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to healthier, happier you

ARISE

week of healthy lunch

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BY NICOLINA

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Get ready to elevate your meal prep game with my
15 min Butter Chicken

Creamy? Check. Dreamy? Double-check. And Prep time? Easier than deciding what to watch on Netflix. Let's dive into the simple steps:

INGREDIENTS for 1 portion:

Protein Source Marinade:

175g of raw chicken or turkey breast / thigh
or shrimps or tofu
½ cup of 0% fat greek yogurt
½ lemon juice
2 tsp of grated ginger
½ tsp of garam masala
½ tsp of turmeric
½ tsp of cumin
½ tbsp of chili powder
2 tsp of garam masala
2 tsp of salt (adjust if need)

Serving:

100g of cooked rice or 1 naan (check page 2
for my easy homemade naan recipe)
chopped cilantro to garnish

Sauce:

½ tbsp of butter
½ onion
2 garlic cloves
1 tsp of grated ginger
1 cup of tomato sauce / tomato puree
¼ cup of light cream
¼ cup of water / vegetable broth
1 tsp of cardamom pods
1 cinnamon stick
2 tsp of chili powder
½ tsp of garam masala
½ a tsp of cumin
5-7 cashews (optional)
salt to taste

INSTRUCTIONS:

In a large bowl, combine all the ingredients for the protein source marinade. Mix well to coat the pieces evenly. Cover and set aside - for a more intense flavor, refrigerate preferably overnight.

Heat olive oil in a large skillet over medium-high heat and grill the protein source until fully cooked and slightly charred around the edges. Remove from the heat and set aside, reduce the heat, add the cinnamon stick and cardamom pods and let the butter flavor. Then add chopped onion, garlic, ginger paste and spices and sauté until soft and translucent, about 5 minutes.

Pour in the tomato sauce, light cream, water or vegetable broth, cashews, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.

Add the protein source, and let mixture simmer for about 4-5 minutes. Serve the Butter Chicken hot, garnished with fresh cilantro leaves, pair it with rice or naan bread for a complete meal and ENJOY!

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you're craving that soft, fluffy naan
Well, guess what? Today, I've got your back!
I'm about to spill the secrets to making the perfect
naan right in your own kitchen

Let's dive into the simple steps:

INGREDIENTS for 8 Naans:

507g of all purpose flour
1 tbsp instant dry yeast
2 tsp of salt
1/2 tsp of baking soda
1 tsp baking powder
186g 0% fat greek yogurt
240g of warm water (too hot or cold will kill the yeast)
1 tbsp of olive oil
1 tbsp of minced cilantro

INSTRUCTIONS:

In a large bowl, combine all the dry ingredients and mix it. Add yogurt and warm water to another bowl and mix well together, Add to the dry ingredients, and with a wood spoon mix for 5 minutes until you have a sticky ball - don't add flour!

Flour your work surface, dump out the dough and sprinkle it flour - knead once or twice to form a ball. Cut the dough into 8 pieces and form 8 balls (it will be sticky) and dampen your hands to be easier - don't add any more flour, unless it is impossible sticky.

Oil a sheet of parchment paper, and place the 8 dough balls and cover with a layer of oil (use a brush or spray oil), cover with a damp towel and let it rise for 1 hour.

After 1 hour, flour your work surface, use a rolling pin to roll each ball flat and let it rest for 10 minutes in a single layer. do not overlap them!

Preheat a cast iron pan for 5 minutes on high heat, add one naan to the pan and cook until bubbles start to grow on top of the naan (30-60 seconds), flip, and cook the other side. Transfer it for a plate and cover with a towel to keep warm and fluffy. Brush it with some olive oil and cilantro ... and ENJOY!

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Get ready to a quick and delicious
delight with my 20 min Creamy Garlic Steak!

Packed with hearty creamy goodness in no time, and the best part?
tastes like cheat meal!

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of cooked roasted potatoes (oven or air fryer)
175g of raw steak (I used sirloin)
1/2 onion, chopped
1/2 garlic head (optional)
8-12 cherry tomatoes
1 tsp of olive oil
rosemary qb
2 tsp of paprika
2 tsp of thyme
2 tsp of Italian seasoning
2 tsp of salt and black pepper (adjust if needed)
2 tsp of Worcestershire sauce
1 cup of vegetable or beef broth
1/2 cup of light cream
1/2 cup of milk of your choice
parsley to garnish
1 tsp of garlic powder

INSTRUCTIONS:

Start by roasting your potatoes in your oven or air fryer for 20 minutes at 200°C / 392° F. Take the steak out of the refrigerator 30-45 minutes before grilling to bring it to room temperature. Add olive oil in a skillet over high heat, and sear the steak until desired doneness, remove and reserve.

In the same skillet, reduce the heat to medium heat, grill the garlic head and the cherry tomatoes with rosemary and season with salt and black pepper. Remove and reserve. Now add onion, thyme, paprika, Italian Seasoning, Worcestershire sauce and sauté until fragrant and onion is translucent, about 2-3 minutes. Pour in the beef broth, light cream and milk, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly. You can blend the sauce if you prefer.

Slice the steak against the grain for maximum tenderness. In a bowl add the roasted potatoes, salt, black pepper, garlic powder, and parsley and mix well. Remove the skillet from the heat and add the sliced steak, the garlic head, the cherry tomatoes, garnish with fresh parsley leaves and serve with the garlic roasted potatoes and ENJOY!

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Get ready to a zesty delicious
Creamy Lemon Chicken, perfect for meal prep!

It's creamy, it's zesty, and crispy, and so quick to make
Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of cooked roasted potatoes (oven or air fryer)
175g of raw chicken or turkey breast / thigh
1/2 onion
2 garlic cloves
1 tsp of olive oil
rosemary qb
2 tsp of onion powder
2 tsp of rosemary
2 tsp of salt and black pepper (adjust if needed)
1 lemon juice and zest
1/2 cup of vegetable or chicken broth
1/2 cup of light cream
1 cup of milk of your choice
parsley to garnish

INSTRUCTIONS:

Start by roasting your potatoes in your oven or air fryer for 20 minutes at 200°C / 392° F. Add olive oil in a skillet or pot over high heat, add the chicken breast, the sliced lemon, season it with salt, black pepper, rosemary, onion powder, and grill until they are fully cooked for about 10-12 minutes, remove and reserve.

In the same skillet, reduce the heat to medium heat, add the minced garlic, chopped onion, rosemary and sauté until fragrant and onion is translucent, about 2-3 minutes.

Pour in the vegetable broth, light cream and milk, salt, lemon zest and lemon juice and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.

Remove the skillet from the heat and add the chicken, lemon, garnish with fresh parsley leaves. Serve the roasted potatoes over the Creamy Lemon Chicken and ENJOY!

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Looking for a delicious and satisfying meal to meal prep?

Birria Tacos are the answer

It's easy, nutritious, and budget-friendly.

Let's dive into the simple steps:

INGREDIENTS for 6 portions:

Birria:

1050g of raw beef or raw chicken breast
! tbsp of olive oil
1 onion
1 tomato
5 garlic clove chopped
5 ancho chiles (seeded)
2 árbol chiles (seeded)
2 cups of beef / bone broth
3-4 cups of water
2 tbsp of tomato puré / paste
! cinnamon stick
3 laurel leaf
1 tsp of oregano
1 tsp of cumin
salt and black pepper to taste

Birria Tacos for 1 portion:

1/6 of Birria meat + sauce
2 corn or flour tortillas
15g of shredded cheese (I used mozzarella light)
1/4 of red onion, chopped
1/4 of avocado, chopped
cilantro to garnish
lime juice to taste

INSTRUCTIONS:

In a large pot, heat olive oil over medium-high heat. Add the raw beef / chicken breast, seasoned with salt and black pepper, sauté until browned. Take off the pot and set aside. Add a chopped onion, chopped tomato, garlic cloves, the dried chiles and chiles/chipotles in adobo sauce, the laurel and cinnamon stick. Add enough water to the pot to ensure is fully submerged. Bring it to a simmer during 10 minutes.

Take off the cinnamon stick and bay leaves, blend this mixture until smooth. Pour the sauce into the pot, add the beef broth and mix everything well. Return the meat and the cinnamon stick, bay leaves, add oregano, cumin, season with salt and black pepper. Bring the mixture to a boil, then reduce the heat to low. Cover the pot and let it simmer for 30 minutes until the meat is tender and easily shredded. Once cooked, remove the meat from the pot, shred it and return to the pot, mixing it well with the sauce.

To serve the Birria Tacos, heat two tortillas in a skillet over medium heat. Place about one-sixth of the birria meat and sauce onto each tortilla. Top the meat with a chopped red onion, avocado, and some cilantro. Squeeze lime juice over the filling to taste. Serve the tacos hot with extra birria sauce on the side for dipping. ENJOY!

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Get ready to the easiest and quickest recipe with my
Creamy Shakshuka

With rich tomato sauce, perfectly poached eggs, and a sprinkle of fresh herbs,
it's ready in under 15 minutes!

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

60g of sourdough / bread or 1 pita (check page 2 for my easy homemade pita recipe)
chopped cilantro to garnish
½ onion chopped
1 tomato (big) chopped
1 tsp of olive oil
¼ of bell pepper
¼ tsp of cumin
¼ tsp of paprika
1 tbsp of tomato sauce / purée / paste
salt and black pepper to taste
15g of feta cheese
3 eggs or 2 eggs and 1 egg white

INSTRUCTIONS:

Begin by preparing all the ingredients: chop the onion, tomato, and bell pepper. Crumble the feta cheese and slice the sourdough bread or prepare the pita according to the homemade pita recipe (page 2).

Heat a skillet over medium heat and add a splash of olive oil. Once heated, add the chopped onion, tomato, bell pepper and all the seasonings and sauté until it becomes translucent, which should take about 3-4 minutes. Add the tomato sauce, mix and allow the mixture to simmer for a few minutes to let the flavors meld together.

Create small wells in the tomato mixture for the eggs. Crack the eggs (or eggs and egg white) into the wells. Reduce the heat to low, cover the skillet, and cook until the eggs are done to your liking. This usually takes about 5-7 minutes for set whites and runny yolks, but cook longer if you prefer fully set yolks.

Once the eggs are cooked, sprinkle the crumbled feta cheese over the top and garnish with chopped cilantro. Serve the Shakshuka hot, with slices of sourdough bread or pita on the side for dipping and ENJOY!

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**craving that warm, pillow, pita bread?
Well, guess what? Today is your lucky day
I'm about to teach you step by step how to make
the most delicious pita from scratch!**

Let's dive into the simple steps:

INGREDIENTS for 12 Pitas:

500g of all purpose flour
11g of instant dry yeast
17g of salt
10g of granulated sugar
290 ml of warm water (too hot or cold will kill the yeast)

1 tbsp of olive oil
1 tbsp of minced cilantro

INSTRUCTIONS:

In a large bowl, combine all the dry ingredients and mix it. Add the warm water and warm water to the dry ingredients, and with a wood spoon mix for 5 minutes until you have a sticky ball - don't add flour!

Knead once or twice to form a ball inside your bowl. Cover with parchment paper and a damp towel and let it rise for 2-3 hour, it must double the size.

Flour your work surface, cut the dough into 12 pieces and form 12 balls - don't add any more flour, unless it is impossible sticky. Use a rolling pin to roll each ball flat and let it rest for 30-40 minutes in a single layer. do not overlap them!

Preheat a cast iron pan for 5 minutes on high heat, add one or two pitas to the pan and cook until it gets brown (20-30 seconds), flip, and cook the other side. Transfer it for a plate and cover with a towel to keep warm. Brush it with some olive oil and cilantro ... and ENJOY!

NOTE: If you want to create pillows pitas, instead, pre-heat your oven at 250°C / 500°F. Carefully place your pitas into the hot oven and watch it rise for about 3-4 minutes. Then, using tongs, remove it from the oven and cover with a towel to keep warm.

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Looking for a delicious and satisfying meal that's ready in just 20 minutes?

Cottage Pie is so addicting!

It's creamy, comforting, and so easy to make. You will want to make it on repeat!

So let's make a big batch together and enjoy it all week long!

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

Cottage Pie Filling:

175g of raw ground beef or ground turkey
1/2 onion chopped
1 garlic clove chopped
2 peeled and chopped carrots
1 cup of beef / bone broth
2 tbsp of tomato puré / paste
1 tbsp of Worcestershire sauce
1 laurel leaf
1 fresh thyme
salt and black pepper to taste
parsley to garnish

Mashed Potatoes:

190g raw potatoes (peeled)
1/3 cup of milk (you might need to adjust)
15g of mature cheddar cheese
1 tsp of salt
1 tsp of nutmeg

INSTRUCTIONS:

Add the potatoes in a pot of water, boil and cook the potatoes until tender, about 15 minutes. Drain the potatoes and return them to the pot, add nutmeg, milk, cheddar, salt, and pepper and mash them with a potato masher/fork until they are smooth and creamy.

Heat the olive oil in a non-stick skillet over medium heat. Add the ground beef to the skillet and grill for about 5-7 minutes, until it gets browned and cooked through. Add the chopped onion, garlic, chopped carrots and mix everything well. Add the beef or bone broth, add the tomato paste, the Worcestershire sauce, the laurel, thyme, salt and black pepper. Stir well and let the sauce simmer for about 5-7 minutes until the sauce thickens a little.

Put the Cottage Pie filling in a baking dish and spoon the mash potatoes over the top. Grill for 8-10 minutes, at 200°C / 400°F or until golden-brown and ENJOY!

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Get ready to a fun and delicious
Crispy Sushi Tacos

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

150g of raw salmon
100g of sushi sticky rice (cooked) or use another rice
3 sheets of nori (seaweed)
1/2 cucumber
1/2 avocado
2 tsp of honey
1 tbsp lime juice
1 tsp soy sauce
1/2 tsp garlic powder
1/2 tsp chili flakes (optional)
1/4 cucumber, thinly sliced
1/2 avocado, thinly sliced
2 tsp sesame seeds
Soy sauce for drizzling
1 tsp of peanut butter

INSTRUCTIONS:

Start by making sticky rice or use any leftover rice you have. To make sticky rice, rinse the rice until the water runs clear to remove excess starch. After rinsing, add the rice and double the amount of water to a pan and let it soak for about 10 minutes. Cover the pan with a lid, bring the water to a boil over medium heat, then reduce the heat to low and let it simmer for 12-15 minutes until all the water is absorbed. Turn off the heat and let the rice sit, covered, for another 10 minutes to steam. Add 1 tablespoon of vinegar and salt to taste, then gently mix.

Preheat your oven or air fryer to 250°C (482°F). In a small bowl, mix cubed salmon with honey, lime juice, soy sauce, garlic powder, and chili flakes. Grill in a pan until cooked through and caramelized.

Cut the seaweed sheets into circles. Spread the sticky rice evenly over each seaweed circle, pressing gently to adhere. Air fry the seaweed shells at 250°C for 15 minutes or until crispy. Top each crispy seaweed shell with flaked honey lime salmon, cucumber slices, and avocado. Drizzle with a soy sauce mixed with peanut butter, sprinkle with sesame seeds, and ENJOY!

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