

# DINNER

*You Choose*

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



SAMPLE

### CHICKEN STIR FRY

*INGREDIENTS:* BONELESS SKINLESS CHICKEN BREAST, OLIVE OIL, BROCCOLI, YELLOW BELL PEPPER, RED BELL PEPPER, BABY CARROTS MINCED GINGER, GARLIC, CORN STARCH, CHICKEN BROTH, SOY SAUCE, HONEY, SESAME OIL, RED PEPPER FLAKES, SALT, PEPPER.

### 20 MINUTE WHITE BEAN CHILI

*INGREDIENTS:* OLIVE OIL, YELLOW ONION, DRIED OREGANO, GARLIC CLOVES, CUMIN, VEGETABLE BROTH, CANNED NAVY BEANS, CANNED CANNELLINI BEANS, CANNED CHICK PEAS, CANNED DICED GREEN CHILES, GROUND CLOVES, GROUND CAYENNE, RED PEPPER, LIME, SALT, PEPPER.

### GARLIC BUTTER BAKED SALMON

*INGREDIENTS:* FINGERLING POTATOES, OLIVE OIL, SKINLESS SALMON FILLETS, MINCED GARLIC, PARSLEY, LEMON JUICE, GRASS FED BUTTER, ASPARAGUS, DRY WHITE WINE (OR CHICKEN BROTH), SALT, PEPPER.



DR. JOI  
THE NUTRITION  
PLUG



### FIVE SPICE CHICKEN SHEET PAN DINNER

*INGREDIENTS:* CINNAMON, FENNEL, CLOVES, STAR ANISE, WHITE PEPPER, BONE IN SKIN ON CHICKEN THIGHS, CABBAGE, CARROTS, SOY SAUCE, HONEY, GARLIC, OLIVE OIL, RED PEPPER FLAKES, GREEN ONIONS.

### TURKEY TACO BOWLS

*INGREDIENTS:* GRASS FED GROUND BEEF, TACO SEASONING, WHITE OR BROWN RICE, CILANTO, CANNED CORN, AVOCADO, RED ONION, TOMATOES, SHREDDED CHEESE, SALT, PEPPER, SOUR CREAM AND HOT SAUCE (OPTIONAL).

### LEMON BUTTER FISH

*INGREDIENTS:* FIRM WHITE FISH FILLETS (COD HALIBUT, MAHI), GRASS FED BUTTER, LEMON JUICE, GARLIC POWDER, ONION POWDER, PAPRIKA, OLIVE OIL, PARSLEY, SALT, PEPPER. SERVE WITH BAKED SWEET POTATO AND ARUGULA.