Stress Support Meals

Created by Nourishing Transformations LLC
Stress Support Meals
Nourishing Transformations LLC

Are you feeling more stressed or anxious than usual? You’re not alone! During these unprecedented times, more and more people are feeling anxiety due to the high-stress environment associated with the current pandemic.

Good nutrition can play a helpful role during times of stress and anxiety. There are four key nutrients that are scientifically proven to help with this!

**Magnesium**
Magnesium supplements are often used as a natural treatment for anxiety[2] but many people do not even reach their daily recommended intake of magnesium through diet.(3) Since magnesium regulates neurotransmitters, meeting dietary magnesium requirements can help prevent deficiency-related anxiety from occurring in the first place.(4)

Try these recipes that pack a major magnesium punch:
- Chocolate Banana Cauliflower N'Oats
- Cream of Celery and Asparagus Soup
- Pressure Cooker Cumin Citrus Black Beans & Rice
- Kale & White Bean Caesar Salad
- Gingerbread Smoothie

**Vitamin B6**
Women are twice as likely as men to experience anxiety overall, but women who consume more vitamin B6 are less likely to experience anxiety.(5) Low B6 may also increase panic attacks(6) so getting enough through diet is an important way to support the body during stress and reduce anxiety.

Try these for extra B6:
- Chicken, Asparagus & Sweet Potato
- Spaghetti Squash, Turkey and Broccoli
- Garlicky Broccoli and Chickpea Pasta
- Savory Arugula and Olive Oatmeal (try it!)
- Lemon Garlic Tahini Dressing

**Iron**
Low iron is a known contributor to anxiety.(7) Women are more likely to experience anxiety and are also more likely to have low iron status. While all animal meats, especially red meats and organ meats are packed with iron, some plant-based meals can also provide iron.

Try these:
- Pea & Basil Buckwheat Risotto
- Warm Peas with Eggs
- Ground Beef, Asparagus with Sweet Potato
- Liver, Onions and Sage
- Sausage and Sauerkraut Skillet

**Fiber**
Fiber is an important nutrient to reduce anxiety for two reasons. First, it helps to balance blood sugar which helps improve anxiety symptoms.(8) Fiber also feeds gut bacteria to produce short-chain fatty acids which can decrease anxiety.(9)

Women need 25 grams of fiber per day and men need 38 grams of fiber per day.

Here are five meals to help you get enough fiber:
- Coconut Chia Seed Yogurt
- Chickpea Flatbread Pizza
- Hummus and Veggie Wrap
- White Bean Spinach and Tomato Salad

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https://nourishingtransformations.com
- White Bean, Spinach and Tomato Salad
- Chocolate Cauliflower Shake (you won't taste the cauliflower!)

How to Use
Try the recipes that sound good to you or maybe you'd like to experiment with.

Recipe Tips
On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers
Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

I hope you find some new ways to help ease the stress and tension, one meal at at time-

Best in health,
Kristen Burkett, MS, MNT

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

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# Stress Support Meals

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Chocolate Banana Cauliflower N'Oats
8 ingredients · 20 minutes · 1 serving

**Directions**

1. In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.

2. Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

**Notes**

**Leftovers**
Refrigerate in an airtight container for up to two days.

**Nut-Free**
Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

**More Flavor**
Add cinnamon or maple syrup.

**More Protein**
Add collagen or protein powder.

**No Cacao Powder**
Use cocoa powder instead.

**No Banana**
Top with berries instead.

**Ingredients**

- 1 cup Cauliflower Rice
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tsps Chia Seeds
- 1 tbsp Cacao Powder
- 2 tsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsp Cacao Nibs

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Gingerbread Smoothie
9 ingredients · 5 minutes · 1 serving

Directions
1. Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes
No Chia Seeds
Use flax seeds instead.

No Blackstrap Molasses
Use maple syrup instead.

Nut-Free
Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies
Add frozen cauliflower.

Ingredients
1 cup Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
1/2 Banana (frozen)
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 1/2 tsps Blackstrap Molasses
1/2 tsp Ginger (fresh, minced)
1/4 tsp Cinnamon (ground)
1/8 tsp Ground Cloves

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Savory Arugula & Olive Oatmeal
8 ingredients · 15 minutes · 2 servings

Directions

1. Add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the nutritional yeast and stir.

2. Meanwhile, in a skillet over medium heat, add the olive oil. Once heated, add the eggs. Cook until the whites are set and the yolk is cooked to your liking. Remove and set aside. In the same pan, add the arugula and cook over low-medium heat, until just wilted, about 1 to 2 minutes.

3. Add the oats to a bowl and top with the arugula, olives and egg. Season with sea salt and pepper. Serve and enjoy!

Notes

Leftovers
The egg is best enjoyed the same day. Refrigerate the remaining ingredients in an airtight container for up to three days. For best results, reheat on the stove and make another egg for topping.

More Flavor
Add onions, chili flakes or garlic powder.

Additional Toppings
Add sliced avocado.

Make it Vegan
Omit the egg and top with scrambled tofu instead.

Ingredients

1 cup Oats (rolled)
2 cups Water
2 tbsp Nutritional Yeast
1/2 tsp Extra Virgin Olive Oil
2 Egg
3 cups Arugula
1/4 cup Pitted Kalamata Olives
Sea Salt And Pepper (to taste)

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Warm Peas with Eggs
5 ingredients · 15 minutes · 2 servings

Directions

1. In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
2. Add the peas and stir until warmed through. Season with salt.
3. Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
4. Remove from heat and serve immediately. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor
Use broth or oil instead of water.

Additional Toppings
Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Ingredients

<table>
<thead>
<tr>
<th>1/2 White Onion (diced)</th>
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<tr>
<td>3 tbsps Water</td>
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<tr>
<td>3 cups Frozen Peas</td>
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<tr>
<td>1/4 tsp Sea Salt</td>
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<tr>
<td>4 Egg</td>
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Coconut Chia Seed Yogurt
4 ingredients · 30 minutes · 1 serving

Directions

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.

2. Top with strawberries and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to five days.

More Flavor
Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings
Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Ingredients

1 cup Unsweetened Coconut Yogurt
1/4 cup Chia Seeds
1 tsp Cinnamon
1/4 cup Strawberries (chopped)
Chocolate Cauliflower Shake
7 ingredients · 5 minutes · 2 servings

Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha
Replace half of the almond milk with chilled coffee.

Likes it Sweeter
Add pitted medjool dates.

No Maca Powder
Leave it out or use cinnamon instead.

Ingredients

- 2 cups Frozen Cauliflower
- 2 Banana (frozen)
- 2 tbsp Almond Butter
- 1/4 cup Cacao Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 tbsp Maca Powder

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# Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 4 servings

**Directions**

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Sauté for 5 minutes or until veggies are slightly softened. Add minced garlic and sauté for another minute.

2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.

3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

**Notes**

**No Hemp Seeds**
Use cashews.

**Add Some Crunch**
Set aside a few spears of asparagus, roast before serving and use as a garnish.

**No Spinach**
Use kale, swiss chard or any leafy green.

**Leftovers**
Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

**Ingredients**

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

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Kale & White Bean Caesar Salad
9 ingredients · 25 minutes · 3 servings

Directions

1. Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
2. While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
3. Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
4. Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

Notes

Vegan and Vegetarian
Omit the bacon, or use coconut bacon.

Leftovers
Keeps well in the fridge for 2 to 3 days.

Ingredients

4 slices Organic Bacon
1/4 cup Hemp Seeds
2 tbsp Water
1 tbsp Nutritional Yeast
1/2 Lemon (juiced)
1 Garlic (clove, peeled)
6 cups Kale Leaves (chopped)
2 cups White Navy Beans (cooked)
Sea Salt & Black Pepper (to taste)

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Pea & Basil Buckwheat Risotto
6 ingredients · 20 minutes · 2 servings

**Directions**

1. In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
2. Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
3. When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

**Notes**

**Leftovers**
Refrigerate in an airtight container for up to five days.

**Serving Size**
One serving is equal to approximately 1 3/4 cup.

**More Flavor**
Add a splash of apple cider vinegar and/or your desired herbs and spices.

**Additional Toppings**
Top with red pepper flakes and/or a dollop of yogurt.

**Ingredients**

- 1 1/4 cups Buckwheat Groats (soaked overnight, drained & rinsed)
- 3 cups Organic Vegetable Broth (divided)
- 2 cups Fresh Peas (or frozen, divided)
- 2 cups Basil Leaves (stems removed)
- 2 tbsp Nutritional Yeast
- 1/2 tsp Sea Salt

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Chickpea Flatbread Pizza
10 ingredients · 1 hour 20 minutes · 2 servings

Directions

1. In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.

2. About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.

3. Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.

4. Reduce the oven temperature to 350°F (176°C).

5. Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.

6. Slice and serve immediately. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

Serving Size
One serving is equal to approximately three slices of pizza.

Dairy-Free
Use a dairy-free shredded cheese instead.

More Flavor
Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings
Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.

Ingredients

1 cup Chickpea Flour
1 cup Water
1 1/2 tsps Avocado Oil (divided)
1/4 tsp Sea Salt
1/3 cup Tomato Sauce
1/4 tsp Oregano
1/8 tsp Garlic Powder
1/8 tsp Red Pepper Flakes
6 ozs Mozzarella Cheese (shredded)
2 tsps Basil Leaves (finely chopped)

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Hummus & Veggie Wrap
6 ingredients · 5 minutes · 2 servings

Directions
1. Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
2. Serve immediately and enjoy!

Notes
- Gluten-Free
  Use a brown rice tortilla instead.
- Oil-Free
  Use an oil-free hummus.
- More Flavor
  Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.
- Easy Eating
  Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

Ingredients
- 2 Whole Wheat Tortilla (large)
- 1/2 cup Hummus
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 Red Bell Pepper (sliced)
White Bean, Spinach & Tomato Salad
7 ingredients · 10 minutes · 2 servings

Directions

1. Heat olive oil in a large pan over medium heat. Add shallots and garlic and sauté for 1 to 2 minutes.
2. Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

Notes

No White Beans
Use chickpeas or lentils instead.

Extra Flavour
Add avocado, lemon juice and/or feta cheese.

Leftovers
Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

Ingredients

1 tbsp Extra Virgin Olive Oil
1/4 cup Shallot (diced)
2 Garlic (cloves, minced)
2 cups White Navy Beans (cooked, drained and rinsed)
4 cups Baby Spinach (chopped)
1 Tomato (medium, diced)
Sea Salt & Black Pepper (to taste)
Pressure Cooker Cumin Citrus Black Beans & Rice
10 ingredients · 1 hour 5 minutes · 4 servings

Directions

1. Combine the black beans, rice, cumin, oregano and salt in the pressure cooker. Stir in the water, juice of the orange and garlic. Place the juiced halves of the orange cut side down in the beans and rice along with the onion quarters. Close the lid.

2. Set to “sealing”, then press manual/pressure cooker and cook for 30 minutes on high pressure. Once it is done, let the pressure release naturally for 20 minutes then release the remaining pressure manually. Remove the lid carefully.

3. Using a spoon carefully remove the orange halves and onion quarters and discard. Stir in the cilantro, if using, and season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to five days.

Serving Size
One serving is approximately 1 cup.

Additional Toppings
Top with avocado, grated cheese or greek-style yogurt, extra cilantro or green onions, red pepper flakes or hot sauce.

Make it a Meal
Serve beside wilted greens, sautéed peppers, cooked chicken or fish. Use as a taco filling or in a burrito.

Orange
One orange yields approximately 1/2 cup orange juice.

Ingredients

1 cup Dry Black Beans (rinsed well)
1 cup Brown Rice (uncooked)
1 tbsp Cumin
1 1/2 tsps Oregano
1 tsp Sea Salt
3 cups Water
1 Navel Orange (cut in half, juiced)
6 Garlic (cloves, smashed then roughly chopped)
1 Yellow Onion (peeled, cut into quarters)
1/2 cup Cilantro (chopped, optional)

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Chicken, Asparagus & Sweet Potato
4 ingredients · 30 minutes · 4 servings

Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.

2. Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.

3. Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.

4. While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.

5. Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

Notes

No Asparagus
Use zucchini, green beans, broccoli or cauliflower instead.

No Sweet Potato
Use carrots or regular potato instead.

Vegan
Swap out the chicken for roasted chickpeas or marinated lentils.

Leftovers
Keeps well in the fridge up to 3 days.

Ingredients

3 Sweet Potato (medium, diced)
1 1/2 tbsp Extra Virgin Olive Oil (divided)
3 cups Asparagus (woody ends trimmed)
1 1/4 lbs Chicken Breast (boneless, skinless)

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Spaghetti Squash, Turkey & Broccoli
6 ingredients · 1 hour · 4 servings

Directions

1. Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.

2. While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.

3. In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.

4. Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is approximately 1 cup of each ingredient.

More Flavor
Season the turkey with minced onion or garlic while it cooks.

Additional Toppings
Top with fresh parsley, cilantro or your favorite hot sauce.

Make it Vegan
Use chickpeas or lentils instead of ground turkey.

Ingredients

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<td>Spaghetti Squash (medium)</td>
<td>1 lb</td>
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<tr>
<td>Extra Lean Ground Turkey</td>
<td>1 lb</td>
</tr>
<tr>
<td>Water</td>
<td>2 cups</td>
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<tr>
<td>Broccoli (chopped into florets)</td>
<td>4 cups</td>
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<tr>
<td>Nutritional Yeast</td>
<td>1/4 cup</td>
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<tr>
<td>Sea Salt</td>
<td>1 tsp</td>
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Garlicky Broccoli & Chickpea Pasta
10 ingredients · 25 minutes · 2 servings

Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Place broccoli and chickpeas on the baking sheet. Season with avocado oil and half of the salt. Roast for 20 minutes until broccoli is tender and chickpeas are slightly crispy. Set aside.
3. Meanwhile, cook the pasta according to package directions.
4. In a large skillet over medium heat, add half of the olive oil and half of the garlic. Cook until the garlic is foamy and golden brown, about 3 to 5 minutes. Remove from the heat and immediately add the remaining garlic, salt, olive oil, nutritional yeast and water. Stir to combine.
5. Add the cooked pasta, roasted broccoli and chickpeas to the skillet and stir in the lemon juice. Toss to evenly coat the pasta. If the pasta is too dry, add an additional tablespoon of water or oil at a time until desired consistency is reached. Season with additional salt, and lemon juice, if needed.
6. Divide between plates and serve immediately. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days. Reheat with additional water or oil to prevent pasta from being too dry.

Serving Size
One serving is equal to approximately 2 1/4 cups.

Gluten-Free
Use rice pasta or quinoa pasta instead of whole wheat pasta.

More Flavor
Reserve some of the starchy cooking liquid from the pasta to use instead of plain water.

Ingredients

2 cups Broccoli (finely chopped)
1 cup Chickpeas (cooked, patted dry)
1 tbsp Avocado Oil
1/2 tsp Sea Salt (divided)
1 1/2 cups Whole Wheat Penne
3 tbsps Extra Virgin Olive Oil (divided)
2 Garlic (cloves, minced and divided)
1 tbsp Nutritional Yeast
1/4 cup Water
2 tsps Lemon Juice

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Additional Toppings
Top with additional nutritional yeast, vegan parmesan cheese, fresh parsley, lemon zest, black pepper or red pepper flakes.

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Ground Beef, Asparagus & Mashed Sweet Potatoes
5 ingredients · 30 minutes · 4 servings

Directions

1. Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
2. In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
3. Add half the salt to the sweet potatoes and mash until creamy.
4. Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
5. Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

Notes

No Sweet Potatoes
Use regular potatoes, eddo, jicama or kohlrabi instead.

No Avocado Oil
Use coconut oil, olive oil, ghee or butter instead.

Storage
Refrigerate in an airtight container up to 3 days.

Serving Size
One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

Vegan & Vegetarian
Omit the ground beef and use cooked lentils instead.

Extra Creamy Potatoes
Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.

Ingredients

3 Sweet Potato (medium, peeled and chopped)
4 cups Asparagus (woody ends trimmed, chopped in half)
1/2 tsp Sea Salt (divided)
1 tbsp Avocado Oil
1 lb Extra Lean Ground Beef

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Liver, Onions & Sage
6 ingredients · 20 minutes · 2 servings

Directions

1. In a bowl, combine the flour and half of the salt. Add liver and toss until well coated. Set aside.
2. Heat 1/3 of the oil in a large skillet over medium heat. Cook onions until translucent and tender. Transfer to a bowl and toss with sage and remaining salt.
3. In the same pan, heat the remaining oil over medium heat. Cook the liver for about 5 minutes, flipping halfway. It should be slightly pink in the center.
4. Return the cooked onions and sage to the pan and stir with the liver for 1 to 2 minutes. Serve immediately and enjoy!

Notes

Storage
Refrigerate in an airtight container up to 3 days.

No Fresh Sage
Use dried sage instead.

No Avocado Oil
Use butter, coconut oil, olive oil or ghee instead.

More Carbs
Serve it with quinoa, couscous, rice, toast or potatoes.

Ingredients

1/4 cup All Purpose Gluten-Free Flour
1/2 tsp Sea Salt (divided)
8 ozs Beef Liver (sliced into strips)
3 tbsps Avocado Oil (divided)
1 Yellow Onion (medium, sliced)
2 tbsps Fresh Sage

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Sausage & Sauerkraut Skillet
7 ingredients · 40 minutes · 4 servings

Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4” pieces.

2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.

3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

Leftovers
Store in an airtight container in the fridge up to three days.

Vegan and Vegetarian
Skip the sausage and use cooked lentils instead.

No Swiss Chard
Use kale or spinach instead.

Ingredients

10 ozs Organic Chicken Sausage
1 tbsp Coconut Oil
1 Yellow Onion (diced)
2 Apple (peeled, cored and diced)
2 Garlic (cloves, minced)
4 cups Swiss Chard (washed, stems removed and chopped)
2 cups Sauerkraut (liquid drained off)
Lemon Garlic Tahini Dressing
6 ingredients · 5 minutes · 2 servings

Directions
1. Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Notes
Leftovers
Refrigerate in an airtight container for up to five days.

Serving Size
One serving is equal to approximately two and a half tablespoons.

Dressing Consistency
If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.

Ingredients

2 tbsps Tahini
2 tbsps Water (warm)
2 tbsps Lemon Juice
1 Garlic (clove, small, minced)
1 1/2 tsps Nutritional Yeast
1/8 tsp Sea Salt

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