



## September 2026 Recipe Collection

### 1PL8 Kitchen Philosophy

### Cook Once → Eat More Than Once

These recipes are designed around:

- Family-friendly portions
  - Simple ingredients
- Overlapping groceries
  - Minimal food waste
- Practical preparation
- Leftover transformations

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## **WEEK 1 — BACK-TO-SCHOOL RESET**

### **1. Southwest Chicken Rice Bowls**

**Serves:** 5

**Prep:** 15 minutes

**Cook:** 25 minutes

#### **Ingredients**

##### **Chicken**

- 2½ lb boneless, skinless chicken breast or thighs
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp chili powder
- 1 tsp kosher salt
- ½ tsp black pepper
- Juice of 1 lime



### **Bowls**

- 3 cups cooked brown rice
- 1 can black beans, drained and rinsed
- 2 cups corn
- 3 tomatoes, diced
- 2 avocados, diced
- ½ cup chopped cilantro

### **Lime-Yogurt Sauce**

- 1 cup plain Greek yogurt
- Juice of 1 lime
- 1 tbsp chopped cilantro
- ½ tsp garlic powder
- Pinch of salt

### **Directions**

1. Heat oven to 425°F.
2. Toss chicken with olive oil and seasonings.
3. Roast until chicken reaches 165°F internally, approximately 20–25 minutes.
4. Rest 5 minutes and slice.
5. Combine yogurt, lime, cilantro and garlic powder.
6. Build bowls with rice, chicken, beans, corn, tomatoes and avocado.
7. Drizzle with lime-yogurt sauce.

### **1PL8 Leftover Move:**

Save chicken for the quesadillas and Saturday's salad.

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## **2. Chicken & Vegetable Quesadillas**

**Serves:** 5

**Prep:** 10 minutes

**Cook:** 15 minutes

### **Ingredients**

- 2 cups cooked Southwest chicken, chopped
- 1 bell pepper, diced
- ½ onion, diced
- 2 cups shredded Mexican cheese
- 10 whole-grain tortillas



- 1 tbsp olive oil
- Salsa for serving

### Directions

1. Sauté peppers and onions until tender.
2. Add chopped chicken and heat through.
3. Place mixture over half of each tortilla.
4. Add cheese and fold.
5. Cook in a lightly oiled skillet 2–3 minutes per side.
6. Cut into wedges.
7. Serve with salsa.

### 1PL8 Tip:

Don't overfill the tortilla. A thinner quesadilla gets crispier and is easier to flip.

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## 3. Turkey Taco Skillet

**Serves:** 5

**Prep:** 10 minutes

**Cook:** 20 minutes

### Ingredients

- 1½ lb lean ground turkey
- 1 onion, diced
- 1 bell pepper, diced
- 1 can black beans, drained
- 1½ cups corn
- 1 can diced tomatoes
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- ½ tsp garlic powder
- 1 cup cooked brown rice
- Salt and pepper

### Directions

1. Brown turkey in a large skillet.
2. Add onion and pepper.
3. Cook 4–5 minutes.
4. Add tomatoes, beans and corn.



5. Add spices.
6. Simmer 8–10 minutes.
7. Fold in rice.
8. Adjust seasoning.

**1PL8 Leftover Move:**

Reserve enough turkey mixture for stuffed peppers.

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## **4. Turkey & Vegetable Stuffed Peppers**

**Serves:** 5

**Prep:** 15 minutes

**Cook:** 30 minutes

### **Ingredients**

- 5 large bell peppers
- 3 cups leftover turkey taco skillet
- ½ cup shredded Mexican cheese
- ½ cup salsa

### **Directions**

1. Heat oven to 375°F.
2. Cut peppers in half and remove seeds.
3. Place in baking dish.
4. Fill with turkey mixture.
5. Cover with foil.
6. Bake 20 minutes.
7. Remove foil and top with cheese.
8. Bake another 8–10 minutes.

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## **5. Southwest Chicken Salad**

**Serves:** 5

### **Ingredients**

- 3 cups chopped cooked chicken



- 1 large head romaine
- 1 cup corn
- 1 cup black beans
- 2 tomatoes
- 1 avocado
- Tortilla strips
- Lime-yogurt dressing

### **Directions**

1. Chop romaine.
2. Add chicken, corn, beans and tomatoes.
3. Add avocado just before serving.
4. Drizzle with dressing.
5. Finish with tortilla strips.

**“You don’t have to walk this journey alone. We’re here to walk beside you—one meal, one choice, and one day at a time. This is only the beginning of our journey together. The 1PL8 Health System gives you the tools, knowledge, and confidence to build a healthier life—not for a moment, but for a lifetime. Your journey starts here. Let’s take the next step together.”**

**— Chef Rich  
1PL8 Health™**