

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 6 Meal Prep Guide
6-Week Holiday Health Warrior Challenge

Phoenix Wellness

30-Day No Excuses Challenge

Meal Prep Guide – Week 6

Hi! And welcome to week 6 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 is only 1 week 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!

- **Mexican Breakfast Casserole**
- **Mean Mama Chili**
- **Slow Cooker King Ranch Chicken**
- **Rosemary Garlic Roasted Potatoes**
- **Spicy Garlicky Green Beans**
- **Easy Apple Crumble (for one)**

Breakfast

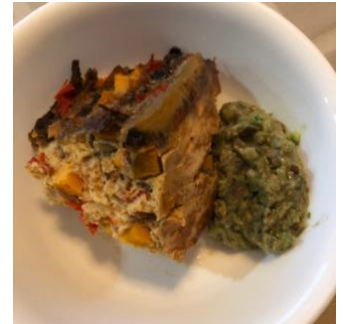
I found this recipe and thought to myself, “Huh. Egg casserole in the slow cooker? I might as well give it a try.” It did not disappoint. It was super easy to put together, had a different taste than what I normally do for a casserole, and it was approved by the fam. Plus, it’s super versatile – put whatever veggies you want in there. And there’s nothing I love more than putting this easy breakfast in the crock pot before bed to wake up to a healthy breakfast that’s different than bagels and toast. As a matter of fact, I always bring an “egg thing” (what my family has called it for years) to my brother’s house on Christmas Eve for breakfast, and I think this year, this will be the one!

**I served this with some guacamole (guac goes on everything!) and some Ortega taco sauce.

Mexican Breakfast Casserole (Adapted from the “Smiles and Sandwich” blog)

Ingredients:

- 1 sweet potato, cubed or shredded
- 12 eggs
- ½ lb. turkey bacon
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 8 oz. package mushrooms, chopped (optional)
- 1 packet taco seasoning
- Guacamole, salsa, jalapeños to garnish



Directions:

1. Fry the turkey bacon in a skillet until crispy. Remove and set aside. Crumble when cool enough to touch.
2. Dump the bacon grease from the pan, and add the onions to the same pan. Cook until they are soft.
3. Transfer bacon, onions, sweet potato, bell pepper, mushrooms and eggs to the slow cooker. Stir to combine.
4. Sprinkle in your taco seasoning and stir again to dissolve.
5. Cook on LOW for 6-8 hours. Slice and serve with guacamole, salsa, and jalapeño.

Main Meal #1

This is a recipe I got from my mom. She made it for “chili day” at work because someone asked her to, she loves cooking, and she’s good at it. She brought it in, and when she went down to taste some of the other chilies, she was met with some friends running up to her excitedly saying, “You won! You won!” My mom was confused and said, “Won what?” Apparently it was a chili cook off, and she was the Grand Champion. She just thought she was making chili for a moral boosting day.

Anyway, she passed along the recipe, and this one was approved by my boys who kept saying, “I see why Grammy won the chili contest. This. Is. The. Best.” And they asked for it the next day, as well as for lunch at school. It’s a hit. It’s super easy to make, and it’s versatile, so it’ll be made again and again this winter.

****Tip:** I try to plan my week of food in a way that if I make something new that I’m not sure the kids will like, we’ll already have leftovers in the fridge so that they can heat something else up if they decide they don’t like the new meal. I’ve gotten to the point where I refuse to make separate dinners for the family. I will allow leftovers, though, after they try the new food (they *have to* try every new thing, no exceptions). This makes trying new things a lot less stressful.

Mean Mama Chili

Ingredients

- 3 tbsp. olive oil
- 1 large red onion, diced
- 1-2 tbsp. minced garlic (4-6 cloves, minced)
- 2 lb. lean ground beef (turkey, venison, etc.)
- 8 oz. Italian sausage (no casing)
- 2 tbsp. chili powder
- 1 ½ tsp. cayenne pepper
- 1 ½ tbsp. oregano
- (2) 10 oz. cans diced tomatoes with green chilies
- (2) 15 oz. cans diced tomatoes with garlic or roasted peppers
- (1) 15 oz. can black beans, rinsed and drained
- (1) 15 oz. can kidney beans, rinsed and drained
- 2 tbsp. chili garlic sauce (I used Huy Fong Chili Garlic Sauce found in the international section at my grocery store)

Optional:

- Shredded cheese of choice
- Sour cream (or Greek yogurt)
- Scallions or chives



Directions:

1. Add the olive oil to a large Dutch oven over medium-high heat. Once hot, add the onions and sauté until soft, about 3-4 minutes. Add the garlic and sauté until just fragrant, 1-2 minutes.
2. Stir in the beef and sausage, breaking it up with a wooden spoon, and cook until browned, about 6 minutes. Drain the beef mixture through a colander.
3. Add it back to the Dutch oven and stir in the chili powder, cayenne pepper, and oregano. Cook for about 2 minutes. Stir the chili garlic sauce into the beef mixture; this will "toast" it and give the chili more flavor.
4. Stir up any browned bits on the bottom of the pan. Add the diced tomatoes and beans. Simmer on medium-low for 2 hours, stirring on occasion to keep the bottom from sticking.
5. Top with shredded cheese, sour cream (or Greek yogurt) and chopped green onions before serving.

Main Meal #2

I love soup, and this one's a keeper. Although I have no idea why it's called "King Ranch" chicken. I was expecting it to have a ranch-y flavor to it, but it doesn't. It's still yummy, though. It was easy to make, is really versatile (the recipe calls for adding the cheese into the slow cooker after the chicken is shredded, but to make it a little healthier, I omitted it. I figured that people can add their own if they want), and it was approved by one of my kids and some friends. Oh, and I did put a scoop of guacamole in the soup to serve it just because, and it was delicious. It can be as spicy as you'd like – adjust the spices as you see fit.

Slow Cooker King Ranch Chicken (Adapted from the "House of Yum" blog)

Ingredients:

- 4 tbsp. butter
- 2 cloves garlic, minced
- ½ c. all-purpose flour
- 6 c. chicken broth
- 1 ½ tsp. chili powder
- 1 tbsp. garlic powder
- 1 tbsp. cumin
- 1 tsp. salt
- Ground black pepper, to taste
- 1 ½ lbs. boneless, skinless chicken breasts
- (1) 15 oz. can diced tomatoes
- (1) 4 oz. can diced green chilies
- 1 jalapeño, seeded and minced

Optional:

- Parsley or cilantro, for garnish
- Shredded Cheddar or Pepper Jack cheese
- Tortilla chip or strips



Directions:

1. Melt the butter in a medium saucepan over medium-low heat. Add the garlic and sauté until fragrant and light golden brown, about 1 minute. Stir in the flour and whisk continuously for 1 minute.
2. Slowly whisk in the chicken broth, increase the heat and whisk continuously for several minutes, until the sauce is smooth and thickened.
3. Remove the saucepan from the heat, and stir in the chili powder, garlic powder, cumin, salt, and black pepper.
4. Place the chicken breasts in a large slow cooker. Top with the diced tomatoes and jalapeño, followed by the sauce. Cover the slow cooker and cook on low for 4-6 hours until the chicken is tender and cooked through.
5. Lift the lid off the slow cooker and shred the chicken with two forks.
6. Serve with shredded cheese, tortilla strips, crushed tortilla chips, and/or parsley or cilantro.

Side Dish #1

I love a good, crispy potato, and this one hit the spot. These were easy to make, and really did come out nice and crispy. Boiling the potatoes first, and then baking them helps that to happen. And the flavor of the rosemary and garlic was so good. My husband loved them, and my youngest son asked if we had “those delicious potatoes you made” the next day with his dinner. Apparently I’ll be making these again. I’m sure you could mess around with the spices to find some that would go with any hearty meal you make. I’ll be experimenting, for sure!

Rosemary Garlic Roasted Potatoes (Adapted from the “Stupid Easy Paleo” blog)

Ingredients:

- 2 lbs. small, red creamer potatoes
- 3 tbsp. fresh rosemary, chopped
- 4 tsp. garlic, minced
- 2 tbsp. olive oil
- Salt and pepper, to taste
- Scallions, for garnish



Directions:

1. Boil potatoes until tender, about 15 minutes. Drain in a colander and cool until able to handle.
2. Pre-heat oven to 400°F. Line a baking sheet with parchment paper.
3. Slice potatoes into bite sized pieces (I halved some and cut some into quarters).
4. Mix all ingredients together in a large bowl and toss until well coated. Place on the baking sheet and roast for 20 minutes, flip or shake baking sheet, and roast for another 5-10 minutes, checking every few minutes to ensure potatoes don’t burn.
5. Serve with scallions as a garnish.

Side Dish #2

Super easy veggie dishes are one of my favorite things, and this one fits the bill. It's different enough from the green beans I usually make, has a lot of flavor, but isn't too "out there" that my husband and kids would think they're weird. I made a double batch so that I had some in the fridge for leftovers, and it worked out nicely. I was able to create a dinner of healthy leftovers (these included) to bring to work with me. And when I heated them up, some people were drooling. It's nice to have healthy food that people drool over.

Spicy Garlicky Green Beans (Adapted from the blog "What's Gaby Cooking")

Ingredients

- 1 lb. green beans, ends trimmed
- 2 tbsp. olive oil
- 6 cloves garlic, minced
- ½ small red onion, finely diced
- 1 tbsp. red pepper flakes (more or less depending on how spicy you like it)
- Salt, to taste



Directions:

1. Bring a large pot of water to a boil.
2. Add the green beans and cook for about 5 minutes – until desired tenderness has been reached.
3. In a large skillet, heat olive oil over medium-high heat. Add the onion, garlic, and red pepper flakes and sauté for 2 minutes until garlic becomes fragrant.
4. Add green beans and mix everything together until evenly distributed.
5. Serve warm.

Dessert

Apple crumble? Yes, please! I was so excited to find a much healthier version of apple crumble. My family recipe is made with gobs of sugar and flour. I mean, don't get me wrong, it's delicious, but it's not the healthiest version around. So when I found this, I knew I had to give it a try. It was awesome. And the recipe is for one serving (amazing!) but I'm not gonna lie to you...After I put the first serving in the oven, I immediately made more. Sometimes you just know it's gonna be a keeper, and I wanted my husband and boys to try it, too.

**For the first serving, I mixed the crumble in with the apples, and it was delicious. For the other larger dish servings I made, I just put the crumble on top. Both ways are great.

Easy Apple Crumble for One (Adapted from the "Chocolate Covered Katie" Blog)

Ingredients:

- 1 medium sized apple, diced small
 - 1/8 tsp. salt
 - 2 tbsp. milk of choice (I used almond milk)
 - ½ tsp. apple pie spice (or cinnamon)
 - Optional: ½ tbsp. sugar, nuts, raisins
 - 3 tbsp. quick oats
- 2 tsp. flour of choice (I used coconut flour)
 - 1 tbsp. coconut oil



This is to show the first serving where the crumble was mixed in and the second when I just sprinkled it on top.

Directions:

1. Pre-heat oven to 350°F. Grease an oven safe two-cup dish.
2. In a small mixing bowl, combine the apples, salt, milk, apple pie spice, and any optional ingredients and mix well.
3. In a separate small dish, mix together the quick oats, flour and coconut oil.
4. Now, pour the oat/flour mixture into the apple mixture and combine.
5. Pour into the greased dish.
6. Bake for 40 minutes. Turn off the oven and let sit for another 15. Serve warm.