PROTEIN & FIBER

BATCH RECIPES

Companion recipes for the 30-Day Real Food Protein Menu series

ABOUT THESE RECIPES

Eight make-ahead meals — soups and stews, vegetable "noodle" dishes, and protein casseroles — each built to deliver solid protein and fiber per serving and to store well for the week.

Sourcing Standards

Same as the master menu template:

- Single-sourced EVOO; raw ACV where used
- Organic produce
- Grass-fed/finished meats or organic pastured poultry
- Wild-caught seafood; pastured eggs
- Glass or stainless steel storage

Avoid glyphosate, GMO ingredients, and BPA-lined cans wherever possible.

About the Numbers

Estimated / unverified: All protein and fiber figures are rough approximations based on typical USDA values for the ingredients listed — not a laboratory or nutrition-software-verified analysis of these exact recipes.

Actual values will vary with brand, cut, and portion size. If a precise number matters clinically, run the recipe through a nutrition-analysis tool.

QUICK REFERENCE

Protein and fiber are estimated per serving.

#	Recipe	Cooks in	Protein	Fiber	Freezer	Contains
1	**Turkey & Vegetable Soup**	Crock pot	24–28g	5–6g	Yes — 3 mo	
2	**Beef & Root Vegetable Stew**	Crock pot	27g	6g	Yes — 3 mo	
3	**Turkey & Bean Chili**	Crock pot	29g	10g	Yes — 4 mo	Legumes
4	**Lentil & Wild Salmon Fiber Soup**	Stovetop	24g	8–9g	Base only — 3 mo	Legumes
5	**Zucchini Noodle Turkey Bolognese**	Stovetop	28–32g	4g	Sauce only — 3 mo	
6	**Zucchini Noodle Shrimp Scampi**	Stovetop	22–26g	3g	No — fridge 3 days	
7	**Spaghetti Squash & Beef Casserole**	Oven	26–30g	5g	Yes — 3 mo	Dairy (optional)
8	**Broccoli & Chicken Casserole**	Oven	30g	4–5g	Possible*	Dairy

**Freezing is possible, but the cottage-cheese base can separate slightly on reheating — stir well.*

Legume recipes (3 and 4) are not appropriate as written for low-FODMAP, SIBO, or legume-restricted patients — each includes a substitution.

1 Crock Pot Turkey & Vegetable Soup

YIELD	PROTEIN*	FIBER*	COOKS IN
~8 servings (1.5 cups)	~24–28g	~5–6g	Crock pot

Sourcing notes: Organic, pastured ground turkey; homemade or single-ingredient organic bone broth (no additives/flavorings); organic vegetables; single-sourced EVOO finished at the end (heat destroys some EVOO polyphenols).

INGREDIENTS

- 2 lb organic ground turkey (or diced pastured turkey thigh)
- 8 cups organic bone broth (chicken or turkey), no additives
- 2 cups organic carrots, sliced
- 2 cups organic celery, sliced
- 2 cups organic zucchini, diced (added last 30 min so it doesn't turn to mush)
- 1 cup organic yellow onion, diced
- 3 cups organic kale or spinach, chopped
- 2 tbsp organic tomato paste (glass jar, no additives)
- 2 tsp dried Italian herbs, sea salt, pepper to taste
- 2 tbsp single-sourced EVOO, drizzled at serving

METHOD

1. Brown the turkey in a skillet with a little EVOO, breaking it up; drain excess fat if desired.
2. Add turkey, broth, carrots, celery, onion, tomato paste, and herbs to the crock pot.
3. Cook on LOW 6–7 hours or HIGH 3–4 hours.
4. Stir in zucchini and greens in the last 30 minutes of cooking.
5. Portion into glass containers; drizzle raw EVOO over each bowl at serving — do not cook the EVOO.

Batch-prep & storage: Freezes well up to 3 months in glass jars (leave 1 inch headspace). Reheat gently — avoid boiling to protect broth nutrients.

2 Crock Pot Beef & Root Vegetable Stew

YIELD	PROTEIN*	FIBER*	COOKS IN
~8 servings (1.5 cups)	~27g	~6g	Crock pot

Sourcing notes: Grass-fed beef stew meat; organic root vegetables; homemade or additive-free organic beef broth.

INGREDIENTS

- 2.5 lb grass-fed beef stew meat, cubed
- 6 cups organic beef bone broth, additive-free
- 2 cups organic carrots, chunked
- 2 cups organic parsnips or turnips, chunked
- 1 cup organic celery, chunked
- 1 cup organic yellow onion, diced
- 2 tbsp organic tomato paste
- 2 tbsp arrowroot or organic tapioca starch (thickener, whisked with a little cold broth)
- Sea salt, pepper, bay leaf, thyme to taste
- 2 tbsp single-sourced EVOO for browning

METHOD

1. Brown the beef in EVOO in a hot skillet in batches; transfer to the crock pot.
2. Add broth, all vegetables, tomato paste, and herbs.
3. Cook on LOW 7–8 hours or HIGH 4 hours, until beef is fork-tender.
4. In the last 20 minutes, stir in the arrowroot slurry to thicken.
5. Remove bay leaf before portioning.

Batch-prep & storage: Freezes very well up to 3 months in glass containers; the starch thickener holds up fine after thawing.

3 Crock Pot Turkey & Bean Chili

YIELD	PROTEIN*	FIBER*	COOKS IN
~8 servings (1.5 cups)	~29g	~10g	Crock pot

Highest protein-and-fiber combination in this set.

Sourcing notes: Organic pastured ground turkey; organic beans (dried, soaked, and cooked, or BPA-free canned); organic tomatoes.

Contains legumes: Beans are a legume/FODMAP source — not appropriate as written for low-FODMAP or SIBO patients. See substitution below.

INGREDIENTS

- 2 lb organic ground turkey
- 2 (15 oz) cans organic black beans and/or kidney beans, BPA-free, drained and rinsed
- 1 (28 oz) can or jar organic crushed tomatoes
- 1 cup organic bell pepper, diced
- 1 cup organic yellow onion, diced
- 2 tbsp chili powder, 1 tbsp cumin, 1 tsp smoked paprika, sea salt to taste
- 1 tbsp single-sourced EVOO for browning

METHOD

1. Brown turkey in EVOO with onion and pepper in a skillet.
2. Transfer to crock pot with beans, tomatoes, and spices.
3. Cook on LOW 6 hours or HIGH 3–4 hours.
4. Adjust seasoning and portion into glass containers.

Batch-prep & storage: Freezes excellently up to 4 months.

Low-FODMAP / SIBO substitution: Omit beans, add extra diced zucchini and carrots for bulk, and use only a canned-tomato amount within Monash-tested portions — verify current thresholds in the Monash app before clinical use.

4 Lentil & Wild-Caught Salmon Fiber Soup

YIELD	PROTEIN*	FIBER*	COOKS IN
~8 servings (1.5 cups)	~24g	~8–9g	Stovetop

Highest-fiber recipe in this set.

Sourcing notes: Wild-caught salmon (fresh or BPA-free canned); organic green or red lentils; organic vegetables.

Contains legumes: Lentils are a legume/FODMAP source — not appropriate as written for low-FODMAP, SIBO, or legume-restricted patients. See substitution below.

INGREDIENTS

- 1.5 cups organic green or red lentils, rinsed
- 1.5 lb wild-caught salmon, skin removed, cut into chunks (added at the end)
- 8 cups organic vegetable or fish broth, additive-free
- 2 cups organic carrots, diced
- 1 cup organic celery, diced
- 1 cup organic yellow onion, diced
- 2 cups organic spinach, chopped
- 1 tsp cumin, 1 tsp smoked paprika, sea salt, pepper
- 2 tbsp single-sourced EVOO, drizzled at serving

METHOD

1. Sauté onion and celery in a splash of EVOO in a large pot until soft.
2. Add broth, lentils, carrots, and spices; simmer 25–30 minutes until lentils are tender.
3. Gently fold in salmon chunks and spinach; simmer 5–6 minutes more, just until salmon is cooked through — do not overcook.
4. Drizzle raw EVOO over each bowl at serving.

Batch-prep & storage: The lentil/vegetable base freezes well up to 3 months. For best texture, add fresh salmon when reheating rather than freezing with the fish already in it.

Low-FODMAP / SIBO substitution: Replace lentils with diced zucchini and extra carrots, and use garlic-infused EVOO instead of onion/garlic. The fiber estimate will drop accordingly and has not been recalculated.

5 Zucchini Noodle Turkey Bolognese

YIELD	PROTEIN*	FIBER*	COOKS IN
~6 servings	~28–32g	~4g	Stovetop

Sourcing notes: Grass-fed/pastured ground turkey or beef; organic zucchini for noodles; BPA-free glass-jar organic tomato sauce (check for added sugar/seed oils); single-sourced EVOO.

INGREDIENTS

- 2 lb grass-fed ground beef or pastured ground turkey
- 6 medium organic zucchini, spiralized into "noodles"
- 1 (24 oz) jar organic marinara (glass jar, no seed oil, no added sugar)
- 1 cup organic mushrooms, diced (optional, adds texture/fiber)
- 3 cloves organic garlic, minced
- ½ cup organic yellow onion, diced
- 2 tbsp single-sourced EVOO
- Sea salt, pepper, dried basil/oregano to taste
- Optional: nutritional yeast or aged raw-milk parmesan to finish

METHOD

1. Sauté onion and garlic in EVOO over medium heat until soft.
2. Add ground meat and brown fully, breaking up clumps.
3. Stir in mushrooms and marinara; simmer 20–25 minutes.
4. Salt the zucchini noodles lightly and let sit 10 minutes in a colander to draw out water, then pat dry — this keeps the dish from becoming watery.
5. To serve, sauté zoodles in a dry pan 2–3 minutes just before eating so they stay al dente, then top with sauce.

Batch-prep & storage: Store sauce and raw zoodles separately. Sauce freezes well up to 3 months. Zoodles are best spiralized fresh within 2–3 days and kept raw in the fridge until the day of eating.

6 Zucchini Noodle Shrimp Scampi

YIELD	PROTEIN*	FIBER*	COOKS IN
~6 servings	~22–26g	~3g	Stovetop

Sourcing notes: Wild-caught shrimp (U.S.-caught preferred); organic zucchini; single-sourced EVOO; organic lemon and garlic.

INGREDIENTS

- 2 lb wild-caught shrimp, peeled and deveined
- 6 medium organic zucchini, spiralized
- 4 cloves organic garlic, minced
- ⅓ cup single-sourced EVOO
- ¼ cup fresh organic lemon juice + zest
- ¼ cup chopped organic parsley
- Pinch red pepper flakes (optional), sea salt to taste

METHOD

1. Salt zoodles and let drain in a colander 10 minutes; pat dry.
2. Heat EVOO over medium heat, add garlic and red pepper flakes, sauté 1 minute (do not brown garlic).
3. Add shrimp, cook 2–3 minutes per side until just pink; remove from heat immediately to avoid overcooking.
4. Toss zoodles into the pan's residual heat with lemon juice, zest, and parsley for 1–2 minutes, just to warm through.
5. Serve immediately for best texture.

Batch-prep & storage: Best batch-prepped as components: cook shrimp in scampi sauce ahead and refrigerate up to 3 days. Keep zoodles raw and toss fresh with warmed shrimp/sauce at each meal so they don't go watery.

7 Spaghetti Squash & Grass-Fed Beef Casserole

YIELD	PROTEIN*	FIBER*	COOKS IN
~8 servings	~26–30g	~5g	Oven

Sourcing notes: Grass-fed ground beef; organic spaghetti squash; organic/pastured eggs as binder; cultured full-fat cheese if tolerated (omit for dairy-free/SIBO variants).

INGREDIENTS

- 1 large organic spaghetti squash, halved and seeded
- 2 lb grass-fed ground beef
- 1 cup organic diced tomatoes (BPA-free can or glass jar)
- 1 cup organic spinach, chopped
- 2 pastured eggs, whisked (binder)
- 1 cup shredded cultured raw-milk cheddar (omit if dairy-free)
- 1 tsp garlic powder, 1 tsp Italian herbs, sea salt, pepper
- 1 tbsp single-sourced EVOO for roasting the squash

METHOD

1. Roast squash halves cut-side down at 400°F for 35–40 min until fork-tender. Cool, then scrape into strands with a fork.
2. Brown the beef with garlic powder and herbs; drain excess fat.
3. In a large bowl, combine squash strands, beef, tomatoes, spinach, whisked eggs, and half the cheese.
4. Transfer to a greased glass baking dish; top with remaining cheese.
5. Bake at 375°F for 25–30 minutes until set and lightly golden.
6. Slice into 8 portions once cooled for batch storage.

Batch-prep & storage: Keeps refrigerated in glass containers up to 4 days; freezes in individual portions up to 3 months.

8 Broccoli & Chicken Casserole

YIELD	PROTEIN*	FIBER*	COOKS IN
~8 servings	~30g	~4–5g	Oven

Sourcing notes: Organic pastured chicken thigh or breast; cultured full-fat cottage cheese or Greek yogurt as the creamy base instead of conventional canned soup; organic broccoli.

INGREDIENTS

- 2.5 lb organic pastured chicken breast or thigh, cooked and shredded (rotisserie-style)
- 6 cups organic broccoli florets, blanched 3 minutes
- 2 cups cultured cottage cheese or plain full-fat Greek yogurt (organic)
- ½ cup single-sourced EVOO or avocado oil mayo
- 1 cup shredded cultured or grass-fed cheddar (reserve some for topping) — I love BRITISH organic brand cheese
- 1 tsp onion powder, 1 tsp garlic powder, sea salt, pepper
- Optional: ½ cup almond flour (organic, glyphosate-free) mixed with EVOO for a light crumble topping

METHOD

1. Preheat oven to 375°F.
2. In a large bowl, mix shredded chicken, blanched broccoli, cottage cheese/yogurt, EVOO mayo, half the cheddar, and seasonings.
3. Spread into a greased glass baking dish; top with remaining cheddar and optional almond-flour crumble.
4. Bake 25–30 minutes until bubbling and lightly golden on top.
5. Cool 10 minutes, then cut into 8 portions.

Batch-prep & storage: Refrigerates well up to 4 days in glass containers. Freezing is possible, but the cottage-cheese base can separate slightly on reheating — stir well.

Important: These recipes are an educational template for general wellness planning and are not individualized medical or nutrition advice. Protein and fiber figures are rough estimates, not laboratory-verified values.

Recipes containing legumes (lentils, beans) are flagged and are not appropriate as written for patients on low-FODMAP, SIBO, or legume-restricted protocols without the noted substitutions; verify current Monash serving-size thresholds before clinical use.

If a patient has a diagnosed condition (e.g., SIBO, IBD, kidney disease, food allergies) or takes medications, review these recipes with their provider before starting.