

WINNER-WINNER CHICKEN DINNER

Organic Pasture-Raised Chicken

Organic chicken is an excellent source of vitamin B5 & tryptophan, which helps relieve stress. Chicken is also very high in magnesium, which can help to alleviate PMS symptoms.

Broccoli

Broccoli is a good source of fiber, aiding in digestion & helping in the slowing of mental decline in older adults. It is also shown to support brain & nervous tissue function & can even help lower cholesterol.

Garlic Cloves

Garlic can enhance the production of serotonin, a brain chemical responsible for signal transmission & mood regulation. Raw garlic also contains allicin, which is believed to have antibacterial & anti-fungal properties.

Ginger

Ginger improves memory & attention, acts as a natural antidepressant, & calms anxiety. It is also an anti-inflammatory making it popular for treating the inflammation caused by arthritis.

Turmeric

Turmeric has a main active ingredient of Curcumin, which helps decrease exercise-induced muscle damage. Curcumin is also an immune booster & antiviral.

Organic Cherry Tomatoes

A higher intake of tomatoes has shown a decrease in many cancers, prostate cancer in particular. Tomatoes are also full of lycopene, a compound that helps with inflammation & blood clotting.

Lemon

Lemons contain lots of Vitamin C, known to lower stress hormones, also helping to keep free radicals in the body in control. Vitamin C also helps in the recovery of the adrenal gland that is impacted by stress.

Avocado

Avocados are full of Vitamin K & folate, which is known to help prevent stroke. Aside from also boosting memory & concentration, they have a high dose of lutein, improving brain function.

Instructions

- Melt 1 tbsp of **original grass-fed ghee butter** in a large pan on medium-high heat
- Season one side of the **organic, pasture-raised chicken breast** with ½ tsp of **Himalayan pink salt**, ½ tsp of **black pepper**, ½ tsp of **rosemary**, & ¼ tsp of **cayenne pepper**
- At this point, the pan should be ready to sear the chicken breasts; reduce heat & pan-fry the chicken (seasoned side down) in the melted ghee butter - If butter seems to be disappearing out of the pan at any time, add ½ tbsp of ghee & lower heat.
- Season the other side of the chicken breast with ½ tsp of **Himalayan pink salt**, ½ tsp of **black pepper**, & ½ tsp of **rosemary**
- Chop 1 head of **broccoli** without the stems, & set aside.
- Chop ½ an **organic red bell pepper** into good bite-size pieces, & set aside
- Peel & dice 3 **garlic cloves**, 1" of **turmeric root**, & 1" of **ginger**, then set aside
- In a separate pan, heat 1 tbsp of **cold-pressed, extra virgin olive oil** for one minute, on low-medium heat - If the oil starts to diminish or vegetables seem to be burning at any time, add ½ tbsp of oil & lower heat.
- Check on the chicken; the end result should be a nice crispy brown. When this has been obtained, flip to the other side to cook.
- In the separate pan:
 - Add 1 **broccoli** head, chopped without stems.
 - Add ½ an **organic red bell pepper**, chopped, then cover with a lid & saute.
- Add an additional 1 tbsp of **original grass-fed ghee butter** to the first pan & flip the chicken to the other side (if you haven't already)
- Peel & dice 3 **garlic cloves**,
- Stir the vegetables & add:
 - ½ tbsp of **toasted sesame oil**
 - 3 diced **garlic cloves**
 - 1 peeled & diced **turmeric root** about ½ the length of a pinky
 - 1" of peeled, diced **ginger**
 - ¼ - ½ of freshly squeezed **lemon** juice
 - Stir & cover
- Cook 1 pack of **basmati & lentil rice** in the microwave for 90 seconds
- Slice 7 whole **organic cherry tomatoes** in half & add to the vegetable pan, then cover
- Check the chicken with a knife to make sure it's cooked thoroughly through & there is no pink.
- Remove chicken to plates once cooked & has a nice crispy brown layer.
- Add 1 pack of **basmati & lentil rice** to the vegetable pan & stir.
- Add ½ tbsp of **toasted sesame oil** to rice.
- Add ½ tbsp of **coconut aminos** to rice, stir, & cook for 1 minute.
- Remove vegetables onto plates with chicken.
- Add ½ an **avocado** to each plate.

Combine your bites & eat up!

FAST5 RECIPES TO BOOST YOUR
IMMUNE SYSTEM & MENTAL HEALTH

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Makes 2 Servings

Recipe

- **Broccoli** - 1 head
 - **Organic Red Bell Pepper** - ½
 - **Garlic Cloves** - 3
 - **Turmeric** - 1 root
 - **Ginger** - 1"
 - **Lemon** - ¼ - ½
 - **Village Harvest: Basmati & Lentil Rice** - 1 pack
 - **Organic Cherry Tomatoes** - 7 whole
 - **Avocado** - 1
- Thrive Market:*
- **4th & Heart: Original Grass-Fed Ghee Clarified Butter** - approximately 2
tbsp
 - **Organic, Pasture-Raised Chicken Breast** - 1 package
 - **Himalayan Pink Salt** - 1 tsp
 - **Black Pepper** - 1 tsp
 - **Rosemary** - 1 tsp
 - **Cayenne Pepper** - ¼ tsp
 - **Cold-Pressed, Extra Virgin Olive Oil** - 1 tbsp
 - **Toasted Sesame Oil** - 1 tbsp
 - **Coconut Aminos** - ½ tbsp

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Substitutions

- Thrive Market has a variety of healthy alternatives. I ordered Himalayan pink salt, black pepper, rosemary, cayenne pepper, coconut aminos, extra virgin, & toasted sesame oil for this recipe; they also have a membership that helps save money on each item by providing them at discounted prices! The best part? It's delivered right to your door! I do most of my general shopping for seasonings, etc., here & get my fresh produce at the local farmers' markets!
- 4th & Heart: Original Grass-Fed Ghee Clarified Butter is one of my favorite items to keep stocked; it is grass-fed, free of lactose, & includes healthy fats & nutrients that are essential to overall health & digestion. There are various flavors the company sells, but I use the original blend for this recipe. Ghee also adds an excellent flavor to foods & helps to absorb more nutrients when combined. If you choose another product, remember to check the ingredient label before purchasing! *A good rule of thumb is to look for products with five ingredients or less; if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- Village Harvest: Basmati & Lentil Rice is one of my favorite quick meals that I can incorporate into any dish in 90 seconds. If you're crunched for time, this rice is an excellent option with exceptional ingredients! If you decide to use a different whole grain for your dish, always double-check the ingredient label! Again, *a good rule of thumb is to look for products with five ingredients or less; if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*