

PHOENIX  
WELLNESS  

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HEALTH COACHING

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Week 2 Meal Prep Guide  
6-Week Holiday Health Warrior Challenge

# Phoenix Wellness

## 30-Day No Excuses Challenge

### Meal Prep Guide – Week 2

Hi! And welcome to week 2 of the 6-Week Holiday Health Warrior Challenge. I'm so excited that you've decided to drop your excuses and take on this fitness and nutrition challenge. It's only 6-weeks. And when it's over, hopefully you'll find that you'll continue along with the healthy habits you've created during this time. So, let's get to it! First, I'll explain how the Meal Prep Guides are set up, and then we'll get to the delicious recipes.

For each Meal Prep Guide throughout the next six weeks, I'll highlight a healthy breakfast, two main meals, two side dishes, and a snack. 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.

Making healthier choices doesn't require throwing out all of the junk in your cupboards immediately (although you're certainly welcome to!). All it requires is making small changes. And before you know it, those small changes compounded on each other will add up to huge gains and health benefits. You'll have more energy, clearer skin, sleep better, and you'll most likely lose some weight.

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 (usually a processed something that is high in fat and calories because I'm so hungry and just want to eat NOW), and I typically overeat. Maybe you can relate...

Remember, this challenge is about ***sticking to your healthy routines during the holiday season***. 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 ***stay on track during the busiest time of year***.

How to use this Meal Prep 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. Write it in your calendar if you need to!
- 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 any substitutions!** (Really, I'm not just saying that. I'd love to help.)
- 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...the recipes!

- **Pumpkin Oat Muffins**
- **Sweet Potato Pork Lo Mein**
- **Mason Jar Salad**
- **Sweet Potato Salad**
- **Green Bean Casserole**
- **Pumpkin Spice Latte**

## Breakfast

Sometimes it's nice to have a grab-and-go breakfast for those crazy mornings when it seems like nothing is going right and everything is taking longer than it should. These Pumpkin Oat Muffins are made for just that. Grab. Go. And delicious. You can eat them cold, warmed in the microwave, or like me...I like to cut them in half and toast them. It adds just a little bit of crunch and it tastes like pumpkin pie.

**Pumpkin Oat Muffins** (Adapted from the "Detoxinista" blog)

### Ingredients:

- 1 egg (Or 1 tbsp. ground chia + 3 tbsp. water)
- ¾ c. pumpkin puree
- 1 c. rolled oats
- ¼ c. pure maple syrup
- ¼ tsp salt
- ½ tsp. ground cinnamon
- ¼ tsp. ground ginger
- 1/8 tsp. ground cloves
- ¼ tsp. baking soda
- 1 tsp. apple cider vinegar



### Directions:

1. *Optional first step:* In a small bowl, whisk together the ground chia seeds and water and let them sit for about 5 minutes.
2. Preheat oven to 350 degrees F and line a muffin tin with 6 baking cups.
3. *If not doing optional step one:* Whisk egg in a large bowl. Add in pumpkin puree, oats, maple syrup, salt, cinnamon, ginger, cloves and baking soda.
4. Once the batter is formed, stir in the apple cider vinegar and make sure everything is well combined.
5. Divide the batter among the 6 cups and bake until the centers are firm (about 25 minutes). Allow them to cool for about 15 minutes before serving.

\*You can store these in an airtight container in the fridge for breakfast or a snack.

## Main Meal #1

I gotta tell ya...this dish was great. I wasn't really sure what to expect as sometimes when you make knock-off food, it doesn't taste quite like you thought it would in your head. But, it was very reminiscent of Chinese food with the traditional garlic, sesame, ginger, but extra veggie-packed with the sweet potato noodles. It's grain-free, gluten free, and soy free (if you use coconut aminos). So, you can really eat this guilt-free. And, it was approved by my family, which is an extra bonus.

\*\*If you don't have a spiralizer, veggie peeler that makes noodles or mandolin, you can always buy the spiralized sweet potato (or butternut squash) noodles at the grocery store. Or, you can even just use regular lo mein noodles, but that would cut down on the nutritional punch that the veggie noodles pack.

### Sweet Potato Pork Lo Mein (Adapted from the "Paleo Running Momma" blog)

#### Ingredients:

##### For the sweet potato noodles:

- 3 medium sweet potatoes, spiralized
- 1 tsp. olive oil
- 1/8 tsp. salt

##### For the pork or chicken:

- 1 lb. boneless center cut pork chops OR boneless, skinless chicken breasts, sliced thin
- 1 tsp. raw apple cider vinegar
- 2 tsp coconut aminos OR reduced- sodium soy sauce
- 2 tsp. pure sesame oil
- 1 tsp. olive oil

##### Vegetables:

- 1 c. white mushrooms, sliced thin
- 1 medium red bell pepper, sliced into thin strips
- 2 bunches baby bok choy, white and green parts, finely chopped (about 3 cups)
- 3-5 cloves garlic, minced
- 1 tbsp. fresh ginger, minced (about 1 in.)

- 1 bunch scallions, thinly sliced, white and green parts separated
- 1 c. shredded carrots (OR matchstick carrots)

##### For the sauce:

- 1/3 c. coconut aminos (OR soy sauce)
- 2 tbsp. pure sesame oil
- 1 tsp. flour (optional: to thicken the sauce)



#### Directions:

1. Toss your sliced pork or chicken in a bowl with marinade ingredients for 10 minutes.
2. For the noodles: Preheat oven to 400 degrees F, and line a large baking sheet with parchment paper. Toss the noodles with olive oil and salt and spread out evenly on the baking sheet. Roast for about 20 minutes until the noodles soften and begin to crisp up.
3. Meanwhile, heat a large skillet or wok over high heat and add 1 tsp olive oil. Once heated, add the pork or chicken and cook, stirring to evenly brown until cooked just through (about 1 minute or less). Remove from skillet to a plate, leaving juices in the skillet.
4. Keep the heat on high and add all the veggies, garlic, ginger and white scallions. Cook and stir a few minutes until the veggies are fork-tender.

5. Combine sauce ingredients in a bowl for next step.
6. Lower heat to medium and pour in sauce mixture, stirring to fully coat. Bring to a boil and allow sauce to thicken and then add in the pork or chicken. Toss to coat with sauce and remove from heat.
7. Once the noodles are ready, add to the mixture and gently toss to coat everything well. Garnish with green scallions and serve.

## Main Meal #2

Sometimes it's nice to have a salad. These mason jar salads are great, because you can prep them ahead of time and have them in the fridge all set for lunches or dinners for the week. The trick here is to put the hearty and wet ingredients first, then the dry ingredients and greens. Plus they're so pretty, and pretty food always tastes better.

\*\*You can shake up the jar to coat the entire thing with dressing **before dumping it into a bowl**, or you can just dump it. The dressing should coat the entire thing as you dump it. I mean, I guess you could eat this out of the jar, but it's pretty tightly packed, so I'm not sure how easy it would be. You might be dropping dressing filled veggies on your work clothes, and who wants to walk around with oil marks on their blouses or ties?

\*\*These salads are totally customizable, add what you like, and leave out what you don't!

### Fall Mason Jar Salad (Adapted from the "Detoxinista" blog)

#### Ingredients:

- 2 lbs. butternut squash (or sweet potatoes), peeled and cut into 1 in. cubes
- 1 tbsp. olive oil
- 1 c. quinoa
- 1.5 c. water
- ½ head cabbage or 3 c. shredded (I used a mix of red and green)
- ½ red onion, diced
- 1 pint grape tomatoes
- 1.5 c. cooked beans (I used garbanzo, but you could sub for beans of your choice.)
- 5-6 c. mixed greens
- 1 tbsp. Dijon or whole grain mustard
- 2 tbsp. maple syrup
- ¼ tsp. salt
- black pepper, to taste

#### Maple Cider Vinaigrette:

- ¼ c. apple cider vinegar
- 1/3 c. olive oil



#### Directions:

1. To roast the squash: Preheat oven to 400 degrees F. Toss the squash with olive oil. Arrange in a single layer on a baking sheet and sprinkle salt and pepper over it. Roast for 25 minutes or until fork tender.
2. While squash is roasting, combine the water and quinoa in a saucepan and bring to a boil. Cook, stirring frequently until water is absorbed (about 15 minutes).
3. While everything is cooking, combine the dressing ingredients in a jar (or whisk in a bowl) until well combined.
4. To assemble the salads (in 3) quart-size mason jars): Add ¼ c. dressing at the bottom. Follow with 1 c. shredded cabbage, then ¼ c. diced onion. Next, add ¼ c. grape tomatoes, ½ c. cooked quinoa, about 1 c. cooked squash cubes, ½ c. beans, and then mixed greens.
5. Seal the jars with a lid and store in the fridge for up to 5 days.
6. When ready to eat, pour the contents into a bowl and enjoy!

## Side Dish #1

This salad is absolutely delicious. The first time I tried it, I was actually surprised at how addicting it was. I'm not sure why. The ingredients sounded great and it looked so pretty. But after one bite and me "mmmmm mmmmm" -ing, I knew it would be a staple. And my husband loved it too! He even made some sunny side up eggs and put them over the top of this delicious salad for a great breakfast meal one day.

### Sweet Potato Salad

#### Ingredients:

##### For the lime vinaigrette:

- 3 dates soaked in hot water (OR 2 tbsp honey)
- 2 tbsp. water
- 2.5 tbsp. fresh lime juice (or not)
- 1 tsp. lime zest
- 2 tbsp. balsamic vinegar
- 2 cloves garlic
- ½ tsp. salt
- 6 tbsp. olive oil
- pinch of red pepper flakes, optional (for spice)

##### For the salad:

- 2 large sweet potatoes, peeled and cut into 1 in. cubes
- ½ tbsp. reserved bacon fat, or other cooking fat
- generous pinch sea salt
- generous pinch black pepper
- ½ tsp. smoked paprika
- ½ tsp. onion powder
- 6 slices bacon, cut into pieces
- ¾ c. raw walnuts + 1 tsp. reserved bacon fat or other cooking fat
- ¼ c. finely chopped parsley or cilantro



#### Directions:

1. Cook bacon until crisp, remove from skillet with slotted spoon, and put on paper towel to drain, and set aside.
2. Preheat oven to 425 degrees F and line baking sheet with parchment paper.
3. Toss potatoes with 1.5 tbsp. cooking fat of choice, sea salt, pepper, onion powder, and smoked paprika. Spread in a single layer on the baking sheet without overlapping. Use another baking sheet if necessary.
4. Roast potatoes for 20 minutes, turn (or stir) and roast for another 10 minutes, until soft and slightly browned.
5. Toss walnuts with cooking fat of choice, and sprinkle over the sweet potatoes for the last 5-7 minutes of roasting. Potatoes should be nearly done when you add the walnuts so that the walnuts don't burn.



6. While the potatoes roast, make the dressing. Combine dates, water, lime juice, zest, balsamic vinegar, garlic and salt in a blender. Blend until smooth. With blender on slow speed add olive oil slowly until well combined.
7. Toss the roasted potatoes and walnuts with the bacon and parsley (or cilantro) and scallions. It's best to add the vinaigrette before serving. The leftover vinaigrette will keep in the fridge for up to a week.

## Side Dish #2

Green bean casserole. I love it and my family loves it. The unfortunate part is that the only healthy thing in it is green beans, and it's soooo easy to overdo it on that stuff when the holidays roll around. So, here's a clean version of that fabulous holiday treat. It doesn't taste exactly like the Green Bean Casserole your mom might make, but it's pretty delicious, easy, and totally healthy, as it's made with all veggies. Oh, and you get to try parsnips. They're like a white carrot that is a little sweeter and a little less earthy tasting than the orange variety. (Of course when my son was asking what a parsnip was, I explained it like I just did to you. He then exclaimed, "Well, Mom, it's really cream-colored. It's not exactly white." So, there you have it. Parsnips are actually a *cream-colored* carrot.)

**Clean Green Bean Casserole** (Taken from the "Detoxinista" blog)

### Ingredients:

- 1 yellow onion, sliced thinly
- 1 tbsp. oil or butter
- 2 c. parsnips (peeled and chopped)
- 10 oz. mushrooms, sliced thinly
- 3 cloves garlic
- ¼ c. nutritional yeast
- 1.5 c. water
- 1.5 tsp. sea salt
- 1 lb. fresh green beans cut into bite-sized pieces



### Directions:

1. Heat the cooking fat in a large non-stick skillet. Add in the sliced onions and cook on medium-low heat for about 45 minutes, stirring occasionally until they're caramelized. Once the onions are soft and a golden color, remove them from the heat and set aside in a dish for later.
2. While onions are cooking, steam the parsnips. Fill a saucepan with 1 in. water. Fit a steamer basket in the saucepan. Add the parsnips and bring the water to a boil. Cover the saucepan and steam the parsnips for about 8 minutes (until fork tender). Transfer the steamed parsnips to your blender container and set aside.
3. Using the same steamer basket and saucepan, steam the green beans until they are bright green with a little bit of crunch. Transfer the cooked green beans to an 8x8 baking dish.
4. Once the onions have finished caramelizing and you have transferred them to a bowl, melt another pat of cooking oil and sauté the garlic about 3 minutes. Add the mushrooms. Cook for about 6 minutes until the mushrooms release some water.
5. Spread half of the mushroom mixture into the dish with the green beans. Pour the other half of the mixture, along with any liquid, into the blender container with the steamed parsnips.
6. To the blender container, add 1.5 c. water, salt and nutritional yeast. Blend until smooth and creamy.
7. Pour the sauce over the green beans and mushrooms and mix until well coated. You may have extra sauce that you can store in the fridge.
8. Smooth the veggie mixture with a spatula and top with the caramelized onions.
9. When ready to bake, pre-heat the oven to 350 degrees F and bake for about 30 minutes until bubbly. Serve and enjoy!

## Snack/Dessert

'Tis the season for PUMPKIN! Pumpkin everything. And to follow with the trend, here's a healthy version of a Pumpkin Spice Latte. Years ago, I used to LOVE the Pumpkin Spice Latte from Starbucks, but as the years go by, I realize how much sugar and calories is actually in each one of those. And over the last few years, I believe I have only had one. They're almost too sweet for me. So here's a healthier version that you can make at home. It only takes a few minutes, and it's waaaaaay healthier and delicious, and doesn't have nearly as much sugar in it.

\*\*You can make some adjustments here, too. If you don't have almond milk, use some regular milk.

\*\*After putting the latte in a mug, I did heat in the microwave for about 30 seconds. I like my hot drinks "hotter than the blue blazes of hell," as Gram would say.

### Pumpkin Spice Latte

#### Ingredients:

- 1 c. hot coffee
- 1 c. unsweetened almond milk
- 2 tbsp. pumpkin puree
- 2 tbsp. maple syrup (or sweetener of choice)
- ½ tsp. pumpkin pie spice



#### Directions:

1. Combine all ingredients in a blender until smooth and creamy. (Or you can whisk all ingredients in a saucepan on the stove.)
2. Adjust the flavor to taste and serve warm. (The blender should keep everything nice and warm, but if you find that the latte is not hot enough, heat in the microwave for a few seconds or transfer to a saucepan and heat until warm.)