

THE FIT BODY WAY

COOKBOOK & RECIPE GUIDE



BY PATTY AND RONNIE SOUD

COPYRIGHT © 2015 BY PATTY SOUD - ALL RIGHTS RESERVED

Welcome

Hello, and thank you for joining!

We are really excited to have you become a part of The Fit Body Way Family!

First and foremost...

Please be sure you're signed up our free email newsletter. We regularly send out exclusive content to our email subscribers featuring new recipes, fitness tips, helpful products and motivational stories – everything you need to keep moving forward, toward your own health and fitness goals!

Sign up here: <http://www.thefitbodyway.com/newsletter>

A Real *Healthy* Cookbook

The Fit Body Way Cookbook & Recipe Guide is a collection of our favorite recipes and cooking tips that we use on a regular basis and have had in practice for over a decade!

Meaning – these recipes have stood the test of time with us AND our clients, friends and family – receiving praise for being delicious, easy to prepare and very effective at boosting energy, shedding fat and helping to build lean muscle.

As you know, you must eat properly to achieve good, lasting results from your workouts. Muscles cannot grow and fat cannot be shed if you don't fuel your body with proper nutrition.

The Fit Body Way is not a “low-fat”, “no fat”, or “no carb” diet plan. Rather, we recognize the need for proper balance between all food groups: protein, carbs, fat, fruits and vegetables – in our opinion, it takes all of these foods to produce great results that will last a lifetime.

We've included over 100 recipes, all created and sculpted to The Fit Body Way nutrition guidelines. You'll even find many of your favorite foods in here, including:

- Egg dishes
- Pancakes
- Tacos & fajitas
- Stir fry
- Kabobs
- Dips
- Fruit & chocolate smoothies

The recipes do not require any fancy, weird ingredients or crazy cooking gadgets; just easily accessible whole foods, herbs and spices that you can buy at any grocery store.

[**Go to > Recipe Index**](#)

Copyright & Disclaimer

Copyright 2015 Patty Soud

All rights reserved.

No part of this e-book may be copied, reproduced, re-distributed, re-sold or given away, or translated into any language by any means, whether in ebook or physical book format, without the expressed written consent of Patty Soud. E-books are protected by international copyright laws, and attempting to distribute or redistribute any part of this ebook or book, with permission from the owner (Patty Soud), you will be in violation of international copyright laws and will be subject to fines of up to \$150,000 and possible imprisonment. Do not risk getting into trouble. For additional information, contact: Patty Soud at www.TheFitBodyWay.com.

Disclaimer

This book is for reference and information purposes only and is in no way being offered as individual medical advice or counseling, and should not be a substitute for a consultation or medical advice provided by a professional physician. The information contained herein should not be used to treat, diagnose or prevent any disease or medical condition without the advice of a medical professional. You should always consult with your doctor or a licensed medical professional when making any decision regarding your health. The author shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this book.

About Us

Hi, we're Patty & Ronnie Soud.



Together we wrote The Fit Body Way Nutrition Guide, which contains the exact nutrition guidelines that have been in practice with Patty's personal training clients over the past 10+ years.

We love food! Neither of us is a chef or professionally trained cook; we are self taught. And, we're just like you - people looking to prepare and eat delicious, healthy food in the quickest, most efficient way possible.

Cooking this way came from years of practice, trying new ingredients and experimenting with different techniques, moreover out of pure necessity. We were tired of eating out and paying for subpar food and service. Between some places just offering poor tasting quality ingredients, or the portion size of what comes out as your meal, we quickly began to develop our own favorite creations.

We do use a wide variety of ingredients, as we like to keep our taste buds happy! Not only does this give you plenty of diverse taste and texture options, but it also allows you to discover new healthy meals that you'll love to eat. All of the recipes are easy to prepare and can fit your specific nutrition needs. The foundation for all of our recipes is based on incorporating clean, good quality base ingredients, while using spices and herbs for robust flavor.

With that being said, we are eager to share our most favorite recipes with you!

Patty & Ronnie

[Go to > Recipe Index](#)

Recipe Index

[14-Day Jumpstart](#) [Grocery Shopping List](#)

[Breakfast](#)

[Greek Yogurt Bowl](#)
[Hearty Oatmeal](#)
[Breakfast Pita Scramble](#)
[Kitchen Sink Veggie Omelet](#)
[Healthy Hash Browns](#)
[Sunrise Protein Smoothie](#)
[Banana Protein Pancakes](#)
[The Bandido Breakfast Burrito](#)
[Spinach Quiche Minis](#)
[Homemade Muesli](#)

[Wraps & Pitas](#)

[Turtle Tuna Pocket](#)
[Chicken Hummus Pita](#)
[Dijon Chicken Wrap](#)
[Super Tuna Salad](#)
[The Veggie Buster](#)
[Mediterranean Turkey Roll-Up](#)
[Chicken Salad – 4 Ways](#)

[Salads](#)

[Quinoa Salad with Chicken & Citrus Vinaigrette](#)
[Kaleslaw](#)
[Fit Body Way Side Salad](#)
[Black Bean Corn Salad](#)
[Carrot Salad with Honey-Cumin Vinaigrette](#)
[Spinach & Chickpea Salad](#)
[Tomato Avocado Salad](#)
[Alice's Tabouli](#)
[Chickpea & Veggie Salad](#)
[Moroccan Beet Salad](#)
[Baked Salmon Salad with Tangy Tomato Basil Vinaigrette](#)
[Ultimate Salad Builder](#)
[Fit Body Way Salad Dressings](#)

[Entrees](#)

[Turkey Squash Protein Bowl](#)
[Protein Bowl Builder](#)
[Baked Salmon with Dill](#)
[Spaghetti Bolognese](#)
[Cilantro-Lime Shrimp Tacos](#)
[Mediterranean Chicken Soup](#)
[Baked Chicken Fajitas](#)
[Chicken Ratatouille](#)
[Turkey Chili](#)
[Lemon & Tomato Baked Fish](#)
[Lemon Rosemary Chicken](#)
[Cilantro Lime Chicken Soup](#)
[French Chicken in a Pot](#)
[Sweet Potato Lentil Soup](#)
[Burrito Bowl with Salsa](#)
[Chicken or Shrimp Stir Fry](#)
[Beef & Broccoli](#)
[Chicken in Lemon Wine Sauce](#)
[Foil Baked Salmon with Herbs](#)
[Hawaiian Chicken Kabobs](#)

[Meats](#)

[Perfect Fish](#)
[Perfect Chicken](#)
[Perfect Steak](#)

[Sauces, Marinades & Spices](#)

[Easy Marinara](#)
[Holy Guacamole](#)
[Caribbean Citrus Marinade](#)
[Lemony Pesto](#)
[Chimichurri](#)
[Citrus Salsa](#)
[Avocado Mango Salsa](#)
[Spice Combinations](#)

[Side Dishes](#)

[Sauteed Green Beans](#)
[Roasted Sweet Potatoes](#)
[Healthy Fried Rice](#)
[Steamed Broccoli with Asian Dressing](#)
[Sauteed Asparagus with Dijon Vinaigrette](#)
[Sweet Potato Fries](#)
[Cuban Black Beans](#)
[Salsa Fresca](#)
[Mighty Easy Pilaf](#)
[Perfect Roasted Vegetables](#)
[Curry Roasted Broccoli & Cauliflower](#)

[Smoothies](#)

[The Green Giant](#)
[Fruit Burst](#)
[Energy Explosion](#)
[Chocolate Fitness Frosty](#)
[El Grande Verde](#)
[Antioxidant Awesomeness](#)
[The Green Virgin](#)
[Banana Mocha Explosion](#)

[Snacks](#)

[Energy Bites](#)
[Banana Berry Chocolate Crunch](#)
[Greek Avocado Dip](#)
[Fit Body Way Hummus](#)
[Avocado Hummus](#)
[Crispy Chickpeas](#)
[Fruit Cocktail Zinger](#)

[Hydrate](#)

[Fountain of Youth Water](#)
[Paradise Iced Tea](#)

[Go to > Recipe Index](#)

14-Day *Fit Body Way* Jumpstart

We have seen people shed fat, lose inches and dramatically boost energy levels following The Fit Body Way 14-Day Meal Calendar while maintaining a consistent exercise program.

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Spinach Quiche Minis	Greek Yogurt Bowl with apples and dried cranberries	Breakfast Smoothie	Greek Yogurt Bowl with apples and dried cranberries	Hearty Oatmeal	Scrambled Eggs with Healthy Hash Browns	Banana Protein Pancakes with small green smoothie
Lunch	Chicken salad 4 Ways in a pita with a side of tomato-avocado salad	Dijon Chicken Wrap and Chickpea Salad	Turtle Tuna Pita and side of guacamole with sliced carrots and green pepper	Leftover Turkey Chili or The Veggie Buster with Energy Explosion smoothie	Fit Body Way Salad Builder creation	Chicken Hummus Pita with a side of avocado yogurt dip with raw veggies	Cilantro-Lime Shrimp Tacos with a side of Black Bean Corn Salad
Dinner	Lemon Baked Chicken w/ Turmeric Rub with sauteed green beans & Fit Body Way Side Salad	Baked Salmon with Dill and Quinoa Salad	Turkey Chili with Fit Body Way Side Salad	Leftover Turkey Chili or Beef & Broccoli stir-fry with side of brown rice and Fit Body Way Side Salad	Fit Body Way Perfect Fish with avocado mango salsa and a side of Mighty Easy Pilaf	Fit Body Way Perfect Steak with side of roasted sweet potatoes & Fit Body Way Side Salad	Fit Body Way Spaghetti Bolognese with a Fit Body Way Side Salad or Fresh Basil Salad

Meal	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast Pita Scramble	Greek Yogurt Bowl with sliced peaches	Breakfast Smoothie	Greek Yogurt Bowl with berries	Spinach Quiche Minis	Hearty Oatmeal	Kitchen Sink Veggie Scramble
Lunch	Chicken salad 4 Ways in a pita with a side Tomato-Avocado Salad	Chicken or Turkey Tabouli Pita with a side of Garbanzo Bean Salad	Mediterranean Turkey Rollup with a side of hummus and sliced veggies	Super Tuna Salad with a side of Kaleslaw	Leftover Lemon Garlic Chicken and Pilaf OR Fit Body Way Salad creation with a side of	Dijon Chicken Wrap with a side of Chickpea Salad	Quinoa Salad with Chicken and Citrus Vinaigrette
Dinner	Leftover Fit Body Way Spaghetti or Fit Body Way Perfect Fish with Citrus Salsa and a side of black beans & rice	Fit Body Way Protein Bowl Builder with a Tomato-Avocado salad or a Fit Body Side Salad	Fit Body Way Salad Builder creation with a side of Roasted Sweet Potatoes	Lemon Garlic Chicken with a side of Mighty Easy Pilaf and a Fit Body Side Salad	Salmon with Chickpeas and Greens with Fit Body Way Side Salad	French Chicken in a Pot with a Fit Body Way Side Salad	Beef and Broccoli stir-fry with a side of Healthy Fried Rice

[Go to > Recipe Index](#)

Grocery Shopping List

Organic, Non-GMO food products are great, but we completely understand that these may be difficult to find or too costly to purchase on a consistent basis. This is not a problem!

The Fit Body Way does not require you to buy all organic foods to follow the recipes. Conventionally grown fruits, vegetables and meats will be just fine.

Also, you do not need to buy all of the items listed at once! Rather use this list to assist you in picking the best food options available. From the list given, select fruits, vegetables and meats that you prefer. Quantities will always depend on how you'll be using the items and the number of people to be fed.

If it's available, visit your local farmers market first. Typically, this is where you can find the freshest, locally grown foods. To fill in the gaps for things you still need to purchase, make a trip to the grocery store for the remaining essentials.

All items in these food categories are approved by The Fit Body Way and should be considered when shopping for food and preparing meals.

*The grocery shopping list is on it's own page so that it can be printed out and taken with you to the grocery store.

**The spices and herbs are separated from the list since spices tend to keep for long periods of time and you should not need to re-purchase the same ones week after week.

The Fit Body Way Grocery Shopping List

<p>Vegetables</p> <ul style="list-style-type: none"><input type="checkbox"/> Greens (kale, spinach, arugula, swiss chard, romaine, spring mix)<input type="checkbox"/> Squash<input type="checkbox"/> Zucchini<input type="checkbox"/> Sweet potatoes<input type="checkbox"/> Bell peppers (green, yellow, red)<input type="checkbox"/> Onions (red, white, yellow, green/spring)<input type="checkbox"/> Green beans<input type="checkbox"/> Broccoli<input type="checkbox"/> Cauliflower<input type="checkbox"/> Cucumbers<input type="checkbox"/> Mushrooms<input type="checkbox"/> Carrots<input type="checkbox"/> Beets<input type="checkbox"/> Brussels sprouts<input type="checkbox"/> Cabbage<input type="checkbox"/> Radish<input type="checkbox"/> Asparagus<input type="checkbox"/> Bean sprouts<input type="checkbox"/> Celery<input type="checkbox"/> Snap peas <p>Grains & Legumes</p> <ul style="list-style-type: none"><input type="checkbox"/> Quinoa<input type="checkbox"/> Brown rice<input type="checkbox"/> Wild rice<input type="checkbox"/> Muselix<input type="checkbox"/> Oats (gluten free, steel cut, rolled)<input type="checkbox"/> Farro<input type="checkbox"/> Ezekiel 4:9 brand - bread, pita, wraps and English muffins<input type="checkbox"/> Chickpeas – dry or canned (No Salt Added)<input type="checkbox"/> Black/Red/White beans – dry or canned (No Salt Added)<input type="checkbox"/> Lentils – dry or canned (No Salt Added)<input type="checkbox"/> Unsweetened hemp granola	<p>Fruits</p> <ul style="list-style-type: none"><input type="checkbox"/> Lemons<input type="checkbox"/> Limes<input type="checkbox"/> Tangerines<input type="checkbox"/> Oranges<input type="checkbox"/> Grapefruit<input type="checkbox"/> Pineapple (fresh/frozen)<input type="checkbox"/> Strawberries (fresh/frozen)<input type="checkbox"/> Blueberries (fresh/frozen)<input type="checkbox"/> Apple<input type="checkbox"/> Banana<input type="checkbox"/> Mango(fresh/frozen)<input type="checkbox"/> Cantaloupe<input type="checkbox"/> Honeydew<input type="checkbox"/> Watermelon<input type="checkbox"/> Pomegranate<input type="checkbox"/> Kiwi<input type="checkbox"/> Grapes<input type="checkbox"/> Cherries<input type="checkbox"/> Avocado<input type="checkbox"/> Tomato <p>Dairy</p> <ul style="list-style-type: none"><input type="checkbox"/> Eggs – organic, cage free<input type="checkbox"/> Unsweet Almond milk<input type="checkbox"/> Nonfat, plain Greek yogurt<input type="checkbox"/> Earth Balance, soy-free <p>Meats</p> <ul style="list-style-type: none"><input type="checkbox"/> Chicken – skinless, hormone free<input type="checkbox"/> Ground Chicken<input type="checkbox"/> Lean Ground Turkey<input type="checkbox"/> Lean Turkey (from deli) – no-sodium or lowest-sodium option<input type="checkbox"/> Wild Caught Seafood<input type="checkbox"/> Lean beef<input type="checkbox"/> Canned Tuna in water <p>Beverages</p> <ul style="list-style-type: none"><input type="checkbox"/> Chamomile tea<input type="checkbox"/> Organic green tea<input type="checkbox"/> Hibiscus tea<input type="checkbox"/> Organic black tea<input type="checkbox"/> Unflavored coconut water<input type="checkbox"/> Fresh coffee	<p>Nuts & Seeds (Unsalted)</p> <ul style="list-style-type: none"><input type="checkbox"/> Almonds (whole & sliced)<input type="checkbox"/> Walnuts<input type="checkbox"/> Ground flaxseeds<input type="checkbox"/> Chia seeds<input type="checkbox"/> Hemp seeds<input type="checkbox"/> Almond butter (all natural or fresh ground)<input type="checkbox"/> Peanut butter (all natural or fresh ground) <p>Oils – for cooking and salad dressings</p> <ul style="list-style-type: none"><input type="checkbox"/> Extra virgin olive oil, first cold pressed<input type="checkbox"/> Organic coconut oil, first cold pressed<input type="checkbox"/> Sesame seed oil (stir fry)<input type="checkbox"/> Avocado oil <p>Vinegars</p> <ul style="list-style-type: none"><input type="checkbox"/> Balsamic vinegar (dark & white)<input type="checkbox"/> Red wine vinegar<input type="checkbox"/> White Distilled Vinegar<input type="checkbox"/> Apple cider vinegar<input type="checkbox"/> Coconut amino acids<input type="checkbox"/> Braggs liquid amino acids <p>Condiments & Packaged Goods</p> <ul style="list-style-type: none"><input type="checkbox"/> Whole grain mustard<input type="checkbox"/> Nutritional yeast (healthy alternative for cheese)<input type="checkbox"/> Raw cacao powder<input type="checkbox"/> Maca powder<input type="checkbox"/> Coconut sugar<input type="checkbox"/> Stevia<input type="checkbox"/> Local honey<input type="checkbox"/> Tomato sauce – Pomi brand (no salt added)<input type="checkbox"/> Chopped tomatoes – Pomi brand (no salt added)<input type="checkbox"/> San Marzano Crushed tomatoes (no salt added)<input type="checkbox"/> Unsalted vegetable or chicken stock<input type="checkbox"/> Orgain protein powder
--	--	---

Herbs & Spices to Keep On-Hand

Spices

- Ground cinnamon
- Ground cumin
- Ground turmeric
- Ground cloves
- Ground coriander
- Curry powder
- Garlic powder
- Onion powder
- Chili powder
- Dried oregano
- Dried basil
- Dried dill weed
- Dried thyme
- Dried tarragon
- Dried paprika
- Dried bay leaves
- Sea salt
- Black pepper

Herbs

- Fresh basil
- Fresh oregano
- Fresh mint
- Fresh ginger
- Fresh garlic
- Fresh cilantro
- Fresh tarragon
- Fresh parsley

Breakfast

Breakfast Prep & Cooking Tips

- When cooking eggs, it's important to always use organic, free range whole eggs. However, when using just the egg whites, it's not necessary to use organic eggs.
- Substitute margarine for Earth Balance soy-free butter spread, or use whole butter sparingly.
- Always opt for plain Greek yogurt, either 0% fat or 2% fat. Greek yogurt has much higher protein content than standard yogurt.
- Instead of cheese, try using nutritional yeast. It has a great cheesy flavor and is loaded with essential nutrients such as B vitamins and 18 amino acids.
- When choosing to consume bread, opt for the Ezekiel 4:9 brand of bread, wraps, English muffins, and pitas. These contain sprouted grains, are made with no added sugars, are considered a complete protein with good fiber content, and contain all 9 essential amino acids.



[Go to > Recipe Index](#)

The Greek Yogurt Bowl



This is a favorite staple recipe for us, and is a hit with everyone across the board. It's quick and easy, tastes delicious and is nutritionally balanced. It is loaded with clean protein, smart carbs and some healthy fat to keep you energized until lunch.

Serving Size: 1

Ingredients

- 1 cup fat-free plain Greek yogurt (Fage brand is our favorite)
- ½ cup organic Hemp Plus Granola (Nature's Path brand is our favorite)
- 1 handful of raw walnuts
- 1 cup fresh fruit(s)
- ½ teaspoon of ground cinnamon
- ½ teaspoon of 100% pure maple syrup, Grade A
- a pinch of unsweetened shredded coconut

Suggestions - Try some of our favorite seasonal fruit combinations.

- ½ small apple + 3 to 4 strawberries (winter)
- 3 to 4 strawberries + ½ handful of blueberries (spring and early summer)
- ½ peach (late summer and early fall)

Directions

1. Put all ingredients in a bowl and mix together.

[Go to > Recipe Index](#)

Hearty Oatmeal



Serving Size: 1

Ingredients

- ¼ cup organic steel cut oats
- splash of unsweetened almond milk
- ½ handful of raw walnuts
- ½ banana - sliced
- 2 - 3 strawberries - sliced
- 1 tablespoon hemp seeds
- ½ teaspoon of 100% Pure Maple Syrup, Grade A
- dash of cinnamon - optional

Directions

1. Prepare oats according to package directions.
2. Once cooked, add the sliced strawberries and hemp seeds to the pot of oats. Stir in for a few seconds.
3. Then, pour the cooked oats, strawberries and hemp seeds into a bowl and add in the almond milk, walnuts, banana and maple syrup. Sprinkle cinnamon to the top, if you desire.

[Go to > Recipe Index](#)

Breakfast Pita Scramble



Serving Size: 1

Ingredients

- 1 whole organic egg + 3 or 4 egg whites
- 2 teaspoons Earth Balance soy-free buttery spread
- 1 whole grain pita (Ezekiel 4:9 brand)
- 1 tablespoon nutritional yeast
- 1 cup fresh spinach
- ½ fresh tomato - diced
- pinch of sea salt and fresh black pepper

Directions

1. Quickly sauté the spinach and tomatoes in Earth Balance.
2. Once spinach is wilted, add in the beaten eggs and scramble together.
3. Once the eggs are scrambled, add nutritional yeast, a pinch of sea salt and black pepper.
4. Transfer the egg, spinach and tomato scramble into the half pita pocket.

[Go to > Recipe Index](#)

Kitchen Sink Veggie Scramble



Serving Size: 1

Ingredients

- 1 - 2 whole organic eggs + 4 egg whites
- 1 teaspoon extra virgin olive oil (or Earth Balance soy-free buttery spread)
- Any and all vegetables you have in your refrigerator - our favorites include: kale, yellow onion or shallot, green pepper, squash or zucchini, mushrooms, asparagus. You can even use a combination of frozen vegetables, such as green beans, carrots and peas.
- Pinch of sea salt and fresh black pepper
- 1 slice of Ezekiel 4:9 bread - optional

Directions

1. Sauté all vegetables together in olive oil or Earth Balance. Season with a pinch of sea salt and black pepper.
2. Once the greens have wilted and the vegetables have softened a bit, add in the eggs and cook. If you know how to create an omelet, do that- but if not, then just make it an easy egg scramble. ☺
3. Top with nutritional yeast (if you are looking for a cheesy flavor).

Suggestion - Serve with 1 slice of toasted Ezekiel bread.

**The bread in the picture is a wheat sourdough that we get from a baker at our local farmers market. It's made from scratch and has a far superior nutrient profile than store bought bread.

Tip - don't be afraid to eat breakfast for dinner :) We love making veggie omelets when we're in a pinch for time or resources... or just have a craving.

[Go to > Recipe Index](#)

Healthy Hash Browns



Serving Size: 3

Ingredients

- 6 small red bliss potatoes
- 1 medium yellow onion
- 2 green bell peppers
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 tablespoons extra virgin olive oil
- Pinch of sea salt and fresh black pepper

Directions

1. Place chopped red potatoes, onion and bell peppers in a baking dish. Drizzle with extra virgin olive oil and add sea salt, black pepper, garlic powder and onion powder – mix together.
2. Bake for 30 minutes at 375 degrees.

Suggestion - Serve with your choice of eggs.

[Go to > Recipe Index](#)

Sunrise Breakfast Smoothie

Chia Banana Blueberry Protein Power Smoothie



Serving Size: 1

Ingredients

- 1 cup frozen blueberries
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 banana
- 2 scoops Orgain vanilla protein powder

Directions

1. Combine all ingredients in a blender and blend well.

[Go to > Recipe Index](#)

Banana Protein Pancakes

Ingredients

- ½ cup gluten-free rolled oats
- ½ teaspoon ground cinnamon
- ½ teaspoon baking powder
- ½ teaspoon pure vanilla extract
- 1 banana
- 3 egg whites
- ¼ cup fat-free plain Greek yogurt (Fage brand)
- 2 tablespoons unsweetened almond milk
- Earth Balance soy-free buttery spread (to coat the skillet)
- 100 % Pure Maple Syrup, Grade A (to drizzle on top)

Directions

1. Preheat a skillet over medium heat and lightly coat with Earth Balance spread.
2. Combine all ingredients into a blender and blend until the oats are broken down and the batter is frothy.
3. Carefully pour the batter onto the skillet to form the pancakes of desired size. Let cook until the edges begin to dry, and bubbles start forming on the top of the pancake (about 1 minute). Use a spatula and flip over, and cook the other side, about 2 more minutes.
4. Be sure to coat your skillet with Earth Balance again before pouring new batter into a pancake.
5. When all batter has been used and pancakes are all cooked, remove from heat and top with a garnish of sliced bananas and a drizzle of pure maple syrup.

Healthy Breakfast Burrito



Serving Size: 1

Ingredients

- 1 Ezekiel 4:9 wrap
- 1 or 2 whole organic egg + 3 or 4 egg whites
- 15oz can of black beans (no salt added)
- ½ Hass avocado
- ½ fresh tomato
- ½ cup fresh spinach
- 1 teaspoon garlic powder
- 1 tablespoon extra virgin olive oil or 1 teaspoons Earth Balance soy-free spread
- Pinch of sea salt and fresh black pepper

Directions

1. Using a colander; open, rinse and drain the black beans. Set aside.
2. Chop the tomato and spinach, and crack and beat your eggs.
3. In a skillet, heat the olive oil on medium-high heat, and add the tomatoes, spinach, garlic powder, sea salt and pepper. Cook until the tomatoes begin to soften. Usually only a few minutes.
4. Next, add the eggs to the tomatoes and spinach. While the eggs cook, lay your Ezekiel tortilla wrap on a plate.
5. Once the eggs, tomatoes and spinach are done, transfer them to the tortilla wrap. Add 1 or 2 tablespoon of the black beans to the wrap and top with slices of avocado.

Optional - add a few drops of Tabasco hot sauce or chopped fresh cilantro

[Go to > Recipe Index](#)

Spinach Quiche Minis



Serving Size: 3 to 4

Ingredients

- 2 organic whole eggs + 1 cup of egg whites
- 1 (10 oz) package frozen chopped spinach
- 1 small yellow onion, chopped
- pinch of sea salt and fresh black pepper
- ¼ cup low-sodium Feta cheese (optional)

Suggestion - experiment with your favorite vegetables. Try adding sautéed kale instead of spinach, mushrooms, and/or steamed asparagus.

Directions

1. Preheat oven to 350 degrees.
2. In a skillet, Sauté onion until translucent.
3. Then, combine all ingredients: eggs, onions, spinach and spices - in a bowl. Mix together.
4. Spray 12-slot muffin pan with olive oil cooking spray. Fill each muffin slot with ingredients from bowl, as evenly as possible. Using a ladle makes it easy.
5. Place in oven for 20-25 minutes.

[Go to > Recipe Index](#)

Homemade Muesli

Serving Size: 1

Ingredients

- 2 cups of gluten-free rolled oats
- 3 cups of unsweetened almond or coconut milk
- 2 tablespoons chia seeds
- 2 tablespoons hemp hearts
- 1/3 cup dried unsweetened cranberries
- 1/2 cup unsalted pumpkin seeds
- 2 tablespoon unsweetened coconut flakes

Directions

1. Combine all ingredients in a large bowl and mix well.
2. Refrigerate overnight.
3. When ready to eat, scoop out a serving size of 1/2 - 1/3 cup

Suggestion - Top with fresh fruit (ie: berries or banana)

Wraps, Sandwiches & Salads

Salad & Wrap Prep Tips

- Pre-wash a large amount of greens and store them in a large container in the refrigerator. We do this every Sunday evening to prepare for the week. This way the greens are all ready to go for salads, green smoothies or as toppings for wraps.



- Baking your own fish, chicken or turkey breast or buying a good quality rotisserie chicken from your local market, is smarter and much healthier than buying processed lunch meats, which are filled with preservatives and loaded with sodium. See page 73 to see how we recommend cooking perfect chicken and fish!



- Use raw vegetables and herbs to include more crunch, flavor and texture into your salads and wraps.

- Utilize entree and salad storage containers to prepare and portion out salads and wrap ingredients ahead of time. Preparation like this makes for easy and quick lunches, snacks and even a dinner on the go.

- We prefer using Ezekiel bread and tortillas for wraps and pita sandwiches, or a similar sprouted bread brand. Also, try using whole collard green leaves for wraps.

- For salads, try combining ingredients with different textures. For example, crunchy veggies + quinoa + avocado - this makes for a much more interesting dynamic in each bite, and better tasting salad.

[Go to > Recipe Index](#)

Turtle Tuna Pocket



Serving Size: 1

Ingredients

- 1 pita pocket, whole (Ezekiel 4:9 brand)
- 6 oz albacore white or chunk light tuna (in water)
- ½ avocado
- 1 cup fresh spinach - chopped
- small handful scallions - chopped
- small handful celery - chopped
- 1 teaspoon extra virgin olive oil
- ¼ fresh lemon - juiced
- Pinch of sea salt and fresh black pepper

Directions

1. Drain the water from the tuna can. We do this by opening the can, then using the lid to press against the tuna. The pressing will push all of the unwanted water out of the tuna and the can.
2. In a bowl, combine the tuna and avocado and smash together, mixing the tuna and avocado well. Once mixed, add in the spinach, scallions and celery; and drizzle in the olive oil, lemon juice sea salt and pepper.
3. Cut a small opening around the edge of the pita, large enough to be able to assemble the ingredients inside. Carefully stuff the half opened pita pocket with the tuna mixture.

[Go to > Recipe Index](#)

Chicken Hummus Pita or Wrap



Serving Size: 1

Ingredients

- ½ Ezekiel 4:9 pita pocket or Ezekiel tortilla wrap
- 4 oz chicken breast - cooked
- 1 tablespoon Fit Body Way Hummus or premade low-sodium hummus from the store
- ½ tomato - diced
- 1 cup kale or spinach - chopped
- 1 teaspoon extra virgin olive oil
- lemon juice - squeezed

Directions

1. Combine hummus, chicken, tomato and spinach in a small bowl and add a small drizzle of extra virgin olive oil and a little squeeze of fresh lemon juice. Mix together.
2. Open the pita or lay out the wrap and spoon the mixture to fit inside.

Suggestion - Top with alfalfa sprouts to add some crunch.

Dijon Chicken Wrap



Serving Size: 1

Ingredients

- 4 oz baked organic chicken breast - sliced
- ½ avocado - sliced
- ¼ of a tomato - sliced
- 1 tablespoon shredded carrot
- 1 handful kale or spinach
- 1 Ezekiel 4:9 wrap
- 1 teaspoon Dijon mustard

Directions

1. Place your wrap on a smooth surface and evenly smear the Dijon mustard across one side of the wrap.
2. Assemble a layer of kale or spinach, followed by the chicken, topped with carrots, tomato, and avocado.
3. Top with your choice of any Fit Body Way salad dressings for extra flavor.

[Go to > Recipe Index](#)

Super Tuna Salad

Serving Size: 1

Ingredients

- 6 oz albacore white tuna (in water)
- 2 tablespoons plain Greek yogurt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon celery salt
- 1 teaspoon dried dill
- 1 stalk celery - chopped
- ¼ red onion - chopped
- ¼ fresh lemon - juiced

Directions

1. Drain the water from the tuna can. Open the can, then using the lid to press against the tuna meat to all of the excess liquid out.
2. Combine all ingredients with the spices in a bowl and mix well.

Suggestions - Serve on either a warm Ezekiel 4:9 wrap, Ezekiel 4:9 pita pocket or slice of Ezekiel 4:9 bread. This recipe also makes a delicious and protein-packed addition to any salad!

[Go to > Recipe Index](#)

The Veggie Buster

Serving Size: 1

Ingredients

- 1 Ezekiel 4:9 pita pocket
- 1 tablespoon Avocado Hummus
- 1 cup fresh greens - chopped
- ½ tomato - sliced
- ¼ cucumber - sliced
- ¼ red onion - sliced
- ¼ green pepper - sliced
- 1 (15oz) can chickpeas (no salt added) - rinse & drain

Directions

1. Spread the Avocado Hummus on the inside of your pita pocket.
2. Arrange a layer of fresh greens on the bottom, and then stack the other veggies and chickpeas on top.

Suggestion - Add a drizzle of your favorite Fit Body Way dressing to the top of this pocket. You can also try adding in 4 oz of your choice of cooked protein ie: turkey or chicken breast.

[Go to > Recipe Index](#)

Mediterranean Turkey Roll-up

Serving Size: 1

Ingredients

- 1 Ezekiel 4:9 wrap
- 4 oz (no salt added) natural deli turkey breast - sliced
- 1 tablespoon Hummus - for spreading
- 1 cup fresh spinach
- ½ cup fresh basil
- ½ tomato - sliced
- ½ cucumber - thinly sliced
- ¼ red onion - thinly sliced

Directions

Note - This wrap is a tasty MONSTER! To keep it together, it's all about the layering technique.

1. Lay your wrap on a flat surface, then spread the Avocado Hummus or Spartan Dip.
2. Layer on the sliced turkey. This will give the wrap a good solid base.
3. Add in the fresh veggies: spinach, basil, onion, cucumber and tomato.

Suggestion - put a light drizzle of your favorite Fit Body Way dressing for extra flavor.

Chicken Salad - 4 Delicious & *Healthy* Ways

Directions - For each, combine all ingredients in a bowl and mix well. Then, scoop onto an Ezekiel wrap or pita, in a collard green wrap or on top of your favorite salad.

Serving Size: 1

The Classic

1 chicken breast - cooked & chopped
4 tablespoons plain Greek yogurt
1/3 apple - chopped
1 handful of red grapes - each sliced in half
1/4 cup red onion - finely chopped
1/4 cup celery - chopped
1 teaspoon garlic powder
lemon wedge - juiced
Pinch of sea salt and fresh black pepper

The Dilly

1 chicken breast - cooked & chopped
4 tablespoons plain Greek yogurt
1 tablespoon dried dill
2 scallion stalks - chopped
1/4 cup red onion - chopped
1 teaspoon garlic powder
Pinch of sea salt and fresh black pepper

The Californian

1 chicken breast - cooked & chopped
4 tablespoons plain Greek yogurt
3/4 avocado - chopped
1/4 cup red onion - chopped
1/4 cup scallion - chopped
1/4 cup apple - chopped
1 teaspoon garlic powder
lemon wedge - juiced
Pinch of sea salt and fresh black pepper



Honey Curry

1 chicken breast - cooked & chopped
4 tablespoons plain Greek Yogurt
2 teaspoons curry powder
1/4 cup dried cranberries - unsweetened
1/4 cup apple - chopped
1/4 cup celery - chopped
1 teaspoon garlic powder
2 teaspoons local honey
Pinch of sea salt and fresh black pepper

[Go to > Recipe Index](#)

Quinoa Salad with Chicken & Citrus Vinaigrette

This salad makes the perfect complete lunch or dinner



Serving Size: 1

Salad Ingredients

- 1 cup cooked quinoa (leftover quinoa works great)
- 2 cups kale or other favorite greens - chopped
- 1 cooked organic chicken breast - sliced
- ½ cucumber - sliced
- 1 carrot - sliced
- ¼ red onion - diced
- ½ tomato - diced

Citrus Cilantro Vinaigrette Ingredients

- 2 tablespoons extra virgin olive oil
- 1 tablespoon lime juice
- ½ teaspoon honey
- 1 tablespoon fresh cilantro - finely chopped
- pinch of sea salt & black pepper

Directions

1. Combine all ingredients in a bowl and mix well. Adjust dressing ingredients, as needed.

Suggestion - this salad also works well with our Sunset Vinaigrette

[Go to > Recipe Index](#)

Kaleslaw

Serving Size: 2

Ingredients

- 2 cups kale - chopped
- 1 cup purple cabbage - chopped
- 2 carrots - sliced thin, we use a peeler or mandolin
- 1 small shallot - diced
- 2 tablespoons red onion - chopped
- 1 tablespoons unsalted sunflower seeds
- 1 tablespoon extra virgin olive oil
- 1 tablespoon Dijon mustard
- 1 teaspoon coconut vinegar or apple cider vinegar
- pinch of sea salt and fresh pepper

Directions

1. Using a mixing bowl, combine all veggie ingredients: kale, cabbage, shallot, red onion and seeds. Mix together.
2. Next, add your dressing ingredients directly into the mixing bowl - olive oil, dijon mustard, vinegar, salt and pepper. Mix together well, making sure everything is evenly coated.

The Fit Body Way Side Salad

This is our go-to side salad, perfectly portioned, and can accompany any meal



Serving Size: 1

Ingredients

- 2 cups dark leafy greens – chopped
- ½ cup fresh basil - chopped (optional)
- ¼ cup cucumber – sliced
- ¼ cup carrot – sliced
- ¼ cup onion – sliced
- ¼ avocado - sliced
- 3 big tomato slices - optional

For the dressing

- 1 tablespoon extra virgin olive oil
- ½ lemon - juiced or 2 teaspoons balsamic/white balsamic/red wine vinegar
- pinch of sea salt and fresh black pepper

Directions

1. Combine all ingredients in a small salad bowl. Use a mandolin slicer to thinly slice the cucumber, carrot and onion.
2. Dress with a drizzle of extra virgin olive oil, juice from ½ lemon or balsamic vinegar and salt and pepper.

[Go to > Recipe Index](#)

Black Bean Corn Salad



Serving Size: 4 to 5

Ingredients

- 1 (15oz) can black beans (no salt added) - rinsed and drained
- 1 small red onion – finely chopped
- 2 cups corn kernels (frozen) or 1 ear of corn, cooked, and kernels removed
- ½ jicama – peeled and sliced thin
- 2 limes – juiced
- 1 tablespoon extra virgin olive oil
- 1 tablespoon white wine vinegar
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon cumin
- ½ bunch of cilantro (leaves and stems) – finely chopped
- Pinch of sea salt and fresh black pepper

Directions

1. Combine all ingredients in a large bowl and mix well. Refrigerate for about an hour, if you want to serve chilled. Adjust seasoning as needed. We prefer to use the entire bunch of cilantro.

Suggestion - This goes well with protein burrito bowls and baked chicken fajitas

[Go to > Recipe Index](#)

Carrot Salad with Honey-Cumin Vinaigrette



Serving Size: 4

Ingredients

- 6 carrots – shredded/grated
- 1 shallot – sliced
- ½ cup celery – chopped
- 1 teaspoon cumin
- ½ teaspoon honey
- 1 lemon - juiced
- 2 tablespoons extra virgin olive oil
- Pinch of sea salt and black pepper

Directions

1. Combine all ingredients in a bowl and mix together.

Suggestion - Chickpeas are a great addition to this. If added, you may want to add a little more dressing, as they'll tend to soak up some of the liquid.

[Go to > Recipe Index](#)

Chickpea Salad with Herbs



Serving Size: 4

Ingredients

- 1 (15 oz) can chickpeas (no salt added), rinsed and drained
- ¼ bunch fresh basil
- ¼ bunch fresh cilantro
- 1 cup fresh spinach
- ½ tablespoon extra virgin olive oil
- 1 lemon - juiced
- Pinch of sea salt and fresh black pepper
- 1 teaspoon lemon zest - optional

Directions

1. Combine all ingredients in a bowl and mix well.

Suggestion - Serve as a side dish, or add a scoop on top of a mixed green salad.

[Go to > Recipe Index](#)

Tomato - Avocado Salad



Serving Size: 2

Ingredients

- ½ tomato
- 1 whole avocado
- ½ lemon - juiced
- ½ cup fresh cilantro
- 1 teaspoon garlic powder
- ½ tablespoon extra virgin olive oil
- Pinch of sea salt and fresh black pepper

Directions

1. Chop tomato and avocado into ½ inch pieces.
2. Wash and chop the cilantro, removing most of the stems.
3. Combine tomato, avocado and cilantro in a bowl, and then add in the olive oil, lemon juice, garlic powder, sea salt and black pepper. Mix together.

Suggestion - This dish is great on it's own, or accompanying eggs. It also goes great with fish, protein burrito bowls and shrimp tacos.

[Go to > Recipe Index](#)

Alice's Tabouli

This is from my grandmother, Alice Saig. And, has been a staple in our family for many, many years.

There are 3 important lessons to remember when making tabouli:

1. Everything is finely chopped
2. It is seasoned according to taste
3. The parsley must be thoroughly dry before chopping

Serving Size: 4 to 5

Ingredients

- 2 bunches fresh parsley
- 3 whole scallions (green onion)
- 3 tomatoes, vine ripe or plum
- ½ cucumber
- ¼ cup cracked wheat
- 3 to 4 lemons, juiced
- ¼ cup extra virgin olive oil
- Pinch of sea salt and fresh black pepper

Directions

1. Place the cracked wheat in a bowl, with the juice from 1 lemon. Let sit while you prepare the rest of the ingredients.
2. Thoroughly wash AND dry the parsley. (Note: We spin our parsley using a salad spinner. It's important that all of the water be removed from the leaves). Once thoroughly dried, pick the leaves off of the stem and finely chop.
3. Wash and finely chop the tomatoes, cucumber (seeds removed) and scallions.
4. In a large bowl, combine chopped parsley, tomatoes, scallions, cucumbers, cracked wheat, lemon juice from all 3 lemons, olive oil and sea salt and ground black pepper. Mix well and taste. Add more lemon juice or an extra pinch of sea salt, if desired.

Garbanzos & Veggie Salad



Serving Size: 4

Ingredients

- 1 (15 oz) can chickpeas (no salt added) - rinsed and drained
- ½ bunch fresh cilantro
- 1 tomato - diced
- ½ cucumber diced
- 1 shallot diced
- 1 lemon - juiced
- 2 tablespoons extra virgin olive oil
- Pinch of sea salt and fresh black pepper

Directions

1. Wash and chop the fresh cilantro. Dice the tomato, cucumber and shallot; and combine all ingredients in a bowl.
2. Add in the lemon juice, extra virgin olive oil, sea salt and black pepper, and mix well.

[Go to > Recipe Index](#)

Moroccan Beet Salad



Serving Size: 4

Ingredients

- 3 – 4 large beets
- 1 yellow onion – sliced thin
- 1 bunch Italian parsley
- 1 - 2 tablespoons extra virgin olive oil
- 2 - 3 teaspoons red wine vinegar
- Pinch of sea salt and fresh black pepper

Directions

1. Wash the beets. Then, remove the top stems and peel the skin. Next, boil the beets in a pot on medium-high heat for about 30 minutes or until tender (to the point when you can stick a fork through the middle).
2. When the beets are ready, remove from the pot and let cool. Cut the beets into thin ¼ inch slices.
3. Thinly slice the onion and rough chop the Italian parsley.
4. Combine sliced beets, onion and chopped parsley in a large bowl. Add the extra virgin olive oil, red wine vinegar, sea salt and pepper. Mix together and taste. Adjust dressing as needed. We prefer ours with a little more vinegar.

[Go to > Recipe Index](#)

Salad with Baked Salmon and Tangy Tomato Basil Vinaigrette



Serving Size: 1

Ingredients

- 4 oz salmon filet
- 2 cups dark leafy greens (ie. spinach, kale)
- 1 cup mixed vegetables: carrot, onion, cucumber, tomato, bell pepper
- ½ avocado
- Pinch of sea salt and fresh black pepper

Tomato Basil Vinaigrette Ingredients

- 1 medium tomato
- 6 large basil leaves
- 1 tablespoon extra virgin olive oil
- 1 teaspoon fresh squeezed lemon
- ¼ teaspoon black pepper

Dressing Directions:

1. Place all vinaigrette ingredients in a blender and blend until you have a nice, thick consistency.

Salad Directions

[Go to > Recipe Index](#)

1. Preheat oven to 400 degrees. Line a baking pan with aluminum foil. Lay the salmon filet on top and sprinkle with fresh black pepper.
2. Bake for 12 to 15 minutes, or until done.
3. Meanwhile, prepare your salad. Chop all dark leafy greens and mixed vegetables and place in a bowl.
4. Top the salad with salmon filet and ½ avocado, sliced. Spoon the tomato basil vinaigrette dressing over the top, and add a pinch of sea salt and fresh black pepper, to taste.

THE FIT BODY WAY

SALAD BUILDER

Follow the salad builder below to create delicious, balanced and nutrient-dense salads.

LEAFY GREENS

Use At Least 2 Cups

CHOOSE 1+



KALE



SPINACH



ARUGULA



ROMAINE



SPRINK MIX

VEGETABLES

Use At least 1 Cup

CHOOSE 2+



CUCUMBER



TOMATO



PEPPERS



ONIONS



ASPARAGUS



CARROTS



AVOCADO



BROCCOLI



SNOW PEAS



SNAP PEAS



STRING/GREEN BEANS



BEETS



SPROUTS



RADISH



SPRING ONION

WHOLE GRAINS AND LEGUMES

Use a Quarter (1/4) Cup

CHOOSE 1



FARRO



QUINOA



CHICK PEAS



BLACK BEANS



WHITE/NAVY BEANS

[Go to > Recipe Index](#)

THE FIT BODY WAY

SALAD BUILDER

Follow the salad builder below to create delicious, balanced and nutrient-dense salads.

CONTINUED

PROTEINS

Use 4oz - 6oz of quality meat or seafood

CHOOSE 1



CHICKEN
(grilled, baked or ground)



BEEF
(grilled, baked or ground)



FISH
(grilled, baked or ground)



TUNA



HARD BOILED EGGS



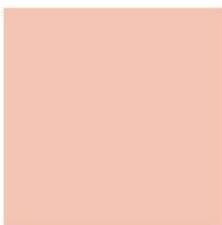
TOFU



TURKEY
(baked or ground)



TEMPEH



FRESH HERBS

Use About A Handful

BONUS POINTS



CILANTRO



OREGANO



MINT



DRIED MINT



BASIL



DILL



FENNEL



[Go to > Recipe Index](#)

The Fit Body Way Salad Dressings

In our opinion, a good salad dressing consists of a 2 to 1 ratio of oil to acid. So, 2 parts oil to 1 part vinegar or lemon juice. Add a pinch of salt and fresh pepper, as well as any spices or herbs you like to really bring big flavor.

Salad dressing is actually an important element to a salad. When ingested the oil acts as a nutrient vehicle, helping the body to absorb and fully digest a greater amount of nutrients from the vegetables. Additionally, the acid (vinegar, lemon juice) helps to tenderize the greens and veggies, as well as add great flavor.

Below are our favorite salad dressings. Don't hesitate to try these on a few other foods, aside from just salad. Most of these will taste great as a light dressing for wraps or pita pocket sandwiches, and they also give extra flavor to tuna/chicken salad or drizzled on fresh steamed vegetables.



The recipes outlined below will give you enough dressing for 2 to 3 side salads.

Adjust spices and quantities as needed to suit your taste buds and

Classic Mediterranean

2 tablespoons extra virgin olive oil
1 tablespoon Lemon juice or balsamic vinegar
pinch of sea salt & black pepper

French Dressing

2 tablespoons extra virgin olive oil
1 tablespoon lemon juice
1 teaspoon dijon dressing
pinch of sea salt & black pepper

Sunset Vinaigrette

2 tablespoon extra virgin olive oil
1 tablespoon white balsamic vinegar
1 teaspoon turmeric powder
pinch of sea salt and black pepper

Asian Ginger Vinaigrette

2 tablespoons extra virgin olive oil
1 tablespoon coconut amino acids
½ teaspoon ground ginger powder
½ teaspoon
pinch sea salt and black pepper

Healthy Honey Mustard

2 tablespoons extra virgin olive oil
1 tablespoon white wine vinegar
1 teaspoon Dijon mustard
1 teaspoon honey
pinch of sea salt and black pepper

Citrus Cilantro Vinaigrette

2 tablespoons extra virgin olive oil
1 tablespoon lime juice
1 teaspoon honey
1 tablespoon fresh cilantro - finely chopped
pinch of sea salt & black pepper

[Go to > Recipe Index](#)

Greek Dressing

2 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar
½ teaspoon dried oregano
½ teaspoon garlic powder
pinch of sea salt and black pepper

Apple Cider

1 cup extra virgin olive oil
¼ cup raw apple cider vinegar
2 tablespoons fresh lemon juice
1 garlic clove
1 tablespoon Dijon mustard
1 tablespoon raw local honey
pinch sea salt & black pepper

Sunset Vinaigrette

2 tablespoon extra virgin olive oil
1 tablespoon white balsamic vinegar
1 teaspoon turmeric powder
pinch of sea salt and black pepper

Hummus Vinaigrette

1 tablespoon [Fit Body Way hummus](#)
1 teaspoon extra virgin olive oil
*place both directly on salad & mix

Cumin-Honey Vinaigrette

2 tablespoons extra virgin olive oil
½ lemon - juiced
1 teaspoon cumin
½ teaspoon honey
pinch of sea salt and black pepper

Dijon Balsamic Dressing

2 tablespoon extra virgin olive oil
2 teaspoons balsamic vinegar
1 teaspoon lemon juice
1 teaspoon Dijon mustard
pinch of sea salt and black pepper

Tomato Basil Vinaigrette

1 tablespoon extra virgin olive oil
1 teaspoon fresh lemon juice
1 medium tomato
6 large basil leaves
pinch of sea salt and black pepper
**blend ingredients together

Pesto Vinaigrette

1 tablespoon [Fit Body Way pesto](#)
1 teaspoon extra virgin olive oil
*place both directly on salad & mix

Sunset Vinaigrette

2 tablespoon extra virgin olive oil
1 tablespoon white balsamic vinegar
1 teaspoon turmeric powder
pinch of sea salt and black pepper

Tangy Mustard Vinaigrette

2 tablespoon extra virgin olive oil
1 tablespoon red wine vinegar
1 teaspoon Coleman's mustard
pinch of sea salt & fresh black pepper

Easy Italian Vinaigrette

2 tablespoons extra virgin olive oil
1 tablespoon red wine vinegar
½ clove garlic - crushed
¼ teaspoon dried basil

Strawberry Balsamic Dressing

2 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon lemon juice
fresh chopped strawberries
1 teaspoon Dijon mustard
pinch of sea salt and black pepper

Entrees

Tips for Preparing and Cooking Entrees

- Most of the entrees included serve 4+ people. So adjust the ingredient quantities, as needed, or make the full portion and store the rest for healthy leftovers. We LOVE leftovers.
- Some of the recipes call for using stocks. Just make sure you are using No Sodium or Low Sodium chicken or vegetable stock. We prefer the Kitchen Basics brand.
- When tomato sauce is called for, we almost always use San Marzano crushed tomatoes. Technically, crushed tomatoes are not the same as tomato sauce...but, we like it better because we enjoy the little bits of tomato chunks.
- For all chicken entrees, we recommend using our poultry cleaning technique on page 73.
- We love using Coconut Aminos as a soy sauce substitute for stir fry.



[Go to > Recipe Index](#)

The Fit Body Way Protein Bowl



Serves: 3 to 4

Ingredients

- 1 lb lean ground turkey breast
- 2 cups cooked quinoa (can be done ahead of time)
- 1 bunch fresh asparagus spears
- 2 large zucchini
- 2 large yellow squash
- 3 large carrots
- 1 large yellow onion
- 2 cups kale or swiss chard
- 1 tablespoon extra virgin olive oil
- 1 bunch fresh cilantro
- 1 teaspoon cumin
- 2 teaspoon coriander
- 2 teaspoon chili powder
- 2 teaspoon garlic powder
- pinch of sea salt and fresh black pepper

Directions

1. Thoroughly wash all vegetables. Then, chop the squash, zucchini, kale, onion and carrots into ½ inch pieces. Also, we removed the seeds from the squash and zucchini...they are fine to leave in, we just don't enjoy eating them.
2. Next, place all veggies in a large skillet with 1 tablespoon of extra virgin olive oil and half the quantity of the spices (cumin, coriander, chili powder, garlic powder and salt and pepper) and let cook on medium heat for about 20 to 30 minutes, keeping them firm, but not crunchy.

[Go to > Recipe Index](#)

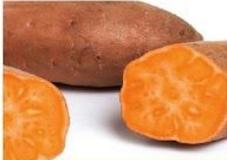
3. As the vegetables are going, start cooking the turkey in a non-stick skillet on medium heat with 1 tablespoon of extra virgin olive oil. While the meat is cooking, add the other half of the spices (cumin, coriander, chili powder, garlic powder and sea salt and pepper) to the meat. Once turkey is done, set aside.
4. It's now time to start assembling our bowls. Add one serving (½ cup cooked) of quinoa, one serving of turkey and a large scoop of the sauteed vegetables to the bowl. Mix together and adjust seasoning as needed.

THE FIT BODY WAY

PROTEIN BOWL BUILDER

Protein Bowls are the perfect lunch, dinner or post-workout meal. Built correctly and with good quality ingredients, protein bowls taste delicious and pack a complete nutrient profile.

PROTEINS		Use 4oz - 6oz	CHOOSE 1		
 CHICKEN (grilled, baked or ground)	 BEEF (grilled, baked or ground)	 FISH (grilled, baked or ground)	 TUNA	 EGGS (any style)	
 TOFU	 TURKEY (baked or ground)				

VEGGIES		1 cup = 1 serving	CHOOSE 2+		
 KALE	 SPINACH	 PEPPERS	 ONIONS	 PEAS	
 CARROTS	 SWEET POTATOES	 BROCCOLI	 CAULIFLOWER	 ASPARAGUS	
 BRUSSEL SPROUTS	 ZUCCHINI	 SQUASH			

[Go to > Recipe Index](#)

THE FIT BODY WAY

PROTEIN BOWL BUILDER

Protein Bowls are the perfect lunch, dinner or post-workout meal. Built correctly and with good quality ingredients, protein bowls taste delicious and pack a complete nutrient profile.

CONTINUED

GRAINS AND LEGUMES					1/2 cup cooked = 1 serving	CHOOSE 1+
						
BROWN RICE	QUINOA	FARRO	COUSCOUS	CHICK PEAS		
						
BEANS (black, white)						

FRESH HERBS				BONUS		
						
CILANTRO	OREGANO	MINT	BASIL	ROSEMARY		
						
DILL						

[Go to > Recipe Index](#)

Baked Salmon with Dill & Quinoa Salad

Serving Size: 3 to 4

Ingredients - For the Salmon

- 1 pound wild salmon
- 2 teaspoons extra virgin olive oil
- 1 tablespoon garlic powder
- 1 tablespoon dried dill
- Pinch of sea salt and fresh black pepper

Ingredients - For the Salad

- 4 cups kale
- 1 cup quinoa
- 2 carrots
- ½ cucumbers
- 4 radishes
- ½ red onion

Ingredients - For the Dressing

- 1 tablespoon extra virgin olive oil
- juice from 1 whole fresh lemon
- a splash of white balsamic vinegar
- Pinch of sea salt and fresh black pepper

Directions - For the Salmon

1. Preheat oven to 350 degrees.
2. Place the salmon in a baking dish, then lightly drizzle the salmon with extra virgin olive oil, and dust the top of the salmon with garlic powder, sea salt, ground black pepper and dried dill weed.
3. Bake salmon for 20 to 25 minutes at 350 degrees.

Directions - For the Salad

1. Cook your quinoa as suggested on the package. While the quinoa is cooking (usually takes about 15 to 20 minutes), wash and chop all raw vegetables for the salad. (Note: For all crunchy vegetables, try slicing them on a mandolin, which slices them thin and allows you to get a nice fork full of each vegetable with every bite).
2. Combine salad veggies into a large mixing bowl and add in your cooked quinoa. (Note: Mix veggies and quinoa together.)
3. Add the following ingredients directly into the mixing bowl to dress the salad: extra virgin olive oil, juice from 1 fresh lemon, 2 tablespoons of white distilled vinegar, sea salt and ground black pepper. Mix and adjust seasonings to taste.

Serve a portion of salmon (4oz - 6oz) on a plate along with the kale and quinoa salad.

[Go to > Recipe Index](#)

The Fit Body Way Spaghetti Bolognese



Serving Size: 5 - 6

*Adjust ingredient quantities as needed. Makes great leftovers or you can freeze the remainder.

Ingredients

- 2 lbs lean ground turkey (can also use ground chicken or lean ground beef)
- 3 zucchini
- 3 yellow squash
- 1 yellow onion
- 2 cans or boxes San Marzano crushed tomatoes
- 2 box Pomi tomato sauce
- 2 tablespoons extra virgin olive oil
- 1 tablespoon garlic powder
- 5 bay leaves
- 1 tablespoon dried oregano
- 2 stems of fresh Basil
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 cup farro

Directions

1. Cook the farro as directed on the back of the package.
2. While farro is cooking, start washing the veggies. Chop the onion, squash and zucchini into small ½ inch pieces. (Note: We like to remove the seeds from both the squash and the zucchini, but this is just a personal preference).
3. In a large pot with a lid, heat the extra virgin olive oil on medium-high heat and start to cook the onion, for about 3 to 4 minutes.

[Go to > Recipe Index](#)

4. Add in the ground meat and while cooking, lightly season the meat with a pinch of sea salt, ground black pepper and garlic powder.
5. When the meat is almost fully cooked, toss in the chopped squash and zucchini. Stir and cook for about minutes.
6. Next, pour in the crushed tomatoes, tomato sauce, and all the remaining dried spices and the fresh basil. Mix well and turn the heat to medium-low, and bring to a simmer. Let simmer for about 20 minutes, or until the veggies are tender.

Suggestion - Serve over 1 scoop (½ cup) of Farro with a Fit Body Side Salad.

Cilantro-Lime Shrimp Tacos

Serving Size: 4

Ingredients

- 1 lbs fresh shrimp - peeled & cleaned
- (4) Ezekiel 4:9 tortilla wraps (taco size)
- 1 cup shredded cabbage (or, kale if you don't want too much cabbage)
- 1 cup shredded purple cabbage
- 1 bunch fresh cilantro
- 2 tomatoes
- 1 white onion
- 1 lime
- 1 lemon
- 1 teaspoon garlic powder
- Pinch of sea salt and fresh black pepper

Directions

For the Taco Shells - Preheat the oven to 375 and spray all of the tortilla shells with olive oil cooking spray. Once the oven is ready, hang the tortillas over the oven grates, allowing them to hang down, and making the shape of a classic crunchy taco shell. Bake for about 10 minutes.

For the shrimp and toppings:

1. Wash and chop the cilantro, shred the cabbage, slice the onion and dice the tomato. Then, set aside until it's time to assemble the tacos.
2. Peel and wash the shrimp, then cook the fresh shrimp in a pan with a drizzle of extra virgin olive oil, teaspoon of garlic powder, pinch of sea salt and black pepper, and a squeeze of fresh lemon.
3. Once the shrimp are done, put them in a mixing bowl along with the onion, tomato and fresh cilantro. Add the garlic powder and the juice from 1 lime. Mix together.
4. It's time to start assembling the tacos. Start with a layer of cabbage/kale on the bottom of the taco shell. Then, scoop in the shrimp-onion-tomato mixture.

Suggestion - serve these along with The Fit Body Way black beans and you're set for a delicious and filling meal. You can also drizzle on top of each taco with some Citrus Cilantro Vinaigrette, found on the dressing recipe page.

[Go to > Recipe Index](#)

Mediterranean Chicken Soup



Serving Size: 4 to 5

*Adjust ingredient quantities as needed

Ingredients

- 4 boneless, skinless chicken breasts (you can add up to 6, if you need)
- 3 shallots
- 3 large zucchini
- 4 roma tomatoes
- 3 cups fresh spinach
- 1 cup whole grain orzo
- 1 (32 oz) carton low-sodium organic chicken broth
- 2 tablespoons extra virgin olive oil
- 2 tablespoons garlic powder
- 2 tablespoons dried oregano
- 1 tablespoon dried basil
- 1 tablespoon sea salt
- 1 tablespoon ground black pepper
- 1 lemon, zest and juice

Directions

1. Wash, clean and slice the chicken into 1 inch cubes. On a separate cutting board, wash and chop the zucchini, shallots and tomatoes.
2. In a soup pot, heat 2 tablespoons of extra virgin olive oil on medium-high heat and begin to cook the chicken. Lightly sprinkle with sea salt, black pepper and garlic powder. Then add in just 1 cup of the low-sodium organic chicken broth (this will help the chicken to not stick to the bottom of the pot).
3. When chicken is halfway cooked, add in the chopped shallots and zucchini. Cook for about 5 minutes, until the shallots and zucchini being to soften.

[Go to > Recipe Index](#)

4. Add in the tomatoes, whole grain orzo, and the remainder of the low-sodium chicken broth and all of the dry spices (garlic powder, oregano, basil, sea salt and ground black pepper). Bring to a low boil and cook for about 15 minutes, until the orzo is soft.
5. Stir in the 3 cups of spinach. Then add zest and juice from 1 lemon. Stir together allowing the spinach to wilt.

Suggestion - Enjoy this by itself, or add a Fit Body Side Salad.

Baked Chicken Fajitas



Serving Size: 3

Ingredients

- 3 boneless, skinless chicken breasts
- 1 sweet onion
- 1 green bell pepper
- 1 red bell pepper
- 2 tablespoons extra virgin olive oil
- 2 teaspoon chili powder
- 2 teaspoon garlic powder
- 1/2 teaspoon cumin (Note: cumin packs a strong flavor! Use less if you're new to this flavor)

Directions

1. Preheat the oven to 350 degrees.
2. Clean the chicken in a vinegar/water bath. Remove any and all excess fat. Once clean and squeezed dry, cut the chicken into 1 inch thick slices.
3. Slice both peppers and the onion to about 1/2 inch thickness.
4. Put the chicken, peppers and onion in a mixing bowl and add the extra virgin olive oil and the spices, and mix together thoroughly, coating both the chicken and the peppers/onion.
5. Transfer all ingredients to a baking dish (We prefer to use the Pyrex glass) and bake at 350 degrees for 25 minutes (checking the chicken occasionally to make sure it is thoroughly cooked).

Suggestions - Enjoy in a bowl with a side serving of clean carbohydrates, ie: quinoa or sweet potato. Or try wrapping in an Ezekiel 4:9 or Spelt wrap.

[Go to > Recipe Index](#)

Additional toppings include: fresh chopped avocado, tomato, cilantro, or black beans (for added protein and fiber). Try a dollop of plain Greek yogurt (as a healthy substitute for sour cream).

Chicken Ratatouille



Serving Size: 3 to 4

Ingredients - For the Ratatouille

- 1 large eggplant
- 2 zucchini
- 2 yellow squash
- 2 ripe tomatoes or 1 box of Pomi crushed tomatoes
- 1 large yellow or sweet onion
- 3 cloves garlic
- 6 sprigs fresh thyme

Ingredients - For the Chicken

- 3 boneless, skinless chicken breasts
- 3 tablespoons Herbs de Provence or dried thyme
- 2 tablespoons extra virgin olive oil
- Pinch of sea salt and fresh black pepper

Directions

1. **For the chicken** - Wash and clean the chicken breasts. Placing all chicken in a large baking pan (ie: large glass Pyrex pan), season them with extra virgin olive oil, garlic powder, Herbes de Provence, and a pinch of sea salt and ground black pepper.
2. Flip the chicken breasts over to season the other sides. Then, cook in a 375 degree oven for about 20 minutes.

* Note: While the chicken is baking, start your ratatouille.

1. **For the ratatouille** - First, chop the eggplant (leave the skin on) into 1 inch pieces. Then, in a large skillet, cook the eggplant over medium heat (stir frequently) in olive oil until they soften and become silky/shiny in texture, usually about 15 minutes.

[Go to > Recipe Index](#)

2. Add in the chopped zucchini and squash, and cook for about 2 - 3 minutes (continue to stir frequently). Next, add onion, thyme and garlic, and cook for 1 - 2 minutes (continue to stir frequently). Then, add in the chickpeas and fresh chopped tomatoes, cooking until the tomatoes start to break down.
3. Add in a couple pinches of salt, pepper and a dash of garlic powder.

Suggestion - Serve individually with the chicken breast on the bottom and ratatouille spooned on top.

Turkey Chili



Serving Size: 5 to 6

Ingredients

- 2 lbs of lean ground turkey
- 1 medium sweet onion
- 2 green bell peppers
- 1 poblano pepper
- 2 scallions
- 3 cloves of fresh garlic
- 2 boxes of Pomi crushed tomatoes
- 2 (15 oz) cans kidney beans - rinsed and drained
- 2 cups of fresh water
- 2 tablespoons extra virgin olive oil

Spices

- 2 tablespoons chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 1/2 teaspoon sea salt
- 1 teaspoon fresh black pepper

Directions

1. Chop the onion, green peppers and poblano peppers (remove the seeds) and set aside.
2. In a large soup pot, heat the extra virgin olive oil, and add the turkey as it begins to cook.

[Go to > Recipe Index](#)

3. Once the turkey has browned, add in the onion, green peppers and poblano peppers. Cook for 5 minutes.
4. Add the 2 boxes of crushed tomatoes, 2 cups of water, kidney beans and all of the remaining spices to the pot.
5. Bring to a low boil and let simmer for about 30 minutes.
6. After 30 minutes, it's ready to go. Do a quick taste test, and adjust spices as needed.

Suggestions - Serve in a bowl topped with fresh chopped scallion and a sprinkle of nutritional yeast (as a healthy alternative to cheese).

Lemon & Tomato Baked Fish

Serving Size: 2 to 3

Ingredients

- 2 fish fillets (1lbs) - grouper, snapper, mahi, really any white flaky fish
- 10 fresh scallops (optional) or ½ pound fresh shrimp (optional)
- 1 large tomato
- 2 lemons
- ½ bunch cilantro
- 2 tablespoons extra virgin olive oil
- Garlic powder
- Sea salt & fresh black pepper
- 1 bunch broccoli
- 1 cup quinoa

Directions

1. Wash and slice the tomato and lemon. Set aside.
2. Wash and chop the cilantro. Set aside.
3. Wash and pat dry your fish filet and. Do the same for the scallops or shrimp, if being used. Then, season both sides of the fish by rubbing with extra virgin olive oil, dust with garlic powder and a pinch of sea salt and black pepper. Season the scallops or shrimp with the same spice combination.
4. Next, assemble everything in the baking dish or pan. Put a little olive oil on the bottom of the dish. Then, lay the tomato slices across the pan. Season the tomatoes with a dash of sea salt and sprinkle a little of the cilantro over top.
5. Arrange the fish filets on top of the seasoned tomatoes. Place the lemon slices on top of the fish filets and add another small drizzle of olive oil on top of the lemons. Then, add the scallops or shrimp around the edge of the baking dish. Sprinkle the rest of the cilantro over the top of the fish and lemons.
6. Bake in the oven at 350 degrees for about 30 minutes.



Suggestion: Serve with a side of steamed broccoli and quinoa - makes the perfect complete meal

[Go to > Recipe Index](#)

> For the broccoli, steam 1 bunch, then season with extra virgin olive oil, sea salt, black pepper, garlic powder and 1 teaspoon of fresh lemon juice.

Lemon Rosemary Marinated Chicken

This is an Italian classic that we altered to make it Fit Body Way approved!



Serving Size: 2 to 3

Ingredients

- 2 bone-in, skinless chicken breasts
- 2 shallots - diced
- 2 cloves fresh garlic - grated
- 1 teaspoon fresh rosemary - finely chopped
- 1 lemon - juiced
- pinch of sea salt and fresh black pepper

* multiple these ingredients to prep and cook for larger quantities

Directions

1. Wash and clean your chicken.
2. In a mixing bowl, combine the chicken, diced shallots, grated garlic, chopped fresh rosemary, lemon juice and salt and pepper. Let marinate for 2 hours.
3. When ready, preheat your oven to 400 degrees.
4. Take a baking dish, and pour chicken and marinade into the baking dish. Bake at 400 for about 25 minutes. Check to make sure chicken is fully cooked.

Suggestion - serve with a Fit Body Way side salad

[Go to > Recipe Index](#)

Cilantro Lime Chicken Soup



Serving Size: 3 to 4

Ingredients

- 3 bone-in chicken breasts
- 1 bunch fresh cilantro
- 1 medium yellow onion
- 4 carrots
- 4 stalks celery
- 2 poblano peppers
- 3 cloves garlic
- 1 (28 oz) box of Pomi crushed tomatoes
- 1 tablespoon dried oregano
- 1/2 teaspoon cumin
- 2 tablespoons extra virgin olive oil
- 3 cups low-sodium chicken broth
- 2 cups fresh water

Directions

1. Wash and clean the chicken and set aside.
2. Wash and chop the onion, celery, carrot, garlic and poblano peppers.
3. In a soup pot, heat the olive oil and add in your garlic first, then add in the onion, carrot, celery and poblano peppers on medium-high heat. Cook this veggie mixture for about 5 min.
4. Once the onions become translucent, add in the cleaned chicken breasts, crushed tomatoes, chicken broth, fresh water, oregano, and cumin. Bring this to a boil, then turn the heat to low and continue to let the soup cook for about 45 minutes. The chicken will cook during this time.

[Go to > Recipe Index](#)

5. After 45 minutes, pull the chicken breasts out and check to see if they are fully cooked. If fully cooked, then carefully shred the breast meat from the chicken bones and add back into the soup.
6. Wash and chop the cilantro, and add into the soup. (Note: We love cilantro, so we added the whole bunch! If you're not sure you love it, then start with half a bunch, adding more if you like).

Suggestion - Enjoy the soup, as is...or, serve over a scoop of brown rice, squeezing fresh lime juice over the top for some extra zing! :) For a side, pair it with Black Bean Corn salad (p. 31) or Cuban black beans (p. 99).

French Chicken in a Pot

This is a delicious and simple to prepare 1-pot meal that has it all: protein, vegetables and good, clean carbs

Serving Size: 3 to 4

Ingredients

- 1 package of chicken legs
- 1 package of skinless chicken thighs
- 1 medium bag of carrots
- 1 yellow onion
- 3 stalks celery
- 6 red potatoes
- 1 small bag of fresh green beans
- 10 sprigs fresh thyme
- 3 fresh garlic cloves - crushed
- 2 tablespoon extra virgin olive oil
- 1 tablespoon garlic powder
- ½ cup low-sodium vegetable stock
- Pinch of sea salt and fresh black pepper

Directions

1. Clean the chicken in a vinegar bath to help clean and remove all the slime from the skin and fat. Remove excess fat from chicken thighs.
2. Peel and chop the carrots, Chop the onions, celery, potatoes and green beans.
3. Drizzle 2 tablespoons of extra virgin olive oil in a large pot.
4. Add all the veggies, thyme, garlic and chicken stock to the pot. Put all the chicken on top of the vegetables. Lightly season with garlic powder, sea salt and fresh black pepper.
5. Put on medium heat and cover, leaving it to lightly simmer throughout the cooking process. Stir occasionally, every 15 to 20 minutes to rotate the chicken and vegetables from the top to the bottom of the pan. This should cook in about 60 - 90 minutes (depending on your stove settings).

Suggestion - Serve with The Fit Body Way Side Salad

[Go to > Recipe Index](#)

Sweet Potato Lentil Soup - in the Slow Cooker



Serving Size: 4

Ingredients

- 4 large carrots - chopped
- 4 stalks celery - chopped
- 1 onion - diced
- 2 large sweet potatoes - peeled and cubed
- 2 cups green beans - chopped
- 2 cups dried green lentils
- 1 teaspoon fresh rosemary - chopped
- 1 bay leaf
- 1 teaspoon dried oregano
- 4 cloves garlic - smashed and chopped fine
- 1 (15-oz) can diced tomatoes
- 2 (32 oz) cartons of low-sodium vegetable broth (We prefer Kitchen Essentials brand)
- Pinch of sea salt and fresh black pepper

Directions:

1. Combine all ingredients in a slow cooker. Turn heat on low and cook for 10 hours.

Suggestion - Consider adding a little extra of the low sodium vegetable broth at the end if soup seems too thick. Also, this is a great stew to make and have on hand for a few days.

[Go to > Recipe Index](#)

Burrito Bowl with Salsa



Serving Size: 4

Burrito Bowl Ingredients

- 1 cup organic brown rice (measured dry)
- 2 limes
- ¼ cup organic cilantro, finely chopped
- 1 pound lean ground turkey
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon cumin
- 1 cup organic black beans
- 4 cups organic romaine lettuce or spinach
- 1 organic avocado

Salsa Ingredients

- 4 large tomatoes - diced
- 2 large bell peppers - diced
- 1 medium red onion - diced
- 1 bunch fresh cilantro - chopped
- 3 limes - juiced
- ¼ cup extra virgin olive oil
- ¼ white distilled vinegar
- Pinch of sea salt and fresh pepper

Directions:

1. Cook the organic brown rice according to package directions. When all the water is absorbed, stir in the 1 tablespoon juice and zest from 1 lime, and the finely chopped cilantro. Set aside. (Tip: if making ahead of time, you can refrigerate the rice at this stage, and reheat later.)

[Go to > Recipe Index](#)

2. In a nonstick skillet over medium-high heat, cook the pound of lean ground turkey. Add the chili powder, cumin, garlic powder, and 1 tablespoon of lime juice. When the turkey is crumbled and cooked through, set aside.
3. For the salsa, chop all ingredients and mix together. Adjust amounts of oil, vinegar, salt and pepper, as needed.
4. When you're ready to serve, prepare your toppings. Rinse and drain the black beans, chop the lettuce or spinach, and dice the avocado.
5. To assemble burrito bowls, divide everything into four bowls. Start with 1 cup of lettuce or spinach, then $\frac{1}{4}$ of the rice mixture, $\frac{1}{4}$ of the turkey mixture, $\frac{1}{4}$ cup black beans, 2 tablespoons salsa, and $\frac{1}{4}$ of the diced avocado.

Shrimp (or, Chicken) Stir-Fry



Serving Size: 4

Ingredients

- 1 pound of fresh or frozen shrimp or 1 pound chicken strips
- ½ white onion - sliced
- 1 green bell pepper - sliced
- 1 cup fresh or frozen corn kernels
- 1 handful snow peas
- 1 handful of fresh or frozen broccoli florets
- 1 handful of bean sprouts
- 1 thumb-sized piece of fresh ginger
- 2 cloves fresh garlic
- 1 bunch fresh cilantro
- 1 teaspoon McCormick Chinese five spice (no salt/sodium)
- 1 lime - juiced
- 4 tablespoons Coconut Aminos or Braggs Liquid Aminos (soy sauce alternatives)
- 1 teaspoon honey
- 2 teaspoon sesame oil
- 1 cup brown rice

Directions

1. Cook the brown rice according to package directions. (Brown rice takes longer than white, so it's best to have this going while prepping and cooking the stir-fry).
2. Grate the ginger and mince the garlic. Chop the green bell pepper, onion and broccoli.
3. Wash, clean and prepare the chicken or shrimp.
4. Place your wok on the stove on high heat. You will want your wok to be super hot. Add the sesame oil to the hot work and swirl the oil around. Then, add in your ginger, garlic, 5 spice seasoning, cilantro stalks and shrimp or chicken. Stir around for about 1 minute.

[Go to > Recipe Index](#)

5. Next, add in the corn, snow peas, bean sprouts, broccoli, onion and green bell pepper. Give everything a thorough stir.
6. Add in the Coconut Aminos, lime juice, honey and a dash of sesame oil. Stir again, and let cook until shrimp or chicken is done and veggies are tender.
7. Serve over the brown rice.

Beef and Broccoli (and, Cauliflower)



Serving Size: 3 to 4

Ingredients

- 1 lbs stir fry beef or chuck steak
- ½ bunch broccoli
- ½ bunch cauliflower
- 1 medium onion – chopped fine
- 2 tablespoons sesame oil
- 2 cloves of garlic – grated
- ½ tablespoon grated ginger
- 1 teaspoon McCormick Chinese 5 spice seasoning or
- 2 tablespoons coconut aminos or Braggs Liquid Aminos
- ¼ cup no-salt beef broth

Directions

1. Wash and cut broccoli and cauliflower into florets, and then into small sections
2. If not using pre-sliced stir-fry beef, then thinly slice beef or steak
3. In a large mixing bowl, combine beef, broccoli, cauliflower, garlic, ginger, 1 teaspoon McCormick Chinese 5 spice seasoning, coconut aminos and beef broth – mix everything together
4. Now, get the wok nice and hot and add in the sesame oil. We put the wok on high heat (but that's our particular stove).
5. Pour the beef, vegetable and spice mixture in the wok and stir fry. Using a wooden spatula, stir the mixture frequently. Cooking shouldn't take longer than 3 to 4 minutes.

Note: This recipe is for about 2 people. If you're cooking for more than 2, try doing the stir fry in batches, rather than filling the wok with more food, as this will make it difficult to continually stir and will likely not cook evenly.

[Go to > Recipe Index](#)

Easy Baked Chicken in Lemon Wine Sauce with Brussel Sprouts & Quinoa

Serving Size: 4

Ingredients

- 4 boneless, skinless chicken breasts
- 1/2 cup white wine
- 2 lemons - juiced
- 2 tablespoons extra virgin olive oil
- 1 clove fresh garlic - grated
- 1 teaspoon garlic powder
- Pinch of sea salt and fresh ground pepper

Directions

1. Clean the 4 chicken breasts in bowl, using a mixture of water and white distilled vinegar.
2. In a large ziplock bag or mixing bowl, place all 4 chicken breasts and white wine, lemon juice, garlic, garlic powder and sea salt and pepper. Refrigerate and let marinate for at least 30 minutes.
3. When ready to cook, place all 4 chicken breasts and the marinade in a glass baking dish. Bake in the oven at 400 degrees for 20 minutes or until chicken is cooked through.
4. While the chicken is baking, prepare and cook the brussel sprouts and quinoa. For the brussel sprouts, wash and cut the ends off, then cut each brussel sprout in half, lengthwise. Steam the brussel sprouts for about 5 minutes.
5. To cook the quinoa, follow package instructions.

Suggestion - Serve in a bowl, ladle some of the marinade sauce from the baking dish over the brussel sprouts and quinoa to use as a yummy and healthy gravy.

[Go to > Recipe Index](#)

Foil-Baked Salmon with Herbs



Serving Size: 4

Ingredients

- 4 (4 - 6 oz) salmon filets
- extra virgin olive oil
- sea salt and fresh ground pepper
- 3 tomatoes, chopped
- 2 shallots
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme

Directions

1. Preheat the oven to 400 degrees.
2. Sprinkle salmon with 2 teaspoons extra virgin olive oil, salt and pepper. Stir the tomatoes, shallots, 2 tablespoons extra virgin olive oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.
3. Place a salmon filet, skin side down, on top of aluminum foil. Wrap the ends of the foil to form a spiral shape (this helps to save any juice from escaping). Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed. Place the foil packet on a heavy large baking sheet. Repeat until all the salmon filets have been individually wrapped in foil, and placed on baking sheet. Bake until the salmon is cooked through, about 25 minutes.
4. Remove the foil packets with a large metal spatula and serve on plate.

Suggestion - serve with a side of green beans with caramelized onions or sweet potato fries.

[Go to > Recipe Index](#)

Hawaiian Chicken Kabobs



Serving Size: 3 to 4

Ingredients

- 1 lb. skinless, boneless chicken (or other meat of choice), cut into cubes
- 1 onion
- 2 bell peppers (1 red, 1 yellow)
- 2 tomatoes
- 1 large zucchini
- Pinch of sea salt and fresh ground pepper

Raspberry Vinaigrette Ingredients

- ½ cup extra virgin olive oil
- ½ cup raspberry wine vinegar
- ½ teaspoon honey
- 2 teaspoons Dijon mustard
- ¼ teaspoon dried oregano
- ¼ teaspoon fresh ground black pepper

Directions

1. Chop and cut all chicken and veggies for kabobs. Place in a large mixing bowl.
2. Combine all of the Raspberry vinaigrette ingredients, mix well. Then, pour into the mixing bowl that contains the chicken and veggies. Mix everything together and let marinade for at least 30 min, 2 hrs is optimal.
3. When you're ready, skewer the chicken and veggies, combining a little of both on each skewer.
4. Pre-heat your grill for high heat.
5. Grill skewers until chicken is no longer pink on the inside and done to your liking.

[Go to > Recipe Index](#)

Meats

Tips for Prepping and Cooking Meats

- Baking, grilling or pan frying your own meat is a much healthier and cost effective method than buying processed lunch meat or rotisserie chicken from the store, which are both filled with preservatives and loaded with sodium.
- We love to cook in bulk, making 6 - 8 chicken breasts or fish filets at a time, this makes meal prep really easy throughout the week.
- If marinating meat with spices, it's always best to let it sit for at least 30 minutes before cooking (really, 2+ hours is best), but this lets the meat fully absorb the spices and herbs being used.
- With fish, always ask when it was caught and brought to the store. If possible, look at the fish, eyes should be clear and gills should have color - that's how you know if it's really fresh. Also, it should NOT have a strong fishy smell. Fresh fish should smell relatively mild.



Perfect Fish



Fish is an excellent protein source and one that we eat a couple times each week.

Our favorites include: grouper, mahi mahi, snapper, tile fish, sheepshead, flounder/halibut and salmon (which is not local to us, but we still enjoy the Wild Alaskan or Coho Salmon if we come across it).

Fish is one of those foods that is easy to prep and enjoy with a variety of clean spices, sauces and even salsas. We love to bake multiple fish filets at a time. Eating one and saving the rest as versatile leftovers that we can include in a later meal.

To cook the perfect piece of fish, you'll need a baking sheet, aluminum foil and a lemon. Plus, any spices or herbs you'd like to add.

Directions

1. Clean the fish or fish filet(s) by rinsing under running water. Pat dry or let excess liquids drain off.
2. Take a large piece of aluminum foil to cover a baking sheet. Make sure the sides of the foil are tall enough to close together at the top (in step #4). This is going to create both a baking and steam effect, which will keep your fish nice and juicy!
3. Next, thinly slice a lemon and lay on the bottom of the foil. Then, place your fish or fish filets on top of the lemon slices.
4. Then, drizzle a little extra olive oil over the top of each fish filet, and give each an even pinch of sea salt and fresh black pepper. Then, fold the top two ends of the foil together, creating a sealing effect around the fish.

[Go to > Recipe Index](#)

5. Bake at 350 degrees for about 20 minutes. Note: Thicker cuts of fish might take a little more time.

Perfect Chicken



We love to bake about 6 to 8 chicken breasts on a Sunday night, using simple seasonings, to have for the upcoming work week. These will be used as a dinner option, in sandwiches or wraps or sliced and added to a full salad. We like doing it this way because they are much healthier, taste better and it's a huge time saver to already have them prepared.

To keep things easy and convenient, use boneless, skinless chicken breasts. These are the fastest to prepare, easiest to handle and most versatile. Also, baking the chicken at a higher temperature and for a shorter period of time will result in a juicier piece of chicken (on the flip side, the longer it cooks, the dryer it gets).

Directions

1. Preheat the oven to 400 degrees.
2. Clean the chicken in a vinegar and water bath – place all of the chicken breasts in a large bowl and pour in white distilled vinegar and a little water, enough to cover the chicken, and let sit for about 3 to 5 minutes. Then, rinse under fresh water to wash off the vinegar. This cleaning technique also helps to tenderize the meat. Don't worry, it will NOT give the chicken a vinegar taste!
3. Using a large baking dish, place 4 chicken breasts in the dish.
4. Season the chicken in the baking dish. Start with extra virgin olive oil, sea salt, pepper, garlic powder and paprika. Season both sides and let sit for 30 minutes.
5. Bake the chicken at 400 degrees for 20 minutes. Midway through the baking time, take it out, check how it's doing by making a small incision to the center of each chicken breast. Looking for each breast to be fully cooked throughout.

[Go to > Recipe Index](#)

Perfect Steak



Who doesn't love a good steak every now and then?!?!

While we don't eat steak very often, this is our preferred way of consuming beef protein. As you know, beef is an excellent source of complete protein. Our favorite steak cuts are the blade (or flat iron) steak and the t-bone steak.

A portion of beef is 4oz – 6oz, about the size of your fist, or palm of your hand. This is a safe amount to consuming at one time. Many steaks come much larger than that, so since you're making this yourself, just save the leftovers and enjoy them another day.

One of our favorite ways to enjoy a steak is cooked on the cast iron skillet. Here's how to make the perfect steak.

Directions

1. Pull the steaks out of the refrigerator and let sit at room temperature about 1 hour before cooking. This will allow the whole steak – center + outside edges – to be at the same temperature. This way your steak cooks evenly and stays juicy.
2. To season, keep it simple. Rub it down with: a drizzle of extra virgin olive oil (do this first), then sea salt, fresh ground black pepper and garlic powder. Rub the spices and oil into the meat. This will get the flavor worked into the meat better. *If you want to add a little heat, then try adding a dash of cayenne pepper to the seasoning mix above.

[Go to > Recipe Index](#)

3. Cook your steak in a cast iron pan, if available (but a grilling skillet works great, too). Add a drizzle of extra virgin olive oil and get the pan nice and hot before putting the steaks on.
4. To cook the steak evenly, flip the steak at 1-minute intervals. This way, each side cooks for the same period of time. Cook the steak to your desired level: medium rare, medium or well done.

Suggestion - Although the flavor of the steak will already be awesome, you can also serve with a few spoonfuls of The Fit Body Way Chimichurri sauce.

Fit Body Way Sauces, Marinades & Spice Combos



[Go to > Recipe Index](#)

Fit Body Way Marinara



Ingredients

- 1 (28 oz) can of San Marzano Crushed Tomatoes
- 2 tablespoons extra virgin olive oil
- ½ medium sweet onion
- 1 handful fresh basil leaves
- 1 clove of fresh garlic
- Pinch of sea salt and fresh black pepper

For the tomatoes, there are 2 brands we use:

- Cento All Purpose Crushed Tomatoes
- San Marzano Crushed Tomatoes

For the butter, we use Plugra European Butter. But only use 1 tablespoon! This stuff is much more flavorful than regular butter and a little goes a long way.

Directions

1. Cut onion into 2 equal halves. Smash the garlic clove using the palm of your hand.
2. Combine all ingredients together in the sauce pan: crushed tomatoes, onion and 2 tablespoons of European butter; adding in some basil leaves and 2 cloves of crushed garlic (if desired).
3. Put this on medium-low and bring to a slow simmer for 30 minutes.

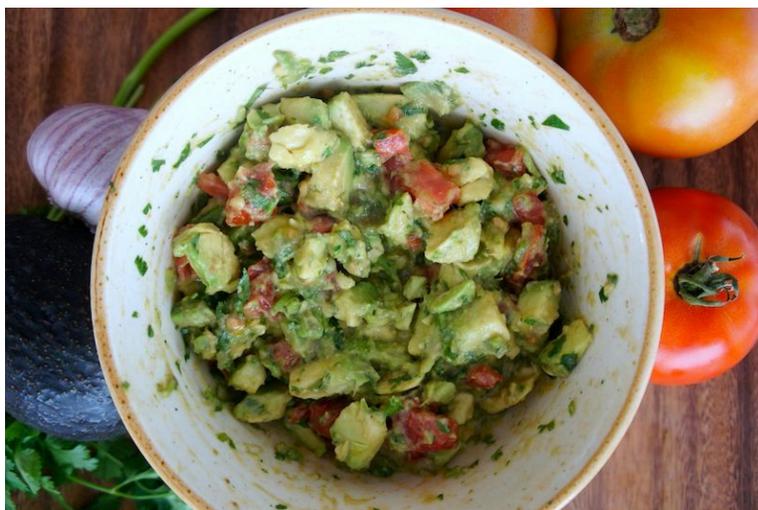
To Serve

Remove the onion and put over your favorite fish, chicken or vegetables. This sauce is good on anything and combines well with a variety of flavors. For example, if you bake your fish or chicken plain, using only a little olive oil, you can put this sauce on top of it.

[Go to > Recipe Index](#)

Suggestion - Try this sauce over green beans and sweet potatoes (it's personally our favorite way to spruce up veggies like these).

Guacamole



Serving Size: 4

Ingredients

- 4 Hass avocados - chopped
- 2 medium tomatoes - chopped
- 2 tablespoon lemon juice - fresh squeezed
- 1 tablespoon extra virgin olive oil
- 1 tablespoon garlic powder
- fresh chopped cilantro - optional
- Pinch of sea salt and fresh black (or white) pepper

Directions

1. Combine all ingredients in a bowl and mix well.
2. Chill for 1 hour prior to serving (if you prefer it cold).

Suggestion - we enjoy this Guac on fish, chicken or on top of a salad.

[Go to > Recipe Index](#)

Caribbean Citrus Marinade

Perfect for Seafood or Chicken

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 lemon - juiced
- 1 lime - juiced
- 1 tablespoon fresh cilantro - chopped
- 1 teaspoon fresh ginger - grated
- 1 teaspoon fresh garlic - grated
- ½ teaspoon local honey
- Pinch sea salt and pepper
- ¼ teaspoon red pepper flakes (optional)

Directions

Combine all marinade ingredients in a bowl.

Then add in your 2 boneless, skinless chicken breasts or ½ pound of fresh shrimp, scallops or fish. Mix together so that the marinade fully coats the chicken or seafood.

Let sit for at least 30min, but 2 hours is optimal.



Cooking Directions

When ready, pan fry. No extra oil is needed for cooking since the chicken has been marinating. Remove the chicken from the marinade, and fry on medium-high heat. When chicken is almost done, pour in the remainder of the marinade and let everything cook together.

[Go to > Recipe Index](#)

Lemony Pesto



Ingredients

- 1/3 cup extra virgin olive oil
- 1 cup fresh basil leaves
- 2 cloves garlic
- 1 tablespoon lemon zest or lemon juice
- 3 tablespoons pine nuts
- Pinch of sea salt and fresh black pepper

Directions

1. Place all ingredients in food processor or blender, except for the olive oil, and give it 2 quick pulses. (This is just to break-up the bulk of each item).
2. Slowly add in your extra virgin olive oil and continue blending until you achieve the consistency you prefer. (If needed, add an extra drizzle of extra olive oil).

Suggestion - this goes great on meats, fish, vegetables, and even spread on wraps or sandwiches.

[Go to > Recipe Index](#)

Fit Body Way Chimichurri



Basically, it's 2 parts Italian parsley to 1 part cilantro + a good amount of garlic, olive oil, lemon juice and a dash of red wine vinegar. So delicious!

Ingredients

- ½ cup fresh Italian parsley
- ¼ - ½ cup fresh cilantro
- ¼ cup fresh oregano - optional
- 2 cloves garlic
- ¼ cup shallot, chopped
- ½ cup extra virgin olive oil
- ½ lemon, juiced
- ¼ cup red wine vinegar
- Pinch of sea salt and fresh black pepper

Directions

1. Combine all ingredients in a food processor or power blender and pulse until finely blended.

Suggestion - This also goes great on everything, but we think it's best as a sauce or marinade for meat proteins, such as the perfect steak.

[Go to > Recipe Index](#)

Citrus Salsa for Seafood

Ingredients

- 1 orange
- 1 grapefruit
- 1 lemon
- 1 lime
- 1 shallot
- 1 bunch fresh cilantro
- 1 chili pepper (optional – use habanero if you are looking for some real heat)

Directions

1. Finely dice/mince the chili pepper and set aside.
2. Finely chop the shallot and set aside.
3. Cut each fruit in half, and using either a spoon or small knife, spoon out the sections of pulp and juice into a bowl.
4. Wash and chop the cilantro. Include some of the stems as well, for added punch of flavor and texture.
5. To assembly the salsa, start by adding a little bit of the minced chili pepper into the bowl of citrus pulp, along with a handful of cilantro. Mix together and taste. Feel free to add more chili (if you want more heat) or cilantro (if you want more zesty flavor).

Note: It's best to use all of the salsa during your meal, as the chili pepper tends to over power the salsa if you let it marinate overnight.

Suggestion - This salsa is an excellent addition to any white flaky fish, shrimp or scallops.

Avocado Mango Salsa for Seafood

This is a sweet, flavorful salsa with a hint of cilantro



Ingredients

- 2 ripe avocados – peeled, pitted and diced
- 1 fresh mango – peeled, pitted and diced
- ½ bunch cilantro – chopped
- 1 small shallot – diced
- 2 limes – juiced
- 1 teaspoon honey
- 1 tablespoon avocado oil or olive oil
- pinch of sea salt and fresh black pepper

Directions

1. In a bowl, combine oil, lime juice, honey and salt and pepper, and stir.
2. Add in the diced avocado, mango and chopped cilantro. Mix together.

Suggestion - Serve on top of your favorite white, flaky fish or shrimp, or even as a refreshing topping to your salad.

[Go to > Recipe Index](#)

Favorite Spice Combinations for Chicken, Fish or Protein Bowls

*These measurements are for 1 portion/piece of chicken or fish or 2 cups vegetables.. Adjust spices as desired.

Hungarian

Extra virgin olive oil
Pinch sea salt and pepper
Dusted with garlic powder
Dusted with onion powder
1 teaspoon paprika

Italian

Extra virgin olive oil
Pinch sea salt and pepper
Dusted with garlic powder
½ teaspoon dried oregano
½ teaspoon dried thyme

Vietnamese

Extra virgin olive oil
Pinch sea salt and pepper
Dusted with garlic powder
¼ teaspoon star anise
¼ teaspoon cinnamon
¼ teaspoon lemon zest

Mexican

Extra virgin olive oil
Pinch sea salt and pepper
Dusted with garlic powder
Dusted with onion powder
½ teaspoon chili powder
¼ teaspoon cumin
¼ teaspoon paprika

Lebanese

Extra virgin olive oil
Pinch sea salt and pepper
Dusted with garlic powder
½ teaspoon coriander
½ teaspoon paprika
¼ teaspoon cumin
¼ teaspoon chili powder

Indian

Extra virgin olive oil
Pinch sea salt and pepper
Dusted with garlic powder
½ teaspoon turmeric
½ teaspoon coriander
¼ teaspoon cumin
¼ teaspoon dried mustard
¼ teaspoon chili powder

Side Dishes



[Go to > Recipe Index](#)

Sautéed Green Beans with Caramelized Onions



It is a great side dish for either lunch or dinner, and can be used for snacking on the leftovers too!

Serving Size: 4 to 5

Ingredients

- 1 lb bag of fresh green beans
- 1 medium yellow onion
- 1 tablespoon extra virgin olive oil
- 1 tablespoon garlic powder
- Pinch of sea salt and fresh black pepper

Directions

1. Wash and rinse the green beans in a colander. Chop all of the end stems off.
2. Slice the onion in half, and then longways with 1/4 inch thickness
3. Place olive oil, green beans, onions, salt and pepper and garlic powder in a quart sized pot.
4. Cook beans on a medium-high stove setting while covered, and stir occasionally.
5. Let cook about 20 - 40 minutes, or until green beans are semi-soft and the onions are caramelized.

[Go to > Recipe Index](#)

Roasted Sweet Potatoes

Serving Size: 4

Ingredients

- 4 medium sweet potatoes
- 1 small yellow onion - chopped
- 1 tablespoon extra virgin olive oil
- 1 tablespoon garlic powder
- Pinch of sea salt and fresh black pepper

Directions

1. Set oven to 375 degrees.
2. Wash and peel the sweet potatoes.
3. Slice each potato lengthwise in 3 parts, then slice widthwise 3/4 inch thick pieces.
4. Place sweet potato pieces and chopped onion in a medium size corning ware, or small roasting pan. Drizzle with olive oil, garlic powder and salt and pepper; and stir to coat.
5. Cover with lid, and place in the oven (mid-rack position). Let cook for about 30 - 45 minutes. Take it out to check on it about every 15 minutes, poking some of the chunks with a fork to feel for tenderness. Stir the potatoes around.
6. When the fork easily goes through the soft potatoes, remove from the oven.

Suggestion - these go great with practically any meal, and are delicious with The Fit Body Way marinara sauce served on top!!

Healthy Fried Rice

Serving Size: 4

To make it even healthier, we've removed the rice and substituted in quinoa. Also, we've removed a lot of the excess oil (since cooked quinoa doesn't absorb liquid as much as rice does) and replaced the sodium filled soy sauce with coconut aminos.

Ingredients

- 2 cups quinoa
- 1 tablespoon sesame oil
- ½ cup white onion - chopped
- ½ cup carrots - chopped
- ½ cup peas - chopped
- ¼ cup green onions - chopped
- 2 whole eggs
- 1 clove garlic - crushed
- thumb-sized piece of fresh grated ginger
- 1 tablespoon coconut aminos (may use more later)

Directions

1. Cook quinoa according to package directions. Set aside.
2. In a wok, sauté onions, carrots and peas together until tender.
3. Shift all of the veggies to one side of the wok. On the other side of the wok, crack both eggs and fry.
4. Once the eggs are done, add in the cooked quinoa and mix together well. Note: You may want to add in a touch more sesame oil and coconut aminos, but adjust to your preferences.
5. Top with chopped green onions.

Steamed Broccoli with Asian Dressing



Serving Size: 2 to 3

Ingredients

- 1 bunch of fresh or 4 cups of frozen broccoli
- thumb-sized piece of fresh grated ginger
- 1 ½ teaspoons garlic powder
- 3 tablespoons extra virgin olive oil
- 1 tablespoon Coconut aminos or Braggs liquid aminos
- 1 bunch of fresh cauliflower (optional, but delicious and will double the serving size)

Directions

1. Either steam fresh broccoli or boil frozen broccoli
2. While broccoli is cooking, prepare your dressing. Combine: extra virgin olive oil, Braggs liquid aminos, garlic powder and grated ginger in a bowl and whisk together.
3. Once broccoli is done, place the florets in a serving bowl and pour the dressing over the top.

Note: This Asian dressing is also delicious on most green veggies and salads.

[Go to > Recipe Index](#)

Sautéed Asparagus with Dijon Vinaigrette



Serving Size: 3 to 4

Ingredients

- 1 pound asparagus
- 3 tablespoons extra virgin olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon red wine vinegar
- Pinch of sea salt and fresh black pepper

Directions

1. Sauté the asparagus in a pan with 1 tablespoon extra virgin olive oil.
2. Combine remaining 2 tablespoons extra virgin olive oil, Dijon mustard, red wine vinegar and pinch of sea salt and pepper in a bowl and whisk together.
3. Once asparagus are tender, yet still a little firm and crisp, remove from pan.

[Go to > Recipe Index](#)

Sweet Potato Fries



If you love French fries, then you definitely need to try these! They are much, much healthier, as they use no bad ingredients and the spices give them a delicious, light cajun flavor.

Serving Size: 2 to 3

Ingredients

- 2 medium sweet potatoes
- 2 tablespoons extra virgin olive oil
- 2 teaspoons paprika
- 2 teaspoons garlic powder
- ½ teaspoon cumin
- Pinch of sea salt and fresh black pepper

Directions

1. Preheat the oven to 450 degrees.
2. Peel and wash, and dry the sweet potatoes, then cut into long sections.
3. Next, slice the long sections into thinner 'fry-like' strips.
4. Place the strips in a mixing bowl and add all of the oil and spices. Mix together well, coating each sweet potato strip.
5. Spread the strips evenly on a baking sheet. Lay each sweet potato strip flat. Do not pile them on top of each other (as this can create mushy 'fries'). Bake in the oven at 450 degrees for about 20 – 30 minutes.

Suggestion - If you like to dip your 'fries' then try dipping into the Fit Body Marinara sauce!

[Go to > Recipe Index](#)

Cuban Black Beans

These are one of our favorite and versatile side dishes

Slow Cooker

Serving size: 5

Ingredients

1 bag black beans, dry
1 tablespoon dried oregano
4 dried bay leaves
1 tablespoon garlic powder
1 tablespoon onion powder
½ teaspoon cumin
Pinch of sea salt and fresh black pepper

Slow Cooker Directions

1. Soak the dry black beans in water for 6 hours or overnight. Then, drain in a colander and rinse thoroughly.
2. Combine all ingredients: black beans, oregano, bay leaves, garlic powder, onion powder, cumin, sea salt and black pepper into a slow cooker. Add enough fresh water so there is about 1 inch of water covering the beans.
3. Cook on high for 6 to 8 hours, or until the beans are soft.

Stovetop Cooker

Serving size: 2 to 3

Ingredients

1 can organic black beans
1 small yellow onion
½ cup no-salt chicken stock
1 big teaspoon dried oregano
2 dried bay leaves
1 teaspoon garlic powder
¼ teaspoon cumin
Pinch of sea salt and fresh black pepper

Stovetop Cooking Directions

1. Open and rinse one 15oz can of organic black beans
2. Chop 1 small yellow onion
3. In a pot on the stove, add extra virgin olive oil and saute the onions until translucent.
4. Then, add in the beans, ½ cup no-salt vegetable stock, bay leaves, dried oregano, onion powder, teaspoon cumin, sea salt and fresh black pepper. If needed, add a little fresh water to help cover the beans in liquid.
5. Bring to a low simmer for 20 to 30 minutes, just long enough to give the spices time to cook together.

Suggestions

For dinner, serve as a filling side dish over brown rice, topped with sliced avocado, fresh cilantro, and chopped tomatoes.

For breakfast, serve over brown rice along with 3 scrambled eggs. Top with a little fresh chopped green onions and tomato.

[Go to > Recipe Index](#)

The Mighty Easy Pilaf

This is an easy to prepare side dish, full of flavor, texture and nutrients. Using leftover quinoa and/or frozen vegetables work great to make the dish even easier to prepare.

Serving Size: 4

Ingredients

- 1 cup cooked quinoa
- 1 cup carrots
- 1 cup kale
- 1 cup green beans
- 1 cup frozen peas, optional
- 1 tablespoon extra virgin olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Pinch of sea salt and fresh black pepper

Directions

1. In a large skillet, heat extra virgin olive oil and all of the vegetables. Sauté for about 10 minutes, or until all the veggies are tender.
2. Add in the quinoa. Drop in another light drizzle of extra virgin olive oil and a dash of the spices. Mix thoroughly.

* Suggestions: Serve as a side with your favorite chicken, beef or fish. This keeps well, so don't be afraid to make a larger amount and store for leftovers.

Perfect Roasted Vegetables

Serving Size: 6

Ingredients

- 1 large yellow onion
- 1 package fresh broccoli
- 1 small package fresh green beans
- 5 - 6 red bliss potatoes
- 10 carrots
- 3 tablespoons extra virgin olive oil
- 2 tablespoons garlic powder
- Pinch of sea salt and fresh black pepper

Directions

1. Wash, peel and chop all of the vegetables. (Note: Keep the skin on the potatoes, and cut the broccoli into florets).
2. In a large roasting pan, combine all of the vegetables along with the extra virgin olive oil and all of the spices. Note: Be sure to coat the vegetables thoroughly with the extra virgin olive oil and garlic powder, and only use a tiny pinch of sea salt. (Remember, you can always add to it, but you can't take it away).
3. Bake at 375 degrees for about 30 to 40 minutes, or until you can easily put a fork into the potatoes.

Suggestions: This should make enough to serve a large family or serve at a dinner party, and it keeps well for leftovers. Also, you can turn this into an excellent one-pot dish by adding in some chicken legs or bone-in chicken breasts. To do so, season the chicken with the same spices - it's delicious, easy and super healthy.

[Go to > Recipe Index](#)

Curry Roasted Broccoli & Cauliflower



Serving Size - 4 to 5

Ingredients

- 1 fresh bunch broccoli
- 1 fresh bunch cauliflower
- 2 tablespoons extra virgin olive oil
- 1 tablespoon garlic powder
- 2 teaspoon salt-free curry powder
- Pinch of sea salt and fresh black pepper

Directions

1. Preheat the oven to 375 degrees.
2. Wash and cut both broccoli and cauliflower into florets.
3. In a mixing bowl, combine broccoli and cauliflower florets, as well as extra virgin olive oil and spices. Mix thoroughly, coating the florets evenly.
4. Pour the florets out onto a large baking pan lined with aluminum foil, and bake at 375 degrees for about 30 - 40 minutes, or until tender to your liking.

Suggestion: These keep very well, so you could multiply this recipe and store the leftovers for later in the week, to be paired as a veggie side to other meals.

[Go to > Recipe Index](#)

Smoothies

Smoothies are an easy way to incorporate great tasting, whole food nutrition into your daily diet. And, since all foods are blended raw, never cooked, you get the full nutritional benefits from each ingredient included.

We prefer smoothies vs. juices because smoothies retain the full fiber content of the fruits and vegetables being used, which helps to keep you full for a longer period of time.

All of the ingredients used in these recipes are:

- Fresh juice (lemon, lime, orange)
hand-squeezed, not packaged
- 100% coconut water (Vita Coco brand)
- Frozen fruits
- Unsweetened almond and coconut milk
- Fresh ground almond butter

Also, these smoothie recipes do not call for the use of ice, as we feel it waters down the taste and texture. However, feel free to add ice to suit your own taste preference. Adding ice will not affect the nutrition of the smoothie, at all - only the texture, and somewhat dull the flavors.

Top Recommended Protein Powders:

- Hemp protein – unflavored is the way to go if using this in some green and fruit smoothies. Hemp tends to have an interesting of a taste and sometimes gritty texture, but it's a great option if you need more fiber, and looking for a plant based option.
- Orgain – both the chocolate and vanilla flavored options are great, and can be used for shakes, too.
- Raw Protein by Garden of Life – unflavored is best if you want to taste the flavors of the other ingredients that are being blended together in your smoothie.



[Go to > Recipe Index](#)

The Green Giant



Serving Size: 1

Ingredients

- 2 cups fresh, raw spinach
- 1 cup fresh, raw kale
- ¾ cup frozen mango
- ¼ avocado
- ¼ cup frozen pineapple
- 1 teaspoon chia seeds
- ½ teaspoon maca powder
- ¼ cup water
- 1 teaspoon fresh lemon juice

Combine all ingredients in blender and blend well.

Suggestion: Hemp protein or Garden of Life Raw (unflavored) protein mixes well with The Green Giant.

[Go to > Recipe Index](#)

Fruit Burst



Serving Size: 1

Ingredients

- ¼ cup fresh squeezed juice from an orange
- ½ cup frozen strawberries
- ½ cup frozen peaches
- ½ cup frozen pineapple
- 2 large fresh mint leaves
- 2 tablespoons coconut water

Combine all ingredients in blender and blend well.

Suggestion: Garden of Life, Raw (unflavored) protein mixes well with the Fruit Burst smoothie.

[Go to > Recipe Index](#)

Energy Explosion



Serving Size: 1

Ingredients

- 1 frozen banana
- ½ teaspoon ground flax seeds
- 1 teaspoon almond butter
- ¼ cup unsweetened almond milk

Combine all ingredients in blender and blend well.

Suggestion: Orgain protein powder works well with this smoothie.

[Go to > Recipe Index](#)

Chocolate Fitness Frosty

This is our favorite post-workout smoothie



Serving Size: 1

Ingredients

- 1 cup unsweetened almond milk
- 2 scoops Orgain protein powder - chocolate fudge flavor
- 1 banana
- 5 frozen strawberries

Combine all ingredients in blender and blend well.

[Go to > Recipe Index](#)

El Grande Verde



Serving Size: 1

Ingredients

- 1 cup unsweetened almond milk
- ½ avocado
- 2 cups fresh spinach
- ½ lime juice
- 12 mint leaves
- ½ teaspoon agave
- 1 serving Hemp protein powder -or- Garden of Live Raw (unflavored) protein powder

Combine all ingredients in blender and blend well.

[Go to > Recipe Index](#)

Antioxidant Awesomeness



Serving Size: 1

Ingredients

2 cups spinach
½ cup frozen strawberries
½ cup frozen blueberries
½ frozen banana
1 teaspoon chia seeds
⅓ cup unsweetened almond milk

Combine all ingredients in blender and blend well.

Suggestion: Garden of Life Raw (unflavored) protein mixes well

The Green Virgin



Serving Size: 1

Ingredients

1 cup fresh spinach
1 cup frozen mango
½ teaspoon fresh lime juice
¼ teaspoon grated fresh ginger
½ teaspoon chia seeds
¼ cup coconut water

Combine all ingredients in blender and blend well.

Suggestion: Hemp protein or Garden of Life Raw Protein (unflavored) go well.

Banana Mocha Explosion



Serving Size: 1

Ingredients

1 cup coffee
1 banana
½ cup unsweetened almond milk
2 scoops Orgain protein powder – chocolate fudge flavor
½ teaspoon local honey

Combine all ingredients in blender and blend well.

Suggestion: For the coffee, we brew it using our French Press...but, you can use any coffee

[Go to > Recipe Index](#)

Snacks

Crunchy vegetables and fruits make excellent lite snacking options, as their calories are low, and vitamins and minerals are very high!

Interesting Fact: Did you know that fruits digest faster than any other food? Mainly due to the enzymes needed to breakdown their high water and simple sugar content. For this reason, it's typically best to consume fruits by themselves, usually as a snack or part of a healthy smoothie. Pairing them with foods that are more difficult or take longer to digest can cause discomfort in the form of gas and bloating.



[Go to > Recipe Index](#)

Energy Bites

These are a great snack to make and keep on-hand for a few days

Serving Size: 5

Ingredients

- ½ cup local honey
- 5 figs - diced and mashed
- 2 tablespoons flax seeds
- 1 scoop Garden of Life Raw (unflavored) protein powder
- 2 tablespoons almond flour
- ¾ cup peanut or almond butter
- Pinch of sea salt

Directions

1. First, rinse the figs well, then smash the figs using a fork. It's best to do this on a cutting board.
2. Place the smashed figs and all remaining ingredients in a bowl. Mix together, then refrigerate for 30 minutes.
3. Once the ingredients have chilled, begin to hand roll your bites. To do this, take a tablespoon of the mixture and form it into a bite size ball.
4. To finish, thoroughly roll each ball around in unsweetened shredded coconut flakes.

[Go to > Recipe Index](#)

Banana Berry Chocolate Crunch



Serving Size: 1

Ingredients

- handful strawberries - sliced
- handful of blueberries
- ½ banana - sliced
- small handful of sliced raw almonds
- small handful of raw cacao nibs or chips
- light drizzle of local honey

Directions

1. Combine all ingredients in a bowl or Tupperware, and mix together. This sweet snack is full of vitamins, minerals, antioxidants and some good fats (from the almonds).

[Go to > Recipe Index](#)

Greek Avocado Dip



Serving Size: 4 to 5

Ingredients

- 1 Hass avocado
- ½ cup nonfat Greek yogurt
- 1 small shallot
- ½ cup fresh cilantro
- ½ lime - juiced
- Pinch of sea salt and fresh pepper

Directions

1. Place all ingredients in a food processor or blender, and blend together until smooth.

Suggestion - Serve with fresh cut, raw veggies or as a tasty spread on wraps and sandwiches.

[Go to > Recipe Index](#)

The Fit Body Way Hummus



This recipe can easily be multiplied. Hummus keeps very well, so if you make a large amount, you can keep it refrigerated for snacks throughout the week.

Serving Size: 4 to 5

Ingredients

- 1 (15oz) can chickpeas (no salt added) - rinsed and drained
- 3 to 4 tablespoons extra virgin olive oil
- 2 cloves garlic
- 1 lemon - juiced
- 1 teaspoon tahini
- 1 tablespoon chopped parsley - optional

Directions

1. Place all ingredients in a food processor and blend together. If the consistency is too paste-like, add a little more extra virgin olive oil to help smooth it out.

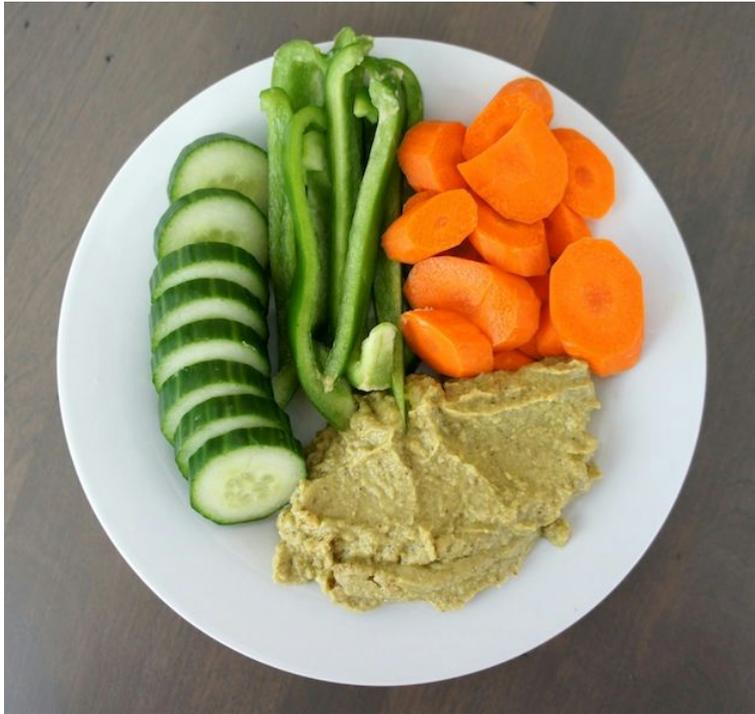
Everyone has a different taste preference. Some people like a smooth texture, whereas others like it thicker or more garlicky. These instructions are only to give you a starting point, so adjust the ingredients as necessary.

To serve: Enjoy with 1 cup of your favorite organic raw vegetables, like baby carrots, cucumber slices, bell pepper slices, or sugar snap peas.

[Go to > Recipe Index](#)

Suggestion - this hummus makes a great spread for wraps and sandwiches. It can even be used it as a creamy salad dressing (which, we really enjoy).

Avocado Hummus



Serving Size: 4 to 5

Ingredients

- ½ cup chickpeas (no salt added) - rinsed and drained
- ½ avocado
- 1 tablespoon extra virgin olive oil
- 1 lime - juiced
- ¼ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon fresh black pepper
- ⅛ teaspoon cumin

Directions

1. Combine all the ingredients in a food processor and blend for 1 - 2 minutes, or until the hummus is a smooth consistency.

To serve: Enjoy with 1 cup of your favorite organic raw vegetables; carrots, cucumber slices, bell pepper slices, sugar snap peas, etc.

Crispy Chickpeas

[Go to > Recipe Index](#)



Serving Size: 2 to 3

Ingredients

- 1 (15oz) can chickpeas (no salt added) - rinsed and drained
- extra virgin olive oil (in a spray can or mister)
- chili powder
- cinnamon
- garlic powder

Directions

1. Preheat oven to 425 degrees.
2. Rinse, drain, and pat the chickpeas dry.
3. Line a baking sheet with a piece of foil. Spread the chickpeas in a single layer on the foil.
4. Lightly mist the chickpeas with olive oil (if you don't have a mister, use about ¼ to ½ tsp. of olive oil – you just need enough for the spices to adhere to and to help the chickpeas get a little bit crispier).
5. Dust the tops of the chickpeas with all of the spices: chili powder, cinnamon, and garlic powder. Using a spoon (or clean hands) to toss the chickpeas around with the spices, then spread back in a single layer.
6. Bake for 15 minutes. Remove from the oven to stir the chickpeas around, then bake for another 15 minutes.

Suggestion: These are great while crunchy and fresh out of the oven, but can easily be stored (once cooled) in an airtight container for snacking or traveling.

[Go to > Recipe Index](#)

Fruit Cocktail Zinger



Serving Size: 4 to 5

Ingredients

This calls for a combination of your favorite seasonal fruits. For a little guidance, here is what we like to use:

- orange, pineapple, grapes, cantaloupe, honeydew, kiwi, strawberries and peach.

For some sweet tang as a juice, add:

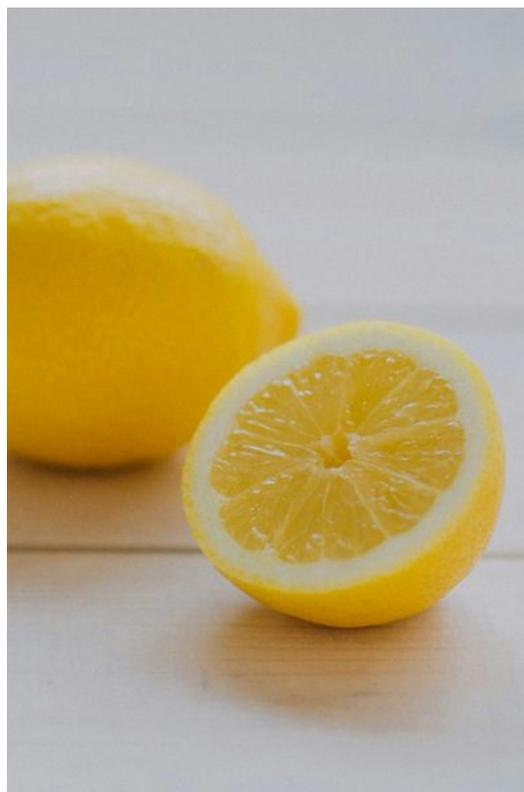
- 1 tangerine - juiced
- 1 lime - juiced

Directions

1. Wash and cut all of the fruit and combine in a bowl. Pour the tangerine and lime juice over top and mix together.

[Go to > Recipe Index](#)

Hydrate



[Go to > Recipe Index](#)

Fountain of Youth Water

This is the daily water recipe and regimen that I recommend to all of my clients. It's been known

Ingredients

- 8 cups fresh water
- ½ cucumber - sliced
- 1 lemon - sliced
- 2 sprigs of fresh mint leaves
- thumb-size piece of grated ginger

Directions

1. Place all ingredients in a pitcher that can hold 8 cups of water. Mix together and then refrigerate overnight.
 2. The next morning, remove cucumbers, lemons and mint leaves. Drink throughout the day.
-

Paradise Tea

Ingredients

- 6 cups boiling water
- 2 cups fresh, cold water or ice
- 4 tea bags – Red Zinger by Celestial Seasonings
- 3 packets Stevia in the Raw
- 2 lemon slices
- 2 sprigs fresh mint leaves

Directions

1. While the water is boiling, place the 4 tea bags and stevia in the pitcher. Once water is done boiling, wait until it's not bubbling anymore before pouring into the pitcher.
2. Next, add in the fresh mint leaves and lemon slices. Then, add in 2 cups of fresh, cold water or ice.
3. Stir together well and let sit and steep. After 2 hours, it will be ready to serve.



[Go to > Recipe Index](#)

