



**A HEALTHY,
QUICK, AND EASY-
TO-MAKE MEAL
THAT'S READY
IN MINUTES**

BEEF AND CABBAGE STIR FRY

SERVES 4 TO 6

A simple, one-pan meal with a lot of options for a customized taste your family will love.

INGREDIENTS



1 pound ground beef (or turkey, venison, etc.)



1 small head of cabbage, chopped



2 onions, thinly sliced



2 carrots, grated



Spices to taste: salt, pepper, garlic, basil, oregano, thyme, etc. (I use at least a teaspoon of each.)

DIRECTIONS

- **Brown beef in a large skillet or wok, adding spices to taste as you go.**
- **When beef is almost completely browned, add sliced onions and grated carrots.**
- **When onions/carrots are starting to soften, add cabbage and spice well.**
- **Cook about 10 more minutes, stirring often until cabbage starts to soften.**

Serve. Can be topped with salsa or sour cream, if desired.



"My favorite thing to do is teach how to cook easy, healthy, budget-friendly meals with minimal ingredients!"

Jaime Alonso, certified health coach

I received my initial training and certification as a wellness coach at Spencer Institute. I then continued my training as a health coach from the Institute for Integrative Nutrition's cutting-edge health coach training program. During my training, I studied over 100 dietary theories, practical lifestyle management techniques, and innovating coaching methods with some of the world's top health and wellness experts. My teachers included Dr. Andrew Weil, director of The Arizona Center for Integrative Medicine; Dr. Deepak Chopra, leader in the field of mind-body medicine; Dr. David Katz, director of Yale University's Prevention Research Center; Dr. Walter Willet, chair of nutrition at Harvard University; Geenan Roth, best-selling author and expert on emotional eating; and many other leading researchers and nutrition authorities.

My responsibility at TNT is to help you create a "sustainable" lifestyle change. Meeting you where you are in your journey and equipping you with practical tools to grow and learn new strategies; teaching you how to shop and meal plan; helping you create new ideas; and learning how to go out to eat are a few of the hands-on lessons you receive. I teach you how to live well for life!