

Balanced Meal Ideas

WellnessxRLS – Rianna Smith

Breakfast Ideas!

Morning Breakfast Smoothie (GF DF)

Time in kitchen approx. 5 min.

1 serving

Ingredients:

1-2 organic strawberries
Small handful organic or wild blueberries
1 spoonful organic nut butter of choice
1-2 scoops of protein powder of choice (preferably an organic pea protein)
1 tbsp fiber blend powder (suggestions listed below)
1 tsp greens powder (suggestions listed below)
6-8 oz of organic nut milk (or up to 'fill line')

Directions:

Combine all ingredients in blender and blend until smooth. Enjoy!

Reasoning: A protein shake of this kind is one of the most complete meals available. With adequate protein to give you energy to last throughout the day, healthy carbs from the fruit for energy and brain function, antioxidants from the fruit for lowering inflammation, necessary fats from the nut butter and nut milk to keep you full until your next meal, fiber from the powder to pick up and remove toxins from the GI tract, essential vitamins and minerals from the greens powder for the continued removal of toxins and overall support of normal bodily function. This is an easy and quick meal is the ideal choice to prepare yourself or your kids for a day of work or school!

Mixed Berry Overnight Protein Oats (GF DF)

Time in kitchen approx. 10 min.

1 serving

Ingredients:

½ cup old fashioned rolled oats*
1/3 cup coconut yogurt or full fat coconut milk
1 Tbsp chia seeds
1 scoop protein powder of choice (try organic pea protein powder!)
1/3 cup berries of choice
½ cup nut milk of choice (almond, cashew, pistachio, etc.)
1 tsp maple syrup
½ tsp cinnamon (if desired)

*Preferably organic. Oats are a commodity crop that are commonly sprayed with the known carcinogen (cancer causing) product Glyphosate. Alongside cancer it can cause a whole host of chronic health problems without you realizing it! To avoid this issue, finding organic oats is safer in the long term.

Directions: Pour all ingredients into mason jar, stir, leave overnight in the fridge. Eat hot or cold. Change fruit choice for variety, top with handful of nuts if desired.

Rationale: This meal is filling, a little sweet and will provide you with fiber from the oats and chia seeds to keep you full until your next meal. It's a great balance of fats, carbs, protein and antioxidants. You can make one serving every night or make 4-5 servings in one evening to last you throughout the week!

Lunch Ideas!

Creamy Pasta Salad (GF DF) adapted from Choosing_balance

Time in Kitchen approx. 25 min.

Around 4-5 servings

Ingredients:

12oz gluten free pasta (I prefer penne or fusilli shape)

3 cups chopped organic greens (arugula, baby spinach, mixed greens, etc)

3 cups cherry tomatoes (halved)

½ finely chopped red onion

1 cup cooked chicken (cubed or shredded)

¾ cup green goddess dressing (try Primal Kitchen brand)

Directions: Cook pasta according to instructions. Rinse with cool water when done, set aside for later. Grill or pan-sear chicken or buy pre-cooked. Mix all the ingredients into a bowl, add avocado dressing, and toss to cover the entire dish. Set aside in the fridge to take to work the next day. Enjoy!

Reasoning: This simple and savory lunch option is a great balance of healthy fats, protein, fresh veggies, and vitamins/minerals from all the colorful foods. It is high in dietary fiber, which will help keep you full until your next meal and aid your body in detoxing!

This recipe can be made in advance for busy days! The pasta can be substituted with various kinds of gluten-free pasta of your choice to change it up and prevent boredom. You can also add many other items to this recipe to make it your own!

Easy Greek Bowl (GF DF)

Time in kitchen approx. 25 min.

Around 5 servings

Ingredients:

For the salad:

1 large organic cucumber (or 3-4 mini cucumbers)
1 organic tomato (or 6-10 cherry tomatoes)
1 small red onion
1 can organic garbanzo beans (drained)
7-10 kalamata olives (if desired)
3 tbsp olive oil
Lemon juice from half a lemon
1 tsp Himalayan salt
¼ tsp black pepper
½ tsp dill seasoning

For the chicken:

4 chicken breasts (hormone free, antibiotic free, organic, and pasture raised)
2 tbsp olive oil
1 tbsp dill seasoning
2 tsp Himalayan salt
½ tsp black pepper
1 tbsp avocado oil or coconut oil (save for cooking)

For the rice:

1 ½ cup organic basmati rice (or jasmine rice)
1 tsp dill seasoning
2 tsp salt

Directions:

For the salad: Finely chop the red onion. Roughly chop the other veggies and place all in a bowl. Add the can of garbanzo beans. Add the oil, juice and seasonings, stir to combine all the seasonings evenly.

For the chicken: roughly slice the chicken breasts and put in a bowl. Add the oils and seasonings and combine it evenly over the chicken. Heat up a pan on medium heat and add 1 tbsp of avocado or coconut oil. Add the chicken slices into the pan and cook until the chicken reaches 165°F or until there is no more pink.

****if you do not have chicken available it can be easily substituted with a soft or hard boiled egg.**

For the rice: while the chicken is cooking, prepare the rice according to the directions on the package. Tip: add the seasonings to the water before cooking the rice!

Build your bowl by combining all the ingredients. Enjoy!

Reasoning: This is easily one of my favorite meals because it is nutrient dense, full of dietary fiber, healthy fats, protein, adequate carbs and a lot of flavor! It checks every box for a nutrient dense meal, but can easily be made ahead of time and brought to work or school for a quick lunch.

Dinner Ideas!

Pasta with Creamy Bolognese Sauce (GF DF) adapted from Quick Prep Paleo

Time in kitchen approx. 35 min

Around 6 servings

Ingredients:

12 oz gluten free pasta of choice
2 tbsp olive oil, avocado oil or coconut oil
1 white onion, diced
2 large carrots, (approx. 7-10 baby carrots) peeled and diced
3 ribs celery, diced
4 cloves garlic, minced
2 lbs ground beef
1 jar marinara sauce (preferably organic)
1 ½ tsp Italian seasoning
1 bay leaf
2 tsp sea salt
¾ cup raw, unsalted cashews
Chopped parsley, for serving (optional)

Directions:

Heat the oil in a large saucepan or pot over medium heat. Add the onion, carrots, celery and garlic. Sauté for 2 to 3 minutes. Add the ground beef and stir until browned but not fully cooked through, approximately 5 minutes. Add the marinara sauce, Italian seasoning, bay leaf and salt. Meanwhile, prepare the pasta according to the packaging. Stir the meat sauce mixture, cover and let cook over medium-low heat while you make the cashew cream sauce.

For the cashew cream, combine the cashews and water in a high-speed blender, and blend until creamy. Stir the cashew cream into the sauce and serve with chopped parsley, if desired.

Remove the bay leaf before serving. Enjoy!

*If you have little ones that commonly refuse veggies, try blending the veggies in a blender first to disguise them in the sauce!

Reasoning: This recipe is a staple in my house, and for good reason! The veggies included in this dish are nutritional powerhouses with vitamins, minerals and dietary fiber needed to have optimal function. The protein from this dish is well rounded and will promote wellness and restoration of muscles, brain development, immunity, and digestion. The healthy fats in this

dish can aid in the production of hormones to keep your body balanced and functioning properly. Plus it tastes amazing!

Cozy Cottage Pie with Creamy Mashed Potatoes (GF DF) adapted from Quick Prep Paleo

Time in kitchen approx. 35-40 min.

Around 5-6 servings

Ingredients:

For the filling:

2 tbsp olive oil or avocado oil
2 lbs ground beef
1 cup diced onion
4 cloves garlic, minced
2 large carrots (approx. 7-10 baby carrots) peeled and diced
½-¾ cup bell pepper, diced
1 tsp dried thyme
1 tsp rosemary
1 tsp sea salt
1 tbsp coconut aminos
2 tbsp tomato paste
1 cup beef or chicken broth
1 tsp arrowroot powder
1 tbsp water
Parsley, for serving (optional)

For the mashed potatoes:

3 lbs organic potatoes (about 3 large potatoes), peeled and cut into large chunks
1/3 cup raw, unsalted cashews (preferably organic)
¾ cup full-fat coconut milk (shake well before opening can)
1/2 cup water
1 tbsp lemon juice
3 cloves garlic, minced
2 tbsp nutritional yeast
3 tbsp ghee (or organic butter if necessary)
3 tsp sea salt
¼ tsp paprika (optional)

Directions:

For the Filling:

Heat the oil in a large skillet over medium heat. Add the ground beef, onion and garlic. Cook for 3 to 4 minutes, breaking up the meat.

While meat is cooking, bring your water to a boil and begin cooking the potatoes.

Chop your carrots and bell peppers. Add them to the skillet. Stir to combine. Add the thyme, rosemary, salt, coconut aminos and tomato paste. Stir everything well, and then pour the broth into the skillet.

Mix the arrowroot powder and water together in a small bowl to create a slurry. *tip: using a whisk makes this a breeze to combine.

Bring the meat mixture to a boil and pour in the arrowroot slurry. Reduce the heat to medium-low and cover the skillet. Let it cook for 10 minutes, or until the carrots are tender. Serve over the mashed potatoes.

For the mashed potatoes:

Add the potato chunks to a large pot of water. Cover and bring it to a boil. Cook the potatoes for 15 minutes, or until fork-tender.

While the potatoes are cooking, add the cashews, coconut milk, water, lemon juice, garlic and nutritional yeast to a high-speed blender (I put mine in the smoothie-cup blender for quick clean-up). Blend on high until very smooth and creamy.

Drain the potatoes and return them to the pot. Add the ghee, salt, paprika and creamy sauce.

Use a potato masher to mash everything together until your desired level of creaminess has been reached. You can also use an immersion blender if you have one.

Enjoy!

Reasoning: This recipe seemed daunting to me at first, but now it is one of my go-to recipes for an easy dinner! It can be made in bulk to have wonderful leftovers for the next day. This meal is packed with veggies and plant fibers for healthy digestion, protein for brain and muscle function, carbs for mental stamina and energy, and healthy fats to promote hormone balance and keep you full!