



MEAL PLAN 15.1 Recipe Compilation

January 7, 2015

Albondigas – Mexican Meatball Soup

Yields: 32 Protein, Carb and Fat Blocks

Ingredient List:

For the meatballs:

- 1 pound grass fed beef (454g)
- 1 pound Italian sausage (454g)
- 1 egg
- 1 teaspoon granulated garlic
- 2 teaspoons kosher salt
- 1 small bunch fresh cilantro, chiffonade
- Olive oil, as necessary for cooking meatballs

For the soup:

- 2 quarts chicken stock
- 2 Tablespoons Olive Oil
- 1 ½ pounds (665g) butternut squash, precooked and mashed
- 1 large onion (255g), large dice
- 4 large carrots (375g), large dice
- 3 stalks celery (300g), large dice
- 1 zucchini (225g), large dice
- 1 yellow squash (225g), large dice
- 4 small turnips (300g), large dice

- **3 cups shredded (250g) cabbage**
- **2 Tablespoons Honey (40g)**
- **2.5 Tablespoons kosher salt**
- **½ Teaspoon black pepper**
- **4 bay leaves**

Preparation Instructions:

1. Combine first six ingredients in a large bowl and mix well until uniform.
2. Heat a cast iron skillet over medium high heat, add enough olive oil to coat the bottom of the pan. Then, roll out meat mixture into balls about the size of a ping pong ball.
3. Place the meatballs in the pan and brown on all sides.
4. Once balls are browned, add them to the crock of your slow cooker. Add remaining ingredients and cook on high for 6 hours or low for 10-12 hours.
5. When soup is complete, remove the bay leaves and season with kosher salt and pepper one to your liking.
6. Serve it up, be sure to share with your friends and smile because you are a Culinary Ninja!

Beef Stew with Green Chiles & Yams

Yields: 32 Protein, Carb and Fat Blocks

Ingredient List:

- **3 pounds beef stew meat (1360g), large dice (chuck or blade roast works well, but look for the packs of pre-cubed stew meat in the meat department)**
- **4 cups onions (340g), large dice**
- **2 cups celery (600g) , large dice**
- **2 cups carrots (375g), large dice**
- **1 28oz. can crushed tomatoes (794g)**
- **1 8oz. can green chiles (227g) (I like the hot ones for this)**
- **1 2/3 pounds (700g) yams or sweet potatoes, large dice**
- **3 tablespoons kosher salt**
- **½ tablespoon freshly ground black pepper**
- **1 handful fresh Italian parsley, chopped or torn (optional)**
- **3 ½ Tablespoons Olive Oil**
- **3 bay leaves**

Preparation Instructions:

1. Combine all ingredients except bay leaves in a mixing bowl and mix well.
2. Transfer mixture to a 6 quart slow cooker, slip bay leaves in on the side, and cook on high for 6 hours or low for 10-12 hours.
3. Eat immediately or portion out and refrigerate for up 5 days or freeze for up to 6 months.

Bacon Berry Protein Muffins

Yields: 12 Protein, Carb and Fat Blocks (1P,C,F per muffin)

Ingredient List:

- **3 ripe bananas (9C)**
- **1 ½ cups blueberries (3C)**
- **3 eggs (3P)**
- **3 slices bacon, cooked until crispy (1P)**
- **2.5oz. protein powder (8P)**
- **¼ cup almond butter**
- **1 tablespoon coconut flour (optional – don't buy this just for this recipe)**
- **1 pinch kosher salt**
- **1 teaspoon Baking Soda**
- **Coconut Oil Spray or olive oil/baking spray**
- **12 Muffin Cups**

Preparation Instructions:

1. Combine all ingredients except for blueberries, coconut oil spray and muffin cups in a mixing bowl and mix on high until bananas are broken down and mixture appears uniform.
2. Gently fold in blueberries and bacon.
3. Place muffin cups into a muffin pan and spray pan and cups with coconut spray.
4. Use a portion control scoop to distribute muffin batter evenly between cups.
5. Bake at 350°F for 20-25 minutes.
6. Remove pan from oven and muffins from pan and place them on a cooling rack.
7. Enjoy!
8. You can refrigerate these for up to 5 days or freeze them for up to six months.

Italian Grilled Chicken Breast

Yield: 24 Protein Blocks

Ingredient List:

- **4 chicken breasts, approximately 6-8oz each.**
- **2 teaspoons Italian Seasoning**
- **1.5 teaspoons Kosher salt**
- **1 teaspoon granulated garlic**
- **1 teaspoon black pepper**
- **Juice and slices of 2 lemons**
- **Drizzle of olive oil**

Preparation Instructions:

1. Combine all ingredients in a bowl, mix well and marinate for up to 3 days.
2. Remove lemon slices from marinade and grill breasts on a preheated grill as seen in the video. Cook to an internal temperature of 165° and Poila! You're a Culinary Ninja!

Bacon Wrapped Butternut Pucks

Ingredient List:

- **2 butternut squash, roasted, peeled, deseeded and cut into ½” disks**
(if you are unsure how to roast butternut squash, refer to Weekly Prep Roasted Veggies Video)
- **12 slices of bacon**
- **Coconut oil**
- **2 large garlic cloves, pasted**
- **Kosher salt**
- **1 cup Massie Mayo**
- **1/2 lemon, juiced**
- **Handful basil, chiffonade**

Preparation Instructions:

1. Heat skillet with coconut oil to 350°F.
2. Wrap the pucks with bacon using one slice per disk, making sure to seal the seam with an overlap.
3. Place pucks in the skillet, seam side down, and allow to cook until the seam side is crispy and caramelized. Then, flip and repeat on the second side. The goal is to only flip these once, but you can flip more times if necessary.
4. While the pucks are cooking, combine the garlic paste, mayo, chiffonade of basil, and lemon juice in a bowl. Mix well and season with salt and pepper to your liking.
5. Once pucks are done cooking, remove them from the skillet and plate with the aioli, a basil sprig and half of a lemon for garnish.
6. Smile because you are a Culinary Ninja!

Jalapeño Mango Pork Tenderloin

Yield: 18 Protein, Carb and Fat Blocks

Ingredient List:

- **1 pork tenderloin (20oz.), silver skin removed, cut into 1-2” chunks**
- **2 mango, peeled and Asian Bias Cut (ABC)**
- **1 onion, julienned**
- **2 tablespoons olive oil**
- **2 red bell peppers, julienned**
- **1 poblano/pasilla pepper, julienned**
- **3 sprigs fresh mint leaves, pulled from stems and left whole**
- **2 tablespoons maple syrup**

- **½ jalapeño, Asian Bias Cut (ABC), use more or less depending on desired heat**
- **Kosher salt and freshly ground black pepper, as needed**

Preparation Instructions:

1. Heat a large saute pan over high heat. When it is approximately 350°, add a drizzle of olive oil, season the pork with salt and pepper, and place pork, seasoned side down, in oil. Season the top side of the pork, add the onions to the pan and leave the pork untouched so that it has a chance to caramelize in the pan.
2. After 90 seconds, give the pork and onions a toss/stir. Then, add the red bell and Poblano peppers. Toss to mix well, then allow to cook.
3. After 90 seconds, add the mango and mint and toss/stir to incorporate. Allow to cook for 60 seconds, then add the maple syrup and jalapeño and toss once again.
4. After 60 seconds, cut the heat, give it one last seasoning with salt and pepper and Poila! You're done! It doesn't get much easier than that, does it?
5. Share with your friends and Tanoshimu! (Japanese for "enjoy!")

Paleo Pecan Chicken Salad

Yields: 32 Protein and Carb Blocks, 64 Fat Blocks

Ingredient List:

- **32oz. Chicken Breasts, Roasted, Chilled and Diced (cooked weight)**
- **8 Cups Red Grapes, Halved**
- **8 Cups Celery, Small Diced**
- **6 Tablespoons Honey**
- **¾ Cup Massie Mayonnaise**
- **½ Cup Pecans, Toasted and Chopped/Smashed**
- **1 ½ Teaspoons Poppy Seeds**
- **2 Tablespoons Apple Cider Vinegar**
- **Kosher Salt, To Taste**
- **Black Pepper, To Taste**

Preparation Instructions:

1. Prepare dressing by whisking together Mayonnaise, Vinegar, Honey and Poppy Seeds in a bowl. Add Salt and Pepper to taste.
2. Add Chicken, Grapes, Celery and Pecans to the dressing and mix well.
3. Season with Salt and Pepper to taste.
4. Enjoy!

Massie Mayo

Yields: 2 cups

Ingredient List:

- **1 egg plus one yolk**
- **1 teaspoon granulated garlic**
- **1 teaspoon Dijon mustard, or ground mustard**
- **Juice of ½ lemon**
- **2 cups extra light olive oil (DO NOT USE EXTRA VIRGIN!!!)**
- **Kosher salt, to taste**

Preparation Instructions:

1. Add eggs, garlic, Dijon and lemon juice to a food processor, blender, or a mixing bowl.
2. Turn on the food processor or blender and slowly drizzle in olive oil making sure it is emulsified (creamy looking) as you go. If using a mixing bowl, whisk like a mad man/woman and also be sure to maintain emulsion.
3. Once all olive oil has been added, test the mayo for flavor. Add salt as desired.
4. Use a rubber spatula to transfer to a zip loc bag, then, cut a small hole in the corner of the bag and pipe the mayo into a squeeze bottle.
5. Stores in the fridge for 2-3 weeks, but I doubt it will last that long... ☺