



## **MEAL PLAN 17.9 Recipe Compilation** *March 1st, 2017*

### **Apple Raisin Country Style Ribs**

*Yields: 30P, 31.5C, 0F*

#### **Ingredient List:**

- **3 ½ pounds country style ribs (~30P)**
- **8 cups onions, julienned (8C)**
- **8 cups apples, peeled, seeded and sliced (Granny Smith are best) (6C)**
- **1 cup raisins (16C)**
- **½ cup apple cider vinegar (1.5C)**
- **3 bay leaves**
- **3 tablespoons Nick's Super Radical Rib Rub or 1 ½ tablespoons kosher salt and ½ tablespoon black pepper**

#### **Preparation Instructions:**

1. Combine all ingredients except bay leaves in a mixing bowl and mix well.
2. Transfer to a 6 quart slow cooker and cook on high for 6-7 hours or low for 10 hours.
3. Remove bay leaves and enjoy immediately or portion out and refrigerate for up to 5 days or freeze for up to 6 months.

## **PALEO EXPRESS – Pineapple Chicken with Broccoli**

*Yields: 12P, 12C, 12F*

### **Ingredient List:**

- **12oz. roasted chicken breast, diced (season with salt and pepper and roast at 350°F until it reaches an internal temp of 165°. Approximately 20 minutes.) (12P)**
- **1 tablespoon coconut oil (10F)**
- **1 large onion, julienned (2C)**
- **½ fresh pineapple, Asian Bias Cut (8C)**
- **2/3 red bell pepper (1/2C)**
- **1 head broccoli, cut into florets and then half florets (1 ½ C)**
- **Drizzle of toasted sesame oil (2F)**
- **Dash of Tamari**
- **2 tablespoons Sambal**

### **Preparation Instructions:**

1. Heat coconut oil in a large sauté pan over high heat until it shimmers and flows like water when pan is tilted side to side.
2. Add onion, bell pepper, and broccoli and cook for 3 minutes, stirring/tossing occasionally. 90 seconds in, drizzle with Tamari.
3. Add chicken, toss/stir well, drizzle with sesame oil and cook for 2 minutes longer.
4. Add pineapple, toss/stir a few times, season with Sambal, toss/stir once more and cut the heat!
5. Transfer to a serving platter and serve family style, or portion out and refrigerate for up to 5 days or freeze for up to six months!
6. Share with your friends and Tanoshimu! (Japanese for "enjoy!")

## **Mexican Meatball Soup**

*Yields: 22 Protein, 23 Carb, and 18+Fat*

### **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**
- **24oz. (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**
- **2 cups shredded (250g) cabbage**
- **1 Tablespoons Honey (40g)**
- **2.5 Tablespoons kosher salt**
- **1/2 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 to your liking.
6. Serve it up, be sure to share with your friends and smile because you are a Culinary Ninja!

## **Shrimp and Sausage Stuffed Zucchini**

*Yields: 16P, 3C, +F if you add the mayo*

### **Ingredient List:**

- **3 zucchini, cut in half the long way and scooped out**
- **1 egg**
- **12oz, hot Italian sausage**
- **12oz wild caught shrimp, roughly chopped**
- **Salsa Chipotle, Massie's Mayo and fresh Cilantro as garnish**

### **Preparation Instructions:**

1. Place zucchini boats on a foil lined sheet pan and season with kosher salt, pepper and olive oil.
2. Roast in a preheated 350°F oven for 10 minutes.
3. While zucchini boats are roasting, mix one egg, 12 ounces hot Italian sausage, and 12 ounces roughly chopped wild shrimp in a mixing bowl.
4. Remove zucchini from the oven and stuff with shrimp and sausage mixture.
5. Return the pan to the oven and roast for 15 minutes or until the stuffing reaches an internal temp of 165°F.
6. Transfer stuffed zucchini to individual plates, or a large platter if you're serving family-style, top with salsa chipotle, mayo, and fresh cilantro and enjoy!

## **Massie Mayo**

***\*if not needed change 1 to 0 on grocery list***

*Yields: 2P, 288F - makes about 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. Stores in the fridge for 2-3 weeks

## **Salsa Chipotle**

*Yields: 5C*

### **Ingredient List:**

- **7oz. Can of Chipotle in Adobo**
- **14oz. Crushed Tomatoes**
- **1 Medium Onion, large dice**
- **Juice of 2 Limes**
- **1 Handful Fresh Cilantro, rinsed (approximately half of one large bunch)**
- **10oz. Water**
- **1.5 Teaspoons Kosher Salt (to taste)**

### **Preparation Instructions:**

1. Combine all ingredients in a blender and blend on high until smooth.
2. Tone down heat by adding more lime juice or tomato product.
3. Season with Kosher salt to your liking.
4. Refrigerate for up to two weeks, or freeze for up to six months.

## **Paleo Tuna Crunch Bowl**

*Yields: 5P, 2.5C, 9F*

### **Ingredient List:**

- **1 canned tuna in olive oil, drained**
- **1/4 yellow onion, small diced**
- **2 cups radishes, chopped**
- **1 stalk celery, small diced**
- **10 sprigs fresh cilantro, rinsed and chopped**
- **1 tablespoon Paleo mayo**
- **1 pinch freshly ground black pepper**

### **Preparation Instructions:**

1. Combine all ingredients in a mixing bowl and mix well.
2. Transfer to a bowl and eat!

## **World's Greatest Asian Chicken Salad!!!**

*Yields: 13P, 13C, 13F*

### **Ingredient List:**

- **13oz. roasted chicken breast, diced (season with salt and pepper and roast at 350°F until it reaches an internal temp of 165°. Approximately 20 minutes.) (13P)**
- **¼ green cabbage, chiffonade (2C)**
- **¼ red cabbage, chiffonade (1C)**
- **2 Mandarin oranges (cuties, halos), peeled and segmented (2C)**
- **1 red, orange, or yellow bell pepper or a combination of the three, julienned (1C)**
- **4 scallions, ABC (Asian Bias Cut) (.25C)**
- **Handful of fresh cilantro, chiffonade (.125C)**
- **2 tablespoons sliced almonds, toasted and cooled (3F)**
- **1 tablespoon Sesame Oil (10F)**
- **1 tablespoon honey (6C)**
- **2 tablespoons Sambal (garlic chili paste) (.125C)**
- **2 tablespoons unseasoned rice wine vinegar (1/2 C)**
- **Dash or two of Tamari or coconut aminos**

### **Preparation Instructions:**

1. Combine all ingredients in a large mixing bowl and toss/mix with tongs until uniformly blended and tasty delicious looking.