



Recipe Bundle

1st July 2024

THE GROUNDWORK FOR ALL
HAPPINESS IS GOOD HEALTH



Breakfast

START YOUR DAY RIGHT.

Banana Protein Muffins and Yoghurt



SERVINGS: 4

PREP TIME: 0-5 MINUTES

COOK TIME: 12 MINUTES

INGREDIENTS

- 2 large bananas
- 1 egg
- 1 tsp vanilla essence
- 3 tbsp stevia
- 3 tbsp coconut oil
- $\frac{3}{4}$ cup oat flour (blended oats)
- 1 tsp chia seeds
- $\frac{1}{2}$ cup vanilla protein powder
- 1 tsp baking powder
- Pinch of salt

To serve: Heat up and enjoy with
 $\frac{1}{2}$ cup Greek yoghurt

DIRECTIONS

1. Preheat oven to 180 degrees celsius and line a 8 hole muffin tin.
2. Mash the bananas in a large bowl and add the egg, vanilla essence, stevia, and coconut oil, stir to combine.
3. In a medium mixing bowl combine the oat flour, chia seeds, protein powder, baking powder and salt.
4. Add the dry ingredients to the wet ingredients and stir to combine. Be careful not to over mix.
5. Pour into the 8 muffin cases.
6. Bake for around 12 minutes, or until the tops are lightly golden.
7. Store the muffins in an air tight container.
8. To serve, heat up 2 muffins and enjoy with Greek yoghurt.

NUTRITION INFO PER SERVE

Calories: 336, Carbohydrate: 31 grams, Protein: 20 grams, Fat: 14 grams

Chilli and Lime Sardines on Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- ½ avocado
- 1 tbsp lime juice
- ½ tsp red chilli flakes
- Salt and black pepper
- 1 tsp olive oil
- 1 garlic clove, minced
- Zest of 1 lime
- 2 slices wholegrain bread
- 120g tinned sardines

DIRECTIONS

1. In a bowl combine the avocado, half the lime juice, chilli flakes, salt and pepper, and set aside.
2. Heat a pan on medium heat and add the olive oil, garlic and lime zest.
3. Add the sardines and let them heat through.
4. Toast the bread.
5. Spread the avocado mixture on the bread, and add the remaining lime juice to the sardines.
6. Top the avocado mixture with the sardines, season with salt and pepper and enjoy.

NUTRITION INFO

Calories: 465, Carbohydrate: 37 grams, Protein: 25 grams, Fat: 20 grams

Mango Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 35g frozen mango
- $\frac{3}{4}$ cup light drinking coconut milk
- Juice of 1 lime
- 1 tsp vanilla extract
- 1 serve vanilla protein powder
- Pinch of salt
- $\frac{1}{2}$ cup rolled oats
- 1 tsp chia seeds

DIRECTIONS

1. Add the mango, coconut milk, lime, vanilla extract, protein powder and salt to a blender, and blend until smooth.
2. Combine the oats and chia seeds in a container with a lid, then pour over the mango mixture. Stir to combine.
3. Let sit in the fridge overnight.
4. Enjoy cold!

NUTRITION INFO

Calories: 360, Carbohydrate: 40 grams, Protein: 26 grams, Fat: 10 grams

Mexican Scrambled Eggs and Potatoes



SERVINGS: 1

PREP TIME: 5 - 10 MINUTES COOKING TIME: 10 MINTUES

INGREDIENTS

- 1 medium sized potato
- 1 tsp olive oil
- 30g sun-dried tomatoes (not in oil)
- ½ red onion, diced
- ¼ capsicum, diced
- 1 garlic clove, diced
- ½ tsp smoked paprika
- ½ tsp ground cumin
- 1 tomato diced
- 2 eggs
- ¼ avocado
- Lime
- Chilli flakes
- Salt

DIRECTIONS

1. Microwave the potato for 3 minutes on each side.
2. Heat a pan on medium high heat and add the olive oil.
3. Cut the potato into bite sized pieces and fry in the pan until golden, set aside.
4. Add the sun-dried tomatoes, onion, capsicum, garlic, paprika and cumin, cook for 2-3 minutes.
5. Add the tomato and cook for 1 minute.
6. Crack the eggs into the pan and scramble with a wooden spoon, combining the tomato mixture with the eggs. Cook for 3 minutes.
7. Season with salt and chilli flakes to taste, serve with the potatoes, avocado and a squeeze of lime.

NUTRITION INFO

Calories: 424, Carbohydrate: 48 grams, Protein: 22 grams, Fat: 16 grams

Raspberry and Lime Chia Seed Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup almond milk
- 1 serve vanilla protein powder
- $\frac{1}{3}$ cup frozen raspberries
- 1 medjool date
- 1 tbsp lime juice
- 1 tsp lime zest
- $\frac{1}{4}$ cup chia seeds

DIRECTIONS

1. In a blender combine all of the ingredients apart from the chia seeds.
2. Pour the mixture into a container with a lid.
3. Add the chia seeds and mix to combine.
4. Place in the fridge and let sit overnight.
5. Serve with your choice of toppings i.e. yoghurt, berries etc.

NUTRITION INFO

Calories: 440, Carbohydrate: 45 grams, Protein: 29 grams, Fat: 16 grams

Red Cabbage and Sauerkraut Omelette



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 tsp olive oil
- 3 large eggs
- Half a medium chilli, diced (Optional)
- $\frac{1}{4}$ teaspoon cumin seeds
- $\frac{1}{2}$ cup red cabbage
- $\frac{1}{4}$ red onion, sliced
- Salt and pepper to taste
- A spoonful of sauerkraut (either add into the omelette or enjoy on the side)
- 1 slice wholegrain bread

DIRECTIONS

1. Heat a pan over medium heat and add the olive oil.
2. Add all the remaining ingredients, except the bread into a large mixing bowl, and whisk until frothy.
3. Pour the mixture into the pan, and cook until it sets up and the edges start to lift, around 5 minutes, flip over and cook for 1 more minute.
4. Toast the bread.
5. Remove from the pan, season with salt and pepper and serve.

NUTRITION INFO

Calories: 351, Carbohydrate: 23 grams, Protein: 22 grams, Fat: 19 grams

Chocolate Bomb Smoothie



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- ½ cup Greek yoghurt
- ½ frozen banana
- ¼ avocado
- 1 cup almond milk
- 1 tbsp cocoa powder
- 1 serve vanilla or chocolate protein powder
- Ice cubes

DIRECTIONS

1. Add all the ingredients into a blender, making sure to add the protein powder and cocoa powder last.
2. Blend until smooth.
3. Enjoy!

NUTRITION INFO

Calories: 360, Carbohydrate: 34 grams, Protein: 29 grams, Fat: 12 grams



Lunch

GET THE BOOST YOU NEED.

Beetroot Quinoa Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 40-45 MINUTES

INGREDIENTS

- 1 small medium beetroot
- 1 tsp olive oil
- 1 medium chicken breast
- ¼ avocado
- ½ cup cooked quinoa
- Handful of baby spinach
- 1 tbsp lemon juice
- 1 tbsp pumpkin seeds
- Salt and pepper to taste

DIRECTIONS

1. Bring a pot of water to a boil, and add the beetroot. Cook for 25-35 mins or until tender. Allow to cool then peel.
2. Heat a pan on medium heat, and add the olive oil.
3. Add the chicken to the pan and season with salt and pepper. Cook the chicken on each side for 5 minutes. Remove from the pan and shred with two forks.
4. Grate the beetroot, and combine with the quinoa, chicken, spinach and lemon juice.
5. Top with avocado and pumpkin seeds, season with salt and pepper and enjoy.

NUTRITION INFO

Calories: 452, Carbohydrate: 35 grams, Protein: 40 grams, Fat: 18 grams

Thai Chicken Lettuce Cups



SERVINGS: 1

PREP TIME: 5

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tsp olive oil
- ½ red onion
- ½ tbsp fresh ginger, minced
- 1 garlic clove, minced
- 225g chicken mince
- ½ tbsp low sodium soy sauce
- ¾ tbsp fish sauce
- 1 tsp honey
- Zest and juice of ½ a lime
- Chilli flakes
- Mint
- 1 tbsp crushed cashews
- Iceberg lettuce leaves
- ½ cup cooked brown rice to serve

DIRECTIONS

1. Heat a pan over medium heat and add the olive oil.
2. Dice the onion and add to the pan along with the ginger and garlic, cook until aromatic.
3. Add the chicken to the pan in quarters, to avoid the pan cooling down too much.
4. Cook until the chicken is no longer pink.
5. Add the soy sauce, fish sauce, honey and lime, mix to combine.
6. Spoon the chicken mixture into a few lettuce leaves, sprinkle cashews on top, and enjoy with a side of rice.

NUTRITION INFO

Calories: 549, Carbohydrate: 36 grams, Protein: 53 grams, Fat: 21. grams

Green Rice with Chilli Lime Chicken



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINTUES

INGREDIENTS

- 2 tbsp fresh coriander
- ¼ cup baby spinach
- 1 tsp dried chives
- ¼ cup bone broth
- ¼ cup light coconut milk
- Juice of ½ a lime
- ¼ cup brown rice, uncooked
- 1 medium chicken breast
- 1 tsp olive oil
- Juice of 1 lime
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp chilli flakes
- Salt and pepper

DIRECTIONS

1. Add the coriander, baby spinach, chives, bone broth, coconut milk and lime to a blender, blend until smooth.
2. Heat a pan on medium heat and add the rice and coriander mix, salt and pepper to taste.
3. Bring to a boil, then reduce the heat and cover, cook until all the liquid is absorbed and the rice is cooked. About 15 minutes.
4. Heat another pan on medium heat.
5. In a bowl combine the olive oil, lime juice, garlic powder, onion powder and chilli flakes. Coat the chicken.
6. Add the chicken to the pan and cook on each side for 5 minutes or until cooked through.
7. Serve the chicken on top of the rice, season with salt and pepper and enjoy.

NUTRITION INFO

Calories: 509, Carbohydrate: 49 grams, Protein: 32 grams, Fat: 22 grams

Open Fish Pita



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 wholemeal crumbed fish fillet
- 1 wholemeal pita bread
- 2/3 cup lettuce
- 1/3 cup cherry tomatoes
- 1/4 cucumber
- 1 tbsp hummus

Dressing:

- 1/2 lemon, juiced
- 1/4 cup Greek yoghurt
- 1 tsp unhulled tahini
- Salt and pepper

DIRECTIONS

1. Cook fish from frozen in an air fryer or oven according to the packaging instructions.
2. Cut up all the vegetables.
3. Make the dressing by mixing all the ingredients in a bowl until well combined.
4. Cut the fish into pieces, and toast the pita bread.
5. Spread the hummus on the pita bread and place the fish and salad on top. Drizzle the yoghurt dressing over the top and enjoy!

NUTRITION INFO

Calories: 439, Carbohydrate: 44 grams, Protein: 26 grams, Fat: 19 grams

Broccoli Bacon Salad



SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 20 - 25 MIN

INGREDIENTS

- 1 tsp olive oil
- 1 medium head of broccoli, (florets only)
- 3 slices chicken bacon
- ½ red onion, diced
- 2 tbsp roasted sunflower seeds
- 1 tbsp dried cherries (no added sugar or use raisins)
- 1 eggs

Dressing

- ½ cup Greek yoghurt
- 2 tbsp extra virgin olive oil
- 1 ½ tbsp white vinegar
- 1 tbsp honey
- ½ tsp fine sea salt
- Plenty of freshly ground black pepper

DIRECTIONS

1. Preheat the oven to 180 degrees celsius and line a baking tray.
2. Coat the broccoli florets in olive oil and add to the pan.
3. Place the chicken bacon on the pan and cook in the oven for 10 minutes.
4. Remove the bacon from the pan, cut into small pieces and set aside.
5. Cook the broccoli for another 10 minutes or until tender.
6. Cook the egg as desired.
7. In a bowl combine the broccoli, bacon, red onion, sunflower seeds and dried cherries.
8. In a small bowl, whisk together yoghurt, olive oil, vinegar, honey, salt, and pepper, mixing until smooth.
9. Pour over the broccoli mixture and toss well until everything is coated. Taste and adjust seasoning if needed. Top with the egg and enjoy.

NUTRITION INFO

Calories: 548, Carbohydrate: 36, Protein: 27, Fat: 28

Stuffed Butternut Pumpkin



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 medium butternut pumpkin
- Olive oil, for roasting
- Pinch dried oregano
- 150g cooked quinoa
- 100g feta cheese
- 50g toasted pine nut
- 1 small carrot, grated (around 50g)
- Small bunch chives, snipped
- Juice half lemon
- 1 red capsicum, chopped
- 50g pitted black olives
- 2 spring onions, chopped
- Freshly ground black pepper and sea salt

DIRECTIONS

1. Heat the oven to 200 degrees celsius. Halve the butternut pumpkin and scoop out the seeds. Then score the flesh with a sharp knife.
2. Arrange the two halves on a baking tray, drizzle with a little olive oil, season with freshly ground black pepper and sea salt, sprinkle with dried oregano and cook for 40 minutes. Take out the oven, add the chopped capsicum to the tray alongside the pumpkin and cook for a further 10 minutes.
3. Meanwhile, mix the rest of the ingredients to make the stuffing. Take the tray out of the oven and carefully transfer the peppers to the stuffing mix. Stir together and spoon the filling onto the butternut squash. Return to the oven for 10 mins. Serve.
4. Put the other half in the fridge for tomorrow night

NUTRITION INFO

Calories: 660, Carbohydrate: 57 grams, Protein: 21 grams, Fat: 39 grams

Corn and Courgette Fritters



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 6 - 8
MINUTES

INGREDIENTS

- 1 cup grated courgette
- 1 cup corn, fresh, canned or defrosted & drained if frozen
- 1/2 cup whole wheat flour
- 1 egg
- 1/2 cup grated edam cheese
- 1/4 cup milk
- 1 tsp baking powder
- 1/4 tsp salt, or to taste
- 1/4 tsp onion powder
- Olive oil or avocado oil for cooking
- 1 sliced avocado
- 6 slices chicken bacon.

DIRECTIONS

1. Place grated courgette in the middle of a paper towel. Squeeze out as much of the moisture as you can.
2. Place drained courgette with all other remaining ingredients except bacon and oil in a medium bowl.
3. Mix to combine everything.
4. In a large pan, warm your cooking oil over medium heat. Once the oil is hot, use a heaping tablespoon to portion the fritter batter into the hot pan. Make 8 even fritters.
5. Cook for 2-3 minutes or until the fritter starts to turn golden brown. Flip, gently press down to flatten the fritter a bit and cook for another 2 minutes or until cooked through.
6. Remove from pan and add the bacon. Cook for 3 minutes each side. Serve 4 fritters with half the bacon and avocado and enjoy.

NUTRITION INFO

Calories: 400, Carbohydrate: 38 grams, Protein: 22 grams, Fat: 18 grams



Dinner

END THE DAY FEELING
GOOD.

Stuffed Kumara



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 50 MINUTES

INGREDIENTS

- 1 medium large kumara
- 1 tsp olive oil
- 1 medium chicken breast
- 1 tbsp tomato paste
- ¼ tsp apple cider vinegar
- ½ tbsp onion powder
- ½ tbsp garlic powder
- ½ tsp smoked paprika
- 1 tsp maple syrup
- Salt
- ½ cup coleslaw mix
- ½ avocado

DIRECTIONS

1. Pre heat the oven to 180 degrees celsius, line a baking tray.
2. Prick the kumara all over with a fork, and place on the tray, bake for 35-40 minutes or until tender.
3. Heat a pan on medium heat and add the olive oil, cook the chicken for 5 minutes on each side or until fully cooked.
4. Remove from the pan and shred the chicken with two forks, add the tomato paste, apple cider vinegar, onion powder, garlic powder, smoked paprika, maple syrup and salt, mix to combine. Add back into the pan and cook for 2 minutes.
5. Cut down the middle of the kumara and slightly pull apart, add the coleslaw mix, then the chicken mixture on top. Top with the avocado and serve.

NUTRITION INFO

Calories: 491, Carbohydrate: 44 grams, Protein: 36 grams, Fat: 19 grams

Spicy Chicken Bean Soup



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10-15
MINUTES

INGREDIENTS

- 1 tsp olive oil
- ½ brown onion, diced
- 1 celery stalk, diced
- ½ tbsp cajun seasoning
- ½ tsp oregano
- ¼ tsp paprika
- ½ a red capsicum, diced
- ½ a can of black beans, drained and rinsed
- ½ a can of diced tomatoes
- ⅓ cup frozen corn
- 1 medium chicken breast
- ½ a cup chicken stock
- Chilli flakes
- Salt and pepper

DIRECTIONS

1. Heat a pot on medium heat and add the olive oil, onion and celery, sauté for 2 minutes, then add the cajun seasoning, oregano, paprika, and capsicum, cook for 2 more minutes.
2. Add the remaining ingredients, and cook for 10 minutes, or until the chicken is fully cooked.
3. Use two forks to shred the chicken.
4. Season with salt and pepper and enjoy!

NUTRITION INFO

Calories: 455, Carbohydrate: 47 grams, Protein: 43 grams, Fat: 10 grams

Thai Fish Curry



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 30-35
MINUTES

INGREDIENTS

- 1 tsp coconut oil
- 1 medium brown onion
- 1 garlic clove, minced
- ½ tsp fresh ginger, minced
- 1 medium chicken breast
- ¼ tsp turmeric
- 1 heaped tbsp yellow curry paste
- ½ can light coconut milk
- 75g stir fry vegetables e.g. broccoli, capsicum
- ½ tsp honey
- Juice of ½ lime
- ¼ cup brown rice, dry
- Salt

DIRECTIONS

1. Heat a deep pan on medium heat and add the coconut oil, onion, garlic, and ginger, sauté for 1-2 minutes.
2. Dice the chicken breast and add to the pan, cook for a couple of minutes until browned.
3. Add the turmeric and curry paste, and cook for 3 minutes.
4. Pour in the coconut milk, and let simmer for around 10 minutes. Add the veggies, honey, and the lime juice. Cook for a few more minutes.
5. While the curry is cooking, cook the rice according to packet instructions.
6. Serve the curry with the rice, season with salt and enjoy.

NUTRITION INFO

Calories: 599, Carbohydrate: 62 grams, Protein: 39 grams, Fat: 22 grams

Greek Inspired Chicken Bowl



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 20 - 25 MINUTES

INGREDIENTS

- 1 boneless skinless chicken breast
- 1 teaspoon extra virgin olive oil
- 1/2 teaspoons paprika
- 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1/2 tsp dried parsley

Salad:

- 1/4 cucumber
- 1/3 cup cherry tomatoes
- 1/2 cup lettuce, shredded
- 1/4 cup Kalamata olives
- 30 g feta cheese, crumbed
- 1/2 an avocado

Dressing:

- 1 tbsp red wine vinegar
- 1 tbsp extra virgin olive oil
- 1/4 lemon, juiced
- 1/2 tsp Dijon mustard
- 1 garlic clove, minced
- 1/2 teaspoon dried oregano
- Pinch of salt and pepper

DIRECTIONS

1. Preheat oven to 220°C.
2. Mix all the dried spices for the chicken in a small bowl. Rub olive oil on both sides of the chicken breast, then rub in the mixed spices.
3. Place the chicken in an oven safe baking dish and bake for 20-25 minutes, making sure to flip halfway.
4. While the chicken is cooking, dice all the ingredients for the salad and combine in a bowl.
5. Make the dressing by combining all ingredients together in a separate bowl and drizzle over the salad. Toss everything together until all vegetables, olives and feta are covered with the dressing.
6. After the chicken is cooked, remove from the oven and let rest for 5 minutes before cutting it.
7. Add the chicken on top of the salad and enjoy!

NUTRITION INFO

Calories: 660, Carbohydrate: 23 grams, Protein: 58 grams, Fat: 35 grams

Meatball Tacos



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 - 20
MINUTES

INGREDIENTS

DIRECTIONS

Meatballs

- 150g lean beef mince
- 1 small onion, chopped
- Chopped parsley
- Salt and pepper
- 1 egg white
- 1 clove of garlic, minced
- 1/4 tsp cumin
- 1/4 tsp smoked paprika
- 1/4 cup black beans
- Pinch of cumin, chilli, salt, pepper
- 2 large leaves of lettuce (as taco shells)
- 1/4 avocado
- 1 tbsp red onion, diced
- Coriander, chopped

1. Heat a pan on medium heat.
2. Mix the mince, chopped onion, garlic, egg, parsley, salt, pepper, cumin and paprika by hand. Form this mixture into small meatballs. Add the meatballs to the pan and cook until browned on all sides and cooked through, around 10 - 15 minutes.
3. In a separate pan on medium heat, warm the beans with the cumin, chilli, salt and pepper for 3-5 minutes.
4. Assemble wraps: lettuce, meatballs, beans, avocado, onion, coriander.

NUTRITION INFO

Calories: 350, Carbohydrate: 22 g, Protein: 25 g, Fat: 18 g

Lemon and Mint Yoghurt Chicken Pitas



SERVINGS: 1

PREP TIME: 30 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp mint leaves, chopped finely
- 50g Greek yoghurt, plus more for serving
- 1 tbsp lemon juice
- Zest of ½ a lemon
- ¼ tsp ground cumin
- ¼ tsp garlic powder
- ¼ tsp dried coriander
- 1 medium chicken breast, cut into pieces
- 1 tsp olive oil
- 1 wholemeal pita pocket
- 1-2 tbsp hummus to serve
- ½ cup shredded lettuce
- ½ a tomato, diced
- ¼ cucumber, diced
- ¼ red onion
- Salt and pepper

DIRECTIONS

1. In a bowl combine the mint leaves, yoghurt, lemon juice and zest, cumin, garlic and coriander.
2. Add the chicken breast and coat, cover and let marinate for 30 minutes in the fridge.
3. Heat a pan on medium heat and add the olive oil, add the chicken, cook until the chicken is cooked through and browned, around 10 minutes. Season with salt and pepper.
4. Toast the pita pocket and spread on the hummus, fill with the lettuce, tomato, cucumber, onion, chicken, and enjoy.

NUTRITION INFO

Calories: 485, Carbohydrate: 43 grams, Protein: 40 grams, Fat: 17 grams

Beef Meatballs with Roasted Veggies



SERVINGS:1

PREP TIME: 10 MINUTES

COOKING TIME: 25 - 30 MINUTES

INGREDIENTS

- 160g ground lean beef
- 1/4 onion, minced
- 1 garlic clove, minced on pressed
- 1.5 cups baby potatoes, quartered
- 6 baby carrots peeled and stems removed
- 1 cup broccoli florets
- 1 tbsp avocado oil
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried parsley
- 1/2 tsp paprika

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. In a medium bowl, mix together ground beef, minced onion, and garlic, using your hands to combine. Then create meatballs, 1 inch in diameter, and spread evenly on a large baking sheet.
3. Add potatoes, carrots, and broccoli to this same baking sheet.
4. In a large bowl mix together avocado oil, onion powder, garlic powder, parsley, and paprika. Pour oil mixture over vegetables and toss to coat well.
5. Spread veggies into a single layer.
6. Bake for 25-30 minutes until internal temperature of beef reaches above 165 degrees F (65 C).
7. Serve warm.

NUTRITION INFO

Calories: 601, Carbohydrate: 74 grams, Protein: 49 grams, Fat: 14 grams