



MACROS

— A Guide to —

Eating smart just got a whole lot simpler. Learn the essentials of proteins, fats, and carbs with our straightforward guide. Discover the joy of balanced meals that boost your health, enhance your energy, and make every day more delicious.





GUAC

Guacamole is one half of what is probably being Fresh Tomato Salsa (page 157). I always kids like to dip each chip into salsa and then I really don't know where that got started. I do it without fail, every time. The guac-and-tacos and tacos. When I make guacamole I keep it chunky. I prefer this texture over something smooth or as little

PREP: 15 minutes	COOK
------------------	------

- 4 Hass avocados, pitted
- 1 medium vine-ripened tomato, cut into ¼-inch dice
- 2 to 3 tablespoons minced red onion, to taste
- 1 to 1½ jalapeños (ribbed and seeded if not minced (see Note, p. 157))

1. Spoon the guacamole onto the back of a flour tortilla.
2. Sprinkle with the jalapeño, onion, and kombu.
3. Top with the sprouts.

Make 1



MACROS

— A Guide to —

Eating smart just got a whole lot simpler. Learn the essentials of proteins, fats, and carbs with our straightforward guide. Discover the joy of balanced meals that boost your health, enhance your energy, and make every day more delicious.



MACROS

— A Guide to —

Eating smart just got a whole lot simpler. Learn the essentials of proteins, fats, and carbs with our straightforward guide. Discover the joy of balanced meals that boost your health, enhance your energy, and make every day more delicious.





What are Macros?

When we talk about nutrition, one term that frequently pops up is "macros," which stands for macronutrients. These are the nutrients that your body needs in large amounts to function properly and stay energized. The big three macronutrients are carbohydrates, proteins, and fats. Each of these plays a crucial role in your health, influencing everything from your energy levels to how your body builds muscle and stores fat.

Getting the balance right between these macronutrients can make a significant difference in how you feel and perform. But here's the thing – everyone's needs are different. Factors like how active you are, your overall health goals, and even your body type play a role in determining the right balance for you.

Understanding macronutrients isn't just about counting calories; it's about making sure those calories come from the right sources. It's about fueling your body in a way that supports your health goals, whether that's losing weight, gaining muscle, or just maintaining a healthy lifestyle. And the good news? Once you get the hang of it, it becomes second nature, a simple part of your daily routine that supports your health and wellbeing. So let's explore how these macronutrients work and how you can use this knowledge to your advantage.

Carbohydrates are the body's primary energy source. They're what keep you going, whether you're tackling a tough workout or just getting through your day-to-day tasks.

Proteins are the essential building blocks of your muscles, helping repair and build tissue, which is especially important if you're active or trying to build muscle.

And then there are fats, which are critical for healthy hormone levels, protecting your organs, and providing a long-lasting source of energy.

This knowledge allows you to craft a diet that complements your lifestyle, boosts your energy, and supports your health objectives, whether they're focused on performance, body composition, or overall well-being. Ultimately, learning to navigate the world of macronutrients is not just about enhancing physical health; it's about cultivating a more mindful and balanced relationship with food, one that honors your body's unique needs and fuels your journey towards a healthier, more vibrant life.

Carbohydrates in a Balanced Diet



1 CHOOSING A VARIETY OF SOURCES

Emphasize whole, minimally processed carbohydrate sources, such as fruits, vegetables, whole grains, and legumes, to enjoy a broad spectrum of nutrients and flavors.

2 COMBINING NUTRIENTS FOR BALANCE

Pair carbohydrates with proteins and healthy fats to create satisfying meals that provide lasting energy and support overall health.



3 CELEBRATING ALL FOODS

Rather than categorizing foods as "good" or "bad," focus on the overall context of your diet. Enjoying a wide range of foods in moderation can contribute to a balanced and joyful eating experience.

Sources



Fruits



Legumes and Lentils



Vegetables



Dairy Products



Rice



Wholegrains



Sugar and Sugar Products



Cereals



Beans



Root Vegetables



Nuts



Quinoa

Understanding Proteins

Proteins are often referred to as the building blocks of life. This isn't just a catchy phrase; it's a factual statement that underscores the importance of protein in our bodies. Proteins are made up of smaller units called amino acids, which are linked together in long chains. There are 20 different amino acids that can combine in various ways to create the proteins your body needs to perform a vast array of functions.

The Role of Proteins in Your Body

Proteins play a critical role in virtually every biological process. They're essential for:

- **Building and Repairing Tissues:** From muscles to skin, proteins are involved in the repair and growth of tissues. After a workout, for example, your body uses protein to repair the tiny tears in muscle fibers, which helps them grow stronger.
- **Creating Enzymes and Hormones:** Many enzymes and hormones, which regulate metabolism, fullness and other bodily functions, are proteins.
- **Supporting Immune Health:** Antibodies, which help fight off infections, are a type of protein.
- **Transporting and Storing Nutrients:** Proteins transport substances in the bloodstream and store vital nutrients for later use.

Protein needs can vary significantly based on factors like age, sex, physical activity level, and overall health. A general beginner guideline is that adults should consume about 0.8-1 gram of protein per body weight per day. However, if you're active or trying to build muscle, your needs may increase to 1.2 to 1.6 grams per pound of body weight.



Protein and Diet

Quality Matters

When it comes to protein, quality is just as important as quantity. Proteins are classified into two categories:

- **Complete Proteins:** These contain all nine essential amino acids that your body cannot produce on its own. Sources include animal products like meat, dairy, and eggs, and some plant-based options like quinoa and soy.
- **Incomplete Proteins:** These lack one or more of the essential amino acids. Most plant-based protein sources fall into this category, but you can combine different foods to get all the amino acids your body needs.

Incorporating Protein into Your Diet

To ensure you're getting enough high-quality protein, consider the following:

- **Diversify Your Sources:** Include a variety of protein sources in your diet to ensure you're getting all the essential amino acids. This can include both animal and plant-based proteins.
- **Consider Timing:** Consuming protein-rich foods after a workout can help maximize muscle repair and growth. (Have that post workout shake!)
- **Balance with Other Nutrients:** While focusing on protein, don't forget to include carbohydrates or veggies in your diet for overall nutritional balance.

Understanding Fats



Fats have often been misunderstood, but they're an essential part of a healthy diet, playing key roles in numerous bodily functions. Let's unpack the importance of fats and how you can incorporate them healthily into your diet.

Types of Fats

Understanding the different types of fats can help you make healthier choices:

- **Saturated Fats:** Found in animal products like meat and dairy, as well as coconut and palm oil, saturated fats are solid at room temperature. It's advisable to consume these fats in moderation, as excessive intake can raise LDL cholesterol levels and increase the risk of heart disease
- **Unsaturated Fats:** These are found in plant sources like nuts, seeds, avocados, and olive oil, as well as in fatty fish. Unsaturated fats are liquid at room temperature and can be divided into monounsaturated and polyunsaturated fats, including omega-3 and omega-6 fatty acids. Incorporating these fats into your diet can support heart health and reduce inflammation.
- **Trans Fats:** Mostly created through industrial processing (hydrogenation), trans fats are found in some margarines, processed foods, and baked goods. Trans fats are associated with an increased risk of heart disease and should be limited as much as possible.

The Dietary Guidelines for Americans recommend that fats make up 20% to 35% of your total daily calories. For someone consuming 2,000 calories a day, this means 400 to 700 calories should come from fats, equating to about 44 to 78 grams of fat per day.

Incorporating Fats into Diet

To ensure you're consuming fats in a way that supports your health, consider the following tips:

- **Choose Quality Over Quantity:** Focus on unsaturated fats from plant sources and fatty fish. These fats offer heart-healthy benefits and can help reduce inflammation.
- **Be Mindful of Portions:** While healthy fats are beneficial, they are also calorie-dense (they contain 9 calories per gram compared to carbs & protein that are only 4 calories per gram). Practice portion control to maintain a balanced diet.
- **Read Labels:** Be wary of trans fats in processed foods. Even if a product claims to be "trans fat-free," it can contain up to 0.5 grams of trans fat per serving. Check the ingredients list for "hydrogenated oils" as an indicator.

Understanding the Role of Water

Water, often overshadowed by the more complex discussions around macronutrients, is arguably the most crucial component of our diet. It's fundamental to every cell and process in our body. Let's dive into the significance of water and how it supports our health.

The Vital Role of Water

Water is the cornerstone of life, making up about 60% of the adult human body. Its roles are so diverse and essential that it's hard to overstate its importance:

- **Transporting Nutrients and Oxygen:** Water is a medium through which nutrients and oxygen are carried throughout the body to the cells that need them.
- **Removing Waste:** It facilitates the removal of waste products from our body through urine and sweat.
- **Lubricating Joints:** Water acts as a lubricant for our joints, reducing friction and helping to prevent joint pain and discomfort.
- **Supporting Digestion:** It's vital for healthy digestion, aiding in the breakdown of food, and the absorption of nutrients.

Water needs can vary significantly depending on factors like age, weight, climate, and physical activity level. While you've probably heard the advice to drink eight 8-ounce glasses of water a day (about 2 liters), this is more a guideline than a rule. The National Academies of Sciences, Engineering, and Medicine recommends a daily intake of about 3.7 liters (125 ounces) for men and about 2.7 liters (91 ounces) for women. However, it's important to listen to your body. Thirst is a clear indicator that your body needs water, and your urine color can be a helpful guide—aim for pale, straw-colored urine as a sign of proper hydration.



Hydration Tips

Tips for Staying Hydrated

Ensuring you're adequately hydrated doesn't have to be a chore. Here are some tips to help you meet your daily water intake:


- **Carry a Water Bottle:** Having water on hand makes it easier to sip throughout the day.
- **Eat Water-Rich Foods:** Fruits and vegetables like cucumbers, oranges, and watermelons can contribute significantly to your daily water intake.
- **Set Reminders:** In our busy lives, it's easy to forget to drink water. Setting reminders on your phone or computer can help.
- **Flavor Your Water:** If you find plain water unappealing, adding slices of fruits or herbs can make it more enticing.

Tracking Macros

Let's talk about tracking macros. It might sound a bit technical at first, but it's essentially about keeping an eye on the balance of carbohydrates, proteins, and fats in your diet. This approach can really help tailor your nutrition to your personal health goals, whether that's losing weight, building muscle, or just feeling your best.

Why Track Macros?

Each macronutrient plays a unique role in your body. Carbohydrates are your main source of energy, proteins are crucial for building and repairing tissues, and fats support cell growth, among other functions. By tracking your macros, you can ensure you're getting the right balance to meet your specific needs, rather than just counting calories. It's about making sure those calories come from the right mix of nutrients.



Macro Calculator
This macro calculator estimates the macronutrient needs of a person based on their age, physical characteristics, activity level, and bodyweight goals.
calculator.net

(make sure you click 'high protein' for more accurate macros using the above calculator tool.
www.calculator.net/macro-calculator

Getting Started

First things first, you'll want to figure out your goals. Are you trying to build muscle? Lose fat? Improve athletic performance? Your goals will determine your macro ratio—that is, the percentage of your daily calories that should come from each macronutrient.

There are plenty of calculators available online where you input your age, gender, weight, height, and activity level, and they'll suggest a starting point for your macros. Generally, I recommend a starting macro ratio at 35% carbohydrates, 30% protein, and 35% fats. But remember, this is just a starting point. Everyone's body reacts differently, and you might need to adjust these ratios based on how your body responds.





Tracking Your Intake

Now, onto the tracking part. There are several apps out there designed to make this process as painless as possible. You simply log what you eat, and the app calculates the macros for you. It can be eye-opening to see where your calories are coming from and how even small adjustments can bring big changes in how you feel.

Tips for Effective Macro Tracking

- **Read Labels:** Pay attention to food labels to understand the macro content of packaged foods.
- **Weigh Your Food:** For accuracy, especially in the beginning, weighing your food can help you understand portion sizes and the corresponding macro content.
- **Plan Ahead:** If you know you're going out to eat or will be in a situation where tracking might be difficult, plan the rest of your day's meals to accommodate.
- **Be Flexible:** Some days you might go over or under your targets, and that's okay. It's about the overall pattern, not hitting the exact numbers every single day.

Best Apps For Macro Tracking

- **MyFitnessPal**
- **Lose It**
- **Calorie Counter by Cronometer**
- **MyMacro+**
- **MacroFactor**

Macro Guidelines

Here is a sample guide on beginner, intermediate and advanced macro recommendations for 3 different calorie ranges. Again, this is just a guideline - if you want a higher percentage of carbohydrates and a lower percentage of fats you can make those adjustments for yourself and your body.

Beginner

← Calorie & Macro Goals	
Default Goal	
Calories	1,400
Carbohydrates 123 g	35%
Protein 105 g	30%
Fat 54 g	35%

← Calorie & Macro Goals	
Default Goal	
Calories	1,700
Carbohydrates 149 g	35%
Protein 128 g	30%
Fat 66 g	35%

← Calorie & Macro Goals	
Default Goal	
Calories	2,100
Carbohydrates 184 g	35%
Protein 158 g	30%
Fat 81 g	35%

Intermediate

← Calorie & Macro Goals	
Default Goal	
Calories	1,400
Carbohydrates 123 g	35%
Protein 123 g	35%
Fat 47 g	30%

← Calorie & Macro Goals	
Default Goal	
Calories	1,700
Carbohydrates 149 g	35%
Protein 149 g	35%
Fat 57 g	30%

← Calorie & Macro Goals	
Default Goal	
Calories	2,100
Carbohydrates 184 g	35%
Protein 184 g	35%
Fat 70 g	30%

Advanced

← Calorie & Macro Goals	
Default Goal	
Calories	1,400
Carbohydrates 105 g	30%
Protein 140 g	40%
Fat 47 g	30%

← Calorie & Macro Goals	
Default Goal	
Calories	1,700
Carbohydrates 127 g	30%
Protein 170 g	40%
Fat 57 g	30%

← Calorie & Macro Goals	
Default Goal	
Calories	2,100
Carbohydrates 158 g	30%
Protein 210 g	40%
Fat 70 g	30%



BON APPETIT

Recipes for You

COMPILED BY COACH RACHEL

Crunchy Cornflake Chicken Fingers

Ingredients

- 1 lb boneless, skinless chicken breasts, cut into strips
- 2 cups cornflakes, crushed
- 1/2 cup all-purpose flour
- 2 eggs
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray or olive oil, for coating

Serving Size: 4
271 Calories
31g Protein
6g Fat
22.5g Carbs

Instructions

- Preheat Airfryer and spray with non-stick spray.
- Season chicken with garlic powder, paprika, salt, and black pepper.
- In a shallow bowl or dish, add crushed cornflakes.
- In another shallow bowl or dish, place the all-purpose flour.
- In a third shallow bowl or dish, beat the eggs until well mixed.
- Dredge each chicken strip in the flour, shaking off any excess.
- Dip the flour-coated chicken strips into the beaten eggs, allowing any excess egg to drip off.
- Coat the chicken strips evenly with the crushed cornflakes, pressing gently to adhere the flakes to the chicken.
- Airfry for 10-15 minutes, or until the chicken is cooked through and the coating is golden brown and crispy.
- Remove from the oven and let the chicken fingers cool for a few minutes before serving.
- Serve the crunchy cornflake chicken fingers with your favorite dipping sauce, such as barbecue sauce, honey mustard, buffalo sauce or HOT honey!

*Crunchy Cornflake
Chicken Fingers*



Big Mac Casserole

Ingredients

- 1 Bag of Tator Tots (I like Alexia)

For the Burger Meat:

- 2 lbs 96/4 lean ground beef
- 2 tsp onion powder
- 2 tsp garlic powder
- 2 tsp paprika
- 1.5 tsp salt
- ½ tsp pepper

Remaining Ingredients:

- 1 cup reduced fat shredded cheddar cheese
- 1 cup cherry tomatoes halved
- 1.5 cups shredded lettuce
- ½ cup dill pickle chips
- ½ cup diced white onion

Big Mac sauce ingredients (just mix together):

- 1 1/3 cup plain non-fat Greek yogurt
- 8g yellow mustard
- 32g ketchup
- 16g pickle juice
- 8 oz water
- 2 tsp pickle relish
- salt, pepper, onion powder, garlic powder, paprika

Serving Size: 6
514 Calories
40.8g Protein
24.8g Fat
32.8g Carbs

Mac Sauce:
164 Calories
12.5g Protein
0.5g Fat
22g Carbs

Instructions

- Preheat Oven: Set to 375°F to ensure it's ready for baking.
- Sauté: In a skillet, lightly fry onions and garlic to bring out their flavors.
- Brown Beef: Add the ground beef to the skillet, seasoning with spices until fully cooked.
- Layer Tater Tots: Arrange a layer of frozen tater tots in the bottom of a 9x13 inch baking dish, covering the surface evenly.
- Add Beef: Spread the cooked beef evenly over the tater tot layer.
- Cheese Topping: Cover the beef with a generous layer of reduced fat cheese and bake for 15 minutes, or until the cheese is bubbly and golden.
- Prepare Sauce: While the casserole bakes, mix up the Big Mac sauce for topping.
- Garnish and Serve: Once baked, add fresh lettuce, tomato slices, pickles, and chopped onions on top, then drizzle with the sauce before serving.

Big Mac Casserole



Miso Chicken with Fried Rice

Ingredients

- 16 oz Chicken Breast
- 4 tbsp Miso Paste
- 60 ml Light Soy Sauce
- 1 tbsp Honey
- 1 tsp Sesame Oil
- 1 tbsp Rice Vinegar
- Cooked Rice (quantity as needed for serving)
- Scallions, Shallot, Cilantro, Garlic: Chopped (quantities adjusted to taste)
- 1-2 tsp Chili Crunch Oil

Serving Size: 4
167 Calories
21 g Protein
4.5g Fat
10g Carbs

• 1 Serving of Miso Chicken with
1/2 Crunch Salad:
360 Calories
23g Protein
9g Fat
22g Carbs

Instructions

- Combine miso, soy sauce, honey, and sesame oil to marinate the chicken. Let it sit for at least 30 minutes.
- Cook the chicken in a grill pan on medium high heat.
- Prepare a onion salad with chopped scallions, shallot, cilanto and garlic.
- Heat the chili crunch oil and drizzle it over the salad just before serving.
- Serve the miso chicken over the fried rice and top with the onion crunch salad.

Miso Chicken with
Fried Rice



Taco Pasta

Ingredients

- 1 lb lean ground turkey
- 1 onion diced
- 1 clove garlic
- 1 green pepper diced
- 1 packet taco seasoning
- 1 tbsp tomato paste
- 1 cup salsa
- 1 1/2 cup low sodium bone broth
- 1 cup water
- 1 cup milk (fat-free)
- 3/4 cup reduced fat cheddar cheese
- 6-8 oz raw protein or banza pasta
- 1/2 cup cottage cheese
- Parsley or cilantro to garnish

Serving Size: 5
438 Calories
40.5g Protein
12g Fat
43.5g Carbs

Instructions

- In a medium skillet, cook down ground turkey till no longer pink. Season with salt, pepper and garlic powder.
- Add onions, green pepper and garlic. Cook 2-3 minutes on medium heat.
- Add in 1/2 packet taco seasoning, tomato pasta and salsa. Combine well.
- Add in liquids. Bring to a boil, toss in pasta and reduce heat slightly. It should still be bubbling.
- Cover and cook till pasta is almost cooked through, about 8 minutes.
- Add in cheese & cottage cheese, mix and cook for an additional minute or two.
- Remove and top with herbs. Enjoy!

Taco Pasta



Pepperoni pin wheel

Ingredients

- 1 flour tortilla
- 3 tablespoons pizza sauce
- 1/4 cup reduced shredded mozzarella cheese
- 1/4 cup sliced pepperoni
- 1/2 tablespoon chopped fresh basil (optional)
- Olive oil or cooking spray

Serving Size: 1
300 Calories
15g Protein
15g Fat
26g Carbs

Instructions

- Preheat your air fryer to 375°F.
- Lay out the tortilla on a clean work surface.
- Spread pizza sauce evenly over the tortilla, leaving a small border around the edges.
- Sprinkle shredded mozzarella cheese over the sauce, covering the entire surface of the tortilla.
- Arrange sliced pepperoni over the cheese layer.
- If using, sprinkle chopped fresh basil over the pepperoni.
- Starting from one end, tightly roll up the tortilla into a log shape.
- Using a sharp knife, slice the rolled tortilla into 1-inch thick pinwheels.
- Place the pinwheels on the prepared baking sheet, seam side down.
- Lightly brush the tops of the pinwheels with olive oil or spray with cooking spray.
- Air fry until the pinwheels are golden brown and the cheese is melted and bubbly.

Pepperoni pin wheel



Dill Chicken

Ingredients

- Chicken breast, raw, skinless: 16 ounces
- Olive oil: 1 tablespoon
- Fresh dill weed: 3 tsp dill
- Lemon juice: from 1 lemon
- Paprika: 2 teaspoons
- Fat-free feta cheese: 1 ounce

Serving Size: 4
183 Calories
27.5g Protein
6.5g Fat
2g Carbs

Instructions

- Marinate the chicken breast with lemon juice, chopped fresh dill, paprika, salt, and black pepper.
- Heat olive oil in a skillet over medium-high heat. Add the marinated chicken and cook until golden brown on both sides.
- Crumble feta cheese over the cooked chicken and serve with a side of greens or your choice of vegetables.
- Enjoy a zesty, herbaceous meal that's both flavorful and light!

Dill Chicken



Bacon Ranch Chicken Salad

Ingredients

- Chicken Breast: 12 ounces, cooked and chopped
- Trader Joe's Buttermilk Ranch Dressing: 4 tablespoons
- Cottage Cheese (reduced fat, 2%): 1 cup
- Cheddar Cheese (reduced fat): 28 grams, shredded
- Chives: 2 tablespoons, chopped
- Bacon: 3 pieces, cooked and crumbled

Serving Size: 5
190 Calories
23.8g Protein
8g Fat
5g Carbs

Instructions

- Blend cottage cheese and buttermilk dressing until smooth.
- In a large mixing bowl, combine the chopped cooked chicken breast with the buttermilk ranch dressing and cheddar cheese. Mix until the chicken is well-coated.
- Add the chopped chives and mix to distribute evenly through the salad.
- Lastly, sprinkle crumbled bacon pieces and gently fold into the salad to maintain some crunch.
- Serve this creamy and savory chicken salad on its own, over a bed of greens, or as a filling for a wrap. Enjoy!

Bacon Ranch
Chicken Salad



Chicken Bacon Ranch Meatballs

Ingredients

- Ground Chicken: 16 oz
- Egg: 1 large
- Chicken Bacon: 4 slices, cooked and finely chopped
- Panko Breadcrumbs: 1/2 cup
- Scallions: 1 cup, finely chopped
- Reduced-Fat Mexican Cheese: 56 g, shredded
- Trader Joe's Ranch Dressing: for topping

Serving Size: 4
248 Calories
35g Protein
10g Fat
10g Carbs

Instructions

- Preheat your oven to 375°F and line a baking sheet with parchment paper.
- In a large bowl, mix the ground chicken with the chopped bacon, panko breadcrumbs, scallions, and shredded cheese. Crack in the egg and mix until well combined.
- Roll the mixture into 16 1-inch meatballs and place them on the baking sheet.
- Bake in the oven for 20-25 minutes or until the meatballs are cooked through.
- Once cooked, drizzle with Trader Joe's Ranch Dressing before serving. Enjoy!

Chicken Bacon
Ranch Meatballs



French Onion Chicken

Ingredients

- Chicken Breast: 20 oz, cut into thin cutlets
- Olive Oil: 3 teaspoons
- White Onion: 1 cup, chopped
- Mushrooms: 1 container (8 oz), sliced
- Bone Broth: 2 cups
- Arrowroot Flour: 1 tablespoons
- Light Soy Sauce: 2 tablespoons
- Garlic: 10 grams, crushed

Serving Size: 5
209 Calories
31g Protein
4g Fat
9g Carbs

Instructions

- Heat olive oil in a medium pan over medium-high heat. Season chicken with 1/2 French onion soup packet and Sear the sliced chicken until golden brown with 1 tsp of oil, then set aside.
- In the same pan, add 2 tsp of oil, and cook the onions until almost caramelized (use more oil if needed). Stir in garlic and mushrooms, cooking until softened.
- Add the chicken to the pot. Add bone broth, soy sauce and rest of reasoning, bringing everything to a gentle simmer.
- Make a slurry by whisking arrowroot flour with a bit of water, then stir this into the simmering to thicken.
- Let everything simmer for 20 minutes, allowing it to thicken and the flavors to meld.
- Serve your French Onion Chicken over rice!

French Onion Chicken
Soup



Lasagna Soup

Ingredients

- 1 lb 93/7 ground beef
- Salt and freshly ground black pepper, to taste
- 1 yellow onion, chopped
- 1 tsp of olive oil* (used spray bottle)
- 1 tbsp minced garlic
- 2 Tablespoons tomato paste
- 24 oz marinara sauce
- 1/4 teaspoon red pepper flakes
- 1 Tablespoons fresh parsley
- 1/2 teaspoon dried oregano leaves
- 1 teaspoon dried basil
- 4 cups bone broth
- 1 package instant lasagna sheets
- 1 package of frozen chopped spinach
- 1/2 cup lite unsweetened coconut milk

Serving Size: 7
479 Calories
33.5g Protein
17g Fat
48g Carbs

Instructions

- **Brown the Beef:** In a large pot, sauté chopped onion and garlic in olive oil. Once translucent add the beef and cook until the meat is browned. Season with salt and pepper.
- **Add Tomato Paste:** Add tomato paste and mix until beef and onions are evenly coated.
- **Pour in Marinara and Spices:** Add marinara sauce, red pepper flakes, parsley, oregano, and basil. Mix well.
- **Simmer with Broth:** Pour in the bone broth and bring the mixture to a simmer.
- **Incorporate Pasta and Spinach:** Break the lasagna sheets into the pot and let boil for 15 minutes. After 10 minutes add the frozen spinach.
- **Finish with Coconut Milk:** Stir in coconut milk for creaminess and heat through.
- Continue to boil until pasta is cooked through.

Lasagna Soup

