

**EASY DINNER IDEAS FOR A PROTEIN TYPE**  
*(Make enough for lunch leftovers)*



*living balance*  
 FUNCTIONAL NUTRITION & WELLNESS

<p><b>Turkey or Chicken Crockpot</b></p>	<p><b>Steak and Mushrooms</b></p>
<p>1 small chicken or 1 small turkey in a crockpot          Add carrots, green beans, and cauliflower, 4 garlic cloves,          1tbs of ghee or grass fed butter. 1/2c chicken broth, Celtic sea          salt, pepper and spices to taste          Turn on low to medium heat for 4 hours or more</p>	<p>1/4lb grass-fed steak strips broiled in a pyrex dish with butter or          ghee, salt and pepper          Side: ½ sweet potato cut in thin slices, baked with olive oil,          Celtic salt and rosemary sprigs          Mixed blend of mushrooms sauteed with butter, Braggs amino          acids or coconut aminos* and spices with crushed walnuts,          celery, sea salt, pepper</p>
<p><b>Broiled Chicken and Vegetable Medley</b></p>	<p><b>Lamb Chops and Winter Greens</b></p>
<p>¼ lb or less chicken thighs broiled in chicken broth, Celtic          salt, pepper and spices          Steamed carrots in grass-fed butter, Celtic salt cinnamon, and          crushed pecans. (Ok to roast pecans ahead of time with a          little maple syrup and add later)          Side of asparagus tips steamed with Italian spices</p>	<p>1/4lb or less of lamb chops broiled in the oven in a pyrex dish          with Celtic salt and pepper          Spinach sauteed in grass-fed butter, and Celtic salt          Add crushed walnuts and sheep romano over top          Roasted brussel sprouts with olive oil</p>
<p><b>Wings Teriyaki</b></p>	<p><b>Lemon Pepper Salmon</b></p>
<p>8-10 chicken wings baked with garlic salt and pepper.          6-8oz steamed cauliflower rice* with grass-fed butter,          combined with 1 portobello mushroom cubed and cooked in          chicken broth and spices. Grate sheep cheese over top          Small side: Tomato, cucumber, sunflower seeds, goat cheese,          olive oil, Celtic salt*</p>	<p>1/4lb of salmon cooked in a pan with grass-fed butter or ghee,          lemon, pepper, capers, Italian spice blend and Celtic salt            Greens beans sauteed in Braggs amino acids and roasted          slivered almonds            ½ sliced avocado with lemon and Celtic salt</p>
<p><b>Meatball Pasta</b></p>	<p><b>Moroccan Chicken Salad</b></p>
<p>1/4lb of grass-fed ground beef. Add Celtic salt, sheep          romano cheese*, pepper, and Italian spices, mix thoroughly          and form small meatballs. Broil in a pan till cooked          2-4oz Jovial Gluten Free Pasta*          Mixed greens salad with olive oil &amp; lemon.</p>	<p>Baby spinach or arugula salad          Chicken thighs spiced with &amp; cumin &amp; curry          1 tangerine sectioned          kalamata olives, sunflower seeds          olive oil, Celtic sea salt</p>
<p><b>Bison Burger</b></p>	<p><b>White Fish Cassava Tacos</b></p>
<p>1/4lb ground bison patty          broil in pan with butter, turmeric, Celtic salt, pepper, add          sliced tomato, onion, lettuce over 1 slice of gluten free          bread*            6-8oz Yellow squash sauteed in grass-fed butter and grated          sheep cheese*</p>	<p>1/4lb of cod or another flaky white fish          baked in pyrex dish with vegetable broth,          garlic salt, lemon, salt, pepper,          topped with chopped parsley, and cilantro          Place into 2 cassava wraps* warmed in the oven with shredded          cabbage, carrots, diced avocado and a sprinkle of goat cheese</p>