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COUNTESS OF SHOPPING TIRZEPATIDE / SEMAGLUTIDE MEAL PLAN (Dietician Created)

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Br ea kfa st	Chocolate Protein Pancakes	Chocolate Protein Pancakes	Chocolate Protein Pancakes	Beef & Chickpea Fatteh	Beef & Chickpea Fatteh	Berry Cottage Cheese Overnight Oats	Berry Cottage Cheese Overnight Oats
S na ck 1	Dark Chocolate Love Bites	Dark Chocolate Love Bites	Dark Chocolate Love Bites	4 Pomegranate Yogurt Bark	4 Pomegranate Yogurt Bark	4 Pomegranate Yogurt Bark	4 Pomegranate Yogurt Bark
	Greek Yogurt	Greek Yogurt	Greek Yogurt				
L u n c h	Chicken Tacos with Chipotle Coleslaw	Chicken & Leek Quinoa	Tuna & White Bean Grain Bowl	Salmon with Rice, Cabbage & Kale	Pressure Cooker Shredded BBQ Chicken Sandwich	Shredded Beef Stuffed Sweet Potatoes	One Pan Tempeh & Veggies
S na ck 2	Cucumber & Smoked Oyster Spread	Cucumber & Smoked Oyster Spread	Cucumber & Smoked Oyster Spread	2 Cantaloupe with Prosciutto	2 Cantaloupe with Prosciutto	2 Cantaloupe with Prosciutto	2 Cantaloupe with Prosciutto
	Cottage Cheese	Cottage Cheese	Cottage Cheese				
D i n n e r	Chicken & Leek Quinoa	Tuna & White Bean Grain Bowl	Salmon with Rice, Cabbage & Kale	Pressure Cooker Shredded BBQ Chicken Sandwich	Shredded Beef Stuffed Sweet Potatoes	One Pan Tempeh & Veggies	Salmon with Rice & Broccoli
S na ck 3	Cottage Cheese with Blueberries	Cottage Cheese with Blueberries	Cottage Cheese with Blueberries	Beef Jerky & Snap Peas	Beef Jerky & Snap Peas	Beef Jerky & Snap Peas	Beef Jerky & Snap Peas
	+ BIOptimizers Magnesium biooptimizers.com/queen	+ BIOptimizers Magnesium biooptimizers.com/queen	+ BIOptimizers Magnesium biooptimizers.com/queen				

COUNTESSOFSHOPPING.COM - Not medical advice. Always talk to your own doctor before starting a new meal plan and/or supplements.

COUNTESS OF SHOPPING Meal Plan

87 items

Fruits

- ☐ **2/3** Avocado
- ☐ **3** Banana
- ☐ **3/4 cup** Blueberries
- ☐ **1** Cantaloupe
- ☐ **1 1/2 tsps** Lemon Juice
- ☐ **1/2** Lime
- ☐ **1 3/4 tbsps** Lime Juice
- ☐ **2/3 cup** Pomegranate Seeds

Seeds, Nuts & Spices

- ☐ **1/2 tsp** Chili Powder
- ☐ **1/4 tsp** Chipotle Powder **1 tsp**
- ☐ Dried Rosemary **2/3 tsp** Dried
- ☐ Thyme **3/4 tsp** Garlic Powder
- ☐ **1/8 tsp** Onion Powder
- ☐ **1 tsp** Oregano
- ☐ **1 3/4 tbsps** Pumpkin Seeds
- ☐ **1 1/4 tsps** Sea Salt
- ☐ **0** Sea Salt & Black Pepper
- ☐ **2 tbsps** Sesame Seeds
- ☐ **1 1/2 tbsps** Shawarma Spice Blend
- ☐ **1/4 cup** Sliced Almonds
- ☐ **2 1/3 tsps** Slivered Almonds
- ☐ **1/2 tsp** Smoked Paprika

Frozen

- ☐ **2/3 cup** Frozen Berries
- ☐ **1/2 cup** Frozen Edamame

Other

- 4 ozs** Beef Jerky
- 1 oz** Collagen Powder
- 3/4 cup** BIOOPTIMIZER chocolate protein powder
- 1 3/4 cup** water

Vegetables

- 1 cup** Baby Kale
- 3 cups** Broccoli
- 1/4 head** Cauliflower
- 1/3 cup** Cilantro
- 1 1/4 cups** Coleslaw Mix
- 1 1/2** Cucumber
- 4** Garlic
- 2 stalks** Green Onion
- 2 cups** Kale Leaves
- 1** Leeks
- 2 cups** Mixed Greens
- 2 cups** Purple Cabbage
- 1/2** Red Bell Pepper **4 cups** Snap
- Peas **2** Sweet Potato
- 1/2** Yellow Onion

Boxed & Canned

- 3/4 cup** Brown Rice **1/2 cup** Chicken
- Broth **1/2 cup** Chickpeas **1/2 cup**
- Quinoa
- 3 1/2 ozs** Smoked Oysters
- 2 tbsps** Vegetable Broth **1 cup** White
- Navy Beans **1/4 cup** Wild Rice

Baking

- 2/3 oz** Dark Chocolate
- 1/4 tsp** Honey
- 2/3 cup** Oats
- 1 1/3 tbsps** Raw Honey
- 1 tsp** Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ **8 ozs** Chicken Breast
- ☐ **4 ozs** Chicken Breast, Cooked
- ☐ **12 ozs** Chicken Thighs
- ☐ **2** Corn Tortilla
- ☐ **1 1/8 tsps** Cream Cheese, Regular
- ☐ **8 ozs** Extra Lean Ground Beef
- ☐ **6 ozs** Prosciutto
- ☐ **1 1/8 lbs** Salmon Fillet
- ☐ **9 ozs** Tempeh
- ☐ **10 2/3 ozs** Top Sirloin Beef Roast
- ☐ **8 ozs** Tuna Steak
- ☐ **4 ozs** Whole Wheat Bun
- ☐ **1** Whole Wheat Pita

Condiments & Oils

- ☐ **1/4 cup**
- ☐ Balsamic
- ☐ Vinegar **1/4**
- ☐ **cup** Barbecue
- ☐ Sauce **2 tsps**
- ☐ Coconut
- ☐ Aminos
- ☐ **1 1/2 tbsps** Coconut Oil
- ☐ **2 tbsps** Dijon Mustard
- ☐ **1 3/4 tbsps** Extra Virgin Olive Oil
- ☐ **2 2/3 tbsps** Mayonnaise
- ☐ **1 tbsp** Sesame Oil
- ☐ **1 tsp** Sriracha
- ☐ **2 tsps** Tamari
- ☐ **2 1/4 tsps** Worcestershire Sauce

Cold

- 1 tbsp** Butter
- 4 cups** Cottage Cheese
- 6** Egg
- 3 2/3 cups** Plain Greek Yogurt
- 1 cup** Unsweetened Almond Milk

Chocolate Protein Pancakes

4 ingredients · 15 minutes · 3 servings



Directions

1. In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
2. Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
3. Transfer to a plate and top with additional banana slices. Enjoy!

Ingredients

- 3 Banana (plus extra for topping)
- 6 Egg
- 3/4 cup BIOptimizers Chocolate Protein Powder
- 1 1/2 tbsps Coconut Oil

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Serving Size

One serving is approximately two pancakes.

Additional Toppings

Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts

Beef & Chickpea Fattah

11 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Cut the pita bread into small pieces and layer onto the baking sheet. Bake in the oven for 12 to 15 minutes or until crispy and golden brown.
3. Meanwhile, heat the oil in a pan over medium heat. Add the onion and sauté for two to three minutes. Add the garlic and beef and cook, stirring for about ten minutes, breaking the meat up as it cooks.
4. Add the shawarma spice and chickpeas. Cook for another five minutes and adjust the salt and pepper to your taste.
5. In a bowl, whisk together the yogurt, lemon juice, salt, and pepper.
6. Add the toasted pita to a serving plate. Top with the beef and chickpeas and drizzle with the yogurt mixture. Garnish with cilantro and enjoy!

Ingredients

1 Whole Wheat Pita
1 **tsp** Extra Virgin Olive Oil
1/2 Yellow Onion (medium, sliced)
1 Garlic (clove, minced)
8 **ozs** Extra Lean Ground Beef
1 1/2 **tbsps** Shawarma Spice Blend
1/2 **cup** Chickpeas (cooked)
Sea Salt & Black Pepper (to taste)
1/3 **cup** Plain Greek Yogurt
1 1/2 **tsp**s Lemon Juice
2 **tbsps** Cilantro

Notes

Leftovers

Best enjoyed fresh. Refrigerate the beef, yogurt, and pita in separate containers for up to three days. Assemble before serving.

Serving Size

One serving is approximately two cups.

Gluten-Free

Use gluten-free pita instead.

Dairy-Free

Omit the yogurt sauce or use a plant-based yogurt instead.

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Berry Cottage Cheese Overnight Oats

8 ingredients · 8 hours · 2 servings



Directions

1. Add the oats, cottage cheese, collagen powder, vanilla, honey, milk, and half of the sliced almonds to a bowl. Mix well to combine.
2. Divide between sealable containers and top with the berries. Refrigerate sealed overnight or for at least eight hours.
3. Top with remaining sliced almonds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately one cup with toppings.

Make it Vegan

Use coconut yogurt or cashew cheese instead of cottage cheese. Omit the collagen and/or use vegan protein powder instead.

Ingredients

2/3 cup Oats

1 cup Cottage Cheese

1 oz Collagen Powder (optional) I love BOptimizers

1 tsp Vanilla Extract

1 1/3 tbsps Raw Honey

1 cup Unsweetened Almond Milk **1/4 cup** Sliced

Almonds (divided) **2/3 cup** Frozen Berries

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Dark Chocolate Love Bites

3 ingredients · 20 minutes · 3 servings



Directions

1. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get in the smaller pot.
2. Add the dark chocolate into the smaller pot and stir continuously until melted.
3. Spread a large piece of wax paper across your counter. Dollop a heaping teaspoon of melted chocolate onto the wax paper so it forms a circle. Repeat until all chocolate has been used up. Immediately place 4 or 5 pomegranate seeds in the centre of each chocolate and then surround with slivered almonds.
4. Let chocolate cool for 1 hour before peeling off of the wax paper. Arrange on a decorative plate or store in a mason jar. Enjoy!

Ingredients

2/3 oz Dark Chocolate (at least 70% cacao)

2 1/3 tsps Pomegranate Seeds

2 1/3 tsps Slivered Almonds

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Greek Yogurt

1 ingredient · 5 minutes · 3 servings



Directions

1. Scoop into a bowl and enjoy!

Notes

Toppings

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free

Use coconut, almond or cashew yogurt instead.

Ingredients

1 1/2 cups Plain Greek Yogurt

Pomegranate Yogurt Bark

3 ingredients · 2 hours · 16 servings



Ingredients

1 3/4 cups Plain Greek Yogurt **2/3 cup**
Pomegranate Seeds **1 3/4 tbsps** Pumpkin
Seeds

Directions

1. Line a baking sheet with parchment paper, wax paper or a silicone mat.
2. Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds ovetop.
3. Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

Notes

Leftovers

Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

Serving Size

Each serving equals approximately one 3 x 2.5" piece.

Dairy-Free

Use coconut yogurt instead.

More Flavor

Add vanilla extract and your sweetener of choice.

Additional Toppings

Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.

Chicken Tacos with Chipotle Coleslaw

11 ingredients · 10 minutes · 1 serving



Directions

1. Combine mayonnaise, lime juice, honey, garlic powder, onion powder, chipotle powder, salt, and pepper in a medium mixing bowl and whisk with a fork until combined. Add the coleslaw mix and stir until well coated.
2. Divide the coleslaw mixture, shredded chicken, and cilantro evenly between the corn tortillas. Enjoy!

Notes

Leftovers

Refrigerate the coleslaw separately from the other ingredients in an airtight container for up to three days.

Serving Size

One serving is equal to two tacos.

Make it Vegan

Use lentils, chickpeas, tofu, or tempeh instead of chicken.

Grain-Free

Use cassava, coconut, or almond flour tortillas instead.

Ingredients

2 tsps Mayonnaise **1 tsp** Lime Juice
1/4 tsp Honey
1/8 tsp Garlic Powder **1/8 tsp** Onion Powder
1/4 tsp Chipotle Powder
Sea Salt & Black Pepper (to taste)
3/4 cup Coleslaw Mix
4 ozs Chicken Breast, Cooked (shredded)
2 tbsps Cilantro (chopped)
2 Corn Tortilla

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Cucumber & Smoked Oyster Spread

4 ingredients · 5 minutes · 3 servings



Directions

1. Place the cream cheese, smoked oysters, and Worcestershire sauce in a bowl. Mix and mash with a fork or blend with a hand blender if you prefer a smoother texture.
2. Serve with the cucumber and enjoy!

Ingredients

- 1 **1/8 tsps** Cream Cheese, Regular (room temperature)
- 3 **1/2 ozs** Smoked Oysters (drained)
- 2 **1/4 tsps** Worcestershire Sauce
- 1 **1/2** Cucumber (large, sliced)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1/4 cup.

More Flavor

Add chopped capers, hot sauce, or your choice of fresh herbs.

No Cucumbers

Use bell pepper slices, carrot sticks, celery sticks, or crackers instead.

Dairy-Free

Use vegan cream cheese instead.

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Cottage Cheese

1 ingredient · 5 minutes · 3 servings



Directions

1. Scoop into a bowl and enjoy!

Notes

Serve it With

Fruit, cinnamon, honey, nut butter, pancakes, omelets, toast or pasta.

Ingredients

1 1/2 cups Cottage Cheese

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Cantaloupe with Prosciutto

2 ingredients · 10 minutes · 8 servings



Directions

1. Gently wrap the cantaloupe slices with prosciutto. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

Each serving equals approximately two slices of prosciutto-wrapped cantaloupe.

Additional Toppings

Add in bocconcini cheese and/or arugula.

Extra Sweetness

Drizzle with a bit of raw honey.

Ingredients

1 Cantaloupe (skin and seeds removed, sliced)

6 ozs Prosciutto (thinly sliced)

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Chicken & Leek Quinoa

9 ingredients · 25 minutes · 2 servings



Directions

1. Melt the butter in a non-stick pan over medium heat. Add the chicken and the leeks and cook for four minutes, stirring occasionally. Season with salt and pepper.
2. Add the garlic and rosemary and cook for one more minute.
3. Add the quinoa and the water, stir well, and bring to a boil. Cover, reduce the heat to low and simmer for 12 to 15 minutes.
4. Add the kale and stir. Season to taste if desired. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add more vegetables. Use spinach in place of kale.

Ingredients

- 1 tbsp** Butter
- 12 ozs** Chicken Thighs (boneless, skinless, cut into 1-inch pieces)
- 1** Leeks (large, white and most green parts, trimmed, sliced)
- Sea Salt & Black Pepper (to taste)
- 1** Garlic (clove, finely chopped)
- 1 tsp** Dried Rosemary
- 1/2 cup** Quinoa (dry, rinsed)
- 1 1/2 cups** Water
- 1 cup** Baby Kale (chopped)

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Tuna & White Bean Grain Bowl

10 ingredients · 45 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. In a bowl, combine the lime juice, tamari, sriracha, and half of the oil. Set aside.
3. Pat the tuna steak dry. Brush with the remaining oil and place the sesame seeds on a large plate. Gently press both sides of the tuna steak in sesame seeds to coat.
4. Heat a skillet over high heat until very hot. Once hot, sear the steaks for one to three minutes on each side. This timing will depend on the thickness of the tuna and desired doneness. Transfer to a cutting board, slice into cubes, and add to the sauce. Refrigerate for five minutes.
5. To assemble, divide the mixed greens, cooked rice, beans, tuna and its juices, and green onions evenly between bowls. Enjoy!

Ingredients

1/4 cup Wild Rice (dry)
1 1/2 tbsps Lime Juice
2 tsps Tamari
1 tsp Sriracha
1 tbsps Sesame Oil (divided)
8 ozs Tuna Steak
2 tbsps Sesame Seeds
2 cups Mixed Greens
1 cup White Navy Beans (cooked)
2 stalks Green Onion (chopped)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three cups.

More Flavor

Add fresh garlic and/or ginger to the sauce.

Additional Toppings

Fresh herbs like cilantro and chives.

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Salmon with Rice, Cabbage & Kale

6 ingredients · 20 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. Meanwhile, heat the oil in a cast-iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Remove from the pan leaving the oil behind.
3. Add the kale and cabbage to the skillet. Cook them in the remaining oil for two to three minutes, or until they start to soften. Add a splash of water if you prefer them cooked down more.
4. Divide the rice, salmon, kale, and cabbage evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for two days.

Serving Size

One serving is 6 oz of salmon, 1/2 cup of cooked rice, and two cups of kale and cabbage.

More Flavor

Add red chilli flakes, shallots and/or garlic to the vegetables. Squeeze fresh lemon on the salmon once it has cooked.

Additional Toppings

Sesame seeds, hemp seeds, chopped green onions, and/or hot sauce.

Ingredients

1/2 cup Brown Rice (dry, rinsed)

1 tbsp Extra Virgin Olive Oil

12 ozs Salmon Fillet

Sea Salt & Black Pepper (to taste)

2 cups Kale Leaves (chopped)

2 cups Purple Cabbage (thinly sliced)

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Pressure Cooker Shredded BBQ Chicken Sandwich

9 ingredients · 30 minutes · 2 servings



Directions

1. Season the chicken with smoked paprika, chili powder, salt, and pepper.
2. Pour the broth into the pressure cooker and place the chicken on top. Close the lid and set it to "sealing". Press manual/pressure cooker and cook for 13 minutes on high pressure. Once it's done, do a five-minute natural release and then carefully flip the valve to "venting" for a quick release.
3. Meanwhile, toss the coleslaw mix and the mayonnaise together in a bowl. Season with salt and pepper.
4. Remove the lid and shred the chicken with two forks. Add the shredded chicken to a bowl and add the barbecue sauce and some of the liquid from the pressure cooker. This adds more flavor and keeps it juicy. Mix and set aside.
5. Divide the chicken onto the buns and top with coleslaw. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one sandwich.

Gluten-Free

Use a gluten-free bun.

More Flavor

Add mustard to the mayonnaise. Add hot sauce.

Whole Wheat Bun

One bun is equal to approximately 57 grams or two ounces.

Ingredients

8 ozs Chicken Breast (boneless, skinless)

1/2 tsp Smoked Paprika

1/2 tsp Chili Powder

Sea Salt & Black Pepper (to taste)

1/2 cup Chicken Broth **1/2 cup**

Coleslaw Mix **2 tbsps** Mayonnaise

1/4 cup Barbecue Sauce

4 ozs Whole Wheat Bun (toasted)

Shredded Beef Stuffed Sweet Potatoes

11 ingredients · 3 hours 20 minutes · 2 servings



Directions

1. Season the beef all over with salt, garlic powder, and thyme. Heat a pot over medium- high heat. Add the beef and cook for about 10 minutes or until browned on all sides.
2. Add the water and coconut aminos to the pot. Cover with a lid and turn the heat down to low. Cook for about three hours or until the beef is tender. Check occasionally and add more water if necessary.
3. Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Pierce the sweet potatoes with a fork, brush with oil, and place them on the baking sheet. Bake for 45 to 50 minutes or until cooked through.
4. Slice the sweet potatoes down the middle, but not all the way through. Use a fork to lightly mash the cooked potatoes.
5. Remove the beef from the pot and shred with two forks. Bring back the shredded beef to the pot and stir with the liquid. Taste and adjust the seasoning to your taste.
6. Top each sweet potato with shredded beef and avocado. Garnish with cilantro, and lime juice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze the beef for up to three months.

Serving Size

One serving is equal to one medium sweet potato, approximately 2/3 cup beef and 1/3 of an avocado.

Ingredients

10 2/3 ozs Top Sirloin Beef Roast (cut into big chunks)
1/2 tsp Sea Salt
2/3 tsp Garlic Powder **2/3 tsp** Dried
Thyme **2 2/3 tbsps** Water
2 tsps Coconut Aminos
2/3 tsp Extra Virgin Olive Oil
2 Sweet Potato (medium)
2/3 Avocado (medium, sliced)
1 1/3 tbsps Cilantro
1/2 Lime (juiced)

One Pan Tempeh & Veggies

11 ingredients · 50 minutes · 2 servings



Directions

1. Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
2. Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
3. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
4. Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
5. Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Divide between plates and enjoy!

Ingredients

1/4 cup Balsamic Vinegar
2 tbsps Dijon Mustard
2 tbsps Vegetable Broth **2** Garlic (clove, minced) **1 tsp** Oregano
3/4 tsp Sea Salt
9 ozs Tempeh (cut into thin strips) **2 cups** Broccoli (cut into florets) **1/2 cup** Frozen Edamame (thawed)
1/4 head Cauliflower (cut into florets)
1/2 Red Bell Pepper (chopped)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Fresh herbs or green onion.

Serve It With

Brown rice, quinoa or cauliflower rice.

Vegetables

Use carrots, zucchini, Brussels sprouts, green beans, asparagus, or eggplant instead.

No Vegetable Broth

Use water instead.

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Salmon with Rice & Broccoli

5 ingredients · 30 minutes · 1 serving



Directions

1. Cook the rice according to the package directions.
2. Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
3. Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
4. To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

No Brown Rice

Use white rice, jasmine rice, quinoa, cauliflower rice, or couscous instead.

No Broccoli

Use green beans, cauliflower, or carrots instead.

No Salmon

Use trout, cod, or halibut instead.

Ingredients

1/4 cup Brown Rice (dry)

6 ozs Salmon Fillet

Sea Salt & Black Pepper (to taste)

3/4 tsp Extra Virgin Olive Oil

1 cup Broccoli (cut into florets)

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Cottage Cheese with Blueberries

2 ingredients · 5 minutes · 3 servings



Directions

1. Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

Notes

Make It Sweet

Drizzle honey or maple syrup overtop.

Storage

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

1 1/2 cups Cottage Cheese

3/4 cup Blueberries (fresh or frozen)

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Beef Jerky & Snap Peas

2 ingredients · 5 minutes · 4 servings



Directions

1. Add beef jerky and snap peas to a plate or to-go container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Refer to jerky package for storage instructions.

Ingredients

4 ozs Beef Jerky

4 cups Snap Peas