

# JENN MARASCO

— wellness —

## Thrive Meal Options Week 3

### **Recipe 1- Baked Lemon Chicken & Crunchy Veggie Salad**

#### *Ingredients for Salad*

- 2 heads of broccoli
- 1 head of cauliflower
- 2 bell peppers
- 1 cup carrots (chopped)
- salt & pepper
- 4 teaspoons Dijon Mustard (no added sugar kind)
- 4 TB red wine vinegar
- 1/3 cup olive oil

#### *Ingredients for Chicken*

- 4 boneless skinless chicken breasts;
- 5 garlic cloves, minced;
- ½ cup of chicken stock
- Zest from 1 lemon;
- Juice from 1 lemon;
- 2 to 3 sprigs of fresh thyme;
- 1 lemon, cut into 4 wedges;
- Sea salt and freshly ground black pepper to taste;

#### *Directions for salad*

1. Cut florets from broccoli. Trim florets into 1-inch pieces; trim stems, peel and cut into 1-inch pieces.
2. Bring a large pot of salted water to a boil over high heat. Add broccoli and cook until tender but not mushy, 3 to 4 minutes. Drain in a colander under cold running water. Pat broccoli dry with paper towels.
4. Repeat steps 1 & 2 with Cauliflower
5. In a large bowl, combine mustard, vinegar, salt and pepper. Whisk together until salt is dissolved and then slowly add oil, whisking constantly until blended and thickened.
6. Just before serving, add all veggies into bowl with vinaigrette. Toss until vegetables are thoroughly coated with dressing. Season with salt and pepper. Serve at room temperature, or cover and refrigerate to serve cold.

#### *Directions for Lemon Chicken*

1. Preheat your oven to 400 F.
2. Season the chicken breasts on each side with sea salt and black pepper.
3. Place the chicken breasts in a baking dish and add the minced garlic, chicken stock, lemon zest, lemon juice, and thyme sprigs.

4. Place in the oven and cook for 30 to 40 minutes, until the chicken is cooked through, basting one or twice during the process.
5. Serve warm with lemon wedges.

## **Recipe 2- Turkey Burgers & Sweet Potato Fries**

### *Sweet Potato Ingredients*

- 3 large sweet potatoes
- 1/4 cup of olive oil
- 1 tb salt
- 1 or 2 tb of one of the following spices or a combo (smoked paprika, chipotle powder, cinnamon)

### Turkey Burger Ingredients

- 3 lbs of ground turkey
- 1 cup grated zucchini
- 1/4 cup diced onion
- 2 egg whites
- 1/4 cup chopped fresh parsley
- 1 clove garlic (peeled & minced)
- tsp salt
- 1/4 tsp ground pepper

### *Sweet Potato Directions*

- 1 Preheat oven to 450°F. (For more crispiness, preheat your oven to 500°F.)
- 2 Peel the sweet potatoes and cut off the ends. Cut the potatoes in half lengthwise and then, if they are very long, in half crosswise. Cut each piece into wedges. Alternately, you can slice the peeled sweet potato into disks either with a mandoline or a sharp knife.
- 3 Put the sweet potatoes into a large bowl and add the oil. Mix well to combine. Sprinkle with salt, sugar and spices of your choice. Use your hands to mix well, so all pieces are coated with oil and spices.
- 4 Spread the sweet potatoes out in a single layer on a baking sheet; the oil they are coated with should keep them from sticking to the pan. If you are trying to cut fat, reduce the oil to 2 Tbsp and use a non-stick coating on the baking sheet. (Note: a commenter has recommended putting them on a wire cooling rack on top of a baking sheet, so that the oven air circulates around the sweet potato pieces and you don't have to turn them in the next step. Another commenter recommends preheating the baking sheet, to help the fries get crisp.)

### *Turkey Burger Directions*

1. Mix ground turkey, zucchini, onion, egg whites, parsley, garlic, salt, and pepper in a large bowl.
2. Form into 12 patties.
3. Heat a skillet over medium heat; arrange patties in skillet and cook until no longer

pink in the center and juices run clear, about four mins per side.

### **Recipe 3- Spaghetti Squash- Pad Thai**

#### *Ingredients*

4 whole large chicken breast cut into small strips  
4 small spaghetti squash cooked/roasted  
8 whole eggs lightly beaten  
8 tbsp avocado oil or coconut oil  
1 cup coconut aminos  
1 cup apple cider vinegar  
siriacha to taste  
garlic powder to taste  
fresh cilantro  
bean sprouts  
lime wedges

#### *Directions*

1. First, make your sauce. Combine all sauce ingredients in a saucepan over medium heat. Whisk and cook until sugar dissolves.  
Taste. Adjust your elements as needed – you are looking for a balance of sweet, sour, salty, and spicy. Let the sauce reduce just a touch until it reaches your desired consistency. Shut off the heat and set aside.
- 1.2. Make your noodles according to package instructions.
- 2.3. Prep all of your ingredients and get everything ready.
- 3.4. Heat a large dry nonstick skillet (or wok if you have one!) over high heat. You want it to get smoking hot.
- 4.5. Add 2 Tbsp of oil to the hot skillet. Careful – it is going to be quite lively.
- 5.6. Add your garlic, and mushrooms. Keep everything moving constantly and cook until you smell the garlic.
- 6.7. Add your chicken breast (if already cooked, if uncooked, add with step #6 ingredients) and your cooked rice noodles. Again,
7. keep it moving. Only cook for a quick minute.

### **Recipe 4- Zucchini Taco Boats**

#### *Ingredients*

- 4 medium (32 ounces) zucchinis, cut in half lengthwise
- 1/2 cup mild salsa
- 1 lb 93% lean ground turkey
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp kosher salt, or to taste
- 1 tsp chili powder
- 1 tsp paprika
- 1/2 tsp oregano
- 1/2 small onion, minced

- 2 tbsp bell pepper, minced
- 4 oz can tomato sauce
- 1/4 cup water
- 1/4 cup chopped scallions or cilantro, for topping

#### *Directions*

Bring a large pot of salted water to boil. Preheat oven to 400°F. Place 1/4 cup of salsa in the bottom of a large baking dish.

Using a small spoon or melon baller, hollow out the center of the zucchini halves, leaving 1/4-inch thick shell on each half. Chop the scooped out flesh of the zucchini in small pieces and set aside 3/4 of a cup to add to the taco filling, (squeeze excess water with a paper towel) discarding the rest or save to use in another recipe. Drop zucchini halves in boiling water and cook 1 minute. Remove from water.

Brown turkey in a large skillet, breaking up while it cooks. When no longer pink add the spices and mix well. Add the onion, bell pepper, reserved zucchini, tomato sauce and water. Stir and cover, simmer on low for about 20 minutes.

Using a spoon, fill the hollowed zucchini boats dividing the taco meat equally, about 1/3 cup in each, pressing firmly. Cover with foil and bake 35 minutes until cheese is melted and zucchini is cooked through. Top with scallions and serve with salsa on the side.

### **Recipe 5- Baked Chicken w/ sautéed spinach & onions**

#### *Ingredients for spinach*

3 onions, sliced;  
 3 cups spinach or baby spinach;  
 1 tbsp. balsamic vinegar;  
 10 mushrooms, sliced;  
 3 garlic cloves, minced;  
 2 tbsp. coconut oil;  
 Sea salt and freshly ground black pepper;

#### *Directions for spinach*

Heat the coconut oil over a high heat in a skillet.

Add the sliced onions and garlic, and cook for about 10 minutes, stirring constantly.

Reduce the heat to medium-low and continue cooking the onions for 20 more minutes, still stirring frequently.

Add the balsamic vinegar to deglaze the pan.

Add the sliced mushrooms and season to taste with salt and pepper; cook until the mushrooms are tender but not mushy.

Add the spinach. Stir on low heat just until the spinach wilts, and serve.

#### Ingredients for Bacon wrapped Shrimp

16 shrimp, peeled and deveined;  
 8 slices of bacon, cut in half;

#### Ingredients for the zesty marinade

1/4 cup olive oil;  
1/4 cup lemon juice;  
1/2 cup red onion, minced;  
1 garlic clove, minced;  
1 tbsp. minced fresh parsley;  
1/8 tsp. hot pepper sauce; (optional)

#### *Directions for Shrimp*

1. In a large bowl, combine all the ingredients for the zesty marinade.
2. Stir in the shrimp, cover and refrigerate for 4 hours.
3. Preheat your oven to 450 F & Wrap each shrimp with half a slice of bacon.
4. Cover a baking sheet with parchment paper, and place the bacon-wrapped shrimp on it.
5. Bake in the oven for 20 minutes, or until the bacon is crisp.

### **Recipe 6- Chicken Tortilla Soup**

#### *Ingredients*

2 large chicken breasts, skin removed and cut into ½ inch strips  
1 28oz can of diced tomatoes  
32 ounces organic chicken broth  
1 sweet onion, diced  
2 jalapenos, de-seeded and diced  
2 cups of shredded carrots  
2 cups chopped celery  
1 bunch of cilantro chopped fine  
4 cloves of garlic, minced - I always use one of these  
2 Tbs tomato paste  
1 tsp chili powder  
1 tsp cumin  
sea salt & fresh cracked pepper to taste  
olive oil  
1-2 cups water

#### *Directions*

1. In a crockpot or large dutch oven over med-high heat, place a dash of olive oil and about ¼ cup chicken broth. Add onions, garlic, jalapeno, sea salt and pepper and cook until soft, adding more broth as needed.
2. Then add all of your remaining ingredients and enough water to fill to the top of your pot. Cover and let cook on low for about 2 hrs, adjusting salt & pepper as needed.
3. Once the chicken is fully cooked, you should be able to shred it very easily. I simply used the back of a wooden spoon and pressed the cooked chicken against the side of the pot. You could also use a fork or tongs to break the chicken apart and into shreds.
4. Top with avocado slices and fresh cilantro. Enjoy!

## **Recipe 7- Spaghetti Squash Casserole**

### *Ingredients*

- 1 spaghetti squash
- 1 tablespoon avocado oil
- 1 red onion, chopped
- 1 serrano pepper, minced (more if you like it spicy)
- 5 large garlic cloves, minced
- 1 pound ground turkey
- 1 teaspoon oregano
- 1 teaspoon paprika
- 1 teaspoon cumin powder
- 1 teaspoon fresh thyme, finely chopped
- ½ teaspoon turmeric powder
- ½ teaspoon chili powder
- ¼ teaspoon crushed red pepper flakes
- salt and pepper, adjust to taste (be sure to season well)
- 1 green bell pepper, chopped
- 1 (14.5 ounce) can organic diced tomatoes, drained
- 1 egg, whisked
- green onion, garnish
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### *Directions*

- To prepare squash using the oven method
  1. Preheat oven to 375.
  2. Cut the squash in half, scoop out the seeds, and add a little oil, salt and pepper to cut sides.
  3. Place squash cut side down in a baking dish.
  4. Bake for 45 minutes or until you can easily pierce the skin with a knife (cooking time depends on size of squash).

### To prepare meat

1. In a pan, add oil on medium heat and then add the onion, serrano pepper and a pinch of salt.
2. Once onions turns translucent, add garlic and after a couples minutes add the ground beef and spices. Continue cooking until the beef is done.

### Prepare the Casserole

1. Preheat oven to 350 degrees.
2. Combine the cooked beef, spaghetti squash strands, green bell pepper and the diced tomatoes.
3. Add the whisked egg to the mixture, combine well and pour into a casserole dish.
4. Bake the casserole at 350 degrees for 30-40 minutes or until golden on top

### **Breakfast Options**

- Eggs
- Turkey Bacon & Egg & tomato
- Fruit

- turkey bacon
- turkey sausage
- veggie/fruit smoothies
- add veggies to any egg dish
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- **Snacks**

- Apples & nut butters
- nuts
- seeds
- Kale for Kale chips (could dip into hummus)
- - lay Kale on Baking sheet, drizzle with olive oil & salt then bake at 275 for 20 mins  
(turn over at 10 min)
- any veggie with hummus

Cauliflower pop corn - make just like kale chips but instead bake at 425 for 1 hr.