

Curry Chicken

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

1 rotisserie chicken, shredded
1 tablespoon Heart of Health
Seasoning
¼ cup curry powder
1 (13.5 oz) can coconut milk

DIRECTIONS:

1. Remove the meat from the rotisserie chicken and shred or chop into bite-sized pieces.
2. Place the chicken in a large skillet or saucepan over medium heat.
3. Add the Heart of Health Seasoning and curry powder. Stir to coat the chicken evenly.
4. Pour in the coconut milk and mix well.
5. Simmer for 10–15 minutes, stirring occasionally, until heated through and the flavors have blended.
6. Serve warm on its own or over your favorite rice, vegetables, or noodles.

Alfredo Chicken



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 rotisserie chicken, shredded
2 (8 oz) packages cream cheese,
softened
2 tablespoons Heart of Health
Seasoning
1 stick (1/2 cup) butter
1/2 cup half-and-half

DIRECTIONS:

1. Remove the meat from the rotisserie chicken and shred or chop into bite-sized pieces.
2. In a large skillet or saucepan over medium heat, melt the butter.
3. Add the cream cheese and half-and-half, stirring until smooth and creamy.
4. Stir in the Heart of Health Seasoning.
5. Add the shredded chicken and mix until well coated.
6. Simmer for 5–10 minutes, stirring occasionally, until heated through.
7. Serve warm.

Buffalo Chicken

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

2 pounds boneless, skinless chicken breasts, cooked and shredded
1 (8 oz) package Philadelphia cream cheese
1 tablespoon Heart of Health Seasoning
¼ cup half-and-half
½ bottle hot sauce (about 6–8 ounces, depending on the bottle size)

DIRECTIONS:

1. Place the cream cheese, Heart of Health Seasoning, half-and-half, and hot sauce in a microwave-safe bowl.
2. Microwave for 1 minute, then whisk or blend until smooth and creamy.
3. Add the shredded chicken to a large bowl or saucepan.
4. Pour the buffalo sauce over the chicken and stir until evenly coated.
5. Warm over low heat, stirring occasionally, until heated through.

Chicken Tacos

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

1 rotisserie chicken, shredded
3 packets taco seasoning
¼ cup water

DIRECTIONS:

1. Remove the meat from the rotisserie chicken and shred or chop into bite-sized pieces.
2. Place the chicken in a large skillet over medium heat.
3. Add the taco seasoning and water, stirring until the chicken is evenly coated.
4. Cook for 5–10 minutes, stirring occasionally, until heated through and the seasoning is fully incorporated.
5. Serve warm in tacos, burritos, taco salads, nachos, or rice bowls.

Philly Chicken & Cheese



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 rotisserie chicken, shredded
2 packets onion soup mix
½ cup steak sauce
Sliced onions, peppers, and shredded
cheese, optional

DIRECTIONS:

1. Remove the meat from the rotisserie chicken and shred or chop into bite-sized pieces.
2. Place the chicken in a large skillet over medium heat.
3. Add the onion soup mix and steak sauce, stirring until the chicken is evenly coated.
4. Cook for 5–10 minutes, stirring occasionally, until heated through.
5. If desired, top with sliced onions, peppers, and shredded cheese.
6. Cover the skillet for 2–3 minutes, or until the cheese is melted and the vegetables are warmed.
7. Serve warm.

Parmesan Chicken



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 rotisserie chicken, shredded
1 (24 oz) jar pizza sauce
2 tablespoons HOH Seasoning
1–2 cups shredded cheese

DIRECTIONS:

1. Remove the meat from the rotisserie chicken and shred or chop into bite-sized pieces.
2. Place the chicken in a large skillet or baking dish.
3. Add the pizza sauce and Heart of Health Seasoning. Stir until the chicken is evenly coated.
4. Heat over medium heat for 5–10 minutes, or until warmed through.
5. Sprinkle the shredded cheese evenly over the top.
6. Cover and cook until the cheese is melted, or place under the broiler for 2–3 minutes until bubbly.

Cajun Chicken



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

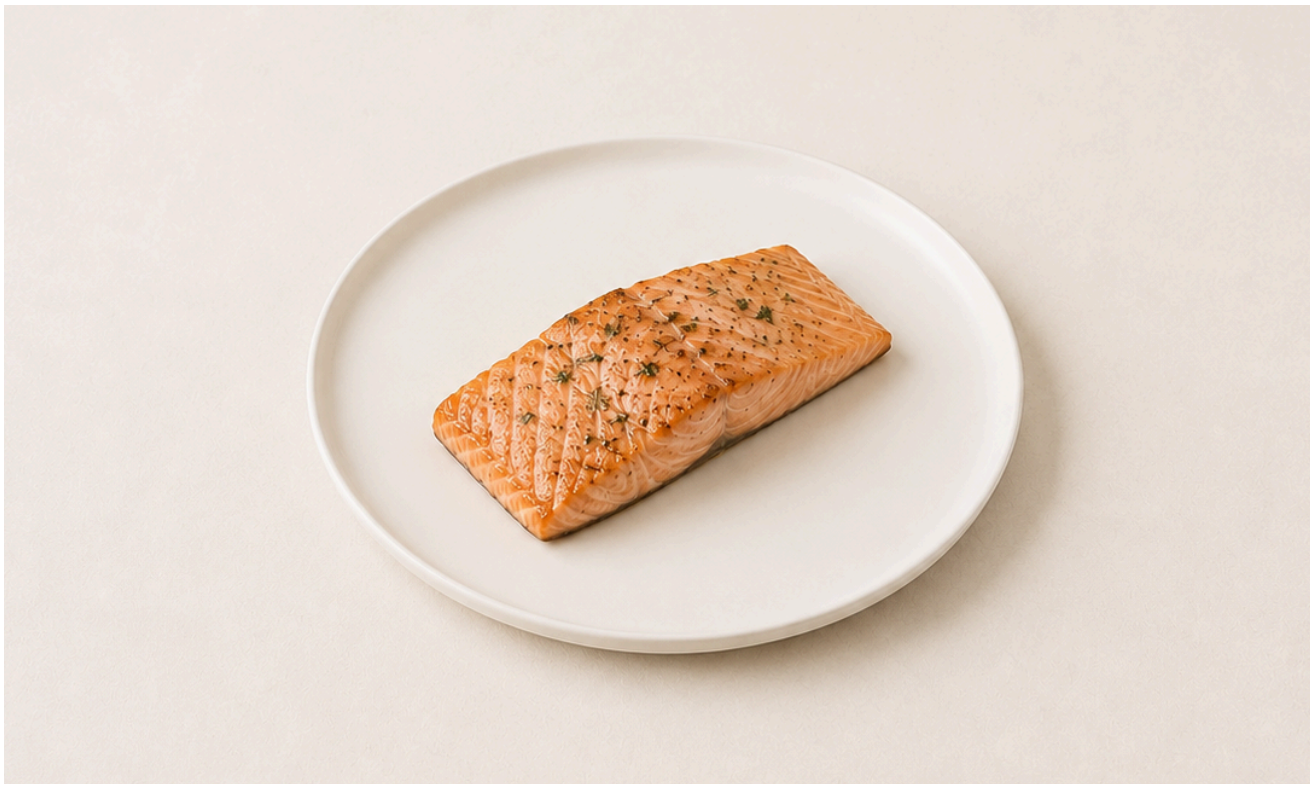
INGREDIENTS:

1 rotisserie chicken, shredded
¼ cup Cajun seasoning

DIRECTIONS:

1. Remove the meat from the rotisserie chicken and shred or chop into bite-sized pieces.
2. Place the chicken in a large skillet over medium heat.
3. Sprinkle the Cajun seasoning over the chicken and stir until evenly coated.
4. Cook for 5–10 minutes, stirring occasionally, until heated through and the seasoning is well incorporated.
5. Serve warm.

Salmon



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 pound frozen wild-caught salmon
Onion granules, to taste
Garlic granules, to taste
Oregano, to taste
Black pepper, to taste

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Place the frozen salmon on a baking sheet or in a baking dish.
3. Season generously with onion granules, garlic granules, oregano, and black pepper.
4. Bake for 15 minutes, or until the salmon is cooked through and flakes easily with a fork.
5. Allow to cool slightly before serving or storing.

Note: Baking the salmon helps it retain moisture, making it ideal for freezing and reheating later in the microwave without drying out.

Instant Pot Shredded Chicken



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

5 pounds boneless, skinless chicken breasts
1 tablespoon HOH Seasoning, divided
Water

DIRECTIONS:

1. Sprinkle ½ tablespoon of Heart of Health Seasoning into the bottom of the Instant Pot.
2. Add the chicken breasts to the pot.
3. Sprinkle the remaining ½ tablespoon of Heart of Health Seasoning over the chicken.
4. Add enough water to reach the top of the chicken.
5. Secure the lid and set the valve to the sealing position.
6. Cook using the Meat/Stew setting.
7. Once cooking is complete, allow the pressure to release naturally or according to your Instant Pot's recommendations.
8. Remove the chicken and shred with two forks or a hand mixer.

Meal Prep Tip: Portion the shredded chicken into containers or freezer bags for quick meals throughout the week.

Turkey Burger



SERVINGS: 4

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

1 pound 93% lean ground turkey
1 packet onion soup mix
¼ cup A1 Steak Sauce

DIRECTIONS:

1. In a large bowl, combine the ground turkey, onion soup mix, and A1 Steak Sauce.
2. Mix until all ingredients are evenly incorporated.
3. Divide the mixture into 4 equal portions and form into burger patties.
4. Cook on a preheated grill, grill pan, or skillet over medium-high heat for 5–7 minutes per side, or until the internal temperature reaches 165°F.
5. Serve hot with your favorite toppings and sides.

Instant Pot Baharat Lamb



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

5 pounds lamb
1 tablespoon Heart of Health
Seasoning, divided
Baharat (Arabic spice blend), to taste
Water

DIRECTIONS:

1. Sprinkle 1/2 tablespoon of Heart of Health Seasoning into the bottom of the Instant Pot.
2. Add the lamb to the pot.
3. Sprinkle the remaining 1/2 tablespoon of Heart of Health Seasoning over the lamb.
4. Season with baharat to taste.
5. Add enough water to reach the top of the lamb.
6. Secure the lid and set the valve to the sealing position.
7. Cook using the Meat/Stew setting.
8. Once cooking is complete, allow the pressure to release naturally or according to your Instant Pot's recommendations.
9. Remove the lamb and shred or chop as desired.