

## *Lean & Mean Grocery List*

### *Veggies*

- 1 bag spinach
- 2 avocados
- 6 cloves garlic
- 1 red pepper
- 2 onions

### *Meat*

- 1 rotisserie chicken, cooked
- 9 boneless skinless chicken breasts
- 1 pound ground beef

### *Canned Goods*

- 4 cups Chicken Broth
- 3 cups chicken bone broth
- 1 cup vegetable broth
- 1 cup tomato juice
- 2 cans salsa
- 1 can corn
- 3 cans white beans
- 2 can black beans
- 1 can diced green chilies
- 1 can diced tomatoes

### *Dried Goods*

- 3 tbsp raw honey
- 3 tbsp coconut aminos
- 1 tbsp rice vinegar
- Olive oil

### *Spices*

- Ground ginger
- Chili powder
- Ground cumin
- Paprika
- Dried oregano
- Taco seasoning

### *Frozen*

- 2 cups corn
- 1 bag broccoli

# Spicy Chicken and Spinach Soup

Servings: 4 bowls

## INGREDIENTS

4 CUPS CHICKEN BROTH  
1 CUP SALSA  
2-3 TBSP HOMEMADE TACO SEASONING  
1 CAN CORN  
½ BAG FRESH SPINACH  
1 ROTISSERIE CHICKEN, PULLED  
2 AVOCADO



## DIRECTIONS

**STEP 1:** In a large pot, boil broth and salsa. Add remaining ingredients (except avocado).

**STEP 2:** Simmer 10 minutes, serve. Top with ¼ avocado. Makes 4 servings.

You can prepare in a Slow Cooker by using a raw whole young chicken. After chicken is cooked discard the bones and use the chicken broth.

**GF** This recipe is gluten free as written.

**V** Replace chicken with grilled tofu and chicken broth with veggie broth.

Nutrition per Serving: Calories 379, Fat 20g, Carbs 27g, Fiber 12g, Sugars 8g, Protein 35g

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# Instant Pot White Chicken Chili

Servings: 6 Bowls

## INGREDIENTS

1 TBSP EVOO  
4 BONELESS, SKINLESS CHICKEN BREASTS  
1 MEDIUM ONION, DICED  
2 CANS WHITE BEANS (GREAT NORTHERN BEANS), DRAINED, RINSED  
1 (7 OZ) CAN DICED GREEN CHILIES  
2 GARLIC CLOVES, MINCED  
2 TSP CHILI POWDER  
1 1/2 TSP CUMIN  
1 TSP DRIED OREGANO  
3 CUPS CHICKEN BONE BROTH  
1 CUP FROZEN CORN  
1 BAG FROZEN BROCCOLI



## DIRECTIONS

**STEP 1:** Add oil to the bottom of the pressure cooker then add chicken. Later remaining ingredients into cooker.

**STEP 2:** If using an Instant Pot, use the soup setting and cook for 40 minutes. You can also use this same recipe in a slow cooker, cooking on low for 6-8 hours.

**STEP 3:** Check that the chicken is cooked through, shred, then return to cooker.

**STEP 4:** Stir and enjoy!

**GF** This recipe is gluten free as written.

**V** Skip the chicken and add double the veggies. Add tomato and zucchini as well for an extra veggie kick.

Nutrition per Serving: Calories 335, Fat 5g, Carbs 24g, Fiber 8g, Sugars 3g, Protein 45g

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# Lean and Mean Chili with beans

Servings: 2-3 servings

RECIPE BOX

## INGREDIENTS

1 LB. GROUND BEEF  
1 CAN KIDNEY BEANS, RINSED  
1 CAN BLACK BEANS, RINSED  
1 CAN DICED TOMATOES  
1/2 ONION, DICED  
1 RED PEPPER, DICED  
3 CLOVES GARLIC, MINCED  
1 CUP VEGETABLE BROTH  
1 CUP TOMATO JUICE  
1 TBSP OLIVE OIL  
2 TBSP CHILI POWDER  
1/2 TSP CUMIN  
1 TSP PAPRIKA



## DIRECTIONS

**STEP 1:** In deep skillet add olive oil, garlic, red peppers and onion. Cook until onions are translucent. Remove from skillet, set aside.

**STEP 2:** Cook ground beef in skillet

**STEP 3:** Add chili powder and mix with ground beef. Add remaining ingredients, including the onion mix. Simmer covered for 30 minutes. Makes 8 servings.

**GF** This recipe is gluten free as written. Check all canned goods are Gluten Free.

**V** Eliminate ground beef.

Nutrition per Serving: Calories 228, Fat 6g, Carbs 21g, Fiber 7g, Sugars 4g, Protein 24g

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# Slow Cooker Salsa Chili

Servings: 6

3 BONELESS, SKINLESS CHICKEN  
BREASTS, HALVED (roughly 4 oz each after  
halving)  
1 CAN RINSED BLACK BEANS  
1 CAN CHUNKY SALSA  
1 CUP FROZEN CORN



## DIRECTIONS

**STEP 1:** Place all ingredients in a slow cooker.

**STEP 2:** Cook and cover until done, stirring occasionally. If salsa sticks to the liner or side of cooker, simply add a little water. Makes 6 servings

**GF** This recipe is gluten free as written.

**V** Substitute chicken with additional 1 cup lentils or beans.

Nutrition per Serving: Calories 198, Fat 2g, Protein 29g, Carbs 16g.

Nutrition per Serving VEGETARIAN: Calories 112, Fat 2g, Protein 12g, Carbs 23g.

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# Grilled Teriyaki Chicken

*Servings: 2 portions*

## INGREDIENTS

2 BONELESS, SKINLESS CHICKEN  
BREASTS  
3 TBSP RAW HONEY  
3 TBSP COCONUT AMINOS  
1 TBSP RICE VINEGAR  
½ TSP GROUND GINGER  
1 CLOVE GARLIC, MINCED



## DIRECTIONS

**STEP 1:** Mix honey, coconut aminos, vinegar, ginger and garlic. Marinate chicken in mix for at least 1 hour (up to overnight). Cover and refrigerate.

**STEP 2:** Grill chicken on medium heat, usually 5-6 minutes each side.

**GF** This recipe is gluten free as written.

**V** Substitute zucchini slices or tofu slices in place of chicken breast.

Nutrition per Serving: Calories 251, Fat 11.2g, Carbs 19.3g, Protein 43g

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