



Healthy Meals

For Moms On-The-Go

3 Quick & Simple Recipes for Breakfast, Lunch, and Dinner

 Jamie Clark



Your healthy path...



Balancing a career, motherhood, and social life can be difficult. It's hard to find time to cook healthy meals when you're always on the go.

Most take-out food is unhealthy and expensive, and fast food is high in calories and sodium.

That's why I wanted you to get your hands on these three easy and healthy recipes that can be prepared in minutes without sacrificing flavor.

These recipes are perfect for busy moms who want to eat healthy and stay balanced!

 *Jamie Clark*



But first, I have a confession...

I love to eat, but I can't cook. I try to cook, but it just never works out. This is a true story, I was trying to bake a whole chicken, and the recipe said to wash the chicken and then 'pat it dry.' I rinsed the chicken, then held it up over the sink by its leg, and began to pat it dry by slapping the chicken with my bare hand.

My husband walked into the kitchen and observed what was happening. So with a puzzled look, he asked what I was doing. I told him I was patting the chicken dry just like the instructions said. He replied, "They mean you should pat it dry with a paper towel."

So why should you follow any recipes that I am about to give you? Thankfully, my husband ran and owned several award-winning restaurants and knows good food. These recipes are a collaboration between the both of us.

Healthy home cooking can be complicated because most healthy recipes are time-consuming or use ingredients that can be hard to source. So I will give you three recipes that even I can make in the kitchen.



3 Quick & Simple Recipes for Breakfast, Lunch, and Dinner

1

*Roasted Sweet Potatoes
& Brussels Sprouts
with Balsamic Glaze*

2

Fancy Avocado Toast

3

Burger Bowl



Eat Your Veggies!

I am very much a texture person when it comes to food. Five years ago, eating just veggies for dinner was laughable to me. I can't stand boiled or steamed vegetables; they gross me out because they tend to turn mushy.

To get more veggies in my diet, we had to play with different cooking techniques. I found roasted veggies are my jam as they have a fantastic crunch, and I can't get enough of them.

So I am sharing one of my FAVORITE recipes with you! We eat this recipe for dinner at least once a week. Sometimes we throw in some roasted cauliflower and homemade hummus to round out the plate.

Shopping Tip



When buying fruits and veggies, go for organic whenever possible. For meats, look for organic and free from hormones and antibiotics.



Roasted Sweet Potatoes & Brussels Sprouts with Balsamic Glaze



2 servings



30 minutes

INGREDIENTS

- 1 cup of balsamic vinegar
- 1 sweet potato, peeled and cut into large diced pieces
- 3 tablespoons of organic extra-virgin olive oil
- 1/2 pound Brussels sprouts, trimmed and cut in half
- 1/2 shallot, thinly sliced
- 2 cloves garlic, minced
- 1/2 teaspoon pink Himalayan salt
- 1/4 teaspoon black pepper





INSTRUCTIONS

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper.

Pour the balsamic vinegar in a small saucepan over medium-high heat and bring to a boil. Turn the heat down to medium-low and let the balsamic vinegar simmer for 20 to 30 minutes. Remove from heat, allow to cool. Time-saving tip: You can make this balsamic reduction in advance. It keeps for about a week. You can also pre-chop the veggies a day or two before.

While the glaze is reducing, combine the sweet potatoes and 1 tablespoon of extra virgin olive oil in a medium bowl and stir or toss to coat evenly. Spread the coated sweet potatoes on the prepared baking sheet and set them aside.

Add 2 tablespoons of extra virgin olive oil to a large skillet over medium-high heat and swirl to coat the bottom of the pan. Once the oil is hot, add the brussels sprouts and cook; move them around as they start to brown for about 3 to 4 minutes. Add the shallot and garlic and continue to cook, stirring, until the garlic is aromatic—season with salt and pepper.

Add the brussels sprout mixture to the sweet potatoes on the pan spread them evenly. Put the baking sheet in the oven and roast for 15 to 18 minutes, until the sweet potatoes are golden brown and soft and the sprouts are tender.

Once the veggies are done, place them in a bowl and drizzle with the balsamic glaze. Remember that balsamic has a strong flavor profile. So start with a little and then add some more.

We eat this as our main dish, but if you need some meat for your meal, I recommend sauteing up some chicken sausage or getting roasted chicken at a local grocery store.

Cooking Tip



How do you know if your oil is hot enough? Wet your fingertips and then drip a little water onto the oil. If it starts to bubble and pop, then your oil is ready.



Fancy Avocado Toast

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- 1 small avocado
- 1/2 lime
- Himalayan pink salt
- Pepper
- 2 slices of Dave's Killer Organic 21 Whole Grains and Seeds Bread
- 2 organic pasture-raised eggs (We get our eggs from a local farm)
- A handful of greens of your choice. (*We prefer mustard or arugula for a spicy snap.)

Time-Saving Tip 

Use two Wholly Avocado 2 oz cups and squeeze some lime over them. Mix it together and spread it on the toast.



Fancy Avocado Toast

INSTRUCTIONS



Cut avocado in half. After removing the pit, use a spoon to scoop out each half into a small bowl. Cut the lime in half, squeeze over the avocado, and then mash with a fork.

If you are using whole greens like mustard greens then roll the leaves and cut them into ribbons. If you are using arugula, skip to fixing your eggs.



You can do the eggs any way you like. If you want a runny yolk, make the eggs sunny side up, over easy, or poached, which is our preference.



To poach the eggs put water in a medium-lidded pot. Bring water to a low boil on medium-high heat. We use silicone poaching cups because they are easy, low maintenance, and dishwasher-friendly. Spritz the cups with avocado cooking oil. Set cups in the water. Crack your egg into the cup—cover for 5 minutes - 7 minutes. When the yolk is at your desired doneness (less time for a runny yolk), remove the pot from heat and uncover. Watch out for steam! Carefully remove poaching cups from water and set them aside.

While eggs are poaching, place your bread into the toaster and brown to your desired crispiness. I like the number 4 setting. Spread mashed avocado once the toast is finished; sprinkle salt and pepper to taste. Place a layer of greens and top with your poached egg.



→ This meal always makes me feel so fancy. It would definitely cost you \$18 at brunch. Enjoy your meal with some warm tea or coffee.



I Love Meals Like This...

because you start with a simple base, and then you can put your own spin on it. You can add a tiny sprinkle of paprika to the egg for a bit of color. For an extra kick, add some hot sauce. And if you are looking for some fun add on's - try smoked salmon, capers, or drizzle the greens a balsamic glaze.

Fancy Avocado Toast





INGREDIENTS

- 1 lb. ground turkey or ground beef
- 1 large egg, beaten
- 2 cloves garlic, minced
- 1 tsp Coconut Amino
- 2 tbsp. freshly chopped parsley
- Pink Himalayan salt
- Freshly ground black pepper
- 1 cup of Shredded pepper jack
- 1 10oz bag of Chopped Kale/Cabbage - Our favorite is Trader Joe's cruciferous crunch collection. It comes pre-washed, so it cuts down on steps.
- 1/2 cup of Paleo Ranch

Burger Sauce

- 2 tbsp Paleo Mayo
- 1 tbsp Paleo Ketchup
- 1 tsp Dijon mustard
- 1/8 tsp Cumin

Burger Bowl



4 servings



35 minutes



Thanks to GrubHub and other food delivery services, I can have my favorite burger, fries, and a shake delivered to my office. While it is absolutely delicious, it also leaves me feeling bloated and blah.

This recipe has the satisfaction of eating a juicy burger without the blah after feeling. Plus side: It is easy to pack for work and reheat without losing its flavors.



Burger Bowl

INSTRUCTIONS



Before preheating the oven to 400 degrees, ensure the top rack is 3 inches from the top heating element. For most ovens, that is the second shelf from the top.

Then mix the following ingredients in a bowl ground turkey, egg, garlic, coconut aminos, chopped parsley.



Form into 4 quarter-pound patties. If you use turkey meat, make sure you wet your hands before forming each patty because the turkey meat is sticky. Place on a foil-lined baking sheet. Then generously salt and pepper both sides of each patty with Pink Himalayan salt and freshly ground black pepper.

Right before you place it in the oven, turn the broiler on. Cook them for 7 minutes, flip over and cook for another 5 minutes. Remove from oven, turn off the broiler, and put the shredded pepper jack on each patty. Place back in the hot oven for 2 minutes or until cheese is completely melted.



While the burgers are cooking, you can empty the bag of chopped kale and cabbage into a bowl. Pour 1/2 of a cup of the Paleo Ranch onto the kale and cabbage and mix until evenly coated.

Place kale and cabbage mix in a bowl. Then when burgers are finished, place them on top of kale and cabbage. Top the burgers with any fun sauces. I love buffalo sauce drizzled on top, and my husband loves his own "burger sauce."

Does Your Weight Have You Feeling Overwhelmed And Stressed Out?



I'm here to help.

Inside my Better Balance Support Line, I help you commit to new habits and stay motivated while addressing the underlying problems that have taken a toll on your life.

We work together to get you off that emotional roller coaster and onto a healthy path with more balance in your life!

Our unique life balance wheel can help you identify the areas of your life that need the most attention, and our healthy eating and weight loss coaching can give you the tools you need to reach your goals.

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What does Better Balance look like to you?

I believe in ditching the drama with diets and instead focusing on balance and the joy in your life.

Let's get you get off that emotional roller coaster and onto a healthy path with more balance in your life.

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