

## Flank Steak with Rub

### INGREDIENTS:

1-2 T chili powder  
1 T brown sugar or coconut sugar  
1 ½ tsp. Ground cumin  
1 ½ tsp. Dried oregano  
1 tsp. Coriander  
1 tsp garlic powder  
1 tsp. Sea salt  
1 tsp. Freshly ground pepper  
2 lbs. Flank steak  
1 T olive oil

### PROCESS:

Preheat grill to high

Combine all the steak rub ingredients together in a small bowl and toss with a fork until uniform in color. Drizzle half the olive oil over one side of the steak and rub steaks until they are shiny all over with oil. Sprinkle with half the rub generously on the steak and rub into the meat. Repeat on the other side.

Once the grill is heated up, place the steak on the grill and cover. Cook for 4-6 minutes per side or until medium rare. Take the meat off the grill and let it rest on a plate for 10 minutes before slicing.



## Perfectly Grilled Pork Tenderloin

### INGREDIENTS:

1 lb pork tenderloin  
2 T olive oil  
2 T balsamic vinegar  
1 tsp. Oregano  
½ tsp. Sea salt  
½ tsp. Freshly ground pepper

### PROCESS:

Preheat grill.  
Cut pork tenderloin into ½-inch medallions  
Combine ingredients in a gallon size ziplock bag. Add pork tenderloin and gently coat.  
Allow to marinate for at least 5 minutes or up to 8 hours.  
Grill over medium heat until the internal temperature is 145 degrees F.

Enjoy!



# Grilled Chicken Thighs

## INGREDIENTS:

- 2 lbs chicken thighs
- Sea salt
- Freshly ground black pepper
- Garlic powder
- Paprika

## PROCESS:

- Preheat grill
- Place the chicken on a large platter or baking sheet in a single layer, smooth side facing up. Sprinkle generously with salt, pepper, garlic powder, and paprika.
- Place the chicken on the grill. Cook 4-5 minutes, then flip and cook an additional 4 minutes. The chicken is cooked when the juices run clear, and it has turned toasty brown on both sides.

No grill? Preheat the oven to 400 degrees F. Follow seasoning instructions for grilling then place the chicken in a single layer smooth side up, in a large baking dish. Bake 30-35 minutes until juices run clear and tops are well browned.

From: Well-Fed



## Breakfast Hash

### INGREDIENTS FOR PORK SAUSAGE:

- 1 1/2 pounds ground pork
- 1/2 tbsp sage
- 1/2 tsp marjoram
- 1/8 tsp crushed red pepper
- 1 tsp salt
- 1/2 tsp pepper
- pinch of ground cloves



### OTHER INGREDIENTS:

- 1 red pepper, diced
- 1 purple onion, diced
- 1 potato, cooked and diced
- 2 cups kale, chopped

### PROCESS:

- Mix the pork sausage ingredients and cook until the sausage is no longer pink.
- Add red peppers, potatoes and purple onion. Saute with a small amount of avocado oil until the whole dish starts to caramelize. The last few minutes add chopped kale.
- The great thing about this recipe is you can switch out ingredients you have on hand like sweet potatoes, butternut squash, zucchini, brussel sprouts...just about any vegetable that you like or is starting to go bad in your fridge!

ENJOY!

From: wholesisters

## Can't Stop Eating this Broccoli

### INGREDIENTS:

- Broccoli, 2-4 bunches
- 1 T Butter (or more- depends on amount of broccoli)
- Salt & Pepper, to taste

### PROCESS:

- Wash and trim broccoli
- Place broccoli in large skillet over medium heat
- Scatter butter around
- Sprinkle with salt & pepper
- Stir occasionally until tender and parts begin to turn crispy

ENJOY!

## Roasted Vegetables

### INGREDIENTS:

2 lbs. Green beans, washed and trimmed  
3-4 sweet potatoes, diced into small cubes  
2 lbs. Brussels sprouts, quartered or shaved  
Olive oil, butter, or ghee  
1 tsp. Sea salt  
¼ -½ tsp. ground black pepper

### PROCESS:

Preheat oven to 400 degrees F.  
Place veggies on one large baking sheet or several smaller baking sheets depending on quantity to be roasted.  
Drizzle with olive oil, melted ghee, or dot with butter.  
Sprinkle with salt and pepper.  
Bake for 30 minutes up to 1 hour or until desired doneness. Brussels sprouts will be done first, green beans should start to blister and brown up. Sweet potatoes bake until tender but crisp on the outside.

Enjoy!



## Cauliflower Rice (frozen)

### INGREDIENTS:

1 bag of frozen cauliflower rice

Butter or ghee (optional)

Salt and pepper (optional)

### PROCESS:

Place frozen cauliflower rice into large bowl.

Microwave for 4 minutes.

Stir and add butter, salt, and pepper if desired.

Enjoy!

