

# Easy Turkey Patties

SERVINGS: 4

PREP TIME: 10 MIN

COOK TIME: 15 MIN

## Ingredients

1 lb ground turkey	¼ tsp cayenne pepper
1 Tbsp chopped scallion	2 Tbsp garlic (minced)
1 tsp chopped parsley	1 tsp grated ginger *
½ tsp salt	½ tsp chili pepper flakes *
1 Tbsp olive oil	
1 Tbsp salted butter	* optional



## Directions

1. Combine all ingredients for the turkey patties (ground turkey, scallion, parsley, garlic, salt, cayenne, ginger, and chili flakes) in a medium-sized bowl and gently mix until everything is evenly combined. Do not overwork!
2. Heat olive oil and butter together in a skillet over medium-high heat and divide the turkey mixture into four equal parts. Flatten gently to form the turkey patties.
3. Sear turkey patties in the skillet for 5-8 minutes per side or until internal temperature reaches 160°F. Make sure to give a good sear to the turkey patties so they're crispy on the outside and soft on the inside. Remove from the skillet and set aside.
4. Serve the turkey patties with a dollop of chipotle aioli on the side, or serve in a lettuce wrap with veggies and jicama fries. Enjoy!

## Notes

Macros per Serving: 8 g fat, 2g carbs, 22 g protein

# Harvest Egg Muffins

SERVINGS: 6

PREP TIME: 10 MIN

COOK TIME: 25 MIN

## Ingredients

12 eggs

1 ½ cups chopped greens  
(swiss chard kale, spinach)

8 full slices thick cut uncured  
bacon (cooked/crumbled)

1 cup chopped permitted  
veggies of your choice

1 tsp onion powder

1 tsp garlic powder

salt & pepper to taste

¼ cup chopped green

chile \*

freshly grated Parmesan  
cheese\*

\* optional



## Directions

1. Preheat the oven to 375°F. Chop up cooked bacon, greens, veggies (e.g. mushrooms, bell peppers, broccoli, chives, etc.), and green chile.
2. Lightly grease 12 muffin tins with avocado oil, butter or coconut oil. Distribute all ingredients from step one evenly into 12 muffin tins.
3. Crack one egg into each muffin tin. Sprinkle with onion powder, garlic powder, and salt & pepper to taste.
4. Bake for 20-25 minutes. Remove from oven and sprinkle with freshly grated Parmesan cheese. Enjoy!

## Notes

Macros per Serving: 8 g fat, 7g carbs, 12 g protein

# Grilled Steak Kabobs

SERVINGS: 2

PREP TIME: 15 MIN

COOK TIME: 25 MIN

## Ingredients

8 oz top sirloin steak

½ red onion

1 yellow bell pepper diced

fresh chopped parsley  
(garnish)

Steak Marinade:

¼ cup tamari or

coconut amino

1 Tbsp Sriracha/hot sauce

2 Tbsp olive oil

2 Tbsp lime juice

3 cloves garlic minced

1 tsp garlic powder

fresh cracked black pepper



## Directions

1. Combine all marinade ingredients in a bowl. Slice the steak into 1-inch cubes so that there are 12 – 16 pieces. Add diced steak to the marinade and toss to coat. Marinate in the refrigerator for at least 2 hours, stirring halfway.
2. Drain steak from marinade. Soak wooden skewers in water and load them by alternating between ingredients. Arrange the kabobs on a plate before grilling.
3. Cook Options: Grill the steak kabobs for 2-3 minutes, flip the skewers, and grill for another 2-3 minutes or until desired and the vegetables are slightly charred. OR Bake/broil in over at 450°F for 12-15 minutes, turning once.
4. Transfer to a platter. Sprinkle fresh chopped parsley and more black pepper on top, garnish with lime slices. Enjoy with salad, pita bread, butter rice, or grilled veggies!

## Notes

Macros per Serving: 10 g fat, 8g carbs, 25 g protein