



STEALTH HEALTH SLOW COOKER COOKBOOK

TOM WALSH



WHO IS STEALTH HEALTH?

Hey, my name is Tom Walsh, and I'm the person behind @stealth_health_life.

Growing up, food was always at the forefront. Nothing was "traditional" - experimentation and fusion in the kitchen was the standard. Both of my parents were incredible cooks, and anytime I had a crazy idea I wanted to try, they helped make it happen. It set the foundation of curiosity and culinary exploration that I try to bring to my work today. It was always about the food, and making it taste as good as possible - there was no thought about macros, calories, or protein... All we cared about was maximizing the flavor and sharing the experience of bringing crazy good food to life.

When I went away to college, I developed a passion for fitness, specifically, weight training and bodybuilding. The gym brought me something I never had before - an endless challenge, something that requires significant commitment and discipline over the LONG term to see results, and a competition that had no opponent - it was solely a battle against myself to become my best. I fell in love with the process. It became an obsession that drove my life in directions I never could have expected. It taught me patience, commitment, it taught me how to work extremely hard and push myself to my absolute physical and mental limit, and it taught me that there are times that you must hit the brakes to continue progressing.

All that being said, there were downsides. In particular, it posed one challenge that pushed against a core piece of my identity.

Bodybuilders aren't supposed to eat indulgent foods.

They're supposed to eat "clean"—their fitness goals are more important than the fleeting pleasure of a great-tasting bite. I fell into this trap for years. As my passion for fitness grew, so did my belief that I had to abandon my "food-focused" self to reach my goals. I thought that to succeed, I had to keep removing indulgences. I needed to become the person eating plain chicken, rice, and broccoli while everyone else shared an incredible meal. Giving in to the foods I loved felt "weak," as if those foods were holding me back from achieving my goals.

The truth was, it was isolating. Not just isolating me from others, but from my core self—the part of me that was creatively inspired, that lit up at the thought of a new recipe, and saw food as more than a simple indulgence, but as a magical experience that words can't fully capture.

It turns out, this is remarkably common. And it makes sense—most of the leaders in nutrition and fitness don't share the same passion for food. Their focus has always been on fitness, with food simply being the fuel that either supports or hinders their goals. For them, food is secondary to fitness. But for those of us who grew up with food at the center of our families, friendships, and cultures, it doesn't work the same way.

We often receive advice from the most elite professional bodybuilders and athletes—people who must live by extreme standards that are completely unrealistic for the average person. They're not healthy - they're extreme. And many of the beliefs and teachings in fitness & bodybuilding trickle down from the top.

Once I realized I didn't have the genetics, or the desire, to be a competitive bodybuilder, I began to question why I was still living in such an extreme, restrictive way.

That's when I discovered flexible dieting and the world of "macro-friendly" cooking.

I started experimenting with my favorite indulgent foods, adjusting ingredients and ratios to make them fit my macros and calorie targets. Think fettuccine alfredo, pizza, loaded nachos, and chili cheese fries — all reimaged as high-protein, low-calorie versions. From the start, my goal was simple: make the food taste incredible and follow what excited me in the kitchen. The macros, calories, and fitness goals were always secondary to the food and flavor.

It changed my life forever, reigniting my excitement and creativity in the kitchen—something I had thought I had to sacrifice entirely to reach my goals. My food-focused approach felt unique enough that I wanted to share it with the world. So, in the summer of 2021, I began posting the recipes I was creating in my apartment kitchen on social media.

I chose the name "Stealth Health" because my goal was to make my food look and taste as indulgent as possible. When people saw what I was eating, they'd have no idea the work I'd put in behind the scenes. They'd wonder how I could eat like that and still stay in shape. It felt like the opposite of everything you typically associate with dieting: not loud, obnoxious, or restrictive, but just quietly better for you. I could share it with friends and family, enjoy it myself, and no one needed to know it was healthier—it was just great-tasting food that happened to be stealthily healthier.

Often, I'd make big batches to share, tell no one about the macros or calories, and then, after everyone had finished, I'd casually mention something like, "By the way, that was less than 500 calories per serving and over 40g of protein." The shock, disbelief (and confusion) on their faces was always priceless.

"Stealth Health" was the perfect name to capture the experience I wanted to create and share.

One phrase I've repeated since I first started posting on social media is central to my mission:

"The less you feel like you're dieting, the better."

You shouldn't spend your whole life "on a diet," constantly restricting the things you love. My hope is that these "Stealth Health" recipes help you realize that even with weight loss and fitness goals, you don't have to give up your passion for great food.

Thank you for being a supporter of my mission, and I hope you enjoy the recipes!

— Tom



THE SLOW COOKER MEAL PREP SERIES

How I use the slow cooker differently

The Slow Cooker Meal Prep Series started for a simple reason: I needed a new way to scale my meal prep recipes - something that would help me make delicious, high-protein dishes in bulk without spending hours in the kitchen. I wanted a process that was simple, efficient, and required less time spent worrying about meal prep and cooking.

What I didn't expect was the incredible response. Since launching the series in early 2024, it's exploded across social media, racking up over 600 million views across platforms. It turns out, millions of you see what I see - the slow cooker is a seriously underrated tool for meal prepping.

Because of this, the way I use the slow cooker is slightly different from most people. While many view it as just a "set it and forget it" tool, I see it specifically as a strategic tool for bulk meal prep. A slow cooker isn't just great for making an easy dinner — it's ideal for creating a stockpile of high-protein meals that you can store in your freezer. Think of it like building your very own frozen food aisle at home, packed with homemade, high protein, and delicious meals that are ready to go whenever you are.

The recipes in this book are also not typical slow cooker recipes. My goal was to push the limit of the slow cooker as a meal prepping machine - and to make the most indulgent, low calorie recipes possible. No bland, basic, uninspiring meals. My goal was to make slow cooking fun and exciting - to bring a new level of creativity to a machine that really hasn't been working to its potential in the past.

My goal is simple: to make the best food possible using the slow cooker, and to leverage its power for bulk meal prepping so that the little effort you do put in pays off in a big way for weeks to come. Most of these recipes make 10 servings or more, and many can be scaled up even further to create even bigger batches. With this method, you're not just meal prepping for the week—you're filling your freezer with a ready-to-go stash of homemade, high-protein meals that will last you for weeks.

The slow cooker is more than a convenient, easy way to cook - it's the ultimate cheat code for high-protein meal prep that keeps your freezer stocked with nutritious meals, giving you a shortcut to healthy eating whenever you need it.



GUIDE TO PROTEIN SOURCES

As I was recipe developing for this book, I started realizing that there were wild inconsistencies in how meat was labeled, and huge variances in the macro-nutrients of meat when I input them into my calorie tracking apps. Especially when it comes to more complicated and marbled cuts of beef.

For example, when I go to log “Beef Chuck Roast” in a tracking app, I get these three options:

Per 4oz

Beef Chuck #1: 155 Calories, 23g Protein, 7g Fat

Beef Chuck #2: 240 Calories, 20g Protein, 17g Fat

Beef Chuck #3: 310 Calories, 19g Protein, 24g Fat

The issue quickly becomes very clear - how do we decide which option is “correct”, especially if we want to track calories and macros as accurately as possible? Some sources of beef chuck would make it a very lean cut of meat, other sources make it incredibly fatty and not suitable for my style of cooking.

This information is central to everything we are trying to achieve when making recipes built around calories and macronutrients. I needed to find a centralized solution for this.

Enter:

USDA FoodData Central

This is an online database run by the USDA that houses nutritional information and data for essentially every food that exists in our food system. If you search “Beef Chuck” in the database, there are 178 search results. Each result has detailed nutrient data: calories, macros, minerals, vitamin content. And, each result is specific: it specifies the grade (choice, prime, etc), the level of fat trimming, the specific cut/shape, along with other defined conditions. These specifications are what make it possible to actually know, with relative confidence, the calorie and macro composition of the food you are eating.

Essentially, this database contains the information we need to decode the macros of all protein sources - and to ensure we are all using the same sources. If you have ever logged one of my recipes and had dramatically different macros, it’s likely because the protein source you used was different than mine.

The purpose of this section is to provide a baseline understanding of the macros/calories of each protein source I use, and to provide the data for you to use when logging recipes

At the end of the section, I provide a table with the macros I use throughout the book. This should be your reference for macros when logging meals/creating your own in the future.

CHICKEN

There are two types of chicken I use:

- Boneless Skinless Chicken Thighs
- Boneless Skinless Chicken Breast

One of the first things I ever realized when I started recipe developing, was that the macros of chicken thighs and chicken breasts were not that different. It doesn't really materially impact a recipe.

I generally prefer chicken thighs for slow cooking, as they are juicier, more flavorful, and shred better without drying out. The end product is almost always better with thighs. But, that being said, I know many people prefer to work with breasts and you can always sub them in in any recipe. Just be aware they are more likely to dry out, and may need a reduced cook time. In some recipes, I still do use breast.

Boneless Skinless Chicken Thighs:
125 Calories
21.5g Protein
4g Fat

Skin-on Chicken Thighs (as reference):
195 Calories
17g Protein
15g Fat

Boneless Skinless Chicken Breasts:
130 Calories
25g Protein
2g Fat

BEEF

Beef is where things get complicated.

The challenge here is an interesting one - the best cuts of beef for slow cooking, are typically the fattiest. The cuts with the most fat, and the most connective tissue just work better than traditionally "lean" cuts, which tend to dry out more easily and have a tough texture after slow cooking. Since everything I do is centered around cooking low calorie and using lean meats... this presents a challenge.

Nutrition labeling in the world of beef is VERY complicated. So much so that for the average person, tracking calories when using steak/cuts of beef is almost impossible.

- 1.) Most packaged steaks/beef cuts don't even include nutrition labeling
- 2.) When they do, it's extremely inconsistent and can vary dramatically, without explanation
- 3.) If you type any steak into a tracking app, you'll get 100 different results with dramatically different macros - and it's impossible to decide which is correct



So part of my job with the "beef" portion of this work - was to try and solve those problems, and demystify nutrition labeling when it comes to beef sources.

The first part of this task, was to test different cuts and see which one's worked best for slow cooker recipes - in terms of flavor, texture, and equally as importantly, hit my low calorie/macronutrient targets

What I ended up landing on as the best lean cuts of beef for slow cooking, was genuinely shocking to me.

Flat Cut Brisket. And Beef Chuck Roast.

Shocking, because those are generally thought of as very high fat cuts of meat. They do work incredibly well for slow cooking, but again, generally miss the mark on macros and would defeat the purpose of the recipes I create.

That is, unless you know how to butcher and trim them correctly, to transform them into lean cuts.

Flat Cut Brisket and Beef Chuck (Eye Roast), as it turns out, can be very lean cuts if you work with them properly.

The breakthrough occurred to me when I was frustrated at failing slow cooker beef recipes, and was curious about the macros of beef chuck.

The results were the same ones I shared earlier:

Per 4oz

Beef Chuck #1: 155 Calories, 23g Protein, 7g Fat

Beef Chuck #2: 240 Calories, 20g Protein, 17g Fat

Beef Chuck #3: 310 Calories, 19g Protein, 24g Fat

And that got me thinking... 23g of Protein and 7g of Fat (Beef Chuck #1) - is actually a very lean cut of beef. Somehow, there was a version of beef chuck, which I always considered to be the fattiest cut of beef, that was as lean as flank steak. Once I started digging, I found the solution.

So, what made the difference? The secret lies in the way it's butchered, the specific cut, and the specific grade you buy. If you buy choice (or select) grade beef - the marbling is relatively minimal. It's still there, but it's just enough that it adds flavor without blowing up the fat macros in a recipe.

To turn it into lean meat - literally all you have to do is cut off the large chunks of fat from the meat. Maybe easier said than done - but it is that simple.

By trimming away the excess fat chunks, you can end up with a cut that's perfect for slow cooking and surprisingly lean.

There's a difference between marbled fat and fat that is on the exterior (or interior, but in large chunks and thus removable). In the USDA food database, they use the terms "separable lean" and "separable lean and fat" to specify whether a cut of meat has large chunks of fat removed, or left on, a cut of meat. Basically, if the fat is "separable" - it simply means it's possible to clearly cut off or remove the lean meat entirely from the fat. If the fat is separable, it's not marbling and can be removed.

For a Chuck Eye Roast, here is the difference in macros when you remove the large chunks of fat, vs just tossing the whole roast straight in the slow cooker without removing any fat:

Chuck eye roast, separable lean only, choice grade (Fat trimmed/removed)

155 Calories, 23g Protein, 7g Fat

Chuck eye roast, separable lean and fat, choice grade (Fat not removed)

210 Calories, 22g Protein, 14g Fat

With a little up front work, you can transform a traditionally fatty cut, into one that fits within a macro-balanced diet plan

In the following pages, I'll walk you through some simple visual guides for butchering beef to achieve the leanness we're targeting throughout this book.

But first, here are my favorite cuts, in order, that I use for slow cooking:

Best Flavor and Texture, Traditional "Slow Cooker" Beef Cuts. Cheapest.

1.) Flat Cut Brisket

Per 4oz: 155 Calories, 24g Protein, 6.5g Fat

Overall, I found flat cut brisket to have the best flavor and texture. And it is very lean when you remove the exterior fat cap. Most importantly, it is extremely easy to remove the fat since it just sits as one large slab on top of the beef. The ease of prepping, flavor, texture, and macros - made this my clear favorite for all slow cooker beef recipes.

2.) Beef Chuck (Eye Roast)

Per 4oz: 155 Calories, 23g Protein, 7g Fat

Similar to brisket, this cut is simply designed for slow cooking. The texture is perfect after hours of slow cooking, tender without drying out, and the flavor is super rich and savory. The only downside is it takes more work to butcher/remove the large fat blocks that sit in between the chunks of meat. Even though it takes more work - this cut tends to be more common in grocery stores, and it still well worth the work for the outcome.

Great flavor, but can dry out. Traditional lean grilling “steaks”. Requires very little or no butchering. More expensive.

3.) Top Sirloin

Per 4oz: 150 Calories, 25g Protein, 4.5g Fat

Top sirloin has great flavor, and shreds well – especially if used in a recipe that is heavier on the liquid/sauce. I used this one in my Birria recipe, and it worked incredibly well. It requires very little fat trimming, so it is easy to work with. I slightly prefer it to the other lean grilling steaks primarily because of its fiber structure – it doesn’t run the same risk of being “stringy” if over-cooked or not sliced correctly.

4.) Flank Steak

Per 4oz: 160 Calories, 24.5g Protein, 6g Fat

Flank steak is traditionally prepared by grilling quickly over high heat, and slicing thin against the grain. That being said – it is one of the most widely available “lean” cuts of beef, and it has a great, deep beefy flavor. The primary issue I have with flank steak in a slow cooker – it can dry out easily, and can get stringy/tough to eat. I work around this in two ways: first, I generally slice it a couple times against the grain to reduce the fiber length before cooking. Secondly, I like to add more tenderizing ingredients (an example is in the Chimichurri steak recipe, where I add pineapple puree) to help make a softer end result. You can experiment using this cut in many recipes, but just be aware that you may need to add extra tenderizing ingredients for a more “melt in your mouth” texture.

5.) Inside Skirt Steak

Per 4oz: 190 Calories, 24g Protein, 11g Fat

Exact same story as flank steak – this is not a traditional slow cooker meat whatsoever, but it is a great lean steak with great flavor. I think of it similarly to slow cooking chicken – it doesn’t “need” to be slow cooked, but it CAN be slow cooked and makes life easier, you just need to be sure to not overcook it. Similar to flank steak, I cut it against the grain to reduce the fiber length. Requires a small amount of trimming fat off of the exterior. The reason for this being 5th, is that it tends to be the most expensive of all the cuts listed (at least where I live).

CHUCK EYE ROAST



- 1** The chuck eye roast, often labeled simply as “chuck roast” is one of the more common large cuts you’ll find at a grocery store. Look for “choice” grade. Generally, they are sold as 4-5lb blocks.
- 2** Find the areas where there are large blocks of fat, and where chunks of lean meat are separable
- 3** Use your hands (or slice the beef into chunks) to expose interior areas that contain removable fat
- 4** The interior of the chuck roast, between the lean meat, contains large areas of removable fat
- 5** Use a knife to carefully remove as much fat as possible
- 6** The end result - a remarkably lean cut of beef, that is built for slow cooking. It’s ok if you can’t fully remove every bit of fat, but just do your best! You’ll get better over time, and just removing the LARGE blocks of fat will make most of the difference.

FLAT CUT BRISKET



- 1** Flat cut brisket, usually is sold in 5-6 pound blocks behind the butcher counter. Depending on where you shop, they may come with the fat pre-trimmed (like pictured here). Otherwise, there will be a large slab of fat directly on top of the meat. It is very easy to remove, simply use a knife to remove it from the lean meat entirely. You may be able to ask your butcher to remove the fat, as well.
- 2** I like to slice the large cut a few times horizontally against the grain, to make the pieces fit more easily in the slow cooker, and cook/shred quicker
- 3** Trimmed and sliced flat cut brisket - ready to slow cook. My favorite slow cooking meat overall

MACRONUTRIENT AND CALORIE COMPOSITION OF PRIMARY PROTEIN SOURCES

	CALORIES	PROTEIN	FAT
BONELESS SKINLESS CHICKEN THIGHS	125	22G	4G
BONELESS SKINLESS CHICKEN BREASTS	130	25G	2G
BRISKET, FLAT HALF, 0" FAT, CHOICE GRADE	155	24G	6.5G
BEEF CHUCK EYE ROAST, TRIMMED TO 0" FAT, SEPARABLE LEAN ONLY, CHOICE	155	23G	7G
TOP SIRLOIN, LEAN ONLY, TRIMMED TO 1/8" FAT	150	25G	4.5G
FLANK STEAK	160	24.5G	6G
SKIRT STEAK, SEPARABLE LEAN ONLY, TRIMMED TO 0" FAT, CHOICE	190	24G	11G
PORK TOP LOIN, BONELESS, SEPARABLE LEAN AND FAT	190	24G	9.5G
PORK TENDERLOIN, SEPARABLE LEAN AND FAT	135	23G	4G



FAQ'S

How do you determine serving sizes? What is a "serving size"?

One of the most common questions I get is how to determine serving sizes since I don't provide weight or volume measurements for each portion. And I completely understand why this might be confusing. Serving sizes can vary greatly depending on the ingredients you use, their water content, the shape and size of pasta, and even cooking methods. So, giving a specific weight or volume per serving wouldn't be practical or accurate for everyone.

Instead, I provide the total number of servings each recipe makes, and here's how you can determine the appropriate serving size for your meal prep:

After your dish is fully cooked, you'll need to weigh the entire finished product to figure out your servings. Depending on the recipe, the steps may vary slightly, but the general process is the same:

For Mixed Dishes (like Chicken Alfredo and Soup):

- Place a large bowl on a food scale and zero it out.
- Add the entire finished dish to the bowl.
- Take the total weight and divide it by the number of servings the recipe makes (for example, 10 servings).
- This gives you the weight per serving. Use this weight to portion out equal servings into your containers.

For Dishes with Separated Components (like Rice Bowls or Meat & Veggies):

- Weigh each component separately before combining them. For example, weigh the cooked rice, meat, and any other ingredients (like veggies or sauces) individually.
- Once you have the weight for each component, you'll portion each one into separate containers. For instance, if your recipe makes 10 servings, and you have 1000g of rice and 1500g of meat, you would divide each by 10 to allocate the correct portion for each ingredient.
- Keep the components separate in each container (e.g., rice in one section, meat in another), based on the portion weight per serving.

There are a couple of methods to weigh the finished food:

- Method 1: Using a Large Bowl
 - Place a large bowl on your kitchen scale, zero it out, and add the finished dish.
 - Divide the total weight by the number of servings and allocate that amount to each prep container.
- Method 2: Weighing the Crockpot
 - Before cooking, weigh your empty crockpot and record the weight.
 - After cooking, weigh the crockpot again with the food inside.
 - Subtract the weight of the empty crockpot from the total weight of the cooked dish. This will give you the weight of the food itself.
 - Then, divide that weight by the number of servings to determine the weight per serving.



Once you've figured out the weight per serving, you can start portioning the food into your containers. For example, if the total weight of the dish is 2000g and the recipe makes 10 servings, each serving would weigh 200g. You can then allocate that amount into your containers. A kitchen scale is your best tool here to ensure consistency across all servings.

Can you scale recipes up or down?

Yes. The main thing to keep in mind is this will impact cook time. It will take longer if you scale the recipe up, and less time if you scale it down. The ingredients can all be adjusted proportionately. The best recipes to scale UP will come from the "protein" section of the book. Since these generally leave tons of extra room in the slow cooker (as opposed to the pasta recipes which can fill it to the top), you can easily double or triple the recipe for much larger yield. I highly recommend doing this once you find a recipe you love.

How do I deal with too much liquid in the end product?

If you find there's too much liquid in your finished dish, here are a few ways to handle it:

Reduce the liquid on the stovetop:

- One option is to remove the excess liquid from the slow cooker and transfer it to a pot. Bring it to a boil on the stovetop and let it simmer to reduce until it thickens to your desired consistency. Once reduced, you can add it back to your dish in the slow cooker for a thicker, more concentrated sauce.

Use a cornstarch slurry:

- Another method is to create a cornstarch slurry. Mix 1 tablespoon of cornstarch with 1 tablespoon of cold water until smooth. Stir this mixture into the liquid in the slow cooker and let it cook for a bit longer, stirring occasionally, until the sauce thickens. You can adjust the amount of cornstarch if you need more thickening power.

Combination of both:

- You can also combine these methods—reduce some of the liquid on the stovetop and then finish thickening with a cornstarch slurry. This gives you extra control over the final texture.

**How do I reheat your frozen meal prep recipes?****Meals:**

For reheating, just toss your frozen meal in the microwave for 3-4 minutes. If you're reheating a cheesy or saucy pasta dish, add 2-3 tablespoons of milk after the initial 3-4 minutes of microwaving. This will help rehydrate the sauce and make it extra creamy. After stirring in the milk, heat for another 1-2 minutes, then give it a final mix and enjoy.

Burritos:

For the best results, wrap your burrito in a paper towel and microwave for 1 minute. Flip it and microwave for another minute. This softens the burrito just enough to thaw it out, not cook it fully. My favorite method is to finish it off by searing it in a hot pan over medium heat for about 3-5 minutes on each side, or until golden and crispy. This step locks in moisture and gives the exterior a nice crunch. Or, after microwaving, you can air fry your burrito at 375°F for 6-8 minutes. This method gives a similar crispy result, and it's a great hands-off option if you prefer to skip the stovetop.

Proteins:

You can reheat your proteins either in the microwave or on the stovetop. If using the microwave, add a splash of water or broth to keep the protein moist, then heat for about 4-5 minutes. Stir halfway through. If you're using a pan, add the same splash of liquid and heat over medium-low, stirring occasionally, until warmed through. Just be careful not to dry out your protein.

Why do my cheese sauces split when they hit pasta, and how can I fix it?

If you've ever had a cottage cheese based sauce split or "seize up" when mixed with pasta, you're not alone - it's a common issue. Here's what might be going on and how to prevent it:

The type and quality of cheese you use can make a big difference. Higher-quality cheeses, like fresh-grated Parmigiano Reggiano, tend to emulsify better, while lower-quality cheeses (or pre-grated varieties) might not blend as smoothly. Pre-grated cheeses often contain anti-caking agents that can prevent smooth melting, leading to splitting. Stick with fresh-grated cheeses when possible for the best results.

High heat can cause cheese to separate and split. This is especially true when using cottage cheese, as the proteins can become unstable at higher temperatures. If you're adding the cheese sauce to pasta that's very hot, the sudden heat can cause it to break. Allow the pasta to cool slightly before mixing it with the sauce. That being said, generally, this shouldn't be an issue with slow cooker recipes unless your slow cooker runs excessively hot.

Be sure to blend the sauces VERY thoroughly - and if possible, I recommend using Good Culture cottage cheese for best results (I have never had a cheese sauce split using Good Culture). Using a high powered blender goes a long way, or simply just allow more time for the blending process to yield a smooth product. To help with the process, you can also lightly heat up your cheeses before blending (~60-90 seconds in the microwave will do the trick).

If you're still having issues and can't get cottage cheese based sauces to stay together, the final effort should be to resort to a common commercially used emulsifying ingredient:

Sodium Citrate.

This is a food-grade emulsifier, helping the fat and water in the cheese blend smoothly together instead of separating. It's used in many commercial applications - we use it in all our cheesy pasta products at Counter, and it makes all the high protein sauces super smooth and silky - without needing to add extra fats to help emulsify the sauce. When you use it for the first time, it's like witnessing magic in real time. It is the ingredient that makes cheeses like Velveeta and American cheese melt and heat so well.

You'll want to start with a very small amount—about 1/4 to 1/2 teaspoon per cup (~240g) of cheese sauce. Dissolve the sodium citrate in a little water before adding it to your cheese sauce. Blend the sauce well. It will help keep the sauce stable and prevent it from splitting. You can easily find sodium citrate online (e.g., on Amazon) or at specialty stores that carry ingredients for molecular gastronomy.

DIY Sodium Citrate (with lemon juice and baking soda):

If you prefer not to buy sodium citrate in bulk, you can make a version of it at home. Here's how:

- Mix 1 tablespoon of lemon juice with 1/2 teaspoon of baking soda in a small bowl.
- Stir the mixture until it fizzes and the baking soda dissolves. This reaction creates sodium citrate.
- Start with about 1/2 to 1 teaspoon of this homemade mixture per cup (~240g) of cheese sauce. Since this homemade version of sodium citrate is less concentrated than the commercially available form, you may need to use a little more to achieve the desired emulsifying effect. Blend the sauce well and heat gently until it emulsifies and thickens.

Using pure sodium citrate will work much more consistently (since lemons will contain different quantities of citric acid, which is the acid that reacts with the baking soda to create sodium citrate, and will slightly alter the flavor). It works in a pinch, but if you consistently plan on utilizing sodium citrate for making smooth, emulsified, high-protein cheese sauces - I recommend just buying it in its pure form.

TL;DR:

- Use fresh, high-quality, freshly shredded cheeses (don't use pre-shredded)
- Use a high quality cottage cheese (I recommend Good Culture)
- Blend very thoroughly (allow 2-3 minutes of blend time, and lightly warm cheese before blending if needed)
- Let the pasta cool slightly before mixing in the cheese sauce. Keep the heat moderate to avoid overheating and splitting.
- Try adding a small amount of sodium citrate to your cheese sauce to improve emulsification

What are the containers you use? The paper ones you show in your videos and on the cover?

I use [kraft paper take-out containers](#) as meal prep containers. I discovered these when I was first starting the slow cooker series, and needed a solution for storing 100+ meals in the freezer. Plus, since I was giving away a lot of meals during the recipe development process, using compostable/disposable meal prep containers was necessary.



This is, by far, the most common question I get - quite literally hundreds of times a day. Turns out lots of you like the idea of using these containers. They are very convenient, especially if you're taking meals to an office.

I buy them in bulk from a restaurant supply store - webstaurantstore.com

I don't get commission from these, but these are the exact containers I have been using. Again, buying them here you have to buy in bulk, and buy lids separately.

[Meal Prep Containers \(Link\)](#)

[Meal Prep Lids \(Link\)](#)

Or search on Google:

"Choice 16 oz. Rectangular Kraft PE-Lined Microwavable Take-Out Container 6 3/4" x 4 3/4" x 1 5/8" - 300/Case"

What slow cooker do you use?

I use a 7 Quart Crockpot. The most basic model, fully manual. I chose to use this one to keep things as simple, and replicatable as possible.

The specific name is "Crock-Pot 7qt Manual Slow Cooker"

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MEALS



This section is all about grab-and-go meals.

These meals are ideal for building a frozen food stockpile - think of it like making your own private grocery store frozen food aisle at home.

Just toss in the microwave for 4-5 minutes, and you're good to go.

QUESO CHICKEN MAC N' CHEESE

PER SERVING: MAKES 10

540 CALORIES

46G PROTEIN

62G CARBS

13G FAT



INGREDIENTS

Slow Cooked Chicken:

900g (32oz) chicken breast
120g red enchilada sauce
80g (3 Tbsp) green chiles
400g (14oz) can of fire-roasted tomatoes
2 Tbsp garlic purée
2 tsp onion powder
1 Tbsp salt
1 tsp black pepper
½ tsp cayenne

Pasta:

672g (24 oz) pasta

Garnish:

Chopped cilantro

Blended Queso Sauce:

800g (3 ⅓ cups) 2% cottage cheese
100g (½ cup) 1/3-fat cream cheese
150g (1 ½ cups) extra sharp cheddar cheese
30g (¼ cup) cheddar powder
120g (½ cup) red enchilada sauce
150g (⅔ cup) 1% milk

Roasted Vegetables:

2 orange bell peppers
2 red bell peppers
1 onion

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Dice **bell peppers** and the **onion**, spread on a baking sheet, and roast for 20-25 minutes until softened and lightly browned.
2. Meanwhile, prep the chicken: dice the **chicken breast** and add to the slow cooker with **red enchilada sauce, green chiles, fire-roasted tomatoes, garlic purée, onion powder, salt, black pepper, and cayenne**. Stir to coat. Add roasted vegetables. Cover and cook on high for 2-3 hours or low for 3-4 hours until tender.
3. Bring a pot of salted water to a boil, add **pasta**, cook halfway, then drain and set aside.
4. For the queso sauce, shred the **cheddar cheese** and blend with **2% cottage cheese, 1/3 fat cream cheese, cheddar powder, red enchilada sauce, and milk** until smooth.
5. When the chicken is done, shred slightly in the slow cooker. Add half-cooked pasta and queso sauce, stirring to coat. Cover and cook on low for 15-20 minutes until sauce thickens and pasta is tender. Divide into 10 servings, **garnish** with **cilantro**, and let leftovers cool before freezing.

PEANUT MISO CHICKEN RICE BOWLS

PER SERVING: MAKES 7

610 CALORIES

50G PROTEIN

67G CARBS

16G FAT



INGREDIENTS

Chicken:

1340g (48oz) boneless, skinless chicken thighs

Peanut Miso Sauce:

120g (½ cup) peanut butter
60g (4 Tbsp) white miso paste
60g (4 Tbsp) soy sauce
40g (2 ½ Tbsp) maple syrup
30g (2 Tbsp) rice vinegar
20g (4 tsp) ginger purée
20g (4 tsp) garlic purée
Red chili flakes, black pepper
& sesame seeds to taste
Splash of bone broth or water

Garnish:

Green Onions
Sesame Seeds

Rice:

480g (2 ½ cups) short grain rice (dry weight)

INSTRUCTIONS

1. Prepare the peanut miso sauce by combining **peanut butter, white miso paste, soy sauce, maple syrup, rice vinegar, ginger purée, garlic purée, red chili flakes, black pepper, and sesame seeds** in a bowl. Mix until a smooth paste forms.
2. Add the **chicken thighs** to the slow cooker. Pour in half of the peanut miso sauce and a splash of **chicken bone broth or water** to thin it slightly. Mix to coat the chicken evenly.
3. Cover the slow cooker and cook on high for 3-4 hours or low for 4-5 hours, until the chicken is tender and fully cooked.
4. Once the chicken is done, add the remaining peanut miso sauce and stir thoroughly to combine, ensuring the chicken is coated in the rich, flavorful sauce.
5. Meanwhile, cook the **short grain rice** according to package instructions and fluff with a fork. Mix the rice into the chicken or keep separate for portioning. Chop the **green onions** to garnish the meal along with **sesame seeds**, divide into 7 servings and store leftovers in freezer-safe containers.

PINEAPPLE TERIYAKI PULLED PORK RICE BOWLS

PER SERVING: MAKES 10

580 CALORIES

44G PROTEIN

59G CARBS

17G FAT



INGREDIENTS

Pork & Marinade:

1790g (64oz) Pork loin
1 Pineapple (400g)
100g (1/3 cup) soy sauce
90g (6 Tbsp) mirin
80g (4 Tbsp) honey
2 Tbsp grated ginger
2 Tbsp grated garlic

Cornstarch Slurry:

4 Tbsp cornstarch
4 Tbsp cold water

Low-Cal Yum Yum Sauce:

100g (1/2 cup) low-fat mayo
100g (1/2 cup) 0% greek yogurt
30g no sugar ketchup
70g sriracha
Salt, pepper, garlic powder to taste
1% Milk (as needed for desired consistency)
2 stalks green onions, chopped

Rice:

500g (2.5 cups) short grain or sushi rice

INSTRUCTIONS

1. Cut the **pork loin** into four large pieces and place them in the slow cooker. Dice the **pineapple**, grate the **ginger** and **garlic**, and add to the slow cooker with the **soy sauce**, **mirin**, and **honey**. Stir to coat the pork evenly. Cook on high for 3–4 hours or low for 4–5 hours, until the pork is tender and easily shredded.
2. Once cooked, shred the pork with two forks in the slow cooker.
3. Prepare the cornstarch slurry by mixing **cornstarch** with **cold water**. Gradually stir the slurry into the slow cooker, until the sauce thickens to your desired consistency.
4. Prepare the **short grain rice**. Cook according to package instructions. Once cooked, fluff with a fork.
5. To make the low-cal Yum Yum sauce, whisk together the **low-fat mayo**, **0% Greek yogurt**, **ketchup**, **sriracha**, **salt**, **pepper**, and **garlic powder**. Add **1% milk** as needed until desired consistency is reached.
6. To assemble the bowls, divide the rice evenly among 10 servings. Top each bowl with the pulled pork, drizzle with the Yum Yum sauce and garnish with **green onions**. store leftovers in freezer-safe containers.

GREEN ENCHILADA CHICKEN & RICE SOUP

PER SERVING: MAKES 10

405 CALORIES

44G PROTEIN

33G CARBS

8G FAT



INGREDIENTS

Chicken:

1790g (64oz) diced boneless, skinless chicken thighs

Green Chile Sauce:

420g (1 ¾ cups) green enchilada sauce

226g (8oz) Hatch green chiles

1 white onion

Juice of 1 lime

1 ½ Tbsp salt

1 Tbsp garlic powder

Dash of black pepper

Toppings:

1 bunch cilantro

60g (3 Tbsp) honey

300g 0% Greek yogurt

Rice:

300g jasmine rice

750g chicken bone broth

INSTRUCTIONS

1. Add **chicken thighs, green enchilada sauce, Hatch green chiles, diced white onion, lime juice, salt, garlic powder, and a dash of black pepper** to the slow cooker. Stir everything together to evenly coat the chicken with the sauce and seasonings. Cover the slow cooker and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender and fully cooked.
2. When the chicken is done cooking, pour **chicken bone broth** into a pot and bring to a boil. Once broth is boiling, pour in the **jasmine rice** and let boil for 10 minutes uncovered.
3. Shred the chicken directly in the slow cooker, mixing it into the flavorful sauce. Add in jasmine rice and bone broth mixture (the bone broth should be essentially entirely absorbed in the rice)
4. Add the **honey, chopped cilantro**, and **0% Greek yogurt** to the shredded chicken and rice, stirring until well combined and cover for 20-30 minutes. Divide into 10 portions.

FROZEN CHEESY CHICKEN & RICE BURRITOS

PER SERVING: MAKES 18

445 CALORIES

32G PROTEIN

52G CARBS

12G FAT



INGREDIENTS

Chicken & Marinade:

1340g (48oz) boneless skinless chicken thighs

2 packets taco seasoning

15g (1 Tbsp) lime juice

15g (1 Tbsp) chicken bouillon

420g (15oz) can of green enchilada sauce

Garlic powder and salt

Pico de Gallo:

5 diced Roma tomatoes

3 jalapeños

2 white onions

1 bunch chopped cilantro

Juice of 2 limes

Rice:

400g (2 cups) (uncooked weight) of any rice of choice

Cheesy Mix:

500g (1 ¾ cups) 0% Greek yogurt (recommended: FAGE)

150g (1½ cups) reduced-fat cheddar cheese

120g (1 cup) reduced-fat mozzarella cheese

Tortillas:

18 Burrito-sized Tortillas

INSTRUCTIONS

1. Place the **chicken thighs** into the slow cooker. Add **taco seasoning, lime juice, chicken bouillon, green enchilada sauce, garlic,** and **salt** to taste. Stir to coat evenly. Cover and cook on high for 2–3 hours or low for 3–4 hours, until the chicken is tender and easy to shred.
2. Shred the chicken directly in the slow cooker with two forks.
3. Cook **rice** according to packaging instructions.
4. While the rice cooks, prepare the pico de gallo by combining **diced tomatoes, jalapeños, onions, cilantro, lime juice,** and a pinch of **salt** in a bowl. Stir to combine and set aside.
5. Once the rice is cooked, mix into the slow cooker with the shredded chicken, then add **Greek yogurt, reduced-fat cheddar cheese, reduced-fat mozzarella cheese,** and the prepared pico de gallo to the slow cooker. Stir thoroughly until all the ingredients are evenly mixed and the cheese has melted into the mixture. Let cool to thicken.
6. To assemble, lay one of 18 **tortillas** flat, spoon a portion of the chicken and rice mixture onto it, and roll tightly, folding in the sides. Repeat with the remaining tortillas. Wrap each burrito individually in foil to freeze.

SUNDRIED TOMATO SPINACH FETA PASTA

PER SERVING: MAKES 10

590 CALORIES

49G PROTEIN

58G CARBS

17G FAT



INGREDIENTS

Chicken & Marinade:

1340g (48oz) boneless, skinless chicken thighs
45g (3 Tbsp) balsamic vinegar
130g (1 cup) sundried tomatoes
7–8 cloves garlic
1 Tbsp salt
2 tsp onion powder
2 tsp black pepper
Red chili flakes, to taste

Spinach Feta Mix:

200g (7 cups) spinach
15 basil leaves
340g (2 ¼ cups) feta cheese
15g (1 Tbsp) pesto

Cheese Sauce:

600g (2 ¾ cups) 2% cottage cheese
360g (1 ½ cups) 1% milk

Pasta:

672g bow tie pasta (farfalle)
360g (1 ½ cups) pasta water for slow cooker

INSTRUCTIONS

1. Mince the **garlic** and chop the **sundried tomatoes** and mix in a bowl **balsamic vinegar, onion powder, black pepper, salt, red chili flakes**. Place the **chicken thighs** in the slow cooker and pour the mixture over them, ensuring even coating. Cover and cook on high for 3–4 hours or low for 4–5 hours until the chicken is tender.
2. While the chicken cooks, cut the **spinach** and **basil** into bite-sized pieces. Blanch them in boiling water for one minute, then transfer to an ice bath, drain, and set aside.
3. Once the chicken is cooked, shred it directly in the slow cooker. Add the **blanched spinach & basil, feta cheese**, and **pesto**, stirring well to combine. Cover and cook on high while prepping sauce and pasta.
4. Blend the **2% cottage cheese** and **1% milk** until smooth to create the cheese sauce.
5. Cook the **bow tie pasta** until it's halfway done according to package instructions. Reserve 1.5 cups of pasta water before draining.
6. To the slow cooker, stir in the partially cooked pasta, **pasta water**, and cheese sauce, mixing thoroughly. Cover and cook on high for 15 minutes, or until the pasta is fully cooked and the sauce has thickened.
7. Let the dish rest for a few minutes to allow the flavors to settle. Divide into 10 servings. Allow leftovers to cool completely before sealing them in freezer-safe, airtight containers.

GARLIC BUTTER CHICKEN ALFREDO

PER SERVING: MAKES 10

515 CALORIES

47G PROTEIN

54G CARBS

14G FAT



INGREDIENTS

Garlic Chicken:

900g (32oz) chicken breast
30g (¼ cup) Parmigiano Reggiano
Juice of 1 lemon
2 Tbsp garlic purée
2 tsp garlic powder
2 tsp onion powder
1 Tbsp salt
1 tsp black pepper
2 tsp Kinder roasted Garlic brown butter seasoning
Dash of crushed red pepper
120g (½ cup) water
30g (2 Tbsp) butter

Blended Alfredo Sauce:

800g (3 ⅓ cups) 2% cottage cheese
120g (½ cup) 1/3-fat cream cheese
120g (1 cup) Parmigiano Reggiano
240g (1 cup) 1% milk

Pasta:

672g (24oz) pasta of choice
120g (½ cup) pasta water

INSTRUCTIONS

1. Make the Garlic chicken: Dice the **chicken breasts** and grate the **Parmigiano Reggiano**. Add to the slow cooker with **lemon juice, garlic purée, garlic powder, onion powder, salt, black pepper, crushed red pepper, Kinder roasted garlic roasted brown butter seasoning** and **water**. Stir to coat the chicken evenly, then place small pieces of **butter** over the top. Cover and cook on high for 2-3 hours or low for 4-5 hours, until the chicken is tender and shreds easily.
2. While the chicken cooks, prepare the blended Alfredo sauce: grate the **Parmigiano Reggiano** and add to the blender with **2% cottage cheese, 1/3 fat cream cheese, and milk** until smooth and creamy.
3. Once the chicken is done, use two forks to shred it directly in the slow cooker. In the meantime, bring a pot of salted water to a boil, cook the **pasta** for half the time listed on the package, then drain, reserving about 1/2 cup of pasta water.
4. Add the half-cooked pasta, reserved pasta water, and the blended Alfredo sauce to the slow cooker with the shredded chicken. Stir well. Cover and cook for an additional 15-20 minutes on low, allowing the sauce to thicken and the pasta to finish cooking until tender.
5. Divide into 10 servings and store leftovers in airtight containers in the freezer for easy meal prep.

CHILI GARLIC CHICKEN FRIED RICE

PER SERVING: MAKES 10

575 CALORIES

43G PROTEIN

67G CARBS

16G FAT



INGREDIENTS

Chili Garlic Chicken:

1360g (48oz) chicken thighs
60g (4 Tbsp) chili garlic sauce
30g (2 Tbsp) soy sauce
60g (3 Tbsp) honey
1 Tbsp rice vinegar
1 Tbsp minced ginger
Salt & pepper to taste

Low-Calorie Spicy Mayo:

150g (⅔ cup) 0% skyr or 0%
Greek yogurt
45g (3 Tbsp) light mayo
35g (2 Tbsp) gochujang
30g (2 Tbsp) sriracha
Splash of rice vinegar
Salt & pepper to taste

Fried Rice:

1400g (7 cups) day-old cooked
rice (600g {3 cups} uncooked
weight)
60g (4 Tbsp) soy sauce
30g (2 Tbsp) fish sauce
60g (3 Tbsp) honey
30g (2 Tbsp) rice vinegar
30g (2 Tbsp) sesame oil
600g (4 cups) mixed frozen
veggies of choice
Chopped green onions
30g (2 Tbsp) sesame oil (post-
cook mix)

Egg Mixture:

400g (1 ⅔ cups) egg whites
6 eggs

INSTRUCTIONS

1. If using **day-old rice**, cook the rice the day before and let rest in the fridge until ready to make the recipe.
2. Slice the **chicken thighs** in half and add them to the slow cooker. Pour in **chili garlic sauce, soy sauce, honey, rice vinegar, minced ginger, salt, and pepper**. Mix to coat evenly, cover, and cook on high for 2-3 hours or on low for 3-4 hours until tender. Use tongs to break up the chicken when done.
3. Spread day-old **or precooked rice** on a large sheet pan. In a bowl, mix **soy sauce, fish sauce, honey, rice vinegar, and sesame oil**, then pour over the rice and toss to coat.
4. Preheat the oven to 475°F, then broil the rice for 10-25 minutes, checking every 5 minutes, until crispy and slightly browned. Remove from oven, scrape the edges, add **frozen veggies** on top, and broil for another 10-15 minutes until veggies are heated through. Transfer rice and veggies and mix with the cooked chicken. In the same pan, spread the **egg whites and eggs** and broil for 3-4 minutes or until set. Chop eggs and add to the rice, then mix the remaining **sesame oil and chopped green onions**. Stir well.
5. For the spicy mayo, mix **0% skyr or Greek yogurt, light mayo, gochujang, sriracha, rice vinegar, salt, and pepper, adding water** to reach your desired consistency. Drizzle or mix into the fried rice.
6. Divide into 10 servings, allow to cool, and store leftovers in freezer-safe containers.

BUTTER CHICKEN RICE BOWLS

PER SERVING: MAKES 7

460 CALORIES

38G PROTEIN

50G CARBS

11G FAT



INGREDIENTS

Chicken:

900g (32oz) chicken breast

Yogurt & Butter:

250g (1 cup) plain 0% Greek yogurt or Skyr

30g (2 Tbsp) butter

Rice:

420g (2 cups) basmati rice

Optional:

1 Tbsp chicken bouillon

1 Tbsp sugar or zero calorie sweetener

Butter Sauce:

30g (2 Tbsp) butter

2 onions

2 Tbsp tomato paste

2 Tbsp garlic paste

2 Tbsp ginger paste

2 Tbsp paprika

2 Tbsp garam masala

1 tsp cayenne

1 tsp cumin

1 tsp coriander

2 tsp salt

1 (14oz) can crushed fire-roasted tomatoes

Dash of black pepper

INSTRUCTIONS

1. Melt **butter** in a large skillet over medium heat. Chop and add **onions**. Cook until caramelized. Stir in **tomato paste, garlic paste, and ginger paste**, cooking for 2-3 minutes until fragrant. Add **paprika, cayenne, garam masala, cumin, coriander, salt, and black pepper**, stirring to combine.
2. Deglaze the pan with **fire-roasted tomatoes and a splash of water**, simmering for 2-3 minutes. Transfer to a blender, optionally adding **chicken bouillon and sugar or sweetener**, and blend for about 2 minutes, until smooth.
3. Dice **chicken breast**, then place it in the slow cooker. Pour butter sauce over, ensuring it's fully coated. Cover and cook on high for 2-3 hours or low for 3-4 hours until tender.
4. Stir in **0% Greek yogurt and additional butter**, mixing well. Cover and let sit for 10-15 minutes to meld flavors while the sauce thickens. Meanwhile, cook **basmati rice** according to package instructions and fluff with a fork.
5. Mix the rice into the chicken or keep it separate for portioning. Divide into 7 servings and store leftovers in freezer-safe containers.

TZATZIKI CHICKEN & HARISSA SPICED RICE

PER SERVING: MAKES 8

470 CALORIES

49G PROTEIN

45G CARBS

11G FAT



INGREDIENTS

Meat:

1340g (48oz) boneless, skinless chicken breast

Marinade:

4-5 garlic cloves
1 Tbsp dried oregano
1 Tbsp salt
20g (1 Tbsp) honey
15g (1 Tbsp) olive oil
1 Tbsp onion powder
1 tsp black pepper

Corn Starch Slurry (if needed):

45g (3 Tbsp) corn starch
45g (3 Tbsp) water

Tzatziki Sauce:

400g (1 ¾ cups) 0% Greek yogurt
150g (½ cup) light sour cream
1 cucumber
1 tsp salt
1 lemon
15g (1 Tbsp) olive oil
1 tsp chopped dill
2 tsp chopped chives
1 tsp garlic powder
Dash of black pepper

Harissa Spiced Rice:

420g (1 ¾ cups) jasmine rice
15g (1 Tbsp) olive oil
2-3 cloves garlic
60g (4 Tbsp) harissa
15g (1 Tbsp) tomato paste
Oregano and salt, to taste
910g (3 ¾ cups) chicken bone broth

INSTRUCTIONS

1. Grate the **garlic cloves** and add to the slow cooker along with the **chicken breast, olive oil, dried oregano, salt, black pepper, honey, onion powder, and black pepper**. Toss to coat evenly. Cover and cook on high for 2-3 hours or low for 3-4 hours until the chicken is tender and fully cooked.
2. While the chicken cooks, prepare the tzatziki sauce. Grate and de-seed the **cucumber**, squeeze out water using a cloth, and combine with **0% Greek yogurt, light sour cream, olive oil, salt, chopped chives, lemon juice, dill, black pepper, and garlic powder** in a bowl. Mix well until smooth and creamy.
3. While the chicken is cooking, grate the **garlic cloves** and mix in a bowl along with the **harissa** and **tomato paste**. Heat **oil** in a pan, fry garlic/harissa/tomato paste for 5 mins. Add **jasmine rice** and toss to mix. Pour **chicken bone broth, salt, and oregano** into the pot. Bring to boil, then cover and reduce heat to low for ~20-25 minutes. Let sit 10 minutes then fluff.
4. Once the chicken is done, shred it directly in the slow cooker using two forks. Create a **cornstarch slurry by mixing equal parts cornstarch and water (3 Tbsp each)**. Add the slurry to the slow cooker and stir well. Mix the prepared tzatziki sauce with the chicken, stir until coated. Divide rice and chicken into 8 servings.

BRISKET QUESO MAC N' CHEESE

PER SERVING: MAKES 10

560 CALORIES

46G PROTEIN

63G CARBS

16G FAT



INGREDIENTS

Brisket:

900g (32oz) flat cut brisket
400g (14oz) can crushed fire-roasted tomatoes
120g (½ cup) red enchilada sauce
200g (7oz) can chipotle peppers in adobo
45g (3 Tbsp) green chiles
60g (3 Tbsp) honey
1 Tbsp salt
2 tsp onion powder
2 tsp black pepper

Blended Queso Sauce:

800g (3 ⅓ cups) 2% cottage cheese
100g (1 cup) American cheese
150g (1 ½ cups) extra sharp cheddar cheese
80g (⅓ cup) red enchilada sauce
Salt & pepper to taste
5g (1 tsp) nutritional yeast (optional)
Chopped cilantro (optional)

Pasta:

672g (24 oz) pasta

INSTRUCTIONS

1. Trim the **flat cut brisket** by removing all excess separable fat. Once trimmed, place the meat in the slow cooker. Add the **crushed fire-roasted tomatoes, red enchilada sauce, chipotle peppers, green chiles, honey, salt, onion powder, and black pepper**. Stir to coat the beef evenly. Cover and cook on high for 4–5 hours or low for 5–6 hours, until the meat is tender and pulls apart easily.
2. While the beef cooks, prepare the blended queso sauce. Shred the **American cheese and cheddar cheese** and combine in a blender with **2% cottage cheese, red enchilada sauce, nutritional yeast** (if using), and **salt and pepper**. Blend until smooth. If the mixture is too thick to blend, lightly heat the ingredients in a pan or microwave until warm (do not overheat), then blend again. Set aside.
3. Cook the **pasta** until halfway done according to package instructions, then drain and set aside.
4. Once the beef is done, remove it from the slow cooker and shred or chop it with two forks. Return the shredded beef to the slow cooker and mix it with the cooking liquid. Add the blended queso sauce and the half-cooked pasta to the slow cooker. Stir to combine, ensuring everything is evenly coated. Cover and cook on high for 15–20 minutes, or until the sauce thickens and the pasta is fully cooked.
5. Add **chopped cilantro**, stir well to incorporate all the flavors. Divide into 10 servings. Store leftovers in airtight, freezer safe containers once cooled.

AVOCADO CHICKEN RICE BOWLS

PER SERVING: MAKES 9

505 CALORIES

42G PROTEIN

60G CARBS

12G FAT



INGREDIENTS

Slow Cooked Chicken:

1340g (48oz) chicken breast
8 diced tomatillos (300g)
30g (2 Tbsp) avocado oil
1 Tbsp salt
1 Tbsp garlic powder
1 Tbsp onion powder
Juice of ½ lemon
Handful of cilantro stems

Poblano Avocado Sauce:

5 poblano peppers
5 jalapeños
8 cloves garlic
300g (1 ¼ cups) 0% Greek yogurt
90g (⅓ cup) 1% milk
Juice of 1 lemon
300g avocado (1 large or 2 medium)
Handful of cilantro leaves
Salt and pepper, to taste

Rice:

600g (3 cups) rice of choice

INSTRUCTIONS

1. Dice **chicken breast** and add to a slow cooker with **tomatillos, cilantro stems, salt, garlic powder, onion powder, avocado oil, and lemon juice**. Mix and cook on high for 2-3 hours or low for 3-4 hours.
2. Preheat oven to 400°F (200°C). **De-seed poblanos and jalapeños**, then roast with **cloves of garlic** for 30-35 minutes until lightly charred. Once cooled, peel skin off of poblanos.
3. Blend roasted peppers, garlic, **0% Greek yogurt, cilantro leaves, 1% milk, lemon juice, avocado, salt, and pepper** until smooth.
4. Cook **rice** according to package instructions.
5. When chicken is done, leave cubed or shred. Pour poblano avocado sauce over the chicken in the slow cooker and mix.
6. Serve by dividing rice into 9 portions, topping with chicken and sauce. Store frozen or enjoy immediately.

HAWAIIAN BBQ CHICKEN RICE BOWLS

PER SERVING: MAKES 10

510 CALORIES

42G PROTEIN

66G CARBS

7G FAT



INGREDIENTS

BBQ Chicken:

1790g (64oz) boneless, skinless chicken thighs

120g (½ cup) sugar-free BBQ sauce

45g (3 Tbsp) soy sauce

15g (1 Tbsp) fish sauce

20g (4 tsp) grated ginger

700g (4 ½ cups) fresh pineapple (1 whole pineapple)

Garlic powder, onion powder, smoked paprika, and black pepper, to taste

Toppings:

120g (½ cup) sugar-free BBQ sauce

2 stalks green onions

Rice:

640g (3 ½ cups) rice

Corn starch slurry:

3 Tbsp corn starch

3 Tbsp water

INSTRUCTIONS

1. Grate the **ginger** and mix in a large bowl, whisk together **sugar-free BBQ sauce, soy sauce, fish sauce, garlic powder, onion powder, smoked paprika, and black pepper** until smooth. Cut the **fresh pineapple** into bite-sized chunks. Place the **chicken thighs** and pineapple chunks into the slow cooker. Pour the prepared marinade over the chicken and pineapple, stirring to coat evenly. Cover and cook on high for 3–4 hours or low for 4–5 hours, until the chicken is tender and cooked through.
2. Once cooking is complete, add a **cornstarch slurry (3 Tbsp corn starch mixed with 3 Tbsp cold water)**, stirring until smooth to thicken. Lightly shred the cooked chicken using two forks, leaving some larger pieces intact for texture. Mix in additional **barbecue sauce** and **green onions**
3. Cook the **rice** according to package instructions. Fluff with a fork and divide the rice and Hawaiian BBQ chicken into 10 servings.

SPICY STEAK PASTA

PER SERVING: MAKES 10

480 CALORIES

37G PROTEIN

63G CARBS

9G FAT



INGREDIENTS

Steak & Sauce:

900g (32oz) flank steak or lean steak of choice
790g (28oz) can fire-roasted tomatoes
5 guajillo chiles
4 chile de arbol
10g (2 tsp) soy sauce
60g (3 Tbsp) honey
1 ½ Tbsp salt
2 tsp onion powder
2 tsp paprika
2 tsp black pepper
1 shallot
8 cloves garlic

Cheese Sauce:

300g (1 ¼ cups) plain 0% skyr or Greek yogurt
60g (½ cup) Parmigiano Reggiano
60g (½ cup) goat cheese
240g (1 cup) 1% milk
Red chili flakes and chives, for garnish

Pasta:

672g (24oz) rigatoni

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Enclose the **shallot and garlic** in aluminum foil and roast for 15-30 minutes until softened (or pan fry)
2. De-stem and de-seed the guajillo and chile de arbol peppers and microwave for 20 seconds (or toast on dry pan for 30-45 seconds). Then, in a blender, combine roasted shallot, garlic, **fire-roasted tomatoes, guajillo, chile de arbol, soy sauce, honey, salt, onion powder, paprika, and black pepper**. Blend until smooth.
3. Cut the **flank steak or lean steak of choice** into evenly sized cubes and add to the slow cooker, pour the blended sauce over it, and stir. Cover and cook on high for 4-5 hours or low for 5-6 hours until tender.
4. Cook the **rigatoni** for half the package time, then drain. Grate the **Parmigiano Reggiano** and add to the slow cooker with **goat cheese, skyr (or 0% Greek yogurt), and 1% milk**. Add the half-cooked pasta and stir well. Cover and cook on low for 20-25 minutes until the sauce thickens and the pasta is tender.
5. Divide into 10 servings, garnish with **red chili flakes** and **chives**. Freeze leftovers in airtight containers.

CHICKEN TINGA & GREEN RICE

PER SERVING: MAKES 7

575 CALORIES

50G PROTEIN

56G CARBS

16G FAT



INGREDIENTS

Meat:

670g (24oz) boneless, skinless chicken thighs
670g (24oz) chicken breasts

Tinga Sauce:

45g (3 Tbsp) olive oil
2 white onions
45g (3 Tbsp) minced garlic
15g (1 Tbsp) tomato paste
794g (28oz) can fire-roasted diced tomatoes
45g (3 Tbsp) apple cider vinegar
1 can (198g/7oz) chipotle peppers with adobo
3 bay leaves

Topping:

50g (½ cup) Cotija cheese
Chopped cilantro leaves

Spice Blend:

4 tsp oregano
1 tsp smoked paprika
½ tsp cumin
1 Tbsp salt
Black pepper, to taste

Jalapeño Green Rice:

420g (3 ⅓ cups) short-grain rice
450g (~2 cups) bone broth
180g (¾ cup) water
Handful cilantro stems
2 tsp minced garlic
1 jalapeño pepper
15g (1 Tbsp) avocado oil
Pinch of salt

INSTRUCTIONS

1. Dice **onions** and cook in a large skillet over medium-high heat until translucent and beginning to brown, stirring occasionally. Add **olive oil, minced garlic, and tomato paste**, mixing well to coat the onions. Cook until the mixture begins to caramelize, about 8–10 minutes.
2. Stir in the **fire-roasted diced tomatoes** and simmer until most of the liquid has reduced, about 5 minutes.
3. Transfer the mixture to a blender. Add **oregano, smoked paprika, cumin, salt, pepper, apple cider vinegar, and chipotle peppers in adobo**. Blend until completely smooth.
4. Cut **chicken breast** into large chunks and place in the slow cooker with the **chicken thighs**. Pour ¾ of the blended sauce over the chicken, reserving the rest. Stir to coat the chicken evenly. Add **3 bay leaves** on top. Cover and cook on high for 2–3 hours or low for 3–4 hours, until the chicken is tender.
5. Blend **bone broth, water, cilantro stems, minced garlic, jalapeño, avocado oil, and salt**. Add mixture to **short-grain rice** in a bowl over a stovetop. Bring to a boil, cover, and reduce heat to low for 20 minutes. Remove from heat, let sit for 5 minutes.
6. Remove bay leaves, shred the chicken in the slow cooker, and stir in the reserved sauce. Adjust seasoning if needed. Make 7 bowls by spreading rice, chicken, and a sprinkle of **cotija** and **cilantro**.

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TERIYAKI CHICKEN RICE BOWLS

PER SERVING: MAKES 8

515 CALORIES

40G PROTEIN

65G CARBS

9G FAT



INGREDIENTS

Chicken & Marinade:

1340g (48oz) boneless, skinless chicken thighs
75g (5 Tbsp) soy sauce
30g (2 Tbsp) dark soy sauce
80g (4 Tbsp) honey
60g (4 Tbsp) mirin
30g (2 Tbsp) ginger paste
15g (1 Tbsp) garlic paste

Other:

45g (3 Tbsp) cornstarch
60g (4 Tbsp) cold water
2 stalks of green onions

Low-Cal Yum Yum Sauce:

100g (½ cup) low-fat mayo
100g (½ cup) 0% Greek yogurt
75g (5 Tbsp) sriracha
Salt, pepper, garlic powder to taste
Splash of 1% Milk

Rice:

480g (2.5 cups) short grain or sushi rice, dry weight

INSTRUCTIONS

1. Place the **chicken thighs** in the slow cooker. Pour in the **soy sauce, dark soy sauce, honey, mirin, ginger paste, and garlic paste**, stirring to coat the chicken evenly.
2. Cover and cook on high for 4-5 hours or low for 5+ hours until tender. Once done, lightly shred the chicken directly in the slow cooker to mix with the sauce.
3. In a small bowl, combine **cornstarch with cold water** to make a slurry, then add it to the slow cooker. Stir well and let the mixture sit uncovered for 15-20 minutes to allow the sauce to thicken.
4. While the sauce thickens, cook **short-grain or sushi rice** according to package instructions. Fluff with a fork once done.
5. In a separate bowl, make the Yum Yum sauce by combining **low-fat mayo, 0% Greek yogurt, and sriracha. Season with salt, pepper, and a pinch of garlic powder, then gradually add milk** until the sauce reaches your preferred consistency.
6. Mix the cooked rice into the chicken in the slow cooker, or keep them separate for easier portioning. Add **chopped green onions**, reserving some for garnish if desired.
7. Divide into 8 servings and top each with Yum Yum sauce. Store any leftovers frozen.

CHEESY CHIPOTLE CHICKEN PASTA

PER SERVING: MAKES 10

460 CALORIES

40G PROTEIN

59G CARBS

9G FAT



INGREDIENTS

Chicken & Marinade:

780g (28oz) chicken breast
60g (4 Tbsp) adobo sauce
4-5 chipotle peppers
2 tsp garlic powder
2 tsp onion powder
1 Tbsp salt
5g (1 tsp) chicken bouillon
300g (1 ¼ cups) water

Pasta:

672g (24oz) pasta of choice

Cheese Sauce:

600g (2 ½ cups) 2% cottage cheese
120g (½ cup) 1/3-fat cream cheese
50g (½ cup) Parmigiano Reggiano
50g (½ cup) mozzarella, shredded
50g (2 ½ Tbsp) honey
300g (1 ¼ cups) 1% milk
salt and pepper to taste

Garnish:

Chopped chives

INSTRUCTIONS

1. Dice the **chicken breast** and add to the slow cooker with **adobo sauce, minced chipotle peppers, salt, garlic powder, onion powder, chicken bouillon, and water**. Stir well to ensure the chicken is evenly coated with the seasonings and sauce. Cover and cook on high for 2-3 hours or on low for 4-5 hours until the chicken is fully cooked and tender enough to shred easily.
2. While the chicken is cooking, cook the **pasta** half way according to box instructions.
3. Once the chicken is done, use two forks to shred it directly in the slow cooker. Grate the **Parmigiano Reggiano**. In a blender, combine the Parmigiano Reggiano, **2% cottage cheese, 1/3 fat cream cheese, mozzarella, honey, milk, salt, and pepper** to create the blended cheese sauce.
4. In the slow cooker, add the half-cooked pasta along with about half a cup of reserved pasta water to help the sauce reach a smooth consistency. Pour in the blended cheese sauce, and stir thoroughly to ensure that the pasta and chicken are well-coated.
5. Cover the slow cooker again and cook on low for an additional 20-30 minutes to allow the sauce to thicken and for the pasta to finish cooking until perfectly tender. During this time, the pasta will absorb the sauce flavors, creating a rich, cohesive dish.
6. Once done, give it a final stir to mix everything evenly. Serve and garnish each portion with freshly **chopped chives** for a pop of color and added flavor. Divide into 10 servings and store leftovers in airtight containers for freezing to maintain freshness.

LEMON HARISSA CHICKEN PASTA

PER SERVING: MAKES 10

585 CALORIES

46G PROTEIN

61G CARBS

17G FAT



INGREDIENTS

Chicken:

1340g (48oz) boneless, skinless chicken thighs

Harissa Sauce:

2 yellow onions
60g (4 Tbsp) harissa paste
60g (4 Tbsp) sun-dried tomatoes
15g (1 Tbsp) tomato paste
20g (1 Tbsp) honey
2 tsp each: smoked paprika, dried thyme, dried oregano
1 tsp garlic powder
1 Tbsp salt
Dash of black pepper

Additional Ingredients:

Juice and zest of 2 lemons
3 Tbsp harissa paste
200g (1¼ cups) feta cheese
500g (2 cups) whole milk

Pasta:

672g (24 oz) penne pasta

Lazy Tzatziki:

200g (¾ cup) store-bought tzatziki
200g (¾ cup) 0% Greek yogurt
Salt and garlic powder, to taste

Toppings:

Chives

INSTRUCTIONS

1. Dice the **yellow onions**, chop the **sundried tomatoes**, and place in the slow cooker with the **chicken thighs**, **harissa paste**, **tomato paste**, **honey**, **smoked paprika**, **dried thyme**, **dried oregano**, **garlic powder**, **salt**, and **black pepper** into a slow cooker. Stir to coat the chicken evenly with the mixture. Cover and cook on high for 3–4 hours or low for 4–5 hours, until the chicken is tender and cooked through.
2. Once the chicken is cooked, shred it directly in the slow cooker using two forks. Add the **juice and zest of two lemons**, **additional harissa paste**, and **crumbled feta cheese**. Stir to combine, then cover and let cook on high for 10 minutes to allow the flavors to meld.
3. Cook the **penne pasta** until it is halfway done according to package instructions. Drain the pasta and add it to the slow cooker along with the **whole milk**. Stir everything together, ensuring the pasta is evenly coated. Cover and cook on low for 20–30 minutes, or until the pasta is fully cooked and the sauce has thickened.
4. In a small bowl, mix the **store-bought tzatziki with the 0% Greek yogurt**. Add **salt** and **garlic powder** to taste, stirring until smooth. Chop the **chives**, divide into 10 servings. Top each pasta bowl with a dollop of tzatziki and a sprinkle of chives before serving. Store leftovers in freezer-safe containers.

HONEY CHIPOTLE CHICKEN BURRITO BOWLS

PER SERVING: MAKES 7

530 CALORIES

48G PROTEIN

59G CARBS

10G FAT



INGREDIENTS

Chicken:

1360g (48oz) boneless, skinless chicken thighs

Rice:

420g (2 ⅓ cups) Jasmine rice (dry weight)

Toppings & Garnish:

50g 0% Greek yogurt (per bowl)

Pico de gallo, to taste

Cilantro, for garnish

Marinade:

240g (1 cup) orange juice
200g (7oz) can chipotle peppers

45g (3 Tbsp) soy sauce

30g (2 Tbsp) apple cider vinegar

2 Tbsp garlic purée

2 tsp cumin

1 Tbsp salt

1 ½ tsp black pepper

2 tsp onion powder

80g (4 Tbsp) honey

15g (1 Tbsp) avocado oil

Handful of cilantro stems

INSTRUCTIONS

1. Add **orange juice, chipotle peppers, soy sauce, apple cider vinegar, garlic purée, cumin, salt, black pepper, onion powder, honey, avocado oil, and cilantro stems** to a blender. Blend on high for 1-2 minutes until the marinade is completely smooth.
2. Place the **chicken thighs** in a slow cooker. Pour the marinade over the chicken and stir to coat evenly. Cover and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender and easily shreds.
3. Once the chicken is almost fully cooked through, cook the **rice** according to package instructions and fluff with a fork.
4. Use two forks to shred the cooked chicken directly in the slow cooker, mixing it back into the sauce to absorb all the flavor.
5. Mix the rice with the chicken in the slow cooker or keep separate for portioning. Divide into 7 meal prep containers and top the burrito bowls with **0% Greek yogurt, cilantro, and pico de gallo**. Store leftovers in the freezer.

CHORIZO QUESO MAC N' CHEESE

PER SERVING: MAKES 10

600 CALORIES

45G PROTEIN

58G CARBS

20G FAT



INGREDIENTS

Meat & Sauce Base:

907g (32oz) 93% ground beef
227g (8oz) pork chorizo
1 Tbsp coarse salt
1 Tbsp ground paprika
1 Tbsp ground oregano
1 tsp ground cumin
1.5 tsp ground black pepper
120g red enchilada sauce
400g (14oz) can of fire-roasted tomatoes
2 Tbsp garlic purée
1 Tbsp chipotle peppers
1 Tbsp adobo sauce
45g (3 Tbsp) apple cider vinegar

Blended Queso Sauce:

800g (3 1/3 cups) 2% cottage cheese
100g (1/2 cup) 1/3-fat cream cheese
150g (1 1/2 cups) extra sharp cheddar cheese
30g (1/4 cup) cheddar powder
240g (1 cup) red enchilada sauce
300g (1 1/4 cups) 1% milk

Roasted Vegetables:

2 orange bell peppers
2 red bell peppers
1 onion

Garnish:

Cilantro (optional)

Pasta:

672g (24 oz) pasta

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Dice the **bell peppers and onion**, spread on a baking sheet, and roast for 20-25 minutes until tender.
2. In the slow cooker, combine **ground beef, chorizo, salt, paprika, oregano, cumin, black pepper, red enchilada sauce, fire-roasted tomatoes, garlic purée, chipotle peppers, adobo sauce, and apple cider vinegar**. Stir to coat the meat evenly. Add the roasted vegetables, cover, and cook on high for 2-3 hours or low for 3-4 hours until the meat is tender.
3. Cook the **pasta** for half the package time, then drain. Shred the **cheddar cheese** and place in a blender with **2% cottage cheese, 1/3 fat cream cheese, cheddar powder, enchilada sauce, and 1% milk**. Blend until smooth.
4. Add the half-cooked pasta and queso sauce to the slow cooker, stir well, and cook on low for 15-20 minutes until the sauce thickens and pasta is fully cooked. Divide into 10 servings, **garnish with chopped cilantro** if desired, and store leftovers in freezer-safe containers.

LASAGNA BOWLS

PER SERVING: MAKES 10

480 CALORIES

44G PROTEIN

48G CARBS

14G FAT



INGREDIENTS

Beef Mixture:

907g (32oz) 93% lean ground beef
30g (2 Tbsp) tomato paste
840g (54 oz) crushed tomatoes (two 28 oz cans)
960g (32oz) bone broth (two 16oz boxes)

Seasoning Blend:

1 Tbsp onion powder
1 Tbsp garlic powder
1.5 Tbsp salt
1 Tbsp Italian herbs
1 tsp black pepper

Cheese Sauce:

120g (½ cup) fat-free milk
200g blended 2% cottage cheese
120g (1 cup) Parmigiano Reggiano
60g (½ cup) low-fat mozzarella

Pasta:

448g (16 oz) oven-ready lasagna
240g (1 cup) water

Toppings (per bowl)

30g (2 Tbsp) low-fat ricotta
Chopped fresh basil

INSTRUCTIONS

1. Add the **ground beef** to the slow cooker. Add in the **tomato paste, crushed tomatoes, bone broth, onion powder, garlic powder, salt, Italian herbs, and black pepper**. Stir well, breaking up any large chunks of beef, until everything is fully combined. Cover and cook on high for 3–4 hours or low for 4+ hours until the beef is tender and flavors are fully melded.
2. Once done, break up the **oven ready lasagna sheets** and add them to the slow cooker. Pour in **1 cup of water** and mix thoroughly to ensure all pasta pieces are separated and submerged in the sauce. Cover and cook for an additional 20–30 minutes on high, or until the pasta is cooked through.
3. When the pasta is tender, blend the **2% cottage cheese**, shred the **Parmigiano Reggiano and low-fat mozzarella**. Add to the slow cooker with the **fat-free milk**. Stir until the cheese is melted and fully combined, creating a creamy sauce.
4. Let the mixture sit, covered, for another 10 minutes to thicken slightly.
5. Chop the **basil** and serve each portion with a topping of **low-fat ricotta** and basil.
6. For storage, divide into 10 servings and let leftovers cool before storing in freezer-safe containers.

CHICKEN BACON RANCH MAC N' CHEESE

PER SERVING: MAKES 11

490 CALORIES

50G PROTEIN

52G CARBS

12G FAT



INGREDIENTS

Chicken & Bacon:

896g (32oz) chicken breast
6 slices turkey bacon
1 packet ranch seasoning
30g (1 ½ Tbsp) hot honey
1 Tbsp fresh dill
Garlic powder, black pepper,
& red chili flakes, to taste

Broth Base:

3 sweet onions
6 jalapeños or Fresno chilis
8 cloves of garlic
480g (16oz) chicken bone
broth

Cheese Sauce:

800g (3 ½ cups) 2% cottage
cheese
160g (1 ¼ cups) Parmigiano
Reggiano
420g (1 ¾ cups) fat-free milk
1 tsp garlic powder
1 tsp onion powder
Salt & pepper, to taste

Pasta:

672g (24 oz) pasta of choice

Topping & Garnish:

10 slices center-cut bacon
handful of chopped chives

INSTRUCTIONS

1. Mince the **garlic** and set aside. Dice the **onions** and brown in a large skillet. Once browned, add **jalapeños (or Fresno chilis)** and garlic, cooking until softened. Pour in **chicken bone broth**, bring to a boil, and reduce liquid completely. Set aside.
2. Dice the **chicken breast** and chop the **dill**. Then combine these in slow cooker with **turkey bacon, ranch seasoning, hot honey, garlic powder, black pepper, and red chili flakes**. Pour in the onion, garlic and broth base, stir, and cook on high for 2-3 hours or low for 3-4 hours, until chicken is tender. Lightly shred with tongs.
3. Boil your **pasta** in lightly salted water until it is half cooked according to package instructions.
4. For the cheese sauce, shred the **Parmigiano Reggiano** and place in a blender with **2% cottage cheese, fat-free milk, garlic powder, and onion powder**. Add **salt and pepper** to taste and blend until smooth. Add the cheese sauce, **chopped chives**, and half-cooked pasta to the slow cooker. Stir, cover, and cook on low for 10-15 minutes until pasta is tender and sauce thickens.
5. Meanwhile, bake **center-cut bacon** at 400°F for 15-20 minutes until crispy. Chop and stir into the slow cooker. Garnish with **chives**, divide into 11 servings, and store leftovers in freezer-safe containers.

CHIMICHURRI STEAK RICE BOWLS

PER SERVING: MAKES 9

530 CALORIES

41G PROTEIN

53G CARBS

16G FAT



INGREDIENTS

Steak & Marinade:

1340g (48oz) flank steak or lean steak of choice
1 yellow onion
15g (1 Tbsp) minced garlic
1 ½ Tbsp salt
2 tsp black pepper
2 tsp garlic powder
2 tsp oregano
30g (2 Tbsp) red wine vinegar
15g (1 Tbsp) olive oil
240g (1 cup) puréed fresh pineapple*

Chimichurri:

60g (¼ cup) olive oil
60g (¼ cup) red wine vinegar
1 bunch chopped cilantro

Chimichurri Cont.:

4 cloves minced garlic
2 small red chilies (e.g., red jalapeños or Fresno chilies)
1 tsp dried oregano
1 tsp coarse salt
½ tsp black pepper

Yellow Rice:

600g (3 cups) short grain rice, uncooked
900g (3 ¾ cups) chicken bone broth
5g (1 tsp) olive oil
1 yellow onion
1 Tbsp minced garlic
1 Tbsp turmeric
Salt to taste

INSTRUCTIONS

1. Add the **flank steak or lean steak** of choice to a slow cooker. Dice the **yellow onion and mince the garlic**, then add to the slow cooker along with **salt, black pepper, garlic powder, oregano, olive oil, red wine vinegar, and puréed fresh pineapple**. Mix well to coat the steak evenly with the marinade. Cover and cook on low for 6-8 hours, until the steak is tender and easily shreddable.
2. While the steak cooks, prepare the chimichurri. Finely chop your **red chiles, cilantro or parsley, and mince the garlic**. Afterwards, combine them with **olive oil, red wine vinegar, dried oregano, coarse salt, and black pepper** in a bowl. Mix thoroughly, then cover and refrigerate to let the flavors meld.
3. For yellow rice, heat **olive oil** in a pan, Dice and sauté **yellow onion** until translucent, then add minced **garlic** along with **turmeric, and salt**. Stir in **short grain rice**, pour in **chicken bone broth**, bring to a boil, cover, reduce to low, and simmer for 20-25 minutes. Let sit covered for 10 minutes. Adjust liquid based on type of rice being used.
4. Shred the cooked steak in the slow cooker, mixing in the chimichurri. Reserve some for garnish if desired.
5. Portion steak and rice into 9 servings, garnish with chimichurri, and enjoy. Store leftovers in freezer-safe containers and reheat in the microwave for 2-3 minutes.

*Fresh pineapple is essential for its tenderizing effect. Do not use canned pineapple or shelf-stable/pasteurized varieties. Pre-sliced or cubed fresh pineapple from the produce section is acceptable.

BUFFALO CHICKEN & BACON MAC N' CHEESE

PER SERVING: MAKES 11

490 CALORIES

46G PROTEIN

54G CARBS

13G FAT



INGREDIENTS

Chicken & Seasonings:

900 (32oz) chicken breast
100g (½ cup) buffalo sauce
30g (2 Tbsp) Worcestershire sauce
18g (1 Tbsp) chicken bouillon
Salt, pepper, & garlic powder, to taste

Roasted Vegetables:

3 orange bell peppers
2 onions

Pasta:

672g (24 oz) pasta of choice

Buffalo Cheese Sauce:

800g (3 ⅓ cups) 2% cottage cheese
50g (⅓ cup) 1/3-fat cream cheese
100g (1 cup) extra sharp cheddar cheese
60g (½ cup) Parmigiano Reggiano
120g (½ cup) buffalo sauce
300g (1 ¼ cups) milk
30g (1 ½ Tbsp) honey
Salt & pepper, to taste

Topping:

18 slices center-cut bacon

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Dice the **bell peppers and onions**, spread on a baking sheet, and roast for 20–25 minutes until lightly charred.
2. Dice the **chicken breast** and add to the slow cooker with **buffalo sauce, Worcestershire, chicken bouillon, salt, pepper, and garlic powder**. Stir in the roasted vegetables to coat well. Cover and cook on high for 2–3 hours or low for 4–5 hours, until chicken is tender. Use tongs to break up the chicken in the slow cooker.
3. Boil a pot of salted water and cook the **pasta** to 50% of the time listed on the box. Prepare the buffalo cheese sauce by grating the **cheddar and Parmigiano Reggiano** and place in a blender with **2% cottage cheese, 1/3 fat cream cheese, buffalo sauce, milk, honey**. Add **salt and pepper** and blend until smooth. Add the half-cooked pasta to the slow cooker, pour over the Buffalo cheese sauce, and stir. Cover and cook on low for an additional 20–30 minutes until pasta is tender and sauce thickens.
4. Meanwhile, bake the **center-cut bacon** on a foil-lined baking sheet at 400°F for 15–20 minutes until crispy. Chop or crumble bacon once done. Stir in crumbled bacon and **chopped chives**. Divide into 11 servings, cool, and store leftovers in freezer-safe containers.

KOREAN BBQ BEEF RICE BOWLS

PER SERVING: MAKES 10

505 CALORIES

36G PROTEIN

56G CARBS

14G FAT



INGREDIENTS

Steak:

1340g (48oz) flat cut brisket or chuck eye roast

OR lean steak of choice

Marinade Mixture:

5 Tbsp soy sauce

54g (3 Tbsp) gochujang

45g (3 Tbsp) mirin

40g (2 Tbsp) honey

30g (2 Tbsp) garlic purée

15g (1 Tbsp) ginger purée

Black pepper

Rice:

600g (3 cups) rice (uncooked weight)

Add After Cooking:

30g (2 Tbsp) toasted sesame oil

60g (4 Tbsp) premium oyster sauce: brands include Lee Kum Kee/Lucky Brand

Spicy Cream Sauce:

200g 0% skyr or Greek yogurt

36g (2 Tbsp) gochujang

10g (2 tsp) chili crisp

40g (2 Tbsp + 2 tsp) 1% milk

Salt & pepper, to taste

Garnish:

Sesame seeds

Chopped green onions

INSTRUCTIONS

1. If using **flat cut brisket or chuck eye roast**, remove all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker.
2. Add **soy sauce, gochujang, mirin, honey, garlic purée, ginger purée, and black pepper** to the slow cooker. Mix everything thoroughly, ensuring the steak is evenly coated with the marinade. Cover and cook on high for 5–6 hours or low for 6+ hours, until the beef is tender and easily falls apart.
3. Once cooked, shred the beef with a fork or chop it into bite-sized pieces with a knife. Stir in the **oyster sauce and toasted sesame oil** for a boost of flavor. Let the beef sit for a few minutes to absorb. Add **0% skyr or Greek yogurt, gochujang, chili crisp, 1% milk** plus **salt and pepper** to taste and let sit.
4. Meanwhile, cook the **rice** according to package instructions and fluff with a fork. Mix the rice into the chicken or keep separate for portioning. Garnish with **sesame seeds, and chopped green onions**, divide into 10 servings and store leftovers in freezer-safe containers.

SPICY CHICKEN ALFREDO

PER SERVING: MAKES 10

525 CALORIES

46G PROTEIN

58G CARBS

14G FAT



INGREDIENTS

Chicken and Seasonings:

900g (32oz) chicken breast
30g (¼ cup) Parmigiano Reggiano
30g (2 Tbsp) minced garlic
1 Tbsp salt
2 tsp crushed red pepper
2 tsp garlic powder
2 tsp onion powder
1 tsp black pepper
½ tsp cayenne pepper
120g (½ cup) chicken bone broth
30g (2 Tbsp) butter

Pasta:

672g (24 oz) pasta
240g (1 cup) pasta water

Red Pepper Alfredo Sauce:

800g (3 ⅓ cups) 2% cottage cheese
120g (½ cup) 1/3-fat cream cheese
120g (1 cup) Parmigiano Reggiano
240g (1 cup) 1% milk
Salt, pepper, & red chili flakes, to taste

Roasted Vegetables:

5 red bell peppers
10 cloves garlic
1 tsp oil of choice

Garnish:

Chopped parsley

INSTRUCTIONS

1. Shred the **Parmigiano Reggiano**, dice the **chicken breast** and add to slow cooker with **minced garlic, salt, crushed red pepper, garlic powder, onion powder, black pepper, cayenne pepper, chicken bone broth, and butter** to a slow cooker. Stir to coat the chicken. Cover and cook on high for 2-3 hours or low for 4-5 hours, until tender. Shred the chicken in the slow cooker once cooked through.
2. Roast **red bell peppers and garlic cloves** (garlic wrapped in foil with **oil of choice**) at 450°F for 30-50 minutes until soft and slightly charred. Peel the peppers once cooled.
3. Shred **Parmigiano Reggiano** and place in a blender with roasted peppers, roasted garlic, **2% cottage cheese, 1/3 fat cream cheese, 1% milk, and red chili flakes** until smooth. Season with **salt and pepper** to taste and blend until smooth.
4. Cook **pasta** for half the package time. Reserve **1 cup pasta water** and drain. Add half-cooked pasta, reserved pasta water, and blended sauce. Stir to combine. Cover and cook on low for 15-20 minutes until pasta is tender and the sauce thickens.
5. Chop the parsley, divide into 10 servings, and store leftovers in freezer-safe containers.

SLOW COOKER CHILI

PER SERVING: MAKES 8

445 CALORIES

44G PROTEIN

26G CARBS

19G FAT



INGREDIENTS

Beef:

1340g (48 oz) 93% ground beef

Chili Base:

3 yellow onions

10 cloves garlic

2 Tbsp butter

3 Tbsp tomato paste

480g (2 cups) beef bone broth

480g (2 cups) red enchilada sauce

3 Tbsp apple cider vinegar

794g (28oz) can of fire roasted diced tomatoes

1 can (7oz) chipotles

425g (15oz) black beans

20g (1 Tbsp) honey

Spice Blend:

1 Tbsp each: salt, ancho chili powder, garlic powder, onion powder

2 tsp each: smoked paprika, cumin, oregano

1 tsp each: black pepper, cayenne

1/8 tsp cinnamon

Toppings & Garnish:

400g (1 3/4 cups) 0% plain skyr

100g (1/2 cup) 1/3 fat cream cheese

200g (2 cups) sharp cheddar cheese

Handful of Cilantro

INSTRUCTIONS

1. Dice the **yellow onions**. Cook in a hot pan over high heat until translucent and beginning to brown. Lower the heat to medium, add **minced garlic, butter and tomato paste**, and simmer for 5 minutes.
2. Transfer the onion, garlic, and tomato paste mixture to the slow cooker with the **ground beef**. Add **beef bone broth, red enchilada sauce, apple cider vinegar, fire roasted diced tomatoes, chipotles, black beans, honey, salt, ancho chili powder, garlic powder onion powder, smoked paprika, cumin, oregano, black pepper, cayenne, and cinnamon**. Stir well to combine.
3. Cover and cook on low for 4-5 hours or high for 3-4 hours, until the beef is tender and fully cooked. Once done, break up the meat with a wooden spoon, mixing until evenly combined. Remove from heat, grate the **cheddar**, and stir in **softened 1/3 fat cream cheese** and cheddar until melted and creamy.
4. Divide into 8 servings and serve the chili in bowls topped with a **dollop of 0% plain skyr and fresh chopped cilantro** for added flavor. For leftovers, let the chili cool completely. Store in freezer-safe containers.

CHILI MAC

PER SERVING: MAKES 12

560 CALORIES

44G PROTEIN

60G CARBS

18G FAT



INGREDIENTS

Beef:

1340g (48 oz) 93% ground beef

Chili Base:

3 yellow onions

10 cloves garlic

2 Tbsp butter

3 Tbsp tomato paste

480g (2 cups) beef bone broth

480g (2 cups) red enchilada sauce

3 Tbsp apple cider vinegar

794g (28oz) can of fire roasted diced tomatoes

1 can (7oz) chipotles

425g (15oz) black beans

20g (1 Tbsp) honey

Spice Blend:

1 Tbsp each: salt, ancho chili powder, garlic powder, onion powder

2 tsp each: smoked paprika, cumin, oregano

1 tsp each: black pepper, cayenne

1/8 tsp cinnamon

Pasta & Cheese Sauce:

672g (24 oz) pasta of choice

800g (3 1/3 cups) 2% cottage cheese

200g (2 cups) each: 0% plain skyr, sharp cheddar cheese, 1% milk

125g (1 1/4 cups) American cheese

Cilantro garnish

INSTRUCTIONS

1. Dice the **yellow onions**. Cook in a hot pan over high heat until translucent and beginning to brown. Lower the heat to medium, add **minced garlic, butter and tomato paste**, and simmer for 5 minutes.
2. Transfer the onion, garlic, and tomato paste mixture to the slow cooker with the **93% ground beef**. Drain and rinse the **black beans** and add to the slow cooker with **beef bone broth, red enchilada sauce, apple cider vinegar, diced fire roasted tomatoes, chipotles, honey, salt, ancho chili powder, garlic powder, onion powder, smoked paprika, cumin, oregano, black pepper, cayenne, and cinnamon**. Stir well to combine.
3. Cover and cook on low for 4-5 hours or high for 3-4 hours, until the beef is tender and fully cooked.
4. Bring a pot of salted water to a boil, cook **pasta** halfway according to package instructions. Drain.
5. Once the beef is cooked, break up the meat with a spoon, mixing until combined. Add the half-cooked pasta to the slow cooker and stir to incorporate.
6. Shred the **cheddar and American cheese**, add to a blender with the **2% cottage cheese, 1% milk, 0% plain skyr**, blend until smooth. Pour over the chili and pasta, and mix. Cover and cook on high for 15 minutes to finish the pasta and thicken the sauce.
7. Divide into 12 servings and serve in bowls, garnished with fresh **chopped cilantro**. [BACK TO TABLE OF CONTENTS](#) 49

BUTTER CHICKEN CHILI

PER SERVING: MAKES 7

390 CALORIES

47G PROTEIN

11G CARBS

17G FAT



INGREDIENTS

Chicken:

1350g (48oz) ground chicken thighs

Spice blend:

3 Tbsp smoked paprika

2 Tbsp cumin

1 Tbsp garam masala

2 tsp coriander

1 tsp cayenne

1 Tbsp salt

Dash of black pepper

Toppings & Garnish:

300g (1 ¼ cups) plain 0% Greek yogurt or skyr

30g (2 Tbsp) butter

½ spice blend

Cilantro for garnish

Butter Sauce:

45g (3 Tbsp) butter

3 onions

45g (3 Tbsp) tomato paste

45g (3 Tbsp) garlic paste

45g (3 Tbsp) ginger paste

½ spice blend

794g (28oz) can of crushed fire-roasted tomatoes

240g (1 cup) chicken bone broth

20g (1 Tbsp) honey

Lemon Yogurt Sauce

(optional):

100g (½ cup) Greek yogurt

Juice of ¼ lemon

Salt & garlic to taste

INSTRUCTIONS

1. Combine **smoked paprika, cumin, garam masala, coriander, cayenne, salt, and black pepper** to create the spice blend.
2. Prep the butter sauce. **Dice onions** and cook over high heat until translucent and starting to brown. Reduce heat to medium, **add butter**, and simmer for 5-10 minutes, stirring occasionally. Stir in **tomato paste, garlic paste, ginger paste, and half the spice blend**, cooking for 2-3 minutes until fragrant.
3. Add **crushed fire-roasted tomatoes, chicken bone broth, and honey**. Mix well, simmer briefly, then remove from heat and let cool slightly before blending until smooth.
4. Place **ground chicken** in a slow cooker and pour the blended sauce over it. Stir to coat, cover, and cook on high for 2-3 hours or low for 3-4 hours. Break up large chunks of chicken until it reaches a chili-like consistency. Stir in **0% Greek yogurt (or skyr), butter, the remaining spice blend, and chopped cilantro** until fully combined. Divide into 7 portions for meal prep and let leftovers cool before storing in freezer-safe containers. For an optional topping sauce, mix **0% Greek yogurt with the juice of ¼ lemon, salt, and garlic** to taste after reheating.

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FROZEN CHEESY BUFFALO CHICKEN BURRITOS

PER SERVING: MAKES 14

450 CALORIES

37G PROTEIN

40G CARBS

16G FAT



INGREDIENTS

Buffalo Chicken:

1360g (48oz) boneless, skinless chicken thighs
1 tsp salt
1 tsp garlic powder
1 tsp onion powder
1 tsp paprika
1 tsp chili powder
1 packet ranch seasoning
1 Tbsp fresh chopped dill
100g (½ cup) buffalo sauce

Buffalo Cheese Sauce:

750g (3 ¼ cups) 2% cottage cheese
200g (¾ cup) 1/3-fat cream cheese
200g (¾ cup) buffalo sauce
200g (1 ½ cups) 2% cheddar cheese
60g (3 Tbsp) honey
30g (2 Tbsp) butter
Handful of chopped chives

Burrito Tortillas:

14 large tortillas

INSTRUCTIONS

1. Add **chicken thighs** to your slow cooker. Sprinkle with **salt, garlic powder, onion powder, paprika, chili powder, ranch seasoning, and fresh chopped dill**. Pour in **buffalo sauce** and mix well to evenly coat the chicken. Cover and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender and easily shredded.
2. Once the chicken is cooked, shred it directly in the slow cooker using two forks. Blend **2% cottage cheese** and **shred the 2% cheddar cheese**. Mix into the slow cooker along with **1/3 fat cream cheese, honey, additional buffalo sauce, butter**. Stir thoroughly until the mixture is smooth and creamy. Fold in **chopped chives** for added flavor. Add a corn starch slurry to help thicken further (2 Tbsp corn starch mixed with 2 Tbsp cold water)
3. Transfer the chicken mixture to the refrigerator and let it chill for 45 minutes to an hour to thicken.
4. Lay out 14 **burrito-sized tortillas** and evenly divide the chicken mixture into the tortillas. Roll each tortilla tightly to form burritos. Wrap burritos in aluminum foil and store leftover burritos in the freezer for meal prep.

MISO MAC

PER SERVING: MAKES 10

600 CALORIES

47G PROTEIN

61G CARBS

18G FAT



INGREDIENTS

Chicken:

1340g (48oz) boneless, skinless chicken thighs

Miso Sauce:

60g (4 Tbsp) white miso paste
45g (3 Tbsp) mirin
1 Tbsp salt
1 Tbsp garlic powder
Black pepper
1 diced white onion

Toppings:

Juice of 1 lemon
White/black sesame seeds

Miso Milk:

600g (2½ cups) whole milk
60g (4 Tbsp) white miso

Cheese Blend:

250g (2 cups) sharp cheddar
30g (2 Tbsp) Parmigiano Reggiano
100g (1 cup) mozzarella

Pasta:

672g (24 oz) macaroni

INSTRUCTIONS

1. In a large bowl, whisk together **white miso paste, honey, mirin, salt, garlic powder, and black pepper** until combined. Dice the **onions** and place into the slow cooker with the **chicken thighs**. Pour the miso sauce over the chicken, stirring to coat evenly. Cover and cook on high for 3-4 hours or low for 4-5 hours, until the chicken is tender and cooked through.
2. Bring a large pot of salted water to a boil and **cook the macaroni** halfway according to package instructions. Drain and set aside.
3. As the chicken cooks, create the "miso milk" by adding **white miso** and **whole milk** to a blender and blending until smooth.
4. Once the chicken is cooked, lightly shred the cooked chicken using two forks, leaving some larger pieces intact for texture. Shred the **cheddar, Parmigiano reggiano, and mozzarella**. Add to the slow cooker along with the half-cooked macaroni, and the miso milk. Add a pinch of salt. Cover on low for 20-30 minutes or until thickened and pasta is finished cooking.
5. Once pasta is fully cooked, mix until all ingredients are fully combined. Top with desired amount of **white/black sesame seeds and lemon**. Divide into 10 servings and serve. Allow leftovers to cool completely before sealing in airtight, freezer-safe containers.

CHEESY SOUTHWESTERN CHICKEN ORZO

PER SERVING: MAKES 12

545 CALORIES

42G PROTEIN

58G CARBS

15G FAT



INGREDIENTS

Chicken & Seasonings:

1350g (48oz) boneless, skinless chicken thighs
3 packets taco seasoning
1 Tbsp chicken bouillon
4 Tbsp Hatch green chiles
15g (1 Tbsp) soy sauce
480g (16oz) chicken bone broth

Garnish:

Cilantro

Southwestern Orzo:

672g (24 oz) orzo
6 cans Amy's southwestern vegetable soup
120g (4 oz) water
Hot sauce of choice, to taste

Cheese Sauce:

180g (1 ¾ cups) 2% cheddar
60g (½ cup) extra sharp cheddar
500g (2 cups) 2% plain Greek yogurt

INSTRUCTIONS

1. Add the **chicken thighs, taco seasoning, chicken bouillon, Hatch green chiles, soy sauce, and chicken bone broth** to a slow cooker. Stir to coat the chicken evenly. Cover and cook on high for 3-4 hours or low for 4-5 hours until the chicken is tender and cooked through.
2. Once the chicken is done, shred it directly in the slow cooker using two forks. Add the **uncooked orzo, Amy's Southwestern vegetable soup, hot sauce to taste, and 4oz of water**. Stir well to combine, ensuring the orzo is fully submerged in the liquid. Cover and cook on high for 30-40 minutes, stirring every 10-15 minutes, until the orzo is tender and cooked.
3. Once the orzo is cooked, shred the **2% cheddar and extra sharp cheddar**. Then add to the slow cooker along with **2% Greek yogurt**. Stir thoroughly until the cheese is melted and the sauce is creamy and evenly distributed. Taste and adjust seasoning and salt if needed.
4. Garnish with **freshly chopped cilantro**, divide into 12 servings, and serve immediately. Store leftovers in freezer-safe containers.

JALAPEÑO POPPER MAC N CHEESE

PER SERVING: MAKES 10

570 CALORIES

54G PROTEIN

61G CARBS

14G FAT



INGREDIENTS

Jalapeño Popper Chicken:

900g (32oz) chicken breast
100g pickled jalapeños
30g (2 Tbsp) jalapeño brine
480g (16oz) chicken bone
broth
3 sweet onions
8 jalapeños
6 slices turkey bacon
Salt, garlic powder, and
pepper, to taste

Pasta:

672g (24 oz) pasta

Blended Cheese Sauce:

800g (3 1/3 cups) 2% cottage
cheese
80g (1/3 cup) 1/3 fat cream
cheese
40g (2 Tbsp) honey
150g (1 1/2 cups) Parmigiano
Reggiano
420g (3/4 cup) fat-free milk
3/4 tsp garlic powder
3/4 tsp onion powder
Salt & pepper, to taste

Toppings:

10 slices center-cut bacon
3 Tbsp fresh chives, chopped

INSTRUCTIONS

1. Dice the **sweet onions and jalapeños**, then add them to a hot pan over high heat. Cook until translucent and beginning to brown. Pour in the **chicken bone broth**, bring to a boil, and reduce liquid completely.
2. Dice the **chicken breast** and **pickled jalapeños**, place in the slow cooker with **jalapeño brine, the roasted onion and jalapeño broth mixture, turkey bacon, salt, garlic powder, and pepper**. Stir, cover, and cook on high for 2-3 hours or low for 3-4 hours, until tender.
3. While the chicken cooks, bake the **center-cut bacon** on a foil-lined sheet at 400°F for 15 minutes, or until crispy. Chop into small pieces and set aside.
4. Cook the **pasta** half way according to the box instructions in a lightly salted pot of boiled water.
5. Grate the **Parmigiano Reggiano** and blend with **2% cottage cheese, 1/3 fat cream cheese, honey, fat free milk, garlic powder, onion powder, salt, and pepper** until smooth. Once the chicken is done, shred it in the slow cooker, stir in the cheese sauce and half-cooked pasta, and mix well to coat. Cover and cook on high for 15 minutes to finish the pasta and thicken the sauce.
6. Top with crispy bacon and **fresh chives**. Divide into 10 servings and enjoy.

HONEY HARISSA CHICKEN RICE BOWLS

PER SERVING: MAKES 10

565 CALORIES

49G PROTEIN

57G CARBS

14G FAT



INGREDIENTS

Honey Harissa Chicken:

1790g (64oz) boneless, skinless chicken thighs
105g (7 Tbsp) harissa paste
15g (1 Tbsp) white miso paste (optional)
2 tsp smoked paprika
2 tsp dried thyme or oregano
1 tsp garlic powder
1 Tbsp salt (or to taste)
Dash of black pepper
60g (3 Tbsp) honey

Additional Ingredients:

Juice of 1 lemon
3 Tbsp harissa

Herby Rice:

560g (3 cups) rice
840g (3½ cups) chicken bone broth
Salt, garlic powder, dried oregano, dried thyme, rosemary (all to taste)
15g (1 Tbsp) olive oil

Lazy Low Calorie Tzatziki:

200g (¾ cup) store-bought tzatziki
200g (¾ cup) 0% Greek yogurt
Salt/garlic powder to taste

Toppings:

100g (¾ cup) feta cheese
Additional topping ideas: Pickled red onions, diced avocados, Diced cucumbers, capers

INSTRUCTIONS

1. In a large bowl, mix together **harissa paste, white miso paste (if using), smoked paprika, dried thyme or oregano, garlic powder, salt, black pepper, and honey** until well combined. Place the **chicken thighs** into the slow cooker and pour the harissa mixture over them, ensuring all pieces are evenly coated. Cover and cook on high for 3–4 hours or low for 4–5 hours, until the chicken is tender.
2. While the chicken cooks, prepare the herby rice by combining **rice, chicken bone broth, olive oil, salt, garlic powder, dried oregano, dried thyme, and rosemary** in a pot. Cook according to package instructions until the rice is tender. Set aside.
3. For the lazy low calorie tzatziki, mix the **store-bought tzatziki** with the **0% Greek yogurt** in a bowl. **Add salt and garlic powder to taste**, stirring until smooth. Set aside.
4. Once chicken is cooked, shred it directly in the slow cooker. Stir in the **juice of one lemon** and **harissa paste**, mixing well to combine. Add a corn starch slurry (1 Tbsp corn starch mixed with 1 Tbsp cold water) to thicken.
5. Assemble the bowls by dividing the herby rice evenly among 10 bowls. Top each serving with the harissa chicken and a dollop of the lazy tzatziki sauce. Sprinkle **feta cheese** over each bowl. Optionally, add fresh toppings like pickled red onions, diced avocados, diced cucumbers, red pepper hummus, or capers.

BUFFALO CHICKEN MAC N CHEESE

PER SERVING: MAKES 10

480 CALORIES

35G PROTEIN

59G CARBS

11G FAT



INGREDIENTS

Buffalo Chicken:

780g (28oz) boneless, skinless chicken thighs
80g (1/3 cup) buffalo sauce
30g (2 Tbsp) Worcestershire sauce
2 tsp garlic powder
2 tsp onion powder
5g (1 tsp) chicken bouillon
200g (3/4 cup) water

Pasta:

672g (24 oz) pasta of choice

Cheese Sauce:

600g (2 1/2 cups) 2% cottage cheese
150g (2/3 cup) 1/3 fat cream cheese
40g (1/3 cup) Parmigiano Reggiano
50g (1/2 cup) cheddar powder
120g (1/2 cup) buffalo sauce
60g (3 Tbsp) honey
300g (1 1/4 cups) 1% milk
Salt and pepper, to taste

INSTRUCTIONS

1. Make the Buffalo Chicken: Add **chicken thighs** to the slow cooker with **buffalo sauce, Worcestershire sauce, garlic powder, onion powder, chicken bouillon, and water**. Stir to coat the chicken evenly. Cover and cook on high for 2-3 hours or low for 3-4 hours until the chicken is tender and easily shredded.
2. While the chicken cooks, bring a large pot of salted water to a boil. Add the **pasta** and cook for half the time listed on the package. Drain and set aside.
3. Blend the **2% cottage cheese** and grate the **Parmigiano Reggiano**.
4. Once the chicken is done, shred it lightly in the slow cooker, and add the partially cooked pasta, cottage cheese, Parmigiano Reggiano, **1/3 fat cream cheese, cheddar powder, extra buffalo sauce, honey, milk, salt, and pepper**. Stir until everything is well combined, creating a creamy cheese sauce that coats the chicken and pasta.
5. Cover and cook on high for an additional 15-20 minutes until the pasta is tender and the sauce thickens. If needed, add an additional 100-200g milk to adjust the sauce consistency.
6. Once done, portion the mixture into 10 containers for easy meal prep. Allow the servings to cool completely before sealing and freezing for future meals.

CHICKEN ENCHILADA SOUP

PER SERVING: MAKES 10

480 CALORIES

45G PROTEIN

24G CARBS

22G FAT



INGREDIENTS

Chicken & Soup Base:

1340g (48oz) boneless, skinless chicken thighs

Chili Spice Blend:

1 Tbsp each: salt, chili powder, garlic powder, onion powder

2 tsp each: smoked paprika, cumin, oregano

1 tsp cayenne

½ tsp cinnamon

Toppings:

400g (1 ¾ cups) 0% skyr

100g (½ cup) 1/3 fat cream cheese

200g (2 cups) cheddar cheese

Soup Base:

2 yellow onions

3 jalapeño peppers

30g (2 Tbsp) butter

6 cloves garlic

45g (3 Tbsp) tomato paste

960g (4 cups) bone broth

480g (16oz) red enchilada sauce

794g (28oz) can of fire roasted diced tomatoes

110g (4oz) green chiles

425g (15oz) black beans

425g (15oz) canned corn

2 Tbsp hot sauce (optional)

30g (1 ½ Tbsp) honey

1 bunch cilantro stems

INSTRUCTIONS

1. Dice the **yellow onions and jalapeños**, removing jalapeño seeds if you prefer less heat. Cook in a hot skillet over high heat until translucent and starting to brown. Lower the heat to medium, and add **butter, minced garlic** and **tomato paste**. Stir to combine and cook for about 5 minutes, then remove from heat.
2. Transfer the mixture to the slow cooker. Add **chicken thighs, bone broth, red enchilada sauce, fire roasted diced tomatoes, green chiles, black beans, corn, hot sauce (optional), honey, chopped cilantro stems**, and the **chili spice blend**. Stir to combine. Cover and cook on low for 4-5 hours or high for 3-4 hours, until the chicken is tender. Shred the chicken into large chunks using tongs or a fork, then mix it back into the soup base.
3. Shred the **cheddar cheese** and add to the slow cooker along with **softened 1/3 fat cream cheese**, stirring until melted and fully incorporated. Let sit for 10-15 minutes, then add the 0% skyr or greek yogurt. Mix.
4. Garnish with **fresh cilantro leaves**. Divide into 10 servings and serve immediately. For meal prep, let the soup cool completely before dividing leftovers into containers.

PASTA BOLOGNESE

PER SERVING: MAKES 12

525 CALORIES

40G PROTEIN

58G CARBS

15G FAT



INGREDIENTS

Beef & Seasonings:

1340g (48oz) 93% ground beef
5 slices center-cut bacon
1580g (two 28oz cans) crushed tomatoes
2 Tbsp each: dried oregano, salt
1 Tbsp each: dried thyme, red pepper flakes, black pepper
½ tsp cayenne
¼ tsp nutmeg

Pasta:

672g (24oz) pasta of choice

Sauce Base:

45g (3 Tbsp) Butter
3 onions
12 cloves of garlic
90g (6 Tbsp) Tomato Paste
454g (16oz) beef bone broth
30g (2 Tbsp) Worcestershire sauce
15g (1 Tbsp) soy sauce

Toppings & Garnish:

360g (1 ½ cups) fat-free evaporated milk
100g (1 cup) Parmigiano Reggiano
30g (1½ Tbsp) honey
4 dried bay leaves

INSTRUCTIONS

1. Dice the **onions** and mince the **garlic cloves**. In a large skillet over medium-high heat, cook the onions until translucent and just beginning to brown. Stir occasionally to prevent sticking. Add the **butter, garlic, and tomato paste**, stirring to combine. Lower the heat to medium and let the mixture simmer for 7-8 minutes.
2. Turn the heat to high and add **beef bone broth, Worcestershire sauce, and soy sauce**. Stir well, scraping the bottom of the skillet to deglaze any browned bits. Boil until liquid is completely reduced, intensifying the flavor.
3. Transfer the mixture to a slow cooker. Add **ground beef, crushed tomatoes, dried oregano, dried thyme, red pepper flakes, salt, pepper, cayenne, and nutmeg**. Mix to ensure the seasonings are evenly distributed. Top with **bay leaves**. Dice **center-cut bacon** and line the edges of the slow cooker with the bacon, or cook the bacon separately on the stove and add at the end. Slow cook on low for 5-6 hours or high for 3-4 hours.
4. Once slow cooker is done cooking, remove bay leaves. Shred **Parmigiano Reggiano** and mix in the slow cooker along with **fat-free evaporated milk**, and **honey** (or sugar) until smooth. Cover while you prep pasta.
5. Cook pasta for half the time listed on the package, then drain
6. Break up the meat, then add half-cooked pasta, mix, and cover. Cook on high for 20-30 minutes to finish cooking the pasta and thicken the sauce. Divide into 10 servings, adding a sprinkle of **Parmigiano Reggiano** on each. Store leftovers in freezer-safe containers.

CARNITAS INSPIRED PULLED PORK BURRITOS

PER SERVING: MAKES 15

510 CALORIES

35G PROTEIN

53G CARBS

17G FAT



INGREDIENTS

Meat:

1790g (64 oz) pork loin

Marinade:

2 onions

15g (1 Tbsp) oil of choice

2 Tbsp salt

1 Tbsp oregano

2 tsp black pepper

1 tsp cumin

Juice from 2 oranges

6 cloves garlic

¼ tsp cinnamon

15g (1 Tbsp) apple cider

vinegar

3 bay leaves

40g (2 Tbsp) honey

Cornstarch Slurry (if needed):

5g (1 tsp) cornstarch

1 tsp water

Spanish Rice:

15g (1 Tbsp) oil

3 cloves garlic

30g (2 Tbsp) tomato paste

Oregano, salt, pepper, onion

powder to taste

320g (1 ½ cups) jasmine rice

745g (3 cups) chicken bone broth

Burritos and Toppings:

15 tortillas

30g Greek yogurt (per burrito)

INSTRUCTIONS

1. Cut the **pork loin** into 4-5 large chunks and set aside. Dice the **onions** and cook in a skillet over medium-high heat with **oil** until browned and caramelized, about 8-10 minutes. Stir occasionally to prevent burning.
2. Place the **pork chunks** in the slow cooker. Add the caramelized onions, **salt, black pepper, oregano, cumin, cinnamon, garlic cloves, honey and apple cider vinegar**. Squeeze the **juice from the oranges** over the mixture, then place the orange peels over the meat in the slow cooker. **Add the bay leaves.**
3. Cover and cook on high for 4-5 hours or low for 5-6 hours, until the pork is tender and easily shredded. Once the pork is cooked, remove all liquid from the slow cooker and transfer it to a pan. Boil the liquid over medium-high heat to reduce for 10-15 minutes or until slightly thickened. If the liquid remains too thin, add a **cornstarch slurry (1 tsp cornstarch mixed with 1 tsp water at a time)** to achieve the desired consistency. While the liquid reduces, shred the pork in the slow cooker. Pour the thickened liquid back over the shredded pork and mix to coat evenly.
4. Add **oil** to a medium heat pot and once warm, add **minced garlic and tomato paste**. Fry for 3-5 minutes. Add **jasmine rice, chicken bone broth, oregano, salt, pepper, and onion powder**. Bring to a boil, reduce heat to low and cover for 20-25 minutes. Fluff rice once done.
5. Divide all ingredients across 15 **tortillas**, top with **Greek yogurt** (place directly on the tortilla) and serve. Store leftovers in the freezer wrapped in foil for meal prep.

THAI RED CURRY PEANUT CHICKEN BOWLS

PER SERVING: MAKES 10

595 CALORIES

48G PROTEIN

60G CARBS

16G FAT



INGREDIENTS

Meat:

1790g (64oz) boneless, skinless chicken thighs

Red Curry Peanut Sauce:

120g (½ Cup) peanut butter
100g (⅓ Cup) Thai red curry paste
30g (2 Tbsp) soy sauce
30g (2 Tbsp) fish sauce
50g (2 ½ Tbsp) honey
15g (1 Tbsp) grated ginger
15g (1 Tbsp) grated garlic
Juice + zest of 1 lime
160g (⅔ cup) coconut cream

Toppings:

Juice of 1-2 limes (to taste)
Chopped Thai basil (handful)

Rice Bowls:

640g (3 ¼ cups) short-grain rice (dry weight)
1150g (4 ¾ cups) chicken bone broth

INSTRUCTIONS

1. Grate the **ginger and garlic**. Mix in a medium bowl with **peanut butter, Thai red curry paste, soy sauce, fish sauce, honey, lime juice, zest, and coconut cream** until smooth. Divide the sauce in half.
2. Place **chicken thighs** in the slow cooker and pour half the sauce over them. Mix to coat evenly. Cover and cook on high for 3-4 hours or low for 4-5 hours, until tender.
3. Combine **rice** and **chicken bone broth** in a pot, bring to a boil, reduce heat to low, cover, and simmer for 20-25 minutes, or until the liquid is absorbed. Let sit covered for 5 minutes, then fluff with a fork. Based on type of rice being used, adjust liquid content.
4. Once the chicken is done, shred lightly. Add the remaining sauce and **juice of 1-2 limes** (to taste). Stir well, add **chopped Thai basil** and let sit for 5-10 minutes to absorb flavors.
5. Spoon rice into bowls or containers, and top with the chicken. Divide into 10 servings, storing leftovers in freezer-safe containers for meal prep.

CHICKEN PARMESAN PASTA

PER SERVING: MAKES 10

475 CALORIES

43G PROTEIN

58G CARBS

10G FAT



INGREDIENTS

Chicken & Tomato Sauce:

1120g (40oz) chicken breast
794g (28oz) can of peeled or crushed tomatoes
2 Tbsp tomato paste
2 Tbsp minced garlic
1.5 Tbsp coarse salt
1 Tbsp Italian seasoning
1 tsp black pepper
1 tsp onion powder
1 tsp chili flakes
15g (1 Tbsp) Parmigiano Reggiano

Cheese Sauce:

300g (1 ¼ cups) 2% cottage cheese
240g (1 cup) fat-free milk
100g (½ cup) 1/3-fat cream cheese
150g (1 ½ cups) Parmigiano Reggiano
1 Tbsp white miso (optional)
Salt & pepper, to taste

Topping:

Chopped fresh basil

Pasta:

672g (24oz) pasta of choice

INSTRUCTIONS

1. Prepare the chicken & tomato sauce, dice the **chicken breasts** and add them to the slow cooker. Grate the **Parmigiano Reggiano** and add to the slow cooker with the **can of peeled tomatoes, tomato paste, minced garlic, coarse salt, Italian seasoning, black pepper, onion powder, chili flakes**. Stir well to combine. Cover and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender.
2. Once the chicken is done, shred it directly in the slow cooker using two forks, mixing it back into the sauce.
3. Boil your **pasta** in lightly salted water until it is half cooked and add to the slow cooker.
4. Make the cheese sauce, freshly grate **Parmigiano Reggiano** and add to a blender with the **2% cottage cheese, fat-free milk, 1/3 fat cream cheese, white miso (optional)**. Add **salt and pepper** to taste and blend until smooth.
5. Mix the cheese sauce with the shredded chicken and pasta to coat everything with the sauce. Cover and cook on low for an additional 15-20 minutes, until the pasta is tender and fully cooked.
6. Once done, give everything a final stir and chop **fresh basil** as a topping for extra flavor. Divide into 10 portions and let leftovers cool before transferring to freezer-safe containers. Store in the freezer.

STREET TACO CHICKEN & CHIPOTLE LIME RICE

PER SERVING: MAKES 10

510 CALORIES

46G PROTEIN

57G CARBS

9G FAT



INGREDIENTS

Chicken and Marinade:

1790g (64oz) boneless, skinless chicken thighs
160g (¾ cup) orange juice
Juice of 3 limes
45g (3 Tbsp) soy sauce
30g (2 Tbsp) garlic
2 Tbsp salt
5 tsp cumin
1 Tbsp onion powder
1 Tbsp garlic powder
1 Tbsp chili powder
2 tsp black pepper
2 tsp dried oregano
60g (3 Tbsp) honey

Chipotle Red Rice:

640g (3 cups) jasmine rice
1300g (5 ½ cups) bone broth
3 chipotle peppers
30g (2 Tbsp) tomato paste
15g (1 Tbsp) olive oil
Juice of 1 lime
Splash of bone broth
Garlic powder, salt, onion powder, cumin (to taste)

Garnish:

1 bunch cilantro
Juice of 2 limes
2 white onions

INSTRUCTIONS

1. Mince the **garlic** and mix in a large bowl with **orange juice, lime juice, soy sauce, salt, cumin, onion powder, garlic powder, chili powder, black pepper, dried oregano, and honey** until well combined.
2. Add chicken thighs to the slow cooker. Pour the marinade over, stirring to coat evenly. Cover and cook on high for 3-4 hours or low for 4-5 hours, until tender. Shred the chicken lightly with two forks, leaving some chunks intact. Mix in raw diced white onions, chopped cilantro, and the juice of 2 limes.
3. Blend **chipotle peppers, tomato paste, oil, lime juice, and bone broth** until smooth. Adjust seasoning with **garlic powder, salt, onion powder, and cumin to taste**.
4. Combine **rice** and blended mixture in a pot. Bring to a boil, reduce to low heat, cover, and simmer for 20-25 minutes, until the liquid is absorbed. Let sit for 5-10 minutes off heat, then fluff with a fork.
5. Divide the rice into 10 equal servings and top with shredded street taco chicken. Serve and store leftovers in freezer-safe containers for meal prep.

CHEESY CHILI CRISP MISO ORZO

PER SERVING: MAKES 10

540 CALORIES

42G PROTEIN

60G CARBS

13G FAT



INGREDIENTS

Chicken:

1340g (48oz) boneless, skinless chicken thighs

Miso Sauce:

60g (4 Tbsp) white miso paste
30g (2 Tbsp) chili crisp
40g (2 Tbsp) honey
30g (2 Tbsp) mirin
1 Tbsp garlic powder
Black pepper, to taste
1 white onion

Toppings:

White/black sesame seeds

Miso Milk:

380g (1 ½ cups) whole milk
60g (4 Tbsp) white miso paste

Additional Ingredients:

1 Lemon
200g (2 cups) mozzarella

Pasta:

672g (24 oz) orzo

Garnish:

2 bundles green onions

INSTRUCTIONS

1. In a large bowl, whisk together **white miso paste, chili crisp, honey, mirin, garlic powder, black pepper** and **salt** until combined. Add **chicken thighs** to the slow cooker, and pour the miso sauce over the chicken, stirring to coat evenly. Cover and cook on high for 3-4 hours or low for 4-5 hours, until the chicken is tender and cooked through.
2. Bring a large pot of salted water to a boil and cook the **orzo** halfway according to package instructions.
3. As the chicken cooks, create the "miso milk" by adding **white miso** and **whole milk** to a blender and blending until smooth
4. Cook **1 white onion** over medium heat in a pan until translucent and beginning to brown
5. Once the chicken is cooked, lightly shred the cooked chicken using two forks, leaving some larger pieces intact for texture. Add the **cooked onion** and **half cooked orzo** to the chicken, along with the **miso milk, lemon juice, and mozzarella**. Add a **pinch of salt**. Cover on low for 20-30 minutes or until thickened and pasta is finished cooking
6. Chop the **green onions**. Top with desired amount of **white/black sesame seeds** and green onions into slow cooker. Divide into 10 servings and serve.

KOREAN BEEF NOODLES

PER SERVING: MAKES 7

500 CALORIES

36G PROTEIN

61G CARBS

13G FAT



INGREDIENTS

Beef and Seasonings:

900g (32oz) 96% ground beef
55g (3 Tbsp) gochujang
45g (3 Tbsp) soy sauce
30g (2 Tbsp) sugar-free ketchup
1 Tbsp garlic powder
15g (1 Tbsp) rice wine vinegar
Salt and pepper, to taste
Green onion whites (reserve greens for garnish)

Additional Ingredients:

60g (3 Tbsp) honey
15g (1 Tbsp) sesame oil
240g (1 cup) water
Pinch of salt

Spicy Mayo:

60g (¼ cup) light mayo
40g (2 Tbsp) gochujang
15g (1 Tbsp) sriracha
10g (2 tsp) yuzu ponzu
10g (2 tsp) sesame oil

Noodles:

5 packets Momofuku Sweet & Spicy noodles OR 45g (3 Tbsp) Korean BBQ marinade of choice with 425g (15 oz) noodles of choice

INSTRUCTIONS

1. Add the **ground beef, gochujang, soy sauce, sugar-free ketchup, garlic powder, rice wine vinegar, salt, black pepper, and green onion whites** to the slow cooker. Mix well, cover, and cook on low for 3-4 hours until tender.
2. While the beef cooks, make the spicy mayo by whisking together **light mayo, gochujang, sriracha, yuzu ponzu, and sesame oil**. Set aside.
3. Cook **noodles** according to package instructions. Drain and set aside.
4. Once the beef is done, add the cooked noodles to the slow cooker with **water, honey, sesame oil, Momofuku flavoring packets (or Korean BBQ marinade) and a pinch of salt**. Stir until the noodles are well coated and absorb the sauce.
5. Cover and let sit for 10-15 minutes to meld the flavors. Divide into 7 servings, top with **spicy mayo, and garnish with green onion tops** if desired. Store leftovers in freezer-safe containers for meal prep.

RED ENCHILADA CHICKEN SOUP

PER SERVING: MAKES 8

445 CALORIES

54G PROTEIN

18G CARBS

15G FAT



INGREDIENTS

Chicken:

1790g (64oz) boneless, skinless chicken thighs

Enchilada Sauce:

420g (1¾ cups) red enchilada sauce

7oz can chipotle peppers

1 white onion

Juice of 1 lime

1½ Tbsp salt

1 Tbsp garlic powder

Dash of black pepper

Additional Ingredients:

60g (3 Tbsp) honey

100g (¾ cup) feta cheese

Creamy Sauce:

475g (2 cups) 2% Greek yogurt

360g (1½ cups) whole milk

1 bunch chopped cilantro

INSTRUCTIONS

1. To a slow cooker, add **chicken thighs, diced white onion, red enchilada sauce, chipotle peppers, lime juice, salt, garlic powder, and a dash of black pepper**. Stir to ensure the chicken is evenly coated with the sauce and spices. Cover the slow cooker and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender and easily shredded.
2. Once the chicken is fully cooked, use two forks to shred it directly in the slow cooker, mixing it well into the sauce to absorb all the flavors. Add the **feta cheese and honey** to the slow cooker, stirring gently to combine. Cover the slow cooker again and let it cook on high for an additional 15 minutes to allow the feta to soften and blend into the sauce.
3. After cooking, stir the mixture once more and allow it to cool for about 10 minutes. Cooling helps the next ingredients incorporate smoothly without curdling. Gradually pour in the **whole milk**, mixing it thoroughly with the chicken and sauce. Once the milk is fully incorporated, add the **2% Greek yogurt and chopped cilantro**. Stir gently but thoroughly until the mixture is creamy and well combined.
4. Divide into 8 servings. Store leftovers in airtight, freezer-safe containers once cooled completely.

JAPANESE CURRY

PER SERVING: MAKES 10

595 CALORIES

41G PROTEIN

81G* CARBS

11G FAT



INGREDIENTS

Chicken & Vegetables:

1350g (48oz) boneless, skinless chicken thighs
500g (3 medium) carrots
700g (5 medium) Yukon gold potatoes
3 sweet onions

Base Ingredients:

40g (2 Tbsp) honey
960g (32oz) beef bone broth
30g (2 Tbsp) Worcestershire sauce

Curry Roux & Flavorings:

10 Golden Curry cubes (Japanese curry roux)
200g (¾ cup) applesauce or 2 grated apples
45g (3 Tbsp) sugar-free ketchup

Rice:

500g (2½ cups) short-grain rice

INSTRUCTIONS

1. Dice the **chicken thighs, carrots, Yukon gold potatoes, and onions** into bite sized chunks. Pour in the **beef bone broth, Worcestershire sauce, and honey**. Stir everything to combine, ensuring the chicken and vegetables are coated in the liquid. Cover the slow cooker and cook on high for 4–5 hours or low for 5–6 hours, until the chicken is tender and the vegetables are cooked through.
2. Once the cooking time is complete, break apart the **Golden Curry cubes (Japanese curry roux cubes)** into small pieces. Add the roux cubes to the slow cooker one at a time, stirring thoroughly after each addition to ensure they dissolve completely into the liquid. The sauce should thicken and become rich and viscous as the roux is incorporated.
3. Grate the **apples (or use applesauce)** and add to the slow cooker along with **sugar-free ketchup**. Stir everything together to ensure the flavors are evenly distributed. Let the curry simmer on low for another 10–15 minutes to allow the flavors to meld.
4. While the curry finishes, steam and cook the **short grain rice** according to package instructions. Divide into 10 servings and serve the Japanese curry over steamed rice.

*For a lower carb option, serve without rice or use a rice alternative.

***Without rice: 405 calories, 37g Protein, 38g Carbs, 11g Fat**

CHILI CRISP ORANGE CHICKEN RICE BOWLS

PER SERVING: MAKES 10

510 CALORIES

40G PROTEIN

59G CARBS

10G FAT



INGREDIENTS

Chicken & Marinade:

1790g (64oz) boneless, skinless chicken thighs
240g (1 cup) orange juice
90g (6 Tbsp) soy sauce
45g (3 Tbsp) mirin
1 Tbsp chili crisp
1 Tbsp garlic powder
1 Tbsp onion powder
1 tsp black pepper

Rice:

500g (2 ½ cups) rice

Cornstarch Slurry:

1 Tbsp cornstarch
2 Tbsp cold water

Orange Sauce:

120g (½ cup) orange marmalade
30g (2 Tbsp) chili crisp
30g (2 Tbsp) seasoned rice vinegar
20g (1 Tbsp) honey
½ Tbsp ginger paste or minced ginger

Garnish:

Green onions
White/black sesame seeds

INSTRUCTIONS

1. Place the **chicken thighs** in the slow cooker. Add the **orange juice, soy sauce, mirin, chili crisp, garlic powder, onion powder, and black pepper**. Stir to coat the chicken evenly. Cover and cook on high for 3–4 hours or low for 4–5 hours, until the chicken is fully cooked and tender.
2. Once cooked, remove all the liquid from the slow cooker. If easier, remove the chicken first and transfer the liquid to a pot or pan. Bring the liquid to a boil over medium-high heat and reduce it for about 20 minutes until it thickens slightly and the flavors concentrate.
3. Remove the pot from the heat and stir in the **orange marmalade, additional chili crisp, rice vinegar, honey, and ginger paste**. Mix until fully combined, then return the pot to heat for about 30 seconds to help the sauce blend together. In a small bowl, whisk the **cornstarch with cold water** to form a slurry. Gradually add the slurry to the sauce while stirring, and cook over medium heat until the sauce thickens to your desired consistency.
4. While the sauce reduces, cook the **rice** according to package instructions. Fluff with a fork. Shred the chicken in the slow cooker using two forks. Pour the thickened orange sauce over the shredded chicken and mix until evenly coated. Divide the rice into 10 servings and top with the orange chicken. Garnish with **chopped green onions and white/black sesame seeds**. Serve warm, and store leftovers in airtight, freezer-safe containers for later.

MEAT LOVERS PIZZA MAC N' CHEESE

PER SERVING: MAKES 10

610 CALORIES

55G PROTEIN

57G CARBS

21G FAT



INGREDIENTS

Meat & Sauce:

900g (32oz) 93% lean ground beef

120g (1 cup) chopped turkey pepperoni

1 yellow onion

425g (1¾ cups) tomato sauce

1 ½ Tbsp Italian seasoning

1 Tbsp each: salt, onion powder, garlic powder, black pepper

Dash of chili flakes

Pasta:

672g (24 oz) pasta

Blended Sauce:

800g (3⅓ cups) 2% cottage cheese

100g (1 cup) extra sharp cheddar cheese

100g (1 cup) mozzarella cheese

100g (1 cup) Parmigiano Reggiano cheese

360g (1½ cups) 1% milk

Salt and pepper, to taste

Garnish:

85g (3oz) prosciutto

Chives

Oregano

INSTRUCTIONS

1. Dice the **yellow onion** and place in the slow cooker with **ground beef, tomato sauce, Italian seasoning, salt, onion powder, garlic powder, black pepper, and chili flakes**. Mix to combine. Chop the **turkey pepperoni** and sprinkle evenly over the top. Cover and cook on high for 2–3 hours or low for 3–4 hours, until the beef is fully cooked and the flavors meld.
2. Once the cooking time is complete, break up the ground beef into smaller chunks using a spoon or spatula. Stir everything well to distribute the flavors evenly. While the slow cooker finishes, cook the **pasta** until halfway done according to package instructions. Drain and set aside.
3. Shred the **cheddar, mozzarella, Parmigiano Reggiano** and add to a blender with **2% cottage cheese and 1% milk**. Blend until smooth. Season with **salt and pepper to taste**.
4. Add the partially cooked pasta and blended sauce to the slow cooker. Stir to combine, ensuring the pasta is well coated. Cover and cook on high for 15–20 minutes, or until the pasta is tender and the sauce is thickened.
5. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper and lay the **prosciutto slices** on it. Bake for 10–15 minutes, or until the prosciutto is crispy. Remove from the oven and crumble into small pieces.
6. Sprinkle the crumbled crispy prosciutto over the pasta in the slow cooker. Garnish with **chopped chives and oregano**. Stir gently to mix everything together before dividing into 10 servings.

CARAMELIZED ONION BEEF BURRITOS

PER SERVING: MAKES 11

535 CALORIES

42G PROTEIN

54G CARBS

16G FAT



INGREDIENTS

Beef & Seasoning:

1340g (48oz) flat cut brisket or
chuck eye roast
OR lean steak of choice
45g (3 Tbsp) Worcestershire
15g (1 Tbsp) Dijon mustard
1 Tbsp salt
1 Tbsp garlic powder
2 tsp onion powder
2 tsp black pepper
1 tsp dried thyme
⅛ tsp nutmeg
100g (½ cup) bone broth

Caramelized Onions:

4 yellow onions
30g (2 Tbsp) butter
960g (32oz) beef bone broth
30g (2 Tbsp) Worcestershire
Sprig of rosemary and thyme

Cheesy Rice:

240g (1 ¼ cups) rice
300g (1 ¼ cups) 0% Greek yogurt
60g (½ cup) cheddar cheese
1 tsp nutritional yeast (optional)
Chopped cilantro or green onions

Tortillas:

11 burrito tortillas

INSTRUCTIONS

1. If using **flat cut brisket or chuck eye roast**, remove all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker. Sprinkle with **Worcestershire, Dijon mustard, salt, garlic powder, onion powder, black pepper, beef bone broth, dried thyme, and nutmeg** and stir until evenly mixed. Cover and cook on high for 4–5 hours or low for 5–6 hours, until the beef is tender and can be easily shredded.
2. While the beef cooks, prep the caramelized onions. Dice the **onions** and heat a large skillet over high heat. Cook until translucent and starting to brown. Reduce the heat to medium, add the **butter**, and stir to coat the onions. Continue to sauté for 10–15 minutes, stirring frequently, until the onions are deeply browned and caramelized.
3. Pour in the **beef bone broth and Worcestershire**, stirring to combine. Optionally, add a **sprig of rosemary and thyme** for extra flavor. Bring the mixture to a boil and cook until the liquid has fully evaporated, leaving richly flavored onions. Remove and discard the rosemary and thyme, if used.
4. Once the beef is fully cooked, shred it directly in the slow cooker using two forks. Add the caramelized onions to the slow cooker and stir well to combine with the beef and its juices.
5. Steam **cook the rice** according to package instructions. Fluff with a fork, then shred the **cheddar cheese** and stir in the slow cooker with the **nutritional yeast (if using), 0% yogurt, chopped cilantro or green onions, and season with salt and garlic powder to taste**. Mix well to create the cheesy rice.
6. Lay out the **11 tortillas** and add 1–2 spoonfuls of cheesy rice to each. Top with the shredded beef and caramelized onion mixture, then roll each tortilla tightly into a burrito.

BRISKET QUESO FRIES

PER SERVING: MAKES 10

660 CALORIES

41G PROTEIN

65G CARBS

26G FAT



INGREDIENTS

Brisket:

900g (32oz) flat cut brisket or lean steak of choice
400g (14oz) can crushed fire-roasted tomatoes
120g (½ cup) red enchilada sauce
200g (7oz) can chipotle peppers in adobo
80g (3 Tbsp) green chiles
60g (3 Tbsp) honey
1 Tbsp salt
2 tsp onion powder
2 tsp black pepper

Blended Queso Sauce:

800g (3 ⅓ cups) 2% cottage cheese
100g (1 cup) American cheese
150g (1 ½ cups) extra sharp cheddar cheese
80g (⅓ cup) red enchilada sauce
Salt & pepper to taste
5g (1 tsp) nutritional yeast (optional)
Chopped cilantro (optional)

Fries:

160g (1 ⅓ cups) frozen fries per portion

INSTRUCTIONS

1. Trim the **flat cut brisket** by removing all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker. Add the **fire-roasted tomatoes, red enchilada sauce, chipotle peppers, green chiles, honey, salt, onion powder, and black pepper**. Stir to coat the beef evenly. Cover and cook on high for 4–5 hours or low for 5–6 hours, until the beef is tender.
2. While the beef cooks, prepare the blended queso sauce. Shred the **American cheese and cheddar cheese**. Combine in a blender with the **2% cottage cheese, red enchilada sauce, nutritional yeast (if using), and salt and pepper**. Blend until smooth. If the mixture is too thick to blend, lightly heat the ingredients in a pan or microwave until warm (do not overheat), then blend again. Set aside.
3. Once the beef is fully cooked, remove from the slow cooker and shred or chop into bite-sized pieces. Return the beef to the slow cooker and mix with the cooking juices. Pour the blended queso sauce over the beef in the slow cooker. Stir to combine, ensuring the beef is evenly coated. Optionally, top with **chopped cilantro** for added flavor.
4. Store brisket queso in 10 separate serving containers. For the fries, I recommend cooking fresh each time you have this recipe while storing the brisket queso on its own. To reheat, microwave for 2–3 minutes, mix, then microwave another 1–2 minutes to finish warming up (don't overheat)

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QUESABIRRIA BURRITOS

PER SERVING: MAKES 18

510 CALORIES

40G PROTEIN

52G CARBS

14G FAT



INGREDIENTS

Meat:

1790g (64oz) flat cut brisket or chuck eye roast

Sauce Base:

2 onions
10 cloves garlic
20g (1 ½ Tbsp) avocado oil
10 guajillo chiles
3 ancho chiles
896g (32oz) beef bone broth
240g (1 cup) water

Garnish:

3 bay leaves

Rice:

300g (1 ¼ cup) rice, raw weight

Burrito Filling:

226g reduced fat mozzarella
226g fat free mozzarella
200g plain 0% Greek yogurt or sour cream
Handful chopped Cilantro
1-2 diced white onions

Seasonings:

1 Tbsp of each: coarse salt, ground cumin, dried oregano, black pepper
1 tsp paprika
90g (6 Tbsp) apple cider vinegar
240g (1 cup) red enchilada sauce
handful cilantro stems

Tortillas:

18 burrito tortillas

INSTRUCTIONS

1. In a large pot over medium heat, add **avocado oil**. Chop **onions** and mince **garlic** and once the pot is hot, add the chopped onions and garlic, sautéing until browned, about 5-7 minutes.
2. De-stem and de-seed the **guajillo** and **ancho chiles**, toast them for 2-3 minutes until softened and aromatic. Pour in **beef bone broth** and **water**, bring to a boil, then reduce to a simmer for 2-3 minutes.
3. Transfer the mixture to a blender. Add **coarse salt, ground cumin, dried oregano, black pepper, paprika, apple cider vinegar, red enchilada sauce**, and **cilantro stems**. Blend until smooth.
4. If using **flat cut brisket or chuck eye roast**, remove all excess separable fat, add to slow cooker.
5. Pour the blended sauce over the meat, ensuring it's fully covered. Add **bay leaves** on top.
6. Cover and cook on low for 7-8 hours, or until the meat is tender and easily shredded. Shred in the slow cooker, mixing with the sauce. Discard bay leaves.
7. As the meat cooks, cook the **rice** according to the package instructions. Dice **onions**, shred **reduced fat mozzarella** and **fat free mozzarella**. Mix with cooked rice, **0% Greek yogurt and chopped cilantro**.
8. Mix the rice into birria beef. Let cool for 30 minutes to thicken. Lay out **18 tortillas** and evenly divide the mixture, and fold the tortillas to create the burritos.

ITALIAN BEEF SANDWICHES

PER SERVING: MAKES 10

670 CALORIES

50G PROTEIN

55G CARBS

27G FAT



INGREDIENTS

Italian Beef:

1790g (64oz) flat cut brisket or
chuck eye roast
OR lean steak of choice
340g (12oz) jar of
pepperoncini
340g (12oz) jar of Chicago-
style giardiniera*
1 Tbsp salt
1 Tbsp Italian seasoning
1 Tbsp garlic powder
1 Tbsp onion powder
1 tsp black pepper
20g (1 Tbsp) honey

Sandwich & Toppings:

1 hoagie or sandwich roll
(adjust calories based on
bread, 250-calorie roll used
here)
1 slice provolone cheese

INSTRUCTIONS

1. If using **flat cut brisket or chuck eye roast**, remove all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker. Pour in the **jar of pepperoncini, including the liquid**, and the **jar of Chicago-style giardiniera (do not drain)**. Sprinkle the **salt, Italian seasoning, garlic powder, onion powder, black pepper, and honey** over the top. Stir lightly to combine. Cover and cook on low for 6–8 hours, or until the beef is tender and shreds easily.
2. Once cooked, shred the beef directly in the slow cooker, mixing it thoroughly with the juices and vegetables.
3. For sandwiches, store the meat on its own in freezer-safe containers. To reheat, microwave a serving for 3–4 minutes, stir, and add a splash of beef bone broth or water. Microwave for another 1–2 minutes until warmed through, or heat the meat on the stovetop over medium heat.
4. To assemble each serving, use a freshly sliced **hoagie or sandwich roll** and place the reheated beef on the bottom bun. Top with a **slice of provolone cheese**. Arrange the sandwich (open-faced) on a baking sheet and place under the broiler until the cheese is melted and browned.

*Very important to use chicago-style giardiniera, instead of traditional italian giardiniera. Chicago style is finely chopped/minced vegetables used as a topping on sandwiches, traditional will have large chunks of vegetables. You want the finely chopped/minced version for this

CHILI CON CARNE

PER SERVING: MAKES 10

500 CALORIES

58G PROTEIN

12G CARBS

23G FAT



INGREDIENTS

Beef & Marinade:

2010g (72oz) flat cut brisket or chuck eye roast
OR lean steak of choice
45g (3 Tbsp) avocado oil
2 medium yellow onions
8 cloves garlic
60g (4 Tbsp) tomato paste
355g (12oz) Modelo Negro beer
15g (1 Tbsp) Worcestershire sauce
475g (16oz) beef bone broth

Enchilada Sauce:

200g (¾ cup) red enchilada sauce
20g (1 Tbsp) honey
198g (7oz) can chipotle peppers

Homemade Chili Seasoning:

1 ½ Tbsp chili powder
1 ½ Tbsp ancho chili powder

Homemade Chili Seasoning Cont.:

1 ½ Tbsp salt
1 ½ Tbsp ground cumin (optional)
3 tsp black pepper
3 tsp dried oregano
¼ tsp powdered cinnamon
Dash of smoked paprika (to taste)
OR use 6 Tbsp pre-made chili seasoning rather than all the above

Toppings:

75g (⅓ cup) 0% Greek yogurt
15g (2 Tbsp) sharp cheddar cheese
Chopped cilantro
Green onions

Thickener & Garnish:

1–2 Tbsp apple cider vinegar
30g (2 Tbsp) corn starch, cold water
Small handful of chopped cilantro

INSTRUCTIONS

1. Dice **onions**. If using **flat cut brisket or chuck eye roast**, remove all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker. In a large skillet over medium heat, sauté the onions in **avocado oil** until translucent and beginning to brown, about 5–7 minutes. Mince the **garlic** and add to the slow cooker with the **tomato paste**, stirring continuously. Simmer for 5–6 minutes until the mixture is caramelized.
2. Pour in the **Modelo Negro** (or substitute additional 475g/16oz beef bone broth) and bring to a boil. Reduce the liquid completely while stirring occasionally, then pour in the **beef bone broth** and **Worcestershire sauce**. Stir to combine and remove from heat. Pour the onion and broth mixture over the beef, ensuring it is evenly coated.
3. Add the **red enchilada sauce, honey, chipotle peppers, chili powder, ancho chili powder, salt, ground cumin, black pepper, dried oregano, powdered cinnamon, smoked paprika (OR premade seasoning)**. Stir everything thoroughly to mix the spices and flavors. Cover the slow cooker and cook on low for 4–5 hours, until the beef is tender and the flavors are well developed.
4. Once cooking is complete, stir in **apple cider vinegar** and add **chopped cilantro** to taste. Adjust the salt if needed. In a small bowl, whisk together the **cornstarch and cold water** to form a slurry. Gradually stir the slurry into the slow cooker, cooking on low until the chili thickens to your desired consistency.
5. Assemble the bowls by spooning the chili into 10 even servings. Shred the cheddar cheese and top each bowl along with **0% Greek yogurt, chopped cilantro, and sliced green onions**.

HOT HONEY BRISKET RAGU PASTA

PER SERVING: MAKES 10

517 CALORIES

43G PROTEIN

63G CARBS

11G FAT



INGREDIENTS

Hot Honey Brisket:

1340g (48oz) brisket (or lean steak of choice)
2 yellow onions
15g (1 Tbsp) olive oil
10 cloves garlic
45g (3 Tbsp) tomato paste
100g (5 Tbsp) honey
2 Tbsp chili flakes
794g (28oz) fire-roasted crushed tomatoes
475g (16oz) beef bone broth

Pasta:

672g (24 oz) pasta of choice

Toppings:

1 sprig rosemary
Handful of fresh thyme
1–2 bay leaves

Garnish:

Parmigiano Reggiano
Chopped Chives

INSTRUCTIONS

1. Dice the **onions** and cook on low in a skillet over high heat until translucent and beginning to brown, about 5 minutes. Reduce the heat to medium and mince the **garlic**. Add to the skillet with the **olive oil, and tomato paste**. Stir and simmer for 5–10 minutes until caramelized and fragrant.
2. Add the **fire-roasted crushed tomatoes, honey, chili flakes, and beef bone broth** to the skillet. Stir well and bring the mixture to a boil. Reduce the heat slightly and let it simmer for about 10 minutes.
3. Transfer the mixture to the slow cooker. Trim the **flat cut brisket** by removing all excess separable fat. Once trimmed, place the meat in the slow cooker. Top with the **rosemary, fresh thyme, and bay leaves**. Cover and cook on low for 6–8 hours, or until the beef is tender and easily shredded.
4. Once done, remove the beef from the slow cooker and shred it using two forks. Discard the rosemary, thyme sprigs, and bay leaves. Return the shredded beef to the slow cooker and mix it with the sauce until fully combined.
5. Cook the **pasta** to 50% doneness and drain. Add half cooked pasta to the ragu in the slow cooker to cook 15–20 minutes until tender. Shred the **Parmigiano Reggiano**, divide ragu and pasta across 10 equal servings, and garnish with Parmigiano Reggiano and **chopped chives**. Store any leftovers in freezer.

CHIPOTLE BRISKET BREAKFAST BURRITOS

PER SERVING: MAKES 12

505 CALORIES

48G PROTEIN

40G CARBS

17G FAT



INGREDIENTS

Chipotle Brisket:

1340g (48 oz) flat cut brisket
200g (7 oz) can chipotle peppers
200g (¾ cup) red enchilada sauce
40g (2 Tbsp) honey
15g (1 Tbsp) apple cider vinegar
1 Tbsp salt
1 Tbsp garlic powder
1 Tbsp onion powder
2 tsp black pepper

Tortillas & Garnish:

12 large tortillas
Cilantro

Eggs:

600g (2 ½ cups) egg whites
5 whole eggs
350g (1 ½ cups) 2% cottage cheese
2 tsp corn starch
100g (1 cup) cheddar cheese

Yogurt Sauce:

400g (1 ⅔ cups) 0% Greek yogurt
50g (3 Tbsp) hot sauce
Salt, garlic powder, and pepper, to taste

INSTRUCTIONS

1. Trim the **flat cut brisket** by removing all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker. Add the **chipotles, red enchilada sauce, honey, apple cider vinegar, salt, garlic powder, onion powder, and black pepper**. Stir to coat the meat. Cover and cook on high for 4–5 hours or low for 5–6 hours, until the beef is tender and pulls apart easily.
2. Remove the meat from the slow cooker and set aside. Transfer the liquid to a pan and boil over medium-high heat for 10–15 minutes to reduce. Stir in a **cornstarch slurry (2 Tbsp cornstarch mixed with 2 Tbsp cold water)** and cook until thickened. Shred the beef with two forks, return it to the pot with the thickened sauce, and mix.
3. Pre-heat oven to 375 degrees (190°C). In a blender, combine **egg whites, whole eggs, 2% cottage cheese, and corn starch**. Blend until smooth and pour the mixture into a sheet pan. Shred the **cheddar cheese**, top the mixture, and bake for 20–30 minutes, or until the middle is firm. Let the baked eggs sit for 10 minutes, then slice into 12 equal-sized rectangles.
4. Mix **0% Greek yogurt, hot sauce, salt, garlic powder, and pepper** in a small bowl to make the sauce.
5. To assemble, lay **12 tortillas** flat, add a dollop of sauce, a rectangle of baked egg, and a portion of the beef. Garnish with **chopped cilantro**, wrap the burrito tightly. Serve and store leftovers in foil or a freezer-safe bag/container.

BEEF STROGANOFF ORZO

PER SERVING: MAKES 12

550 CALORIES

51G PROTEIN

60G CARBS

13G FAT



INGREDIENTS

Beef and Marinade:

1790g (64oz) lean steak of choice
10 grated garlic cloves
45g (3 Tbsp) butter
2 yellow onions, diced
300g (3 cups) frozen mixed mushrooms
907g (4 cups) beef bone broth
60g (4 Tbsp) Dijon mustard
Salt, pepper, and onion powder to taste

Pasta:

900g (32oz) orzo

Creamy Sauce:

480g (1 ¾ cups) 0% Greek yogurt
240ml (1 cup) 1% milk
20g (4 tsp) Dijon mustard
Chives, chopped, for garnish

Cornstarch Slurry:

1 Tbsp cornstarch
1 Tbsp cold water

INSTRUCTIONS

1. Cube the **beef** into bite-sized pieces and set aside. Heat a large skillet over medium heat. Dice the **onions** and cook until translucent, about 5 minutes. Grate the **garlic** and stir into the skillet with the **butter**, and **frozen mixed mushrooms**. Cook for 10–15 minutes, stirring occasionally, until the mushrooms release their liquid and it evaporates, leaving the mixture fragrant and browned.
2. Transfer the onion and mushroom mixture to the slow cooker. Add the cubed beef, **beef bone broth**, **Dijon mustard**, and season with **salt**, **pepper**, and **onion powder** to taste. Stir to combine. Cover and cook on high for 3–4 hours or low for 4–5 hours, until the beef is tender.
3. While the beef cooks, partially boil the **orzo** for 2 minutes, then drain and set aside.
4. Once the beef is tender, add the partially boiled orzo to the slow cooker along with the **0% Greek yogurt**, **1% milk**, **Dijon mustard**, and **chopped chives**. Stir thoroughly to combine. Cover and cook for an additional 30–45 minutes, or until the orzo is fully cooked and the sauce has thickened.
5. If the mixture is too thin, thicken with a cornstarch slurry **by mixing the cornstarch and water**, gradually adding it to the slow cooker. Stir until the desired consistency is reached.
6. Divide into 12 servings, garnish with additional chives if desired. Store leftovers in freezer-safe containers.

BBQ BEEF LOADED SWEET POTATOES

PER SERVING: MAKES 10

555 CALORIES

51G PROTEIN

52G CARBS

17G FAT



INGREDIENTS

Beef and Marinade:

1790g (64oz) flat cut brisket or chuck eye roast

OR lean steak of choice

300g (1 ¼ cups) Dr Pepper

24g (3 Tbsp) BBQ seasoning

15ml (1 Tbsp) Worcestershire sauce

30g (2 Tbsp) no-sugar-added ketchup

3 chipotle peppers

Toppings:

200g (2 cups) cheddar cheese

400g (1½ cups) 0% Greek yogurt

Milk and garlic powder to taste

Cornstarch Slurry:

15g (1 Tbsp) corn starch

15g (1 Tbsp) water

Finishing Sauce:

40g (2 Tbsp) honey

25g (1 ½ Tbsp) apple cider vinegar

10g (2 tsp) Dijon mustard

30g (2 Tbsp) ketchup

120g (½ cup) Dr Pepper

Sweet Potatoes:

2000g (~10 medium) sweet potatoes

(200g per bowl)

Drizzle: olive oil, salt

Toppings:

Green onions

INSTRUCTIONS

- 1.If using **flat-cut brisket or chuck eye roast**, remove all excess separable fat, and add to the slow cooker.
- 2.Mince the **chipotle peppers** and add to the slow cooker along with the **BBQ seasoning, Worcestershire sauce, no-sugar-added ketchup**, and the **Dr Pepper**. Stir to coat the beef evenly in the mixture. Cover and cook on high for 4–5 hours or low for 6–8 hours, until the beef is tender and easily shredded.
- 3.While the beef cooks, prepare the finishing sauce. In a small bowl, combine **honey, apple cider vinegar, Dijon mustard, ketchup**, and **Dr Pepper**. Mix well and set aside.
- 4.Preheat the oven to 400°F (200°C). Wash and peel (optional) the **sweet potatoes**, then dice them into bite-sized chunks. Spread the pieces evenly on a baking sheet lined with parchment paper. Drizzle with **olive oil**, sprinkle with **salt**, and toss to coat. Roast for 25–35 minutes, flipping halfway, until tender and slightly browned.
- 5.Once the beef is done, shred in the slow cooker. Transfer the liquid from the slow cooker to a pan over medium-high heat. Stir in the finishing sauce and simmer for 10 minutes to reduce slightly.
- 6.If the sauce is too thin, create a cornstarch slurry by mixing **cornstarch with water**. Gradually stir the slurry into the sauce while simmering until it reaches the desired thickness.
- 7.Prepare the Greek yogurt topping by mixing **0% Greek yogurt** with a splash of **1% milk** and **garlic powder** to taste.
- 8.Portion into 10 servings. Top the sweet potatoes with a portion of the BBQ beef, shredded cheddar cheese, Greek yogurt mixture, and **chopped green onions**.

FRENCH ONION PASTA

PER SERVING: MAKES 12

540 CALORIES

51G PROTEIN

52G CARBS

14G FAT



INGREDIENTS

Garlic Rosemary Chicken:

1360g (48oz) chicken thighs
45g (3 Tbsp) Worcestershire sauce
30g (2 Tbsp) minced garlic
15g (1 Tbsp) Dijon mustard
1 Tbsp fine grain salt
2 tsp black pepper
1 tsp dried thyme
100g (½ cup) bone broth
Rosemary sprig
1 Tbsp garlic powder
2 tsp onion powder

Pasta:

672g (24 oz) pasta of choice

Garnish:

Chopped chives

Caramelized Onions:

4 diced yellow onions
960g (32oz) beef bone broth
15g (1 Tbsp) soy sauce
5g (1 tsp) Dijon mustard
30g (2 Tbsp) butter
Rosemary sprig
Thyme (optional)

Cheese Sauce:

800g (3 ½ cups) 2% cottage cheese
200g (2 cups) Gruyère
75g (¾ cup) Parmigiano Reggiano
380g (1 ½ cups) milk
~3/4 of the caramelized onions
Black pepper and salt, to taste

INSTRUCTIONS

1. Mince the **garlic** and place in the slow cooker with the **chicken thighs, Worcestershire sauce, Dijon mustard, salt, garlic powder, onion powder, dried thyme, black pepper, and bone broth**. Stir to coat, add a **rosemary sprig** on top, cover, and cook on high for 3-4 hours or low for 4-5 hours until tender.
2. Meanwhile, dice **onions** and, add to a pan over medium high heat with **salt** and **butter**, stirring until deeply browned, about 30-45 minutes. Add **beef bone broth, Worcestershire, soy sauce, and Dijon mustard**. Cook until liquid evaporates and onions are jammy. Set aside.
3. Shred **Gruyère** and **Parmigiano Reggiano** and place in a blender along with the **2% cottage cheese, low-fat milk, black pepper, salt**, and 3/4 of the caramelized onions until smooth.
4. When the chicken is done, shred lightly in the slow cooker. Cook **pasta** halfway, drain, and add with the cheese sauce to the slow cooker. Stir to combine. Cover and cook on low for 15-30 minutes until pasta is tender and sauce thickens.
5. Turn off slow cooker, add remaining caramelized onions and **chives**, and stir. Portion into 12 servings.

CHEESESTEAK PASTA

PER SERVING: MAKES 12

520 CALORIES

48G PROTEIN

49G CARBS

15G FAT



INGREDIENTS

Beef & Seasonings:

1350g (48oz) flat cut brisket or chuck eye roast
1 Tbsp each: Salt, pepper, garlic powder, and onion powder
240g (8oz) beef bone broth

Roasted Peppers:

4 red bell peppers
4 poblanos
4 jalapenos
2 sweet onions

Cheese Sauce:

800g 2% cottage cheese
100g Parmigiano Reggiano
150g provolone
350ml 1% milk
Salt & pepper to taste

Pasta:

672g (24oz) pasta of choice (dry weight)

INSTRUCTIONS

1. Add **beef, salt, pepper, garlic powder, onion powder,** and **beef bone broth** to a slow cooker
2. Cook on high for 4-5 hours, or low for 5-6 hours
3. Dice **bell peppers, poblanos, jalapenos,** and **sweet onions,** and add a sheet pan. Bake at 450 for 30-45 minutes, or until lightly browned.
4. Once beef is done cooking, shred, then mix in roasted peppers and onions.
5. Blend **2% cottage cheese, Parmigiano Reggiano, provolone, 1% milk** and **salt/pepper** to taste until smooth
6. Cook **pasta** for half the time on the packaging instructions, drain.
7. Add half-cooked pasta and the blended cheese sauce to the shredded beef and pepper mixture. Cover and let cook for 20-25 minutes until the pasta is finished cooking and the sauce is thickened. Portion into 10 servings, and enjoy.

BUFFALO CHICKEN BACON RANCH RICE BOWLS

PER SERVING: MAKES 7

570 CALORIES

56G PROTEIN

35G CARBS

20G FAT



INGREDIENTS

Chicken & Marinade:

1340g (48oz) chicken thighs
200g (¾ cup) Buffalo wing sauce*
30g (2 Tbsp) soy sauce
1 packet ranch seasoning
40g (2 Tbsp) honey

Cornstarch Slurry:

3 Tbsp cornstarch
3 Tbsp cold water

Rice:

240g rice (raw weight)
560g bone broth
Salt + garlic powder to taste

Buffalo Ranch Sauce:

75g (⅓ cup) Buffalo wing sauce
Handful of chopped chives or green onions
200g (¾ cup) 0% Greek yogurt
75g (⅓ cup) light sour cream
Pinch of chopped dill (optional)

Toppings & Garnish:

120g mozzarella
70g applewood smoked bacon bits (buy pre-cooked bits, I got these at whole foods)
Chives

INSTRUCTIONS

1. Place the **chicken thighs** in the slow cooker. Add **Buffalo wing sauce, soy sauce, ranch seasoning,** and **honey**. *Buffalo “Wing” sauce generally contains added fat. If using a zero-fat Buffalo sauce, melt 45g (3 Tbsp) butter and add it to the mixture. Stir to evenly coat the chicken. Cover and cook on high for 3–4 hours, or until the chicken is tender and can be easily shredded.
2. Once cooked, shred with two forks in the slow cooker. In a small bowl, combine **cornstarch** with **cold water** to make a slurry, then add it to the slow cooker to thicken. To finish, mix in more **buffalo wing sauce, 0% Greek yogurt, light sour cream,** and optional **chopped dill**. Stir until smooth, then mix in mozzarella and bacon bits and stir.
3. Combine **rice** and **chicken bone broth** in a pot, bring to a boil, reduce heat to low, cover, and simmer for 20–25 minutes, or until the liquid is absorbed. Let sit covered for 5 minutes, season with **garlic powder** and **salt** to taste, then fluff with a fork. Mix rice with cheesy buffalo ranch chicken. Garnish with **chopped chives** or **green onions**. Portion into 7 servings and enjoy.

BROCCOLI CHEDDAR SOUP MAC N' CHEESE

PER SERVING: MAKES 12

550 CALORIES

46G PROTEIN

51G CARBS

18G FAT



INGREDIENTS

Chicken:

1340g (48oz) boneless, skinless chicken thighs

Spices:

2 yellow onions
30g (2 Tbsp) minced garlic
30g (2 Tbsp) Worcestershire sauce
20g (4 tsp) Dijon mustard
1 Tbsp each: onion powder, garlic powder, salt
2 tsp black pepper
2 tsp smoked paprika

Broccoli:

400g (4 cups) Broccoli florets
15g (1 Tbsp) olive oil

High Protein Cheddar Sauce:

800g (3½ cups) 2% cottage cheese
250g (2 cups) extra sharp cheddar cheese
30g (¼ cup) cheddar powder
10g (1 Tbsp) nutritional yeast
650g (2¾ cups) whole milk
Salt and pepper, to taste
80g (⅓ cup) lemon juice
5g (1 tsp) baking soda

Pasta:

672g (24 oz) pasta of choice

INSTRUCTIONS

1. Dice **yellow onions**, mince the **garlic** and place in the slow cooker along with the **chicken thighs, Worcestershire sauce, Dijon mustard, onion powder, garlic powder, salt, black pepper, smoked paprika**. Stir to coat evenly. Cover and cook on high for 3–4 hours or low for 4–5 hours until tender.
2. While the chicken cooks, bring a pot of salted water to a boil and blanch the **broccoli florets** for one minute. Transfer to an ice bath, then drain and chop into bite-sized pieces. Spread on a baking sheet, drizzle with **olive oil**, and bake at 450°F (230°C) for 20 minutes, stirring halfway. Broil for 5–10 minutes until browned.
3. For the cheese sauce, combine **baking soda with lemon juice** to create sodium citrate (an emulsifier which keeps cheese sauces extra smooth). Shred the cheddar and place in a blender with the sodium citrate, **2% cottage cheese, cheddar powder, nutritional yeast, whole milk, and a pinch of salt and pepper** until smooth. If skipping sodium citrate, replace half the **sharp cheddar with American cheese** for creaminess.
4. Shred the chicken in the slow cooker. Cook the **pasta** halfway according to package instructions, drain, and set aside. Add the roasted broccoli, pasta, and cheese sauce to the slow cooker. Stir, then cover and cook on high for 15–30 minutes until the sauce thickens and the pasta is fully cooked. Divide into 12 servings and enjoy. Cool completely before sealing leftovers in airtight, freezer-safe containers.

PROTEIN



This section is designed for meal prepping proteins, that can then be used for fresh meals.

If you prefer more variety, or prefer cooking your rice/pasta fresh, these recipes are perfect for storing frozen as individual portions, reheated, and then used in any recipe you feel like making.

These recipes are also easily scalable - so once you find one you like, you can easily double or triple the recipe, so you have an easy, delicious protein source that can build a meal in minutes.

CHICKEN TINGA

PER SERVING: MAKES 10

180 CALORIES

24G PROTEIN

5G CARBS

7G FAT



INGREDIENTS

Meat:

670g (24oz) boneless, skinless chicken thighs
670g (24oz) chicken breasts

Sauce:

45g (3 Tbsp) olive oil
2 white onions
3 Tbsp minced garlic
1 Tbsp tomato paste
794g (28oz) can fire-roasted diced tomatoes
50g (just over 3 Tbsp) apple cider vinegar
1 can (198g/7oz) chipotle peppers in adobo

Spice Blend:

4 tsp oregano
1 tsp smoked paprika
½ tsp cumin
1 Tbsp salt
Black pepper to taste

Topping:

3 bay leaves

INSTRUCTIONS

1. **Dice onions** and cook in a large skillet over medium-high heat until translucent and beginning to brown, stirring occasionally. Add **olive oil, minced garlic, and tomato paste**, mixing well to coat the onions. Cook until the mixture begins to caramelize, about 8-10 minutes.
2. Stir in the **fire-roasted diced tomatoes** and simmer until most of the liquid has reduced, about 5 minutes. Remove from heat and let cool slightly.
3. Transfer the mixture to a blender. Add **oregano, smoked paprika, cumin, salt, pepper, apple cider vinegar, and chipotle peppers in adobo**. Blend until completely smooth.
4. Cut **chicken breast** into large chunks and place in the slow cooker with the **chicken thighs**. Pour **¾ of the blended sauce** over the chicken, reserving the rest. Stir to coat the chicken evenly. Add **3 bay leaves** on top.
5. Cover and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender. Remove bay leaves, shred the chicken in the slow cooker with two forks, and stir in the remaining sauce. Adjust seasoning if needed. Divide into 10 servings. Store leftovers in freezer-safe containers and microwave for later use.

CHILI CRISP ORANGE CHICKEN

PER SERVING: MAKES 16

200 CALORIES

22G PROTEIN

10G CARBS

6G FAT



INGREDIENTS

Chicken & Marinade:

1790g (64oz) boneless, skinless chicken thighs
240g (1 cup) orange juice
90g (6 Tbsp) soy sauce
45g (3 Tbsp) mirin
1 Tbsp chili crisp
1 Tbsp garlic powder
1 Tbsp onion powder
1 tsp black pepper

Orange Sauce:

120g (½ cup) orange marmalade
30g (2 Tbsp) chili crisp
30g (2 Tbsp) seasoned rice vinegar
20g (1 Tbsp) honey
½ Tbsp ginger paste or minced ginger

Cornstarch Slurry:

1 Tbsp cornstarch
2 Tbsp cold water

INSTRUCTIONS

1. Place the **chicken thighs** in the slow cooker. Add the **orange juice, soy sauce, mirin, chili crisp, garlic powder, onion powder, and black pepper**. Stir to coat the chicken evenly. Cover and cook on high for 3–4 hours or low for 4–5 hours, until the chicken is fully cooked and tender.
2. Once cooked, remove all the liquid from the slow cooker. If easier, remove the chicken first and transfer the liquid to a pot or pan. Bring the liquid to a boil over medium-high heat and reduce it for about 20 minutes until it thickens slightly and the flavors concentrate.
3. Remove the pot from the heat and stir in the **orange marmalade, additional chili crisp, rice vinegar, honey, and ginger paste**. Mix until fully combined, then return the pot to heat for about 30 seconds to help the sauce blend together. In a small bowl, whisk the **cornstarch with cold water** to form a slurry. Gradually add the slurry to the sauce while stirring, and cook over medium heat until the sauce thickens to your desired consistency.
4. Shred the chicken in the slow cooker using two forks. Pour the thickened orange sauce over the shredded chicken and mix until evenly coated. Divide into 16 servings and serve warm. Let leftovers cool and store in airtight, freezer-safe containers for later.

BEEF BIRRIA

PER SERVING: MAKES 16

175 CALORIES

28G PROTEIN

1G CARBS

6G FAT



INGREDIENTS

Meat:

1790g (64oz) flat cut
brisket or chuck eye roast
OR lean steak of choice

Seasonings & Spices:

1 Tbsp each: coarse salt,
ground cumin, dried
oregano, black pepper
1 tsp paprika

3 bay leaves

Sauce:

20g (1 ½ Tbsp) avocado oil
2 onions
10 cloves garlic
10 guajillo chiles
3 ancho chiles
960g (32oz) beef bone broth
240g (1 cup) water
90g (6 Tbsp) apple cider vinegar
240g (1 cup) red enchilada sauce
Handful of cilantro stems

INSTRUCTIONS

1. In a large pot over medium heat, add **avocado oil**. Chop **onions** and mince **garlic** and once the pot is hot, add the chopped onions and garlic, sautéing until browned, about 5–7 minutes.
2. De-stem and de-seed the **guajillo** and **ancho chiles**, toast them for 2–3 minutes until softened and aromatic. Pour in **beef bone broth** and **water**, bring to a boil, then reduce to a simmer for 2–3 minutes.
3. Transfer the mixture to a blender. Add **coarse salt, cumin, dried oregano, black pepper, paprika, apple cider vinegar, red enchilada sauce, and cilantro stems**. Blend until smooth.
4. If using **flat cut brisket or chuck eye roast**, remove all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker.
5. Pour the blended sauce over the meat, ensuring it's fully covered. Add **bay leaves** on top.
6. Cover and cook on low for 7–8 hours, or until the meat is tender and easily shredded. Shred in the slow cooker, mixing with the sauce. Discard bay leaves.
7. Divide into 16 servings, allow to cool, and store leftovers in freezer-safe containers.

PEANUT MISO CHICKEN

PER SERVING: MAKES 12

210 CALORIES

26G PROTEIN

7G CARBS

9G FAT



INGREDIENTS

Chicken:

1360g (48oz) boneless, skinless chicken thighs

Peanut Miso Sauce:

120g (½ cup) peanut butter

60g (4 Tbsp) white miso paste

60g (4 Tbsp) soy sauce

40g (2 ½ Tbsp) maple syrup

30g (2 Tbsp) rice vinegar

20g (4 tsp) ginger purée

20g (4 tsp) garlic purée

Red chili flakes, black pepper & sesame seeds to taste

Splash of bone broth or water

Garnish:

Green Onions

Sesame Seeds

INSTRUCTIONS

1. Prepare the peanut miso sauce by combining **peanut butter, white miso paste, soy sauce, maple syrup, rice vinegar, ginger purée, garlic purée, red chili flakes, black pepper, and sesame seeds** in a bowl. Mix until a smooth paste forms.
2. Add the **chicken thighs** to the slow cooker. Pour in half of the peanut miso sauce and a splash of **chicken bone broth or water** to thin it slightly. Mix to coat the chicken evenly.
3. Cover the slow cooker and cook on high for 3-4 hours or low for 4-5 hours, until the chicken is tender and fully cooked.
4. Once the chicken is done, add the remaining peanut miso sauce and stir thoroughly to combine, ensuring the chicken is coated in the rich, flavorful sauce. Add a corn starch slurry if needed to thicken.
5. Chop the **green onions**, divide into 12 servings, and garnish with **sesame seeds** and green onions. Store leftovers in freezer-safe containers for easy meal prep.

HONEY HARISSA CHICKEN

PER SERVING: MAKES 16

160 CALORIES

23G PROTEIN

4G CARBS

5G FAT



INGREDIENTS

Honey Harissa Chicken:

1790g (64oz) boneless, skinless chicken thighs

105g (7 Tbsp) harissa paste

15g (1 Tbsp) white miso paste (optional)

2 tsp smoked paprika

2 tsp dried thyme or oregano

1 tsp garlic powder

1 Tbsp salt (or to taste)

Dash of black pepper

60g (3 Tbsp) honey

Additional Ingredients:

Juice of 1 lemon

3 Tbsp harissa

INSTRUCTIONS

1. In a large bowl, mix together **harissa paste, white miso paste (if using), smoked paprika, dried thyme or oregano, garlic powder, salt, black pepper, and honey** until well combined.
2. Place the **chicken thighs** into the slow cooker and pour the harissa mixture over them, ensuring all pieces are evenly coated. Cover and cook on high for 3–4 hours or low for 4–5 hours, until the chicken is tender.
3. Once the chicken is cooked, lightly shred it directly in the slow cooker using two forks. Stir in the **juice of one lemon** and the **additional harissa paste**, mixing well to combine. Add a corn starch slurry (1 Tbsp corn starch mixed with 1 Tbsp cold water) to thicken.
4. Assemble the bowls by dividing the chicken evenly among 16 servings. Store leftovers in freezer-safe, airtight containers.

CHIMICHURRI STEAK

PER SERVING: MAKES 12

210 CALORIES

25G PROTEIN

3G CARBS

11G FAT



INGREDIENTS

Steak:

1340g (48oz) flank steak or lean steak of choice

Marinade:

1 yellow onion
15g (1 Tbsp) minced garlic
1 ½ Tbsp salt
2 tsp black pepper
2 tsp garlic powder
2 tsp oregano
30g (2 Tbsp) red wine vinegar
15g (1 Tbsp) olive oil
240g (1 cup) puréed fresh pineapple*

Chimichurri:

60g (¼ cup) olive oil
60g (¼ cup) red wine vinegar
1 bunch chopped cilantro or parsley
4 cloves minced garlic
2 small red chilies (e.g., red jalapeños or Fresno chilies)
1 tsp dried oregano
1 tsp coarse salt
½ tsp black pepper

INSTRUCTIONS

1. Add the **flank steak or lean steak of choice** to a slow cooker. Dice the **yellow onion** and **mince the garlic**, then add to the slow cooker along with **salt, black pepper, garlic powder, oregano, olive oil, red wine vinegar, and puréed fresh pineapple**. Mix well to coat the steak evenly with the marinade. Cover and cook on low for 6–8 hours, until the steak is tender and easily shreddable.
2. While the steak cooks, prepare the chimichurri. Finely chop your **red chiles, cilantro or parsley, and mince the garlic**. Afterwards, combine them with **olive oil, red wine vinegar, dried oregano, coarse salt, and black pepper** in a bowl. Mix thoroughly, then cover and refrigerate to let the flavors meld.
3. Once the steak is cooked, shred it directly in the slow cooker, ensuring it soaks up the flavorful juices. Stir in the prepared chimichurri, reserving some for topping later if desired.
4. Divide into 12 servings. Store leftovers in freezer-safe containers. Reheat in the microwave for 2–3 minutes, stirring midway for even heating.

*Fresh pineapple is essential for its tenderizing effect. Do not use canned pineapple or shelf-stable/pasteurized varieties. Pre-sliced or cubed fresh pineapple from the produce section is acceptable.

GREEN ENCHILADA CHICKEN

PER SERVING: MAKES 10

175 CALORIES

22G PROTEIN

6G CARBS

5G FAT



INGREDIENTS

Chicken:

1790g (64oz) boneless, skinless chicken thighs

Green Chile Sauce:

420g (1 ¾ cups) green enchilada sauce

226g (8oz) Hatch green chiles

1 white onion

Juice of 1 lime

1 ½ Tbsp salt

1 Tbsp garlic powder

Dash of black pepper

Toppings:

1 bunch cilantro

60g (3 Tbsp) honey

INSTRUCTIONS

1. Add **chicken thighs, diced white onions, green enchilada sauce, Hatch green chiles, lime juice, salt, garlic powder, and a dash of black pepper** to the slow cooker. Stir everything together to evenly coat the chicken with the sauce and seasonings.
2. Cover the slow cooker and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender and fully cooked.
3. Once done, use two forks or tongs to shred the chicken directly in the slow cooker, mixing it into the flavorful sauce.
4. Add the **honey and chopped cilantro** to the shredded chicken, stirring until well combined. Add corn starch slurry to thicken if needed (start with 1 Tbsp corn starch, mixed with 1 Tbsp cold water)
5. Divide into 16 portions. Let the chicken cool completely before transferring to freezer-safe containers for leftover storage.
6. Reheat in the microwave or on the stovetop as needed, garnishing with additional cilantro if desired.

BUTTER CHICKEN

PER SERVING: MAKES 8

260 CALORIES

34G PROTEIN

7G CARBS

11G FAT



INGREDIENTS

Chicken:

900g (32oz) chicken breast

Yogurt & Butter:

250g (1 cup) plain 0% Greek yogurt or Skyr

30g (2 Tbsp) butter

Optional:

1 Tbsp chicken bouillon

1 Tbsp sugar or zero calorie sweetener

Butter Sauce:

30g (2 Tbsp) butter

2 onions

2 Tbsp tomato paste

2 Tbsp garlic paste

2 Tbsp ginger paste

2 Tbsp paprika

2 Tbsp garam masala

1 tsp cayenne

1 tsp cumin

1 tsp coriander

2 tsp salt

1 (14oz) can crushed fire-roasted tomatoes

Dash of black pepper

INSTRUCTIONS

1. Melt **butter** in a large skillet over medium heat. Chop and add **onions**. Cook until caramelized.
2. Stir in **tomato paste, garlic paste, and ginger paste**. Cook for 2-3 minutes until fragrant, then add the seasoning blend (**paprika, cayenne, garam masala, cumin, coriander, salt, and black pepper**). Stir well to combine.
3. Pour in **fire-roasted tomatoes and splash of water**, stir to deglaze pan. Let simmer for 2-3 minutes.
4. Transfer the mixture to a blender. For optional flavor depth, add **chicken bouillon and sugar or sweetener**. Blend for about 2 minutes until the sauce is completely smooth.
5. Dice the **chicken breast** and place it in the slow cooker. Pour the butter sauce over the chicken, ensuring it is fully coated. Cover and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender and cooked through.
6. Once cooked, add **additional butter and 0% Greek yogurt** to the slow cooker. Stir until well combined. Cover and let sit for another 10-15 minutes to allow the flavors to meld.
7. Divide into 8 servings and store leftovers in freezer-safe containers for meal prep.

HONEY CHIPOTLE CHICKEN

PER SERVING: MAKES 12

175 CALORIES

23G PROTEIN

8G CARBS

6G FAT



INGREDIENTS

Chicken:

1360g (48oz) boneless, skinless chicken thighs

Marinade:

240g (1 cup) orange juice

200g (7oz) can chipotle peppers

45g (3 Tbsp) soy sauce

30g (2 Tbsp) apple cider vinegar

30g (2 Tbsp) garlic purée

2 tsp cumin

1 Tbsp salt

1 ½ tsp black pepper

2 tsp onion powder

80g (4 Tbsp) honey

15g (1 Tbsp) avocado oil

Handful of cilantro stems

INSTRUCTIONS

1. Add **orange juice, chipotle peppers, soy sauce, apple cider vinegar, garlic purée, cumin, salt, black pepper, onion powder, honey, avocado oil, and cilantro stems** to a blender. Blend on high for 1-2 minutes until the marinade is smooth.
2. Place the **chicken thighs** in a slow cooker and pour the marinade over the top. Stir to coat the chicken evenly. Cover and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender and easily shreds.
3. Once cooked, use two forks to shred the chicken directly in the slow cooker. Mix it thoroughly with the sauce to ensure it's evenly coated.
4. Divide into 12 portions for meal prep. Store leftovers in the freezer in freezer-safe containers for meal prep. Enjoy!

CARNITAS INSPIRED PULLED PORK

PER SERVING: MAKES 16

215 CALORIES

24G PROTEIN

5G CARBS

10G FAT



INGREDIENTS

Meat:

1790g (64 oz) pork loin

Marinade:

2 onions

15g (1 Tbsp) oil of choice

2 Tbsp salt

1 Tbsp oregano

2 tsp black pepper

1 tsp cumin

Juice from 2 oranges

6 cloves garlic

¼ tsp cinnamon

15g (1 Tbsp) apple cider vinegar

3 bay leaves

40g (2 Tbsp) honey

Cornstarch Slurry (if needed):

5g (1 tsp) cornstarch

1 tsp water

INSTRUCTIONS

1. Cut a **pork loin** into 4-5 large chunks and set aside. Dice the **onions** and cook in a skillet over medium-high heat with **oil** until browned and caramelized, about 8-10 minutes. Stir occasionally to prevent burning.
2. Place the pork in the slow cooker. Add the caramelized onions, **salt, black pepper, oregano, cumin, cinnamon, garlic cloves, honey, and apple cider vinegar**. Squeeze the **juice from the oranges** over the mixture, then place the orange peels over the meat in the slow cooker. Add the **bay leaves**.
3. Cover and cook on high for 4-5 hours or low for 5-6 hours, until the pork is tender and easily shredded. Once the pork is cooked, remove all liquid from the slow cooker and transfer it to a pan and remove bay leaves. Boil the liquid over medium-high heat to reduce for 10-15 minutes or until slightly thickened. If the liquid remains too thin, add a **cornstarch slurry (1 tsp cornstarch mixed with 1 tsp water at a time)** to achieve the desired consistency.
4. While the liquid reduces, shred the pork directly in the slow cooker. Pour the thickened liquid back over the shredded pork and mix to coat evenly. Divide into 16 servings and serve. Store leftovers in freezer-safe containers for meal prep.

TZATZIKI CHICKEN

PER SERVING: MAKES 12

170 CALORIES

27G PROTEIN

4G CARBS

6G FAT



INGREDIENTS

Meat:

1340g (48oz) boneless, skinless chicken breast

Marinade:

4-5 garlic cloves
20g (1 Tbsp) honey
15g (1 Tbsp) olive oil
1 Tbsp dried oregano
1 Tbsp salt
1 Tbsp onion powder
1 tsp black pepper

Tzatziki Sauce:

400g (1 ¾ cups) 0% Greek yogurt
150g (½ cup) light sour cream
1 cucumber
1 tsp salt
1 lemon
15g (1 Tbsp) olive oil
1 tsp chopped dill
2 tsp chopped chives
1 tsp garlic powder
Dash of black pepper

Corn starch slurry (if needed):

3 Tbsp corn starch
3 Tbsp water

INSTRUCTIONS

1. Grate the **garlic cloves** and add to the slow cooker along with the **chicken breast, olive oil, dried oregano, salt, black pepper, honey, onion powder, and black pepper**. Toss to coat evenly. Cover and cook on high for 2-3 hours or low for 3-4 hours until the chicken is tender and fully cooked.
2. While the chicken cooks, prepare the tzatziki sauce. De-seed and grate the **cucumber**, squeeze out water using a cloth, and combine with **0% Greek yogurt, light sour cream, olive oil, salt, chives, lemon juice, dill, black pepper, and garlic powder** in a bowl. Mix well until smooth and creamy. Cover and refrigerate until ready to use.
3. Once the chicken is done, shred it directly in the slow cooker using two forks. Create a **cornstarch slurry by mixing equal parts cornstarch and water (3 Tbsp each)**. Add the slurry to the slow cooker and stir well. Alternatively, remove the liquid, reduce it in a pan over medium heat until thickened, and return it to the slow cooker.
4. Remove heat from the slow cooker and mix in the prepared tzatziki sauce. Stir until everything is evenly coated. Divide into 12 servings. Serve and store leftovers in freezer-safe containers for meal prep.

PEPPER STEAK

PER SERVING: MAKES 12

175 CALORIES

26G PROTEIN

4G CARBS

7G FAT



INGREDIENTS

Beef & Seasonings:

1350g (48oz) flat cut brisket or chuck eye roast

1 Tbsp each: Salt, pepper, garlic powder, and onion powder

240g (8oz) beef bone broth

Roasted Peppers:

4 red bell peppers

4 poblanos

4 jalapenos

2 sweet onions

INSTRUCTIONS

1. Add **beef, salt, pepper, garlic powder, onion powder,** and **beef bone broth** to a slow cooker
2. Cook on high for 4-5 hours, or low for 5-6 hours
3. Dice **bell peppers, poblanos, jalapeños, sweet onions,** and add a sheet pan. Bake at 450 for 30-45 minutes, or until lightly browned.
4. Once beef is done cooking shred then mix in roasted peppers and onions. Enjoy.

THAI RED CURRY PEANUT CHICKEN

PER SERVING: MAKES 16

180 CALORIES

24G PROTEIN

5G CARBS

7G FAT



INGREDIENTS

Meat:

1790g (64oz) boneless, skinless chicken thighs

Toppings:

Juice of 1-2 limes (to taste)
Chopped Thai basil (handful)

Red Curry Peanut Sauce:

120g (½ Cup) peanut butter
100g (⅓ Cup) Thai red curry paste
30g (2 Tbsp) soy sauce
30g (2 Tbsp) fish sauce
50g (2.5 Tbsp) honey
15g (1 Tbsp) grated ginger
15g (1 Tbsp) grated garlic
Juice + zest of 1 lime
160g (⅔ cup) coconut cream

INSTRUCTIONS

1. In a medium bowl, whisk together **peanut butter, Thai red curry paste, soy sauce, fish sauce, honey, ginger, garlic, lime juice, zest, and coconut cream** until smooth. Divide the sauce in half.
2. Place **chicken thighs** in the slow cooker and pour half the sauce over them. Mix to coat evenly. Cover and cook on high for 3-4 hours or low for 4-5 hours, until tender.
3. Once the chicken is done, shred lightly or leave in chunks. Add the remaining sauce and **juice of 1-2 limes** (to taste). Stir well, add **chopped Thai basil** and let sit for 5-10 minutes to absorb flavors.
4. Divide into 16 servings, storing leftovers in freezer-safe containers for meal prep.

CARAMELIZED ONION BEEF

PER SERVING: MAKES 12

200 CALORIES

28G PROTEIN

1G CARBS

9G FAT



INGREDIENTS

Beef & Seasoning:

1340g (48oz) flat cut brisket or
chuck eye roast
OR lean steak of choice
45g (3 Tbsp) Worcestershire
15g (1 Tbsp) Dijon mustard
1 Tbsp salt
1 Tbsp garlic powder
2 tsp onion powder
2 tsp black pepper
1 tsp dried thyme
⅛ tsp nutmeg
100g (½ cup) bone broth

Caramelized Onions:

4 yellow onions
30g (2 Tbsp) butter
960g (32oz) beef bone broth
30g (2 Tbsp) Worcestershire
Optional: sprig of rosemary and
thyme

INSTRUCTIONS

1. If using **flat cut brisket or chuck eye roast**, remove all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker. Sprinkle with **Worcestershire, Dijon mustard, salt, garlic powder, onion powder, black pepper, beef bone broth, dried thyme, and nutmeg** and stir until evenly mixed. Cover and cook on high for 4–5 hours or low for 5–6 hours, until the beef is tender and can be easily shredded.
2. While the beef cooks, prepare the caramelized onions. Dice the **onions** and heat a large skillet over high heat. Cook until translucent and starting to brown, about 5 minutes. Reduce the heat to medium, add the **butter**, and stir to coat the onions. Continue to sauté for 10–15 minutes, stirring frequently, until the onions are deeply browned and caramelized.
3. Pour in the **beef bone broth and Worcestershire**, stirring to combine. Optionally, add a **sprig of rosemary and thyme** for extra flavor. Bring the mixture to a boil and cook until the liquid has fully evaporated, leaving richly flavored onions. Remove and discard the rosemary and thyme, if used.
4. Once the beef is fully cooked, shred it directly in the slow cooker using two forks. Add the caramelized onions to the slow cooker and stir well to combine with the beef and its juices.
5. Serve the caramelized onion beef warm, portioned into 12 servings.

STREET TACO CHICKEN

PER SERVING: MAKES 16

165 CALORIES

23G PROTEIN

6G CARBS

5G FAT



INGREDIENTS

Chicken and Marinade:

1790g (64oz) boneless, skinless chicken thighs

160g (¾ cup) orange juice

Juice of 3 limes

45g (3 Tbsp) soy sauce

30g (2 Tbsp) minced garlic

2 Tbsp salt

5 tsp cumin

1 Tbsp onion powder

1 Tbsp garlic powder

1 Tbsp chili powder

2 tsp black pepper

2 tsp dried oregano

60g (3 Tbsp) honey

Garnish:

1 bunch cilantro

Juice of 2 limes

2 white onions

INSTRUCTIONS

1. Mince the **garlic** and mix in a large bowl with **orange juice, lime juice, soy sauce, salt, cumin, onion powder, garlic powder, chili powder, black pepper, dried oregano, and honey** until well combined.
2. Add chicken thighs to the slow cooker. Pour the marinade over, stirring to coat evenly. Cover and cook on high for 3-4 hours or low for 4-5 hours, until tender. Shred the chicken lightly with two forks, leaving some chunks intact. Add **raw diced white onions, chopped cilantro, and lime juice**, and mix.
3. Portion the shredded chicken into 16 equal servings. Serve, and store leftovers in freezer-safe containers.

HOT HONEY BRISKET RAGU

PER SERVING: MAKES 10

275 CALORIES

34G PROTEIN

13G CARBS

10G FAT



INGREDIENTS

Hot Honey Brisket:

1340g (3 lbs) brisket (or lean steak of choice)
2 yellow onions
15g (1 Tbsp) olive oil
10 cloves garlic
45g (3 Tbsp) tomato paste
100g (5 Tbsp) honey
2 Tbsp chili flakes
794g (28oz) fire-roasted crushed tomatoes
475g (16oz) beef bone broth

Toppings:

1 sprig rosemary
Handful of fresh thyme
1–2 bay leaves

INSTRUCTIONS

1. Dice the **onions** and cook on low in a skillet over high heat until translucent and beginning to brown, about 5 minutes. Reduce the heat to medium and mince the **garlic**. Add to the skillet with the **olive oil**, and **tomato paste**. Stir and simmer for 5–10 minutes until caramelized and fragrant.
2. Add the **fire-roasted crushed tomatoes**, **honey**, **chili flakes**, and **beef bone broth** to the skillet. Stir well and bring the mixture to a boil. Reduce the heat slightly and let it simmer for about 10 minutes to concentrate the flavors.
3. Transfer the mixture to the slow cooker. Trim the **flat cut brisket** by removing all excess separable fat. Once trimmed, place the meat in the slow cooker. Top with the **rosemary**, **fresh thyme**, and **bay leaves**. Cover and cook on low for 6–8 hours, or until the beef is tender and easily shredded.
4. Once done, remove the beef from the slow cooker and shred it using two forks. Discard the rosemary, thyme sprigs, and bay leaves. Return the shredded beef to the slow cooker and mix it with the sauce until fully combined.
5. Distribute into 10 equal servings. Store leftovers in airtight, freezer-safe containers once cooled and place in the freezer.

GARLIC ROSEMARY CHICKEN

PER SERVING: MAKES 12

150 CALORIES

23G PROTEIN

1G CARBS

5G FAT



INGREDIENTS

Garlic Rosemary Chicken:

- 1360g (48oz) chicken thighs
- 45g (3 Tbsp) Worcestershire sauce
- 30g (2 Tbsp) minced garlic
- 15g (1 Tbsp) Dijon mustard
- 1 Tbsp fine grain salt
- 2 tsp black pepper
- 1 tsp dried thyme
- 100g (½ cup) bone broth
- 1 Tbsp garlic powder
- 2 tsp onion powder
- Rosemary sprig

INSTRUCTIONS

1. In a slow cooker, combine **chicken thighs, Worcestershire sauce, garlic, Dijon mustard, salt, garlic powder, onion powder, dried thyme, black pepper, and bone broth**. Stir to coat, add a **rosemary sprig** on top, cover, and cook on high for 3-4 hours or low for 4-5 hours until tender.
2. Once chicken is fully cooked, shred lightly in the slow cooker. Portion into 12 servings

ITALIAN BEEF

PER SERVING: MAKES 11

220 CALORIES

24G PROTEIN

4G CARBS

12G FAT



INGREDIENTS

Italian Beef:

1790g (64oz) flat cut brisket or chuck eye roast OR lean steak of choice

340g (12oz) jar of pepperoncini

340g (12oz) jar of Chicago-style giardiniera*

1 Tbsp salt

1 Tbsp Italian seasoning

1 Tbsp garlic powder

1 Tbsp onion powder

1 tsp black pepper

20g (1 Tbsp) honey

INSTRUCTIONS

1. If using **flat cut brisket or chuck eye roast**, remove all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker. Pour in the **jar of pepperoncini, including the liquid**, and the **jar of Chicago-style giardiniera (do not drain)**. Sprinkle the **salt, Italian seasoning, garlic powder, onion powder, black pepper, and honey** evenly over the beef and vegetables. Stir lightly to ensure the seasonings are distributed.
2. Cover the slow cooker and cook on low for 6–8 hours, or until the beef is tender and shreds easily
3. Once cooked, shred the beef directly in the slow cooker using two forks. Stir to combine the shredded beef with the juices and vegetables. Serve warm, and store leftovers in airtight, freezer-safe containers once cooled.

*Very important to use chicago-style giardiniera, instead of traditional italian giardiniera. Chicago style is finely chopped/minced vegetables used as a topping on sandwiches, traditional will have large chunks of vegetables. You want the finely chopped/minced version for this

HAWAIIAN BBQ CHICKEN

PER SERVING: MAKES 10

165 CALORIES

23G PROTEIN

6G CARBS

5G FAT



INGREDIENTS

BBQ Chicken:

1790g (64oz) boneless, skinless chicken thighs

120g (½ cup) sugar-free BBQ sauce

45g (3 Tbsp) soy sauce

15g (1 Tbsp) fish sauce

20g (4 tsp) grated ginger

700g (4 ½ cups) fresh pineapple (1 whole pineapple)

Garlic powder, onion powder, smoked paprika, and black pepper, to taste

Toppings:

120g (½ cup) sugar-free BBQ sauce

2 stalks green onions

Corn starch slurry:

3 Tbsp corn starch

3 Tbsp water

INSTRUCTIONS

1. Grate the **ginger** and mix in a large bowl, whisk together **sugar-free BBQ sauce, soy sauce, fish sauce, garlic powder, onion powder, smoked paprika, and black pepper** until smooth. Cut the 1 **fresh pineapple** into bite-sized chunks. Place the **chicken thighs** and pineapple chunks into the slow cooker. Pour the prepared marinade over the chicken and pineapple, stirring to coat evenly. Cover and cook on high for 3-4 hours or low for 4-5 hours, until the chicken is tender and cooked through.
2. Once cooking is complete, add a **cornstarch slurry (3 Tbsp corn starch and 3 Tbsp water)**, stirring until smooth. Lightly shred the cooked chicken using two forks, leaving some larger pieces intact for texture. Top with additional **sugar-free BBQ sauce and chopped green onions** to taste, mixing well.
3. Serve, and allow bowls to cool completely before sealing leftovers in airtight, freezer-safe containers.

BEEF BOLOGNESE

PER SERVING: MAKES 12

260 CALORIES

28G PROTEIN

10G CARBS

12G FAT



INGREDIENTS

Beef & Seasonings:

1340g (48oz) 93% ground beef
5 slices center-cut bacon
1580g (two 28oz cans) crushed tomatoes
2 Tbsp each: dried oregano, salt
1 Tbsp each: dried thyme, red pepper flakes, black pepper
½ tsp cayenne
¼ tsp nutmeg

Sauce Base:

45g (3 Tbsp) Butter
3 onions
12 cloves of garlic
90g (6 Tbsp) Tomato Paste
454g (16oz) beef bone broth
30g (2 Tbsp) Worcestershire sauce
15g (1 Tbsp) soy sauce

Toppings & Garnish:

4 dried bay leaves

INSTRUCTIONS

1. Dice the **onions** and mince the **garlic cloves**. In a large skillet over medium-high heat, cook the onions until translucent and just beginning to brown. Stir occasionally to prevent sticking. Add the **butter, garlic, and tomato paste**, stirring to combine. Lower the heat to medium and let the mixture simmer for 7-8 minutes, allowing it to caramelize slightly.
2. Turn the heat to high and add the **beef bone broth, Worcestershire sauce, and soy sauce**. Stir well, scraping the bottom of the skillet to deglaze any browned bits. Boil the mixture until the liquid is completely reduced, intensifying the flavors.
3. Transfer the mixture to a slow cooker. Add the **ground beef, crushed tomatoes, dried oregano, dried thyme, red pepper flakes, salt, pepper, cayenne, nutmeg, and bay leaves**. Mix thoroughly to ensure the seasonings are evenly distributed. Dice **center-cut bacon** and line the edges of the slow cooker with the bacon, or cook the bacon separately on the stove and add it as a garnish at the end. Cover the slow cooker and cook on low for 5-6 hours or high for 3-4 hours. Once done, remove the bay leaves and use a wooden spoon to break up the beef into smaller pieces, mixing everything until well combined. Divide into 12 servings and serve immediately. Allow to cool completely before storing in airtight freezer-safe containers for leftovers.

CHILI CRISP MISO CHICKEN

PER SERVING: MAKES 12

185 CALORIES

23G PROTEIN

6G CARBS

6G FAT



INGREDIENTS

Chicken:

1340g (48oz) boneless, skinless chicken thighs

Miso Sauce:

60g (4 Tbsp) white miso paste

30g (2 Tbsp) chili crisp

40g (2 Tbsp) honey

30g (2 Tbsp) mirin

1 Tbsp garlic powder

Black pepper and salt to taste

1 white onion

Toppings:

White/black sesame seeds

INSTRUCTIONS

1. In a large bowl, whisk together **white miso paste, chili crisp, honey, mirin, garlic powder, black pepper** and **salt** until combined. Add **chicken thighs** to the slow cooker, and pour the miso sauce over the chicken, stirring to coat evenly. Cover and cook on high for 3-4 hours or low for 4-5 hours, until the chicken is tender and cooked through.
2. Cook **1 white onion** over medium heat in a pan until translucent and beginning to brown
3. Once cooking is complete, lightly shred the cooked chicken using two forks, leaving some larger pieces intact for texture. Mix in cooked onion. Top with **white & black sesame seeds** in the slow cooker.
4. Mix until all ingredients are fully combined. Divide into 12 servings and serve.

BUFFALO CHICKEN DIP

PER ENTIRE BATCH

3600 CALORIES

432G PROTEIN

103G CARBS

171G FAT



INGREDIENTS

Buffalo Chicken:

1340g (48oz) boneless, skinless chicken thighs
1 tsp salt
1 tsp garlic powder
1 tsp onion powder
1 tsp paprika
1 tsp chili powder
1 packet ranch seasoning
1 Tbsp fresh chopped dill
100g (½ cup) buffalo sauce

Buffalo Cheese Sauce:

750g (3 ¼ cups) 2% cottage cheese
200g (¾ cup) 1/3-fat cream cheese
200g (¾ cup) buffalo sauce
200g (1 ½ cups) 2% cheddar cheese
60g (3 Tbsp) honey
30g (2 Tbsp) butter
Handful of chopped chives

INSTRUCTIONS

1. Add **chicken thighs** to your slow cooker. Sprinkle with **salt, garlic powder, onion powder, paprika, chili powder, ranch seasoning, and fresh chopped dill**.
2. Pour in **buffalo sauce** and mix well to evenly coat the chicken. Cover and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender and easily shredded.
3. Once the chicken is cooked, shred it directly in the slow cooker using two forks. Blend the **2% cottage cheese** and shred the **2% cheddar cheese**. Mix into the slow cooker along with the **1/3 fat cream cheese, honey, additional buffalo sauce, butter**.
4. Stir thoroughly until the mixture is smooth and creamy. Fold in **chopped chives** for added flavor.
5. Enjoy immediately and store leftovers in freezer-safe containers. Mix with pasta, serve over rice, make loaded fries, or reheat as a dip.

HONEY CHIPOTLE BEEF

PER SERVING: MAKES 12

180 CALORIES

25G PROTEIN

5G CARBS

7G FAT



INGREDIENTS

Honey Chipotle Beef:

- 1340g (48 oz) flat cut brisket or chuck eye roast
OR lean steak of choice
- 200g (7 oz) can chipotles in adobo
- 200g (¾ cup) red enchilada sauce
- 40g (2 Tbsp) honey
- 15g (1 Tbsp) apple cider vinegar
- 1 Tbsp salt
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 2 tsp black pepper

INSTRUCTIONS

1. If using **flat cut brisket or chuck eye roast**, remove all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker. Break up the **chipotles in adobo**, add them slow cooker along with **red enchilada sauce, honey, apple cider vinegar, salt, garlic powder, onion powder, and black pepper**. Stir to combine and coat the beef evenly.
2. Cover and cook on low for 6–8 hours, or until the beef is tender and easily shredded.
3. Once done, shred the beef directly in the slow cooker using two forks. If the mixture isn't thick enough for your liking, prepare a cornstarch slurry by mixing equal parts **cornstarch** and **cold water**.
4. Gradually stir the slurry into the slow cooker until the sauce reaches your desired consistency.
5. Distribute into 12 servings and serve warm. Store leftovers in airtight, freezer-safe containers once cooled.

RED ENCHILADA CHICKEN

PER SERVING: MAKES 16

170 CALORIES

22G PROTEIN

7G CARBS

5G FAT



INGREDIENTS

Chicken:

1790g (64oz) diced boneless skinless chicken thighs

Enchilada Sauce:

420g (3 ½ cups) red enchilada sauce

199g (7oz) can chipotle peppers

1 white onion

Juice of 1 lime

1 ½ Tbsp salt

1 Tbsp garlic powder

Dash of black pepper

Additional Ingredients:

60g (3 Tbsp) honey

1 bunch chopped cilantro

INSTRUCTIONS

1. To a slow cooker, add **chicken thighs, diced white onion, red enchilada sauce, chipotle peppers, lime juice, salt, garlic powder, and a dash of black pepper**. Stir to ensure the chicken is evenly coated with the sauce and spices. Cover the slow cooker and cook on high for 2-3 hours or low for 3-4 hours, until the chicken is tender and easily shredded.
2. Once the chicken is fully cooked, use two forks to shred it directly in the slow cooker, mixing it well into the sauce to absorb all the flavors. Add the **honey and cilantro** to the slow cooker, stirring gently to combine.
3. Cover the slow cooker again and let it cook on high for an additional 15 minutes to allow the flavors to blend into the sauce. After cooking, stir gently but thoroughly.
4. Divide into 16 servings and serve. Store leftovers in airtight, freezer-safe containers once cooled completely.

KOREAN BBQ BEEF

PER SERVING: MAKES 12

295 CALORIES

30G PROTEIN

12G CARBS

14G FAT



INGREDIENTS

Steak:

1340g (48oz) flat cut brisket or
chuck eye roast
OR lean steak of choice

Marinade Mixture:

75g (5 Tbsp) soy sauce
55g (3 Tbsp) gochujang
45g (3 Tbsp) mirin
40g (2 Tbsp) honey
30g (2 Tbsp) garlic purée
15g (1 Tbsp) ginger purée
Black pepper: to taste

Add After Cooking:

30g (2 Tbsp) toasted sesame oil
60g (4 Tbsp) premium oyster
sauce: Recommended brands
include Lee Kum Kee or Lucky
Brand (vegan).

INSTRUCTIONS

1. If using **flat cut brisket or chuck eye roast**, remove all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker.
2. Add **soy sauce, gochujang, mirin, honey, garlic purée, ginger purée, and black pepper** to the slow cooker. Mix everything thoroughly, ensuring the steak is evenly coated with the marinade. Cover and cook on high for 5-6 hours or low for 6+ hours, until the beef is tender and easily falls apart.
3. Once cooked, shred the beef with a fork or chop it into bite-sized pieces with a knife. Stir in the **oyster sauce and toasted sesame oil**. Let the beef sit for a few minutes to absorb the flavors.
4. Divide into 12 portions and store leftovers in freezer-safe containers for meal prep.

PINEAPPLE TERIYAKI PULLED PORK

PER SERVING: MAKES 16

230 CALORIES

24G PROTEIN

11G CARBS

9G FAT



INGREDIENTS

Pork & Marinade:

1790g (64oz) Pork loin
1 Pineapple (400g)
100g (½ cup) soy sauce
90g (6 Tbsp) mirin
80g (4 Tbsp) honey
2 Tbsp grated ginger
2 Tbsp grated garlic

Cornstarch Slurry:

4 Tbsp cornstarch
4 Tbsp cold water

INSTRUCTIONS

1. Cut the **pork loin** into four large pieces and place them in the slow cooker. Dice the **pineapple**, grate the **ginger** and **garlic**, and add to the slow cooker with the **soy sauce**, **mirin**, and **honey**. Stir to coat the pork evenly. Cover and cook on high for 3–4 hours or low for 4–5 hours, until the pork is tender and easily shredded.
2. Once cooked, shred the pork with two forks in the slow cooker.
3. Prepare the cornstarch slurry by mixing **cornstarch** with **cold water**. Gradually stir the slurry into the slow cooker, until the sauce thickens to your desired consistency.
4. Divide the pork evenly among 16 servings. Store leftovers in freezer-safe containers.

DR PEPPER BBQ BEEF

PER SERVING: MAKES 16

170 CALORIES

25G PROTEIN

3G CARBS

7G FAT



INGREDIENTS

Beef and Marinade:

1790g (64oz) flat cut brisket or
chuck eye roast

OR lean steak of choice

300g (1 ¼ cups) Dr Pepper

24g (3 Tbsp) BBQ seasoning

15ml (1 Tbsp) Worcestershire
sauce

30g (2 Tbsp) no-sugar-added
ketchup

3 chipotle peppers

Cornstarch Slurry:

15g (1 Tbsp) corn starch

15g (1 Tbsp) water

Finishing Sauce:

40g (2 Tbsp) honey

25ml (1½ Tbsp) apple cider vinegar

10g (2 tsp) Dijon mustard

30g (2 Tbsp) ketchup

120g (½ cup) Dr Pepper

INSTRUCTIONS

1. If using **flat-cut brisket or chuck eye roast**, remove all excess separable fat (reference trimming guide if needed). Once trimmed, place the meat in the slow cooker.
2. Mince the chipotle peppers and add to the slow cooker along with the **BBQ seasoning, Worcestershire sauce, no-sugar-added ketchup, and Dr Pepper**. Stir to coat the beef evenly in the mixture. Cover and cook on high for 4–5 hours or low for 6–8 hours, until the beef is tender and easily shredded.
3. While the beef cooks, prepare the finishing sauce. In a small bowl, combine **honey, apple cider vinegar, Dijon mustard, ketchup, and Dr Pepper**. Mix well and set aside.
4. Once the beef is done, remove it from the slow cooker and shred. Transfer the liquid from the slow cooker to a pan over medium-high heat. Stir in the finishing sauce and simmer for 10 mins to reduce.
5. If the sauce is too thin, create a cornstarch slurry by mixing the **cornstarch** with **water**. Gradually stir the slurry into the sauce while simmering until it reaches the desired thickness.
6. Return the shredded beef to the pot and pour over the thickened sauce. Serve warm, or portion into 16 servings for meal prep.

HONEY TERIYAKI CHICKEN

PER SERVING: MAKES 12

175 CALORIES

23G PROTEIN

10G CARBS

5G FAT



INGREDIENTS

Honey Teriyaki Chicken:

1360g (48oz) chicken thighs
75g (5 Tbsp) soy sauce
30g (2 Tbsp) dark soy sauce
80g (4 Tbsp) honey
60g (4 Tbsp) mirin
2 Tbsp ginger
1 Tbsp garlic

Cornstarch Slurry:

24g (3 Tbsp) cornstarch
60g (4 Tbsp) cold water

INSTRUCTIONS

1. Mince the **ginger** and **garlic** and place in a slow cooker along with **chicken thighs, soy sauce, dark soy sauce, honey,** and **mirin**. Stir to coat and cook on high for 3-4 hours or low for 4-5 hours until tender.
2. Once chicken is fully cooked, shred lightly in the slow cooker.
3. In a small bowl, whisk together the **cornstarch** and **cold water** to form a slurry. Gradually stir the slurry into the slow cooker, cooking on low until the chicken thickens to your desired consistency.
4. Portion into 12 servings.

BUFFALO RANCH CHICKEN

PER SERVING: MAKES 12

210 CALORIES

24G PROTEIN

5G CARBS

8G FAT



INGREDIENTS

Chicken & Marinade:

1340g (48oz) chicken thighs
200g (¾ cup) Buffalo wing sauce*
30g (2 Tbsp) soy sauce
1 packet ranch seasoning
40g (2 Tbsp) honey

Cornstarch Slurry:

45g (3 Tbsp) cornstarch
45g (3 Tbsp) cold water

Buffalo Ranch Sauce:

75g (⅓ cup) Buffalo wing sauce
Handful of chopped chives or green onions
200g (¾ cup) 0% Greek yogurt
75g (⅓ cup) light sour cream
Pinch of chopped dill (optional)

INSTRUCTIONS

1. Place the **chicken thighs** in the slow cooker. Add **Buffalo wing sauce, soy sauce, ranch seasoning, and honey**. *Buffalo “Wing” sauce generally contains added fat. If using a zero-fat Buffalo sauce, melt 45g (3 Tbsp) butter and add it to the mixture.*
2. Stir to evenly coat the chicken. Cover and cook on high for 3–4 hours, or until the chicken is tender and can be easily shredded.
3. Once cooked, shred with two forks in the slow cooker. In a small bowl, combine cornstarch with cold water to make a slurry, then add it to the slow cooker to thicken.
4. To finish, add in the **Buffalo wing sauce, 0% Greek yogurt, light sour cream**, and optional **dill**. Stir until smooth and garnish with **chopped chives** or **green onions**.
5. Portion into 12 servings.

It has been an incredible journey creating this cookbook, and your purchase not only helps me share my love for cooking with more people, but also encourages me to continue creating more.

Thank you for being a part of my cooking journey and for making my dreams come true. I am truly humbled by your support.

- Tom