



TRUCKER **SERVICE** **ASSOCIATION**

 — **LIVE HEALTHY
DRIVER HEALTH** — 

"TOP 4 BEST MEALS"

February 2023

KUHLEFIT
RENEW YOUR VITALITY



HEALTH ON THE GO!



If you're anything like myself, your life is full of non-stop to-do's and tasks to get accomplished. This state of go-go-go can have deleterious effects on your health and wellness if you're not cautious and aware of what's going on. One of the easiest ways to mitigate our daily stress is by fueling the body appropriately and effectively. This allows you to have the energy to sustain your hard-working days. Eating poor quality foods deprives you of energy and actually will also add stress to your body!

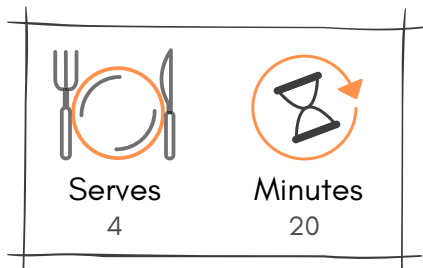
If we put garbage into the system, garbage is what the body will produce. That garbage will manifest itself in many different shapes and forms. It can be anything from lethargy, exhaustion, constipation, diarrhea, acne, bloating, cardiovascular health concerns and more. The key is how can we eat healthy, while still being able to perform our jobs and not have to spend hours in the kitchen.

BUSY WORKING



Given that many of us are family men and women, there are many other people that rely on us and our ability to be functioning at our best. We don't want to be that parent, partner, or co-worker that is always on edge, angry, frustrated and anxious because that impacts all of our relationships. The common theme through all of the symptoms mentioned previously is that they can be related to the quality of foods we are eating on a regular basis. In older posts we talked about eating quality foods—eating healthy 80% of the time from whole food ingredients such as raspberries, yams, lettuce, beef and the like. Well, today I'm going to provide you with my top 4 favorite meals that are delicious, nourish the body, and provide energy for hours on end. They are also really good reheated as meals prepped ahead of time and can even be eaten cold when we're in a rush or on the road, if needed.

Beef Bahn Mi Bowl



Gluten-free, Dairy-free, Paleo, Whole 30



Ingredients

2 pounds grass-fed ground beef

1/2 cup organic coconut aminos

1 Tbsp organic toasted sesame oil

4 medium carrots, sliced into coins

1 Tbsp organic onion powder

2 tsp organic ground ginger

2 tsp sea salt

1 organic cucumber, quartered

fresh cilantro and fresh lime juice to garnish

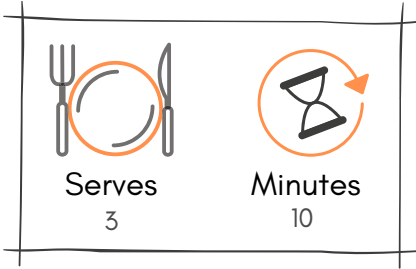
Oven Baked Quinoa (page 15) or Cilantro Lime Cauliflower Rice (page 16)

Directions



1. Brown ground beef in a large skillet over medium heat.
2. Add in carrots and coconut aminos and cook several minutes, stirring occasionally until carrots are tender.
3. Add in sesame oil and seasonings and mix well.
4. Serve meat mixture over either Cilantro Lime Cauliflower Rice (Paleo/W30 option, page 16, pictured) or Oven Baked Quinoa (page 15).
5. Top with fresh cucumber slices, cilantro, and lime juice and enjoy!

Cajun Cauliflower Rice



Gluten-free, Dairy-free, Paleo, Whole 30

Ingredients

1 pound sausage links, cut into bite sizes (fully cooked, sugar and nitrate free to be W30 compliant)

2 organic bell peppers, diced

1 organic white onion, diced

2 10 oz bags organic frozen cauliflower rice

2 Tbsp organic avocado oil

Cajun Seasoning:

-1/2 Tbsp organic chipotle powder

-1 tsp organic oregano flakes

-1 tsp organic smoked paprika

-1 tsp organic onion powder

-1 tsp organic garlic powder

-Sea salt to taste

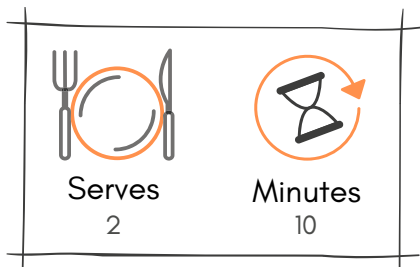
Directions



1. Heat avocado oil in a medium skillet. Add in veggies and cook until onions are translucent.
2. Add in frozen cauliflower rice with seasonings and sausage and mix well.
3. Cook until cauliflower rice is completely thawed and warmed through before serving.

**I like to make sure to cook off any extra liquid before serving as well to avoid soggy texture of the cauliflower rice.*

Chicken Bacon Ranch Salad



Gluten-free, Dairy-free, Paleo, Whole 30



Ingredients

*1 lb organic free range chicken breast, cooked and diced or shredded
(Air Fryer, Instant Pot, and oven all work well)*

1 package bacon (sugar and nitrite free), cooked and chopped

Lettuce/greens of your choosing, chopped

1 organic cucumber, diced

1 large organic carrot, diced or shaved

2 organic bell peppers, diced

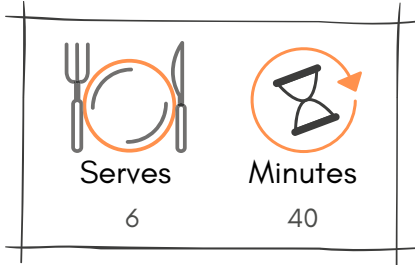
Directions



1. Assemble all salad ingredients in a glass or stainless steel bowl.
2. Top with Avocado Ranch/Everything Sauce (page 17) and mix well before serving.

*My favorite way to cook the chicken is baking it. Spray it with avocado oil and sprinkle it with salt and bake for 40 min at 400 degrees until internal temp is 165. Once the chicken is cooled, I dice it and store it until I'm ready to assemble the salad. I'll also reheat the chicken in the air fryer to make it a little crispy and reheat the bacon on the stovetop (if it's prepped ahead of time) for more bacon flavor!

Breakfast Bowl



Gluten-free, Dairy-free, Paleo, Whole 30



Directions

1. Use kitchen scissors to cut bacon in bite size pieces into a large skillet over the stovetop. Cook partially for about 5 min. Add in ground breakfast sausage. Break up and cook thoroughly. Remove meat from the skillet and set aside, leaving as much of the cooking fat as possible.
2. Add in the cubed sweet potato and spread evenly at the bottom of the skillet. Cook on medium heat covered for 4 min without stirring.
3. Add brussels sprouts to skillet and mix. Leave to cook 4 minutes covered without stirring.
4. Add in bell peppers, onion powder, and salt and mix well. Cook mixture for 2 minutes or until potatoes are fork tender.
5. Add meat back into the pan and mix well.
6. Serving suggestion: Top with Primal Kitchen Buffalo sauce (as pictured) and diced avocado!

Ingredients

*2 lbs ground breakfast sausage
(sugar-free, nitrate-free)*

*1 package organic bacon
(sugar-free, nitrate-free)*

4 organic bell peppers, diced

3 organic sweet potatoes, cubed

*1 pound organic brussels sprouts,
stems removed & quartered*

2 Tbsp organic onion powder

2 tsp sea salt

**Can swap diced butternut squash
for sweet potatoes and zucchini
for brussels sprouts for preference
or lower carb option*



TRUCKER SERVICE ASSOCIATION

 ——— **LIVE HEALTHY
DRIVER HEALTH** ——— 

CREATED BY
NICK KUHLE
HOLISTIC HEALTH COACH
WWW.KUHLEFIT.COM

