

PHOENIX  
WELLNESS  

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HEALTH COACHING

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Week 3 Meal Prep Guide  
6-Week Holiday Health Warrior Challenge

# Phoenix Wellness

## 30-Day No Excuses Challenge

### Meal Prep Guide – Week 3

Hi! And welcome to week 3 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. There are only 4 weeks left, 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, 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!

- **Apple Chai Oatmeal Cups**
- **Loaded Chili Sweet Potato Fries**
- **Creamy Chicken, Brussel Sprouts and Bacon**
- **Butternut Sausage Stuffing with Apples and Cranberries**
- **Roasted Veggie Salad with Maple Balsamic Vinaigrette**
- **Apple Pie Bars**

## Breakfast

The Pumpkin Oatmeal Cups from last week's Meal Prep Guide were such a hit at my house, that I had to find another muffin recipe. So here we are. Apple Chai Oatmeal Cups. I love the chunks of apple in them, and if you ask me, they're best warm. You can microwave them, or you can cut them in half and toast them in the toaster oven. Either way, it's an easy grab-and-go breakfast or healthy snack.

**Apple Chai Oatmeal Cups** (Adapted from the "Fit Foodie Finds" blog)

### Ingredients:

#### Dry:

- 3 c. rolled oats
- 1 tsp. baking powder
- ½ tsp. ground nutmeg
- ½ tsp. ground cardamom
- ½ tsp. ground allspice
- 1 tsp. ground cinnamon
- 2 large apples, peeled diced into small chunks

#### Wet:

- 2 eggs
- 2 tbsp. maple syrup
- 1 tbsp. coconut oil, melted (can sub butter)
- 1 medium banana, mashed
- 1 ½ c. unsweetened almond milk



### Directions:

1. Preheat oven to 350° F and line a muffin tin with 12 muffin liners. Spray with non-stick cooking spray and set aside. (This will ensure that the muffins do not stick to the muffin liners.)
2. Place rolled oats, baking powder, and spices in a large bowl and combine.
3. Peel and cut apple and set aside.
4. Place banana in a medium bowl and mash. Then add in eggs, maple syrup and almond milk. Add wet mixture to the dry mixture and mix. Then add coconut oil to the apples and mix again.
5. Fill the muffin liners to the top.
6. Place in oven and bake 20-25 minutes.
7. Let cool 10 minutes before removing from tin. Then, cool completely and transfer to an airtight container and store in the fridge.

## Main Meal #1

Ok. So I saw this and immediately my mouth started to water. After all, who doesn't like loaded fries? The problem with the usual ones you get at a restaurant is that they're full of fat and calories and lots of unhealthy stuff. Here, I used baked sweet potato fries as the base, followed by a quick homemade pan chili, and topped it with a little bit of homemade ranch. The flavors meld together so well that I looked forward to eating this for lunch a few days!

\*\*Of course if you don't happen to have sweet potatoes, you can always use regular Russet or whatever you may have.

### Loaded Chili Sweet Potato Fries (Adapted from the "Paleo Running Momma" blog)

#### Ingredients:

##### For the sweet potato fries:

- 2 medium sweet potatoes, cut into "fries"
- 2 tbsp. cooking fat of choice
- salt and pepper to taste

##### For the chili:

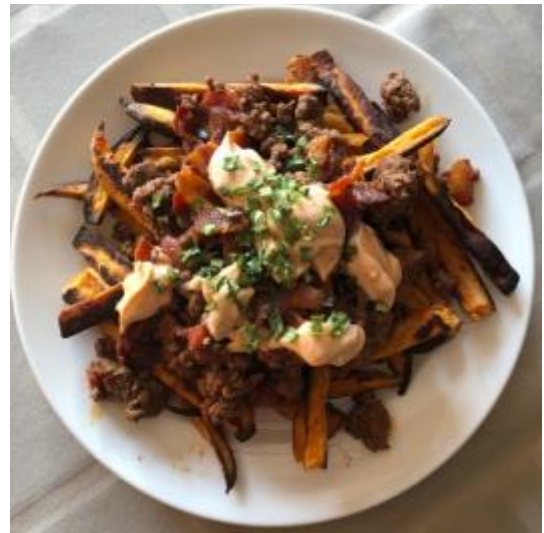
- 2 tsp. cooking fat of choice
- ½ lb. ground beef (or turkey)
- ½ c. diced tomatoes, drained
- ½ tsp. cumin
- ½ tsp. chipotle chili powder
- ½ tsp. smoked paprika
- ¼ tsp. salt

##### For the ranch:

- ½ c. mayo
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ¾ tsp. paprika
- 2 tsp. dried chives
- ½ tsp. lemon juice
- ¼ tsp. salt

##### Other toppings:

- ¼ c. ranch sauce
- 4 slices cooked and crumbled bacon
- Thinly sliced scallions or chives
- ½ medium avocado
- Jalapeños



#### Directions:

1. Prepare the fries: Preheat the oven to 425° F. Line 2 baking sheets with parchment paper. Put cut sweet potato fries in a large bowl with cooking fat and toss to evenly coat. Sprinkle with desired amount of salt and pepper.

2. Place sweet potato fries on the baking sheets in a single layer, preferably NOT touching one another. This will help them get their crispiest. Bake for about 20 minutes, then flip over and bake for another 15 minutes. Once done, remove from the oven.
3. Start to cook bacon if you haven't done so already.
4. While the fries bake, heat a medium-large skillet over medium-high heat and add the cooking fat. Add the ground meat, breaking up lumps with a spoon, followed by the diced tomatoes and all of the spices and salt. Stir and cook until the meat is just browned, then remove from heat.
5. Make the ranch sauce. Put mayo in a small bowl. Add garlic powder, onion powder, paprika, chives, lemon juice and salt and mix until well-incorporated.
6. Get your other toppings ready.
7. Once you can handle the fries, arrange them on a plate. Top the fries with chili, crumbled bacon, ranch sauce, avocado, sliced scallions or chives, jalapeños, and any other toppings you may want.
8. Serve and enjoy!

## Main Meal #2

When I made this for the first time, I put it on the stovetop to cool, and I couldn't stop eating it. It. Was. Delish. It was so good, that when we were getting dinner ready (kind of a hodge podge that night), I asked my husband if he was going to have it for dinner, and he replied, "Well, probably not. (At this point I was a little disappointed, and then he said...) As I've been getting the boys' dinner ready, I've been picking at it, and I can't stop. It's really good." And my heart melted. I always get really happy when my family likes the dishes I make. This is a keeper and we will definitely be adding it to our regular rotation. Oh, and we made the kids try it. One didn't really like it (he hates Brussel sprouts), but the other LOVED the chicken but decided that next time, I should leave the Brussel sprouts out. Ummmm, no, because that's my favorite part.

### Creamy Chicken Brussel Sprouts and Bacon (Adapted from the "Paleo Running Momma" blog)

#### Sauce Ingredients:

- 3 tbsp. cooking fat
- 1 small onion chopped
- 3 cloves garlic, minced
- 2 tbsp. cornstarch
- 1 ½ c. chicken broth
- ½ c. full fat coconut milk
- ½ tbsp. brown mustard
- 1 ½ tbsp. nutritional yeast, optional
- ¼ tsp. sea salt
- 1/8 tsp. black pepper
- ½ tsp. dried sage
- ½ tsp. dried rosemary

#### Other ingredients:

- 1 lb. boneless, skinless chicken breasts
- 1 ½ lb. Brussel sprouts, cut into halves or quarters depending on size
- 3 tbsp. olive oil, divided
- Salt and pepper
- 8 slices bacon



#### Directions:

1. Preheat oven to 400° F. Place chicken on baking sheet and coat with 1 ½ tbsp. olive oil and sprinkle with salt and pepper. On a separate baking sheet lined with parchment paper, arrange with Brussel sprouts and coat with 1 ½ tbsp. olive oil and a sprinkle of salt and pepper.
2. Roast the chicken and Brussel sprouts for about 20-25 minutes until Brussel sprouts are browning and are fork tender, and chicken is cooked through. **Midway through, flip the chicken and toss the Brussel sprouts to ensure even roasting.**
3. While chicken and Brussel sprouts roast, cook the bacon in a large skillet until crisp, drain and set aside.
4. For the sauce, heat a medium saucepan over medium heat and add 3 tbsp. cooking fat. Add the onions and cook until translucent, then add the garlic and cook until onions are soft.

5. Whisk the cornstarch into the broth and add it to the pan. Immediately add the coconut milk, mustard and nutritional yeast (if using), while whisking. Raise the heat and bring to a boil, stirring. Once boiling, reduce the heat to low and simmer for another minute until nice and thick. Stir in salt and pepper to taste, rosemary and sage, and remove from heat.
6. Cut chicken into bite sized pieces or shred and arrange in a casserole dish. Add the Brussel sprouts and sauce mixture and stir to evenly coat. Crumble the cooked bacon and sprinkle on top. Cook in the preheated oven for 15-20 minutes until heated through. Serve hot and enjoy!



## Side Dish #1

Ok. So I ate this for breakfast for a few days after I made it. I'm an "eat anything for breakfast" kind of gal. And let me tell you, it hit the spot. Absolutely yummy. I could have made an egg and put it on top, but I didn't. But this was seriously good. The saltiness from the sausage and the sweetness from the cranberries and apples really hit the spot.

### Butternut Sausage Stuffing with Apples and Cranberries

#### Ingredients:

- 1 large butternut squash, peeled and cut into ½ in. cubes (about 5-6 cups)\*
- 1 ½ tbsp. cooking fat
- ¼ tsp. salt
- 2 tbsp. cooking fat
- 1 small onion, chopped
- 3 celery stalks, chopped
- 1 lb. pork sausage
- 1 large apple (or 2 small ones), cored and chopped
- ¼ tsp. salt
- 1 tbsp. poultry seasoning
- ¾ c. dried cranberries
- 1 egg, whisked
- Fresh parsley for garnish



\*Butternut squash is a real pain to cut up, so I usually buy the pre-cut squash at the grocery store in the produce section and then just cut the already-cut pieces down to size. It's worth it. Trust me.

#### Directions:

1. Preheat oven to 425 degrees F and toss the butternut squash cubes with 1 ½ tbsp. cooking fat. Spread them out on a baking sheet lined with parchment paper.
2. Roast in the oven for 30-35 minutes, turning once for even browning. Squash should be soft and toasty brown before removing.
3. While squash is roasting, heat a large skillet over med-high heat and add 2 tbsp. cooking fat. Once heated, add the celery and onions and cook for about 3-5 minutes, until softened.
4. Add the ground sausage to the skillet and use a wooden spoon to break up and chunks. Cook the sausage until browned and reduce heat to medium.
5. Add the chopped apples and cook for a few minutes until softened. Add salt and poultry seasoning. Lower heat and stir to combine all flavors, about 2 minutes.
6. Once the squash is done, add it to the sausage mixture along with the cranberries and toss to combine. Now add the egg to the mixture and mix to incorporate.
7. Lower the oven to 375° F. If you used an ovenproof skillet, you can bake it right in the skillet. If not, transfer the mixture to a baking dish and spread out evenly.
8. Bake for 30 minutes or until toasty and set. Garnish with parsley, if desired, and serve.

## Side Dish #2

This is a great salad recipe, is colorful and beautiful, and is very versatile. I put in waaaaaay more veggies than the original recipe calls for as I figure the more the merrier when it comes to veggies. Sometimes, if I don't have the exact veggies ingredients, I improvise. It would be silly to not make a delicious Roasted Veggie Salad just because you didn't have the ingredients the recipe calls for! That being said...If you do improvise, make sure you use hearty veggies like butternut squash or carrots as replacements as you don't want other veggies to get too overdone and mushy.

### Roasted Veggie Salad with Maple Balsamic Vinaigrette

#### Ingredients:

- 1 red bell pepper, cut into chunks
- 1 lb. Brussel Sprouts, halved
- ½ red onion, cut into large strips
- 1 lb. sweet potatoes, cubed
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. oregano
- 3 tbsp. olive oil

#### For dressing:

- 3 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 1 tsp. pure maple syrup

#### For plating:

- Spinach or mixed greens

#### Optional:

- Small amount of Feta cheese

#### Directions:

1. Preheat oven to 400 degrees F.
2. Place bell pepper, Brussel sprouts, red onion, sweet potato, salt, pepper, oregano and olive oil in a large bowl. Stir to mix all ingredients.
3. Put mixture on a baking sheet and put in the oven for 30 minutes. (The original recipe calls for 40, but I found 30 to be plenty. You can always set the timer for 25 and start checking in small increments. You don't want the veggies mushy.)
4. Whisk olive oil, balsamic vinegar and maple syrup in small bowl.
5. When plating, place spinach in bowl, then top with roasted veggies and drizzle with a small amount of the dressing.
6. You can sprinkle a small amount of Feta cheese on top, if you'd like.



## Snack/Dessert

This was a dish that I had earmarked because I wanted to try this healthier crust for a drop cake that uses a box of vanilla cake. I figured this would be a lot healthier. (And it is.) But instead of just using the crust, I decided to try out the entire recipe and I wasn't disappointed. The almond butter crust is delicious and the warm and softened apples make a great filling. What a great spin on a sugary filled apple pie or apple crisp. \*If you don't have almond butter, try out some peanut butter.

**Apple Pie Bars** (Taken from the "Paleo Running Momma" blog)

### Ingredients:

#### For the Crumble/Crust:

- ¾ c. smooth almond butter
- 1 tsp. vanilla extract
- ¼ c. pure maple syrup
- 3 tbsp. coconut oil, melted
- 1 c. blanched almond flour
- ¼ c. coconut flour
- ¼ tsp. baking soda
- ¼ tsp. salt
- 1 tsp. cinnamon

#### For the filling:

- 3 crisp, tart sweet apples, peeled and chopped
- 1/3 c. water
- 2 tsp. lemon juice
- 3 tbsp. coconut sugar
- 2 tsp. cinnamon
- ½ tsp. nutmeg
- 2 tsp. cornstarch
- 1/8 tsp. salt



### Directions:

1. Preheat oven to 350° F and line an 8x8 square baking dish with parchment paper.

#### For the filling:

1. Combine water, lemon juice and apples in a medium saucepan and bring to a boil over medium heat. Apples should be somewhat softened.
2. In a separate bowl, combine the dry ingredients and stir into the apple mixture until dissolved and mixture thickens. Remove from heat and set aside to cool.

#### For the Crumble/Crust:

1. Whisk together the almond butter, maple syrup, vanilla, coconut oil until smooth. Stir in the almond flour, coconut flour, salt, cinnamon, and baking soda until a thick crumbly dough forms.
2. Press about ¾ of the mixture into the prepared dish lined with parchment paper. Bake in the oven for about 7 minutes.
3. Spread the apple mixture over the partially baked crust, then drop or spoon the rest of the crumb mixture on top. Return to the oven and bake another 25 minutes until top is golden brown. Remove and allow to cool completely before cutting into squares.