



## FRIDGE FORAGED QUICK MEALS

By now I'm sure you know how I feel, but please humor me while I emphasize because, well...food rules die hard. Repeat this tongue twister after me: any compliant components can comprise any meal. Breakfast can be steak, and dinner can be eggs. OK, excellent.

This is a list of easy, quick meals to make that involve minimal cooking. For those moments when you are starving and that dang box of mac and cheese is staring at you from the pantry.

For the basic concept of a 'fridge foraged' to work - you must have some food in the fridge. I try to have at least 2 of the following options in each macronutrient (protein, carbs, fat) category, and some herbs, and a special extra of two available in my fridge. Make sure before you bring it home that anything previously made is compliant.

These are ideas of things I make ALL the time. Keep in mind, you'll be building this as a part of your everyday health practice, and you'll get better at being creative. With practice, you'll also see combinations of delicious things you never thought of before.

### **Protein:**

Leftover protein, eggs, canned tuna, canned salmon, salt and pepper ground beef, previously cooked and frozen protein, rotisserie chicken, sausages, cooked bacon, smoked salmon.

### **Carbohydrates:**

*Cooked:* Leftover vegetables, previously baked regular, sweet potatoes, or beets, batch cooked brussel sprouts, broccolini or green beans

*Cook up quickly:* sweet plantains, chard, spinach, broccoli florets.

Eaten raw: Mixed greens, cherry tomatoes, cucumbers, bell peppers, carrots

### **Plated Fats:** (different from cooking fats)

Avocado, olives, marinated onions, capers, nuts, seeds, sauces, zhoug, dairy free pesto, mayo, tahini.

### **Herbs:**

Make a world of difference, and you can be herb bae, and sprinkle them everywhere.

**Special extras:** Everything but the bagel, gomasio, and furikake seasonings. Find a hot sauce you like... there are plenty that are mild but punchy if spice isn't your thing. Sauerkraut for some briney, crunchy probiotics.

- 1. Turkey roll ups.** Take a few slices of deli turkey, and roll slices of avocado up inside with herbs. Serve with some carrot and cucumber sticks, some dipping dressing or salsa.

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- 2. Tuna hand rolls.** Mix some canned tuna with mayo and mustard or tahini and harissa. Add any vegetables sticks you have; carrots, cucumbers, celery, bell peppers, cooked green beans. Spread out a sheet of seaweed, and roll up the tuna salad and vegetables.
- 3. Taco 'todos'.** Basically, everything taco. Place any leftover meat, fish, chicken into a lettuce shell - iceberg or romaine, top it with avocado, cilantro and salsa. Also delicious with scrambled eggs if you don't have leftover meat.
- 4. Eggs, sausage and spinach.** This combo will save you, and satisfy you every time. Fry up the sausage, use the same pan to cook eggs your favorite way. At the very end, add spinach, cover and let it wilt. Serve with a side of avocado. Switch it up and add a dollop of salsa or pesto.
- 5. Veggie caprese.** Use up any/all vegetables to make awesome new kinds of caprese stacks with any raw vegetables, or vegetables you have batch cooked such as beets, sweet potatoes, avocado, tomato, cucumber, zucchini...simply stack them across a plate, drizzle with olive oil and balsamic vinegar and serve with a side of protein you have on hand.
- 6. Blanched collard wrap.** Boil water in a tea kettle, and pour over a chard leaf in a colander in the sink. Cut out the fibrous part of the stem. Add a layer of pulled rotisserie chicken, tahini, cilantro, and carrots. Roll it up!
- 7. Nicoise salad - 'fast fancy food'.** Serve up mixed greens, smoked salmon, olives, diced cooked potato, green beans, hard cooked egg, marinated onions and dressed with marinated onion oil. Or squeezed lemon, olive oil, salt and pepper.
- 8. Deconstructed BLAT.** Mixed greens with bacon, avocado, tomato. Add an egg for extra protein. Hash all-the-things. Dice up a previously cooked sweet/regular potato. Fry it up with a little avocado oil or ghee. Add in some diced chicken sausage, broccoli florets. Serve with sauerkraut and zhoug for a little spicy.
- 9. Plantain skillet.** Sweet plantains are soft, and cook quickly. Peel and slice the plantain. Cook it in some coconut oil, turning when browned. Add in previously cooked protein until warmed through. Scoot plantains and meat to one side, add spinach and cover for a minute to wilt. Serve with hot sauce.