

The Guard Your Lips Project: A Mouth That Honors God

A decorative border featuring a repeating pattern of roses and leaves, framing a central white oval area.

Section Three: Recipes for Nourishment

Psalm 141:3 Set a guard, O Lord, over my mouth; keep watch over the door of my lips.

About Section Three:



These are some of my favorite recipes that I created and that I use in my home. I describe my food style as “healthy comfort”.

When I got married, I didn’t know how to cook. I relied on cookbooks from the library to help me, and I would also regularly look through cookbooks at bookstores.

As a teacher and then homeschool mom, I have enjoyed using the less-rushed summer months to continue trying new recipes from cookbooks. So while these are my creations, they are also inspired by countless cookbooks.

I hope you find inspiration as well as some new staples for your home! If you love something or have questions, please let me know! I’ve provided my contact info at the end of the book.

God bless you and your meals as you go through this section!

One-Pan Beef and Veggies

Ingredients:

- variety of veggies such as onion, yellow squash, zucchini, bell pepper
- olive oil
- salt, pepper, smoked paprika, Italian seasoning, and chili powder
- 1 pound ground beef
- 2-3 tablespoon worcestershire sauce
- 2-3 cloves minced garlic
- 2-3 handfuls chopped spinach
- 1 can stewed tomatoes



One-Pan Beef and Veggies

1. Chop $\frac{1}{2}$ onion, 1 yellow squash, 1 zucchini, 1 bell pepper, and any other veggies you want.
2. Sauté these in olive oil a few minutes over medium-high heat, then push veggies to outer rim of pan.
3. Add about 1 pound of ground beef to center of pan. Sprinkle with salt and pepper (also smoked paprika, Italian seasoning, and chili powder, or any seasonings you like) as well as worcestershire sauce. Break up meat with spatula and cook fully.
4. Mix the meat and veggies together and add minced garlic, chopped spinach, and a can of stewed tomatoes. Mix together.

This dish is complete and delicious on its own. You could also serve with a salad, bread, potatoes or sweet potatoes, or rice/grain of choice.

Take it one step further...Shepherd's Pie

1. Boil about 6 potatoes. Preheat oven to 385°.
2. When potatoes are soft enough to poke a fork through, drain water and place in a large bowl or standing mixer.
3. Add $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup milk or cream or a mix.
4. Add 1 tablespoon of salt, a shake of pepper, and a pinch of ground nutmeg. Mix (in standing mixer, with a hand mixer, or by hand with a potato masher or fork). Taste to see if they need more salt.
5. Spread mashed potatoes on your meat mix. I like to keep it in the cast iron to bake, but you can put it in any oven-proof dish.
6. Bake about 10-20 minutes, until the top has a slight crust.



Sheet Pan Chicken Thighs & Veggies with Yogurt Sauce

Ingredients:

- boneless, skinless chicken thighs
- veggies of choice (brussel sprouts, sweet potato, onion, zucchini, cauliflower)
- olive oil
- seasonings: salt, pepper, smoked paprika, chili powder, Italian seasoning
- optional: bacon



Sheet Pan Chicken Thighs & Veggies with Yogurt Sauce

1. Preheat oven to 425°. Spray pan(s) with olive oil or cover with parchment paper.
2. Lay your boneless, skinless chicken thighs around the tray and season with salt.
3. Chop a variety of vegetables such as brussel sprouts, sweet potato, onion, zucchini, cauliflower and sprinkle around the tray with the chicken.
4. Season the whole tray with salt, pepper, and any other seasonings you like, then drizzle with olive oil.
5. If you want extra flavor, add (raw) bacon too (full strips or cut in to 1-2 inch pieces).
6. Bake until everything is done, about 30 minutes.
7. Citrus yogurt sauce: Combine 1 cup of yogurt, about 5 garlic cloves, zest and juice of one orange, 3 tbs olive oil, and salt. Blend with immersion blender. Add a little water if you want a less thick consistency. This can be drizzled over the chicken and veggies on each person's plate, or used as a dip.

This meal is delicious and complete in itself. You can also serve with rice or another grain, a salad, and/or some fruit.

Veggie-full Quiche

Ingredients:

- vegetables of choice (onion, zucchini, spinach, yellow squash, asparagus, bell pepper)
- 8 eggs
- 1 cup milk
- $\frac{1}{4}$ cup heavy cream
- 1-2 cups of your preferred shredded or crumbled cheese

Crust:

- 1 $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ cup cold butter
- salt
- ice water

Or store-bought crusts (2)



Veggie-full Quiche

1. Preheat oven to 400°. Gather a variety of vegetables such as onion, zucchini, spinach, yellow squash, asparagus, bell pepper. Chop small with a knife or your food processor. You can also use less vegetables, and add meat.

2. In a large bowl, combine about 8 eggs, 2 cups of milk or cream and whisk. Add 1-2 cups of your preferred cheese (shredded), and add in the chopped vegetables. Add salt and pepper (other seasoning if you wish). Stir everything together. Set aside.

3. If making your own crust, in an electric mixing bowl, combine 1 ¼ cup of flour, ½ cup of cold butter cut into small pieces, a pinch or two of salt. Once that mixes for a couple minutes, add about 4 tablespoons of ice-cold water. Mix, then form a ball, and roll out on a floured surface to create your crust.

If not making your own crust, have a couple regular store bought pie crusts ready. Or for low carb, just spray your baking dish(es) and go crustless.

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Veggie-full Quiche Continued

4. Place your crust in whatever you will bake the quiche in (if you have smaller baking dishes, divide the dough to make 2 crusts). I like to use my cast iron pan and make one large quiche.

5. Add your egg and veggie filling to the crust and bake until done (about 40 minutes). To check if it's done, stick a knife through the center. If it comes out clean, it's ready; if it comes out wet, bake longer.

This dish is complete and delicious on its own. You could also serve with a salad or soup or fruit.

Beef and Veggie Soup

Ingredients:

- 1 pound ground beef
- 4 cups beef broth
- variety of vegetables (onion, garlic, zucchini, carrot...)
- 1 can diced tomatoes
- optional: fresh herbs such as rosemary, oregano
- worcestershire sauce
- seasonings: salt, pepper, smoked paprika, chili powder, Italian seasoning, red pepper flakes



Beef and Veggie Soup

1. Brown 1 pound of ground beef; season with salt and pepper (optionally add smoked paprika, chili powder and Italian seasoning or any seasonings you like). Add 2-4 tbs of worcestershire sauce.

2. If you are using a pressure cooker, transfer the meat to the pressure cooker now.

3. Add a variety of chopped vegetables such as onion, garlic, zucchini, and carrot. Cabbage goes well also.

4. Pour 4 cups of beef broth over the mix, and 1 can of diced tomatoes.

5. Add any fresh herbs you want. I like to add fresh oregano and fresh rosemary.

6. If not using a pressure cooker, simmer until the carrots are soft.

7. I usually set my pressure cooker to high for 20 minutes.

This dish is complete and delicious on its own. You could also serve with a salad, rice, or bread. If you aren't using any rice or bread, then potatoes would go well in the soup.

Chicken Pitas, Fresh Veggies, Tzatziki Sauce

Ingredients:

- chicken tenderloins
- olive oil (or butter)
- seasonings: salt, pepper, smoked paprika, chili powder, Italian seasoning
- 1 cup plain yogurt
- ½ lemon
- 1 cup cucumber
- small handful fresh dill
- small handful mint leaves
- 5 cloves of garlic
- 1 cucumber
- variety of fresh veggies such as tomatoes, cucumbers, some type of lettuce, raw onion, shredded beet
- pitas



Chicken Pitas, Fresh Veggies, Tzatziki Sauce

1. Cook your chicken stovetop in some olive oil or butter. Season your chicken with salt, pepper, Italian seasoning, any seasonings you want. You could also bake it in the oven if that's easier for you.

2. While the chicken is cooking, make your tzatziki sauce by combining plain yogurt (about a cup), lemon juice (1/2 squeezed lemon plus zest if desired), ½-1 cup of cucumber, handful of dill, half that amount of mint, 5 garlic cloves (go with your desired amount of garlic), a couple tablespoons of olive oil, and a small bit of water. Blend with an immersion blender or in your blender, or chop everything well and leave it chunky.

3. Chop a variety of fresh veggies such as tomatoes, cucumbers, some type of lettuce, raw onion, shredded beet (you could also roast or boil your beets).

4. Warm up your pita bread.

5. Put all the toppings in your pita and enjoy!!

You can also enjoy as a deconstructed pita, which I find easier to eat!

Carrot Soup

Ingredients:

- about 6 large carrots
- ½ cup butter
- 1 onion
- 4 cups chicken broth
- salt and pepper



Carrot Soup

1. Peel and chop many carrots-(enough to fill your pan a little more than halfway, but don't put them in the pan yet). Set chopped carrots to the side.

2. Melt a good amount of butter in a pan (1/2 cup), and add 1 whole chopped onion. Season with salt and pepper and cook over medium high heat for a minute or two.

3. Add carrots and 4 cups or more of chicken broth. You could also add 4 cups of chicken broth plus some water for desired consistency.

4. Let boil until carrots are soft.

5. Remove from heat and blend with an immersion blender. Add more salt if needed.

8. For protein, you can serve this with strips of chicken or hard-boiled egg or fried egg to be eaten separately or on toast!

I had this soup at a French restaurant many years ago and recreated it at home. It's always a hit in my house.

Chuck Roast with Red Chimichurri

Ingredients:

- chuck roast
- 3 cups beef broth
- 1 onion
- 7 cloves of garlic
- 1 can diced tomatoes
- optional: fresh herbs such as rosemary, oregano
- 1 jar roasted red peppers
- 1 shallot
- red wine vinegar
- olive oil
- worcestershire sauce
- seasonings: salt, pepper, smoked paprika, chili powder, Italian seasoning, red pepper flakes



Chuck Roast with Red Chimichurri

1. Season a chuck roast with salt, pepper, smoked paprika, chili powder, Italian seasoning, or any seasonings you like. Sear on both sides stovetop over medium-high heat in a bit of olive oil and a few splashes of worcestershire sauce (a couple minutes per side).
2. Transfer to a pressure cooker (or however you like to “slow cook” meat to tenderize it).
3. Add 1 whole sliced onion, 5 or more chopped cloves of garlic, 1 can of diced tomatoes, fresh herbs such as rosemary and oregano. You can also add the rind of your parmesan cheese if you want the broth to taste more like French onion soup.
4. Use about 3 cups of beef broth to scrape the bits from the searing pan, and pour that over the chuck roast.
5. Set pressure cooker on high for 60-90 minutes.
6. For the red chimichurri, get a jar or two of roasted red peppers. Chop them and combine in a bowl with minced garlic (3-5 cloves), minced shallot (1/2-1), a little olive oil and red wine vinegar, a dash of salt and pepper, and some red pepper flakes if you like it spicy.

I like to serve this meat over mashed potatoes or rice and scoop some of the red chimi on top. The chuck roast also is good like this as a soup—the broth is amazing!

Loaded Salad and Good Dressing

Ingredients:

- spring mix or any greens you like for base of salad
- proteins such as sliced chicken, hard boiled eggs, nuts, gorgonzola cheese, tuna, sliced steak
- other veggies chopped or slice such as raw onion, baked sweet potato cubes, shredded carrot, cucumber, bell peppers
- any extras such as capers, olives, sun-dried tomatoes, cranberries or dried cherries

Dressing:

- $\frac{1}{4}$ cup vinegar
- $\frac{1}{2}$ cup olive oil
- 2-4 tablespoons soy sauce
- 1 garlic clove
- $\frac{1}{2}$ shallot
- 1-2 tablespoons tahini
- Optional: a few fresh herbs, a squeeze of honey



Loaded Salad and Good Dressing

More inspo!



Loaded Salad with Good Dressing

1. Start with a bed of your favorite greens. I like arugula or spring mix.

2. Choose 2-4 kinds of protein to sprinkle on the greens. Some ideas are: sliced chicken, hard boiled eggs, nuts, gorgonzola cheese, tuna, sliced steak.

3. Slice and sprinkle other veggies you like. Some ideas are: raw onion, baked sweet potato cubes, shredded carrot, cucumber, bell peppers, tomatoes.

4. Add any extras such as capers, olives, sun-dried tomatoes, cranberries or dried cherries.

5. Dressing: 1 part vinegar (about $\frac{1}{4}$ cup), 2 parts olive oil (about $\frac{1}{2}$ cup), $\frac{1}{2}$ part soy sauce (4 tbsp), 1 chopped garlic clove, $\frac{1}{2}$ chopped shallot, optional fresh herbs such as oregano, 1-2 tablespoons of tahini to make it creamier. Add a small squeeze of honey if you like sweeter dressings. Blend with an immersion blender.

This loaded salad is a complete meal in itself. Feel free to serve with crusty bread, fruit, or soup!

Steak with Green Chimichurri

Ingredients:

Chimichurri

- 1-2 bunches of parsley
 - 1 shallot
 - 5-8 garlic cloves
 - ½ bell pepper
 - 5 tbsp red wine vinegar
 - Seasonings: 1 tsp salt, ½ tsp red pepper flakes, 1 tsp dried oregano or Italian seasoning
 - 1 cup olive oil
-
- Steak of choice
 - Optional: butter, worcestershire sauce, and Lawry's seasoning salt for cooking the steak



Steak with Green Chimichurri

1. Make your Chimichurri: in a food processor, combine 1-2 bunches of parsley, 1 shallot, 5-8 garlic cloves, ½ bell pepper, 5 tbsp red wine vinegar, 1 tsp salt, ½ tsp red pepper flakes, 1 tsp dried oregano or Italian seasoning. Pulse until combined. Add 1 cup olive oil and mix in for a couple seconds. This can be made in advance and refrigerated. Keep covered in fridge for any leftovers-it pairs with lots of foods.

2. Pan cook (or however you like to cook) your steak of choice. We usually get beef loin top sirloin and slice our own steaks from it. I like to season with Lawry's salt and cook in a little butter and worcestershire sauce.

3. Serve the steak with the Chimichurri on top or on the side.

This can be served with bread, rice or any grain, a salad, or potatoes!

Mexi-Chicken Rice Bowls

Ingredients:

- chicken thighs
- seasonings: salt, pepper, smoked paprika, chili powder, cumin
- olive oil
- ½ onion
- 4-5 cloves garlic
- 1 zucchini or yellow squash

Options for red sauce:

- * 1 can red enchilada sauce OR
- * ½ can chipotle peppers in adobo blended with water OR
- * about 1-2 cups salsa of your choice OR
- * blend tomatoes (2), garlic (3), bell pepper (1/2) water (1/2 cup)



Mexi-Chicken Rice Bowls

1. Season chicken thighs with salt, pepper, smoked paprika, chili powder, and any seasonings you like. Sear on both sides (a couple minutes per side) in a small amount of olive oil on a pan on the stove over medium-high heat.

2. Place in a pressure cooker (or whatever you like to use to tenderize meat).

3. Add chopped onion (1/2), garlic (4-5 cloves), any soft veggies like zucchini or yellow squash.

4. You have options for the Mexi-red sauce. You can use
->a can of enchilada sauce

->or for a spicy, smoky flavor, put chipotle peppers in adobo in a blender with some water and pour that over.

->You could also put in a blender tomatoes, garlic, bell pepper, and a little water, blend and pour over.

->Another easy option is a jar of salsa!

5. Pour ½ cup of water in your searing pan and scrape the bits from the pan, then add that liquid to the pressure cooker.

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Mexi-Chicken Rice Bowls Continued

6. Set pressure cooker on high for 20 minutes.
7. When it's about ready, make rice (I like basmati).
8. Prepare simple sides for the rice bowls such as beans, avocados, raw chopped onion, tomatoes, shredded cheese, sour cream, cilantro.
9. Serve rice topped with Mexi-chicken, and finish off with toppings!

This is one I like to make when I have a crowd of kids or teens. Each person can choose what they want.

Caprese Bruschetta, Fresh Mozzarella & Toasty Bread

Ingredients:

- 1 loaf of good sliced bakery bread
- Italian seasoning
- olive oil
- 6 plum tomatoes
- handful of fresh basil
- 5 garlic cloves
- red wine vinegar
- salt, pepper
- fresh mozzarella ball
- optional: balsamic glaze



Caprese Bruschetta, Fresh Mozzarella & Toasty Bread

1. Preheat oven to 400°. Lay slices of good bakery bread of your choice on a baking sheet, season with Italian seasoning, and drizzle with olive oil. Set to the side.
2. Place tomatoes, basil, and garlic in a blender. For amounts, I use the equivalent to about 6 plum tomatoes, a handful of basil, and about 5 garlic cloves. Add a splash of red wine vinegar and olive oil, and salt and pepper. Blend until mixed but still chunky.
3. Lay your sliced mozzarella out on a plate; you can drizzle it with a little olive oil or balsamic glaze.
4. Bake bread until crispy.
5. This can be eaten with mozzarella and tomato basil combo all on a toast like an open-faced sandwich, or it can be eaten deconstructed.

(The liquid from the tomatoes can tend to pool. You can pour the liquid off, or just mix it in.)

This is great as an appetizer, a lunch, or you can add other protein and a salad and make it part of a larger meal.

Veggie Meaty Bolognese Sauce with Pasta

Ingredients:

- variety of vegetables such as onion, zucchini, and yellow squash
- olive oil
- 1 pound ground beef
- seasonings: salt, pepper, Italian seasoning
- worcestershire sauce
- pasta of choice or/and spaghetti squash

Sauce options:

- * 1 jar of your preferred spaghetti sauce OR
- * blend 6 plum tomatoes, 3 cloves garlic, small handful basil with $\frac{1}{2}$ cup water



Veggie Meaty Bolognese Sauce with Pasta

1.If making spaghetti squash, begin with step 4.

Chop a variety of vegetables such as onion, zucchini, and yellow squash and saute in olive oil over medium high heat.

2.After 2-3 minutes, push all the veggies to the outer rim of the pan, add 1 pound of ground beef in the center to brown and crumble.Season it with salt, pepper, Italian seasoning, and a few splashes of worcestershire sauce.

3.Use your blender to blend some tomatoes, garlic, and basil, and pour over top. Let simmer until desired consistency is reached.

Alternatively, you can simply add a jar of spaghetti sauce.

4.Prepare pasta of your choice, or spaghetti squash or zucchini noodles for low carb. For spaghetti squash, cut it in half length-wise, remove seeds, put in a baking dish with 1 inch of water at the bottom, salt it, drizzle some olive oil, bake at 400° about 35 or 30 minutes, then scrape with a fork to get the “spaghetti”.

This can also be made in the pressure cooker, which can quickly cook harder veggies like carrots, and tends to blend all the flavors more!

This dish is complete on its own, or you could also serve with salad or garlic bread.

Meatloaf

Ingredients:

- 1-1.5 pounds ground beef
- $\frac{1}{4}$ - $\frac{1}{2}$ onion
- $\frac{3}{4}$ cup oats
- 1 egg
- salt, pepper

Tomato juice options:

- * 1 cup tomato juice OR
- * In a blender, blend 1 large tomato, 1 carrot (chopped), 1 clove garlic, and a small amount of water



Meatloaf

1. Preheat oven to 350°.
2. Combine 1-1.5 lb ground beef, finely chopped onion (about $\frac{1}{4}$ cup), $\frac{3}{4}$ cup oats, 1 egg, salt, pepper.
3. In blender, combine 1 large tomato, 1 carrot (chopped), 1 clove garlic, and a small amount of water. Blend. Alternatively, you can use 1 cup of tomato juice.
4. Add tomato blend to meat mix, and mix thoroughly. I like to use a standing mixer, but you can mix by hand.
5. Spray a casserole dish and mash the meat mix to the bottom of it (warning, it will shrink during cooking and look weird...I don't make this for guests, but I like to use the casserole dish because it cooks more quickly). If you want it to look nice and you have more time, use 2 loaf pans instead of a casserole dish.
6. Bake about 30 minutes, until meat is cooked all the way through.

While it cooks, make whatever sides you like. A shredded carrot salad or a green salad is good. Or for something cozy, mashed potatoes!

Veggie Skillet with Burrata and Toasty Bread

Ingredients:

- olive oil
- variety of vegetables such as onions, zucchini, bell peppers, yellow squash
- salt, pepper, Italian seasoning, smoked paprika
- can of diced tomatoes
- 2 minced garlic cloves
- fresh chopped spinach (a couple handfuls, more if desired)
- good bakery bread
- several burrata balls
- optional: balsamic glaze



Veggie Skillet with Burrata and Toasty Bread

1.Preheat oven to 400°. In an oven-proof pan (I like the cast iron skillet), drizzle some olive oil on medium heat and add a variety of vegetables such as onions, zucchini, bell peppers, then season well with salt, pepper, Italian seasoning, and any other seasonings you like. Cook until veggies are slightly soft.

3.Add a can of diced tomatoes, minced garlic, and fresh chopped spinach. Season with salt and pepper, mix, and place pan in oven.

5.Slice some good bread and spread on a baking sheet.Drizzle with olive oil and season with Italian seasoning. Place in oven.

6.When bread is toasted, the vegetable skillet should be ready too. Put both things on the table. Place a few Burrata balls on top of the vegetables and slice the tops open. If you want, you can drizzle some balsamic glaze.

7.Each serving should have veggies and burrata, and use the toasted bread to eat with, like a bruschetta.

Feel free to serve with a salad and/or an extra protein!

Homemade Hummus

Ingredients:

- 2 cans chickpeas
- 4-6 cloves garlic
- 1 lemon
- ¼ cup olive oil
- ¼ cup tahini
- 1 cup of water (you may need to adjust more or less for the consistency you want)
- salt, pepper, smoked paprika, cumin (about a teaspoon of each)
- Topping options: tomatoes, cucumbers, parsley, capers, roasted carrots



Homemade Hummus

1. In a food processor, combine all of the ingredients except the toppings (chickpeas, garlic, juice from 1 lemon, olive oil, tahini, water, seasonings).
2. Put into a large serving dish and add toppings
3. Sprinkle with smoked paprika and a drizzle of olive oil.

Serve with fresh pitas, and add other protein such as chicken. This makes for a nice lunch, easy dinner, or a great picnic plan!

Loaded Open-Faced Toast

Ingredients:

- good bread
- butter or olive oil
- hard-boiled or soft-boiled eggs
- shallot
- Gorgonzola cheese
- salt, pepper
- fresh dill

*versatile recipe: these are ideas for toppings, but I encourage you to get creative!



Loaded Open-Faced Toast

1. For eggs, place eggs in a pot, cover with cold water, put to boil about 7-9 minutes for soft-boiled eggs, 10-12 minutes for hard-boiled eggs. Remove eggs from water and put immediately in ice water. Peel.
2. Preheat oven to 425° or broil (for individual servings, you can use a toaster).
3. Prepare toppings. Thinly slice shallots, chop dill, crumble cheese.
4. For oven toast, lay slices of bread on a baking sheet, either butter each piece or drizzle olive oil over the bread, sprinkle with Italian seasoning if you want, and bake/broil until toasted. (*broiling happens fast, 1-2 minutes).
5. Layer your toast with the toppings, and remember that this is SO versatile. Have fun getting creative with real food ingredients.

This is a great breakfast, lunch, or easy dinner! I like to serve with fruit!

Butternut Squash Soup

Ingredients:

- 1 butternut squash
- ½ cup butter
- 1 onion
- salt, pepper
- 4 cups chicken broth
- a couple splashes of heavy cream or a couple tablespoons of cream cheese



Butternut Squash Soup

1. Peel one butternut squash. Cut at the base of the larger part, then cut that large, round part in half, and remove the seeds. Cut the entire squash into large cubes (appearance doesn't matter, it will be blended).

2. Melt a good amount of butter in a pan (1/2 cup), and add 1 whole chopped onion. Season with salt and pepper and cook over medium high heat for a minute or two.

3. Add the squash and 4 cups of chicken broth.

4. Let boil until squash is soft, and add a splash of heavy cream or a large spoonful of cream cheese. Amounts are up to you for creaminess.

5. Remove from heat and blend with an immersion blender. Add more salt if needed.

For protein, you can serve this with strips of chicken or hard-boiled egg or fried egg to be eaten separately or on toast!

Tomato-Basil Soup

Ingredients:

- ½ cup butter
- 1 onion
- salt, pepper
- 2 cans diced tomatoes
- 4 cups chicken broth
- a couple splashes of heavy cream or a couple tablespoons of cream cheese
- handful of fresh basil



Tomato-Basil Soup

1. Melt a good amount of butter in a pan (1/2 cup), and add 1 whole chopped onion. Season with salt and pepper and cook over medium high heat for a minute or two.

2. Add 2 cans of diced tomatoes and 4 cups of chicken broth.

3. Let it come to a low boil, then add a splash of heavy cream or a couple tablespoons of cream cheese, and a handful of fresh basil. You can use dried basil too if you don't have fresh.

4. Remove from heat and blend with an immersion blender. Add more salt if needed.

For protein, you can serve this with strips of chicken or hard-boiled egg or fried egg to be eaten separately or on toast!

Harissa Coconut Chicken

Ingredients:

- 1 10-ounce jar mild harissa
- 1 can coconut milk
- chicken tenderloins
- olive oil
- salt, pepper, optional curry
- 1 shallot
- 1 garlic clove



Harissa Coconut Chicken

1. Cook chicken tenderloins over medium high heat in olive oil, seasoned with salt and pepper.
2. When chicken is mostly done cooking, add minced shallot and garlic.
3. Soon after, add the jar of harissa and the can of coconut milk. You might like to add curry as well.
4. Mix and warm for a couple minutes.

I like to serve this over rice. I use basmati rice cooked with coconut oil and salt. This is a good and fast meal!



THANK YOU for supporting my work!

If anything in this workbook has been helpful to you, I'd love to hear from you!

- email dianeamoroso19@gmail.com
- Instagram @ddamoroso
- Instagram @sheequipsherselfwithstrength
- Facebook Diane Amoroso

If you use this resource as a group Bible study guide, I'd love to make a (in person or virtual) guest appearance to thank you and pray for you!

With love and gratitude,

Diane Amoroso



Diane Amoroso is a writer, speaker, and women's ministry leader with a passion for helping women walk in freedom, strength and spiritual authority. She serves in women's ministry locally and abroad, equipping and encouraging women to build their lives on the unshakable foundation of God's Word and His love.

In this work, she brings together her love for God's Word and her commitment to healthy living to practically help women walk in freedom in body and spirit!

She resides in South Florida with her beloved husband of 19 years, and her 3 precious daughters. In her free time she enjoys outdoor adventures!

Fitness Plug:



Check it out!

A healthy spirit, mindset, and diet is already a great foundation for a fulfilling and meaningful life.

I want to suggest that if you don't already have a good exercise habit, start one!

Exercise has loads of benefits, some being longevity of life, better digestion, enhanced moods, hormonal wellness, and better sleep!

I believe the best exercises are the ones that are maintainable for you!! At-home workouts are very convenient and maintainable!

Allow me to highly recommend the Made4 fitness app. Through the creator, Idalis Velazquez, and her team, you will learn all about fitness, understand your body, be encouraged, and you will become so strong. There are programs for all fitness levels. Idalis is a woman who loves God and is passionate about helping women.

Disclaimer

The content in this book is shared for informational and inspirational purposes only. It reflects personal experiences, biblical encouragement, and general guidance on nourishing the body and spirit. It is not intended to replace professional medical, nutritional, or psychological advice, diagnosis, or treatment.

Always seek the guidance of a qualified healthcare provider regarding any questions or concerns about your health or dietary choices.

While every effort has been made to provide accurate information, the author makes no guarantees regarding specific outcomes. Each individual's journey is unique, and readers are encouraged to use wisdom and discernment as they apply what is shared.

Above all, this book is meant to point you toward a deeper relationship with God, trusting Him as your ultimate source of wisdom, strength, and transformation.