

21-Day Real Food Real Quick Program, Week 3

Created by South Shore Fit Body



21-Day Real Food Real Quick Program, Week 3

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Pumpkin Spice Granola	Pumpkin Spice Granola	Pumpkin Spice Granola	Pumpkin Spice Granola	Banana Cinnamon Smoothie	Banana Cinnamon Smoothie	Sweet Potato Pancakes
Snack 1	Crackers & Avocado	Almond Butter Apple Sandwiches	Crackers & Avocado	Almond Butter Apple Sandwiches	Yogurt & Berries	Brazil Nuts	Almond Butter Apple Sandwiches
Lunch	Marinated Mixed Bean Salad	Marinated Mixed Bean Salad	Lentil Masala Soup	Slow Cooker Black Bean Soup	Mediterranean Tuna Pasta Salad	Mediterranean Tuna Pasta Salad	Creamy Edamame & Mushroom Pasta
Snack 2	Rice Cakes with Almond Butter	Yogurt & Berries	Rice Cakes with Almond Butter	Rice Cakes with Almond Butter	Brazil Nuts	Yogurt & Berries	Brazil Nuts
	Banana		Apple	Banana			
Dinner	Slow Cooker Apple Cinnamon Pork Tenderloin	Slow Cooker Apple Cinnamon Pork Tenderloin	Slow Cooker Apple Cinnamon Pork Tenderloin	Slow Cooker Apple Cinnamon Pork Tenderloin	Creamy Edamame & Mushroom Pasta	Cauliflower Shepherd's Pie	Cauliflower Shepherd's Pie
	Roasted Cauliflower	Grilled Asparagus	Oven-Roasted Kale	Oven-Roasted Kale			

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1643	Calories 1438	Calories 1784	Calories 1660	Calories 1563	Calories 1543	Calories 1510
Fat 76g	Fat 58g	Fat 75g	Fat 67g	Fat 72g	Fat 74g	Fat 88g
Carbs 195g	Carbs 169g	Carbs 218g	Carbs 211g	Carbs 162g	Carbs 139g	Carbs 131g
Fiber 37g	Fiber 37g	Fiber 49g	Fiber 49g	Fiber 30g	Fiber 27g	Fiber 28g
Sugar 60g	Sugar 78g	Sugar 67g	Sugar 74g	Sugar 44g	Sugar 48g	Sugar 51g
Protein 62g	Protein 77g	Protein 69g	Protein 70g	Protein 82g	Protein 95g	Protein 66g
Cholesterol 61mg	Cholesterol 95mg	Cholesterol 61mg	Cholesterol 61mg	Cholesterol 53mg	Cholesterol 137mg	Cholesterol 456mg
Sodium 783mg	Sodium 433mg	Sodium 2455mg	Sodium 706mg	Sodium 1752mg	Sodium 742mg	Sodium 1853mg
Vitamin A 9258IU	Vitamin A 11214IU	Vitamin A 43080IU	Vitamin A 37286IU	Vitamin A 6434IU	Vitamin A 7684IU	Vitamin A 28369IU
Vitamin C 109mg	Vitamin C 92mg	Vitamin C 90mg	Vitamin C 85mg	Vitamin C 95mg	Vitamin C 157mg	Vitamin C 105mg
Calcium 339mg	Calcium 847mg	Calcium 704mg	Calcium 759mg	Calcium 1222mg	Calcium 994mg	Calcium 699mg
Iron 13mg	Iron 14mg	Iron 20mg	Iron 17mg	Iron 14mg	Iron 13mg	Iron 12mg

21-Day Real Food Real Quick Program, Week 3

59 items

Fruits

- ☐ 11 Apple
- ☐ 1 Avocado
- ☐ 8 Banana
- ☐ 2 Lemon

Breakfast

- ☐ 1 1/2 cups Almond Butter
- ☐ 1/3 cup Maple Syrup
- ☐ 12 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1 1/2 cups Brazil Nuts
- ☐ 1/4 cup Chia Seeds
- ☐ 2 2/3 tbsps Cinnamon
- ☐ 2 tps Garlic Powder
- ☐ 1/3 cup Ground Flax Seed
- ☐ 1/4 cup Hemp Seeds
- ☐ 3 tbsps Italian Seasoning
- ☐ 1 1/3 tbsps Onion Powder
- ☐ 1/3 cup Pumpkin Seeds
- ☐ 1 1/16 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2/3 cup Walnuts

Frozen

- ☐ 6 cups Frozen Berries
- ☐ 1 cup Frozen Edamame
- ☐ 1 cup Frozen Peas

Vegetables

- ☐ 8 cups Arugula
- ☐ 1 1/2 cups Asparagus
- ☐ 4 cups Baby Spinach
- ☐ 8 Carrot
- ☐ 1 1/2 heads Cauliflower
- ☐ 2 stalks Celery
- ☐ 3 Garlic
- ☐ 2 cups Green Beans
- ☐ 16 cups Kale Leaves
- ☐ 5 cups Mushrooms
- ☐ 2 Sweet Potato
- ☐ 3 Yellow Onion

Boxed & Canned

- ☐ 2 cups Brown Rice Fusilli
- ☐ 1 cup Brown Rice Macaroni
- ☐ 4 cups Mixed Beans
- ☐ 1 can Tuna
- ☐ 200 grams Whole Grain Crackers

Baking

- ☐ 1/4 cup Almond Flour
- ☐ 1 tsp Arrowroot Powder
- ☐ 2 cups Oats
- ☐ 1/2 tsp Pumpkin Pie Spice
- ☐ 3 1/2 tbsps Pureed Pumpkin
- ☐ 1/3 cup Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 2 lbs Pork Tenderloin

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 tbsps Avocado Oil
- ☐ 3 2/3 tbsps Coconut Oil
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Green Olives
- ☐ 1/2 cup Sun Dried Tomatoes

Cold

- ☐ 4 Egg
- ☐ 6 cups Plain Greek Yogurt
- ☐ 2 cups Unsweetened Almond Milk

Other

- ☐ 8 Ice Cubes
- ☐ 1 cup Vanilla Protein Powder
- ☐ 4 cups Water

Pumpkin Spice Granola

10 ingredients · 40 minutes · 7 servings



Directions

1. Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
2. Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
3. In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
4. Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
5. Divide into bowls or store sealed in a jar until ready to use. Enjoy!

Notes

Leftovers

Stores well in an airtight container up to a week. Freezes well for longer.

No Walnuts

Use pecans or slivered almonds instead.

Nut-Free

Skip the nuts and add extra pumpkin seeds.

Serve it With

Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

Optional Add-Ins

Raisins, dried cranberries, berries or coconut flakes.

Ingredients

2 cups Oats (rolled)
2/3 cup Walnuts (chopped)
1/3 cup Pumpkin Seeds
2 2/3 tbsps Ground Flax Seed
1/8 tsp Sea Salt
1/2 tsp Pumpkin Pie Spice
1/3 tsp Cinnamon
2 2/3 tbsps Coconut Oil
3 1/3 tbsps Maple Syrup
3 1/2 tbsps Pureed Pumpkin

Nutrition

Calories	242	Cholesterol	0mg
Fat	15g	Sodium	53mg
Carbs	23g	Vitamin A	1062IU
Fiber	4g	Vitamin C	0mg
Sugar	6g	Calcium	39mg
Protein	6g	Iron	2mg

Banana Cinnamon Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

Notes

No Protein Powder

Use hemp seeds with vanilla extract instead.

Leftovers

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green

Add spinach.

Ingredients

1/2 cup Vanilla Protein Powder

2 tbsps Ground Flax Seed

2 tbsps Chia Seeds

2 Banana (frozen)

4 Ice Cubes

2 cups Water

1/2 tsp Cinnamon

Nutrition

Calories	287	Cholesterol	4mg
Fat	7g	Sodium	44mg
Carbs	36g	Vitamin A	78IU
Fiber	9g	Vitamin C	10mg
Sugar	14g	Calcium	227mg
Protein	24g	Iron	2mg

Sweet Potato Pancakes

5 ingredients · 20 minutes · 2 servings



Directions

1. Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
2. Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
3. Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Spice it Up

Add nutmeg and/or ginger spice.

Toppings

Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

Ingredients

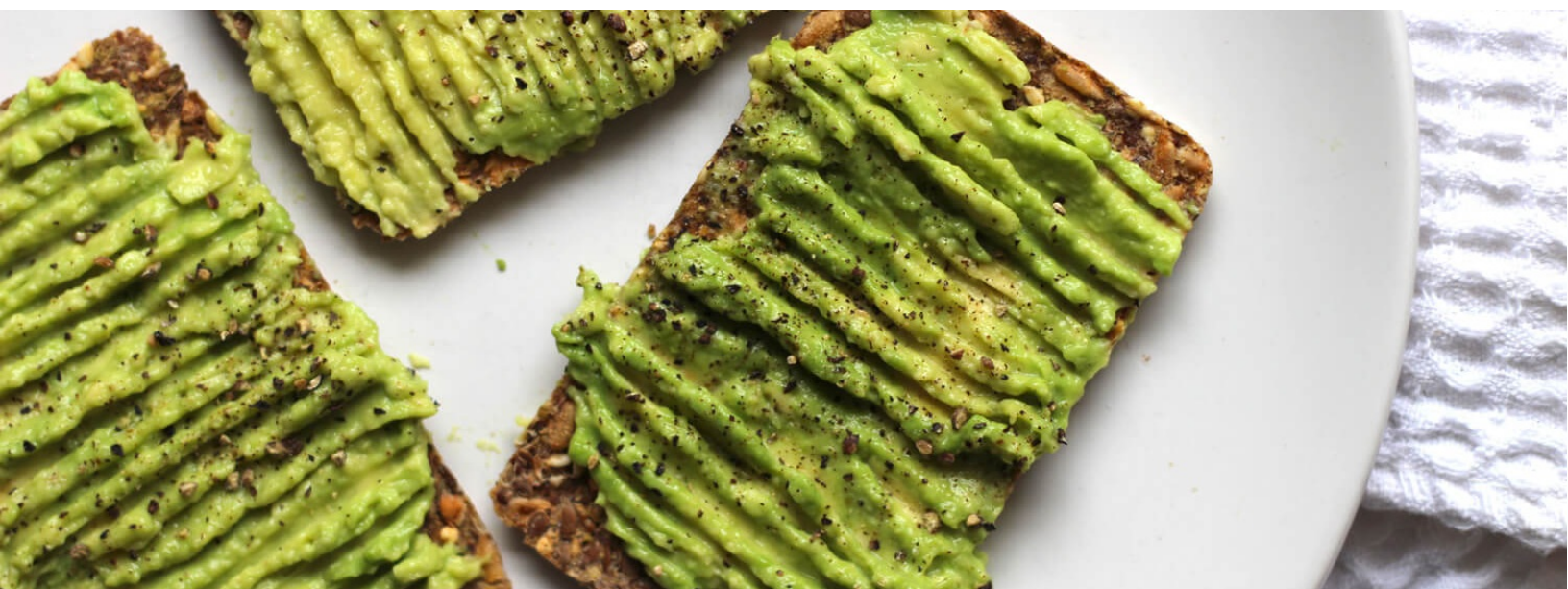
- 2 Sweet Potato (small)
- 4 Egg (whisked)
- 1 tbsps Coconut Oil
- 1/2 tsp Cinnamon
- 2 tbsps Maple Syrup

Nutrition

Calories	370	Cholesterol	372mg
Fat	16g	Sodium	216mg
Carbs	41g	Vitamin A	18985IU
Fiber	4g	Vitamin C	3mg
Sugar	18g	Calcium	122mg
Protein	15g	Iron	3mg

Crackers & Avocado

3 ingredients · 10 minutes · 2 servings



Directions

1. Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

Notes

Make it Paleo

Use grain-free flax crackers instead.

More Protein

Top with hemp seeds, sliced hard boiled egg, or smoked salmon.

Ingredients

100 grams Whole Grain Crackers

1/2 Avocado

Sea Salt & Black Pepper (to taste)

Nutrition

Calories	322	Cholesterol	0mg
Fat	18g	Sodium	445mg
Carbs	38g	Vitamin A	76IU
Fiber	5g	Vitamin C	5mg
Sugar	6g	Calcium	13mg
Protein	5g	Iron	2mg

Almond Butter Apple Sandwiches

2 ingredients · 10 minutes · 2 servings



Directions

1. Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
2. Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

Notes

Nut-Free

Use sunflower seed butter, tahini or pumpkin seed butter instead of nut butter.

Ingredients

2 Apple

1/4 cup Almond Butter

Nutrition

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	98IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	120mg
Protein	7g	Iron	1mg

Yogurt & Berries

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

2 cups Plain Greek Yogurt

2 cups Frozen Berries (thawed)

Nutrition

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg

Brazil Nuts

1 ingredient · 5 minutes · 2 servings



Directions

1. Divide into bowls and enjoy!

Ingredients

1/2 cup Brazil Nuts

Nutrition

Calories	219	Cholesterol	0mg
Fat	22g	Sodium	1mg
Carbs	4g	Vitamin A	0IU
Fiber	3g	Vitamin C	0mg
Sugar	1g	Calcium	53mg
Protein	5g	Iron	1mg

Marinated Mixed Bean Salad

8 ingredients · 15 minutes · 4 servings



Directions

1. Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

Notes

No Mixed Beans

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

Leftovers

Keeps well covered in the fridge up to 4 to 5 days.

Ingredients

2 cups Green Beans (fresh or frozen)

4 cups Mixed Beans (cooked)

1/4 cup Extra Virgin Olive Oil

2 tbsps Apple Cider Vinegar

1 tbsp Italian Seasoning

1 Garlic (clove, minced)

1 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

Nutrition

Calories	367	Cholesterol	0mg
Fat	15g	Sodium	5mg
Carbs	45g	Vitamin A	346IU
Fiber	13g	Vitamin C	13mg
Sugar	3g	Calcium	83mg
Protein	16g	Iron	5mg

Mediterranean Tuna Pasta Salad

10 ingredients · 15 minutes · 4 servings



Directions

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Notes

Vegan

Use chickpeas or lentils instead of tuna.

Leftovers

Keeps well in the fridge up to 3 days.

Ingredients

2 cups Brown Rice Fusilli (cooked)
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1 tbsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/2 cup Green Olives (sliced)
1/2 cup Sun Dried Tomatoes (sliced)
1 can Tuna (drained and flaked)
8 cups Arugula
1/4 cup Hemp Seeds

Nutrition

Calories	469	Cholesterol	15mg
Fat	23g	Sodium	246mg
Carbs	51g	Vitamin A	1088IU
Fiber	5g	Vitamin C	14mg
Sugar	4g	Calcium	100mg
Protein	17g	Iron	5mg

Rice Cakes with Almond Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Spread almond butter across the rice cakes and enjoy!

Notes

No Almond Butter

Use any type of nut or seed butter instead.

Likes it Sweet

Add honey, jam, sliced bananas or berries.

Ingredients

4 Plain Rice Cake

1/4 cup Almond Butter

Nutrition

Calories	262	Cholesterol	0mg
Fat	18g	Sodium	6mg
Carbs	21g	Vitamin A	0IU
Fiber	4g	Vitamin C	0mg
Sugar	2g	Calcium	111mg
Protein	8g	Iron	1mg

Banana

1 ingredient · 1 minute · 2 servings



Directions

1. Peel and enjoy!

Notes

More protein

Dip in almond butter.

Ingredients

2 Banana

Nutrition

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin A	76IU
Fiber	3g	Vitamin C	10mg
Sugar	14g	Calcium	6mg
Protein	1g	Iron	0mg

Apple

1 ingredient · 2 minutes · 1 serving



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

1 Apple

Nutrition

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin A	98IU
Fiber	4g	Vitamin C	8mg
Sugar	19g	Calcium	11mg
Protein	0g	Iron	0mg

Slow Cooker Apple Cinnamon Pork Tenderloin

6 ingredients · 4 hours · 8 servings



Directions

1. Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
2. Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
3. Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender

Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens

Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs

Serve with rice, quinoa or mini potatoes.

Ingredients

- 2 lbs Pork Tenderloin
- 4 Apple (sliced and divided)
- 6 Carrot (medium, sliced into rounds)
- 2 Yellow Onion (diced)
- 1/3 cup Raw Honey
- 2 tbsps Cinnamon

Nutrition

Calories	246	Cholesterol	61mg
Fat	3g	Sodium	81mg
Carbs	34g	Vitamin A	7698IU
Fiber	5g	Vitamin C	10mg
Sugar	26g	Calcium	55mg
Protein	23g	Iron	2mg

Roasted Cauliflower

3 ingredients · 35 minutes · 2 servings



Directions

1. Preheat oven to 350 degrees F and line a baking sheet with parchment paper.
2. Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
3. Remove from oven and enjoy!

Notes

No Avocado Oil

Use coconut oil or olive oil instead.

Make it Cheesy

Toss in nutritional yeast after roasting.

Ingredients

1/2 head Cauliflower (chopped into florets)

1 tbsp Avocado Oil

1/8 tsp Sea Salt (or more to taste)

Nutrition

Calories	99	Cholesterol	0mg
Fat	7g	Sodium	192mg
Carbs	7g	Vitamin A	0IU
Fiber	3g	Vitamin C	71mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	1mg

Grilled Asparagus

3 ingredients · 15 minutes · 2 servings



Directions

1. Preheat grill over medium-low heat.
2. Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
3. Remove from grill and season with salt. Enjoy!

Notes

No Grill

Roast in the oven instead at 425 degrees F for 12 to 15 minutes.

Ingredients

1 1/2 cups Asparagus (woody ends trimmed)

3/4 tsp Extra Virgin Olive Oil

1/8 tsp Sea Salt (or more to taste)

Nutrition

Calories	35	Cholesterol	0mg
Fat	2g	Sodium	150mg
Carbs	4g	Vitamin A	760IU
Fiber	2g	Vitamin C	6mg
Sugar	2g	Calcium	24mg
Protein	2g	Iron	2mg

Oven-Roasted Kale

3 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 375 degrees F. Line a baking pan with foil or parchment paper.
2. In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
3. Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
4. Remove from oven, plate and enjoy!

Notes

No Kale

Use collard greens instead.

Likes it Spicy

Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.

Ingredients

8 cups Kale Leaves (roughly chopped)

1 tbsp Extra Virgin Olive Oil

1/4 tsp Sea Salt (or more to taste)

Nutrition

Calories	200	Cholesterol	0mg
Fat	7g	Sodium	515mg
Carbs	24g	Vitamin A	26000IU
Fiber	8g	Vitamin C	36mg
Sugar	0g	Calcium	320mg
Protein	8g	Iron	6mg

Creamy Edamame & Mushroom Pasta

12 ingredients · 25 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
3. In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
4. Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
5. Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

Notes

Storage

Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.

More Protein

Serve with diced chicken breast, shrimp or add extra edamame.

Likes it Spicy

Add red pepper flakes.

Ingredients

- 1 cup Brown Rice Macaroni
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Mushrooms (sliced)
- 2 cups Unsweetened Almond Milk
- 1 1/3 tbsps Onion Powder
- 2 tpsps Garlic Powder
- 1 tsp Arrowroot Powder
- 1/4 cup Almond Flour
- 2 tpsps Sea Salt
- 1 cup Frozen Peas
- 1 cup Frozen Edamame
- 4 cups Baby Spinach (chopped)

Nutrition

Calories	327	Cholesterol	0mg
Fat	15g	Sodium	1321mg
Carbs	39g	Vitamin A	4018IU
Fiber	8g	Vitamin C	16mg
Sugar	4g	Calcium	316mg
Protein	13g	Iron	4mg

Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 350F.
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian

Use cooked lentils instead of ground meat.

Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 3 cups Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt

Nutrition

Calories	307	Cholesterol	84mg
Fat	17g	Sodium	311mg
Carbs	16g	Vitamin A	5268IU
Fiber	5g	Vitamin C	78mg
Sugar	8g	Calcium	88mg
Protein	26g	Iron	3mg