

PHOENIX
WELLNESS

HEALTH COACHING

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Week 1 Meal Prep Guide
30-Day Love Yourself Challenge

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30-Day Love Yourself Challenge

Meal Prep Guide – Week 1

Hi! And welcome to the 30-Day Love Yourself Challenge. I'm so excited that you've decided to drop your excuses and take on this fitness and nutrition challenge. It's only 30 days. 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 four 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 ***showing yourself some love by making your health a priority***. 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 ***show yourself that you're important, too***.

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!

- **Hard Boiled Eggs – Oven Style**
- **Bacon Wrapped Pork Tenderloin**
- **Cilantro Lime Shrimp**
- **Cauliflower Fried Rice**
- **Crispy Potato Bites**
- **Mango Salsa**

Breakfast

I cook hard boiled eggs (or HBEs as I like to call them) every week. They're easy and portable and can be a snack or mini-meal (think: breakfast on the go). So, when I found out how to cook these bad boys where the skin would peel off easily, I had to try it. After all, the eggs I've made lately have been super hard to peel. Once I start peeling, half of the egg white comes off with it. It's frustrating. Anyway, give this a shot...I think you'll be pleasantly surprised.

*Don't worry about the small brown spots on the eggs after you peel them. It's where the egg sat in the muffin tin.

Hard Boiled Eggs – Oven Style

Ingredients:

- Eggs (as many as you'd like)
- Water
- Ice



Directions:

1. Pre-heat the oven to 325° F.
2. Place each egg in its own muffin tin cup.
3. Place the muffin tin into the oven for 30 minutes.
4. When the time is almost up, fill a large bowl with ice and water.
5. At the end of 30 minutes, take the muffin tin out of the oven and, using tongs, place the cooked eggs in the ice bath and allow them to sit for 10 minutes to stop the cooking process.

Main Meal #1

This bacon wrapped pork tenderloin has a great combination of salty and sweet (and easy!). The sauce is sweet and is made with all whole ingredients (who knew dates were so versatile?), and the bacon, well, it's bacon so it makes everything taste better. But really, the combination is great and this was approved by the whole family. I paired it with a side of crispy potato bites (recipe below) and some cooked green beans.

Bacon Wrapeed Pork Tenderloin (From the "Paleo Running Momma" blog)

Ingredients:

- 1 – 1 ½ lb. pork tenderloin
- 1/3 c. pitted dates, softened*
- 2 tbsp. water
- ¼ c. soy sauce (or coconut aminos)
- 2 tbsp. brown mustard
- ¼ tsp. smoked paprika
- ¼ tsp. onion powder
- ¼ tsp. black pepper
- pinch of salt
- 6-10 pieces of bacon



*You can put the dates into warm-hot water for 20 minutes to soften them.

Directions:

1. Remove any excess fat from your pork tenderloin. Sprinkle it with salt and place the tenderloin in a roasting pan or cast iron skillet.
2. To make the sauce, a food processor or high speed blender work best. Place the softened dates and water in a food processor until a paste forms. Add the soy sauce, brown mustard, smoked paprika, onion powder, and black pepper and pulse until combined.
3. Pour half of the sauce over the meat and turn to coat the bottom, as well.
4. Lay the bacon over the top of the pork to cover (tucking the ends under). Pour the remaining sauce over the top and brush to evenly coat.
5. Roast in the pre-heated oven for 35-40 minutes or until internal temperature reaches 155°F.
6. If desired, place the tenderloin under the broiler for 5 minutes to crisp up the bacon. Allow the meat to rest 5-10 minutes. Then, slice and enjoy!

Main Meal #2

I really like shrimp. This recipe didn't disappoint, and my husband gave it two thumbs up. He couldn't stop eating it, and he even ate the leftovers the next day and said it was still good. It's a super easy meal to make, and it's really visually appealing – great for a crowd.

*The original recipe called for cumin instead of garlic powder. My husband HATES cumin with a passion, so I usually sub in garlic powder, which works out well because I love garlic. Can't get enough. Yum.

*If you've never bought raw shrimp, here's your chance. I used to think it was weird and then I realized that if you're cooking shrimp, you really need the raw kind. If you cook the "already cooked" shrimp, you'll overdo it, and it becomes rubbery. I don't like overcooked shrimp, and I'm sure you don't either. Plus, with the translucency of the raw shrimp, it's easy to tell when it's done cooking, hence no overcooking!

Cilantro Lime Shrimp (Adapted from the "Skinny Taste" blog)

Ingredients:

- 1 bag shrimp (about 40), **raw, peeled and deveined**
- 2 tsp. garlic powder
- Salt and black pepper, to taste
- 3 tbsp. olive oil
- 6 garlic cloves, crushed
- 2 tbsp. lime juice (juice from one lime)
- 3-4 tbsp. freshly chopped cilantro



Directions:

1. Optional: Pull the tail off the shrimp. Rinse the shrimp under cool water.
2. Season the shrimp with the garlic powder, salt, and pepper.
3. Heat a large non-stick skillet over medium-high heat.
4. Add one tbsp. oil to the pan, then add half of the shrimp. Cook them undisturbed for about 2 minutes.
5. Turn the shrimp over and cook until opaque, about 1 minute. Transfer to a plate.
6. Add 1 tbsp. oil to the pan, then add the remaining shrimp. Cook undisturbed for about 2 minutes. Turn the shrimp over, add the crushed garlic, and cook until opaque (about 1 minute).
7. Return the first batch of shrimp to the pan, stir to make sure garlic is evenly incorporated and remove the pan from the heat.
8. Squeeze the lime juice over the shrimp. Add the cilantro toss well to mix. Serve immediately.

Side Dish #1

Fried rice. Who knew you could make a version that was pretty much all veggies? I didn't. Until I found this. It's been a staple in my house as my husband likes it with literally everything. You could always make your own cauliflower rice – I'm certainly not stopping you. I haven't ventured there yet, though, (although I think it's supposed to be easy) because sometimes, I just don't have the time (nor the inclination). I'm all about making as much as you can by yourself, but when it comes to cauliflower rice, Bird's Eye has done a fine job and saves me time and dirty dishes, so I'm probably going to stick with that for a while. Plus, they have a few different kinds, which is kinda nice.

**As a side note about the cauli rice...My youngest son really doesn't like rice. He's always disapproved of it. But I made chipotle bowls one day for dinner and used the herbed cauliflower rice as the base. And what does my son say? "Mom, this is the best rice I've ever had. Wow! I didn't know I liked rice." My husband and I exchanged glances. We did *not* tell him he was eating cauliflower because he might have hated it instantaneously.

Cauliflower Fried Rice (Adapted from the "Downshiftology" blog)

Ingredients:

- (2) bags Bird's Eye Steamable Cauliflower Rice (any kind will probably do – I usually use the "Herbed" or "Roasted Garlic" kinds)
- 2 tbsp. sesame oil
- 4 garlic cloves, minced
- 1 tsp. minced ginger
- 1 small onion, diced
- 4-5 carrots, diced small
- 1 bunch scallions, sliced with white and green parts separated
- 1 c. frozen peas
- 4 large eggs
- 2-3 tbsp. soy sauce (or tamari)



Directions:

1. Cook your bagged rice in the microwave.
2. Heat the sesame oil in a large wok or skillet on medium-high heat. Add the garlic and ginger and sauté for about 20 seconds, then stir in the onions, carrots and white parts of scallions and cook for three minutes.
3. Add the cauliflower rice and peas to the skillet and stir together for another 2-3 minutes.
4. Create a large well in the cauliflower rice mixture and break the eggs into the well. Use your spatula to stir and scramble the eggs. Once the eggs are cooked, stir everything together.
5. Add the soy sauce and green parts of the scallions and mix well. Serve immediately.

Side Dish #2

I've always loved a nice, crispy potato bite (hashbrown?), but no matter what I did, I just couldn't seem to get them as crispy as I'd like. Blacked and burned? Sure, I can do that, but that lovely, crispy, browned potato is something I couldn't figure out...until recently. The secret? Boil them first! That's right. So simple, yet totally escaped my thoughts...for years. Let me tell you, it's worth the extra time. After I made them and when my kids came home from school, they decided that they would rather the potatoes than another snack. Win. I also had to actually tell my husband that they were for dinner and they were for everyone, so he should stop digging in.

**A great thing about these is that you can adjust the spices however you like them.

**You can reheat these in the microwave, and they're good. But I'd recommend heating them in the toaster oven. Tip: Heat them in the microwave for 30 seconds, then pop them in the toaster oven on the "toast" setting. (Or you can just use the "bake" setting in the toaster oven, but it might take more time.)

**You can use sweet potatoes, too, but you might have to adjust the cooking time.

Crispy Potato Bites

Ingredients:

- 4-6 medium-large russet potatoes
- 3 tbsp. olive oil
- 2 tsp. smoked paprika
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. black pepper
- 1 tsp. salt
- Pinch cayenne pepper



Directions:

1. Heat oven to 425°F.
2. Fill a large stockpot halfway with water. Bring to a boil over high heat.
3. Scrub the outside of the potatoes, and do not peel them. Cut the potatoes into cubes that are about 1 in. thick. Add the potatoes to the boiling water.
4. Cook potatoes until they are fork tender, about 10 minutes.
5. While potatoes are cooking, add the olive oil to a large bowl. Add in paprika, onion powder, garlic powder, salt and pepper. Mix well.
6. Once the potatoes are fork tender, drain them in a colander. Add the potatoes to the spice mixture and mix well.
7. Spread the potatoes out on a baking sheet (you might need two) lined with parchment paper.
8. Put the baking sheets in the oven for about 30 -40 minutes, stirring or flipping potatoes after every 10 minutes.
9. Remove potatoes from oven when they are browned and crispy on all sides. Serve!

Snack/Dessert

Sweet and spicy. A great combo, and this Mango Salsa fits the bill. It's pretty easy to make and you can put it on/with just about everything (like the Cilantro Lime Shrimp and the Bacon Wrapped Pork Tenderloin!), or you can eat it alone. I've been known to do that every now and again.

Mango Salsa

Ingredients:

- 2 cups diced, ripe mangoes (about 2 mangoes)
- ½ red onion, finely diced
- ¼ c. fresh minced cilantro (or parsley)
- 2 tbsp. olive oil
- Black pepper, to taste
- Big pinch of Kosher salt (or regular table salt)
- 1 jalapeño, seeded and finely diced
- ¼ tsp. red pepper flakes
- Juice from one lime (about 2 tbsp.)



Directions:

1. Peel, core, and dice up the mangoes.
2. Place diced mango in a bowl and add all other ingredients.
3. Stir to combine and adjust for seasoning.