



Blood Sugar Friendly Pasta and Noodle Recipes

BROOKE MADER GANEV



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Pasta is as quick-cooking, convenient, and adaptable as it gets. No matter the season or cuisine, there's a noodle-based recipe to suit. Unfortunately, there's a catch: Traditional pasta is problematic for blood sugar.

The most common noodle options are mainly made with refined flour, which is rich in carbs and low in nutrients, thanks to a process that removes the fibrous outer coating (also known as the germ and bran) from wheat. Without that slow-digesting fiber, the body absorbs the carbohydrates faster and, as a result, is more likely to experience glucose spikes.

Fortunately, quite a few ingenious pasta alternatives ditch refined and processed carbs without sacrificing flavor or texture. Whether you make them yourself or buy them, it's no longer difficult to find options that satisfy your cravings without the blood sugar roller coaster. Use the following recipes as inspiration to make easy, quick-cooking meals that satisfy your appetite for noodles. I hope you enjoy!

Your Clinical Nutritionist,
Brooke Ganev, MS, CNS, LDN



Fettuccine with Sausage, Beans & Kale

5 SERVINGS 25 MINUTES



INGREDIENTS

7 ozs Brown Rice Fettuccine (dry)
1 cup Water (reserved pasta water)
12 ozs Chicken Sausage (casing removed)
1/3 cup Shallot (peeled, finely chopped)
2 cups Kale Leaves (finely chopped)
1 3/4 cups Cannellini Beans (drained and rinsed)
Sea Salt & Black Pepper (to taste)
3/4 cup Parmigiano Reggiano (finely grated, divided)
3 tbsps Butter
1 tbsp Lemon Juice

DIRECTIONS

- 01 Cook the fettuccine al dente according to package directions. Reserve some of the cooking water and set aside.
- 02 Heat a large dutch oven over medium heat. Once warm, add the sausage and cook, stirring often until cooked through, about eight minutes. Remove using a slotted spoon and set aside in a large bowl.
- 03 Reduce the heat to medium-low and add the shallot. Cook until fragrant and softened, about five minutes. Add the kale and beans and season well with salt and pepper. Stir to combine and then transfer using a slotted spoon to the bowl with the sausage.
- 04 Remove the pot from the heat and add the pasta and half of the pasta water. Gently toss using tongs. Add 3/4 of the cheese and continue to gently toss together. Add the butter and lemon juice and toss again. Return the sausage and veggies to the pot. Add more of the reserved water, one tablespoon at a time as needed to loosen up the sauce.
- 05 Divide onto plates and top with the remaining cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add minced garlic and/or chili flakes while cooking the shallot.

ADDITIONAL TOPPINGS

Top with freshly chopped parsley.

NO KALE

Use baby spinach or another type of leafy green instead.



Gluten-Free Lasagna

6 SERVINGS 1 HOUR



INGREDIENTS

1 tbsp Butter
1 Yellow Onion (medium, diced)
3 Garlic (cloves, minced)
3 cups Mushrooms (sliced)
1 lb Lean Ground Beef
1 Zucchini (medium, sliced)
3 cups Diced Tomatoes (from the can with juices)
2 tsps Italian Seasoning
Sea Salt & Black Pepper (to taste)
12 ozs Brown Rice Lasagna Sheets (uncooked)
9 ozs Mozzarella Cheese

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Melt the butter in a large pan over medium heat. Add the onion and stir for one minute, then add the garlic and cook for another minute.
- 02 Add the mushrooms and continue to cook for a few minutes, until softened. Add the beef, breaking it up as it cooks. Cook for 10 to 12 minutes, until cooked through. Add the zucchini and diced tomatoes and simmer for another five minutes to make the meat sauce. Stir in the Italian seasoning. Season with salt and pepper to taste.
- 03 In a large baking dish, add a layer of meat sauce to the bottom. Cover with a layer of lasagna sheets followed by a layer of cheese. Continue these steps until all of the sauce, pasta sheets, and cheese is used up. Finish with a thin layer of sauce covered by cheese.
- 04 Cover the lasagna with tinfoil and bake it in the oven for 30 minutes, or until the noodles are cooked through. Remove the tinfoil and broil for two to three minutes to brown the cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

An 8 x 12-inch baking dish was used to make six servings. One serving is equal to one slice.

ADDITIONAL TOPPINGS

Carrots, bell peppers, fresh parsley.



FREEZER MEAL

Let everything cool and assemble in a disposable foil pan. Cover in plastic wrap and then tin foil. Label and freeze for up to three months. Let it thaw in the refrigerator overnight. Remove the plastic wrap and cook as per the instructions.



Creamy Beef & Asparagus Pasta

6 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chickpea Pasta
1 1/3 tbsps Extra Virgin Olive Oil (divided)
1 lb Lean Ground Beef
3 cups Asparagus (chopped)
1/2 cup Cashews (raw, soaked for at least 6 hours)
2 Garlic (cloves)
1 1/8 cups Water
Sea Salt & Black Pepper (to taste)
1 cup Diced Tomatoes (from the can, drained)

DIRECTIONS

- 01 Cook the pasta according to the package directions.
- 02 While the pasta is cooking, heat half of the oil in a separate pot and add the ground beef, stirring to break it up. Cook for five minutes. Add the asparagus to the ground beef and continue to cook for 10 minutes.
- 03 While the beef and asparagus are cooking, make the sauce by adding the cashews, garlic, water, salt, pepper, and remaining oil to a blender. Blend for one minute, until smooth and creamy.
- 04 Heat the cashew sauce in a small pot, stirring frequently with a whisk for five minutes, or until it has thickened.
- 05 Add the diced tomatoes to the beef and asparagus, then add in the pasta and stir. Stir in the cashew sauce until thoroughly mixed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/3 cup.

MORE FLAVOR

Add fresh or dried herbs such as rosemary or oregano.

NO CHICKPEA PASTA

Use any other type of pasta.

SHORT ON TIME

Soak the raw cashews in boiling water for 10 to 20 minutes.



Sun Dried Tomato & Salmon Pasta

4 SERVINGS 15 MINUTES



INGREDIENTS

9 3/4 ozs Chickpea Pasta (dry)
2 tbsps Extra Virgin Olive Oil (divided)
1 lb Salmon Fillet
3 Garlic (clove, minced)
1/2 Yellow Onion (medium, diced)
3/4 cup Sun Dried Tomatoes (drained, chopped)
1/2 tsp Italian Seasoning
1/2 cup Chicken Broth
1/2 cup Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
1 tbsp Basil Leaves (chopped)

DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 03 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 04 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 05 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

DAIRY-FREE

Use coconut milk instead of yogurt.



Pressure Cooker Pasta with Sausage

2 SERVINGS 25 MINUTES



INGREDIENTS

6 ozs Pork Sausage (casing removed)
4 Cremini Mushrooms (roughly torn)
3/4 cup Water
1 cup Tomato Sauce
5 ozs Chickpea Pasta (shells)
2 cups Kale Leaves (roughly chopped)
Sea Salt & Black Pepper (to taste)
1/4 tsp Chili Flakes (optional)

DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add the pork. Cook for 4 to 5 minutes, until no longer pink. Add the mushrooms and cook for 1 to 2 minutes, until softened. Turn the sauté mode off.
- 02 Add the water, tomato sauce, and pasta. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 2 minutes on high pressure. Once finished, let the pressure release naturally for 10 minutes, then do a quick release if there is still pressure remaining.
- 03 Open the lid, add the kale and stir until the kale is wilted. Divide evenly between plates. Top with salt, pepper, and chilli flakes, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 1 1/2 cups of pasta.

ADDITIONAL TOPPINGS

Top with nutritional yeast, parmesan, or parsley.

MAKE IT VEGAN

Omit the sausage, use a vegan sausage or add cooked lentils instead.

PRESSURE COOK TIME

This recipe was tested with a chickpea pasta that is shell shaped. Cook time may vary depending on the type of pasta used.



Creamy Sun Dried Tomato Pasta

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Avocado Oil
- 2 Garlic (clove, minced)
- 1 tbsp Arrowroot Powder
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Sun Dried Tomatoes (drained)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Sea Salt
- 1 tbsp Lemon Juice
- 8 ozs Chickpea Pasta
- 1 cup Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 cup Parsley (chopped)
- 1/2 tsp Chili Flakes (optional)

DIRECTIONS

- 01 Heat avocado oil in a pan over medium-low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the almond milk and stir to combine. Stir until the milk has thickened.
- 02 Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
- 03 Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
- 04 In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop until heated through.

NUT-FREE

Use coconut milk, hemp seed milk or oat milk instead of almond milk.

MORE FLAVOR

Use reserved water from cooking the pasta to thin the sauce instead.



Chicken Piccata with Pasta

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Brown Rice Spaghetti
4 ozs Chicken Breast
2 tbsps Almond Flour
Sea Salt & Black Pepper (to taste)
3 tbsps Extra Virgin Olive Oil (divided)
1 Garlic (clove, minced)
1 1/2 tsps Capers
1 cup Chicken Broth
1 Lemon (juiced)
1 tbsp Arrowroot Powder
1/2 cup Parsley (chopped)

DIRECTIONS

- 01 Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 02 Spread the chicken breast open, cut in half and pound thin to about 1/4-inch thickness.
- 03 On a large plate, toss the almond flour, salt and pepper until combined. Press chicken into the flour mixture on both sides and shake off the excess.
- 04 In a large skillet, heat half the olive oil over medium heat and add the chicken. Cook for 4 to 5 minutes each side until cooked through and golden. Transfer to a plate.
- 05 Add the remainder of olive oil, garlic and capers (lightly smashed) to the same skillet and cook for 3 minutes.
- 06 Add broth and lemon juice and bring to a boil. Gently scrape and stir the browned bits at the bottom of the pan. Whisk in the arrowroot powder to thicken the sauce. Add parsley, and adjust salt and pepper to taste.
- 07 Return chicken to the skillet and cook for 1 to 2 minutes. Serve immediately over brown rice spaghetti.

NOTES

MAKE IT SPICY

Garnish with red chilli flakes.

NO CHICKEN BROTH

Use veggie broth or water.

NUT-FREE

Use arrowroot or tapioca flour instead of almond flour.

STORAGE

Store in an airtight container in the fridge for 2 to 3 days.



LOW CARB

Skip the pasta and serve over cauliflower rice, salad or roasted veggies.



Spaghetti Squash, Shrimp & Coconut Alfredo

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 Spaghetti Squash (halved lengthwise, seeds removed)
- 1/8 oz Avocado Oil Spray (divided)
- 1/8 tsp Sea Salt (to taste)
- 1 1/4 lbs Shrimp (peeled, tails removed)
- 6 cups Baby Spinach (packed)
- 1 3/4 cups Canned Coconut Milk
- 2 Garlic (cloves, large)
- 1/4 cup Nutritional Yeast
- 1 tbsp Arrowroot Powder

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Spray the inside of the spaghetti squash halves with half of the avocado oil and sprinkle them with salt. Place the squash face down on a baking sheet and bake in the oven for 30 minutes.
- 02 Meanwhile, add the remaining avocado oil spray to a pan over medium heat. Add the shrimp and cook for five to 10 minutes, or until opaque. Add the spinach and continue to cook until wilted.
- 03 To a blender add coconut milk, garlic, nutritional yeast, and arrowroot powder. Blend until smooth and well combined, at least one minute. Pour the sauce into a small saucepan and whisk over medium heat for five to 10 minutes or until thickened. Season with salt if needed.
- 04 Using a fork, shred the squash into noodles and put them into a large bowl. Add the shrimp, spinach, and coconut alfredo sauce and mix to combine. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up three days. Freeze for up to three months.

SERVING SIZE

One serving is equal to approximately 1 1/4 cup.

ADDITIONAL TOPPINGS

Fresh sage.

AVOCADO OIL SPRAY

One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.



Meatball Spaghetti Squash

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 lb Extra Lean Ground Beef
- 1/2 Yellow Onion (small, finely diced)
- 1 Garlic (clove, minced)
- 1 tsp Dried Basil
- 1 tsp Dried Thyme
- 1/4 tsp Sea Salt
- 2 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- 1/2 cup Tomato Sauce

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C). Line two baking sheets with parchment paper.
- 02 In a mixing bowl, combine the ground beef, onion, garlic, basil, thyme, and salt. Form the mixture into meatballs and transfer to one of the baking sheets.
- 03 On a separate baking sheet, place the spaghetti squash flesh-side down. Cook the squash for about 30 to 35 minutes (or until fork tender), and the meatballs for 15 to 20 minutes (or until cooked through).
- 04 Meanwhile, warm up the tomato sauce in a saucepan over low-medium heat.
- 05 When cool enough to handle, use a fork to shred the squash into noodles. Top with the meatballs and tomato sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately three to four meatballs and half of a spaghetti squash.

MORE FLAVOR

Add dried oregano, dried rosemary, dried parsley, Worcestershire sauce, breadcrumbs and/or egg to the meatball mixture. Use marinara or spaghetti sauce instead of tomato sauce.

ADDITIONAL TOPPINGS

Fresh basil, parmesan or nutritional yeast.

SAVE TIME

Use store-bought frozen meatballs instead.



MAKE IT VEGAN

Use veggie meatballs or falafels instead.



Chicken Ranch Spaghetti Squash

4 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Breast (boneless, skinless)
1 Red Bell Pepper (halved and seeds removed)
1 Spaghetti Squash (cut in half lengthwise, seeds removed)
2 tbsps Extra Virgin Olive Oil
1/4 cup Mayonnaise
2 tbsps Unsweetened Coconut Yogurt
1/2 tsp Apple Cider Vinegar
1/2 tsp Dried Chives
1/8 tsp Sea Salt
1 tbsp Canned Coconut Milk (full fat)

DIRECTIONS

- 01 Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
- 02 Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
- 03 Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
- 04 Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
- 05 When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving equals approximately 1/4 of a stuffed spaghetti squash with 1 1/2 tablespoons of dressing.

NO BELL PEPPERS

Use mushrooms, peas or broccoli instead.

NO COCONUT YOGURT

Use any alternative plain yogurt or sour cream.

EGG-FREE

Use sour cream or yogurt instead of mayonnaise.



One Pan Chicken & Pesto Spaghetti Squash

2 SERVINGS 35 MINUTES



INGREDIENTS

- 1 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- 8 ozs Chicken Breast (skinless, boneless, cubed)
- 1/4 cup Pesto
- 2 tbsps Basil Leaves (chopped)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C).
- 02 Line a large baking sheet with parchment paper. On one half of the baking sheet, place the spaghetti squash flesh-side down. On the other half, evenly spread out the chicken. Cook for about 30 to 35 minutes, or until the squash is fork-tender and the chicken is cooked through.
- 03 When cool enough to handle, use a fork to shred the squash into noodles. Gently mix in the pesto.
- 04 Chop the chicken and place overtop the spaghetti squash. Garnish with basil and sea salt, if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals one half of a spaghetti squash.

MORE FLAVOR

Season the chicken with garlic powder and onion powder.

ADDITIONAL TOPPINGS

Leftover veggies, avocado, red pepper flakes, and/or pine nuts.

MAKE IT VEGAN

Use chickpeas, tempeh, or tofu.



Slow Cooker Spaghetti Squash & Meatballs

4 SERVINGS 4 HOURS



INGREDIENTS

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

DIRECTIONS

- 01 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 02 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 03 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 04 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 05 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

NOTES

NO GROUND TURKEY

Use any type of ground meat.

CHEESE LOVER

Sprinkle with parmesan cheese.



Shrimp Zoodle Stir Fry

3 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Vegetable Broth (or Chicken Broth)
2 tbsps Tamari
3 Zucchini (large)
2 tbsps Coconut Oil (divided)
3 Garlic (cloves, minced)
1 1/2 tps Ginger (grated)
1 lb Shrimp (peeled and deveined)
1 Yellow Bell Pepper (large, sliced)
1 cup Matchstick Carrots
1/4 cup Red Onion (diced)
3 cups Asparagus (woody ends snapped off)
1 tbsps Sesame Seeds

DIRECTIONS

- 01 In a small bowl, combine the vegetable broth and tamari. Set aside.
- 02 Spiralize your zucchinis into noodles and set aside.
- 03 Place half of the coconut oil in a large frying pan and heat over medium-low heat. Add the garlic and ginger and saute for a minute. Add the shrimp and saute for about 3 minutes or until cooked through. (Note: Shrimp should be pink on all sides.) Transfer the shrimp to a bowl and set aside while you prepare the rest.
- 04 Increase heat to medium. Add remaining coconut oil to the pan along with the bell peppers, carrots, red onion and asparagus. Saute for 4 minutes or until veggies are slightly tender. Add your broth/tamari mix and stir for another 4 minutes.
- 05 Add the shrimp back into the pan along with your zucchini noodles. Use tongs to toss and coat for 1 to 2 minutes or until zucchini noodles are slightly softened.
- 06 Divide stir fry onto plates and sprinkle with sesame seeds. Enjoy!

NOTES

MORE GREENS

Add wilted spinach or kale.

LIKES IT SPICY

Serve with hot sauce or sprinkle with red chili flakes.

THICKER SAUCE

Add coconut flour or almond flour to the broth/tamari mix to thicken it.

NO SHRIMP

Use chicken or beef instead.

VEGAN

Skip the shrimp and use edamame, chickpeas or white beans instead.





Cheezy Beef & Zoodle Bowl

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 lb Extra Lean Ground Beef
- 3 tbsps Nutritional Yeast
- 1 tbsp Fresh Dill (chopped, divided)
- 1/4 tsp Sea Salt
- 2 Zucchini (spiralized)

DIRECTIONS

- 01 Add the beef to a pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add the nutritional yeast, half of the fresh dill and sea salt. Mix together until evenly combined and set the mixture aside in a bowl.
- 02 Drain the excess beef drippings and place the pan back on medium heat. Toss in the zucchini and cook for 2 to 3 minutes, or until cooked to your preference.
- 03 Divide the zucchini noodles into bowls and top with the ground beef mixture and remaining dill. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

ADDITIONAL TOPPINGS

Add cherry tomatoes or bell peppers.

MAKE IT VEGAN

Use black beans instead of ground beef.

NO SPIRALIZER

Chop the zucchini into small circles and sauté until they're cooked to your preference.



Mushroom & Sausage Zoodles

4 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
10 ozs Pork Sausage (cut into pieces)
1 cup Mushrooms (sliced)
2 Zucchini (spiralized)
1 tsp Garlic Powder
1 tsp Sea Salt

DIRECTIONS

- 01 In a skillet, heat the olive oil over medium heat. Add the sausage and cook for 10 minutes, flipping halfway through.
- 02 Once the sausage is cooked, add in the mushrooms and cook for 5 minutes or until they become soft.
- 03 Add in the zucchini noodles, garlic powder and sea salt. Cover with a lid to help steam the zucchini and cook for another 2 minutes.
- 04 Remove the skillet from the heat. Divide the mixture between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add more vegetables like broccoli, bell peppers and onions.

ADDITIONAL TOPPINGS

Add shaved almonds or hemp seeds.

MAKE IT VEGAN

Use black beans or lentils instead of sausage.



15 Minute Halibut with Zoodles

2 SERVINGS 15 MINUTES



INGREDIENTS

10 ozs Halibut Fillet
Sea Salt & Black Pepper (to taste)
1 tbsp Extra Virgin Olive Oil
2 Garlic (cloves, minced)
1 tbsp Lemon Juice (to taste)
2 Zucchini (medium, spiralized)

DIRECTIONS

- 01 Season the halibut generously with salt and pepper. Heat the oil in a skillet over medium-high heat. Add the halibut and cook for five minutes, flipping halfway, or until browned and cooked through. Set aside.
- 02 Add the garlic and lemon juice to the same skillet. Stir in the zucchini noodles and cook for about one minute, seasoning with more salt and pepper.
- 03 Divide the zucchini noodles and halibut onto plates. Squeeze more lemon juice over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately five ounces of halibut and two cups of zucchini noodles.

MORE FLAVOR

Use butter instead of olive oil.

ADDITIONAL TOPPINGS

Top with pine nuts, sliced almonds, or fresh herbs.



Coconut Chicken Curry & Zoodles

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Avocado Oil (divided)
1 lb Chicken Breast (boneless, skinless, cubed)
1 1/2 cups Canned Coconut Milk
3 tbsps Coconut Flour
2 tbsps Turmeric
1 tbsp Curry Powder
1 tsp Cumin
1/4 tsp Sea Salt
1/4 tsp Black Pepper
2 Zucchini (spiralized)

DIRECTIONS

- 01 In a large skillet, heat half of the avocado oil over medium heat. Add in the cubed chicken breast and cook for 10 to 12 minutes or until the chicken is cooked through.
- 02 In a small saucepan, whisk together the coconut milk, coconut flour, turmeric, curry powder, cumin, salt and pepper. Bring to a gentle boil, reduce heat and allow the sauce to thicken slightly.
- 03 Once the sauce is your desired thickness, add it to the skillet with the chicken and cook for 5 minutes.
- 04 In a separate skillet, add the other half of the avocado oil over low heat and add the spiralized zucchini. Add a lid to steam the zucchini and cook for 5 to 10 minutes on low heat.
- 05 Divide the zucchini noodles between plates. Top with the coconut chicken curry. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE VEGETABLES

Add broccoli, cauliflower or your favorite leafy greens to the dish.

MAKE IT VEGAN

Use lentils, cauliflower or tofu instead of chicken.

NO SPIRALIZER

Grate zucchini or slice it into rounds.

NO AVOCADO OIL

Use olive oil or coconut oil instead.

