

Healthy January Recipes

Come January, our bodies are usually screaming for a detox from all the cookies and carbs we consumed from the holidays. Here's 6 great healthy meal options to keep in rotation.

Homemade Bone Broth

I make my bone broth, and I consider it a meal since I practice fasting. It gives my body a good 36 hour window to reduce inflammation and reset. Make this on a Sunday morning since it takes all day to cook on the stovetop... it's super easy to make!

- 6 large beef bones, water, 2 large white onions, 6 carrots, 5 cloves of garlic, 6-8 celery stalks, a ton of fresh herbs like rosemary, thyme, and basil. Make sure everything is organic and cook it down for 10 hours. I love to use my big old chicken stock pot and I start early because once it's finished, I let it cool before I container it up to pop in the fridge for the week.

Cabbage Soup

This is an easy soup recipe that maybe your kids will like. if not this is a good go to for meal prep and clean eating.

- One head of cabbage, 1 large onion, 4 celery stalks, 2 zucchini, 2 garlic, 2 lbs ground turkey, 2 large cans whole or crushed tomatoes. I brown my ground turkey while the onion, celery, garlic and zucchini are sauteing. Once the turkey is fully cooked, I toss everything in and add homemade or store-bought chicken stock. This recipe I love to make monthly because I can container it up and freeze it for those busy weeknights. Add garnishes if you like it spicy!

Rotisserie Chicken

Sometimes we need to phone it in for dinner. I love to always keep on hand weekly fresh rotisserie chickens for whatever type of meal I can throw together quickly: salads, chicken soup, or simply slice with fresh steamed veggies. I'm all about ease for weekday meals!

Protein, Protein and More Proteins

I like to meal prep like there's no tomorrow. Sundays are my day to cook all my proteins, such as steak and spicy chicken thighs (which are a huge family favorite). I'm in the Midwest, so standing by a grill in the cold is not an option, so my alternative is the Ninja Indoor Grill. My spicy chicken thighs are super easy, but are very spicy so you must love heat to enjoy!

- 2-3 lbs Organic thighs, a good olive oil, low sodium soy sauce, paprika, chili pepper flakes, cayenne pepper, salt and pepper, onion and garlic powder. Don't measure, I simply use the palm of my hand for all the spices. I start with pouring a good amount of olive oil over the chicken to give them a good coating, followed by a good cup of soy sauce. Then I add the spices. (I would ballpark about a 1.5 tablespoons of each spice depending on your heat tolerance.) Let this marinate all day and pop it on the grill until fully cooked.

Pot Roast

Being from the Midwest, I grew up on meat and potatoes, but this healthy alternative will help if you're insulin sensitive like myself.

- 3-5 lb grass fed Chuck roast seared in olive oil with salt, pepper, and fresh garlic. Add an onion, chopped, 4 celery, 3 large organic carrots, and 10 red potatoes. Pop this in the crock pot or on top of the stove with fresh rosemary, thyme, salt, pepper, and paprika. (McCormick has a good pot roast spice packet that's always good to keep on hand.) To finish, add beef stock or bone broth and let it cook all day. Low and slow is key for a delicious pot roast.

Salmon, Norwegian Trout

I'm not a huge fish eater, but both are simple and good to make. I prefer fresh, but there are a frozen options available too. I simply add olive oil just because I like healthy fats. I drizzle it on top, followed by a good rub of old bay, salt and pepper, capers and lemon squeezed on top. Add some fresh steamed veggies and you're ready to eat!