

NUTRITION GUIDE

BY RAVEN ROSS





01 GROUND TURKEY TACOS

Pro Tip: The turkey filling is so good and flavorful but its all about the toppings! That being said, pick FRESH toppings and tortillas. The less ingredients the better!

INGREDIENTS

- 2 packs of lean ground turkey
- Chopped white onion
- Chopped red and yellow pepper
- Chopped jalapeno
- Siete taco seasoning packet
- Garlic
- Salt to taste
- Pepper to taste
- Tony's to taste
- Lime wedges
- Fav tortillas
- Fav toppings
- Avocado oil

DIRECTIONS

1. Heat avo oil in a pan and sauté garlic, onions and both peppers on med heat. Add pinch of salt and pepper.
2. Add turkey packs to veggies and stir to break up.
3. Add taco seasoning packet and keep mixing into fine ground pieces.
4. When turkey is completely cooked through turn heat on low. Add salt, pepper & Tony's for your taste (optional).
5. Prepare tortillas and toppings. Fill tacos and squeeze with lime wedge!

NOTES

Tortilla Options: Lettuce wrap, Low-carb Mission Tortillas or Siete gluten free tortillas. Prepare according to package. No tortilla add rice to make a bowl!

Toppings Options: Cilantro, Shredded Lettuce, Greek Yogurt, Salsa. I like fresh pico and avo slices on mine!



02 MASON JAR SALAD

Pro Tip: Buy mason jars online or even at Target. Then on Amazon get the colorful plastic lids. They are much easier, more durable and easier to clean!

INGREDIENTS

- Lettuce greens like spring mix, kale, butter lettuce or spinach, etc
- Fresh veg like cucumber, tomato, radish, chickpeas, steamed beets, etc
- Nuts & seeds like roasted pumpkin, sunflower seeds or sliced almonds etc
- Feta, parm or other cheese
- Fav light dressing

DIRECTIONS

1. Add dressing at the bottom.
2. Add juicy veggies like tomatoes and steamed beets. We don't want these to make everything else soggy.
3. Add the rest of your veggies that are chunky and solid like cucumbers, radish, and even rinsed beans or blueberries.
4. Add fixings like walnuts, dried cranberries or feta cheese.
5. Top with a handful of your favorite leafy greens.

NOTES

If your salads aren't traveling with you, omit the dressing. When you're ready to eat it, add dressing on top and shake it up! After your wet ingredients, get creative and add grains like quinoa or lentils. This is where proteins would go as well. These stay fresh for a while in the fridge without opening them!



03 VEGGIE SOUP

Pro Tip: This is my grandma's recipe and I literally grew up eating this soup, it's so good! You can use fresh or frozen veggies and even dump it all in your crockpot if you want to make it even easier.

INGREDIENTS

- 1 qt vegetable stock
- 1 qt water
- 15 oz tomato sauce
- 1.5 cups chopped celery
- 2 diced onions
- 1 chopped bell pepper
- 5 sliced carrots
- 1 large diced turnip
- Half bag frozen carrots and peas
- Chopped cauliflower
- Frozen green beans
- Half bag frozen corn
- 1/4 cup parsley
- 1/8 tbsp Italian seasoning
- Salt and pepper to taste

DIRECTIONS

1. Place liquids in a large pot.
2. Add everything else and cook until carrots and turnips are tender.
3. Add salt and pepper to taste.



04 GREEN SMOOTHIE

Pro Tip: Homemade smoothies are a great option for breakfast or a post-workout snack. Making them at home is much healthier than store bought and allows you to get creative!

INGREDIENTS

- 1/2 cup water or unsweetened milk alternative
- 1/2 banana
- 1 tbsp almond or peanut butter with no sugar added
- A few strawberries
- Dash of flax seeds and chia seeds
- Handful spinach
- 1 date
- Vanilla protein (optional)
- Dash of cinnamon hemp seeds to top

DIRECTIONS

1. Combine all ingredients, besides hemp seeds, with ice in a blender.
2. Blend, blend, blend!
3. Put it in a glass and top with hemp seeds.

NOTES

Get creative by adding maca powder, fresh ginger, parsley, or even your favorite green powder. Stay away from overloading fruits if this is your snack for the day. Be mindful of sugary milk alternatives. I typically use cold water. If you don't like dates use a small amount of honey to sweeten instead.



05 CROCKPOT CHICKEN TORTILLA SOUP

Pro Tip: Soup is my love language. I make it year round because it's so filling, simple, affordable, and healthy. I put everything together in the crockpot at night, put it in the fridge, then plug it in when I go to work in the morning.

INGREDIENTS

- 1 pack of chicken breasts
- 1 box chicken broth
- 1 packet Siete mild seasoning
- Chopped onion fresh or frozen
- Chopped bell peppers fresh or frozen
- 1 can diced tomatoes and green chiles
- 1 small can green chiles
- 1 small bag frozen corn
- Fresh lime wedges
- Salt and pepper to taste
- Tony's to taste

DIRECTIONS

1. Combine chicken, broth and all veggies to crockpot. Stir in seasoning packet. Turn on crockpot/instant pot to slow cooker low setting for 6 hrs or high for 4 hrs.
2. After cooking, remove chicken breasts and shred. Return the chicken to the soup and stir. Add salt, pepper and tony's for taste if needed.
3. Serve and top with fresh lime wedge.
4. Add additional toppings. I like avocado and hot sauce!

NOTES

Optional Toppings: Fresh Cilantro, Avocado, Tortilla Strips, Shredded Cheese or Greek Yogurt in place of sour cream if you like yours a little creamier. This recipe makes a lot so be prepared to store it. It freezes perfectly!



06 ITALIAN KALE AND SPINACH

Pro Tip: This is one of my favorite dishes my grandma makes! Most of the time I eat it by itself but it's great paired with grilled salmon or chicken or even to put in an omelet!

INGREDIENTS

- 1 bag of pre-washed chopped kale
- 1 bag of pre-washed spinach
- 1 cup vegetable stock or water
- Parmesan cheese
- Olive oil
- Salt and pepper to taste

DIRECTIONS

1. Start to sauté a big bag of kale in a little olive oil.
2. When the kale is warm, add desired amount of spinach and continue folding into kale.
3. Add cup of liquid veggie stock or water.
4. Add salt and pepper to taste.
5. When tender turn off burner and sprinkle with a little Parmesan cheese.

NOTES

Add additional seasoning, to taste, if you prefer. This cooks quickly so keep an eye on it!

MY GROCERY STAPLES



01 FRESH

- Fruit like berries, kiwis, grapes, etc.
- Snacking veggies, like carrots and cucumbers
- Assorted lettuce, like spring mix, kale, spinach, etc.
- Hummus
- Milk alternative

02 FROZEN

- Peppers and onions for cooking
- Berries and fruit for smoothies
- Asian veg mix for meals
- Cauliflower rice
- Extra ground turkey

03 PANTRY

- Canned beets
- Gluten free crackers
- Sprouted pumpkin seeds
- Mixed nuts
- Chia seeds
- Oatmeal
- Canned tuna
- Gluten free tortillas

WEEKLY MEAL PLANNER



BREAKFAST



LUNCH



DINNER



SNACKS

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUES				
WED				
THURS				
FRI				
SAT				
SUN				

“
EAT FOOD.
MOSTLY PLANTS.
NOT TOO MUCH.”

-MICHAEL POLLAN





NEXT STEPS

WHAT'S NEXT?

I hope you enjoyed this glimpse into what I eat and how I prepare my meals. I can't wait to start incorporating more of my daily practices and lifestyle into my content. Practicing health and wellness is a choice everyday, and if I can inspire at least one person to live better I've done my job! If you found this guide helpful please send it to a friend or family member! Make sure to tag me in all of your easy, healthy, at-home meal posts. I want to hear from you! For more recipes, ideas and workouts follow me on Instagram, TikTok, and subscribe to my channel.

See you on the mat soon!!!

EASY, HEALTHY, AT-HOME MEALS



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