

**PREP INSTRUCTIONS**

1. Wash all vegetables thoroughly.
2. All prepped vegetables should be finely chopped or diced.
3. Use fresh fruits and vegetables whenever possible, but if 1 or 2 items must be frozen make sure there are no added ingredients such as salt or sugar.

**COOKING INSTRUCTIONS: INSTANT POT**

1. Add turkey, turkey livers, carrots, broccoli, and zucchini to Instant Pot. Use the "Sautee" setting at 5 min with the lid removed to begin browning the protein and stirring to break up larger chunks of meat. After 5 min turn off Instant Pot.
2. Add macaroni and cranberries along with 3 cups of water. To avoid a "Burn Error", be sure to mix well and scrape the bottom of the pot after the addition of water.
3. Use pressure cook setting on high for 5 min. Once timer sounds allow macaroni to naturally release pressure for 5 minutes before releasing manually.
4. Check to see if ingredients are cooked thoroughly (soft to the touch).
5. Once all ingredients are cooked allow food to cool.
6. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oils until fully incorporated.
7. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 3-4 days.

**COOKING INSTRUCTIONS: SLOW COOKER**

1. Add turkey, turkey livers, carrots, broccoli, and zucchini to the slow cooker along with ½ cup of water.
2. Place setting to high heat for approximately 2 hours, occasionally stirring to break up the turkey.
3. Check to see if ingredients are cooking thoroughly (becoming soft to the touch).
4. Add macaroni and cranberries to slow cooker along with 3 cups of water. Place setting to high heat for 30-45 min.
5. Check to ensure macaroni and all other ingredients are cooked thoroughly.
6. Once all ingredients are cooked allow food to cool.
7. In a large mixing bowl after food has completely cooled, slowly sprinkle DIY nutrient blend along with the oils until fully incorporated.
8. Portion into individual serving sizes and store in refrigerator or freezer. Stored in the refrigerator this recipe will stay fresh 4-6 days.