




























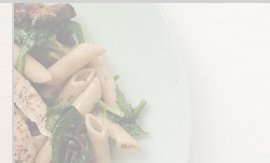























kat feeney
NOURISHED + CONFIDENT

Healthy Redefined | Week 9

Kat Feeney

<http://www.katsloanfeeney.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Gut Healing Green Smoothie	 Blueberry Protein Smoothie	 Gut Healing Green Smoothie	 Blueberry Protein Smoothie	 Gut Healing Green Smoothie	 Eggs with Arugula & Plantains	 Blueberry Banana Protein Pancakes
Snack 1	 Cranberry Protein Cookies	 Cranberry Protein Cookies	 Cranberry Protein Cookies	 Cranberry Protein Cookies	 Cranberry Protein Cookies	 Apple with Almond Butter	 Apple with Almond Butter
Lunch	 One Pan Roasted Chicken, Broccoli & Sweet Potato	 Winter Buddha Bowl	 Avocado Egg Salad Sandwich	 One Pan Roasted Chicken, Broccoli & Sweet Potato	 One Pan Roasted Chicken, Broccoli & Sweet Potato	 Toasted Veggie Sandwich	 Toasted Veggie Sandwich
Dinner	 Winter Buddha Bowl	 Turkey Pineapple Quinoa Bowl	 Winter Buddha Bowl	 Turkey Pineapple Quinoa Bowl	 Spinach, Tomato & Goat Cheese Pizza	 Chicken, Spinach & Mushroom Pasta	 Chicken, Spinach & Mushroom Pasta

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  43%	Fat  39%	Fat  46%	Fat  40%	Fat  55%	Fat  42%	Fat  42%
Carbs  38%	Carbs  39%	Carbs  40%	Carbs  30%	Carbs  29%	Carbs  46%	Carbs  43%
Protein  19%	Protein  22%	Protein  14%	Protein  30%	Protein  16%	Protein  12%	Protein  15%
Calories 1646	Calories 1366	Calories 1560	Calories 1230	Calories 1650	Calories 1774	Calories 1449
Fat 83g	Fat 61g	Fat 83g	Fat 56g	Fat 105g	Fat 87g	Fat 71g
Carbs 164g	Carbs 140g	Carbs 165g	Carbs 95g	Carbs 124g	Carbs 215g	Carbs 166g
Fiber 39g	Fiber 33g	Fiber 38g	Fiber 23g	Fiber 28g	Fiber 34g	Fiber 34g
Sugar 51g	Sugar 38g	Sugar 49g	Sugar 33g	Sugar 43g	Sugar 87g	Sugar 58g
Protein 81g	Protein 79g	Protein 56g	Protein 97g	Protein 70g	Protein 58g	Protein 57g
Vitamin A 14909IU	Vitamin A 9980IU	Vitamin A 5920IU	Vitamin A 16547IU	Vitamin A 14990IU	Vitamin A 22832IU	Vitamin A 18502IU
Vitamin C 264mg	Vitamin C 155mg	Vitamin C 149mg	Vitamin C 168mg	Vitamin C 174mg	Vitamin C 189mg	Vitamin C 140mg
Calcium 693mg	Calcium 648mg	Calcium 618mg	Calcium 556mg	Calcium 524mg	Calcium 477mg	Calcium 482mg
Iron 15mg	Iron 14mg	Iron 14mg	Iron 10mg	Iron 11mg	Iron 11mg	Iron 9mg
Vitamin B12 0.4µg	Vitamin B12 2.1µg	Vitamin B12 0.8µg	Vitamin B12 2.4µg	Vitamin B12 0.4µg	Vitamin B12 1.0µg	Vitamin B12 0.6µg
Magnesium 603mg	Magnesium 480mg	Magnesium 548mg	Magnesium 389mg	Magnesium 480mg	Magnesium 386mg	Magnesium 321mg
Zinc 10mg	Zinc 12mg	Zinc 10mg	Zinc 10mg	Zinc 7mg	Zinc 6mg	Zinc 6mg

Fruits

- 4 Apple
- 4 Avocado
- 5 1/4 Banana
- 1/4 cup Blueberries
- 3 1/8 Lemon
- 1 cup Pineapple
- 2 Plantain

Breakfast

- 1 3/4 cups Almond Butter
- 3 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1 tsp Cayenne Pepper
- 3 tbsps Chia Seeds
- 1 2/3 tps Cinnamon
- 1 tbsps Curry Powder
- 2 tpsps Dried Thyme
- 2/3 cup Ground Flax Seed
- 3/4 cup Hemp Seeds
- 1/2 tsp Red Pepper Flakes
- 1 1/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Walnuts

Frozen

- 2 Brown Rice Tortillas
- 4 cups Frozen Blueberries

Vegetables

- 4 cups Arugula
- 11 1/2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 1 1/2 Beet
- 9 cups Broccoli
- 7 1/2 Carrot
- 2 1/2 heads Cauliflower
- 1/2 cup Cherry Tomatoes
- 1 Cucumber
- 5 1/2 Garlic
- 1 tbsps Ginger
- 6 stalks Green Onion
- 12 cups Kale Leaves
- 1/2 cup Parsley
- 1 1/2 Parsnip
- 2 cups Portobello Mushroom
- 1/2 cup Red Onion
- 3 Sweet Potato
- 2 Tomato
- 1 1/2 Turnip
- 1 Zucchini

Boxed & Canned

- 1 1/2 cups Brown Rice Penne
- 3 cups Chickpeas
- 2 cups Quinoa

Baking

- 1/3 cup Dried Unsweetened Cranberries
- 1 1/2 cups Oats
- 1/3 cup Raw Honey

Bread, Fish, Meat & Cheese

- 2 lbs Chicken Breast
- 8 ozs Chicken Breast, Cooked
- 1 lb Extra Lean Ground Turkey
- 1/4 cup Goat Cheese
- 12 slices Organic Bread

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 2 1/2 tbsps Coconut Oil
- 1 1/2 tpsps Dijon Mustard
- 1 1/8 cups Extra Virgin Olive Oil
- 3/4 cup Tahini
- 1 1/2 tbsps Tamari
- 1/4 cup Yellow Mustard

Cold

- 8 Egg
- 1 tbsps Unsweetened Almond Milk

Other

- 1/4 cup Protein Powder
- 1 1/3 cups Vanilla Protein Powder
- 21 1/8 cups Water



Gut Healing Green Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

Nutrition

Amount per serving	
Calories	376
Fat	22g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	11g
Vitamin A	1124IU
Vitamin C	30mg
Calcium	149mg
Iron	3mg
Vitamin B12	0µg
Magnesium	201mg
Zinc	2mg

Directions

- 1 Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale, Use spinach instead.

No Honey, Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy, Use almond milk instead of water for extra creaminess.

Storage, Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



Blueberry Protein Smoothie

2 servings

5 minutes

Ingredients

1/2 cup Vanilla Protein Powder
2 tbsps Ground Flax Seed
2 cups Frozen Blueberries
2 cups Baby Spinach
2 cups Water (cold)

Nutrition

Amount per serving	
Calories	206
Fat	4g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	22g
Vitamin A	2884IU
Vitamin C	12mg
Calcium	190mg
Iron	2mg
Vitamin B12	0.6µg
Magnesium	83mg
Zinc	2mg

Directions

1

Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries, Use any type of frozen berry instead.

No Protein Powder, Use hemp seeds instead



Eggs with Arugula & Plantains

2 servings

25 minutes

Ingredients

- 2 tbsps Coconut Oil
- 2 Plantain (ripe, peeled and sliced)
- 4 cups Arugula
- 2 tbsps Apple Cider Vinegar
- 4 Egg
- 1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	609
Fat	24g
Carbs	89g
Fiber	5g
Sugar	50g
Protein	17g
Vitamin A	4532IU
Vitamin C	56mg
Calcium	128mg
Iron	4mg
Vitamin B12	0.9µg
Magnesium	128mg
Zinc	2mg

Directions

- 1 Heat the coconut oil in a heavy skillet over medium heat. Add the plantains and cook for about 5 minutes per side, or until golden brown.
- 2 Add the arugula to a plate.
- 3 While the plantains fry, poach your eggs by bringing a small saucepan of water to a simmer, and adding the apple cider vinegar. Crack one egg at a time into a small cup or bowl. Stir the water with a spoon to create a whirlpool. Carefully add egg into the whirlpool. Cook for about 3 to 4 minutes, or longer for a harder yolk. Use a slotted spoon to carefully remove the poached egg and transfer it to top the bed of arugula. Repeat with remaining egg.
- 4 Add the cooked plantains to the plate with the arugula and eggs. Season with sea salt as desired and enjoy!

Notes

Save Time, Serve the eggs scrambled, fried or hard boiled instead of poached.

Plantain Tip, The plantain should have some black spots on it to indicate that it is ripe. Green plantains are almost impossible to peel.



Blueberry Banana Protein Pancakes

2 servings

15 minutes

Ingredients

- 1 Egg
- 1/4 cup Protein Powder
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Coconut Oil
- 2 tsps Maple Syrup

Nutrition

Amount per serving	
Calories	284
Fat	8g
Carbs	40g
Fiber	5g
Sugar	21g
Protein	16g
Vitamin A	202IU
Vitamin C	7mg
Calcium	133mg
Iron	2mg
Vitamin B12	0.5µg
Magnesium	63mg
Zinc	2mg

Directions

- 1 In a mixing bowl or magic bullet, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 2 Stir blueberries into mixture.
- 3 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side.
- 4 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

Notes

Egg-Free, Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.



Cranberry Protein Cookies

10 servings
20 minutes

Ingredients

1 1/4 Banana (mashed)
1/3 cup Vanilla Protein Powder
1 1/4 cups Oats
1 1/4 cups Almond Butter
2/3 tsp Cinnamon
1/3 cup Dried Unsweetened
Cranberries

Directions

- 1 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 2 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Nutrition

Amount per serving	
Calories	266
Fat	18g
Carbs	19g
Fiber	5g
Sugar	6g
Protein	10g
Vitamin A	10IU
Vitamin C	1mg
Calcium	130mg
Iron	2mg
Vitamin B12	0.1µg
Magnesium	111mg
Zinc	2mg



Apple with Almond Butter

2 servings
5 minutes

Ingredients

2 Apple
1/4 cup Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Vitamin A	99IU
Vitamin C	8mg
Calcium	119mg
Iron	1mg
Vitamin B12	0µg
Magnesium	96mg
Zinc	1mg

Directions

- 1 Slice apple and cut away the core.
- 2 Dip into almond butter.
- 3 Yummmmm.



One Pan Roasted Chicken, Broccoli & Sweet Potato

6 servings

30 minutes

Ingredients

2 lbs Chicken Breast
Sea Salt & Black Pepper (to taste)
3 Sweet Potato (medium, diced)
3 tbsps Extra Virgin Olive Oil (divided)
9 cups Broccoli (chopped into small florets)
1/3 cup Tahini
1 1/2 tbsps Maple Syrup
1/3 cup Water
1/3 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	434
Fat	19g
Carbs	29g
Fiber	7g
Sugar	8g
Protein	39g
Vitamin A	10171IU
Vitamin C	123mg
Calcium	161mg
Iron	3mg
Vitamin B12	0.3µg
Magnesium	100mg
Zinc	2mg

Directions

- 1 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 2 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 3 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 4 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 5 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 6 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Notes

Storage, Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian, Replace the chicken breast with black beans.



Avocado Egg Salad Sandwich

2 servings

15 minutes

Ingredients

- 3 Egg
- 1/2 Avocado
- 1/2 cup Baby Spinach (chopped)
- 1 1/2 tsps Dijon Mustard
- 1/8 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 4 slices Organic Bread (toasted)

Nutrition

Amount per serving	
Calories	348
Fat	19g
Carbs	30g
Fiber	6g
Sugar	6g
Protein	14g
Vitamin A	1182IU
Vitamin C	8mg
Calcium	86mg
Iron	2mg
Vitamin B12	0.7µg
Magnesium	45mg
Zinc	2mg

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast and enjoy!

Notes

Less Bread, Make it an open-face sandwich.

Add a Kick, Add red chili flakes or hot sauce.

Vegan, Use mashed chickpeas or white kidney beans instead of eggs.



Toasted Veggie Sandwich

2 servings

15 minutes

Ingredients

4 slices Organic Bread (toasted)
2 tbsps Yellow Mustard
1 Tomato (sliced)
1 Avocado (diced)
1/2 Cucumber (sliced)
1/4 cup Red Onion (chopped)
1 cup Baby Spinach
Sea Salt & Black Pepper (to taste)
1/4 tsp Cayenne Pepper

Directions

- 1 Toast your bread and put mustard on the inside of each slice.
;
- 2 Layer on veggies. Sprinkle with sea salt, pepper and cayenne.
;
- 3 Slice diagonally and enjoy!

Nutrition

Amount per serving	
Calories	348
Fat	20g
Carbs	40g
Fiber	11g
Sugar	8g
Protein	7g
Vitamin A	2557IU
Vitamin C	27mg
Calcium	77mg
Iron	2mg
Vitamin B12	0µg
Magnesium	73mg
Zinc	1mg



Creamy Cauliflower & Carrot Soup

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
6 stalks Green Onion (chopped)
5 Carrot (medium size, chopped)
1 head Cauliflower (chopped into florets)
6 cups Water
2 tpsps Dried Thyme
1/2 tsp Sea Salt
1/2 cup Parsley

Nutrition

Amount per serving	
Calories	137
Fat	8g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	4g
Vitamin A	14125IU
Vitamin C	88mg
Calcium	126mg
Iron	2mg
Vitamin B12	0µg
Magnesium	47mg
Zinc	1mg

Directions

- 1 Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
- 2 Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

Notes

Make it Fancy, Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

Anti-Inflammatory, Add turmeric powder.

Make it a Meal, Stir in lentils, chickpeas or chicken.

Gut-Healing, Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.



Winter Buddha Bowl

6 servings

40 minutes

Ingredients

- 1 1/2 heads Cauliflower (cut into florets)
- 1 1/2 Carrot (chopped into 1 inch rounds)
- 1 1/2 Beet (chopped into 1 inch pieces)
- 1 1/2 Turnip (chopped into 1 inch pieces)
- 1 1/2 Parsnip (chopped into 1 inch pieces)
- 3 cups Chickpeas (cooked, drained and rinsed)
- 1 1/2 cups Quinoa (uncooked)
- 2 1/4 cups Water
- 1/3 cup Tahini
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 Lemon (juiced)
- 1 1/2 Garlic (clove, minced)
- 1/3 tsp Sea Salt
- 6 cups Kale Leaves

Nutrition

Amount per serving	
Calories	570
Fat	24g
Carbs	74g
Fiber	17g
Sugar	13g
Protein	21g
Vitamin A	3604IU
Vitamin C	110mg
Calcium	253mg

Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 3 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 5 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 6 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 7 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

Notes

Make it 'Cheesy', Use the 'cheese sauce' from our Mac n' 'Cheese' recipe.

Iron	7mg
Vitamin B12	0µg
Magnesium	191mg
Zinc	4mg



Turkey Pineapple Quinoa Bowl

4 servings

30 minutes

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Curry Powder
- 1/8 tsp Cayenne Pepper
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Ginger (peeled and grated)
- 1 cup Pineapple (cored and sliced into chunks)
- 1 Carrot (grated)
- 1 Zucchini (grated)
- 1 tbsp Tamari
- 1 cup Baby Spinach

Directions

- 1 Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 2 In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- 3 When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- 4 Spoon into bowls and enjoy!

Nutrition

Amount per serving	
Calories	324
Fat	15g
Carbs	24g
Fiber	4g
Sugar	6g
Protein	26g
Vitamin A	3482IU
Vitamin C	32mg
Calcium	75mg
Iron	3mg
Vitamin B12	1.4µg
Magnesium	95mg
Zinc	4mg



Spinach, Tomato & Goat Cheese Pizza

2 servings

20 minutes

Ingredients

- 1/3 cup Walnuts
- 1/4 cup Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 cups Baby Spinach (divided)
- 1/2 cup Basil Leaves
- 1/8 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 Brown Rice Tortillas
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Goat Cheese (crumbled)

Nutrition

Amount per serving	
Calories	574
Fat	46g
Carbs	34g
Fiber	6g
Sugar	5g
Protein	10g
Vitamin A	3685IU
Vitamin C	20mg
Calcium	84mg
Iron	3mg
Vitamin B12	0µg
Magnesium	68mg
Zinc	1mg

Directions

- 1 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 2 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 3 Take the remaining baby spinach and finely chop.
- 4 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 5 Place on baking sheet and bake in the oven for 10 minutes.
- 6 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

Notes

More protein, Add diced chicken, lentils or chickpeas.



Chicken, Spinach & Mushroom Pasta

4 servings

25 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Tamari
- 2 cups Portobello Mushroom (diced)
- 2 cups Baby Spinach
- 4 Garlic (cloves, minced)
- 1/2 tsp Red Pepper Flakes
- 1 1/2 cups Brown Rice Penne (uncooked)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Chicken Breast, Cooked (sliced)
- 1 Lemon (cut into wedges)

Nutrition

Amount per serving	
Calories	393
Fat	17g
Carbs	38g
Fiber	4g
Sugar	2g
Protein	23g
Vitamin A	1519IU
Vitamin C	10mg
Calcium	27mg
Iron	2mg
Vitamin B12	0.1µg
Magnesium	42mg
Zinc	1mg

Directions

- 1 In a frying pan, add one quarter of your olive oil and all the tamari. Place over medium heat. Add mushrooms and saute for 5 minutes. Then add spinach and stir just until spinach is wilted. Remove from heat and set aside.
- 2 Heat remaining olive oil, garlic, red pepper flakes and salt in a separate skillet over medium-low heat. Stir frequently for about 5 minutes or until garlic is golden. Remove pan from heat.
- 3 Fill a large pot with water and bring to a boil. Add penne. Cook for 7 - 10 minutes. Remove from heat and dump pasta into a strainer. Immediately run cold water over the pasta to prevent it from cooking any further.
- 4 Add pasta to a large bowl. Pour in desired amount of oil and garlic mixture, then toss in mushrooms and spinach. Sprinkle with salt and pepper to taste. Mix well.
- 5 Plate pasta and top with strips of baked chicken (optional). Squeeze a lemon wedge on top of the pasta. Enjoy!