

Quick Recipes for a busy life:

Best to use a slow cooker. Why? Put everything in when you wake up, turn on and leave until you get home. BEST is to wait until you get home to add veggies or just sauté a few when you do your weekend cooking (details from seminar)

Rule of thumb: Organic as much as possible, especially proteins. Keeps you from adding additional synthetic hormones, antibiotics and pesticides into your body.

You really can't mess this up. Just put whatever proteins and spices you want and turn it on. If you don't mind the mushy veggies you can put in too but I always put at the end or sauté up at another time and heat up when ready.

### **The Keep it Simple Anyone Can Make Slow Cooker Meal:**

4-5 Chicken Breasts (Bone-in or Boneless—with bone provides more flavor and nutrition, Thighs, Brisket, or Pork Loin:

1 tsp of sea salt (might have to add more later after cooking)

1-2 tsp black pepper

2-3 cloves garlic

Turn on slow cooker and go to work.

This simple dish brings out the flavor of the meats rather than several spices. Adding cayenne or red pepper flakes can always boost the heat and speed up your metabolism

If not ready to eat right when you get home, chop up some veggies and mushrooms and put into slow cooker for about an hour.

### **Moroccan Chicken**

1 medium onion, coarsely chopped (1/2 cup)

8 oz. baby carrots with tops, trimmed, or baby carrots, halved lengthwise if large

1/2 cup pitted dried plums (prunes)

1 14-oz. can reduced-sodium chicken broth

8 bone-in chicken thighs, skinned

1-1/4 tsp. curry powder

1/2 tsp. salt

1/2 tsp. ground cinnamon

### **Italian Chicken with Beans and White Sauce**

2 pounds skinless, boneless chicken thighs  
2 tsp. ground cumin  
1/8 tsp. ground black pepper  
1 Tbsp. olive oil  
2 10-oz. pkgs. refrigerated light Alfredo sauce (ideally homemade to lower carb amount)  
1 15-oz. can Great Northern or white kidney beans (cannellini beans), rinsed and drained  
1 cup reduced-sodium chicken broth  
1/2 cup chopped red onion (1 medium)  
1 4-oz. can diced green chile peppers  
4 cloves garlic, minced  
1/4 cup shredded sharp cheddar cheese or Monterey Jack cheese (1 ounce) (optional)  
Fresh parsley leaves (optional)

### **Seafood Gumbo**

2 stalks celery, sliced (1 1/2 cups)  
1 medium onion, sliced (1 cup)  
1 green pepper, chopped (1 1/2 cups)  
2 garlic cloves, minced  
2 cups chicken broth  
1 14-ounce can diced tomatoes  
2 tablespoons Worcestershire sauce  
2 teaspoons kosher salt  
1 teaspoon dried thyme leaves  
1 pound large raw shrimp, cleaned  
1 pound fresh or frozen crabmeat (can do this or just add more shrimp)  
1 10-ounce box frozen okra, thawed and sliced crosswise into 1/2-inch pieces

### **Italian Chicken**

5 chicken thighs  
3 chicken breasts  
1 29 oz. can Italian chopped tomatoes (not drained)  
2 14.5 oz. cans cannellini (white kidney) beans (not drained)  
1 tablespoon balsamic vinegar  
1 tablespoon extra virgin olive oil  
3 teaspoons dried oregano  
3 teaspoons dried basil

### **Pulled Pork**

4 lb pork roast  
2 onions, sliced, divided  
1 onion, chopped  
5 or 6 whole cloves

2 cups water  
16oz low sugar bbq sauce  
salt and pepper

### **Spicy Chicken Soup**

1 pound chicken breast or thighs  
1 small carrot, diced  
1 1/2 cups frozen corn kernels  
1/2 cup chopped onion  
1/2 cup chopped celery  
2 tablespoons Dijon mustard  
1/4 tsp ground black pepper  
dash cayenne or hot pepper sauce  
1/8 tsp garlic powder  
2 1/2 cups vegetable juice (V-8 Brand)  
1 1/2 cups chicken broth  
salt to taste

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