

MyBodyTutor Approved



***22+ Deliciously Simple Recipes You'll
Love To Cook And... Eat!***

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MyBodyTutor family,

Are things getting a little boring in the kitchen? Tired of the same ol' dinners? Are you looking to bring some magic to your meals?

I know that feeling all too well, and I bet you do too.

In fact, I can't tell you how many times I've been asked...

"Adam, do you have any MyBodyTutor-approved recipes I can try?"

Well, you asked and we delivered.

For the first time ever, we have a MyBodyTutor approved recipe book.

And it's all thanks to my friend Philia Kelnofer.

Phi – pronounced like “Fee” – runs sweetphi.com, a food blog all about making mealtime a little easier for busy people through simple recipes.

Stop by and say hello to Phi!

And...

Enjoy these amazing, #MBT-Approved meals.

-Adam Gilbert

Founder and Chief Body Tutor

YIELD: 4 SERVINGS

5 Ingredient Healthy Slow Cooker Chicken and Quinoa

This 5 ingredient healthy slow cooker buffalo chicken and quinoa is perfect for a protein-filled lunch or dinner recipe that is comforting, delicious and healthy all at the same time. It's great for meal prepping and is an easy crockpot recipe!

PREP TIME: 5 minutes **COOK TIME:** 1 hour 30 minutes
TOTAL TIME: 1 hour 35 minutes

Ingredients

- 1 cup quinoa
- 2 cups of water
- 1/4 cup hot sauce - Cholula or Franks
- 2 large chicken breasts - 1.25 pounds
- 1 cup Greek Yogurt (whole milk plain)
- 1/2 cup - 1 cup cheddar cheese, shredded

Instructions

1. In a slow cooker add quinoa, water and chicken (in that order). Sprinkle with salt. Cover with hot sauce.
2. Cook on high for 1.5 hours. You know it is done when chicken is cooked through and has reached an internal temperature of 165. Remove from heat/turn the slow cooker off and remove the lid.
3. After 15 minutes, stir in Greek yogurt and shred chicken/break up into chunks and top with cheese.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 342 TOTAL FAT: 16g SATURATED FAT: 8g TRANS FAT: 0g UNSATURATED FAT: 7g CHOLESTEROL: 89mg SODIUM: 767mg CARBOHYDRATES: 13g FIBER: 1g SUGAR: 3g PROTEIN: 34g *Nutrition information isn't always accurate.*



YIELD: 4 SALADS

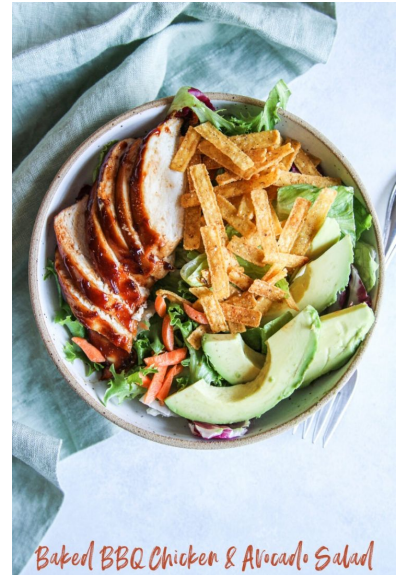
Baked BBQ Chicken and Avocado Salad

I love salads, but hate when they end up taking like 20 different ingredients to prepare. That's what I love about this baked bbq chicken and avocado salad. It tastes so good and comes together with 6 simple ingredients.

PREP TIME: 5 minutes **COOK TIME:** 30 minutes

ADDITIONAL TIME: 5 minutes

TOTAL TIME: 40 minutes



Ingredients

- 2 large chicken breasts
- 1/4 cup bbq sauce
- 1 bag (about 4 cups) romaine/coleslaw mix
- 1 avocado
- 4 tablespoons Ranch dressing
- 1/4 cup tortilla strips, (Santa Fe flavored are amazing!)

Instructions

1. Preheat oven to 425 degrees
2. On a non-stick baking sheet place chicken breasts, spoon/brush bbq sauce on top of chicken breasts and place the baking dish in the oven.
3. Bake for 30 minutes. While chicken is baking, put greens in a bowl. Slice avocado and put on top of greens.
4. Remove chicken from the oven and slice and place on top of greens.
5. Sprinkle tortilla strips on top of salad and drizzle on ranch dressing.
6. Serve in 4 bowls or as one big salad, family-style

Nutrition Information: YIELD: 4 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 327 TOTAL FAT: 20g SATURATED FAT: 3g TRANS FAT: 0g UNSATURATED FAT: 15g CHOLESTEROL: 57mg SODIUM: 431mg CARBOHYDRATES: 17g FIBER: 4g SUGAR: 10g PROTEIN: 20g *Nutrition information isn't always accurate.*

YIELD: 4

Sheet Pan Ground Turkey Balsamic Meatloaf

A great family meal all made on one sheet pan, this ground turkey balsamic meatloaf with sweet potato fries and green beans will become a favorite easy meal!

PREP TIME: 15 minutes COOK TIME: 30 minutes

TOTAL TIME: 45 minutes

Ingredients

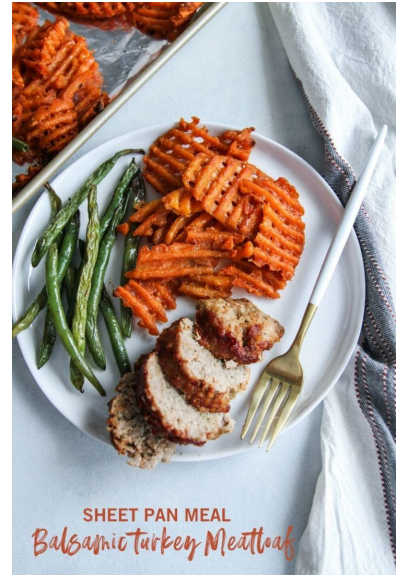
- For Meatloaf:
- 1 lb. ground turkey
- 1 teaspoon garlic salt
- 1 teaspoon parsley
- 1/4 cup Panko Italian seasoned breadcrumbs
- For the glaze:
- 1 tablespoon balsamic vinegar
- 2 tablespoons ketchup
- Other:
- One bag frozen sweet potato fries
- One bag green beans
- 1 teaspoon olive oil
- salt and pepper to taste

Instructions

1. Preheat the oven to 400.
2. Prepare meatloaves. Combine ground turkey, garlic salt, parsley and breadcrumbs. Form into four small loaves and place on a sheet pan.
3. In a small bowl, mix vinegar and ketchup. Brush mixture onto loaves.
4. Pour green beans and sweet potato fries onto the same pan as the meatloaves. Pour one teaspoon olive oil, salt and pepper over green beans.
5. Bake for 30 minutes at 400 degrees.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 451 TOTAL FAT: 22g SATURATED FAT: 6g TRANS FAT: 0g UNSATURATED FAT: 13g CHOLESTEROL: 121mg SODIUM: 1019mg CARBOHYDRATES: 29g FIBER: 2g SUGAR: 5g PROTEIN: 34g *Nutrition information isn't always accurate.



YIELD: 4

Hot Honey Baked Chicken Sheet Pan Dinner

An easy baked chicken dinner made on one sheet pan? Sign me up! This hot honey baked chicken with roasted broccoli and potatoes is such a great easy family meal to make, you'll be making it on repeat!

PREP TIME: 5 minutes COOK TIME: 25 minutes
TOTAL TIME: 30 minutes

Ingredients

- 1 tablespoon butter
- 1 tablespoon olive oil
- 2 tablespoons sweet + smoky barbecue seasoning
- 1 cup panko breadcrumbs
- 4 small chicken breasts
- 2 tablespoons sour cream
- 2 cups broccoli florets
- 4 medium Yukon gold potatoes, cut into cubes
- 1 1/2 tablespoons hot honey (1 Tbsp honey and 1/2 tsp red pepper flakes)

Instructions

1. Preheat the oven to 375.
2. In a small microwave-safe bowl melt 1 tbsp butter, approximately 30-45 seconds. Stir in 1 tbsp olive oil, bbq seasoning, and a large pinch of salt. Add panko and stir again until combined.
3. Lightly spray a baking sheet with cooking spray.
4. Place chicken breast on a baking sheet and spread sour cream on top of chicken breasts. Sprinkle panko mixture on top, pressing to adhere (no need to coat the underside).
5. Place broccoli and potatoes on the baking sheet. Lightly drizzle olive oil over everything on the baking sheet and sprinkle with salt and pepper. Bake until potatoes are tender when poked with a fork and chicken is no longer pink in the center; about 25-30 minutes. Toss potatoes halfway through (at around 15 minutes).
6. Make hot honey. Simply combine 1 tbs. honey and 1/2 tsp. red pepper flakes.
7. Divide chicken, potatoes and broccoli between plates. Drizzle chicken with hot honey, to taste.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 592 TOTAL FAT: 14g SATURATED FAT: 5g TRANS FAT: 0g UNSATURATED FAT: 8g CHOLESTEROL: 115mg SODIUM: 482mg CARBOHYDRATES: 69g FIBER: 8g SUGAR: 12g PROTEIN: 48g *Nutrition information isn't always accurate.



YIELD: 4

Sheet Pan Pork Chops Sweet Potato and Fennel Dinner

PREP TIME: 30 minutes COOK TIME: 25 minutes

TOTAL TIME: 55 minutes

Ingredients

- 4 boneless pork chops (about 3/4 inch thick)
- 3 Tablespoons pure maple syrup
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons soy sauce (or tamari if gluten free)
- 2 Tablespoons whole grain mustard
- 1 Tablespoon brown sugar
- 1/2 teaspoon dry mustard (optional)
- 1/2 teaspoon salt
- 2 sweet potatoes, peeled and cut into 1/2 inch cubes
- 2 fennel bulbs, cut into 1/2 inch pieces
- 2 Tablespoons olive oil
- pinch of salt and pepper



Instructions

In a zip lock bag (or in a container with a lid) combine pork chops and the next seven ingredients (through the salt). Allow to marinate for 30 minutes or up to overnight.

Preheat the oven to 425. On a sheet pan (I like to line my baking sheet with a silicone baking mat or a sheet of aluminum foil) sprinkle sweet potato pieces and fennel pieces and nestle marinated pork chops in the middle/center of the sheet pan. Drizzle veggies with olive oil and a pinch of salt and pepper.

Bake for 25-30 minutes, or until the veggies are soft when poked with a fork and the pork has reached an internal temperature of 140. Remove from the oven, allow to rest for 5 minutes, pork temperature will come up to 145 (a little pink on the inside of your pork is actually ok!)

Nutrition Information: YIELD: 4 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 508 TOTAL FAT: 26g SATURATED FAT: 8g TRANS FAT: 0g UNSATURATED FAT: 17g CHOLESTEROL: 103mg SODIUM: 1220mg CARBOHYDRATES: 30g FIBER: 4g SUGAR: 18g PROTEIN: 40g *Nutrition information isn't always accurate.*

YIELD: 6

5 Ingredient Freezer to Slow Cooker Honey Mustard Chicken

PREP TIME: 10 minutes COOK TIME: 8 hours

TOTAL TIME: 8 hours 10 minutes

Ingredients

- 1/2 cup dijon mustard
- 1/3 cup honey
- 1 tablespoon white vinegar
- 1 teaspoon dried rosemary
- 2 lbs. boneless skinless chicken tenders

Instructions

1. In a bowl, whisk together the first 4 ingredients and add a pinch of salt.
2. Add in chicken and stir to coat.
3. Split between two freezer bags (or put into one bag) -cook or freeze.
4. If cooking from frozen, cut away plastic bag and place in a slow cooker for 5 hours on high or 8 hours on low.
5. If cooking from thawed, place in a slow cooker for 2-3 hours on high or 4-5 hours on low.

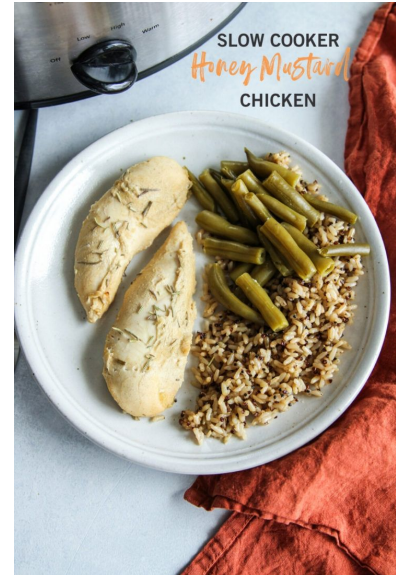
Notes

The range in slow cooker times simply depends on your slow cooker and if you're cooking all 6 servings or 3 servings (if cooking 3 servings, your time will probably be on the shorter end of the cooking time.)

You could also bake this honey mustard chicken: lightly spray a baking dish with cooking spray, bake chicken (I like to make it with the excess marinade) at 350 for 20-30 minutes, until cooked through. I like to serve 90-second brown rice/quinoa and canned green beans as a side to this, you could also serve this with broccoli or other veggies, the chicken also goes over pasta very nicely.

Nutrition Information: YIELD: 6 SERVING SIZE: 1

Amount Per Serving: CALORIES: 376 TOTAL FAT: 13g SATURATED FAT: 3g TRANS FAT: 0g UNSATURATED FAT: 8g CHOLESTEROL: 137mg SODIUM: 720mg CARBOHYDRATES: 18g FIBER: 1g SUGAR: 16g PROTEIN: 46g *Nutrition information isn't always accurate.



YIELD: 4

5 Ingredient Chicken Salad Recipe

This 5 ingredient chicken salad recipe is one of the best healthy meal prep lunch recipes I've come across. My husband requests it all the time and is perfect for a work lunch. This chicken salad is made with Greek yogurt and has a hint of lemon and basil.

PREP TIME: 10 minutes TOTAL TIME: 10 minutes

Ingredients

- 2 cups shredded rotisserie chicken, skin removed (chicken from 1 rotisserie chicken)
- 1/2 cup mayonnaise, reduced-fat
- 1/4 cup Greek yogurt
- 2 tablespoons lemon juice (juice from 1 lemon)
- 3 tablespoons fresh basil, finely chopped (or 2 teaspoons dried basil)

Instructions

1. Shred chicken, place in a bowl
2. Add mayonnaise, Greek yogurt, lemon juice and basil to the bowl with chicken and stir together

Nutrition Information: YIELD: 4 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 406 TOTAL FAT: 30g SATURATED FAT: 6g TRANS FAT: 0g UNSATURATED FAT: 22g CHOLESTEROL: 121mg SODIUM: 575mg CARBOHYDRATES: 1g FIBER: 0g SUGAR: 1g PROTEIN: 33g *Nutrition information isn't always accurate.*



YIELD: 4 BOWLS

Asian Ground Turkey and Rice Bowls Recipe

PREP TIME: 5 minutes COOK TIME: 10 minutes

TOTAL TIME: 15 minutes

Ingredients

- 1 teaspoon sesame oil
- 2 garlic cloves, pressed
- 1.25 lbs lean ground turkey
- 1/2 teaspoon salt
- 1 teaspoon fresh ginger, grated
- 2 tablespoons brown sugar
- 1/4 cup soy sauce (or Tamari if gluten free)
- 1 tablespoon rice wine vinegar
- 1 tablespoon chili paste (gochujang)
- For serving:
- 2 cups white rice, cooked (I use 5-minute instant white rice)
- Asian pickled vegetables (or you could use finely chopped, raw vegetables: carrots, cucumbers, jalapenos)
- cilantro, about a handful, chopped for topping
- Optional: sauce to serve over the finished dish:
- 1/4 cup soy sauce (or Tamari if gluten free), 1 tablespoon brown sugar, 1 teaspoon chili paste



Instructions

In a large nonstick pan over high heat cook sesame oil and garlic cloves for 30 seconds, then add in the ground turkey and sprinkle with salt. Break up the turkey as it cooks for 5 minutes, then when there's only a little bit of pink showing still, add in the fresh ginger, brown sugar, soy sauce, rice vinegar, and chili paste and continue cooking, stirring and breaking up the turkey as it cooks, for another 4-5 minutes. Then turn off the heat.

Cook rice according to package instructions and set aside. Chop cilantro and get your vegetables ready (drain the liquid from the pickled vegetables or chop the raw vegetables). If making the sauce to go over the finished dish, stir the ingredients together and set aside. **To assemble:** divide the rice between 4 bowls, top each bowl with 1/4 of the turkey, add pickled veggies and top with a pinch of cilantro and enjoy

Nutrition Information: YIELD: 4 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 691 TOTAL FAT: 19g SATURATED FAT: 5g TRANS FAT: 0g UNSATURATED FAT: 12g CHOLESTEROL: 148mg CARBOHYDRATES: 80g FIBER: 4g SUGAR: 15g PROTEIN: 49g *Nutrition information isn't always accurate.*

YIELD: 4

20 Minute Spicy Baked Peanut Ginger Chicken Recipe

PREP TIME: 5 minutes COOK TIME: 20 minutes

TOTAL TIME: 25 minutes

Ingredients

- 1 lb boneless skinless chicken breasts (2-3 chicken breasts), cut into 1 inch cubes
- 1/4 cup warm water (microwaved for 1 minute)
- 1/4 cup smooth/creamy peanut butter
- 1 teaspoon olive oil
- 1 tablespoon apple cider vinegar
- 2 garlic cloves, minced,
- 1 teaspoon fresh ginger (or 3/4 teaspoon ground ginger) – I like to use ginger paste
- 2 tablespoons hot sauce or chipotle sauce
- 2 tablespoons soy sauce (or tamari if GF)



Instructions

Preheat the oven to 375.

Cut up chicken and place in a baking dish.

In a microwave-safe bowl, microwave water for 1 minute. Remove from the microwave and add remaining ingredients through soy sauce (peanut butter, olive oil, apple cider vinegar, garlic, ginger, hot sauce and soy sauce). Whisk to combine.

Pour over chicken in a baking dish. Bake for 20 minutes, or until chicken is cooked through. Remove from the oven and let rest for a few minutes before serving.

For slow cooker/crockpot instructions: add chicken to a crockpot, make the sauce and pour over chicken, cook on low for 3-4 hours, or until chicken is done (when a meat thermometer registers 175 degrees).

Serve over rice with cilantro as garnish.

Nutrition Information:

Amount Per Serving: CALORIES: 265

YIELD: 4

5 Ingredient Jerk Chicken & Rice Bowls

These 5 ingredient jerk chicken and rice bowls are full of bold flavors and are so easy to make, they're perfect for a quick dinner the whole family will love!

PREP TIME: 1 hour COOK TIME: 16 minutes

TOTAL TIME: 1 hour 16 minutes

Ingredients

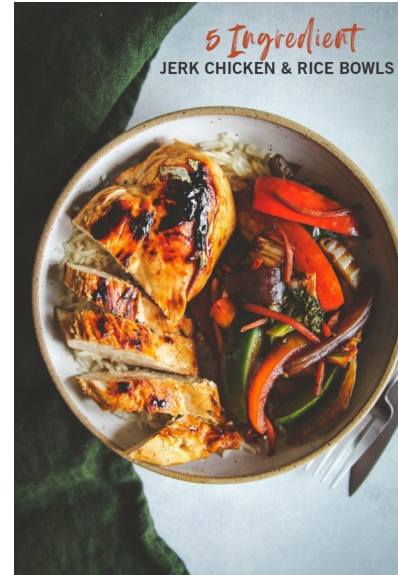
- 1 cup jerk marinade
- 1 lb. boneless skinless chicken breasts, (2 large breasts)
- 1 lb. stir fry vegetables (broccoli, shredded carrots, peppers, onions, cabbage) - can use a frozen bag
- 2 packages (8.5 oz each) Uncle Ben's Ready Rice
- 1/4 cup coconut milk (optional)

Instructions

1. Pour Jamaican jerk marinade over chicken and let marinate for a minimum of 1 hour, but overnight is even better
2. In a frying pan over high heat, saute chicken for 5 minutes. Flip and cook for another 5 minutes.
3. Add in stir fry vegetables and 1/2 cup water. Put the lid on the pan and saute it for 6 minutes.
4. While vegetables are cooking, make instant rice in the microwave.
5. If using coconut milk, pour rice into a bowl and pour coconut milk over rice, stir to combine.
6. Slice/divide chicken breasts, vegetables and rice into 4 bowls and enjoy.

Nutrition Information: YIELD: 4 SERVING SIZE: 1 chicken and rice bowl

Amount Per Serving: CALORIES: 492 TOTAL FAT: 25g SATURATED FAT: 6g TRANS FAT: 0g UNSATURATED FAT: 17g CHOLESTEROL: 96mg SODIUM: 1767mg CARBOHYDRATES: 26g FIBER: 3g SUGAR: 7g PROTEIN: 41g *Nutrition information isn't always accurate.



YIELD: 4

5 Ingredient Healthy Pasta for Meal Prep Lunches

PREP TIME: 5 minutes COOK TIME: 20 minutes

TOTAL TIME: 25 minutes



Ingredients

- 8 ounces whole-wheat penne pasta - can use any type of pasta you'd like
- 4 turkey sausage links - can use any type of sausage you'd like (each link should be 2.5-3 oz, 10-12 oz total)
- 1 bunch of rainbow swiss chard, cleaned and chopped (about 4 cups raw) - can use kale or spinach
- 1 tablespoon extra virgin olive oil
- 1 cup parmesan cheese, shredded, divided

Instructions

Cook pasta according to the package instructions. Drain, and divide the pasta into 4 containers.

Meanwhile, in a large skillet over high heat add 1/2 tablespoon of olive oil and cook the sausage until brown and cooked through, about 5-7 minutes, turning every few minutes to brown. Remove the sausage from the pan and slice and divide among the 4 containers.

Next, add the remaining 1/2 tablespoon of olive oil to the pan and add in the swiss chard. Cook, stirring occasionally until the swiss chard reduces, about 5 minutes (sometimes I add in a few tablespoons of the pasta water if the pan seems to dry). Divide the chard among the 4 containers.

Top each container with 1/4 cup of parmesan cheese.

Put a lid on each container and shake it a couple of times to mix everything. Store in the refrigerator and enjoy within a week.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 400 TOTAL FAT: 23g SATURATED FAT: 8g TRANS FAT: 0g UNSATURATED FAT: 12g CHOLESTEROL: 94mg SODIUM: 1099mg CARBOHYDRATES: 42g FIBER: 6g SUGAR: 2g PROTEIN: 37g *Nutrition information isn't always accurate.*

YIELD: 8-10 TACOS (SERVES 4)

Quick and Easy Chicken Tacos with Pineapple Salsa

PREP TIME: 10 minutes COOK TIME: 10 minutes
ADDITIONAL TIME: 5 minutes TOTAL TIME: 25 minutes

Ingredients

- For the chicken
- 1 pound boneless, skinless chicken (or chicken thighs)
- 1 tablespoon olive oil
- 1 lime (juice of lime)
- 1/2 teaspoon salt
- 1/2 teaspoon garlic salt
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- For the pineapple salsa
- 1 cup fresh pineapple, chopped
- 1/4 large red onion, finely chopped
- 1/2 cup fresh cilantro, chopped
- 1/2 lime (juice of 1/2 lime)
- 1/2 jalapeno, finely chopped (seeds removed if you don't like it too spicy)
- dash of salt
- 8 taco shells



Instructions

1. Cut chicken into small strips*
2. Put the chicken in a bowl and add all ingredients (olive oil, juice of 1 lime, salt, garlic salt, cumin, chili powder, paprika) and stir to combine. Let sit for 5 minutes (or marinate up to overnight in the fridge.)
3. While the chicken is resting, make the pineapple salsa.
4. Combine fresh pineapple pieces, chopped red onion, cilantro, juice of 1/2 of a lime, jalapeno and a pinch of salt. Stir to combine, and put salsa in the fridge while cooking the chicken.
5. Cook the chicken in a cast-iron skillet over high heat, allow the chicken to brown before flipping it (about 3 minutes per side).*
6. Warm tacos according to package instructions.
7. To assemble the tacos: add a few pieces of chicken to the taco shell, top with a few spoonfuls of pineapple salsa and enjoy!

Nutrition Information: YIELD: 4 SERVING SIZE: 2 tacos

Amount Per Serving: CALORIES: 506 TOTAL FAT: 23g SATURATED FAT: 6g TRANS FAT: 0g UNSATURATED FAT: 15g
CHOLESTEROL: 141mg SODIUM: 741mg CARBOHYDRATES: 28g FIBER: 4g SUGAR: 6g PROTEIN: 46g *Nutrition information isn't always accurate.

YIELD: 4

5 Ingredient Chicken and Leek Skillet

This 5 ingredient chicken sausage and leek skillet is an easy one-pot super budget-friendly meal that's filling and delicious!

PREP TIME: 5 minutes COOK TIME: 15 minutes

TOTAL TIME: 20 minutes

Ingredients

- 1 tablespoon butter (or extra virgin olive oil)
- 1 large leek, well cleaned and sliced
- 1 package (12 oz.) chicken sausage, sausages cut into 1-2 inch pieces
- 1 can (15 oz.) white beans, such as cannellini beans, drained
- 1 pinch salt
- 1 handful chopped parsley (optional)

Instructions

1. In a large skillet or frying pan over high heat melt butter and add leeks, cook for 3-5 minutes, until starting to soften and turn translucent.
2. Add the chicken sausage and white beans to the skillet and add a pinch of salt, cook for 10 minutes, stirring occasionally, until the chicken sausage is cooked through and starts to turn brown.
3. Sprinkle parsley over the skillet, divide and serve.

Nutrition Information: YIELD: 4 SERVING SIZE: 1/4 skillet

Amount Per Serving: CALORIES: 267 TOTAL FAT: 13g SATURATED FAT: 5g TRANS FAT: 0g UNSATURATED FAT: 6g CHOLESTEROL: 28mg SODIUM: 569mg CARBOHYDRATES: 28g FIBER: 6g SUGAR: 6g PROTEIN: 12g *Nutrition information isn't always accurate.



YIELD: 4-6

Baked Chicken, Potatoes, Carrots and Herbs from the Farmers Market

PREP TIME: 15 minutes **COOK TIME:** 55 minutes **INACTIVE TIME:** 40 minutes
TOTAL TIME: 1 hour 50 minutes

Ingredients

- 2 lbs potatoes (I use Yukon gold potatoes, peeled and cut into quarters, about 5 potatoes)
- 2 lbs large carrots (peeled and cut into chunks, about 6 large carrots)
- 1 medium-large yellow onion (peeled and cut into large chunks)
- 2 lbs chicken breasts (4 large breasts)
- 3 tablespoons extra virgin olive oil
- 2 tablespoons fresh herbs (such as thyme, oregano, parsley and rosemary- herbs should be destemmed and finely chopped)
- 1 teaspoon salt
- 1/2 teaspoon garlic salt and onion salt/granules or powder
- freshly cracked pepper, to taste



Instructions

Preheat the oven to 400.

Peel and cut the vegetables and herbs. In a large baking dish scatter the onions, potatoes and carrots, sprinkle with half the salt, pepper and half of the fresh herbs and half the olive oil.

Next, add the chicken breast on top of the vegetables and slightly nestle them into the vegetables. Drizzle remaining olive oil over the chicken, then sprinkle remaining fresh herbs and salt/pepper and garlic and onion salt.

Bake for 55 minutes then check for doneness, the potatoes should be soft when poked with a fork, remove from the oven, allow to cool for 5 minutes, then enjoy!

Nutrition Information: YIELD: 6 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 542 TOTAL FAT: 13g SATURATED FAT: 3g TRANS FAT: 0g UNSATURATED FAT: 9g CHOLESTEROL: 129mg CARBOHYDRATES: 53g FIBER: 9g SUGAR: 9g PROTEIN: 53g *Nutrition information isn't always accurate.*

YIELD: 4

5 Ingredient Pineapple Pork Chops

PREP TIME: 30 minutes COOK TIME: 10 minutes

TOTAL TIME: 40 minutes

Ingredients

- 4 pork chops
- 1/2 cup soy sauce (or Tamari if gluten free)
- 1/2 teaspoon red pepper flakes (or more if you like a lot of heat)
- 1 pineapple, peeled and cored and cut into pieces
- 1 bunch of cilantro, chopped



Instructions

Marinate pork in soy sauce and red pepper flakes for 1/2 an hour, or up to 2 days.

Pour off marinade and grill or cook pork in a large nonstick skillet. It has to be a nonstick skillet or else you need cooking spray.

Cook on high for 4 minutes, then flip and cook for 3 minutes, then add in pineapple pieces and remove from heat. Let sit for 5 min, then sprinkle cilantro over the pork and pineapple, slice pork and enjoy.

YIELD: 4 BOWLS

Sesame Salmon Rice Bowls

You're going to fall in love with this easy healthy weeknight dinner recipe of sesame salmon rice bowls. It's made with simple ingredients that make for a filling and delicious salmon meal!

PREP TIME: 10 minutes COOK TIME: 15 minutes ADDITIONAL TIME: 5 minutes
TOTAL TIME: 30 minutes

Ingredients

- 4 salmon filets (4 oz. each)
- 1 teaspoon garlic salt, divided among filets
- 2 teaspoons sesame seeds, divided amongst filets
- 1 cup dry brown rice
- Optional toppings - cilantro and seaweed chips
- 1 avocado, sliced, divided among bowls

For the Dressing

- 4 Tablespoons soy sauce
- 1 teaspoon honey
- 1 teaspoon minced fresh ginger (I like to use the fresh ginger in the tube)

Instructions

1. Preheat the oven to 350 degrees. Line a baking sheet with aluminum foil and lightly coat with cooking spray and set aside.
2. Cook the rice according to the package instructions.
3. Sprinkle garlic salt and sesame seeds on salmon filets, divided evenly
4. Cook salmon for 15 minutes at 350 degrees, or until cooked through to your doneness liking
5. To make the dressing, combine soy sauce, honey and ginger
6. To serve divide rice between 4 bowls, top with salmon filet, 1/4 avocado, a 1/4 of the sauce, and cilantro/seaweed chips if using

Notes

You can add seaweed chips and cilantro to the bowl if you'd like!

YIELD: 4 SERVINGS



5 Ingredient salmon with green beans and rice

This 5 ingredient pesto salmon recipe with green beans and rice is an easy healthy dinner with very little hands-on time!

PREP TIME: 10 minutes **COOK TIME:** 25 minutes **TOTAL TIME:** 35 minutes

Ingredients

- 12 -14 oz. fresh green beans (ends trimmed)
- 1 -1 1/2 pounds of salmon
- 3-4 tablespoons pesto
- lemon wedges - optional
- 2 cups cooked white rice (or brown rice)



Instructions

1. Preheat oven to 400 degrees
2. Place green beans in a foil pan (or a baking dish)
3. Place salmon on top of green beans (if salmon has skin, skin side down - skin touching green beans)
4. Generously spread pesto on top of salmon
5. Lay lemon wedges on top of pesto salmon (optional)
6. Bake at 400 for 25-30 minutes, until salmon is cooked through
7. While salmon is cooking, make rice (or use instant rice)

Nutrition Information: YIELD: 4 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 910 TOTAL FAT: 32g SATURATED FAT: 6g TRANS FAT: 0g UNSATURATED FAT: 22g CHOLESTEROL: 111mg SODIUM: 256mg CARBOHYDRATES: 108g FIBER: 33g SUGAR: 40g PROTEIN: 63g *Nutrition information isn't always accurate.*

YIELD: 4 SERVINGS

One-Pot Thai Shrimp and Quinoa

PREP TIME: 10 minutes COOK TIME: 25 minutes TOTAL TIME: 35 minutes

Ingredients

- 1 Tablespoon coconut oil (or cooking oil of choice)
- 1 Tablespoon fish sauce
- 1/2 teaspoon sesame oil
- 1/2 small onion, chopped (about 1/2 a cup)
- 2 bell peppers, sliced
- 2 large carrots, cut into matchsticks
- 1/2 teaspoon ground ginger
- 1 teaspoon salt
- 3 garlic cloves, minced
- 1 cup lite coconut milk (if using canned, make sure to shake the can well)
- 2 cups chicken stock
- 1 1/2 cups uncooked quinoa
- 1 pound raw jumbo shrimp, peeled, deveined and tail off
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 1/2 of a lime, cut into pieces
- handful of cilantro for garnish, chopped (optional)



Instructions

In a large skillet that has a lid (mine is a 3-quart pan), add coconut oil, fish sauce and sesame oil and cook on medium-high for 30 seconds, then add in the onion, bell pepper slices, and carrots, season with ginger, and salt. Cook for 4-5 minutes, stirring occasionally until the vegetables are starting to soften. Add in the garlic and cook for 30 seconds, then pour in coconut milk, chicken stock and quinoa. Stir well, cover, and cook for 15 minutes (without removing the lid or stirring).

After 15 minutes, remove the lid, stir once, then nestle the shrimp on top of the quinoa and vegetable mixture. Sprinkle salt and red pepper flakes and cover and cook for an additional 5 minutes, until the shrimp is cooked through.

Remove from heat. Squeeze lime wedges on top of the shrimp and sprinkle with cilantro, then serve and enjoy.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 290 TOTAL FAT: 12g SATURATED FAT: 8g TRANS FAT: 0g UNSATURATED FAT: 3g CHOLESTEROL: 243mg SODIUM: 2418mg CARBOHYDRATES: 15g FIBER: 2g SUGAR: 5g PROTEIN: 31g *Nutrition information isn't always accurate.*

YIELD: 4 SERVINGS

5 Ingredient Shrimp and Black Bean Enchiladas

PREP TIME: 10 minutes COOK TIME: 20 minutes TOTAL TIME: 30 minutes

Ingredients

- 2 cans (10 oz each) enchilada sauce (red or green, and spice level of your choice)
- 1 lb shrimp, peeled and deveined, tails removed
- 2 cans (15 oz each) black beans, drained and rinsed
- 2 cups Mexican blend shredded cheese (or any other cheese you like)
- 12-13 small flour tortillas



Instructions

Preheat the oven to 400 degrees.

In a large skillet, cook 1/4 cup enchilada sauce and shrimp over high heat until the shrimp is cooked (about 5 minutes or until shrimp is no longer translucent). Remove from heat. Rinse and drain the black beans and put in a bowl.

Pour cheese in a bowl.

Set out a 9 x 13 baking dish. Next assemble the enchiladas and put them into the baking dish. To assemble the enchiladas place two-three spoonfuls of black beans, three-four shrimp, and a pinch of cheese into the center of a tortilla, fold the edges around the filling and place, seam side down in the baking dish. Repeat until all the filling has been used and the enchiladas are all in the baking dish.

Pour remaining enchilada sauce over the top of the assembled enchiladas and sprinkle with cheese. Bake for 15 minutes, or until the cheese is all melted. Remove from the oven, let sit for a few minutes, then serve.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 1033 TOTAL FAT: 34g SATURATED FAT: 14g TRANS FAT: 1g UNSATURATED FAT: 16g CHOLESTEROL: 297mg SODIUM: 2928mg CARBOHYDRATES: 124g FIBER: 12g SUGAR: 14g PROTEIN: 60g *Nutrition information isn't always accurate.*

YIELD: 1 JAR

Easy Healthy Lunch Recipe- Pepperoni Pasta Salad in a Jar

PREP TIME: 5 minutes COOK TIME: 10 minutes TOTAL TIME: 15 minutes

Ingredients

- 1 oz whole-wheat pasta, cooked
- 2 tablespoons extra virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- pinch of salt and pepper
- 1/4 of a 15 oz can chickpeas (3.75 oz)
- 3 small fresh mozzarella balls, cut into 4s, or about 3/4 of an ounce of cheese
- 6 pepperoni slices, cut into 4s
- 1 1/2 cups greens (arugula/spinach is my favorite)



Instructions

Start by cooking your pasta according to package instructions. This can be made a day ahead of time.

Into a large jar or food storage container add olive oil, red wine vinegar, oregano, a pinch of salt and pepper, swirl it around so that the dressing mixes. Add in the chickpeas and pasta and stir. Next, add in mozzarella and pepperoni and greens. Store in a container overnight and enjoy the next day for lunch.

It can be kept in the fridge for 4-5 days.

Nutrition Information: YIELD: 2 SERVING SIZE: 1/2 recipe, 1 salad

*Amount Per Serving: CALORIES: 678 TOTAL FAT: 36g SATURATED FAT: 11g TRANS FAT: 0g UNSATURATED FAT: 20g CHOLESTEROL: 47mg SODIUM: 987mg CARBOHYDRATES: 62g FIBER: 20g SUGAR: 10g PROTEIN: 32g *Nutrition information isn't always accurate.*

YIELD: 8 SERVINGS

Healthy Instant Pot Creamy Chicken Gnocchi Soup

PREP TIME: 5 minutes COOK TIME: 10 minutes TOTAL TIME: 15 minutes

Ingredients

- 2 cups milk (can use any kind, I used 2%)
- 3 tablespoons cornstarch
- 1 teaspoon olive oil
- 2 large carrots, diced (about 3/4 cup)
- 1 celery stalk, diced (about 1/2 cup)
- 1/2 small white or yellow onion, diced (about 1/2 cup)
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon thyme (I like using fresh thyme)
- 4 cups chicken broth
- 1 lb boneless skinless chicken breast, cut into 1 inch cubes
- 1 package (17 oz) dry potato gnocchi
- 2 cups baby spinach

Instructions

In a bowl mix together the milk and cornstarch, whisking until incorporated. Set aside, but whisk before adding into the soup at a later time.

Select the Saute setting on a 6 quart Instant Pot and pour in the olive oil, then add in the diced carrots, celery and onion and stir occasionally for 3 minutes, then add in garlic, basil, salt and thyme and stir, cooking for another 2 minutes.

Add in the chicken broth, milk and cornstarch mixture, chicken breast, potato gnocchi and spinach and stir to combine, scraping down the sides of the pot.

Secure the lid and set the pressure release to Sealing. Press the Cancel button to reset the cooking program, then select the Stew or Poultry setting and set the cooking time for 8 minutes at high pressure. When the timer goes off, turn the valve from Sealing to Venting to release the pressure. This will make a hissing sound and the steam will come out which takes a few minutes. When it is done releasing steam, open the lid and stir.

Nutrition Information:

Amount Per Serving: CALORIES: 191



YIELD: 5 SERVING SIZE: 1 1/2 cups

Healthy Instant Pot Spaghetti and Meat Sauce

Ingredients

- 1 pound 93% lean ground turkey
- 3/4 teaspoon kosher salt
- 1/4 cup chopped onion
- 1 garlic clove, minced
- 1 (25.25-ounce) jar marinara sauce
- 8 ounces spaghetti, wheat or gluten-free, broken in half
- Optional: Freshly grated Parmesan cheese, for serving



Instructions

1. Press the saute button on an Instant Pot (electric pressure cooker). When hot, add ground turkey and salt and brown the meat, using a wooden spoon to break it into small pieces as it cooks for about 3 minutes.
2. Add in the onion and garlic and cook until softened, 3 to 4 minutes.
3. Add the marinara sauce, 2 cups water, and the spaghetti, making sure the liquid covers everything. Do not stir, as space will be tight.
4. Seal and cook on high pressure for 9 minutes, until the pasta and sauce is cooked. Quick-release, then open when the pressure subsides. Serve right away, topped with Parmesan, if desired.

Notes

No pressure cooker? No problem! To make this in a large pot or Dutch oven, saute over medium-high heat in step 1. Add 1/4 cup more water. Bring to a boil, then cook, covered, over medium-low heat until the liquid is absorbed and the pasta is cooked, about 17 minutes, before topping with Parmesan and serving.

Nutrition Information: YIELD: 5 SERVING SIZE: 1 1/2 cups

Amount Per Serving: CALORIES: 401 TOTAL FAT: 15g SATURATED FAT: 3g CHOLESTEROL: 67mg SODIUM: 704mg CARBOHYDRATES: 44g FIBER: 2.5g SUGAR: 6g PROTEIN: 25g *Nutrition information isn't always accurate.

YIELD: 2-4 PIZZA CRUSTS

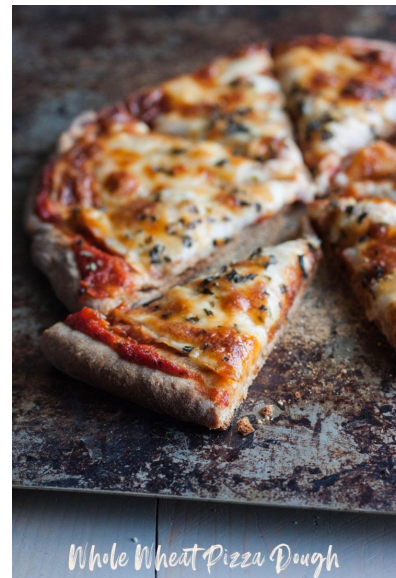
BONUS: Fail-Proof Whole Wheat Pizza Dough

PREP TIME: 45 minutes COOK TIME: 20 minutes

TOTAL TIME: 1 hour 5 minutes

Ingredients

- 1 packet active dry yeast (2 1/4 teaspoons)
- 1 cup warm water
- 1 tsp salt
- 1 Tbsp extra virgin olive oil
- 2 cups whole wheat flour plus 2 Tbsp (and more for rolling out the dough)
- 1 Tbsp cornmeal for lining the pan



Instructions

In a small bowl pour a packet of yeast and 1/4 cup warm water. Stir it once, then let it rest for 5 minutes until it gets foamy at the top. **Meanwhile**, in the bowl of a stand mixer add the 2 cups plus 2 Tbs whole wheat flour and 1 tsp salt.

After the 5 minutes, add the yeast mixture to the bowl of the stand mixer, and add 3/4 cups warm water and 1 Tbsp extra virgin olive oil, stir it until loosely combined with a wooden spoon. Then, with the dough hook attachment, set it on speed 2 and let the dough 'knead' for 5 minutes (you can knead it by hand if you don't have a stand mixer.)

After 5 minutes of kneading, stop the mixer and form the dough into a ball (s) -I usually do 2-3 dough balls and place in an oiled bowl and cover with plastic wrap for 30 minutes (it will double in size after 30 minutes).

Preheat the oven to 450. Now sprinkle a baking sheet with cornmeal and on a floured surface roll out one of the dough balls or with floured hands stretch the dough into a circle, then place on the prepared baking sheet and stretch a little more, pinch the edges of pizza dough to form a crust. Next, bake pizza crust (minus toppings) for 5 minutes, remove from the oven, and then add toppings (sauce/cheese/toppings).

Bake at 450 for 15 minutes or until the cheese around the edges starts getting brown. Remove from the oven, slice, and enjoy! This recipe makes 2 very thin rolled 12-inch pizza crusts or 1 slightly thicker pizza crust, or 3 small thin 8-inch pizza crusts.

Nutrition Information: YIELD: 8 SERVING SIZE: 1

*Amount Per Serving: CALORIES: 28 TOTAL FAT: 2g SATURATED FAT: 0g TRANS FAT: 0g UNSATURATED FAT: 2g CHOLESTEROL: 0mg SODIUM: 293mg CARBOHYDRATES: 2g FIBER: 1g SUGAR: 0g PROTEIN: 1g *This data was provided and calculated by Nutritionix based on ingredients used. The serving size is 1 piece of crust from a pizza cut into 8 slices*

YIELD: 14-18 ENERGY BITES

BONUS: No-Bake Oatmeal Cookie Energy Bites

Are you looking for healthy snack recipes? I know I always am, and as soon as I made these no-bake oatmeal cookie energy bites (which just so happen to be sugar-free, gluten-free, and vegan).

PREP TIME: 5 minutes TOTAL TIME: 5 minutes

Ingredients

- 15 dejet noor dates, pits removed (1 heaping cup - can also use Medjool dates, 8oz)
- 1 tablespoon water
- 2 tablespoons almond butter
- 1/4 cup raisins
- 1/2 cup quick-cooking oats
- 1 teaspoon cinnamon

Instructions

In a food processor, process dates and tablespoon of water for 5 seconds.

Add almond butter, raisins, oats and cinnamon into the food processor and process for 5-10 seconds, until the mixture comes together, it should be sticky to touch and easily form a ball. If the mixture does not stick together when pressed between two fingers add a few more drops of water.

Using a 1 tablespoon cookie scoop or a tablespoon, scoop 1 tablespoon of mixture into your hand and roll it into a ball shape. Place in a mini muffin liner or in an airtight container.

Refrigerate for 1 hour and then enjoy or keep stored in the refrigerator.

Notes: You can use Medjool dates or any other kind of dates you'd like.

You can use peanut butter instead of almond butter. You can use any kind of raisins you'd like.

