

# Slow Cooker Meal Plan #1

 35 items

## Fruits

- 1 Lemon
- 1 Lime

## Seeds, Nuts & Spices

- 3 Bay Leaves
- 2 tsp Black Pepper
- 1/2 cup Cashews
- 1 tbsp Chili Powder
- 4 Cloves Of Garlic
- 1/2 tsp Crushed Red Pepper Flakes
- 1/2 tsp Cumin
- 1 tsp Dried Basil
- 1/2 tsp Garlic Powder
- 1 tbsp Italian Seasoning
- 1/2 tsp Paprika
- 2 1/2 tsp Sea Salt

## Vegetables

- 2 ozs Baby Spinach
- 3 cups Carrots
- 4 cups Collard Greens
- 4 Garlic Cloves
- 1 Green Bell Pepper
- 1 Green Cabbage
- 1 Jalapeno Pepper
- 1 Red Bell Pepper
- 1 Sweet Onion
- 1 Yellow Bell Pepper
- 1 cup Yellow Onion
- 1 Yellow Onion

## Boxed & Canned

- 1 can 14.5oz Diced Tomatoes (Undrained)
- 28 ozs Crushed Tomatoes (Can)
- 4 cups Low Sodium Beef Broth

## Bread, Fish, Meat & Cheese

- 16 ozs Chicken Breast
- 1 lb Grass Fed Ground Beef
- 2 lbs Sirloin Tip Steak

## Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Extra Virgin Olive Oil

## Other

- 2 tbsps Water

# Steak Italiano (Slow Cooker)

 10 ingredients  8 hours  6 servings


## Directions

1. Prepare all the veggies, cut up the steak and simply put everything in the slow cooker. Cook on the "low" setting for 6 to 8 hours. I have also cooked it on high for 4 hours but I have to say I like the tender steak from the longer cooking time.

## Ingredients

<b>2 lbs</b>	sirloin tip steak (boneless, cubed)
<b>1</b>	Yellow Onion (diced (one cup))
<b>2 ozs</b>	Baby Spinach
<b>4</b>	garlic cloves (minced)
<b>28 ozs</b>	Crushed Tomatoes (can) (Organic, Muir Glen is great)
<b>1 tbsp</b>	Italian Seasoning
<b>1 tsp</b>	Dried Basil
<b>1 tsp</b>	Sea Salt
<b>1/2 tsp</b>	Black Pepper
<b>1/2 tsp</b>	crushed red pepper flakes (omit for kiddos)

# Chicken Fajitas with Cashew Sour Cream

 19 ingredients  40 minutes  4 servings

## Directions

1. Preheat oven to 425. Line a large baking sheet with parchment paper.
2. In a bowl, combine chili powder, black pepper, cumin, paprika and garlic powder. Mix well and set aside.
3. In a large mixing bowl, add your sliced peppers, onion and chicken strips. Drizzle with olive oil and then sprinkle with seasoning. Use tongs to gently toss until everything is well coated. Transfer to your baking sheet and bake for 30 minutes or until chicken is cooked through.
4. Meanwhile, create your cashew sour cream by combining cashews, sea salt, apple cider vinegar, lemon juice and water in a blender or food processor. Pulse very well until completely smooth. Add an extra splash of water if too thick. Transfer to a jar and set aside.
5. Remove fajitas from oven. Serve in collard green wraps or gluten-free tortillas drizzled with cashew sour cream and a lime wedge. Enjoy!

## Ingredients

<b>1 tbsp</b>	Chili Powder
<b>1/2 tsp</b>	Black Pepper
<b>1/2 tsp</b>	Cumin
<b>1/2 tsp</b>	Paprika
<b>1/2 tsp</b>	Garlic Powder
<b>1</b>	Red Bell Pepper (sliced)
<b>1</b>	Yellow Bell Pepper (sliced)
<b>1</b>	Green Bell Pepper (sliced)
<b>1</b>	Jalapeno Pepper (de-seeded and sliced)
<b>1</b>	Sweet Onion (sliced)
<b>16 ozs</b>	Chicken Breast (cut into strips)
<b>1 tbsp</b>	Extra Virgin Olive Oil
<b>1/2 cup</b>	Cashews (soaked for 1 hour and liquid drained)
<b>1/2 tsp</b>	Sea Salt
<b>1 tbsp</b>	Apple Cider Vinegar
<b>1</b>	Lemon (juiced)
<b>2 tbsps</b>	Water
<b>1</b>	Lime (cut into wedges)
<b>4 cups</b>	Collard Greens (washed and stems removed)

# Beef & Cabbage Soup

 10 ingredients  5 hours  6 servings

## Directions

1. To Freeze and Cook Later: Add all ingredients to your freezer bag except the beef broth. Remove as much air as possible and seal. Freeze for up to 3 months.
2. To Cook: Thaw freezer bag in refrigerator overnight or in a bowl of water in the morning. Add all contents to the crockpot and add the beef broth. Break up the meat a bit. Cook on low for 6-8 hours. Remove the bay leaves, break up the meat some more, and Enjoy!

## Ingredients

- 1 lb** grass fed ground beef
- 1** Green Cabbage (sliced (about 1.5 lbs) - I like to buy pre shredded lettuce at Trader Joes!)
- 1 cup** Yellow Onion (diced)
- 4** cloves of garlic (minced)
- 3 cups** Carrots (peeled and diced)
- 1 can** 14.5oz Diced Tomatoes (undrained)
- 3** bay leaves
- 1 tsp** Sea Salt
- 1 tsp** Black Pepper
- 4 cups** low sodium beef broth