

SLOW COOKER PULLED PORK

INGREDIENTS:

4 lb pork shoulder
1 tbsp Salt
1 tbsp Pepper
1 tbsp Garlic powder
1 tbsp Onion powder
1 tbsp Chili powder
1 tbsp Smoked paprika

INSTRUCTIONS:

- Place all of the seasonings in a small bowl and mix well to make the spice rub.
 - Massage the spice rub all over the meat.
 - Place the pork into the slow cooker and cook on low for 8-12 hours.
 - Remove the roast and place it on a large cutting board. Shred with two forks.
- *See meal prep notes for Instant Pot Instructions**

EASY ROASTED VEGGIES

INGREDIENTS:

1 head broccoli, cut into florets
1 head cauliflower, cut into florets
1 lb brussels sprouts, ends removed and cut in half
1 lb carrots, ends removed and cut into 2-3 inch pieces
2 tbsp avocado oil
1 tbsp Italian seasoning
1 tbsp Seasoning mix of choice

INSTRUCTIONS:

- Preheat oven to 375° Fahrenheit.
- Chop veggies as noted. Place broccoli and cauliflower on one sheet pan and brussels and carrots on another.
- Drizzle all of the veggies with avocado oil and toss to coat. Sprinkle Italian seasoning over one pan and the other seasoning mix over the other pan
- Place in the oven to roast for 30 minutes, or until the veggies are cooked to your liking.

HEALTHY EGG MUFFINS

INGREDIENTS:

1/2 lb pre-cooked ham, diced (can sub other cooked breakfast meat)
1 bell pepper, finely diced
1/2 onion finely diced
10 eggs
1/2 tsp salt
1/2 tsp pepper
2 tsbp avocado oil or other fat (we like bacon fat)

INSTRUCTIONS:

- Preheat oven to 375° Fahrenheit.
- Chop ham, bell pepper and onion as noted.
- Crack eggs in a large bowl and whisk well. Add the chopped ingredients and 1/2 tsp each of salt and pepper and mix.
- Grease muffin tin with fat/oil (make sure each section is covered well from top to bottom or the eggs will stick). Or you can use muffin tin liners.
- Spoon the egg mixture into the muffin tin, filling them almost full (they will puff up while cooking).
- Place in the oven and bake for 20 minutes.

KOREAN BEEF

INGREDIENTS:

1 shallot, diced
2 inches fresh ginger, peeled and grated on a microplane
1 tablespoon toasted sesame oil
2 pounds ground beef
1 teaspoon red pepper flakes
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon salt
1/2 cup coconut aminos
2 tsbp fish sauce

INSTRUCTIONS:

- Dice shallot and grate ginger to have it ready.
- Heat a large skillet over medium-high heat and add sesame oil. Once hot, add in ground beef.
- Add the shallot, ginger, red pepper, garlic powder, onion powder and salt and mix with the beef. Break beef into bits and cook, stirring occasionally, until the meat is browned, about 8 minutes.
- Add coconut aminos and fish sauce and cook for another 3-4 minutes.



MEAL PREP RECIPES - SHOPPING LIST



PRODUCE

- 1 head broccoli (or one bag pre-cut florets)
- 1 head cauliflower (or one bag pre-cut florets)
- 1 lb brussels sprouts
- 1 lb carrots
- 1 bell pepper
- 1 onion
- 1 shallot
- 2 inches fresh ginger
- Items of choice for serving with Pulled Pork or Korean Beef (mixed greens, cauliflower rice, etc.)
- 3 apples (optional snack)
- 1 bunch celery (optional snack)

MEAT & EGGS

- 4 lb pork shoulder
- 2 pounds ground beef
- 1/2 lb pre-cooked ham (can sub other cooked breakfast meat)
- 10 eggs

OILS & SAUCES

- 4 tbsp avocado oil
- 1 tbsp toasted sesame oil
- 1/2 cup coconut aminos
- 2 tbsp fish sauce
- 1 jar almond butter (optional snack)

SEASONINGS

- 1 tbsp chili powder
- 1 tbsp smoked paprika
- 1 tbsp Italian seasoning
- 1 tbsp seasoning mix of choice
- 4 tsp garlic powder
- 4 tsp onion powder
- 1 tsp red pepper flakes
- Salt & pepper

OTHER

- 1 cup chicken or beef broth (only needed if using Instant Pot for the Pulled Pork)

MEAL PREP RECIPES - PREP INSTRUCTIONS

- Start by getting the pulled pork going because it will take the longest to cook. You can prepare this recipe in the Instant Pot if you have one but you need to modify the instructions as noted below:
 - Season the roast as noted in the recipe.
 - Press the sauté button on the Instant Pot and add in some oil or ghee. Once hot, add in roast and brown on all sides (3-4 minutes per side). Press the "cancel" button on Instant Pot once pork is browned.
 - Pour in one cup of chicken or beef broth around the roast (can sub water).
 - Secure the lid on and close the pressure valve. Press the "manual" button (or "pressure cook" button) and set the time for 70 minutes at high pressure. Once the time is up, let the pressure naturally release for 10 minutes and then carefully manually release the remaining pressure. Remove and shred with two forks.
- Next, chop all of the veggies for the Easy Roasted Veggies. Also chop the veggies for the Egg Muffins and Korean Beef (bell pepper, onion, shallot and ginger (grated)).
- Preheat your oven and prep/season the Easy Roasted Veggies as noted. Place them in the oven to cook.
- Prep the Egg Muffins as noted. If you have room in your oven you can add them in with the Easy Roasted Veggies, just be sure to note the cooking time for each. Or you can pop them in when the veggies are done roasting.
- While everything else is cooking, prepare the Korean Beef on the stovetop.
- When each of the above recipes are done, place them in containers as desired for storage in the fridge. You can store them as individual recipes or store them as pre-portioned meals (one serving of pulled pork with roasted veggies for example).
- For the optional snack, you can slice celery and apple into pieces and store in the fridge. Use for dipping into almond butter when needed for a quick and easy snack.