

SEARED AHI TUNA, SWEET POTATOES AND SAUTÉED BRUSSELS SPROUTS

IFBB Fitness Pro Tiffany Chandler's Favorite Meal Prep



SEARED AHI TUNA

From: emyogifit.com

INGREDIENTS

1 tuna filet
Soy sauce
Everything bagel seasoning
Sea salt
Pepper
Cooking spray

DIRECTIONS

Marinate tuna in a baggie with 1 tbsp soy sauce and everything but the bagel seasoning.

Refrigerate for 1-2 hours.

Heat a non-stick skillet for the tuna. Spray with cooking spray. You need it scorching hot to sear the tuna quickly.

Place the tuna on the pan.

Cook for 1 to 2 minutes per side. The edges should start to turn a cream color.

SWEET POTATOES

If you wish to prepare several potatoes at one time, using an Instant Pot is a great way to go!

INGREDIENTS

3-6 sweet potatoes
1-1.5 cups water

DIRECTIONS

Place 1-1.5 cup(s) of water in the Instant Pot insert. Amount varies with number of potatoes.

Wash potatoes, then dry.

Pierce holes in potatoes with fork to allow steam to escape.

Place the potatoes on the trivet of the Instant Pot.

Place top on pot handset and turn the valve to seal it. Use the steam setting, cook until done and let the pressure release naturally.

Cut in half, weigh or measure your portion, sprinkle cinnamon on top and enjoy!

Tip: Store in an airtight container for up to four days in fridge or whole potatoes can be stored in the freezer for up to three months.



Cooking a sweet potato in the microwave is the quickest way to prepare a single serving.

Directions to microwave: Wash potato, then dry. Pierce holes in potato with fork to allow steam to escape. Place on microwavable plate and place in microwave. Cook until tender (knife can glide to the center of potato without resistance, approximately 6-8 minutes for 1 potato. Times may vary with microwave.)

SAUTÉED BRUSSELS SPROUTS

From: thevegan8.com

Prep Time: 15 minutes. **Cook Time:** 20 minutes. **Total Time:** 35 minutes

Servings: 4

INGREDIENTS

TWO 12 ounce bags brussels sprouts, pre-washed & trimmed (weigh 573 grams AFTER you trim them) Do not use frozen!

4 teaspoons (20g) low-sodium soy sauce (see NOTE)

1 tablespoon (20g) pure maple syrup

1 teaspoon chili powder

½ teaspoon garlic powder

Salt

DIRECTIONS

Preheat the oven to 400°F and line a sheet pan with parchment paper.

Trim the bottoms of each brussels sprout and pull off any of the outer leaves that are gross looking or too brown or spotty.

Next, cut them in half and weigh the 573 grams.

Make the sauce by combining the soy sauce, maple syrup, chili powder and garlic powder in a small bowl. Stir until smooth.

Add the trimmed brussels sprouts to a large ziplock bag and pour the sauce over them. Seal the bag and shake vigorously and massage the bag to ensure all of the brussels sprouts are well coated and absorb every bit of that sauce. If you weighed the brussels sprouts accurately, the sauce will be the perfect amount to soak fully into the brussels sprouts, there should not be ANY residual sauce.



Pro Tip: If you have any residual sauce, then scoop out the brussels sprouts and place them on the lined pan. You DON'T want to pour any extra sauce onto the pan, as the puddle of sauce will burn.

Spread out the brussels sprouts evenly so they are not overlapping. It doesn't matter which way they are facing up.

Sprinkle salt over the top (¼-½ teaspoon). Do not worry about it tasting too salty before baking, as the brussels sprouts really absorb the flavors.

Bake 15-20 minutes until just charred and fork tender. These cook FASTER than those made with oil and cooking time may vary with the size of your brussels sprouts. If the fork easily goes in and is tender, they are done. If they still feel a bit stiff, let them go a couple more minutes. Be careful about overbaking them, as since these are oil-free, they can go from done to burnt quickly.

Notes: For the soy sauce, you can also sub with low-sodium tamari for gluten-free or liquid aminos. If allergic to soy, you can try coconut aminos, but please keep in mind that it is much sweeter and less salty than soy sauce, so it won't have quite the same flavor. You may need to add more salt, to taste, after baking.



Got a craving for something sweet? Try this dessert!

NUT BUTTER PROTEIN MOUSSE

Prep Time: 5 minutes

Serving: 1

INGREDIENTS

1 serving sugar free cool whip

1 scoop protein powder

½ cup unsweetened almond milk

1 even tablespoon of your choice of nut butter

½-1 tablebspoon Flaxseed

DIRECTIONS

Mix all ingredients in a bowl. Enjoy!