



AMAZINGLY EASY

ROTATION MEALS



YOUR WHOLE FAMILY WILL LOVE!

MYWELLBALANCEDLIFE.COM





You'll, meal planning & prep is about to get so much easier!

I have a confession to make. As much as I love eating delicious, healthy meals... I don't really like spending a ton of time in the kitchen.

Like you, I'm a working mom, with two growing boys and a busy schedule, who wants to prepare real food meals that my family will love.

And I'm here to assure you that this can be done with minimal time in the kitchen. Because who has time to spend all day preparing food with all the other stuff we have to do?

So this little Ebook is going to show you EXACTLY how I manage to prepare quick and easy HEALTHY MEALS for my family and repurpose them into amazing leftovers that don't seem like leftovers.

And using these 7 Regular Rotation Meals, you can too!

Happy Cooking!

-Amanda

One Prep Day = A Week of Healthy Meals

The magic of having regular rotation meals is that it only takes one prep day... or less... to have a week of fast, easy and healthy meals the whole family will enjoy.

Here's how Rotation Meals make that possible.

01

SAVE TIME PLANNING

Create a meal plan your family will love and use it over and over again! Of course, you can change the order, add new recipes, or dine out or order delivery when you want a little more variety.

02

SAVE TIME SHOPPING

A regular schedule of meals means you need fewer ingredients so it's easier to keep your fridge and pantry stocked with the essentials! And grocery apps make it super fast and easy to re-order your favorite items and pick them up or have them delivered to you.

03

SAVE TIME PREPPING

In the summertime, we love to grill... especially on the weekends. So I make the most of our grill time by cooking up our meats and poultry for the whole week while we're grilling our weekend meals!

In the winter, I'm a huge fan of my slow cooker and always have two crockpots going on weekends. I'm usually cooking chicken in one while beef simmers to tender perfection in the other.

Then I slice or shred the leftovers and freeze them in Ziplock bags. That's what makes it super easy to prepare healthy, delicious meals in 30 minutes or less!

04

CLEAN-UP'S A BREEZE!

Save even more time in the kitchen! Doing dishes takes just minutes when meals are prepared in one pot, skillet or casserole dish. So you can spend more time with your family doing the things you love!

Weekly Rotation Meals



Gluten Free
Chicken Nacho Casserole



The Best
Shredded Beef



Balsamic Rosemary
Chicken with Rainbow
Root Vegetables



Roasted Rosemary
Sausage and Potatoes



Steak, Pepper and
Potato Hash



Paleo Honey Garlic
Chicken with
Cauliflower Rice



Migas

Notes:

PANTRY LIST

DRY GOODS

Organic tortilla chips

HERBS & SPICES

Chili powder

Chives

Cracked pepper

Cumin

Garlic powder

Sea salt

Smoked paprika

Toasted sesame seeds

NOTES

PANTRY LIST

CANNED GOODS

Bone Broth, chicken or beef

4.5-ounce can diced green chiles

16-ounce can pinto beans,
black beans, or refried beans

CONDIMENTS & OILS

Balsamic Vinegar

Coconut Aminos

2 15-ounce jars/cans enchilada sauce

Hot Sauce (I use Sriracha or Cholula)

Raw Honey

Avocado Oil or fat of choice

(ie: butter, ghee, olive oil, coconut oil, etc.)

Sesame Oil

NOTES

Shopping List

PRODUCE

- Fresh cilantro _____
- Fresh rosemary _____
- 12 garlic cloves _____
- 4 onions _____
- 6 tomatoes _____
- 4-6 avocados _____
- 2-3 bell peppers, (red, yellow, or orange) _____
- _____
- 1-2 pounds new potatoes _____
- 1-2 pounds small potatoes (red and/or yellow) _____
- _____
- 1 large apple _____
- 2 sweet potatoes _____
- 12 ounces Brussels sprouts _____
- 1 bag organic carrots _____
- 2 parsnips _____
- 1-2 beets and/or turnips _____
- Cauliflower _____
- _____

CANNED GOODS

- _____
- _____
- _____
- _____
- _____

CONDIMENTS

- _____
- _____
- _____
- _____
- _____

FROZEN FOODS

- _____
- _____
- _____
- _____
- _____

MEAT & POULTRY

- 3-4 chicken apple sausage links _____
- _____
- 2-3 pounds chicken thighs _____
- 1.5 pounds boneless chicken breasts _____
- _____
- 4 pounds chicken or beef roast for shredding or _____
- 2 pounds of ground beef _____
- 1.5 pounds flank steak _____
- 2-3 pound chuck roast _____
- _____
- _____
- _____

DAIRY

- Eggs, 1 dozen _____
- 4 bags organic shredded cheese _____
- _____
- _____
- _____

Shopping List

PRODUCE

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CANNED GOODS

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MEAT & POULTRY

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CONDIMENTS

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OTHER

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- _____
- _____
- _____
- _____

FROZEN FOODS

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DAIRY

- _____
- _____
- _____
- _____
- _____



GLUTEN FREE CHICKEN NACHO CASSEROLE

SERVINGS: 8

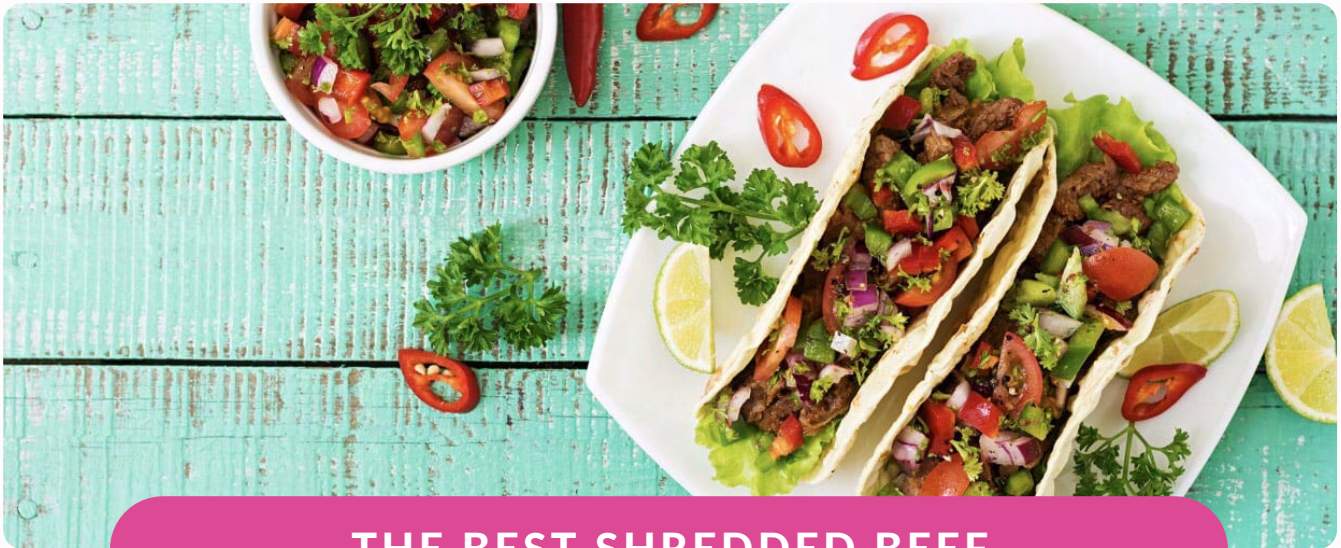
TOTAL TIME: 35 MINUTES

INGREDIENTS

- 2 15-oz jars/cans of enchilada sauce I use Siete Red Enchilada Sauce!
- 1 4.5 oz can of green chilies
- Organic tortilla chips
- 4 cups shredded chicken can use ground beef, taco meat, steak, etc.
- Organic shredded cheese at least one bag, but maybe two
- Optional: Pinto beans black beans, refried beans, sauteed veggies

DIRECTIONS

1. Pour 1/3-1/2 of one jar of enchilada sauce on bottom of 9 x 13 casserole dish.
2. Top with a layer of tortilla chips, gently press down to flatten.
3. Spread 2 cups of shredded chicken on top.
4. Spoon out 1/2 can of green chilies on top.
5. Add any of the optional items (beans, veggies, etc.)
6. Pour rest of jar of enchilada sauce on top.
7. Spread a layer of shredded cheese on top.
8. Repeat steps 1-7 for a second layer.
9. Bake at 350 degrees for about 25-30 minutes, cheese will be bubbly!
10. Let sit for a bit and then slice up to serve.
11. Add personal toppings: avocado, cilantro, sour cream, guacamole, hot sauce, you name it!



THE BEST SHREDDED BEEF

SERVINGS: 8

TOTAL TIME: 8-10 HOURS IF MEAT ISN'T COOKED AHEAD

10-20 MINUTES IF REHEATING MEAT

INGREDIENTS

- 2-3 lb. chuck roast I use grass fed, but choose a cut that's on sale because they're all good!
- 1 teaspoon sea salt
- 1 teaspoon cracked black pepper
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon cumin
- 1/4 teaspoon chili powder
- 1/2 cup bone broth chicken or beef broth can be used
- 1 large onion

DIRECTIONS

MADE FRESH:

1. Put meat in large crockpot.
2. Mix spices together and then rub over all sides of beef.
3. Roughly chop the onion and place it on top of the beef.
4. Pour bone broth on top.
5. Set crock pot on low for 8-10 hours. The longer, the better!
6. Beef will shred easily and pretty much melt in your mouth.

TO REHEAT IN THE OVEN:

1. For best results, thaw overnight in the refrigerator.
2. To warm, place meat in foil and top with your favorite seasonings or sauces. We like to use taco seasoning, barbeque sauce, or gravy.
3. Wrap tightly and place in 350 degree oven for 20 minutes or until meat is heated through.



BALSAMIC ROSEMARY CHICKEN

SERVINGS: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 1.5 pounds boneless chicken breasts
- Fresh garlic minced
- Fresh rosemary minced
- Sea salt
- Cracked pepper
- Oil of choice I use avocado or olive oil
- 1/4 cup Balsamic vinegar

DIRECTIONS

1. Place chicken breasts in baking dish.
2. Drizzle with oil, rubbing it in to make sure chicken is evenly coated.
3. Grind sea salt and cracked pepper generously over chicken.
4. Sprinkle fresh garlic and rosemary over chicken breasts. (Amount based on preference)
5. Roast at 400 degrees for about 20-25 minutes.
6. Remove chicken from oven and slice into strips.
7. Pour 1/4 cup balsamic vinegar over fully cooked chicken breasts.
8. Let sit for 15 minutes before serving to allow balsamic vinegar to soak into chicken, or refrigerate for future use.
9. Enjoy!



ROASTED RAINBOW ROOT VEGETABLES

SERVINGS: 4-8

TOTAL TIME: 60 MINUTES

INGREDIENTS

- Vegetables of choice sweet potatoes, Brussels sprouts, parsnips, beets, carrots, etc.
- Oil of choice I use olive oil or avocado oil
- Raw honey (Omit for Whole30 or RESTART)
- Sea salt
- Cracked pepper

DIRECTIONS

1. Chop up all your veggies and mix them around in a large roasting pan.
2. Drizzle olive oil and raw honey generously over veggies and toss well. (Even my very Type A self does not measure ... but I'm going to guess 2-3 tablespoons for a 9x11 pan)
3. Grind sea salt and pepper generously over coated veggies. Stir again.
4. Pop in the oven for 40-45 minutes at 400 degrees. Set your timer so you can mix well about halfway through cooking time.
5. That's it, you guys. You are so healthy and paleo and killing this real food living thing with your roasted rainbow root vegetables.



ROASTED ROSEMARY SAUSAGE & POTATOES

SERVINGS: 8

TOTAL TIME: 1 HOUR, 10 MINUTES

INGREDIENTS

- 1 - 1.5 pounds small potatoes, red and/or yellow
- 3 - 4 chicken apple sausage links, I use Aidells
- 1 medium onion cut into large pieces
- 1 large apple cut into large chunks
- 4 garlic cloves chopped finely
- 1-2 T fresh rosemary chopped finely
- Sea salt
- Cracked pepper
- Oil of choice I use avocado oil

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Wash and quarter potatoes, then place them in 9x11 baking dish.
3. Place onion pieces in dish with potatoes.
4. Sprinkle rosemary and garlic on top of potatoes and onions.
5. Season generously with sea salt and pepper.
6. Drizzle oil over mixture, then toss until all pieces are coated with the oil.
7. Chop apple into large pieces and spread out on top.
8. Roast in oven for 25 minutes.
9. During this time, cut sausage into rounds.
10. After 25 minutes of roasting, remove from oven and stir. Then place sausage rounds on top and put back in the oven.
11. Roast for another 30-35 minutes, or until potatoes and apples are tender.
12. Enjoy!



STEAK, PEPPER & POTATO HASH

SERVINGS: 4-8

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 1 flank steak about 1.5 lbs
- 2-3 bell peppers red, orange, or yellow
- 1 onion
- 1 to 1.5 lbs new potatoes
- 3 T paprika
- 2 teaspoons garlic powder
- Sea Salt
- Cracked Pepper
- Coconut Oil
- Avocado Oil
- Cilantro for garnish

DIRECTIONS

- Preheat oven to 400 degrees.
- Mix paprika and garlic powder.
- Wash and halve/quarter new potatoes.
- Place in baking dish. Drizzle with avocado oil, then toss with sea salt cracked pepper and 1/3 of paprika mixture.
- Bake potatoes for 40 minutes or until tender when pierced with fork. Stir halfway through.
- While potatoes are baking, drizzle avocado oil on grill pan and heat on high heat for a minute or two.
- Salt and pepper each side of the steak. Place on grill pan and immediately reduce heat to medium. Cook on each side for 6-8 minutes. Be careful not to overcook! Steak will cook a bit more later on.
- While steak is cooking, slice peppers and onions into thin slices.
- Transfer cooked steak to a plate and tent with foil to keep warm.



STEAK, PEPPER & POTATO HASH

DIRECTIONS CONTINUED

- Heat coconut oil in grill pan over medium heat. Add peppers and onions. Top with sea salt, pepper and 1/3 of paprika mixture. Stir and saute veggies to desired tenderness then move to a plate.
- Slice steak and return to grill pan. Add remaining paprika mixture and stir until meat is coated and cooked to desired wellness.
- Remove potatoes from oven.
- Top with peppers and onions and steak.
- Garnish with chopped cilantro.
- BOOM.



PALEO HONEY GARLIC CHICKEN

SERVINGS: 8

TOTAL TIME: 7-8 HOURS IF CHICKEN ISN'T MADE AHEAD
10-20 MINUTES TO REHEAT

INGREDIENTS

- 1/2 cup raw honey
- 1/3 cup coconut aminos
- 1/4 cup water
- 1 tablespoon hot sauce I use sriracha or Cholula
- 1 teaspoon sesame oil or 1 tablespoon ghee optional
- 1 1/2 teaspoons paprika regular or smoked
- 1/2 teaspoon sea salt
- 1/2 teaspoon cracked pepper
- 6-8 garlic cloves minced (I really like garlic, use less if you don't!)
- 2-3 pounds chicken thighs and/or breasts
- Toasted sesame seeds and/or chives for garnish

DIRECTIONS

MADE FRESH:

- Place chicken in crockpot.
- Mix all other ingredients in bowl. (If your raw honey is like mine up here in Alaska, you may need to heat it get it to a liquid consistency.)
- Pour liquid over chicken, making sure all the pieces are coated with the mixture.
- Cook on low for 7-8 hours.

TO REHEAT IN THE OVEN:

- For best results, thaw overnight in the refrigerator.
- Wrap chicken tightly in foil and warm in 350 degree oven for 10-20 minutes or until heated through.

Serve on top of white rice or cauliflower rice. Mixing in some steamed broccoli or sautéed snow peas is a nice touch, too!



10-MINUTE BASIC CAULIFLOWER RICE

SERVINGS: 4

TOTAL TIME: 10 MINUTES

INGREDIENTS

- 1 head of cauliflower chopped in food processor or one 16 oz. bag of riced cauliflower (Trader Joe's is the best IMO!)
- 2-3 tablespoons ghee, butter, coconut oil, avocado oil, or olive oil
- 1 small onion finely chopped
- Sea Salt
- Cracked pepper
- Minced garlic optional

DIRECTIONS

1. Put cauliflower florets in food processor and chop until course. Avoid using the cauliflower stalk (I think it has a funny taste) and make sure not to chop too finely or your rice will be mushy!
2. You can totally skip the above step if your lucky self has access to Trader Joe's riced cauliflower.
3. Heat your fat of choice over medium heat until shimmering, then add the onion (and minced garlic if using). Stir often until onion is soft and translucent.
4. Add riced cauliflower and stir until well mixed with onions and fat.
5. Season with sea salt and cracked pepper.
6. Cover and cook for about 5-10 minutes, stirring occasionally.
7. Don't overcook because then it's mushy!



GLUTEN FREE MIGAS - SUPER FAST!

SERVINGS: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

- Oil or fat of choice (butter, ghee, olive oil, avocado oil, coconut oil, etc.)
- 1 medium onion, chopped
- 1 cup chopped tomatoes
- Crushed up corn tortilla chips (always choose organic to avoid GMO corn!)
- 8 eggs
- Optional toppings: salsa, shredded cheese, sliced avocado or guacamole, chopped cilantro

DIRECTIONS

1. Heat oil/fat in pan over medium heat.
2. Add onions and tomatoes and saute for a couple of minutes.
3. Add crushed tortilla chips and allow them to soften slightly.
4. Add scrambled eggs and continue to move gently in pan until cooked through.
5. Top with any toppings and enjoy!
6. (I've also been known to heat up a can of Amy's Refried Beans with Green Chiles to go with this because YUM.)