

## *AH Recipes: Fast-Tracked*

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### **Grain-Free Waffles or Whole-Grain Pancakes** (ALWAYS HUNGRY? pg. 223, pg. 227)

Mix together batter. Grease a sheet pan (cookie tray) or muffin tins. Pour batter in an even layer on the pan OR distribute evenly among muffin tins. Substitute 1 teaspoon baking powder in place of 3/4 teaspoons baking soda. Bake at 350°F for 12-15 minutes, or until the batter is fully cooked through. Baking the batter rather than cooking on the stovetop reduces the amount of time spent adding batter to the waffle iron and cooking multiple waffles/pancakes.

### **Chicken Stir-Fry** (ALWAYS HUNGRY? pg. 230)

Replace mushrooms, broccoli, carrots, cabbage, and snap peas with 4 to 6 cups frozen Asian vegetable blend. Use 1 pound of pre-cooked rotisserie chicken. Sauté vegetables, chicken, and sauce in oil until heated through. Pair with a higher-carbohydrate dessert such as berries with whipped cream OR serve the stir-fry over a bed of cooked quinoa (P2), white beans, brown rice (P2), or sweet potatoes (P2).

### **Melt-in-Your-Mouth Lamb Shanks** (ALWAYS HUNGRY? pg. 233)

Toss all ingredients in a slow cooker. Cook according to the manufacturer's directions.

### **Marinara Primavera** (ALWAYS HUNGRY? pg. 234)

Toss together all ingredients (except leafy greens). If Crumbled Tempeh is not already prepared, choose an equivalent protein on the Equivalents Chart (ALWAYS DELICIOUS pg. 49). Spread in an even layer on a roasting pan or sheet pan. Roast at 425°F for 15-20 minutes, or until vegetables are tender and protein is cooked through.

### **Shepherd's Pie with Cauliflower Topping** (ALWAYS HUNGRY? pg. 238)

Use 2 cups frozen vegetable medley in place of fennel and mushrooms. Use 4 cups thawed frozen crumbled cauliflower in place of 1 small to medium head of cauliflower. Sauté frozen vegetables, onion, garlic, and beef in oil until beef is cooked through. Add salt, pepper, tomato paste and water. Simmer for 5 minutes. Blend together thawed frozen cauliflower and beans with oil, salt, and pepper. Serve beef sauté over cauliflower mash.

### **Modern Day Sloppy Joe** (ALWAYS HUNGRY? pg. 239)

Replace diced tomatoes with 1 ¼ cups passata (pureed tomatoes - no sugar added). Place all ingredients in a slow cooker. Cook according to the manufacturer's directions.

### **Mexican Shredded Chicken** (ALWAYS HUNGRY? pg. 241)

Toss together all ingredients and place in a slow cooker. Cook according to the manufacturer's directions. The longer cooking time will yield tender, "fall-apart" chicken that is already "shredded".

### **Mediterranean Chicken** (ALWAYS HUNGRY? pg. 245)

Toss all ingredients together. Roast at 425°F for about 20 minutes, or until chicken is cooked through.

### **Eggplant Parmesan** (ALWAYS HUNGRY? pg. 247)

Replace eggplant and zucchini with 4 cups store-bought spiralized (or sliced) zucchini OR frozen grilled eggplant or zucchini. Cook in a fry pan with tofu, cheeses, marinara, and basil until all ingredients are warm.

## *AH Recipes: Fast-Tracked (Continued)*

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### **Coconut Curry Shrimp or Thai Peanut Tempeh** (ALWAYS HUNGRY? pg. 248, pg. 258)

Use 4 to 6 cups frozen Asian vegetable blend in place of the fresh non-starchy vegetables.

### **Ranchero Sauce** (ALWAYS HUNGRY? pg. 272)

Roughly chop peppers and onion. Mix together all ingredients and spread evenly in a single layer on a sheet pan or roasting pan. Roast at 425°F for 15-20 minutes, or until peppers are softened and lightly browned. Remove from the oven and blend until smooth (an immersion blender works best for this).

### **Roasted Sweet Potatoes** (ALWAYS HUNGRY? pg. 279)

Chop the sweet potato into smaller sizes for faster cooking times.

### **Coconut Cashew Clusters** (ALWAYS HUNGRY? pg. 284)

Use melted dark chocolate, pre-chopped cashews or nuts and coconut flakes. Mix then scoop into silicone ice cube trays. Place in the fridge until set. Remove from silicone ice cube tray and store in the fridge for easy snacks during the week.

## *AD Recipes: Fast-Tracked*

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### **Apple Spice Pancakes** (ALWAYS DELICIOUS pg. 96)

Mix together batter. Grease a sheet pan (cookie tray) or muffin tins. Pour batter in an even layer on the pan OR distribute evenly among muffin tins. Bake at 350°F for 12-15 minutes, or until the batter is fully cooked through. Baking the batter rather than cooking on the stovetop reduces the amount of time spent adding batter to the waffle iron and cooking multiple waffles/pancakes.

### **Shredded Chicken** (ALWAYS DELICIOUS pg. 110)

Toss together all ingredients and place in a slow cooker. Cook according to the manufacturer's directions. The longer cooking time will yield tender, "fall-apart" chicken that is already "shredded".

### **Citrus Teriyaki Stir-Fry, Spicy Asian Stir-Fry** (ALWAYS DELICIOUS pg. 120, pg. 122)

Option 1: Use 4 cups thawed frozen vegetable blend in place of non-starchy vegetables. Toss together oil, thawed vegetables, stir fry sauce and chicken. Arrange in a single layer on a roasting pan or sheet pan. Roast at 425°F for about 20 minutes, or until chicken is cooked through.

Option 2: Heat oil in pan. Add 4 cups of frozen vegetable blend in place of non-starchy vegetables. Add sauce and pre-cooked equivalent protein of choice. Cook until vegetables are tender and protein is warmed through.

### **Moroccan Chicken Stew with Apricots** (ALWAYS DELICIOUS pg. 133)

Marinate chicken in **Moroccan Sauce** overnight. Toss with remaining ingredients (omit the water). Roast at 425°F for about 20 minutes, or until protein is cooked through.

### **Parchment Baked Fish** (ALWAYS DELICIOUS pg. 138)

Use a covered casserole dish instead of parchment paper. Toss vegetables in oil and spread in an even layer on a sheet pan or roasting pan. Top with fish, flavorings, and spices. Roast at 425°F until vegetables are tender and fish is cooked.

### **Beef, Bison, or Turkey Meatballs** (ALWAYS DELICIOUS pg. 149)

Distribute beef mixture among muffin tins rather than frying. Cook at 425°F for 15-20 minutes, or until meat is cooked through.

### **Meatloaf with Smoked Paprika Ketchup** (ALWAYS DELICIOUS pg. 152)

Replace chickpea bread crumbs with 1 cup black beans. Serve as a stir-fry.

### **Beef Stroganoff** (ALWAYS DELICIOUS pg. 158)

Mix all ingredients in a bowl. Arrange in a single layer on a roasting pan. Roast at 425°F for about 20-30 minutes, or until beef is cooked through.

### **Braised Apples with Cabbage** (ALWAYS DELICIOUS pg. 218)

Toss together all ingredients. Roast at 425°F for about 15 minutes, or until cabbage and apples are tender.

### **Mint Chocolate Power Balls** (ALWAYS DELICIOUS pg. 279)

Replace cashews with  $\frac{3}{4}$  cup nut butter. Melt chocolate. Mix the nut butter, melted chocolate, extract (optional), and protein powder. Pour in silicone ice cube trays and set in the fridge.