



RECIPE PACK: 30-Min Dinners

Thanks for downloading our 30-Minute Easy Dinners Recipe Pack. Inside you will find 10 of our favorite healthy recipes that are sure to WOW your family and friends.

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ROASTED SALMON DETOX SALAD



INGREDIENTS

- 4 wild salmon fillets (4 ounces each)
- 1 pound asparagus
- 2 bunches fresh watercress
- 1 ripe avocado, sliced
- 1 cucumber, thinly sliced
- 1 bunch beets, thinly sliced
- 1/4 cup fresh squeezed lemon juice
- 1/4 cup extra virgin olive oil
- 1 tablespoon fresh grated ginger
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- Salt and pepper



Serves:4

Prep: 10 mins

Cook: 10 mins

INSTRUCTIONS

1. Preheat the oven to 400 degrees F, and line a rimmed baking sheet with parchment paper. Place the 4 salmon fillets on the parchment and salt and pepper liberally.
2. Once the oven is preheated, bake the salmon for 8-9 minutes until just barely cooked through.
3. Meanwhile, trim the ends off the asparagus and cut into 1 1/2-inch sections. Cut the watercress off the roots and slice the avocado, cucumber and beets.
4. Pour the lemon juice, olive oil, ginger, Dijon mustard, and minced garlic into a jar. Season with 1 teaspoon salt and 1/2 teaspoon pepper. Screw the lid on the jar and shake until thoroughly mixed.
5. Arrange the watercress, asparagus, cucumber slices, beet slices, and avocado in four salad bowls. Once the salmon comes out of the oven, place one piece over the top of each bowl, then drizzle with the lemon-ginger dressing!

SKINNY SHRIMP PICCATA WITH

ZOODLES



INGREDIENTS

- 4 small, thin zucchini
- 1lb jumbo shrimp (16/20 count,) peeled and deveined
- salt, garlic salt, and pepper
- 1 lemon, cut in half
- 3 Tablespoons extra virgin olive oil, divided
- 2 Tablespoons butter
- 2 cloves garlic, minced
- 2 Tablespoons capers
- 1/4 cup freshly grated parmesan cheese



Serves: 3 - 4
Prep: 10 mins
Cook: 20 mins

INSTRUCTIONS

1. Spiralize zucchini using the fattest noodle blade then add to a colander set atop a bowl. Lightly salt the zoodles, toss with your fingers to coat, then cover and place in the refrigerator for 30 minutes or up to one hour to drain. Pat or gently squeeze excess liquid from the zucchini with paper towels or a kitchen towel then set aside.
2. Pat shrimp very dry between paper towels then season both sides with garlic salt and pepper. Heat 1-1/2 Tablespoons extra virgin olive oil in a large, 12"+ skillet over heat that's just a touch above medium then add half the shrimp and saute for 2 minutes a side, or until cooked through. When shrimp have 30 seconds left to cook, drizzle in a little lemon juice then remove shrimp to a plate once the lemon juice has evaporated. Heat remaining 1-1/2 Tablespoons extra virgin olive oil in the skillet then saute remaining shrimp, repeating the lemon juice step at the end.
3. Melt butter in the skillet then add the garlic and saute until fragrant, 30 seconds. Add zoodles then turn heat up slightly and saute until crisp tender, 3-4 minutes. Add a drizzle of lemon juice, the capers, parmesan cheese, and salt and pepper to taste, then toss to combine. Plate then top with cooked shrimp and serve

KALE & TURKEY SAUSAGE SAUTE W/ PARMESAN



INGREDIENTS

- 1 bunch kale (3 green containers, packed), chopped into bite size pieces
- 1/2 pound turkey sausage, casings removed (2 red containers)
- 2 cloves of garlic, finely minced
- 1 pinch red pepper flakes
- 1/4 cup Parmesan cheese (1 blue container)
- 1 wedge of lemon
- 2 teaspoons olive oil



Serves: 2
Prep: 5 mins
Cook: 20 mins

INSTRUCTIONS

1. Place a large skillet over medium high heat. When the pan is hot, add your turkey sausage (you shouldn't need to add any oil) and season with salt and pepper
2. Break up your sausage with a wooden spoon and let it sit in the pan (leave it alone!) so that it will brown. Every so often, stir it around and break up the sausage more, but then let it sit again so it can brown. If you are constantly stirring it and moving it around, it won't brown
3. When your sausage is browned and cooked through, remove it to a plate
4. Add the 2 teaspoons of olive oil into your pan along with the red pepper flakes and garlic
5. Stir this around and let it cook for about 20-30 seconds, until the garlic is fragrant
6. Add your kale, stir to combine, and saute until kale has wilted some and tenderized a bit
7. Season to taste with salt and pepper
8. Add your sausage back into the kale, and top with your Parmesan cheese. Squeeze a wedge of lemon juice over top, stir to combine, and serve!

EMERGENCY MEABALLS



INGREDIENTS

- 1 lb ground beefgrass-fed, if possible
- 1 lb ground porkpastured, if possible
- 2 tbsp dried parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt
- 3/4 tsp black pepper



Serves: 4

Prep: 10 mins

Cook: 20 mins

INSTRUCTIONS

1. Preheat your oven to 400F. Line a baking sheet with foil or parchment paper.
2. Combine all the ingredients in a large bowl, and mix with clean hands to combine. Don't overwork the meat because it'll end up making for tougher meatballs.
3. Use a rounded $\frac{1}{3}$ cup measure to portion out the meat. Gently roll into a ball and place on the baking sheet. Repeat this with the rest of the mixture.
4. Bake for about 15 to 20 minutes or until the meat is cooked through.

GREEK CHICKEN SALAD



INGREDIENTS

- 3 cups cooked chicken breast, shredded or chopped
- 1 1/2 cups celery, chopped
- 1 1/2 cups grapes, halved or quartered
- 1/2 cup mayonnaise
- The juice from 1 lemon {about 2 Tbsp}
- 1 Tbsp greek seasoning



INSTRUCTIONS

1. Mix the mayo and greek seasoning until blended.
2. Combine the chicken celery and grapes in a large bowl.
3. Stir in mayo blend into mixture until incorporated evenly.
4. Eat and enjoy! It's delicious!

BBQ STUFFED SWEET POTATOES



INGREDIENTS

- 2 medium sweet potatoes halved
- 1 lb. boneless skinless chicken breasts cooked and shredded
- 1/3 cup BBQ sauce your favorite (or less/more, to your taste)
- Chopped parsley or sliced green onions optional

INSTRUCTIONS

1. Preheat oven to 425 degrees F. Lay sweet potatoes cut side up on a large baking sheet. Roast until tender, about 35 minutes, depending on size of your potatoes.
2. In a saucepan set to medium-low, stir together chicken and BBQ sauce. Heat until warm, 5-10 minutes.
3. Top each potato with scoopfuls of chicken. Spoon over additional BBQ sauce and sprinkle with chopped parsley or sliced green onions, if desired.



Serves: 2 - 4
Prep: 10 mins
Cook: 10 mins



INGREDIENTS

- 1 1/2 pounds of lean ground beef {make six 1/4lb burgers}
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 teaspoon of garlic powder
- 2 tablespoons of coconut oil
- 2 small onions, thinly sliced
- 2 tablespoons of balsamic vinegar
- 1 beef steak tomato, sliced into 6 thick slices
- 1 cup shredded green leaf lettuce
- 3 avocados



Serves: 6
Prep: 5 mins
Cook: 25 mins

INSTRUCTIONS

1. Heat a medium skillet to medium high heat.
2. Add 1 tablespoon of coconut oil, once melted add in thinly sliced onions. Saute until lightly caramelized, stirring occasionally. {about 10-15 minutes}
3. Add in balsamic vinegar. Saute for another 5 minutes, stirring occasionally. Set aside.
4. Form six 1/4lb. burgers with the lean ground beef.
5. Lightly season both sides with salt, pepper, and garlic powder.
6. Heat a large skillet to medium-high heat. Add in 1 tablespoon of coconut oil. Place the burgers in the skillet and saute each side for 3-5 minutes {depending on your desired doneness}.
7. Remove from skillet and let sit for 1 minute.
8. Assemble burgers.
9. Place 1 large slice of beef steak tomato on a plate, top with a pile of shredded lettuce, the burger, 2 tablespoons of the balsamic caramelized onions, and top with sliced avocado {I put half an avocado on each burger}.
10. Serve with gluten-free mustard.



INGREDIENTS

- 2 tbs hot water
- 2 tbs canola mayonnaise
- 1½ tbs olive oil
- 1 tbs fresh lemon juice
- ½ tsp anchovy paste
- ¼ tsp freshly ground black pepper
- 1 garlic clove, grated
- 1½ ounces shaved Parmesan cheese, divided (about 6 tablespoons)
- 5 cups thinly sliced stemmed Lacinato kale
- 1½ cups cooked quinoa
- 1½ cups chopped skinless, boneless rotisserie chicken breast
- 2 tbs chopped toasted walnuts

Serves: 4
Total: 23 mins

INSTRUCTIONS

1. Combine first 7 ingredients in a bowl, stirring well with a whisk.
2. Stir in 3 tablespoons Parmesan cheese.
3. Add kale, quinoa, and chicken; toss to coat.
4. Top with remaining 3 tablespoons Parmesan cheese and walnuts.



NO-BEAN CHILI



INGREDIENTS

- 1 tablespoon olive oil
- 500g ground chicken breast (or other ground meat of choice)
- 1 tsp salt
- 1 tsp cumin
- ½ tsp chili powder
- ½ tsp paprika
- 1 bay leaf
- 1 small onion, chopped
- 2 large cloves garlic, minced
- ½ cup sliced mushrooms
- 1 28oz can diced tomatoes
- 1 15oz can tomato sauce
- 1 cup chicken broth
- 1½ cups finely chopped kale
- 1½ cups diced sweet potato (peeled)

Optional Garnishes:

- chopped chives
- crumbled cheese (dairy-free or non)
- sour cream, greek yogurt, or dairy-free yogurt
- cilantro
- crushed tortilla chips

Serves:6

Prep: 10 mins

Cook: 30 mins

INSTRUCTIONS

1. In a large non-stick pot add olive oil, ground chicken, salt and spices.
2. Cook over medium-high heat and brown the chicken breaking it up as it cooks into smaller pieces.
3. When chicken is browned and cooked through add in the onion, mushrooms, and garlic and cook for 3 more minutes until onions are softened.
4. Pour in the diced tomatoes, diced sweet potato, tomato sauce, broth, and add in the bay leaf.
5. Cover and simmer over medium heat until potatoes are soft and cooked through, about 25 minutes stirring occasionally.
6. Once sweet potatoes are fork tender, add chopped kale to the chili and stir until kale is wilted.
7. Remove bay leaf and serve.
8. Garnish as desired.

TACO LIME GRILLED CHICKEN



INGREDIENTS

- 2 tablespoons taco seasoning
- 1/4 cup lime juice (~2 limes)
- 1 pound boneless and skinless chicken breasts



Serves:4
Prep: 5 mins
Cook: 10 mins

INSTRUCTIONS

1. Mix the taco seasoning and lime juice, cover the chicken in the mixture and optionally marinate for 30 minutes to over night.
2. Grill over medium-high heat until cooked through, about 3-5 minutes per side, let sit for 5 minutes and slice before enjoying!

MEAT

- 4 wild salmon fillets (4 oz each)
- 1lb jumbo shrimp
- 1/2 pound turkey sausage
- 2.5 lb ground beef
- 1 lb ground pork
- 3 lbs chicken breast
- 1/2 ground chicken

DAIRY

- parmesan cheese
- crumbled cheese
- sour cream, greek yogurt, or dairy-free yogurt
- crumbled cheese

VEGGIES & FRUITS

- asparagus
- fresh watercress
- avocado
- cucumber
- beets
- lemons
- ginger
- garlic
- zucchini
- capers
- tomato sauce
- canned diced tomatoes
- sweet potatoes
- onions
- beef steak tomato
- green leaf lettuce
- mushrooms
- kale
- celery
- grapes

MISC

- extra virgin olive oil
- Dijon mustard
- red pepper flakes
- parsley
- mayonnaise
- greek seasoning
- BBQ sauce
- anchovy paste
- quinoa
- walnuts
- Quinoa
- tortilla chips
- chicken broth
- taco seasoning

Enjoy this Recipe Pack?

Click below to schedule a
One-on-One FIERCE Discovery Call!

BOOM! Our aim for this chat is to Reflect + Reassess + Refresh so we have direction going forward on what is working & what isn't working right now so we can create a plan! I look forward to talking to you soon!

Believing in YOU,

~ Coach D. xo

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