

ORANGE GLAZED CHICKEN AND CARROT RIBBONS

INGREDIENTS

Chicken breast, sliced
Orange juice and zest
Honey
Soy sauce
Carrots, peeled into ribbons
Garlic, minced
Olive oil
Salt and pepper



CALORIES

410

PROTEIN

34g

DIRECTIONS

1. Cook chicken in oil until golden and cooked through.
2. Mix orange juice, zest, honey, and soy sauce.
3. Add sauce to pan and simmer until thickened.
4. Toss in carrot ribbons briefly to soften slightly.
5. Coat everything in glaze. Serve warm.

HONEY SOY SHRIMP AND ZUCCHINI NOODLES

INGREDIENTS

Shrimp, peeled

Zucchini noodles

Soy sauce

Honey

Garlic, minced

Olive oil

Lime juice (optional)

Chili flakes (optional)

320
CALORIES

28g
PROTEIN



DIRECTIONS

1. Sauté shrimp in olive oil until pink.
2. Add garlic and cook briefly.
3. Stir in soy sauce and honey to form glaze.
4. Add zucchini noodles and toss lightly.
5. Cook 1–2 minutes until just tender.
6. Finish with lime juice or chili flakes.

BLACK PEPPER BEEF AND MUSHROOM TOSS

INGREDIENTS

Beef strips

Mushrooms, sliced

Soy sauce

Black pepper (generous)

Garlic, minced

Butter or oil

Optional: onion, green onions



CALORIES

410

PROTEIN

32g

DIRECTIONS

1. Cook beef in hot pan until browned.
2. Add garlic and mushrooms; sauté until soft.
3. Season heavily with black pepper.
4. Add soy sauce and stir to coat.
5. Cook until sauce reduces slightly.
6. Serve warm, optionally over rice.

GINGER BEEF AND SNAP PEA BOWLS

INGREDIENTS

Beef strips
Snap peas
Ginger, minced
Garlic, minced
Soy sauce
Sesame oil
Cooked rice
Green onions
Sesame seeds

CALORIES

540

PROTEIN

36g

DIRECTIONS

1. Cook beef in sesame oil until browned.
2. Add ginger and garlic; sauté briefly.
3. Add snap peas and cook until tender-crisp.
4. Stir in soy sauce.
5. Serve over rice. Top with green onions and sesame seeds.



GARLIC CHICKEN AND BROCCOLI SKILLET

INGREDIENTS

Chicken breast, sliced
Broccoli florets
Garlic, minced
Soy sauce
Olive oil
Salt and pepper
Optional: honey, chili flakes



CALORIES

390

PROTEIN

36g

DIRECTIONS

1. Heat olive oil in a skillet.
2. Cook chicken until browned and cooked through.
3. Add garlic and sauté briefly.
4. Add broccoli and cook until tender-crisp.
5. Stir in soy sauce (and honey if using).
6. Serve warm as is or over rice.

GENERAL TSO'S CAULIFLOWER BITES

INGREDIENTS

Cauliflower florets
Cornstarch or flour
Soy sauce
Garlic, minced
Ginger, minced
Brown sugar or honey
Rice vinegar
Chili flakes or sriracha
Oil for baking or frying



CALORIES

250

PROTEIN

9g

DIRECTIONS

1. Coat cauliflower in cornstarch.
2. Bake or air-fry until crispy.
3. In a pan, mix soy sauce, garlic, ginger, sugar, vinegar, and chili.
4. Simmer sauce until slightly thick.
5. Toss crispy cauliflower in sauce.
6. Serve hot as snack or over rice.

THAI BASIL CHILI CHICKEN MINCED BOWL

INGREDIENTS

Ground chicken
Garlic, minced
Thai basil leaves
Chili peppers or chili flakes
Soy sauce
Fish sauce (optional)
Brown sugar or honey
Cooked rice
Oil (sesame or vegetable)

CALORIES

430

PROTEIN

32g



DIRECTIONS

1. Heat oil and cook garlic until fragrant.
2. Add ground chicken and cook until browned.
3. Stir in soy sauce, fish sauce, and sweetener.
4. Add chili for heat.
5. Toss in Thai basil until wilted.
6. Serve over rice.

SWEET AND SOUR SHRIMP RAINBOW TOSS

INGREDIENTS

- Shrimp, peeled
- Bell peppers (red, yellow, green)
- Pineapple chunks
- Carrots, sliced
- Sweet and sour sauce
- Soy sauce
- Garlic, minced
- Olive oil
- Optional: rice



420

CALORIES

28g

PROTEIN

DIRECTIONS

1. Sauté shrimp in oil until pink.
2. Add garlic and vegetables; stir-fry briefly.
3. Add pineapple chunks.
4. Pour in sweet and sour sauce.
5. Toss until coated and glossy.
6. Serve over rice or noodles.

MAPLE MUSTARD CHICKEN AND BRUSSELS SPROUTS

INGREDIENTS

Chicken breast or thighs

Brussels sprouts, halved

Maple syrup

Dijon mustard

Olive oil

Garlic, minced

Salt and pepper

Optional: chili flakes

CALORIES 420

PROTEIN 36g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss Brussels sprouts with olive oil, salt, and pepper.
3. Mix maple syrup and Dijon mustard for sauce.
4. Sear chicken lightly in a pan (optional).
5. Place chicken and sprouts on baking tray.
6. Bake 20–25 minutes, brushing with maple mustard sauce halfway.



LEMON PEPPER CHICKEN AND BROCCOLI RABE

INGREDIENTS

Chicken breast
Broccoli rabe
Lemon juice and zest
Black pepper
Garlic, minced
Olive oil
Salt
Optional: chili flakes

CALORIES

420

PROTEIN

36g

DIRECTIONS

1. Cook chicken in oil until browned and cooked through.
2. Season with lemon juice and pepper.
3. Sauté broccoli rabe with garlic until tender.
4. Combine chicken and greens in pan.
5. Adjust seasoning with salt and lemon.
6. Serve warm.



TERIYAKI SALMON AND ASPARAGUS TIPS

INGREDIENTS

- Salmon fillet
- Asparagus tips (or chopped asparagus)
- Teriyaki sauce
- Soy sauce (optional)
- Garlic, minced
- Olive oil or sesame oil
- Salt and pepper
- Sesame seeds (optional)

CALORIES

420

PROTEIN

34g



DIRECTIONS

1. Season salmon with salt and pepper.
2. Pan-sear or bake salmon until cooked through.
3. In a skillet, sauté asparagus with oil and garlic.
4. Add teriyaki sauce and coat asparagus lightly.
5. Glaze salmon with extra teriyaki sauce.
6. Serve together and top with sesame seeds.

SESAME PORK AND CABBAGE SHRED

INGREDIENTS

Pork, thinly sliced or shredded

Cabbage, shredded

Soy sauce

Sesame oil

Garlic, minced

Rice vinegar or lime juice

Sesame seeds

Green onions

350

CALORIES

28g

PROTEIN



DIRECTIONS

1. Cook pork in sesame oil until browned.
2. Add garlic and sauté briefly.
3. Add cabbage and cook until slightly softened.
4. Stir in soy sauce and vinegar/lime juice.
5. Cook until well combined and flavorful.
6. Top with sesame seeds and green onions.

SWEET CHILI TURKEY AND GREEN BEANS

INGREDIENTS

Ground turkey or sliced turkey breast

Green beans

Sweet chili sauce

Garlic, minced

Soy sauce

Olive oil or sesame oil

Salt and pepper

Optional: sesame seeds



350

CALORIES

32g

PROTEIN

DIRECTIONS

1. Heat oil in a skillet and cook turkey until browned.
2. Add garlic and sauté briefly.
3. Add green beans and cook until tender-crisp.
4. Stir in sweet chili sauce and a splash of soy sauce.
5. Cook until glazed and well coated.
6. Top with sesame seeds and serve warm.

CASHEW TOFU VEGGIE MEDLEY

INGREDIENTS

Firm tofu, cubed

Cashews

Mixed vegetables
(bell pepper, carrot, broccoli)

Soy sauce

Garlic

Sesame oil

Honey (optional)



CALORIES

420

PROTEIN

22g

DIRECTIONS

1. Pan-fry tofu until golden and crisp.
2. Remove and sauté vegetables in sesame oil.
3. Add garlic and cook briefly.
4. Return tofu to pan.
5. Stir in soy sauce and optional honey.
6. Toss in cashews and serve warm.

SWEET ONION AND EGG SCRAMBLE RICE

INGREDIENTS

Eggs

Sweet onion, sliced

Cooked rice

Soy sauce

Butter or oil

Salt and pepper

Optional: green onions,
sesame seeds



CALORIES

420

PROTEIN

16g

DIRECTIONS

1. Sauté sweet onion in butter until soft and caramelized.
2. Add beaten eggs and scramble gently.
3. Stir in cooked rice and mix well.
4. Add soy sauce for flavor.
5. Season with salt and pepper.
6. Top with green onions and serve warm.

SPICY KIMCHI AND PORK BELLY FRIED RICE

INGREDIENTS

- Cooked rice (day-old preferred)
- Pork belly, sliced
- Kimchi, chopped
- Soy sauce
- Sesame oil
- Garlic, minced
- Egg (optional)
- Green onions
- Chili paste or gochujang (optional)



560

CALORIES

28g

PROTEIN

DIRECTIONS

1. Cook pork belly until crispy and set aside.
2. Sauté garlic and kimchi in sesame oil.
3. Add rice and stir-fry until heated.
4. Add soy sauce and chili paste if using.
5. Mix in pork belly and optional egg.
6. Top with green onions and serve hot.

HOISIN GLAZED DUCK AND SCALLION PANCAKES

INGREDIENTS

Duck breast or shredded duck
Hoisin sauce
Soy sauce
Garlic, minced
Scallion pancakes (store-bought
or homemade)
Honey (optional for glaze)
Cucumber slices (optional)
Sesame oil

CALORIES

520

PROTEIN

32g



DIRECTIONS

1. Cook duck until crispy and fully cooked.
2. Mix hoisin sauce, soy sauce, and garlic into glaze.
3. Coat duck in glaze and simmer briefly.
4. Warm scallion pancakes in a pan until soft and crispy.
5. Slice duck and place inside pancakes.
6. Add cucumber and roll or fold to serve.

HONEY GARLIC BEEF AND BROCCOLI

INGREDIENTS

Beef strips

Broccoli florets

Garlic, minced

Soy sauce

Honey

Sesame oil or olive oil

Cornstarch (optional for
beef coating)

Salt and pepper



CALORIES

420

PROTEIN

32g

DIRECTIONS

1. Sear beef until browned (use cornstarch if desired for tenderness).
2. Remove beef and cook broccoli until tender-crisp.
3. Add garlic and sauté briefly.
4. Stir in soy sauce and honey to form glaze.
5. Return beef to pan and coat well.
6. Serve warm over rice.

CURRY ALMOND VEGETABLE TOSS

INGREDIENTS

- Mixed vegetables (carrot, bell pepper, broccoli, zucchini)
- Almonds, sliced or chopped
- Olive oil
- Curry powder
- Garlic, minced
- Salt and pepper
- Lemon juice (optional)
- Coconut milk (optional for creamy version)



CALORIES

320

PROTEIN

9g

DIRECTIONS

1. Heat olive oil in a skillet.
2. Add garlic and sauté briefly.
3. Add vegetables and cook until tender-crisp.
4. Sprinkle curry powder and stir well.
5. Add coconut milk if using for creaminess.
6. Top with almonds and finish with lemon juice.

LEMON GINGER TURKEY AND SPINACH

INGREDIENTS

Ground turkey or turkey slices

Spinach leaves

Lemon juice and zest

Ginger, minced

Garlic, minced

Olive oil

Salt and pepper

Optional: chili flakes



CALORIES

320

PROTEIN

32g

DIRECTIONS

1. Cook turkey in olive oil until browned.
2. Add garlic and ginger; sauté briefly.
3. Stir in spinach until wilted.
4. Add lemon juice and zest.
5. Season with salt, pepper, and chili flakes.
6. Serve warm.

KUNG PAO CHICKEN AND PEANUT CRUNCH

INGREDIENTS

Chicken breast, diced
Peanuts
Bell peppers
Dried chili or chili flakes
Soy sauce
Garlic, minced
Ginger, minced
Rice vinegar
Sugar or honey
Sesame oil

CALORIES

520

PROTEIN

36g



DIRECTIONS

1. Cook chicken in sesame oil until browned.
2. Add garlic, ginger, and chili.
3. Stir in soy sauce, vinegar, and sweetener.
4. Add bell peppers and cook briefly.
5. Toss in peanuts for crunch.
6. Serve hot over rice.

CUIMIN LAMB AND RED ONION SLICES

INGREDIENTS

Lamb strips
Red onion, sliced thin
Cumin powder
Garlic, minced
Chili flakes (optional)
Olive oil
Salt and pepper
Optional: cilantro

CALORIES

390

PROTEIN

28g



DIRECTIONS

1. Heat oil and cook lamb until browned.
2. Add garlic and cumin; stir until fragrant.
3. Add red onion slices and sauté lightly.
4. Season with salt, pepper, and chili.
5. Cook until lamb is tender and spiced.
6. Garnish with cilantro and serve warm.

BLACK BEAN PORK AND BITTER MELON

INGREDIENTS

Pork strips or ground pork

Bitter melon, sliced thin

Black bean sauce
(fermented black beans or paste)

Garlic, minced

Soy sauce

Sesame oil

Salt and pepper

Optional: chili flakes

CALORIES

320

PROTEIN

24g

DIRECTIONS

1. Heat oil and cook pork until browned.
2. Add garlic and sauté briefly.
3. Add bitter melon and stir-fry until slightly softened.
4. Stir in black bean sauce and soy sauce.
5. Cook until flavors combine and melon is tender.
6. Serve hot over rice if desired.



SESAME MUSHROOM AND BOK CHOY NOODLE BOX

INGREDIENTS

Noodles (rice or wheat)

Mushrooms, sliced

Bok choy, chopped

Soy sauce

Sesame oil

Garlic, minced

Ginger, minced

Green onions

Sesame seeds



CALORIES

470 kcal

PROTEIN

16 g

DIRECTIONS

1. Cook noodles and set aside.
2. Sauté mushrooms in sesame oil until browned.
3. Add garlic, ginger, and bok choy.
4. Stir in soy sauce.
5. Toss noodles into mixture.
6. Top with green onions and sesame seeds.

MONGOLIAN BEEF AND SCALLION SHRED

INGREDIENTS

Beef strips

Scallions (green onions)

Soy sauce

Brown sugar or honey

Garlic, minced

Ginger, minced

Cornstarch (optional
for coating beef)

Sesame oil

CALORIES

420

PROTEIN

32g

DIRECTIONS

1. Coat beef lightly in cornstarch (optional) and sear until browned.
2. Add garlic and ginger; sauté briefly.
3. Stir in soy sauce and sweetener.
4. Simmer until sauce thickens.
5. Add scallions and toss. Serve hot over rice if desired.



SRIRACHA PINEAPPLE SHRIMP RICE

INGREDIENTS

Shrimp, peeled

Cooked rice

Pineapple chunks

Sriracha sauce

Soy sauce

Garlic, minced

Olive oil

Lime juice

Optional: green onions, sesame seeds



CALORIES

480

PROTEIN

32g

DIRECTIONS

1. Sauté shrimp in oil until pink.
2. Add garlic and pineapple chunks.
3. Stir in sriracha and soy sauce.
4. Cook until slightly caramelized.
5. Serve over rice.
6. Finish with lime juice and toppings.

GARLIC HERB EDAMAME AND RICE BOWL

INGREDIENTS

- Cooked rice
- Edamame
- Garlic, minced
- Olive oil or butter
- Soy sauce
- Herbs (parsley, cilantro, or green onion)
- Salt and pepper
- Optional: sesame seeds



CALORIES

420

PROTEIN

18g

DIRECTIONS

1. Warm edamame in a skillet with oil and garlic.
2. Add soy sauce and season lightly.
3. Place rice in bowl as base.
4. Top with garlic edamame mixture.
5. Sprinkle herbs and sesame seeds.
6. Serve warm.