

PHOENIX
WELLNESS

HEALTH COACHING

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Week 2 Meal Prep Guide
30-Day No Excuses Challenge

Phoenix Wellness

30-Day No Excuses Challenge

Meal Prep Guide – Week 2

This Meal Prep Guide highlights a healthy breakfast, two main meals, two side dishes and a snack/dessert recipe. The goal here is to start making healthier choices, little by little, without feeling overwhelmed. When you're overwhelmed, you may feel like the path to getting healthier is just too daunting, and you're more likely to fall back into old, bad habits. It's not always easy, but once you see and feel the benefits of consistently nourishing your body with healthy foods, it'll be easier to continue.

You already have the Meal Prep Guide for Week 1. So now you'll have double the recipes to choose from. If you liked something from Week 1, and would like to prepare it again, do it. If you want to mix some of the recipes from Weeks 1 and 2, do it. The recipes have been tested and are ones that I find easy to prepare, delicious, and are easy enough to individually package and heat up.

One way to make sure you're ready for the hectic week that usually lies ahead is to prepare some meals ahead of time. It's easy enough to do, but it will require you to carve out an hour or two from your busy schedule. I can promise you that the benefits are worth it, though! Once you get into the habit of food prepping, you'll be lost if you skip a week. I know from personal experience that when I have healthy food ready to go, I eat better. When I haven't prepared for the week, I reach for the first thing that will only take a few minutes to heat up, and I typically overeat. Maybe you can relate...

Remember, this challenge is about ***not making any excuses***. When we make the time to exercise and eat well, we feel better. When we feel better, we're in a better mood, more positive, happier, and we're more patient with those around us. Plus, when we make goals and ***don't make excuses*** for letting them slip, we actually see results. And THAT is the ultimate motivator. So take this opportunity to create some new, healthy habits and to ***drop any excuses*** you once relied on as a reason why you're not getting the results you want. After all, **when you drop your excuses, you'll find results!**

How to use this guide:

- Choose one or two recipes (or all of them) that you'd like to try out – even having one thing prepped will save you time, and you'll have at least one healthy thing on hand for when you get hungry!
- Make sure you have all the ingredients.
- PLAN a time that you will prep the meals.
- Portion the foods in individual containers so that they're ready to grab and go. Even portioning snacks ahead of time helps you keep track of how much you're eating, as well as makes it easy to grab them when you're in a rush.
- If you don't like a particular ingredient, swap it out for something else. The recipes I use are very versatile so that you can make them to your liking. Ask if you need help with substitutions!
- Each week, decide which recipes you'll make before you go shopping. It saves on time and money when you know exactly what you need to get and have a plan of attack for the grocery store. You also won't waste money on perishable items that you probably won't use.
- If you have extra greens, freeze them! You won't waste them, and they'll be ready for the blender.

And now, what you've all been waiting for...a look at the new recipes!

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Breakfast

This is a breakfast I found one morning at 7:45am. I was able to prep it and be eating by 8:30. Prep time is actually short, and cook time is about 35 minutes. Just enough time to shower and get ready. ;) Plus, it's packed with veggies and protein-packed eggs – a good combo for keeping you feeling full until lunch time! One of the best things about this (besides the fact that it's delicious, super pretty, and healthy) is that you can put whatever veggies (sausage, bacon, ham, sprinkle of cheese, etc.) in it.

Eggs in Pepper Boats

Makes 2 servings.

Ingredients:

- 2 bell peppers (any color)
- 4 eggs
- Veggies of your choosing (shredded carrots, chopped broccoli, diced onions, chopped mushrooms, jalapeño peppers, diced tomatoes etc.)
- Breakfast meat of your choice (chopped bacon, crumbled sausage, diced ham, etc.)
- ¼ tsp. cayenne pepper
- Salt and Pepper, to taste



*Here, I used broccoli, bacon, onion, and jalapeño because that's what I had on hand.

Directions:

1. Preheat the oven to 375 degrees F.
2. Cut peppers into equal halves. (Try to buy peppers that have somewhat flat sides so they stay balanced while filling and baking. I actually crumbled up some aluminum foil to prop some of them up so that the egg didn't fall out of it.)
3. Core the peppers. Place them on a baking sheet.
4. Fill peppers with vegetable/meat fillings of your choice, leaving room for the egg.
5. In a bowl, mix eggs, pepper, and cayenne pepper.
6. Pour a quarter of the egg mixture into each vegetable-stuffed pepper.
7. Place the baking sheet in the oven for 35 minutes (or until eggs are cooked to your liking).
8. Serve immediately.

Main Meal #1

Continuing along with sweet bell peppers...

This is a great and versatile recipe. I add in sweet potatoes, but you can add in squash (or any other veggies you really like or have hanging out in your fridge), and you can finish it off with some of your favorite cheese. Plus, you can always adjust the amount of veggies that you put in. I usually don't measure because I figure...veggies are good for you, you might as well pack 'em in! These are pretty darn easy to make, and if you have left over stuffing, save it for a later meal. You can eat it plain, or you can put it over quinoa or rice.

Stuffed Peppers (Adapted from "The Whole 30" by Melissa and Dallas Hartwig)

Ingredients:

- 4 sweet bell peppers of any color
- 3 tbsp. cooking fat
- ½ c. chopped onion
- 2 cloves garlic, minced (or 1 tsp. garlic powder)
- 4 kale leaves, stems removed, and finely chopped
- 1 lb. ground beef (or turkey)
- 1 can diced tomatoes
- ¼ tsp. cumin
- ¼ tsp. chili powder
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 cup sweet potatoes, diced



Directions:

1. Preheat the oven to 375 degrees F.
2. Slice the peppers in half lengthwise, grab the stem and gently pull it out. Discard the seeded core. Place the peppers in a baking dish. Bake for 10 minutes, until softened. Set aside.
3. While the peppers are baking, melt the cooking fat in a large skillet over medium heat and swirl to coat the bottom. When the fat is hot, add in the onion and cook, stirring until translucent (about 2-3 minutes).
4. Add garlic and cook until fragrant (about 1 minute).
5. Add the kale and cook for 1 minute, stirring.
6. Add the ground meat and cook, breaking up the meat with a spatula or wooden spoon, and stirring into the vegetables (2-3 minutes).
7. Stir in the diced tomatoes, cumin, chili powder, salt and pepper. Cook the meat until mostly browned (about 7 more minutes).
8. Stir in the sweet potato and cook until the sweet potato is slightly softened (2-3 minutes).
9. Divide the meat mixture evenly among the peppers. Return to the oven and bake for 10 more minutes, until the peppers look wrinkly and the meat is browned on top. Add a sprinkle of cheese, if desired, and place back in the oven for another 5 minutes until the cheese is melted.

Main Meal #2

This is such a great meal. It's filled with protein (hello, quinoa and chicken!), as well as a ton of vegetables. It's also very versatile because if there's something you don't like, don't add it in. You can always add extra of the stuff you do like. Or, if you have something laying around that you think would be delicious, add it in. Why not? This has so much room for you to make it your own, and it's easy to prepare, can be frozen in single servings, or can be left in the fridge for the week. Trust me on this one...you're going to love it! Again, you can add in extra veggies or chicken. I don't always measure my veggies. Or chicken. But this always comes out delicious.

***TIP:** Any time I'm going to be using shredded chicken, I put the thawed chicken in the crock pot, sprinkle some Montreal Steak Seasoning and garlic powder on it, and then cook for two hours. Open up the crock, the chicken is done, and it only takes about 30 seconds to shred. Also, it's super easy to prepare this ahead of time so you can skip the cooking of the chicken on the same day.*

Black Bean, Chicken and Quinoa Enchilada Bake (adapted from "Two Peas and their Pod")

Ingredients:

- 1 cup uncooked quinoa
- 1 2/3 cups water
- 1 tbsp. olive oil
- 1 medium sized onion, diced
- 3 cloves garlic, minced
- 1 jalapeno, seeds removed
- 1 red bell pepper, seeded and diced
- 1 orange bell pepper, seeded and diced
- 1 cup frozen corn (I used 1 can of corn because that's what I had)
- 2 tbsp. lime juice (or the juice of 1 lime)
- Chopped cilantro or parsley
- 2 small, cooked chicken breasts shredded (I made these in the crockpot the day before making this so that everything was ready to go)
- 1 packet fajita seasoning (or your own spice blend – cumin, chili powder, etc.)
- (1) 10oz. can of Enchilada sauce (I used the "Casa Fiesta" brand)
- 2 cans black beans, rinsed and drained
- 2 cups cheese of choice (You can use less or none!)
- Garnishes, if desired: Fresh cilantro, green onion, avocado



Directions:

1. Preheat oven to 350 F. Grease 9x13 baking dish with cooking spray. Set aside.

2. Add quinoa and water to medium saucepan and bring to a boil over medium heat. Boil for about 5 minutes. Then turn the heat to low and simmer for about 15 minutes until the water is absorbed. Remove from heat and fluff with a fork.
3. In a large skillet, heat the olive oil over medium high heat and add onion, garlic, and jalapeno. Sauté until softened – about 5 minutes. Add in bell peppers and corn and cook about 4 minutes. Add the lime juice, fajita seasoning and cilantro. Stir to combine.
4. In a large bowl, add cooked quinoa, black beans and chicken together. Add the sautéed vegetable mixture and stir to combine. Pour in the enchilada sauce and stir. Add ½ cup shredded cheese.
5. Pour into baking dish and sprinkle with the remaining cheese. Cover the pan with foil. Bake 20 minutes, then take the foil off and bake another 10 minutes.
6. Remove from oven and let sit 5 minutes. Serve warm with garnishes, if desired.

****This is an excellent meal to prepare ahead of time. It can be frozen and it will also stay good in the fridge for a week!**

Side Dish #1

So here's the story of my guacamole. I love guacamole...now. I wouldn't touch the "gross green stuff" growing up, and I don't ever think my mom had an avocado in the house. About three years ago, I met a husband and wife team (Jay and Joss) who became good friends of ours. We would go to their house (often, still!), and Jay always had the best guacamole in the world. BAM! Instant guacamole lover. So, I started making what I call "Lazy Man's Guac" (mashed up avocado with some lime juice and salt). I did that for a while, but then it just didn't cut it anymore. It probably didn't help that my kids were always talking about Mr. Jay and how he has "The best guacamole we've ever tasted!" So, what could I do? I *had* to step up my game. After intently watching Jay make his guac and countless text messages about the ingredients (nothing exact), I now make this recipe at least twice a week. It's a family favorite and goes on anything. Or alone. I can eat it with just a spoon.

Guacamole

Ingredients:

- 4 avocados, pitted and diced
- 1 red onion, finely diced
- 1 jalapeño, seeded and finely chopped
- About ¼ c. chopped parsley
- 2 cloves garlic, minced
- 1 tbsp. lime juice (Or to taste. Sometimes, I need to add more to get the flavor, but you don't want to add too much to make the Guac runny.)
- Salt, to taste



Directions:

1. Put largely diced avocado in a medium-sized bowl.
2. Add in onion, jalapeño, parsley, garlic, lime juice and salt.
3. Mash everything together until avocado is generally mashed, but leave some large chunks of avocado for texture. Give the guacamole a good stir to make sure all ingredients are incorporated evenly.

*Again, this recipe is very versatile. (Are you seeing a theme emerging?) You can also add in some cayenne pepper, black pepper, cumin, cilantro, or anything else that strikes your fancy. I've add in diced mango before, and that's yummy, too!

Side Dish #2

What's guacamole without it's dancing partner, salsa? Here's a recipe for my homemade salsa. This goes with just about everything. I put it on eggs, with pork, chicken, the Main Meal #1 Stuffed Peppers, Main Meal #2 Black Bean, Quinoa and Chicken Enchilada Bake, and on top of salads. I eat it with homemade sweet potato chips. Or with a spoon. It's another thing you eat all by itself. Fresh ingredients. Healthy. Refreshing. Need I push this any further?

Salsa

Ingredients:

- 4 tomatoes, seeded and diced
- 1 small red onion
- 2 tbsp. chopped fresh parsley
- 2 cloves garlic, minced
- 1 jalapeño, seeded and finely chopped
- 1 tbsp. lime juice
- Salt, to taste



I couldn't even find a picture of the salsa without my guacamole. They're the best of partners.

Directions:

1. Put all ingredients in a bowl. Mix until incorporated.

*This is another really versatile recipe. Play with the amounts of ingredients you put in there. Try a different kind of pepper. Try some cilantro instead of parsley. Use white onion. Whatever strikes your fancy.

Snack

So when you have these delicious scoop-able condiments, you should really have something to scoop them up with. Here are some delicious homemade sweet potato chips. They are yummy (and super addicting, so it's a good thing they're healthy) and only use a few ingredients. I made these for myself one day, and my husband and boys ended up eating them. So, I had to make some more. Which I did. Immediately. Thank goodness I had some extra sweet potatoes on hand.

***TIP:** Make sure to watch the chips for the second 10 minutes of bake time. Some will start to brown before the others, and should be taken out of the oven then. Or you'll burn them. Just like I did when I made them for the first time. But don't you worry, I'm a trooper and I ate them anyway.*

Oh, and you can also use yams.

Baked Sweet Potato Chips

Ingredients:

- 2 sweet potatoes, peeled and sliced thin (A mandolin works great for this!)
- 2 tbsp. melted clarified butter or coconut oil
- 1 tsp. salt (or to taste)



Directions:

1. Preheat the oven to 375 degrees F.
2. Place the sweet potato chips in a large bowl and toss with melted butter or coconut oil and salt.
3. Place the chips in a single layer on a rimmed baking sheet lined with parchment paper.
4. Bake in the oven for 10 minutes, then flip the chips over and bake for another 10 minutes. (Watch the chips for the last 10 minutes and pull off any chips that start to brown until all the chips are cooked.)