



Lunch & Dinner Recipes

Chicken Burrito Bowls

Ingredients (4 servings)

- 2 boneless, skinless chicken breasts
- 3 bell peppers, any color, sliced
- 1 large red onion, sliced
- 2 tablespoons olive oil
- 1 tablespoon taco seasoning
- salt, to taste
- pepper, to taste
- 1 jar salsa
- 3 cups brown rice, cooked (for lunches!)
- 1 can black beans, drained and rinsed
- 1 can corn
- 1 cup shredded cheddar cheese
- 1 lime, sliced into wedges
- 2 tablespoons fresh cilantro, to garnish

Preparation

1. Preheat oven to 400°F (200°C).
2. Line a baking sheet with foil.
3. Place the chicken, peppers, and onions onto the baking sheet and drizzle with oil.
4. Sprinkle the taco seasoning evenly over both sides of the chicken breasts.
5. Sprinkle salt and pepper on the bell peppers and onions, tossing to coat.
6. Top each chicken breast with a generous pour of salsa.
7. Bake in a preheated oven for 25 minutes.
8. Rest chicken for 10 minutes, before slicing into strips.
9. Add a base of brown rice to 4 food storage containers. Top each with a scoop of black beans, corn, additional salsa, cheddar cheese, cooked bell peppers, and onions, and sliced chicken. Garnish with fresh cilantro and a lime wedge.
10. Store in the refrigerator (and enjoy any extras immediately). Can be kept refrigerated for up to 4 days.
11. Enjoy!

Turkey Chili Taco Soup

Ingredients

- cooking spray
- 2 lbs 97% lean ground turkey
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 10 oz can rotel tomatoes with green chilies
- 15 oz canned or frozen corn, drained
- 15 oz no salt added kidney beans, drained
- 8 oz tomato sauce
- 16 oz fat free refried beans
- 1 packet low-sodium taco seasoning, or use homemade
- 2 1/2 cups less-sodium chicken broth

Preparation

1. Spray a large pot with cooking spray then brown the turkey over medium heat, breaking up with a wooden spoon as it cooks. When cooked through, add the onions and pepper and cook 2-3 minutes. Add tomatoes, corn, beans, tomato sauce, re-fried beans, taco seasoning and chicken broth. Bring to a boil, cover and simmer about 10-15 minutes.
2. Serve with your favorite toppings such as sour cream, jalapeños, cheese, chopped scallions, onions, or chopped fresh cilantro. Freeze leftovers in individual portions for future meals.

3-Ingredient Crockpot Pulled BBQ/Buffalo Chicken

Ingredients (6 servings)

- 2 lbs (about 3-4 count) boneless, skinless chicken breasts
- 2 cups chicken broth
- 3/4 cup BBQ Sauce (try to find one with less added sugar) or Frank's Hot Sauce

Preparations

1. Rinse and if necessary, trim chicken breasts. Pound or slice chicken breasts so each piece is roughly the same thickness/size as the other pieces. Add chicken broth and then chicken, adding more broth (or water) to fully cover chicken, if needed. Cook on HIGH for 3 - 3 1/2 hours, depending on your slow-cooker's settings.
2. Remove chicken breasts onto a cutting board or plate and let rest for a few minutes. Discard cooking liquid. Turn slow cooker down to the WARM setting (or LOW if you don't have a WARM setting).
3. Check to make sure that chicken is white inside and cooked through, then shred with two forks. Return to slow-cooker and add BBQ sauce.

Spicy Chicken & Sweet Potato Bowls (lunch)

Ingredients (8 servings)

- 2 lbs. boneless skinless chicken breasts, cut into small pieces
- 3 tablespoons spicy seasoning mix (see below)
- a few tablespoons of olive oil
- 3 sweet potatoes, peeled and diced
- 5-6 cups broccoli florets (broccolini FTW)
- coarse sea salt and freshly cracked pepper
- anything you want to add to your bowls: avocado / hummus / lemon juice / chives / olive oil for serving

Preparation

1. Preheat the oven to 425 degrees. Toss the chicken pieces with the spices and a quick stream of olive oil. Stir to combine; store in the fridge for about 30 minutes while you prep other ingredients.
2. Arrange the vegetables on their own sheet pans (preferably ones with edges to catch drips, etc.). Drizzle with olive oil and sprinkle generously with salt. Arrange the chicken on a separate sheet pan.
3. Bake all ingredients for 12-15 minutes. Remove the broccoli and chicken. Stir sweet potatoes and roast another 15 minutes or so.
4. For the spicy seasoning mix, you can use Perfect Pinch Cajun Seasoning, but I used a homemade mix of the following:
5. Seasoning Mix : 1 teaspoon salt (original calls for 2 tsp, feel free to add more if needed!), 2 teaspoons garlic powder, 2½ teaspoons paprika, 1 teaspoon pepper, 1 teaspoon onion powder, 1 teaspoon cayenne pepper, 1¼ teaspoons dried oregano, 1¼ teaspoons dried thyme, and ½ teaspoon crushed red pepper flakes (optional)
- 6.

Pesto Chicken & Veggies

Ingredients (4 servings)

- 2 tablespoons olive oil
- 4 boneless, skinless chicken thighs, sliced
- salt, to taste
- pepper, to taste
- 1 lb green beans
- 2 cups cherry tomato, halved
- ½ cup basil pesto

Preparation

1. In a large pan, heat olive oil and add chicken thighs.
2. Season with salt and pepper. When the chicken is completely cooked through, remove from pan.
3. Slice into strips and set aside.
4. Add green beans and cook until crisp tender.
5. Return the chicken strips to the pan, then add tomatoes and pesto. Stir until fully incorporated.

Be sure to search "Beach Medical" on YouTube to get more great ideas and tips!

6. Serve immediately or divide into 4 food storage containers and store in the refrigerator. Can be kept refrigerated for up to 4 days.
7. Enjoy!

Orange Maple Glazed Salmon

Ingredients

- 4 salmon fillets
- ¼ tsp salt
- ¼ tsp pepper
- 1 Tbsp sesame seeds
- 2 navel oranges (for zest and juice listed below)
- 3 Tbsp olive oil
- 2 scallions-chopped
- 4 cloves garlic- peeled and chopped
- 1 2inch piece fresh ginger- peeled and minced
- 1/4 cup maple syrup (grade B is best for cooking and baking)
- 1/3 cup fresh orange juice
- 3 Tbsp low sodium soy sauce
- 2 tsp sesame oil
- 2 tsp apple cider vinegar
- 1 Tbsp orange zest

Preparations

1. Rinse and pat dry salmon fillets. Place on large plate and salt and pepper each piece. Set aside.
2. Heat a large, cast iron or non-stick frying pan. Do not oil. When the pan is hot add sesame seeds. Stir often and toast until golden. Set aside in small dish.
3. Grate or zest orange peel being careful to do so with a light hand. Do not zest white pith (it's bitter). Measure 1 Tbsp Juice orange to fill 1/3 cup and set aside.
4. Wipe out frying pan and place on medium flame. Heat until glistening and place salmon filets, skin side down in pan. Cook for 2-3 minutes until golden.
5. Turn gently and brown the second side. Do not move fish while it is cooking. If skin sticks or falls off, it's ok. It may be discarded if you like.
6. Remove fish from pan and set aside.
7. Place remaining ingredients (except sesame seeds) in pan and stir to combine. Cook 3-4 minutes, stirring frequently, until sauce is reduced and thickened.
8. If using a cast iron pan, return salmon to the pan and spoon sauce on top of fillets. If using a non-stick pan, place fillets in an ovenproof dish (spray with cooking spray to prevent sticking) and spoon sauce over fish.
9. Bake at 350 degrees Fahrenheit for 6-8 minutes or until fish is cooked to your liking. If cooked through, it should flake with a fork!