

Frozen lunches

- [Goulash](#)
- [Breakfast burritos](#)
- [Barbacoa](#)

Goulash

Ingredients

1 tbsp olive oil

1 cup onion, diced

1 green bell pepper, diced

2 lbs. ground beef, lean

3 tsp garlic, minced

2 15 oz cans tomato sauce

2 15 oz cans petite diced tomatoes

3 cups beef broth

3 tbsp Worcestershire Sauce

2 tsp seasoned salt

2 tbsp Italian Seasoning

3 bay leaves

2 cups macaroni noodles, uncooked

1 cup cheddar cheese, shredded

Instructions

1 Add olive oil to large pot over medium-high heat. Add in the onion, bell pepper and ground beef then cook until beef is no longer pink. Drain any excess fat and return pot to stove top. Add in garlic and stir until fragrant (about 30 seconds).

2 Pour in the tomato sauce, diced tomatoes, beef broth, Worcestershire sauce, seasoned salt, Italian seasoning, bay leaves and dried macaroni noodles. Stir and bring mixture to a boil. Reduce heat to a light boil and stir occasionally until the pasta is tender, about 20 minutes.

3 Remove the bay leaves and stir in the cheddar cheese just before serving. Enjoy

Breakfast burritos

High Protein Cheesy Egg & Beef
Breakfast Rolls?

Easy 36g Protein Meal Prep ??

(Macros Per Roll - 12 Total)

318 Calories

5.5gC | 12gF | 36gP

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Ingredients:

1.1KG Extra Lean Beef Mince

Seasoning:

1 Tsp Salt,

1/2 Tsp Cumin,

1 Tsp Chilli Powder,

1 Tsp Black Pepper,

2 Tsp Smoked Paprika,

1 Tsp Onion Powder,

1 Tsp Garlic Powder,

1.5 Tsp Oregano

(can be substituted for 1 Packet

Low Sodium Taco Seasoning

Mix) 400g Salsa

60g Light Cream Cheese

(Philadelphia Lightest)
25g Light Butter (Nuttelex Light)
8 Eggs & 300g Egg Whites
Seasoned With Salt (can be
substituted for 12 regular eggs)
180g Light Grated Cheddar
Cheese (Dairworks Natural
Cheddar Cheese)
12 Small/Medium Tortillas
(Missions Carb Balanced
Tortillas)

<https://www.instagram.com/p/DB3YCePSq4E/>

Barbacoa

Ingredients

- 3 lb Beef brisket or chuck roast (trimmed and cut into 2 inch chunks)
- 1/2 cup [Beef broth](#) (or chicken broth)
- 2 medium [Chipotle chiles in adobo](#) (including the sauce, about 4 tsp)
- 5 cloves [Garlic](#) (minced or coarsely chopped)
- 2 tbsp [Apple cider vinegar](#)
- 2 tbsp [Lime juice](#)
- 1 tbsp [Dried oregano](#)
- 2 tsp [Cumin](#)
- 2 tsp [Sea salt](#)
- 1 tsp [Black pepper](#)
- 1/2 tsp [Ground cloves](#) (optional)
- 2 whole [Bay leaf](#)

Instructions

1. Combine the broth, chipotle chiles in adobo sauce, garlic, apple cider vinegar, lime juice, dried oregano, cumin, sea salt, black pepper, and ground cloves in a [blender](#) (everything except the beef and bay leaves). Puree until smooth.
2. Place the beef chunks in the [slow cooker](#). Pour the pureed mixture from the blender on top. Add the (whole) bay leaves.
3. Cook for 4-6 hours on high or 8-10 hours on low, until the beef is fall-apart tender.
4. Remove the bay leaves. Shred the meat using two forks and stir into the juices. Cover and rest for 5-10 minutes to allow the beef to absorb even more flavor. Use a slotted spoon to serve.

From: <https://www.wholesomeyum.com/recipes/copycat-chipotle-barbacoa-slow-cooker-low-carb-paleo/>