

FREE FROM CHEF FREEDOM

CHEF'S 3 BEST

Three recipes I'd cook for you tonight. Large print, every step, the swaps already chosen.

Tell me how you wanna feel. I'll plan a meal for that.

Chicken thigh and chorizo with cauliflower rice, saffron, and smoked paprika.

CAULIFLOWER RICE PAELLA

CHEF'S 3 BEST

25 min at the stove

1 pan

Regular store

Serves 1, double it for 2

Kcal 711 · Protein 59 g · Carbs 19 g · \$ 4.00 per serving

BEFORE YOU START

Slice the chorizo, pat the chicken thigh dry and cut it into chunks, trim the green beans, rinse the spinach, and mince the garlic so the pan stays busy from start to finish.

WHAT YOU NEED

6 oz chicken thigh, boneless and cut into 1-inch pieces

1 cup cooked cauliflower rice (from about 1.5 cups raw riced)

1 cup cooked green beans (from about 1.5 cups raw, trimmed)

1 pinch saffron

2 oz chorizo, sliced

1.25 cups cooked spinach (from about 12 oz raw)

1 tsp smoked paprika

2 cloves garlic, minced

WHAT YOU NEED, CONTINUED

1 tbsp olive oil

HOW TO COOK IT

7 steps · the pan never leaves the stove

Scan to swap it
for your diet



- 1** Warm the olive oil in a wide pan over medium heat and cook the sliced chorizo, 3 to 4 minutes, until it browns, releases its red oil, and reaches 145°F, then spoon off most of the fat so the dish does not go greasy.
- 2** Add the chicken thigh and brown it, 6 to 8 minutes, turning, until it reaches 165°F in the center with no pink, then set the chicken and chorizo aside.
- 3** Soften the garlic in the pan, about 1 minute, until fragrant, then stir in the smoked paprika and saffron for 30 seconds until they smell toasty.
- 4** Stir in the cauliflower rice and cook, 4 to 5 minutes, until it is just tender and steaming.
- 5** Add the green beans and cook, 5 to 6 minutes, until tender but still bright green.
- 6** Add the spinach and cook, 2 to 3 minutes, until it wilts down, then fold the chicken and chorizo back through.
- 7** Taste, adjust the salt, and serve warm.

FIX IT

If the cauliflower rice goes mushy, it cooked too long; next time keep the heat up and stir it just until tender.

WHAT'S WORKING FOR YOU

Fresh Vegetables: fiber and vitamins, reported to support fullness.

HOW TO COOK IT, CONTINUED

PICKY-EATER SWAP

Black Bean Tacos or Chinese Beef Sirloin Plate. Cook once: keeps 3 days in the fridge, freezes 2 to 3 months.

MAKE IT YOURS

Kosher, gluten-free, dairy-free, vegan, nut-free? Scan this page and tell me. I'll swap it for your body.

BLUEBERRY OAT BOWL

Warm rolled oats simmered soft and topped with fresh blueberries, chia, and a drizzle of maple. Cozy and filling.

CHEF'S 3 BEST

8 min at the stove

1 pan

Regular store

Serves 1, double it for 2

Kcal 272 · Protein 8 g · Carbs 48 g · \$ 4.00 per serving

BEFORE YOU START Measure the oats and water, rinse the blueberries, and set the cinnamon and chia within reach so nothing scorches while you hunt for it.

WHAT YOU NEED

1 cup certified gluten-free rolled oats

1/2 cup blueberries, whole

1 tbsp chia seeds

1 cup water

1 tsp maple syrup

1/2 tsp cinnamon

HOW TO COOK IT

- 1 Add the oats and water to a small pot and bring to a gentle simmer over medium high, about 2 to 3 minutes, until the surface just starts to bubble at the edges.
- 2 Turn the heat to medium low and cook, stirring every minute so it does not catch, 5 to 7 minutes, until the oats are soft and the pot looks creamy rather than watery.
- 3 Stir in the cinnamon off the heat so it blooms into the oats without turning bitter.
- 4 Spoon into a bowl and top with the blueberries and chia seeds.
- 5 Finish with a small drizzle of maple syrup and serve warm.

FIX IT If it turns stiff and gluey, loosen it with a splash of hot water and stir, since oats keep drinking up liquid as they sit.

WHAT'S WORKING FOR YOU Oats: soluble fiber, reported to keep you full and steady your morning. Blueberries: antioxidants, reported to stand up to the daily wear on your cells.

PICKY-EATER SWAP Greek Yogurt Berry Parfait or Peach Sunrise Smoothie.

MAKE IT YOURS Kosher, gluten-free, dairy-free, vegan, nut-free? Scan this page and tell me. I'll swap it for your body.



CHOCOLATE CHIA PUDDING

Thick chocolate chia pudding with greek yogurt and cinnamon, topped with berries.

CHEF'S 3 BEST

No stove

Regular store

Serves 1, double it for 2

Kcal 288 · Protein 22 g · Carbs 29 g · \$ 4.00 per serving

BEFORE YOU START Measure the chia before you start so it goes in all at once.

WHAT YOU NEED

2 tbsp chia seeds

1/2 cup milk

1/2 cup greek yogurt

1 tbsp cocoa powder

1/2 tsp vanilla extract

1/2 tsp cinnamon

1/4 cup mixed berries,
whole

HOW TO MAKE IT

1 Whisk the milk, greek yogurt, cocoa powder, vanilla, and cinnamon until smooth.

2 Stir in the chia seeds, wait 5 minutes, then stir again so they don't clump.

3 Cover and chill 2 hours or overnight, until thick like pudding.

4 Top with the berries and eat it cold.

FIX IT Still runny after 2 hours? Stir in 1 more tsp chia and chill 30 minutes more.

WHAT'S WORKING FOR YOU Chia Seeds: soluble fiber, reported to slow how fast sugar reaches your blood. Greek Yogurt: protein, reported to keep you full longer.

PICKY-EATER SWAP Chocolate Almond Mug Cake or Chocolate Cottage Cheese Mousse.

MAKE IT YOURS Kosher, gluten-free, dairy-free, vegan, nut-free? Scan this page and tell me. I'll swap it for your body.



YOUR WEEK, DECIDED

Liked these? Your first week is free, planned around how you want to feel.

Scan to get it, or open cheffreedom.ai.



NOTES