WILD PEAK
HEALTH

Weeknight Real Food Dinners

3 Simple Meals for Busy Nights & Active Lives

These recipes are designed to support energy, recovery, and real life. They're flexible, nourishing, and meant to take the pressure out of weeknight cooking—no tracking, no perfection, just real food that works.

Inside this bundle:

- Shrimp & Broccoli Alfredo
- Sausage & Greens Over Potatoes
- Gingery Beef & Veggies Over Rice

WILD PEAK
HEALTH

Gingery Beef & Veggies Over Rice

Comforting Real Food • Fuel for Energy & Recovery

Real Food Focus: This warming, one-pan style meal combines protein-rich beef, fiber-filled vegetables, and nourishing carbohydrates to support steady energy and recovery—especially on cooler days or after hard training.

Ingredients (Serves 2–3)

- 1 lb ground beef
- 2–3 cups roasted butternut squash
- 1–1½ cups green peas (frozen or fresh)
- 1–1½ cups cooked rice
- ½–¾ cup chicken broth
- 1–2 tbsp olive oil or butter
- Salt and pepper, to taste
- Optional: fresh or ground ginger, soy sauce or coconut aminos

Instructions

1. Brown ground beef in a skillet with olive oil or butter; season lightly.
2. Add ginger (if using) and cook briefly until fragrant.
3. Stir in roasted squash and peas; heat through.
4. Add chicken broth and simmer gently until everything is warmed and cohesive.
5. Serve beef and veggies over cooked rice.
6. Season to taste with salt, pepper, or a splash of soy sauce.

Coach's Notes

Carbohydrates paired with protein help replenish energy stores and support recovery. Meals like this are simple, grounding, and easy to adjust based on appetite or activity.

Macro Snapshot: Protein ~35–40g • Carbs ~45–65g • Fat ~25–30g
Macros are guidance—not rules.

WILD PEAK
HEALTH

Sausage & Greens Over Potatoes

Hearty Real Food • Fuel for Strength & Recovery

Real Food Focus: This simple, hearty meal pairs quality protein with fiber-rich greens and nourishing carbohydrates. It's grounding, satisfying, and ideal for busy weeknights or recovery-focused dinners.

Ingredients (Serves 2–3)

- 12–16 oz kielbasa or any sausage, sliced
- 2–3 cups collards or other dark leafy greens
- 1–1½ lbs potatoes, roasted
- 2–3 slices bacon, chopped
- 2–3 cloves garlic, minced
- 1–2 tbsp olive oil (for roasting potatoes)
- Salt and pepper, to taste
- Optional: red pepper flakes or apple cider vinegar

Instructions

1. Roast potatoes with olive oil, salt, and pepper at 425°F until golden and tender.
2. Cook bacon in a large skillet until crisp; remove and set aside.
3. In the same skillet, brown sausage slices until heated through. Remove and set aside.
4. Add garlic to the pan, sauté briefly, then add greens with a splash of water.
5. Cook greens until tender and wilted, then return sausage and bacon to the skillet.
6. Serve sausage and greens over roasted potatoes; season to taste.

Coach's Notes

Meals like this support strength, hormones, and satiety by combining protein, carbs, and fats—no need to complicate what already works.

Macro Snapshot: Protein ~30–40g • Carbs ~45–60g • Fat ~25–30g
Macros are guidance—not rules.

WILD PEAK
HEALTH

Shrimp & Broccoli Alfredo

Real Food Comfort • Fuel for Recovery

Real Food Focus: This meal blends convenience with nourishment. A simple Alfredo packet paired with whole milk, shrimp, and vegetables creates a satisfying, recovery-supportive dinner—without spending hours in the kitchen.

Ingredients (Serves 2–3)

- 8–12 oz raw shrimp, peeled and deveined
- 6–8 oz tagliatelle noodles (dry)
- 1 packet dry Alfredo sauce mix
- 1½–2 cups whole milk
- 2 cups broccoli florets
- 2–3 cloves garlic, minced
- 1–2 tbsp olive oil or butter
- Salt and pepper, to taste
- Optional: Parmesan, red pepper flakes, lemon zest

Instructions

1. Cook tagliatelle in salted water; reserve ½ cup pasta water.
2. Steam or boil broccoli until just tender; set aside.
3. Sauté garlic in olive oil or butter, add shrimp, and cook until pink. Remove.
4. Whisk Alfredo packet with whole milk in skillet; simmer until thickened.
5. Add pasta, broccoli, and shrimp; toss with pasta water as needed.
6. Season and serve with optional toppings.

Coach's Notes

Convenience foods can still be nourishing when paired with protein, vegetables, and adequate portions—especially on busy training or workdays.

Macro Snapshot: Protein ~30–35g • Carbs ~50–60g • Fat ~20–25g
Macros are guidance—not rules.