

# GOURMET MESO-MEAL

*“Lose weight and feel great eating gourmet meals.”*



## Roasted Herb Chicken with Charred Broccolini & Cauliflower Purée

### Why it works

This meal balances lean protein, high-fiber cruciferous vegetables, and healthy fats to promote blood sugar stability, gut support, and the “I feel incredible” kind of satiety. It’s also gorgeous on a plate — so, yes, you’ll want to take a photo before devouring.

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### Ingredients (Serves 2)

**For the chicken:**

- 2 pasture-raised chicken breasts (bone-in, skin-on preferred)
- 1 tbsp avocado oil (or melted duck fat, if you're fancy)
- 1 tsp Himalayan salt
- ½ tsp black pepper
- 1 tsp fresh thyme leaves
- 1 tsp rosemary, minced
- 1 clove garlic, minced
- Zest of ½ organic lemon
- Optional: pinch of smoked paprika for depth

**For the sides:**

- 1 small head of organic cauliflower, chopped
  - 2 cups organic broccolini
  - 1 tbsp grass-fed ghee
  - 1 tbsp extra virgin olive oil
  - ½ cup unsweetened almond milk (or bone broth for extra richness)
  - Salt & pepper to taste
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## **Instructions**

### **1. Prep & roast the chicken**

1. Preheat oven to **400°F (205°C)**.
2. Pat chicken dry — moisture is the enemy of crisp skin.
3. Rub with avocado oil, herbs, garlic, salt, pepper, and lemon zest.
4. Roast skin-side up for **25–30 minutes**, or until internal temp hits **165°F**.  
(Pro tip: broil the last 2 minutes for next-level crispiness.)

### **2. Make the cauliflower purée**

1. Steam the cauliflower until it is fork-tender (about 10 minutes).
2. Transfer to blender with ghee, almond milk (or broth), salt, and pepper.
3. Blend until silky smooth. Adjust the thickness to your liking.

### **3. Char the broccolini**

1. Heat olive oil in a cast-iron skillet over medium-high heat.
2. Add broccolini, season with salt and pepper, and cook 3–4 minutes per side until slightly blackened and tender.
3. Finish with a squeeze of fresh lemon.

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**To plate like a pro**

- Spoon the cauliflower purée into a smooth bed on the plate.
  - Lay sliced chicken over it.
  - Arrange charred broccolini alongside like you're auditioning for a Michelin star.
  - Optional: drizzle a little olive oil and sprinkle flaky sea salt on top.
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Let's turn menopause into the most vibrant chapter of your life yet.

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With fierce faith in your future,

**Doc Mac**