sliced 1/4" pieces - 20-25 minutes
- Potatoes, mini, round, whole - 30-45 minutes
- Potatoes, halves - 30-40 minutes
- Brussels Sprouts, halves - 25-30 minutes
- Brussels Sprouts, whole - 30-40 minutes
- Cauliflower, florets 1" pieces - 30-40 minutes
- Broccoli, florets 1" pieces - 25-35 minutes
- Asparagus - 15-20 minutes
- Green Beans - 15-25 minutes
- Zucchini, halved lengthwise - 20-25 minutes; 1/4" slices - 15-20 minutes
- Butternut/Winter Squash, cubed - 30-40 minutes; halved - 50-60 minutes

Cooking times are approximate; I like vegetables cooked longer and less crunchy. Adjust as needed.

Cook times depend on how efficient your oven is, size of pieces of veggies, and how crowded the pan is (or if there's another pan in the oven).

EGG BAKE BASE RECIPE

Cook Time: 35-40 minutes
Servings: 4-6

INGREDIENTS

- 12 Eggs
- 1 Tbsp Sea Salt
- 1 Tsp Black Pepper (opt.)
- 2 Tbsp Butter, Coconut Oil, or Ghee
- 14oz Full Fat Canned Coconut Milk OR 1 cup Whole Milk (optional)
- Veggies of Choice
- Extra Protein of Choice
- Extra Spices of Choice

Select the add-ins of your choice from the next page or make your own to customize!

The egg bake doesn't need liquid, but if you want to experiment with another flavor, it is great to add-in!

DIRECTIONS

1. Preheat the oven to 350-375 degrees.
2. Grease a 9"x13" pan with butter or coconut oil (or line with parchment paper).
3. Crack all the eggs in a large bowl and whisk with the liquid (if using).
4. Assemble and cook your add-ins as desired (see directions on the next page).
5. Add sea salt, veggies, protein, and spices of choice to the eggs and stir well (but not long or the eggs will scramble).
6. Pour into pan and bake until fully cooked, about 25-35 minutes
7. Store in the fridge for up to 6 days or cut into servings and freeze (see note).

NOTES

- To prep ahead and freeze: cook according to directions and allow to cool completely. Cut into servings and place in a single layer in a gallon freezer bag. Freeze for up to 2 months. Thaw completely before reheating in the microwave for best results. Reheating from frozen can impact the taste and texture.
- See also the Freezing Egg Bakes FAQs PDF.

EGG BAKE ADD-INS

DIRECTIONS

Each add-in option has a protein and vegetable to be added to the base egg bake recipe, both of which must be cooked before adding to the egg mixture.

- Proteins - cook ground meats or bacon (cut into 1" pieces) in a skillet with vegetables until cooked through and no longer pink; if using pre-cooked sausage (no sugar added if possible), simply slice into bite sized pieces.
- Veggies - all vegetables are to be DICED unless otherwise noted; heat 1 Tbsp butter or coconut oil in a skillet (unless cooking with ground meat or bacon in which case you can omit the extra cooking fat) and add the veggies of choice; saute 5-10 minutes covered, stirring as needed
- Add a healthy fat like 1/2 an avocado or (cheese if tolerated) for serving.

Spicy Pork Egg Bake (recipe from the video)

P - 1-2 precooked pork sausages
V - 1 green pepper, 1-2 potatoes, 1 jalapeno

Simple Egg Bake

P - 1/2lb ground beef or pork or 1 package of bacon
V - 1 cup spinach, 1 onion, 1-2 potatoes

Spicy Egg Bake

P - 1-2 links spicy chicken sausage
V - 1 jalapeno, 1 onion, 1 green pepper, 1 cup spinach
**Add extra spices like 1/2 tsp each cayenne, chili powder, cumin, and pepper*

Pizza Egg Bake

P - 1-2 links precooked beef sausage or 1/2lb ground beef
V - 8oz cherry tomatoes, 8oz mushrooms, 1 green pepper, 1 onion

Traditional Egg Bake

P - 8 slices bacon or 1/2lb ground pork
V - 1 pepper of choice, 1 onion, 1-2 potatoes

Broccoli Cheese Egg Bake

P - diced Applegate Farms Ham or leftover ham chunks
V - steamer bag of cooked broccoli
**Add 1/2 cup shredded cheese (if tolerated) or top with dairy free cream cheese from Kite Hill*

Buffalo Chicken Egg Bake

P - 1 cup cooked & shredded chicken (thighs preferred)
V - 1 jalapeno, 1 onion, 1 green pepper, 1/2 cup hot sauce (more or less to your taste preference)

Green Egg Bake

P - 1-2 links precooked spinach chicken sausage
V - 2 cups spinach, 1 cup chopped kale, 1 onion, 1-2 potatoes

Taco Egg Bake

P - 1/2lb ground beef
V - 1 red pepper, 1 green pepper, 1 onion
**Use no sugar added or homemade taco seasoning on the meat and vegetables*

Bacon & Mushroom Egg Bake

P - 8 slices bacon
V - 8oz bella mushrooms, 1 onion, 1-2 potatoes

Spinach Artichoke Egg Bake

P - 1-2 links precooked spinach chicken sausage
V - 2 cups spinach, 1 can artichokes, drained & chopped
**Add in 1 cup whole milk or full fat coconut milk to mixture*

Sweet Potato Egg Bake

P - 1/2lb ground pork
V - 1-2 sweet potatoes, 1 red pepper, 1 onion, 1 cup spinach

SIMPLE EGG BAKE

Cook Time: 35-40 minutes

Servings: 4-6

INGREDIENTS

- 12 Eggs
- 1 Package Sugar-Free Bacon
- 1 Onion
- 1-2 Potatoes
- 1-2 Cups Spinach
- 1 Tbsp Sea Salt

Use Russet, golden, red, or sweet potatoes - whatever you prefer.

DIRECTIONS

1. Preheat the oven to 350-375 degrees.
2. Grease a 9"x13" pan with butter or coconut oil (or line with parchment paper).
3. Heat a large skillet over medium heat; cut the bacon into 1" pieces with kitchen scissors over the pan.
4. Let cook about 1-2 minutes or until some fat is rendered.
5. Meanwhile, dice the onion and potatoes and add to the skillet.
6. Sprinkle with salt and cook, covered, until the potatoes are tender, about 8-10 minutes.
7. Add in the spinach and a layer of salt. Cover and cook until wilted.
8. Meanwhile, crack all the eggs in a large bowl and whisk.
9. Combine the eggs and meat/vegetable mixture and pour into the pan.
10. Bake until fully cooked, about 25-35 minutes (check the center with a toothpick).
11. Store in the fridge for up to 6 days or cut into servings and freeze (see note).

NOTES

- To prep ahead and freeze: cook according to directions and allow to cool completely. Cut into servings and place in a single layer in a gallon freezer bag. Freeze for up to 2 months. Thaw completely before reheating in the microwave for best results. Reheating from frozen can impact the taste and texture.

SHREDDED CHICKEN

Cook Time: 30-60 minutes
Servings: 4-8+

INGREDIENTS

- 1-5lbs Chicken (see note)
- 1 Tbsp Sea Salt
- Other Spices of Choice
- Water

Try a blend of chili powder, cumin, and paprika for spicy, or Italian seasoning for a basic flavor. Otherwise, plain salt works great!

DIRECTIONS

1. Add the chicken to the Instant Pot.
2. Sprinkle with sea salt and spices of choice.
3. Add enough water so about 1" is standing at the bottom (about 1-2 cups)
4. Using the "Meat" or "Poultry" button, cook for about 8-12 minutes per pound (see note).
5. Once the chicken is finished cooking, allow to sit without releasing pressure for 10-15 minutes.
6. Carefully release the pressure by turning the nozzle and remove the lid.
7. Strain the chicken, reserving the broth if desired for future use; shred with tongs.
8. Serve, portion out, or freeze as desired.

NOTES

- I prefer to use **boneless, skinless chicken thighs** in this recipe. However, boneless, skinless chicken breasts or tenderloins work as well. Also, chicken drumsticks work great, but you will have to do more work to remove the chicken from the bones after cooking (once they've cooled). Whole chickens will take a little longer to cook, but also work really well. Save the bones from the drumsticks or whole chicken to make bone broth.
- I typically cook 5lbs of thighs for 42 minutes, 5lbs of breasts for 45 min, lbs of tenderloins for 40 minutes, 5lb of drumsticks for 45 minutes, and a whole chicken for 42-47 minutes depending on size. Cooking from frozen will increase the temperatures and may result in uneven cooking.
- Use the shredded chicken in soup, salad, casserole, or pair with roasted vegetables and avocado.
- This chicken freezes so well for future use. Simply cool and freeze in a freezer bag or glass storage container for up to 3 months.

BONE BROTH

Cook Time: 3-5 hours
Servings: 4-8+

INGREDIENTS

- 1-3lbs Chicken or Beef Bones
- 1 Tbsp Sea Salt
- Other Spices of Choice
- Water or Leftover Broth from Cooking Chicken
- 1 Tsp Apple Cider Vinegar (optional)

If you can find them, chicken feet work wonderfully for making a super healthy broth. Otherwise, leftover bones will work well.

DIRECTIONS

1. Add the chicken or beef bones to the Instant Pot.
2. Sprinkle with sea salt and spices of choice, along with the apple cider vinegar.
3. Add enough water so the Instant Pot is two-thirds full. If you have leftover broth from cooking chicken, that works even better than water.
4. Using the "Soup" button, cook for 2-4 hours.
5. Allow to cool at least 20-30 minutes before releasing pressure.
6. Strain, discarding the bones, and allow the broth to cool before freezing for storing.
7. Once stored, the broth may develop a layer of fat across the top. Discard that before using the broth.

NOTES

- Save those bones! When I cook chicken, I save the bones in a freezer bag until I have enough to make a good sized batch of broth.
- If your broth turns gelatinous when cold, you have yourself a collagen-rich, healthy broth!
- Bone broth can be used for cooking and mashing vegetables, soup, or simply drinking on its own.
- Store bone broth in freezer bags or glass storage containers in the freezer for future use.

SPAGHETTI SQUASH

Cook Time: 20-30 minutes
Servings: 2-4

INGREDIENTS

- 1 Spaghetti Squash
- Water

DIRECTIONS

1. Cut the spaghetti squash in half width-wise by putting your knife halfway into the skin and turning the squash in a full circle. Do not try to cut lengthwise.
2. Add the spaghetti squash to the Instant Pot.
3. Add 1" of standing water to the Instant Pot.
4. Using the "Manual" button, cook for 12-18 minutes (see note).
5. If desired, allow to cool 5 minutes before releasing pressure, although you can release pressure after cooking if needed. Stand clear of nozzle.
6. Carefully remove the squash halves with tongs, resting on a plate to cool.
7. Once cooled slightly, remove the seeds with a spoon (they should fall right out).
8. Serve or cook as desired (see note).

NOTES

- Cook times: for a larger squash that is slightly overlapping, cook closer to 18 minutes. For a smaller squash, cook 12-14 minutes. If you like a slightly crunchy, less tender squash, reduce cooking time. If you like the squash to be cooked thoroughly, cook longer.
- Because spaghetti squash is watery, you can remove the strands from the skin and saute in a skillet with ghee, butter, or coconut oil and sea salt for 8-10 minutes to remove some of the moisture and add more flavor.
- Spaghetti squash can be frozen once cooked, but it doesn't hold up very well and becomes more watery and mushy.

HAMBURGER VEGETABLE SOUP

Cook Time: 25-35 minutes
Servings: 4-6

INGREDIENTS

- 1.5-2lbs Ground Beef, Cooked (see note)
- 1lb Carrots
- 4-5 Stalks Celery
- 1 Yellow Onion
- 2-3 Russet Potatoes
- 28oz Diced Tomatoes
- 1 Tbsp Minced Garlic
- 2-3 Cups Homemade or Store Bought Chicken Bone Broth (see additional recipe for homemade)
- 1/2 Tsp Black Pepper
- Sea Salt to Taste

Any variety of potato will work - russet, gold, red, etc.

DIRECTIONS

1. In the Instant Pot, add the ground beef, tomatoes, garlic, broth, and spices.
2. Prep and add the vegetables: peel and cut the carrots into 1/2" coins, cut the celery into 1/2" pieces, medium dice the onion, and small-medium dice the potatoes.
3. Put the lid on and select the "Soup/Stew" button for 18-20 minutes or the "Slow Cook" button for 6-8 hours.
4. Once finished cooking, if using the "Soup/Stew" button, allow the Instant Pot to rest about 10 minutes before releasing pressure.

NOTES

- If desired, cook the ground beef in the Instant Pot before adding the rest of the ingredients.
- With the lid off, click "Saute" and add the ground beef with a layer of sea salt.
- Saute until almost cooked through (some pink is fine) before cooking as directed.

MASHED VEGETABLES

Cook Time: 20-30 minutes

Servings: 4-6

INGREDIENTS

- 2-4 Cups Vegetable of Choice (see note)
- 1 Tbsp Sea Salt
- Other Spices of Choice
- Water _____ →
- 2 Tbsp Butter, Ghee, or Coconut Oil

Use bone
broth if you
have it on
hand!

DIRECTIONS

1. Add the vegetables to the Instant Pot.
2. Add 1" of standing water or broth to the Instant Pot.
3. Using the "Manual" button, cook for 12-25 minutes (see note).
4. If desired, allow to cool 5 minutes before releasing pressure, although you can release pressure after cooking if needed. Stand clear of nozzle.
5. Drain the excess liquid, reserving it in case it's needed.
6. Add the butter, sea salt, and spices. Mash with a potato masher, food processor, or immersion blender, adding in a little reserved liquid or homemade broth if needed.

NOTES

- Cut all vegetables into 1-2" pieces. Vegetables like cauliflower (a non-starchy vegetable) needs less cooking time, about 12-15 minutes. Denser, starchy vegetables like potatoes or butternut squash will cook longer, up to 18-25 minutes, depending on how full the pot is.
- Cooking the vegetables in broth will make for an even richer, deeper flavor.
- The best vegetables for mashing include: cauliflower, potatoes (any variety), sweet potatoes, parsnips, carrots, turnips, butternut squash, or any other root vegetable. Hearty vegetables are best; something like zucchini or broccoli won't work quite as well.

SKILLET MEALS BASE RECIPE

Cook Time: 20-30 minutes
Servings: 3-4

INGREDIENTS

- 1-2lb Ground Meat (Beef, Pork, Chicken, or Turkey) OR 1-2lb Pre-Cooked Sausage (Chicken, Beef, or Pork) OR Leftover Cooked Meat (see note)
- 2-4 Cups Diced or Sliced Vegetables (see note)
- 1 Tbsp Sea Salt, Divided
- 1 Tsp Garlic Powder
- 1/2 Tsp Black Pepper
- 2 Tbsp Butter, Ghee, or Coconut Oil

Don't fear the beef! It gives any meal such amazing flavor. Also, do NOT choose super lean cuts of meat. The fat makes all the difference.

DIRECTIONS

1. Heat a large skillet over medium-high heat and add the cooking fat of choice.
2. Add in the vegetables, garlic powder, pepper, and 1 1/2 Tsp sea salt.
3. Cover and cook until the vegetables are slightly tender, about 5-8 minutes, stirring occasionally.
4. Add in the ground meat and the remaining sea salt.
5. If using pre-cooked meat, wait another 2-4 minutes until the vegetables are fully cooked before adding the meat to heat through.
6. Cover and cook, stirring occasionally, until the meat is cooked through, about 8-10 minutes.
7. Serve or portion out for meals later in the week.

NOTES

- Ground Meat - using ground meat allows the meal to come together in 20 minutes or less as ground meat cooks up fairly quickly and usually is very affordable.
- Pre-Cooked Sausages - look for a brand that has no sugar added if possible. Sugar is often used in the curing process, so if it is added, make sure there is less than 1 gram of sugar per serving on the nutrition facts label.
- Leftover Meat - use any leftover shredded chicken, beef or pork roast, or leftover ham that you have on hand. See the Instant Pot recipes from week 5 for more on cooking shredded chicken or week 8 for base meat recipes.
- Vegetables - make sure your vegetables are cut about the same size with denser vegetables like carrots and potatoes cut smaller because they will take longer to cook. See the FAQs PDF for ideas on vegetables to use.
- These meals are easy to stretch by adding in more meat or vegetables to feed a crowd or prep for later.

PIZZA SAUTE

Cook Time: 20-25 minutes

Servings: 4-6

INGREDIENTS

- 1.5-2lb Ground Beef
- 1/2lb Green Beans, trimmed
- 1/2lb Brussels Sprouts
- 8oz Cherry Tomatoes
- 8oz Sliced Bella Mushrooms
- 1 Can Sliced Olives
- 1 Tbsp Sea Salt, divided
- 2 Tbsp Butter, Ghee, or Coconut Oil



Buy pre-shredded Brussels sprouts to save yourself time!

DIRECTIONS

1. Heat the cooking fat of choice in a large pan over medium heat.
2. Prepare the vegetables and add them to the skillet: cut the green beans into 1" pieces, slice the Brussels sprouts, and slice the bella mushrooms (if not pre-sliced).
3. Add a layer of salt to the vegetables, about 1 Tsp.
4. Cover and saute, stirring occasionally, for 7 minutes or until the vegetables are tender.
5. Add the ground beef to the skillet and remaining salt and cover and saute, continuing to stir occasionally until the meat is mostly browned.
6. Rinse the olives and set aside.
7. Once the meat is mostly browned, add the olives and cherry tomatoes and continue to cook, gently stirring, until the tomatoes start to soften.
8. Remove from the heat and serve immediately or store in the fridge for up to 5 days.

NOTES

- I prefer to keep the seasonings on this saute (and most of my skillet meals) very simple, but feel free to add any other spices of choice such as black pepper and garlic powder.
- This recipe works very well as a meal-prepped lunch or dinner for the entire week. It also can be cut in half or doubled to feed more or less people.

BEEF, BACON, & BRUSSELS SAUTE

Cook Time: 20 minutes
Servings: 4

INGREDIENTS

- 1lb Ground Beef
- 8 Slices Bacon
- 1lb Brussels Sprouts
- 1 Tbsp Sea Salt, divided

Buying pre-shredded Brussels sprouts will save you lots of time!

DIRECTIONS

1. Heat a large skillet over medium heat.
2. Cut the bacon into 1" pieces with kitchen scissors over the pan.
3. Cook, uncovered, until the bacon starts to release some fat.
4. Meanwhile, slice the Brussels sprouts by cutting parallel to the stem, discarding the stems.
5. Add the Brussels to the skillet along with half the salt.
6. Cover and cook until tender, about 8-10 minutes.
7. Add in the ground beef and remaining salt and cook until the beef is no longer pink, about 8 minutes.
8. Serve or portion out for meals later in the week.

NOTES

- Stretch this meal further by adding diced or shredded potatoes or sweet potatoes.
- Think you don't like Brussels sprouts? Think again! With this recipe, your mind is sure to be changed especially with the bacon and cooking method.
- Don't have bacon? No problem! Simply add 2 Tbsp of ghee, butter, or coconut oil to the pan.
- Feel free to switch up the ground beef to ground pork, turkey, or chicken, or a combination of two.
- Black pepper and garlic powder would be a simple addition or you can make the meal more spicy with chili powder, cumin, paprika, and red pepper flakes.

CHICKEN CURRY

Cook Time: 35-40 minutes

Servings: 4-6

INGREDIENTS

- 2lbs Cooked, Shredded Chicken
- 3 Carrots
- 2 Peppers
- 1 Zucchini
- 1/2lb Green Beans
- 1 Onion
- 1 Cup Broccoli
- 1 Tbsp Minced Garlic
- 1/2 - 1 Tsp Grated Fresh Ginger or 1/2 Tsp Dried Ginger
- 2 Tbsp Green Curry Paste
- Sea Salt to taste
- Additional Vegetables (see note)
- 1-2 Tbsp Coconut Oil
- 2 Cans Full Fat Coconut Milk
- 1-2 Cups Bone Broth (see week 5)

DIRECTIONS

1. In a large soup pot, heat the coconut oil over medium heat.
2. Prepare and add the vegetables to the pot: peel and slice the carrots, dice the peppers, medium dice the zucchini, cut the green beans into 1" pieces, dice the onion, and chop the broccoli. Prepare any other vegetables as needed.
3. Cover and cook on medium-high heat, stirring occasionally, about 10-12 minutes.
4. Add the garlic to the pan after the other vegetables are tender and cook 2 minutes.
5. Add in coconut milk, broth, ginger, and curry paste.
6. Stir to combine and bring to a boil. Then, reduce the heat and simmer until the vegetables are cooked through, adding salt as desired. Add the cooked chicken.
7. Serve as a "soup" or over cauliflower rice. If you like it thicker, only use one can of coconut milk.

NOTES

- This recipe works well with almost any vegetables you have on hand, so feel free to add in frozen peas (with the cooked chicken), sliced Brussels sprouts, chopped kale, or any others.
- I prefer to use Thai Kitchen brand of curry paste, found in the ethnic section of most stores.
- Find recipes for precooking the chicken and bone broth in week 5.
- You can also add the chicken (cut into 1" pieces) to the pot with the broth and simmer until cooked through.

CRISPY POTATOES

Cook Time: 5-15 minutes

Servings: 2

INGREDIENTS

- 2 Russet, Golden, or Red Potatoes Baked or Raw (see note)
- 1 Tbsp Sea Salt
- 2 Tsp Spice Blend of Choice (if desired)
- 1/4 Cup Butter, Ghee, or Coconut Oil

Using baked potatoes makes this recipe an 8 minute or less side dish and uses up leftovers.

An Adobe seasoning blend or BBQ blend (no sugar added) would be great options.

DIRECTIONS

1. Heat the cooking fat of choice in a skillet.
2. If using raw potatoes, dice the potatoes into 1/2" pieces.
3. Add to the pan with the seasonings and cook, covered for 8-12 minutes or until tender.
4. If using cooked potatoes (my favorite), slice them into 1/8" pieces. They will crumble and the skin will fall, but that is okay. It is part of what makes these potatoes amazing!
5. Add to the skillet with the spices and cook uncovered until crisy, about 5-8 minutes.
6. Serve with eggs, bacon, or any meal as a side dish.

NOTES

- This recipe can be made with any number of potatoes. Just make sure the pan isn't too crowded.
- To bake potatoes in the oven, heat the oven to 400 degrees. Wash and dry the potatoes and place them (no foil needed) on the oven rack for 1 hour.
- To bake potatoes in the microwave, wash the potato and semi-dry with a paper towel. Pierce several times with a fork or knife. Place the potato wrapped in the damp paper towel on a plate and microwave 5-6 minutes. Cook as directed.
- My favorite spice blends to use are from either Primal Palate (Amazon or primalpalate.com) or Balanced Bites Spices (balancedbites.com).

ROASTED CAULIFLOWER & PEA SKILLET

Cook Time: 15 minutes

Servings: 4-6

INGREDIENTS

- 1.5-2lbs Ground Beef
- 2 Cups Roasted Cauliflower (see note)
- 1 Cup Frozen Peas
- 1 Tsp Sea Salt
- 2 Tbsp Butter, Ghee, or Coconut Oil

DIRECTIONS

1. Heat the cooking fat in a large skillet.
2. Add the roasted cauliflower and half the salt.
3. Cook about 5 minutes.
4. Add in the ground beef and remaining salt.
5. Cover and cook about 8 minutes or until the beef is cooked through.
6. Add in the peas to heat through.
7. Serve or portion out for meals later in the week.

NOTES

- To roast cauliflower, see week 3 or directions here: line a pan with parchment paper. Place cut cauliflower florets across the pan and drizzle with 1/4 cup melted butter, ghee, or coconut oil. Season with sea salt. Cook at 400-425 until tender and lightly browned, about 25-35 minutes.
- This meal might seem a bit odd, but it really comes together nicely! Peas are my favorite addition to any skillet meal.
- If desired, roast the cauliflower a day or two in advance and refrigerate until cooking.

PALEO PHILLY SKILLET

Cook Time: 20-30 minutes

Servings: 4-6

INGREDIENTS

- 1.5-2lbs Ground Beef OR Cooked, Shredded Chicken
- 3 Bell Peppers
- 1 Yellow Onion
- 8oz Sliced Bella Mushrooms
- 1 Tbsp Sea Salt
- 1 Tbsp Minced Garlic or 1 Tsp Garlic Powder
- 2 Tsp Chili Powder
- 2 Tsp Cumin
- 1 Tsp Paprika
- 1/4 Tsp Red Pepper Flakes (optional)
- 2 Tbsp Butter, Ghee, or Coconut Oil

Choose any combination of red, green, yellow, or orange peppers.

DIRECTIONS

1. Heat a large skillet or soup pot over medium heat and add the cooking fat of choice.
2. Prepare and add the vegetables to the pan: slice the peppers, onions, and mushrooms (if not pre-sliced).
3. Add a layer (about half) of the spices and salt.
4. Cover and cook about 8-10 minutes or until slightly tender.
5. Add the ground beef and the remaining spices.
6. Cover and cook until the beef is cooked through, about 8 minutes.
7. If using precooked chicken, cook the vegetables until tender, about 12 minutes, and then add the chicken.
8. Add in the remaining spices and heat through.

NOTES

- I like to use a combination of red, orange, and yellow peppers, but green peppers work well too.
- To precook the chicken, see week 5 for Instant Pot directions, grill, or cook in the slow cooker with 2 cups of water and salt for 4 hours on high or 8 hours on low. I always like to have precooked chicken on hand in the freezer or ready to use.

SIMPLE BREAKFAST HASH

Cook Time: 20-30 minutes

Servings: 4-6

INGREDIENTS

- 1lb Ground Pork
- 1 Large Potato
- 1 Bell Pepper
- 1 Yellow Onion
- 8oz Bella Mushrooms
- 1 Tbsp Sea Salt
- 1 Tsp Black Pepper (opt.)
- 1 Tsp Garlic Powder (opt.)
- 1 Tbsp Butter or Coconut Oil
- Fresh Eggs for Serving (optional)

Use any ground meat, fresh sausage, or precooked sausages to switch it up!

See below for more vegetable options to try!

DIRECTIONS

1. Heat a skillet over medium heat with the cooking fat of choice.
2. Prep and add the vegetables to the skillet: small-medium dice the potato of choice, dice the bell pepper and onion, and cut the mushrooms into quarters.
3. Add a layer of salt (about half) to the skillet; cover and cook until the vegetables are just tender, stirring occasionally, about 8 minutes.
4. Add in the ground pork and remaining salt and spices.
5. Cover and cook until the meat is no longer pink, about 8 minutes.
6. If desired, for serving, fry an egg(s) and serve over each serving.
7. If portioning out for later in the week, while the hash is reheating, fry your egg up fresh!

NOTES

- This recipe is super versatile! Simply throw what you have together in a skillet, add an egg on top, and breakfast is done! Not feeling the egg? Just leave it off and add 1/2 an avocado.
- Starchy Vegetables (pick 1): potatoes, sweet potatoes, butternut squash, parsnips, turnips, etc
- Non-Starchy Vegetables (pick 2-3): bell pepper, onion, mushrooms, Brussels sprouts, green beans, spinach, kale, carrots, zucchini, etc
- Meat (pick 1-2): ground pork, ground beef, ground chicken, ground turkey, fresh ground sausage, precooked chicken sausage (no sugar added), bacon, leftover diced meat, etc

SWEET POTATO BREAKFAST HASH

Cook Time: 20-30 minutes

Servings: 4-6

INGREDIENTS

- 1lb Ground Pork
- 1 Large Sweet Potato
- 1 Red Bell Pepper
- 1 Yellow Onion
- 8oz Bella Mushrooms
- 1 Cup Spinach
- 1 Tbsp Sea Salt
- 1 Tsp Black Pepper (opt.)
- 1 Tsp Garlic Powder (opt.)
- 1 Tbsp Butter or Coconut Oil
- Fresh Eggs for Serving (optional)

Ground chicken or
precooked chicken
sausage works
great too!

DIRECTIONS

1. Heat a skillet over medium heat with the cooking fat of choice.
2. Prep and add the vegetables to the skillet: small-medium dice the sweet potato (can peel if desired), dice the red bell pepper and onion, and cut the mushrooms into quarters. Do not add the spinach at this time.
3. Add a layer of salt (about half) to the skillet; cover and cook until the vegetables are just tender, stirring occasionally, about 8 minutes.
4. Add in the ground pork and remaining salt and spices.
5. Cover and cook until the meat is no longer pink, about 8 minutes.
6. Add in the spinach with a layer of salt. Cover and cook until wilted, stirring often, about 2 minutes.
7. If desired, for serving, fry an egg(s) and serve over each serving.
8. If portioning out for later in the week, while the hash is reheating, fry your egg up fresh!

NOTES

- If you aren't in the mood for an egg on top, serve this hash with 1/2 an avocado.
- Switch up the spices and make it spicier if desired by adding 1/2 Tsp each of chili powder, cumin, and paprika along with 1/4 Tsp red pepper flakes.

CREAMY BROCCOLI & BACON SKILLET

Cook Time: 20-30 minutes

Servings: 4-6

INGREDIENTS

Sauce

- 1 Cup Full Fat Canned Coconut Milk
- 1/2 Cup Chicken Bone Broth (see week 5)
- 2 Tsp Arrowroot Starch (can omit if needed)
- 1 Tsp Sea Salt
- 1/2 Tsp Lemon Juice

Arrowroot starch is a thickener from the yuca root and can be found in the baking section of some stores. Omitting yields a thinner sauce.

Skillet

- 1 Package Bacon (sugar free if possible)
- 1lb Ground Pork
- 1lb Broccoli (can use the stems - see below)
- 1 Bunch Kale (lacinato or dino kale is great)
- 1 Sweet Potato (Japanese sweet potatoes preferred)
- 2 Tbsp Butter, Ghee, or Coconut Oil
- 2 Tsp Sea Salt
- 1 Tsp Garlic Powder
- 1/2 Tsp Dried Parsley

You can use almost any vegetables in this skillet. See below for other options.

DIRECTIONS

1. In a large skillet over medium heat, cut the bacon into 1" pieces with kitchen scissors and add to the pan with the ground pork. Add a layer of sea salt.
2. Cook until no longer pink. Remove to a plate lined with paper towels to drain
3. Add the butter or coconut oil to the pan.
4. Prep and add the vegetables to the skillet: cut the broccoli into small florets and add to the pan (see below about adding the stems), chop kale (see below for tip), and small-medium dice the sweet potato.
5. Add another layer of sea salt, cover, and cook the veggies until tender, about 8 minutes.
6. Add the protein back in and make the sauce by combining all the ingredients in a bowl.
7. Add sauce to the pan and cook 2-3 minutes or until it starts to thicken slightly.

NOTES

- For the broccoli - if desired, take the stems and cut the tough sides off. Cut the core of the stem into 1/2" pieces and add to the skillet. This helps stretch your dollar a little further and uses all of the broccoli!
- For the kale - Take the stem in one hand and use the other to curl your fingers along the leaves, pulling them away and off of the stem. Place the leaves on a cutting board and cut crosswise into small strips.
- Other vegetables to try: parsnips, mushrooms, regular potatoes, asparagus, and/or spinach.

COLORFUL CHICKEN SAUSAGE SKILLET

Cook Time: 15-20 minutes
Servings: 4

INGREDIENTS

- 3-4 Links Precooked Spinach Chicken Sausage
- 1lb Carrots
- 1 Yellow Squash (or Zucchini)
- 8oz Sugar Snap Peas or Snow Peas
- 1 Purple Sweet Potato (any variety works as well)
- 1 Tbsp Sea Salt
- 1/2 Tsp Black Pepper (optional)
- 1/2 Tsp Garlic Powder (optional)
- 2 Tbsp Coconut Oil, Ghee, or Butter

Whole Foods & Natural Grocers have a great selection of sweet potato varieties.

DIRECTIONS

1. Heat a large skillet over medium heat and add the cooking fat of choice.
2. Prep and add the vegetables to the skillet: peel and slice the carrots into 1/8-1/4" pieces, cut the squash in half and slice into half moons, and small-medium dice the sweet potato.
3. Add the sugar snap peas to the skillet as well (no prep needed) with the seasonings.
4. Cover and cook until tender, about 8-10 minutes.
5. Slice the chicken sausage links into 1/2" pieces. Add to the skillet and heat through.

NOTES

- Having different varieties of sweet potatoes increases the nutrients you are exposed to! You can find Japanese, garnet, white, and purple at select stores.
- I like Coleman Organic, Applegate Farms, or Bilinski's for brands of precooked chicken sausages. Any brand that doesn't have sugar added or 0 grams of sugar listed on the nutrition facts will work.

THE MOST VERSATILE CASSEROLE BASE RECIPE

Cook Time: 45-50 minutes
Servings: 4-6

INGREDIENTS

- 1.5-2lbs Ground Meat of Choice (Chicken, Beef, Turkey, or Pork)
- 1lb Carrots (see next page)
- 1lb Green Beans (see next page)
- 1 Yellow Onion (see next page)
- 1 Medium Butternut Squash (see next page)
- 1 Tbsp Sea Salt, Divided
- 1 Tsp Garlic Powder
- 1/2 Tsp Black Pepper
- 4 Tbsp Butter, Ghee, or Coconut Oil, divided



A combo of two ground meats creates a great flavor, especially pork and beef.

DIRECTIONS

1. Preheat the oven to 375-400 degrees. Line a square 9"x9" or 8"x11" baking dish with parchment paper.
2. Peel and cut the butternut squash into cubes. Place in a pan with 1" of water and a steamer basket.
3. Steam until tender, about 10-15 minutes.
4. Alternatively, follow the instructions in week 5 to steam the squash in the Instant Pot.
5. Heat a large skillet over medium-high heat and add 2 Tbsp of the cooking fat of choice.
6. Prepare and add the vegetables to the pan: peel and dice/slice the carrots, dice the onion, and cut the green beans into 1" pieces.
7. Add in half the spices and cover and cook until the vegetables are slightly tender, about 5-8 minutes, stirring occasionally.
8. Add in the ground meat and the remaining spices. Cook, covered, until the meat is cooked through.
9. Drain the butternut squash, add a sprinkle of salt and remaining 2 Tbsp of cooking fat. Mash with a potato masher or immersion blender.
10. Assemble the casserole - add the vegetable and meat mixture to the bottom of the casserole dish. Top with the butternut squash.
11. Bake until lightly browned, about 30 minutes.

THE MOST VERSATILE CASSEROLE BASE RECIPE

INGREDIENT OPTIONS

- For the onion, you can use a yellow or sweet onion or a shallot for a milder flavor. You can also omit the onion if desired.
- For the carrots, you can use diced or small slices of parsnips, potatoes, sweet potatoes, or any other root vegetable. Frozen cauliflower rice works very well too, but add it after the meat is almost cooked through.
- For the green beans, you can use chopped kale or spinach (add spinach after the meat is cooked through), frozen peas (add peas after the meat is cooked through), or shredded Brussels sprouts.
- For the butternut squash, you can use any vegetable that can be mashed such as parsnips, potatoes, sweet potatoes, cauliflower, or any other root vegetable.
- For the ground meat, I prefer ground beef, but any combination of ground beef, chicken, turkey, or pork works great. Do not use super lean cuts of meat as it adds good flavor to the casserole.

CASSEROLE OPTIONS

- Ground beef and pork, frozen peas, carrots, and onion with mashed potatoes.
- Ground beef, frozen peas, carrots, and mashed potatoes (kid friendly!).
- Ground pork, parsnips, green beans, and onion with mashed sweet potatoes.
- Ground chicken, cauliflower rice, green beans, onion with mashed parsnips.
- Ground turkey, cauliflower rice, kale, onion, and mashed butternut squash.
- Ground pork and turkey, carrots, green beans, onion, and mashed cauliflower.
- Ground beef, green beans, kale, and onion with mashed potatoes.

Make it your own! It truly can be as customizable as you choose to make it.

ROASTED BROCCOLI & ZUCCHINI

Cook Time: 20-25 minutes
Servings 3-4

INGREDIENTS

- 1-2 Stalks Broccoli
- 2 Zucchini or Yellow Squash
- 1 Tbsp Sea Salt
- 1 Tsp Black Pepper (opt.)
- 1 Tsp Garlic Powder (opt.)
- 1/4 cup Coconut Oil or Butter, melted OR Avocado Oil



Pair roasted vegetables with any protein. They also taste amazing with avocado, guacamole, or any of the Primal Kitchen brand dressings.

DIRECTIONS

1. Preheat the oven to 400-425 degrees.
2. Line a large cookie sheet with parchment paper.
3. Cut the broccoli into 1" pieces, and cut the zucchini in half width wise and then into quarters.
4. Scatter in a single layer across the pan.
5. Drizzle with cooking fat of choice.
6. Sprinkle evenly with spices and salt.
7. Bake for 20-25 minutes.
8. If desired, broil the last 2-5 minutes for extra crispiness.
9. Store for up to 6 days in the fridge.

NOTES

- See week 3 for more information on which vegetables roast best, cooking times, and more!

THE BASICS: CHICKEN

WHICH CUT TO USE?

Boneless, skinless chicken thighs - my preferred choice as they have natural fat that keeps the chicken from drying out, provides satiety, and adds great flavor. Works well with all methods.

Chicken drumsticks - these require a bit more work when in the Instant Pot (removing skin/bones), but taste amazing on the grill and reheat well. Often a very affordable cut.

Boneless, skinless chicken breasts/tenderloins - can dry out much easier, so use sparingly or cook in the Instant Pot to retain moisture.

Whole chickens - great way to get the most for your money. Save the bones and make broth (week 5), and choose either the Instant Pot or slow cooker.

INSTANT POT

1. Place 1-5lbs of boneless chicken in the Instant Pot.
 2. Add 1-2 cups of water and 1 Tbsp sea salt (and any other spices you desire such as pepper or garlic powder).
 3. Cook under the "poultry" or "meat/stew" category for approximately 8-12 minutes per pound.
 4. Once cooked, allow the Instant Pot to switch to "keep warm" for about 10 minutes before releasing pressure.
 5. Use tongs to shred the meat.
 6. Serve, portion for later, or freeze.
- See also week 5.

SLOW COOKER

1. Place 1-3lbs of chicken in the slow cooker.
2. Add 1-2 cups of water and 1 Tbsp sea salt (and any other spices you desire such as pepper or garlic powder).
3. Cook on low for 6-8 hours or until the meat is cooked through.
4. Use tongs to shred the meat.
5. Serve, portion for later, or freeze.

BAKED/OVEN

1. Preheat the oven to 375-400 degrees.
2. Line a 9x13" pan with parchment paper.
3. Sprinkle the chicken with sea salt and spices of choice and place in the pan.
4. Cook for 30-40 minutes, depending on the size of the chicken (can also cut it into smaller pieces to cook faster).
5. Remove from oven and serve, portion for later, or freeze.

GRILLED

1. Preheat the grill to medium high.
2. Sprinkle the chicken with sea salt and spices of choice.
3. Cook for 6-10 minutes per side, depending on the sizes of chicken.
4. Remove from grill and serve, portion for later, or freeze.

THE BASICS: BEEF

GROUND BEEF

1. Heat a large skillet with a lid over medium heat.
2. Place 1-3lbs of ground beef in the skillet.
3. Add 1 Tbsp sea salt and spices of choice (black pepper, Italian seasoning, garlic powder, etc)
4. Cook until no longer pink (do not over cook).
5. Strain and serve, portion out for later use, or freeze.

GRILLED HAMBURGERS

1. Preheat the grill to medium high.
2. Form beef into patties (about 1/4 -1/3lb each).
3. Sprinkle generously with sea salt and spices of choice.
4. Grill for 6-8 minutes per side, leaving some of the middle pink if prepping for later (but not raw).
5. Remove, serve, portion out for later, or freeze.

BAKED MEATBALLS

1. Preheat the oven to 375-400 degrees.
2. Line a 9x13" pan with parchment paper.
3. Place the ground beef in a large bowl and add spices of choice along with 1 Tbsp sea salt (Italian seasoning or garlic powder work great).
4. Place in the pan with about 1" between each meatball.
5. Cook for 30-40 minutes, depending on the size of the meatballs.
6. Remove from oven and serve, portion for later, or freeze.

SLOW COOKER

1. Place a chuck roast in the slow cooker with either 1-2 cups of water OR 1-2 cups homemade or no sugar added beef broth (see week 5).
2. If using water, add 1.5 Tbsp sea salt and spices of choice; if using broth, use 2 tsp salt.
3. Cook on low 8-10 hours until the meat shreds easily with a fork.
4. Serve, portion for later, or freeze.

THE BASICS: PORK

GROUND PORK PATTIES

1. Heat a large skillet with a lid over medium heat.
2. Place 1-3lbs of ground pork in a large bowl.
3. Add 1 Tbsp sea salt and spices of choice (black pepper, Italian seasoning, garlic powder, etc) and mix together to form 1/4lb patties; place in skillet.
4. Cover and cook until no longer pink (do not over cook).
5. Strain and serve, portion out for later use, or freeze.

BAKED MEATBALLS

1. Preheat the oven to 375-400 degrees; Line a 9x13" pan with parchment paper.
2. Place the ground pork in a large bowl and add spices of choice along with 1 Tbsp sea salt (Italian seasoning or garlic powder work great).
3. Place in the pan with about 1" between each meatball.
4. Cook for 30-40 minutes, depending on the size of the meatballs.
5. Remove from oven and serve, portion for later, or freeze.

SLOW COOKER - ROAST

1. Place a shoulder or pork loin in the slow cooker with either 1-2 cups of water OR 1-2 cups homemade or no sugar added chicken or beef broth (see week 5).
2. If using water, add 1.5 Tbsp sea salt and spices of choice; if using broth, use 2 tsp.
3. Cook on low 6-10 hours depending on size or until the meat shreds/slices easily with a fork.
4. Serve, portion for later, or freeze.

GRILLED PORK CHOPS

1. Preheat the grill to medium high.
2. Sprinkle pork chops generously with sea salt and spices of choice.
3. Grill for 6-12 minutes per side depending on thickness, leaving some of the middle pink if prepping for later use (but not raw).
4. Remove, serve, portion out for later, or freeze.



COOKING 101

REAL FOOD MADE SIMPLE

with Olivia Borer