



quick
easy
ugly
delicious

WITH WHITNESS NUTRITION



may your meal prep be as easy as it is delicious.





Spicy Crockpot Chicken

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4 boneless, skinless chicken breasts (~ 2 lbs total)
2 cups favorite salsa
salt and pepper

Place chicken breasts in a slow cooker and cover with salsa. Toss until the chicken is covered. Cover and cook on high for 4 hours (or low for 6-8 hours), or until the chicken shreds easily with a fork. Shred the chicken in the slow cooker and toss with the remaining salsa and juices until well-mixed. Serve immediately, or refrigerate in an airtight container for up to 5 days.

(This chicken also freezes well.)

*You can really use just about any cut of chicken for this recipe. For easy shredding though (so that you don't have to mess with bones), I recommend boneless chicken breasts or thighs. This should be about 2 lbs of chicken total.



Squeaky Clean (Dirty) Rice

WHITNESS NUTRITION



6 servings

Cook the broccoli rice with broth in a medium saucepan. Bring to a boil, reduce the heat and simmer until all the stock is absorbed into the rice, about 20 minutes.

Meanwhile, heat oil in a heavy-bottomed saute pan over medium-high heat. Brown the sausage. Once browned, add the garlic, onion, celery, and green bell pepper. Cook until softened, about 5 minutes. Season with salt and pepper.

Add 1 cup chicken stock and cayenne. Cook until the stock has reduced a little. Add the cooked rice and stir thoroughly. Taste and season with salt and pepper, if necessary.





egg bake

WHITNESS NUTRITION

6 servings.

- * 1 lb extra lean ground turkey
- * 1/2 green bell pepper diced
- * 1/2 red bell pepper diced
- * 1/2 onion diced
- * 1 bag fresh cauliflower rice ~16 oz
- * 1 tbsp olive oil
- * 9 eggs
- * 1/2 cup water
- * 1/4 cup green onion diced (green part only)
- * 1 medium tomato diced
- 1TB Primal Palate Taco seasoning

1. Preheat oven to 350F
2. Grease a 9 x 9 baking dish.
3. Brown and crumble your ground meat in a skillet on medium high heat.
Remove from pan and set aside in a bowl.
4. Throw your chopped green pepper, red pepper, and onion into the same skillet. Saute until tender, approximately 3-5 minutes. Remove from pan and stir in with your turkey.
5. Add 1TB olive oil to the hot skillet. Add your cauliflower rice and spread evenly. Cook 5-10 minutes
6. Spread your cauliflower rice evenly over the bottom of your greased baking dish. Top with the turkey, green peppers, red peppers, and onion.
7. In a large bowl whisk your eggs, water, and taco seasoning. Pour the egg mixture over your meat, peppers, and onions in the baking dish.
8. Top with green onion and tomato.
9. Bake for 45 - 50 minutes.
10. Let sit for 5 minutes. Serve with 1/2 avocado.



Brussels n Bacon

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1 lb Brussel Sprouts, fresh
1 pack no-sugar bacon, fresh

Preheat oven to 425, line two baking sheets with parchment paper.

Chop 4-5 strips of bacon and place on lined baking sheets, add to oven once it's ready, bake for 10-15 minutes.

Remove stems, and quarter 2 lbs of Brussels

Once the bacon is lightly done, pull baking sheets out of oven and add Brussels. Toss Brussels with the bacon and bacon grease until they are coated.

Spread out the brussels and bacon on the baking sheet and sprinkle with salt and pepper, and dill if you'd like.

Bake/Roast for approx 20 minutes, turn at 10 minutes so they cook evenly.

*At 15 minutes, turn oven to broil to achieve slightly browned and crispy...yum!



Craving pancakes?

WHITNESS NUTRITION

these SWYPO recipes don't work for my food allergies, but they're a love letter to my husband. I hope you enjoy!

2 cups Gluten Free rolled oats
12 large egg whites
2 cups low fat cottage cheese
2 tsp cinnamon

Instructions

Heat a skillet to medium-high heat and spray with nonstick cooking spray. Add all ingredients to a food processor or blender and blend until mixed thoroughly.

Scoop 1/4 cup of the batter onto the skillet to form a pancake. Cook until small bubbles begin to appear then using a spatula

Flip and cook another 2-3 minutes.

Remove promptly from the skillet and place on a cooling rack while you repeat the process for remaining batter.

Store in the refrigerator up to a week or freeze up to a month.

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