

THE ULTIMATE EASY AF MEAL GUIDE

Even when life happens, we still need to eat. So why not throw together a quick meal you can feel good about, during life's crazy moments.

@eating.at.altitude



10 MINUTE BONE BROTH SOUP

PREP TIME

COOK TIME

SERVINGS

5 MIN

10 MIN

4

INGREDIENTS

- 32 oz package of bone broth
- 2 eggs, beaten
- splash of coconut aminos
- Optional: Cilantro, spinach, wiltable greens or avocado

DIRECTIONS:

- In a sauce pan, heat bone broth.
- Whisk your eggs & set aside.
- To the broth add a splash of coconut aminos.
- Add in eggs & stir quickly until they are fully cooked & wispy.
- In serving bowls, add greens, avocado and any additional garnishes. Pour the hot soup over the contents of the bowl and allow them to warm through. Season with salt & pepper and enjoy.

INSTANT POT BAKED SWEET POTATOES

PREP TIME

COOK TIME

SERVINGS

5 MIN

20 MIN

4

INGREDIENTS

- 4 sweet potatoes
- 1 tbsp oil

DIRECTIONS:

- Using a knife or fork, puncture the sweet potato 5-6 times. Rub the sweet potatoes with a little bit of oil.
- Place the steamer rack in the IP.
- Add 1 C of water to the instant pot
- Add Sweet potatoes to the instant pot
- Cook on Manual for 15 minutes for small potatoes, 20 for large.
- Serve as is, stuff with protein, or drizzle with nut butter and fruit for a sweet breakfast.

VEGGIE & SAUSAGE PASTA

PREP TIME

COOK TIME

SERVINGS

5 MIN

20 MIN

4

INGREDIENTS

- 1 pkg chicken apple sausage, diced
- 1 C. desired frozen vegetables
- 1 pkg gluten free pasta or veggie noodles
- 1 jar of desired pasta sauce (marinara, alfredo or pesto)

DIRECTIONS:

- Cook pasta based on package instructions.
- Add frozen veggies to the boiling pasta water for time advised on package.
- In a skillet, saute chicken apple sausages in a tbsp of avocado oil.
- Once the pasta has cooked, drain. Add chicken apple sausages & desired amount of pasta sauce.

INSTANT POT SHREDDED CHICKEN

PREP TIME

COOK TIME

SERVINGS

5 MIN

15 MIN

4

INGREDIENTS

- 2 to 3 pounds boneless skinless chicken breasts
- 1 cup chicken stock (or water) OR Sub for your favorite bbq or buffalo sauce or try a cup of salsa.
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly-cracked black pepper)

NOTES:

Make into a chicken salad or toss with your favorite compliant sauce and serve on a salad, on it's own or stuffed into a sweet potato.

DIRECTIONS:

- Add the chicken breasts, seasoning and chicken stock to the bowl of your pressure cooker. Give everything a brief toss to combine, then arrange the chicken breasts so that they are spread out in an even layer.
- Cover and set the pressure cooker lid valve to "sealing." Pressure cook on high for 15 minutes, followed by a 5 minute natural release.
- Remove the lid and use two forks to shred the chicken. Give it a thorough toss with the remaining juices in the pressure cooker.
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Store Bought Staples

Let's address the fact that life happens and sometimes you need a back up plan. Keep a few of these staple freezer, pantry & quick to grab items on hand for minimal effort meal choices.

PROTEINS



TJ Beef Sirloin Roast



Applegate or TWR Hot Dogs Various brands of frozen grassfed beef patties



Various Brands of Chicken Apple Sausage



Trader Joe's Frozen Chili Lime Chicken Burgers



Sugar Free Dli Meats



Pederson Farms Sausages & compliant meats



Various Brands of pre cooked chicken



Sugar Free Bacon



Hard Boiled Eggs



Canned Tuna & Salmon



Rotisserie Chicken

Store Bought Staples

READY MADE MEALS



Primal Kitchen Freezer Meals



Great Value Whole30
Freezer Meals



Kettle & Fire Bone Broth Soups
(select flavors)

GLUTEN FREE SWAPS



Heart of Palm Pasta



Veggie Spirals



Gluten Free Pasta



frozen rice or cauliflower rice

Store Bought Staples

SAUCES & CONDIMENTS



Primal Kitchen Sauces



vegan Kale Cashew Basil Pesto



Yai's Thai Curry Sauces



Siete Foods Taco Seasonings & enchilada sauces



The New Primal BBQ & buffalo Sauces



Primal Kitchen Pasta Sauces



TesseMae's Dressings, Sauces & marinades



Various Brands of Jarred Marinara



Coconut Aminos



Avocado Oil Mayonnaise



Ghee or Healthy Fat Oils like Avocado & Olive



Salsa