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Stress & Anxiety Parental Support

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Hi,

Welcome to your meal plan! On the next pages, you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

I know the struggles of being quarantined at home pretending to be a teacher. Bless you teachers!!! I hope this finds you less stressed about dinner and snacks and allows you time for a quick hideout to the closet or bathtub.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers














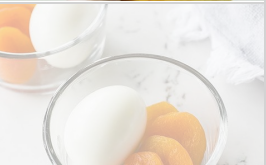
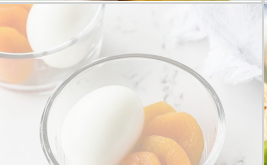



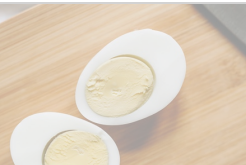























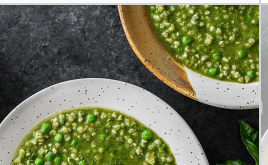



You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Clean Fifteen™

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas Frozen
- Eggplant

- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon
- Kiwi



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Warm Peas with Eggs	 Warm Peas with Eggs	 Chocolate Banana Cauliflower N'Oats	 Chocolate Banana Cauliflower N'Oats
	 Banana	 Banana	 Banana	 Avocado	 Avocado		
Snack 1	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots	 Cucumber Hummus Bites	 Cucumber Hummus Bites	 Hard Boiled Eggs	 Hard Boiled Eggs
						 Avocado	
Lunch	 Hummus & Veggie Wrap	 Hummus & Veggie Wrap	 White Bean, Spinach & Tomato Salad	 White Bean, Spinach & Tomato Salad	 Ground Beef, Asparagus & Mashed Sweet Potatoes	 Kale & White Bean Caesar Salad	 Kale & White Bean Caesar Salad
	 Cream of Celery & Asparagus Soup	 Cream of Celery & Asparagus Soup	 Lemon Garlic Tahini Dressing	 Lemon Garlic Tahini Dressing			
Snack 2	 Cucumbers with Beef Liver Pate	 Cucumbers with Beef Liver Pate	 Toasted Trail Mix	 Toasted Trail Mix	 Toasted Trail Mix	 Cucumber Hummus Bites	 Toasted Trail Mix
Dinner	 Spaghetti Squash, Turkey & Broccoli	 Spaghetti Squash, Turkey & Broccoli	 Ground Beef, Asparagus & Mashed Sweet Potatoes	 Kale & White Bean Caesar Salad	 Pea & Basil Buckwheat Risotto	 Pea & Basil Buckwheat Risotto	 Chickpea Flatbread Pizza
							 Steamed Asparagus



Fruits

- ☐ 8 Avocado
- ☐ 16 Banana
- ☐ 2 Lemon
- ☐ 1/2 cup Lemon Juice
- ☐ 3 cups Strawberries

Breakfast

- ☐ 1 cup All Natural Peanut Butter
- ☐ 5 cups Buckwheat Groats

Seeds, Nuts & Spices

- ☐ 4 cups Almonds
- ☐ 2 1/2 tsps Black Pepper
- ☐ 3 3/4 cups Chia Seeds
- ☐ 1/4 cup Cinnamon
- ☐ 2 tbsps Dried Thyme
- ☐ 1/4 tsp Garlic Powder
- ☐ 2 cups Hemp Seeds
- ☐ 1/2 tsp Oregano
- ☐ 2 cups Pumpkin Seeds
- ☐ 4 cups Raw Peanuts
- ☐ 1/4 tsp Red Pepper Flakes
- ☐ 3 3/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 12 cups Frozen Peas

Vegetables

- ☐ 18 cups Asparagus
- ☐ 24 cups Baby Spinach
- ☐ 8 1/4 cups Basil Leaves
- ☐ 8 cups Broccoli
- ☐ 8 cups Cauliflower Rice
- ☐ 12 stalks Celery
- ☐ 6 Cucumber
- ☐ 8 cups Fresh Peas
- ☐ 26 Garlic
- ☐ 24 cups Kale Leaves
- ☐ 2 Red Bell Pepper
- ☐ 16 leaves Romaine
- ☐ 1 cup Shallot
- ☐ 2 Spaghetti Squash
- ☐ 6 Sweet Potato
- ☐ 4 Tomato
- ☐ 2 White Onion
- ☐ 3 Yellow Onion

Boxed & Canned

- ☐ 12 cups Organic Vegetable Broth
- ☐ 16 cups White Navy Beans

Baking

- ☐ 1/2 cup Cacao Nibs
- ☐ 1/2 cup Cacao Powder
- ☐ 2 cups Chickpea Flour
- ☐ 1 1/3 cups Nutritional Yeast
- ☐ 2 cups Organic Raisins

Bread, Fish, Meat & Cheese

- ☐ 1 1/16 lbs Beef Liver
- ☐ 2 lbs Extra Lean Ground Beef
- ☐ 2 lbs Extra Lean Ground Turkey
- ☐ 5 cups Hummus
- ☐ 12 ozs Mozzarella Cheese
- ☐ 22 slices Organic Bacon
- ☐ 8 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1/3 cup Avocado Oil
- ☐ 3/4 cup Coconut Oil
- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Tahini
- ☐ 2/3 cup Tomato Sauce

Cold

- ☐ 44 Egg
- ☐ 6 cups Unsweetened Almond Milk
- ☐ 12 cups Unsweetened Coconut Yogurt

Other

- ☐ 3 cups Dried Apricots
- ☐ 15 3/4 cups Water



Coconut Chia Seed Yogurt

12 servings
30 minutes

Ingredients

12 cups Unsweetened Coconut Yogurt
3 cups Chia Seeds
1/4 cup Cinnamon
3 cups Strawberries (chopped)

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

More Flavor, Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings, Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Banana

4 servings

1 minute

Ingredients

4 Banana

Directions

- 1 Peel and enjoy!

Notes

More protein, Dip in almond butter.



Warm Peas with Eggs

4 servings

15 minutes

Ingredients

1 White Onion (diced)
1/3 cup Water
6 cups Frozen Peas
1/2 tsp Sea Salt
8 Egg

Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor, Use broth or oil instead of water.

Additional Toppings, Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.



Avocado

4 servings

5 minutes

Ingredients

2 Avocado

Directions

- 1 Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With, Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack, Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack, Top with maple syrup, honey, maple butter and/or cinnamon.



Chocolate Banana Cauliflower N'Oats

4 servings
20 minutes

Ingredients

4 cups Cauliflower Rice
3 cups Unsweetened Almond Milk
1/3 cup Chia Seeds
1/4 cup Cacao Powder
1/2 cup All Natural Peanut Butter
(divided)
1/2 tsp Sea Salt
2 Banana (sliced)
1/4 cup Cacao Nibs

Directions

- 1 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 2 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days.

Nut-Free, Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

More Flavor, Add cinnamon or maple syrup.

More Protein, Add collagen or protein powder.

No Cacao Powder, Use cocoa powder instead.

No Banana, Top with berries instead.



Hard Boiled Eggs with Apricots

12 servings

15 minutes

Ingredients

12 Egg
3 cups Dried Apricots

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 3 Peel the eggs and serve with apricots. Enjoy!

Notes

Storage, Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.
Easier to Peel, Add salt to the water while boiling.



Cucumber Hummus Bites

12 servings

10 minutes

Ingredients

3 Cucumber (large)
3 cups Hummus
1 1/2 tsps Black Pepper

Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

Notes

More Flavour, Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.



Hard Boiled Eggs

8 servings

15 minutes

Ingredients

16 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers, Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel, Add salt to the water while boiling.



Hummus & Veggie Wrap

8 servings

5 minutes

Ingredients

- 8 Whole Wheat Tortilla (large)
- 2 cups Hummus
- 16 leaves Romaine (large, whole)
- 2 Avocado (sliced)
- 2 Cucumber (sliced)
- 2 Red Bell Pepper (sliced)

Directions

- 1 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 2 Serve immediately and enjoy!

Notes

Gluten-Free, Use a brown rice tortilla instead.

Oil-Free, Use an oil-free hummus.

More Flavor, Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

Easy Eating, Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.



Cream of Celery & Asparagus Soup

8 servings

25 minutes

Ingredients

- 1/4 cup Coconut Oil
- 2 Yellow Onion (chopped)
- 12 stalks Celery (chopped)
- 6 Garlic (cloves, minced)
- 8 cups Water
- 2 tsp Sea Salt
- 1 tsp Black Pepper
- 6 cups Asparagus (woody ends snapped off)
- 1 cup Hemp Seeds
- 8 cups Baby Spinach

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

No Hemp Seeds, Use cashews.

Add Some Crunch, Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach, Use kale, swiss chard or any leafy green.

Leftovers, Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.



White Bean, Spinach & Tomato Salad

8 servings

10 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil
1 cup Shallot (diced)
8 Garlic (cloves, minced)
8 cups White Navy Beans (cooked,
drained and rinsed)
16 cups Baby Spinach (chopped)
4 Tomato (medium, diced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 2 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

Notes

No White Beans, Use chickpeas or lentils instead.

Extra Flavour, Add avocado, lemon juice and/or feta cheese.

Leftovers, Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.



Lemon Garlic Tahini Dressing

8 servings

5 minutes

Ingredients

1/2 cup Tahini
1/2 cup Water (warm)
1/2 cup Lemon Juice
4 Garlic (clove, small, minced)
2 tbsps Nutritional Yeast
1/2 tsp Sea Salt

Directions

- 1 Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving is equal to approximately two and a half tablespoons.

Dressing Consistency, If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.



Cucumbers with Beef Liver Pate

8 servings

15 minutes

Ingredients

6 slices Organic Bacon
1 Yellow Onion (small, minced)
4 Garlic (cloves, minced)
1 1/16 lbs Beef Liver
2 tbsps Dried Thyme
1/2 cup Coconut Oil (melted)
1/2 tsp Sea Salt
1 Cucumber (sliced)

Directions

- 1 In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
- 2 Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
- 3 Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
- 4 Spread onto cucumber slices and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, Each serving equals approximately 1/4 cup of beef pate.

More Flavor, Use fresh instead of dried herbs.

No Cucumbers, Use carrot sticks or plantain chips instead.



Toasted Trail Mix

16 servings

10 minutes

Ingredients

4 cups Almonds (raw)
1 tsp Sea Salt (omit if using salted nuts)
4 cups Raw Peanuts
2 cups Pumpkin Seeds
2 cups Organic Raisins

Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Notes

Serve it With, Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

Make it Paleo, Replace peanuts with another type of nut or seed.

Storage, Refrigerate in an air-tight container.

Other Add-Ins, Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.



Spaghetti Squash, Turkey & Broccoli

8 servings

1 hour

Ingredients

2 Spaghetti Squash (medium)
2 lbs Extra Lean Ground Turkey
4 cups Water
8 cups Broccoli (chopped into florets)
1/2 cup Nutritional Yeast
2 tsps Sea Salt

Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 2 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 3 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 4 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is approximately 1 cup of each ingredient.

More Flavor, Season the turkey with minced onion or garlic while it cooks.

Additional Toppings, Top with fresh parsley, cilantro or your favorite hot sauce.

Make it Vegan, Use chickpeas or lentils instead of ground turkey.



Ground Beef, Asparagus & Mashed Sweet Potatoes

8 servings

30 minutes

Ingredients

6 Sweet Potato (medium, peeled and chopped)
8 cups Asparagus (woody ends trimmed, chopped in half)
1 tsp Sea Salt (divided)
2 tbsps Avocado Oil
2 lbs Extra Lean Ground Beef

Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

Notes

No Sweet Potatoes, Use regular potatoes, eddo, jicama or kohlrabi instead.

No Avocado Oil, Use coconut oil, olive oil, ghee or butter instead.

Storage, Refrigerate in an airtight container up to 3 days.

Serving Size, One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

Vegan & Vegetarian, Omit the ground beef and use cooked lentils instead.

Extra Creamy Potatoes, Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



Kale & White Bean Caesar Salad

12 servings

25 minutes

Ingredients

16 slices Organic Bacon
1 cup Hemp Seeds
1/2 cup Water
1/4 cup Nutritional Yeast
2 Lemon (juiced)
4 Garlic (clove, peeled)
24 cups Kale Leaves (chopped)
8 cups White Navy Beans (cooked)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
- 2 While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
- 3 Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
- 4 Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

Notes

Vegan and Vegetarian, Omit the bacon, or use coconut bacon.

Leftovers, Keeps well in the fridge for 2 to 3 days.



Pea & Basil Buckwheat Risotto

8 servings
20 minutes

Ingredients

5 cups Buckwheat Groats (soaked overnight, drained & rinsed)
12 cups Organic Vegetable Broth (divided)
8 cups Fresh Peas (or frozen, divided)
8 cups Basil Leaves (stems removed)
1/2 cup Nutritional Yeast
2 tsps Sea Salt

Directions

- 1 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 2 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 3 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving is equal to approximately 1 3/4 cup.

More Flavor, Add a splash of apple cider vinegar and/or your desired herbs and spices.

Additional Toppings, Top with red pepper flakes and/or a dollop of yogurt.



Chickpea Flatbread Pizza

4 servings

1 hour 20 minutes

Ingredients

2 cups Chickpea Flour
2 cups Water
3 tbsps Avocado Oil (divided)
1/2 tsp Sea Salt
2/3 cup Tomato Sauce
1/2 tsp Oregano
1/4 tsp Garlic Powder
1/4 tsp Red Pepper Flakes
12 ozs Mozzarella Cheese (shredded)
1/4 cup Basil Leaves (finely chopped)

Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 2 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 4 Reduce the oven temperature to 350°F (176°C).
- 5 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 6 Slice and serve immediately. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

Serving Size, One serving is equal to approximately three slices of pizza.

Dairy-Free, Use a dairy-free shredded cheese instead.

More Flavor, Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings, Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.



Steamed Asparagus

4 servings
10 minutes

Ingredients

4 cups Asparagus (woody ends trimmed, chopped in half)

Directions

- 1 Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to 5 days.

Serving Size, One serving is equal to approximately one cup of cooked asparagus.