

PHOENIX
WELLNESS

HEALTH COACHING

Ellen Sekuterski
Phoenix Wellness, LLC
(716) 713-1336
PhoenixWellnessBuffalo@gmail.com
www.PhoenixWellnessLife.com

Social Media:
Instagram: @PhoenixWellness
Facebook: Phoenix Wellness
YouTube: Phoenix Wellness

Week 3 Meal Prep Guide
30-Day No Excuses Challenge

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30-Day No Excuses Challenge

Meal Prep Guide – Week 3

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 Guides for Weeks 1 and 2. And now you have quite a few new recipes to choose from. If you liked something from Week 1 or Week 2 and would like to prepare it again, do it. If you want to mix some of the recipes from Weeks 1, 2, and 3, 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 great one-pan deconstructed breakfast burger. It's filling, versatile and has some bacon in it...yum! Plus, you can make it ahead of time and just heat it up throughout the week. I've eaten it without an egg and with an egg. I've eaten it for breakfast and for dinner. And you can switch things up with the egg, too – fried, scrambled, poached, or baked in the oven like the original recipe calls for. But I was prepping for the week, so I made everything but the egg, and then I made the egg as I was heating up the meat mixture in the microwave. This is definitely something to look forward to in the morning and makes getting out of bed a little easier.

Breakfast Bacon Burger with "Fries" (Adapted from the Paleo Running Momma)

Ingredients:

- 2 medium sweet potatoes (any variety)
- Salt and Pepper, to taste
- 2 tbsp. olive oil for roasting

- 8 slices bacon, cut into bite-sized pieces
- 1.5 lb. ground beef
- 1 small-medium onion, diced
- ¾ - 1 c. mushrooms, chopped
- 2 large handfuls of spinach, chopped
- 4 large eggs
- Salt and Pepper, to taste
- 2 tsp garlic powder
- 1 tsp smoked paprika
- ¼ tsp. cayenne pepper
- Garnish: Some of your favorite cheese, scallions or chives



Directions:

1. Preheat the oven to 425 degrees F and line a baking sheet with parchment paper. Scrub (or peel) your sweet potatoes and cut them into ¾ in. chunks.
2. Toss with olive oil, salt and pepper and place them on a baking sheet (or two if needed) in a single layer, not touching each other, as it allows them to crisp up nicely. Roast for 25-35 minutes in the oven until they are crispy on the outside and soft on the inside.
3. While your sweet potatoes are roasting, heat a large- oven proof skillet over medium-high heat. Add your bacon pieces to the skillet and cook, stirring to evenly brown, until about 2/3 of the way done. (Depending on how much fat has been rendered, you can drain a little at this point, keeping some to sauté the onions and mushrooms).

4. Add the onions to the bacon and cook until translucent. Then add the ground beef, mushrooms, salt and pepper and cook, stirring occasionally until the mushrooms cook and the beef browns.
5. Stir in spinach and remove from heat. When the hash browns are done, add them to the skillet and gently toss to combine.
6. If you're making this ahead of time, stop here! But if you're making it for breakfast now, finish up steps 7 and 8.
7. Lower the oven heat to 400 degrees F. Use a spoon to create 4 small grooves in the mixture (for the eggs). Carefully crack each egg into a groove. Bake in the 400-degree oven until the eggs are done to your liking (10-15 minutes).
8. Garnish and serve!

Main Meal #1

This is a one-pan meal. Chicken Fajitas. In one pan. It's delicious, approved by the whole family, and you can eat it in a wrap, over rice or quinoa, or just off of a plate. There's a short prep time and a short baking time. What's not to like about that? You can also make some of Week 2's homemade salsa and guacamole to go along with it, as they're the perfect side dish.

Note: If there's a spice you don't like, don't put it in, and add more of another. For example, my husband HATES cumin and can smell it a mile away, so I add more garlic powder.

Sheet Pan Chicken Fajitas

Ingredients:

- 1 lb. chicken sliced thinly
- 3 bell peppers, any color (I used red, yellow and green)
- 1 medium onion, sliced thinly

- ¼ c. olive oil
- 1 tsp. chili powder
- ½ tsp. cayenne
- 1 tsp. cumin
- 1 tsp. garlic powder
- 1 tsp. paprika or smoked paprika
- 1 tsp. salt
- 1 tsp. ground black pepper



Directions:

1. Preheat the oven to 400 degrees F.
2. In a small bowl, combine the oil, chili powder, cayenne, cumin, garlic powder, paprika, salt and pepper.
3. Place the sliced chicken and veggies in a large bowl, pour the oil and spice mixture over, and toss to combine.
4. Spread out evenly on a baking sheet.
5. Bake 25-30 minutes until chicken is cooked through and the veggies are soft with a crisp edge.
6. Serve with tortillas, sour cream, cheese, avocados, salsa and guacamole, if desired.

Main Meal #2

I have a pork recipe, and I love it. The only problem is that it's really time consuming to prepare...especially for a crock pot meal. Enter: This recipe. It's suuuuper easy and delicious. (You can't get any easier than pork and spices!) Plus, the entire family liked it – that's right. Everyone. This will be a staple for quite some time, and it goes with just about any side dish.

Note: It's spicy. So if you want, dial back the cayenne a little bit. My family all loved it, but my husband and youngest asked that next time, I make it a little less spicy. So I shall comply.

Also, this needs some prep - about 5 minutes *the night before* you put it in the crock.

Slow-cooker Pulled Pork (Adapted from Anya's Easts)

Ingredients:

- 4 lbs. boneless pork shoulder roast
- 2 tbsp. paprika (or smoked paprika)
- 2 tbsp. chili powder
- 2 tbsp. garlic powder
- 1.5 tbsp. ground black pepper
- 2 tsp. cayenne
- 2 tsp. dried mustard
- 2 tsp. salt



Directions:

1. Combine spices and mix well.
2. Remove any string holding your pork together.
3. With your hands, rub all parts of the pork with the spice mixture, making sure to get in all the crevices.
4. Wrap the pork tightly with plastic wrap and let sit overnight.
5. The next morning, unwrap the pork and place it in the slow cooker.
6. Cook on low for 8 hours and serve.

Side Dish #1

Coleslaw. I hated it when I was younger. I didn't even try it until I was in my late 20s, I think. Even then, I usually only ate it with a fish fry a couple of times a year. But over the years, I've learned to enjoy a good coleslaw. Recently, I came across this recipe and thought that it would go marvelously with the slow-cooker pulled pork. It does. And it goes with just about anything else, too. It has a lot of veggies so you really don't have to feel bad about eating it. Also, the amount of mayo is so small compared to the enormous bowl of coleslaw that you get, that it's kind of a no-brainer. It's sure to dress up any plate with all of its beautiful colors.

Note: You can serve this right away, but I find that a couple of hours in the fridge helps the flavors blend together nicely.

Coleslaw (From the "Paleo Grubs" blog)

Ingredients:

- ½ head green cabbage, diced or shredded
- ½ head purple cabbage, diced or shredded
- 2 cups shredded carrots (for ease, I used matchstick carrots)
- ¼ c. apple cider vinegar
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. dry mustard
- ½ tsp. celery seed
- ½ tsp. garlic powder
- ½ c. mayonnaise



Directions:

1. Place diced or shredded cabbage and carrots in a large bowl.
2. Add in vinegar and mayonnaise and mix well.
3. Add in all seasonings (adding more to taste, if desired. I find that I add more depending on the size of the cabbage I get.), and stir until vegetable mixture is fully coated.

Side Dish #2

I love side dishes that don't take too much time to make, are healthy, and versatile. This one fits the bill nicely. And it has garlic (my all-time favorite) in it. It's also something that my husband and oldest son like. (I have to work on the younger one like more than just spinach in his smoothies. It's a slow process.)

Note: I have switched up the broccoli for green beans and cauliflower with great success. I'm sure you can add in other veggies just as easily. Just make sure that you boil the veggies until they are just shy of your perfect softness as they cook a little more once they're added back to the pan with the butter, garlic, salt and pepper.

Garlicy Broccoli

Ingredients:

- 2 heads of broccoli, washed and cut
- 1-2 tbsp. butter
- 2 cloves minced garlic
- Salt and pepper, to taste



Directions:

1. Boil water in a saucepan. Add the broccoli. When the broccoli is tender, but not quite done, drain the broccoli in a colander.
2. In the same saucepan, melt the butter.
3. Stir in the broccoli, garlic, salt, and pepper and cook for about 2-3 minutes.

Snack

This is my favorite homemade granola. It has some delicious nuts (the pecans taste amazing!) and ends up being chunky and bark-like, so you can pick it up and eat it. No spoon required. It also makes the house smell deliciously warm and inviting. It'll save on the counter for a couple of weeks, too...if it lasts that long!

Note: Just remember that this is granola, so it's calorie dense. A good serving size is ½ c.

Banana Nut Bread Granola (Adapted from the Minimalist Baker blog)

Ingredients:

- 3 cups rolled oats
- ¾ c. walnuts
- ¾ c. pecans
- 1/2 tsp sea salt
- 1 tbsp. cinnamon
- 1 tbsp. ground flax seed
- 1/4 cup coconut oil
- 1/4 cup pure maple syrup or honey
- 1 tsp vanilla extract
- 2 medium ripe bananas mashed (approx. 1 c.)



I have to admit this is not my picture. It was taken from the Minimalist Baker blog where I got this original recipe from. My granola looks the same, but I don't have an eye for pictures like this. (My picture would have been on an almost blackened bar-pan stone.) ...And it didn't help that I ate all of my granola before snapping a pic. It's that good.

Directions:

1. Preheat oven to 350 degrees F.
2. Mix the oats, cinnamon, sugar, salt, flaxseed and nuts together in a large bowl.
3. In a small saucepan over medium low heat, warm the coconut oil, maple syrup (or agave or honey) and vanilla extract. Once liquidy, remove from heat and whisk in banana puree until well combined. Pour over the dry ingredients and mix well.
4. Spread the mixture evenly onto one or two baking sheets (making sure it's not too thick) and bake for 23-28 minutes or until golden brown. The coconut oil will help it crisp up well, but be sure to watch it carefully as it can brown quickly.
5. NOTE: If you don't toss the granola while baking, it will make get clumpy, which I personally love. But if you want a more crumbly granola, toss/stir a bit at the halfway point to break up the clumps.
6. Once the granola is visibly browned, remove from the oven and toss just a bit to let the heat escape. Cool completely on the baking sheet. Store in a container or jar with an air-tight seal – it should keep for a couple of weeks.