

Mouth Drooling Meals

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

TRUCKER SERVICE ASSOCIATION

OCTOBER 2023



Craving Healthy Foods

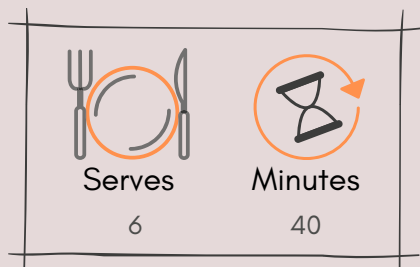
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We've spent the last few years talking about how to upgrade one's health while they are on the road for their work. This month I'd love to share some of my favorite recipes that are for anytime. Whether you want to treat your family to a healthy, home-cooked meal, you want to meal prep for an upcoming road trip, or you're taking a dish to a relative for the holidays and you want to know there's at least one healthy option available for you.

We're going to dive into some of my top recipes, fan favorites of my clients, that are all fool proof when cooking. They taste amazing fresh and as left overs the following day. They will leave you feeling full, satiated, and with more energy than you had prior to the meal.

Buckle in, grab a seat at the dinner table and get ready to give your taste buds a ride of their lives.

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*

Sweet Potato Quinoa Chili



Gluten-free, Dairy-free



Directions

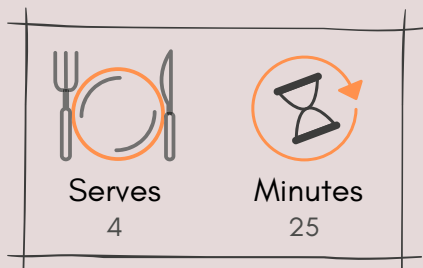


- **Ingredients** ●
- 2 pounds grass fed ground beef or ground turkey, browned*
- 1 cup dried organic quinoa*
- 4 cups grass fed beef bone broth*
- 28 oz BPA-free can organic crushed tomatoes*
- 16 oz BPA-free can organic tomato sauce*
- 2 large organic sweet potatoes, diced*
- 1 medium organic yellow onion, diced*
- 2 Tbsp organic chili powder*
- 1 tsp organic smoked paprika*
- 1 tsp organic cumin*
- Sea salt*
- *and pepper to taste* ●

1. Brown ground beef or turkey in a medium sauce pan over medium/high heat, breaking into small pieces.
2. Add all ingredients to a slow cooker and stir to mix. Set on high for 3 hours or low for 6 hours.
3. Serve topped with green onion or avocado slices.



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 35), Cilantro Lime Cauliflower Rice (page 36), or Nick's Gourmet Rice (page 37)

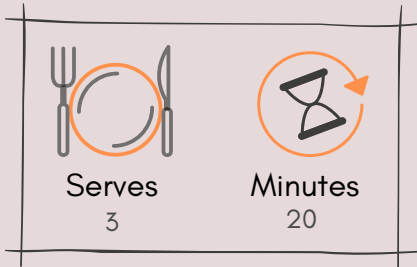
Directions



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 36, pictured), Nick's Gourmet Rice (page 37), or Oven Baked Quinoa (page 35).
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

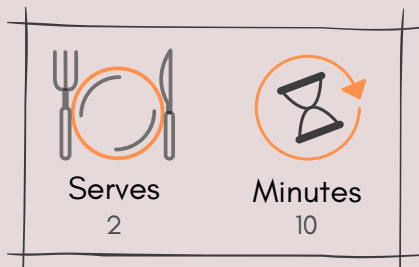


1. Heat avocado oil in a medium skillet. Add in veggies and cook until onions are translucent.
2. Add in frozen cauliflower rice with seasonings and sausage and mix well.
3. Cook until cauliflower rice is completely thawed and warmed through before serving.

**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 31) 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!*

**add Primal Kitchen Buffalo sauce for more zing!*



Flour Free Monster Bars



Serves
20-24



Minutes
30

Gluten-free, Dairy-free



Ingredients

3 cups organic gluten free rolled oats

2/3 cup organic coconut sugar (if using sugar-free nut butter, use 3/4 cup)

1 1/2 tsp aluminum-free baking soda

1/2 tsp sea salt

1 1/4 cup organic nut butter of choice (peanut, sunflower, cashew)

1/4 cup melted organic coconut oil

3 whole pasture raised eggs

OR

sub 3 organic flax eggs
(1 Tbsp ground flax + 3 Tbsp water, let sit for 5 min each "egg")

1 1/2 tsp organic vanilla extract

2/3 cup Unreal brand coated candy pieces


2/3 cup dairy-free organic dark chocolate chips

Directions



1. Preheat oven to 350. Spray 9x13 pan with coconut or avocado oil spray
2. Combine all ingredients but candy pieces and chocolate chips in a medium mixing bowl.
3. Fold in candy pieces and chocolate chips.
4. Press mixture evenly into prepared pan.
5. Bake for 15 minutes and check with a toothpick. Cook up to 20 minutes to bake through.
6. Cool completely before cutting and serving.





There's no reason you cannot eat healthy,
especially with some of my fan favorite
recipes above!

My recommendation is to try one of the
meals above each week until you've gone
through every meal and found out which
ones you liked and which ones you didn't.

By all means, be your own personal chef
and adjust the recipe to your liking. The
recipes above are extremely nourishing
and fulfilling so dive in and enjoy with the
entire family.

Enjoy the food!



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

