



Confessions of a Fit Foodie

eat clean. *get fit. be happy.*

STEPS FOR 21 DAY FIX INSTANT POT FREEZER PREP:

RICE

Make **brown rice**:

Add 3 cups of rice to your Instant Pot with 3 cups of water. Set for 22 minutes on manual/high pressure. After the cook time is up, do a ten minute natural releases (aka, don't touch it for ten minutes)

VEGGIES/PANTRY

Chop:

- 3 cups of carrots
- 3 cups of celery
- 3 yellow onions
- 1 red onion
- 2 cups of cauliflower
- 2 cups of red potatoes
- 1 jalapeno
- 1 1/2 cups of string beans (cut into bite sized pieces)
- 1 zucchini (cut in half moons)
- 8 cloves of garlic (mince and divide into 4 piles)

Open cans and gather spices, oils, and salt

Remove rice from the Instant Pot and cool on baking sheets lined with parchment paper

BUFFALO CHICKEN CHILI

Prepare your ziplock bags with the following information:

- Buffalo Chicken Chili/ today's date
- Cooktime: 20 minutes, quick release
- Top with blue cheese crumbles mixed with Greek yogurt and chives

- ❑ Coat your Instant Pot with cooking spray. Set to Saute and brown ground chicken until cooked through. Add in ¼ cup of onions and cook for a few minutes to release flavors. Add in 1 cup of carrots, 1 cup of celery, 2 cloves of chopped (about 2 T or ¼ of what you chopped) garlic and stir. Set to keep warm.
- ❑ Pour 1 (28 oz) can of tomatoes in a blender and pulse a few times so the texture is more like a chunky tomato juice. Add 2-4 cups of the tomato (less leads to a thicker chili...I used all 4 cups and loved it) to the Instant Pot, along with 1 tsp chili powder and ¼ cup of hot sauce. Stir together, then remove from heat and let cool. Wash pot.
- ❑ When chili is cooled, add to prepared ziplocks

EASY CHICKEN AND VEGGIE SOUP

- ❑ Prepare TWO ziplock bags with the following information:
 - ❑ Easy Chicken and Veggie Soup/ today's date
 - ❑ Cooktime: 20 minutes, quick release
 - ❑ After cook time, add in 1 ½ cups of spinach to wilt. Season with salt and pepper and serve with parmesan cheese.
- ❑ Assemble Easy Chicken and Veggie Soup by dividing the following the TWO gallon sized freezer bags (doesn't have to be perfectly exact, but be sure you leave enough room for expansion):
 - ❑ 1 cup of diced carrots
 - ❑ 1 cup of chopped celery
 - ❑ 1/2 diced yellow onion
 - ❑ 2 cloves of garlic, minced
 - ❑ 1 zucchini, cut in half moons
 - ❑ 1 1/2 cups of fresh string beans, cut into bite size pieces
 - ❑ 32 oz of organic chicken stock
 - ❑ 1 28 oz can of diced tomatoes
 - ❑ 1 cup water
 - ❑ 1 lb chicken breasts
 - ❑ 1 tsp himalayan salt

CHICKEN TORTILLA SOUP

- ❑ Prepare TWO ziplock bags with the following information:
 - ❑ Chicken Tortilla Soup /today's date
 - ❑ Cooktime: 15 minutes, quick release
 - ❑ Top with avocado, cheese, lime, greek yogurt, cilantro, homemade tortilla strips
(Note for later: To make homemade tortilla strips: Preheat your oven to 350 and cut the corn tortillas into strips. Spray with olive oil spray and sprinkle with Himalayan salt. Bake for about 10-15 minutes.)

- ❑ Assemble Chicken Tortilla Soup by dividing the following into the TWO gallon sized freezer bags (doesn't have to be perfectly exact, but be sure you leave enough room for expansion):
 - ❑ 1 1/4 lb raw boneless skinless chicken breasts (about 3-4 Breasts)
 - ❑ 10 oz. diced tomatoes with green chilies
 - ❑ 14.5 oz. diced tomatoes (no salt added)
 - ❑ 1 cup frozen corn
 - ❑ 1 cup black beans (no salt added), drained & rinsed
 - ❑ 1 medium onion, diced
 - ❑ 1 jalapeno, diced
 - ❑ 2 cloves garlic, minced
 - ❑ 4 cups of organic, low sodium chicken broth or stock
 - ❑ 1 tsp. ground cumin
 - ❑ 1 tsp. chili powder
 - ❑ 1 tsp. Himalayan salt
 - ❑ 1/4 tsp. black pepper

MAPLE BBQ CHICKEN

- ❑ Prepare ONE gallon sized ziplock bag with the following information:
 - ❑ Maple BBQ Chicken Thighs/ today's date
 - ❑ Cooktime ten minutes, quick release, remove chicken
 - ❑ To thicken sauce, set IP to saute, stir in thickener, one tsp at a time until desired thickness.
 - ❑ Serve with rice (prepped) and a veggie

- ❑ Assemble Maple BBQ Sauce by mixing the following:
 - ❑ 1/2 cup tomato paste

- ⅓ cup water
- ¼ cup coconut aminos
- 3 T pure maple syrup
- 2 T apple cider vinegar
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Sprinkle of salt
- For Maple BBQ Chicken, place BBQ sauce and 1.5 pounds of chicken thighs in the ONE prepared gallon freezer bag

ASIAN CHICKEN

- Prepare ONE gallon sized ziplock bag with the following information:
 - Asian Chicken Thighs / today's date
 - Cooktime 15 minutes, quick release, remove chicken
 - To thicken sauce, set IP to saute, stir in thickener, one tsp at a time until desired thickness.
 - Serve with rice (prepped) and a veggie
- Assemble Asian Chicken by mixing the following:
 - ¼ cup of honey
 - ⅓ cup of coconut aminos
 - 1 T tomato paste
 - 2 tsp coconut oil
 - ½ tsp sea salt
 - a dash of crushed red pepper
- Add all of the above and 1.5 pounds of chicken thighs to the ONE prepared gallon freezer bag.

HEALTHY SHEPHERD'S PIE (STEP ONE)

- Put 2 cups of cauliflower florets and 2 cups of diced potatoes in the Instant Pot with 1 cup of broth. Sprinkle with salt. Set to manual for 5 minutes. When cook time finishes, do a quick release.

While this is cooking, start working on the Balsamic Chicken

BALSAMIC CHICKEN

- ❑ Prepare ONE gallon sized ziplock bag with the following information:
 - ❑ Balsamic Chicken / today's
 - ❑ Cooktime 10 minutes, quick release, remove chicken
 - ❑ Serve with zoodles

- ❑ Spray a non stick pan with olive oil cooking spray and saute ½ red onion and 2 cloves of minced garlic together over medium low heat. until onions are translucent. Remove from heat and let cool. Reserve pan for Shepherd's Pie

- ❑ Assemble Balsamic Chicken by adding the following to the ONE prepared gallon bag:
 - ❑ 1-2lbs boneless, skinless chicken breast
 - ❑ 1 28oz can of diced
 - ❑ Sauteed onions and garlic
 - ❑ 1/2 cup balsamic vinegar
 - ❑ 1/2 tsp each of basil, oregano, and garlic powder
 - ❑ salt
 - ❑ pepper

HEALTHY SHEPHERD'S PIE, PART TWO

- ❑ Remove potatoes and cauliflower from Instant Pot when cook time is finished and drain them well, then place in a food processor or mixer. Add in 1/2 tsp of salt and 2 T of olive oil, ghee or vegan butter and mix. If necessary, add in a tablespoon or two of chicken broth. Let potato mixture cool.
- ❑ Add inner pot back to Instant Pot and brown 1 pound of ground turkey using saute function. Add in 1 cup of diced carrots, 1 cup of diced celery, ½ onion, ⅓ cup of

chicken broth, 2 T of water, 3 T of tomato paste and ½ tsp of salt. Stir and place lid on IP. Set for manual, 5 minutes.

- ❑ Prepare a foil tin or other freezer and oven safe casserole pan with olive oil spray
When cooktime is through for turkey and veggies, do a quick release and remove from Instant Pot. If mixture has a lot of excess liquid, cook on saute to thicken or carefully drain.
- ❑ Add turkey mixture to prepared foil pan and top with potato/cauliflower mixture.
- ❑ Label with the following information:
 - ❑ Healthy Shepherd's Pie /today's date
 - ❑ Thaw in refrigerator, then cook on 350 for 30 minutes.

RICE, cont...

- ❑ Prepare TWO gallon freezer bags with the following information
 - ❑ Brown Rice/ today's date
 - ❑ Remove from bag and heat in microwave with 2 T of water for 2-3 minutes or until hot.
- ❑ Divide rice into two bags and lay flat to freeze. You don't want the rice to clump together.

You are done!! Pour yourself a glass of wine get someone else to clean up - you've done enough work for today! <3