

# YQL NUTRITION

*Your Quality Life*

# Recipes

By:  
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# Chicken Shawarma

## INGREDIENTS

- 3 lbs chicken breasts
- 4 tbsp lemon juice freshly squeezed
- 1/4 cup olive oil
- 1 tsp salt
- 2 tsp cumin ground
- 1 tsp black pepper ground
- 2 tsp smoked paprika
- 1/2 tsp turmeric
- 1 tsp red pepper flakes
- 1 tsp garlic powder
- 1/2 large onion sliced



## INSTRUCTIONS

Preheat oven to 425F

Mix together the lemon juice, olive oil, salt, cumin, black pepper, paprika, turmeric, red pepper flakes, garlic, Put chicken in a baking dish, pour mixture over chicken (if you have time to let marinade, that will lock in flavor (but it still tastes great if you dont)), top with sliced onion

Bake in the oven x 40min or until internal temperature 180F

Let the chicken rest for about 5 minutes (this locks in flavor- DONT SKIP THIS STEP), then slice.

## ACCOMPANIMENTS

- Roasted potatoes  
1-2 Tbsp avocado oil, salt, garlic powder, paprika to taste.
- Roast 425F x40min
- Fresh Veggies (cucumbers, shredded carrots, bell peppers)
- Tzatziki or Hummus



# Beef Burrito Bowl

## INGREDIENTS

- 2 lbs lean ground beef
- 2 Tbsp or to taste taco seasoning blend
- ½ cup medium salsa

## INSTRUCTIONS

Saute beef, taco seasoning, and salsa together until beef is no longer pink (no need to add oil).

## ACCOMPANIMENTS

- White rice cooked as per package directions (my favorite is Jasmine)  
(1 cup uncooked rice = 3 cups cooked rice)
- Sauteed onions, mushrooms, bell peppers
- Avocado, & sour cream to top



# Make them into ANOTHER Meal!

## **Turn the Chicken Swarma into a great Chicken Salad!**

Make a large salad with lettuce, sprouts, grated carrot, and bell peppers, top with the prepped chicken, and use olive oil and balsamic vinegar for dressing.



## **Turn the Beef Burrito Bowl into amazing Tacos!**

Use corn tortillas, add prepped beef, shredded lettuce, bell peppers, mushrooms, onions, and avocados.



# Zucchini Overnight Oats - "ZOATS"

## INGREDIENTS

- Grated zucchini
- 80g Mixed berries
- 30g quick oats
- ½ Tbsp chia seeds
- ½ cup egg whites

## INSTRUCTIONS

Add ingredients to the container in the order listed. Let sit overnight, then you can eat cold or warm up in microwave x 1min 30 sec (stir halfway so eggs dont harden)Top with topping of choice: examples- ground flax, chocolate chips, nut butter, banana, cacao nibs, shredded coconut.



# Protein Smoothie

## INGREDIENTS

- Spinach
- Mixed berries or fruit of choices
- 1 scoop whey protein powder

## INSTRUCTIONS

To prepare in advance, add all ingredients into a baggie. When ready to eat, put in a blender and add unsweetened almond milk to desired consistency.

