

THE FRIDGE MEAL FORMULA

(Expected Cook Time: Less than 30 mins)

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Make a quick (and delicious) meal using what's in your fridge...

1. Heat a large pan/skillet on medium-high heat. Add 1 to 2 TBSP of fat of choice (e.g., avocado oil, grass-fed butter, etc.).
2. *Optional*: Add chopped onions to the pan and let it cook for about 3 minutes until translucent. Add chopped garlic and cook for about 1 minute until fragrant.
3. Add your choice of protein and season, as you prefer. *If you're using raw meat, allow it to cook until almost done to your liking before continuing.*
4. Add your veggies and stir. *(Be sure to finely chop/shred thicker veggies like carrots, broccoli, kale, etc. so they cook faster.)*
5. Pour in 0.5 to 1 cup broth (or water), turn the heat down to medium-low, and let it all simmer together for about 15 minutes. *(Set your timer now so you don't forget to come back!)*
6. Stir everything again, taste to make sure it's seasoned to your liking and enjoy!

Note:

- If you're following a Keto or Bulletproof diet, you can also add a little MCT oil to the top of your food for the extra healthy fat.