



NATALIE'S FITNESS ELEMENTS GARAGE RECIPE'S

For Women Over 40 Who Deserve
Vitality And Strength



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PROTEIN-PACKED GREEK YOGURT PARFAIT



Prep Time:
5 mins



Cook Time:
00 mins



Serving
1



Nutrition: Calories: 350, Protein: 20g, Carbohydrates: 45g, Fat: 11g, Fiber: 8g

INGREDIENTS

1 cup Greek yogurt
1/2 cup mixed berries
(strawberries, blueberries,
raspberries)
2 tablespoons honey
1/4 cup granola
1 tablespoon chia seeds

PREPARATIONS

1. In a bowl, layer Greek yogurt, mixed berries, honey, granola, and chia seeds.
2. Serve immediately.



SPINACH AND FETA OMELETTE



Prep Time:
5 mins



Cook Time:
5 mins



Serving
1



Nutrition: Calories: 280, Protein: 21g, Carbohydrates: 3g, Fat: 20g, Fiber: 2g

INGREDIENTS

3 large eggs
1 cup fresh spinach, chopped
2 tablespoons feta cheese
1/4 red bell pepper, diced
Salt and pepper to taste

PREPARATIONS

1. Whisk eggs in a bowl and add salt and pepper.
2. Heat a non-stick skillet, add a bit of olive oil or cooking spray.
3. Pour whisked eggs into the skillet.
4. Add spinach, feta, and red bell pepper.
5. Cook until the eggs are set, and then fold the omelette in half.

QUINOA AND BERRY BREAKFAST BOWL



Prep Time:
10 mins



Cook Time:
00 mins



Serving
1



Nutrition: Calories: 400, Protein: 10g, Carbohydrates: 45g, Fat: 20g, Fiber: 7g

INGREDIENTS

1/2 cup cooked quinoa
1/2 cup mixed berries
(blueberries, strawberries)
1 tablespoon almond butter
1/4 cup chopped nuts (e.g.,
almonds or walnuts)
1 teaspoon honey (optional)

PREPARATIONS

1. Place cooked quinoa in a bowl.
2. Top with mixed berries, almond butter, and chopped nuts.
3. Drizzle with honey if desired.



SALMON AND AVOCADO TOAST



Prep Time:
10 mins



Cook Time:
5 mins



Serving
1



Nutrition: Calories: 400, Protein: 18g, Carbohydrates: 30g, Fat: 24g, Fiber: 8g

INGREDIENTS

2 slices whole-grain bread
2 oz smoked salmon
1/2 avocado, sliced
1 tablespoon cream cheese
Fresh dill for garnish
Lemon wedges

PREPARATIONS

1. Toast the whole-grain bread slices.
2. Spread cream cheese on each slice.
3. Layer with smoked salmon, avocado slices, and garnish with fresh dill.
4. Serve with lemon wedges.

SWEET POTATO AND SPINACH BREAKFAST HASH



Prep Time:
10 mins



Cook Time:
15 mins



Serving
1



Nutrition: Calories: 350, Protein: 14g, Carbohydrates: 45g, Fat: 14g, Fiber: 7g

INGREDIENTS

1 small sweet potato, peeled and diced
1 cup fresh spinach
2 eggs
1/4 cup diced red onion
1/2 teaspoon olive oil
Salt and pepper to taste

PREPARATIONS

1. Heat olive oil in a skillet.
2. Add sweet potato and red onion, and cook until tender.
3. Add spinach and cook until wilted.
4. Push the vegetables to the side, and crack eggs into the skillet.
5. Cook until the eggs are done to your liking. Season with salt and pepper.

CHIA SEED PUDDING WITH ALMONDS AND BERRIES



Prep Time:
5 mins



Cook Time:
00 mins



Serving
1



Nutrition: Calories: 250, Protein: 8g, Carbohydrates: 20g, Fat: 15g, Fiber: 12g

INGREDIENTS

2 tablespoons chia seeds
1 cup unsweetened almond milk
1/4 cup mixed berries (e.g., strawberries, blueberries)
1 tablespoon sliced almonds
1/2 teaspoon vanilla extract
1/2 teaspoon honey (optional)

PREPARATIONS

1. Mix chia seeds and almond milk in a bowl.
2. Add vanilla extract and honey if desired. Stir well.
3. Let it sit in the refrigerator for at least 2 hours or overnight to thicken.
4. Top with mixed berries and sliced almonds before serving.

COTTAGE CHEESE AND PINEAPPLE PARFAIT



Prep Time:
5 mins



Cook Time:
00 mins



Serving
1



Nutrition: Calories: 280, Protein: 30g, Carbohydrates: 28g, Fat: 2g, Fiber: 2g

INGREDIENTS

1 cup low-fat cottage cheese
1/2 cup fresh pineapple chunks
1 tablespoon chopped fresh mint
1 tablespoon honey (optional)

PREPARATIONS

1. In a glass, layer cottage cheese, pineapple chunks, and chopped mint.
2. Drizzle with honey if desired.

VEGGIE AND FETA EGG MUFFINS



Prep Time:
10 mins



Cook Time:
10-20 mins



Serving
2



Nutrition: Calories: 180, Protein: 12g, Carbohydrates: 4g, Fat: 12g, Fiber: 1g

INGREDIENTS

4 large eggs
1/4 cup diced bell peppers
1/4 cup diced tomatoes
2 tablespoons crumbled feta cheese
1/4 teaspoon dried oregano
Salt and pepper to taste

PREPARATIONS

1. Preheat your oven to 350°F (175°C).
2. In a bowl, whisk the eggs and add salt, pepper, and dried oregano.
3. Divide the diced vegetables among four greased muffin cups.
4. Pour the egg mixture over the veggies and top each with feta.
5. Bake for about 15-20 minutes or until the muffins are set.



OATMEAL WITH ALMOND BUTTER AND BANANA



Prep Time:
5 mins



Cook Time:
5 mins



Serving
1



Nutrition: Calories: 380, Protein: 9g, Carbohydrates: 63g, Fat: 12g, Fiber: 8g

INGREDIENTS

1/2 cup rolled oats
1 cup unsweetened almond milk
1 small banana, sliced
1 tablespoon almond butter
1/2 teaspoon cinnamon
1 teaspoon honey (optional)

PREPARATIONS

1. Combine oats and almond milk in a saucepan and cook over medium heat until the oats are tender.
2. Top with banana slices, almond butter, and a sprinkle of cinnamon.
3. Drizzle with honey if desired.

AVOCADO AND TOMATO BREAKFAST WRAP



Prep Time:
10 mins



Cook Time:
00 mins



Serving
1



Nutrition: Calories: 380, Protein: 20g, Carbohydrates: 30g, Fat: 22g, Fiber: 10g

INGREDIENTS

1 whole-grain tortilla
1/2 avocado, sliced
1/2 cup cherry tomatoes,
halved
2 slices turkey or chicken breast
2 large lettuce leaves
Salt and pepper to taste

PREPARATIONS

1. Lay out the tortilla.
2. Layer with avocado, tomatoes, turkey or chicken, and lettuce.
3. Season with salt and pepper.
4. Fold the sides in and roll up the tortilla.

ALMOND AND BLUEBERRY PROTEIN SMOOTHIE BOWL



Prep Time:
5 mins



Cook Time:
00 mins



Serving
1



Nutrition: Calories: 400, Protein: 25g, Carbohydrates: 40g, Fat: 16g, Fiber: 10g

INGREDIENTS

1 cup unsweetened almond milk
1 scoop vanilla protein powder
1/2 cup frozen blueberries
1 small banana
1 tablespoon almond butter
1 tablespoon flaxseeds
1/4 cup granola

PREPARATIONS

1. Blend almond milk, protein powder, blueberries, banana, and almond butter until smooth.
2. Pour the smoothie into a bowl.
3. Top with flaxseeds and granola for added texture and nutrients.

BREAKFAST QUINOA WITH SPINACH AND POACHED EGGS



Prep Time:
10 mins



Cook Time:
10 mins



Serving
1



Nutrition: Calories: 350, Protein: 18g, Carbohydrates: 40g, Fat: 14g, Fiber: 7g

INGREDIENTS

1/2 cup cooked quinoa
1 cup fresh spinach
2 poached eggs
1/4 cup diced red bell pepper
Salt and pepper to taste

PREPARATIONS

1. Place cooked quinoa in a bowl.
2. Sauté spinach and diced red bell pepper until wilted.
3. Top quinoa with the sautéed vegetables and poached eggs.
4. Season with salt and pepper.



PEANUT BUTTER AND BANANA PROTEIN PANCAKES



Prep Time:
10 mins



Cook Time:
10 mins



Serving
2



Nutrition: Calories: 380, Protein: 25g, Carbohydrates: 40g, Fat: 16g, Fiber: 6g

INGREDIENTS

2/3 cup oat flour
1 scoop chocolate protein powder
1/2 teaspoon baking powder
1 ripe banana, mashed
2 tablespoons natural peanut butter
1/2 cup almond milk
1 egg
1/2 teaspoon vanilla extract
Cooking spray

PREPARATIONS

1. In a bowl, combine oat flour, protein powder, and baking powder.
2. In another bowl, mix the mashed banana, peanut butter, almond milk, egg, and vanilla extract.
3. Combine the wet and dry ingredients and mix until smooth.
4. Heat a non-stick skillet and lightly grease with cooking spray.
5. Pour pancake batter onto the skillet and cook until bubbles form on the surface, then flip and cook the other side.

TURMERIC AND GINGER SMOOTHIE



Prep Time:
5 mins



Cook Time:
00 mins



Serving
1



Nutrition: Calories: 300, Protein: 3g, Carbohydrates: 45g, Fat: 14g, Fiber: 6g

INGREDIENTS

1 cup unsweetened coconut milk
1 small ripe banana
1/2 teaspoon turmeric powder
1/2 teaspoon grated ginger
1/2 teaspoon honey
1 tablespoon chia seeds
Ice cubes

PREPARATIONS

1. Blend coconut milk, banana, turmeric, ginger, honey, and ice cubes until smooth.
2. Sprinkle chia seeds on top before serving for added fiber and Omega-3s.

BROCCOLI AND MUSHROOM EGG SCRAMBLE



Prep Time:
10 mins



Cook Time:
10 mins



Serving
1



Nutrition: Calories: 300, Protein: 23g, Carbohydrates: 8g, Fat: 19g, Fiber: 3g

INGREDIENTS

3 large eggs
1/2 cup broccoli florets,
steamed
1/2 cup sliced mushrooms
2 tablespoons grated Parmesan
cheese
Salt and pepper to taste

PREPARATIONS

1. Whisk eggs in a bowl and add salt and pepper.
2. Sauté mushrooms until browned in a non-stick skillet.
3. Add steamed broccoli to the skillet.
4. Pour in the whisked eggs and cook, stirring until the eggs are scrambled.
5. Sprinkle with Parmesan cheese before serving.

SPINACH AND SALMON BREAKFAST WRAP



Prep Time:
10 mins



Cook Time:
00 mins



Serving
1



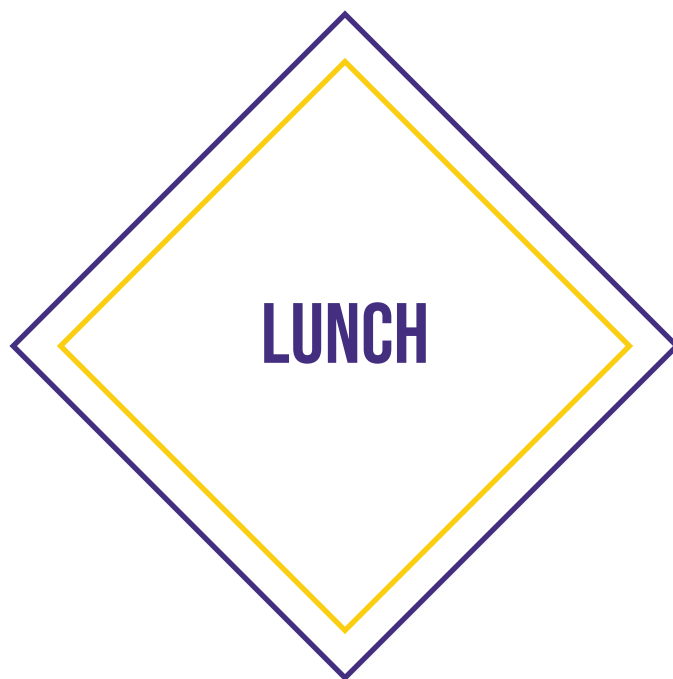
Nutrition: Calories: 350, Protein: 30g, Carbohydrates: 30g, Fat: 12g, Fiber: 6g

INGREDIENTS

1 whole-grain tortilla
3 oz cooked salmon
1 cup fresh spinach leaves
1/4 red onion, thinly sliced
1 tablespoon plain Greek yogurt
1/2 teaspoon lemon juice
Salt and pepper to taste

PREPARATIONS

1. Lay out the whole-grain tortilla.
2. Layer with cooked salmon, fresh spinach, and sliced red onion.
3. In a small bowl, mix Greek yogurt, lemon juice, salt, and pepper to make a dressing.
4. Drizzle the yogurt dressing over the ingredients.
5. Roll up the tortilla, securing the contents.



GRILLED CHICKEN AND QUINOA SALAD



Prep Time:
10 mins



Cook Time:
15 mins



Serving
1



Nutrition: Calories: 450, Protein: 30g, Carbohydrates: 35g, Fat: 18g, Fiber: 6g

INGREDIENTS

4 oz grilled chicken breast, sliced
1 cup cooked quinoa
2 cups mixed greens (e.g., spinach, arugula)
1/2 cup cherry tomatoes, halved
1/4 cup cucumber, sliced
2 tablespoons balsamic vinaigrette
1 tablespoon feta cheese (optional)

PREPARATIONS

1. Prepare the grilled chicken and quinoa in advance.
2. In a large bowl, combine the mixed greens, cherry tomatoes, and cucumber.
3. Add the sliced chicken and cooked quinoa on top.
4. Drizzle with balsamic vinaigrette and sprinkle with feta cheese if desired.

SALMON AND ASPARAGUS FOIL PACKETS



Prep Time:
10 mins



Cook Time:
15-20 mins



Serving
1



Nutrition: Calories: 350, Protein: 30g, Carbohydrates: 10g, Fat: 20g, Fiber: 4g

INGREDIENTS

4 oz salmon fillet
10-12 asparagus spears
1/4 lemon, sliced
1/2 tablespoon olive oil
1/2 teaspoon garlic powder
Salt and pepper to taste

PREPARATIONS

1. Preheat the oven to 400°F (200°C).
2. Lay out a large piece of aluminum foil.
3. Place the salmon fillet in the center, surround it with asparagus, and top with lemon slices.
4. Drizzle with olive oil and sprinkle with garlic powder, salt, and pepper.
5. Seal the foil to create a packet.
6. Bake for 15-20 minutes until the salmon flakes easily.



LENTIL AND SPINACH SOUP



Prep Time:
10 mins



Cook Time:
25 mins



Serving
2



Nutrition: Calories: 300, Protein: 15g, Carbohydrates: 45g, Fat: 5g, Fiber: 12g

INGREDIENTS

1 cup cooked brown lentils
2 cups fresh spinach leaves
1/2 cup diced carrots
1/2 cup diced celery
1/2 cup diced onion
4 cups low-sodium vegetable broth
1 teaspoon olive oil
1/2 teaspoon cumin
Salt and pepper to taste

PREPARATIONS

1. Heat olive oil in a pot and sauté onions, carrots, and celery until tender.
2. Add vegetable broth, lentils, cumin, salt, and pepper.
3. Simmer for 15-20 minutes.
4. Stir in fresh spinach leaves and cook until wilted.

TURKEY AND AVOCADO WRAP



Prep Time:
10 mins



Cook Time:
00 mins



Serving
1



Nutrition: Calories: 350, Protein: 30g, Carbohydrates: 30g, Fat: 15g, Fiber: 8g

INGREDIENTS

4 oz sliced turkey breast
1/4 avocado, sliced
1 whole-grain tortilla
1 cup mixed greens
1 tablespoon hummus
1/2 tablespoon Dijon mustard
Salt and pepper to taste

PREPARATIONS

1. Lay out the whole-grain tortilla.
2. Spread hummus and Dijon mustard on the tortilla.
3. Layer with turkey slices, avocado, and mixed greens.
4. Season with salt and pepper.
5. Roll up the wrap, securing the contents.

QUINOA AND CHICKPEA SALAD



Prep Time:
10 mins



Cook Time:
00 mins



Serving
2



Nutrition: Calories: 350, Protein: 12g, Carbohydrates: 50g, Fat: 14g, Fiber: 10g

INGREDIENTS

1 cup cooked quinoa
1 cup canned chickpeas, drained and rinsed
1/2 cucumber, diced
1/2 red bell pepper, diced
1/4 cup chopped fresh parsley
2 tablespoons olive oil
1 tablespoon lemon juice
1/2 teaspoon ground cumin
Salt and pepper to taste

PREPARATIONS

1. In a large bowl, combine cooked quinoa, chickpeas, cucumber, red bell pepper, and parsley.
2. In a small bowl, whisk together olive oil, lemon juice, ground cumin, salt, and pepper to make the dressing.
3. Pour the dressing over the salad and toss to combine.

TUNA AND WHITE BEAN SALAD



Prep Time:
10 mins



Cook Time:
10 mins



Serving
2



Nutrition: Calories: 350, Protein: 30g, Carbohydrates: 35g, Fat: 12g, Fiber: 10g

INGREDIENTS

1 can (5 oz) tuna in water, drained
1 cup cooked white beans (cannellini or navy beans)
1/2 cup cherry tomatoes, halved
1/4 cup red onion, finely chopped
2 tablespoons fresh lemon juice
1 tablespoon extra-virgin olive oil
1 tablespoon chopped fresh parsley
Salt and pepper to taste

PREPARATIONS

1. In a large bowl, combine the drained tuna, cooked white beans, cherry tomatoes, and red onion.
2. In a separate bowl, whisk together lemon juice, olive oil, parsley, salt, and pepper to create the dressing.
3. Pour the dressing over the salad and toss to combine.

QUINOA AND VEGETABLE STIR-FRY



Prep Time:
10 mins



Cook Time:
15 mins



Serving
2



Nutrition: Calories: 400, Protein: 20g, Carbohydrates: 45g, Fat: 15g, Fiber: 6g

INGREDIENTS

1 cup cooked quinoa
1 cup mixed vegetables (e.g., bell peppers, broccoli, snap peas)
4 oz grilled tofu or tempeh, cubed
2 tablespoons low-sodium soy sauce
1 tablespoon sesame oil
1 teaspoon minced ginger
1 clove garlic, minced

PREPARATIONS

1. Heat sesame oil in a large skillet or wok over medium-high heat.
2. Add the mixed vegetables, tofu or tempeh, ginger, and garlic. Stir-fry until the vegetables are tender and the tofu is lightly browned.
3. Add the cooked quinoa and soy sauce, and stir-fry for a few more minutes until heated through.

TURKEY AND VEGETABLE STUFFED BELL PEPPERS



Prep Time:
20 mins



Cook Time:
30 mins



Serving
2



Nutrition: Calories: 400, Protein: 25g, Carbohydrates: 35g, Fat: 15g, Fiber: 6g

INGREDIENTS

2 large bell peppers
8 oz ground turkey
1/2 cup cooked brown rice
1/2 cup diced tomatoes
1/4 cup chopped onion
1/4 cup low-sodium chicken broth
1 teaspoon Italian seasoning
Salt and pepper to taste

PREPARATIONS

1. Preheat the oven to 350°F (175°C).
2. Cut the tops off the bell peppers, remove seeds, and blanch them in boiling water for a few minutes.
3. In a skillet, brown the ground turkey and onion. Add the diced tomatoes, cooked brown rice, Italian seasoning, salt, and pepper.
4. Stuff the bell peppers with the turkey and rice mixture.
5. Place the stuffed peppers in a baking dish, pour chicken broth around them, and cover with aluminum foil.
6. Bake for 25-30 minutes until the peppers are tender.

SHRIMP AND ZUCCHINI NOODLES



Prep Time:
15 mins



Cook Time:
10 mins



Serving
2



Nutrition: Calories: 250, Protein: 25g, Carbohydrates: 15g, Fat: 10g, Fiber: 4g

INGREDIENTS

6 oz large shrimp, peeled and deveined
2 medium zucchinis, spiralized into noodles
2 cloves garlic, minced
1 tablespoon olive oil
1/4 cup cherry tomatoes, halved
Juice of 1 lemon
1/4 teaspoon crushed red pepper flakes
Fresh basil for garnish
Salt and pepper to taste

PREPARATIONS

1. In a skillet, heat olive oil over medium heat.
2. Add minced garlic and sauté for a minute until fragrant.
3. Add the shrimp and cook until pink, about 2-3 minutes per side.
4. Add zucchini noodles and cherry tomatoes, and cook for 2-3 minutes.
5. Drizzle with lemon juice, sprinkle with red pepper flakes, and season with salt and pepper.
6. Garnish with fresh basil before serving.

SPINACH AND CHICKPEA QUINOA BOWL



Prep Time:
12 mins



Cook Time:
15 mins



Serving
1



Nutrition: Calories: 450, Protein: 17g, Carbohydrates: 60g, Fat: 17g, Fiber: 9g

INGREDIENTS

1 cup cooked quinoa
1 cup fresh spinach
1/2 cup cooked chickpeas
1/4 cup roasted red peppers,
chopped
1/4 cup crumbled goat cheese
2 tablespoons balsamic
vinaigrette
1 tablespoon toasted pine nuts

PREPARATIONS

1. In a bowl, combine cooked quinoa, fresh spinach, cooked chickpeas, and roasted red peppers.
2. Drizzle with balsamic vinaigrette and toss to combine.
3. Top with crumbled goat cheese and toasted pine nuts.

SWEET POTATO AND BLACK BEAN QUESADILLA



Prep Time:
10 mins



Cook Time:
10 mins



Serving
1



Nutrition: Calories: 400, Protein: 15g, Carbohydrates: 60g, Fat: 10g, Fiber: 12g

INGREDIENTS

1 whole-grain tortilla
1/2 cup mashed sweet potato
1/2 cup black beans, cooked and drained
1/4 cup diced red onion
1/4 cup shredded cheddar cheese
1/2 teaspoon chili powder
Cooking spray

PREPARATIONS

1. Spread mashed sweet potato over half of the whole-grain tortilla.
2. Layer with black beans, red onion, and shredded cheddar cheese.
3. Sprinkle with chili powder.
4. Fold the tortilla in half.
5. Heat a skillet and lightly grease with cooking spray.
6. Cook the quesadilla until the tortilla is golden brown and the cheese is melted.

TURKEY AND LENTIL STUFFED PEPPERS



Prep Time:
20 mins



Cook Time:
30 mins



Serving
1



Nutrition: Calories: 400, Protein: 25g, Carbohydrates: 35g, Fat: 15g, Fiber: 6g

INGREDIENTS

2 large bell peppers
8 oz ground turkey
1/2 cup cooked green or brown lentils
1/4 cup diced tomatoes
1/4 cup diced onion
1/4 cup low-sodium chicken broth
1/2 teaspoon Italian seasoning
Salt and pepper to taste

PREPARATIONS

1. Preheat the oven to 350°F (175°C).
2. Cut the tops off the bell peppers, remove seeds, and blanch them in boiling water for a few minutes.
3. In a skillet, brown the ground turkey and onion. Add the diced tomatoes, cooked lentils, Italian seasoning, salt, and pepper.
4. Stuff the bell peppers with the turkey and lentil mixture.
5. Place the stuffed peppers in a baking dish, pour chicken broth around them, and cover with aluminum foil.
6. Bake for 25-30 minutes until the peppers are tender.



MEDITERRANEAN TUNA SALAD BOWL



Prep Time:
10 mins



Cook Time:
00 mins



Serving
1



Nutrition: Calories: 350, Protein: 30g, Carbohydrates: 20g, Fat: 15g, Fiber: 7g

INGREDIENTS

1 can (5 oz) tuna in water, drained
1 cup mixed greens (e.g., spinach, arugula)
1/2 cup cherry tomatoes, halved
1/4 cup cucumber, sliced
2 tablespoons Kalamata olives, pitted and sliced
1 tablespoon feta cheese (optional)
2 tablespoons balsamic vinaigrette

PREPARATIONS

1. In a large bowl, combine the drained tuna, mixed greens, cherry tomatoes, cucumber, and Kalamata olives.
2. Drizzle with balsamic vinaigrette and toss to combine.
3. Top with feta cheese if desired.

GRILLED VEGGIE AND CHICKEN WRAP



Prep Time:
10 mins



Cook Time:
10 mins



Serving
1



Nutrition: Calories: 400, Protein: 35g, Carbohydrates: 40g, Fat: 12g, Fiber: 8g

INGREDIENTS

4 oz grilled chicken breast, sliced
1 whole-grain tortilla
1/2 cup grilled or roasted vegetables (e.g., bell peppers, zucchini, eggplant)
2 tablespoons hummus
1 cup mixed greens
Salt and pepper to taste

PREPARATIONS

1. Lay out the whole-grain tortilla.
2. Spread hummus on the tortilla.
3. Layer with sliced grilled chicken and grilled or roasted vegetables.
4. Add mixed greens.
5. Season with salt and pepper.
6. Roll up the wrap, securing the contents.



QUINOA AND BROCCOLI SALAD



Prep Time:
10 mins



Cook Time:
15 mins



Serving
1



Nutrition: Calories: 450, Protein: 18g, Carbohydrates: 55g, Fat: 18g, Fiber: 12g

INGREDIENTS

1 cup cooked quinoa
1 cup steamed broccoli florets
1/2 cup chickpeas, drained and rinsed
1/4 cup diced red onion
1/4 cup crumbled feta cheese
2 tablespoons lemon vinaigrette
1 tablespoon chopped fresh parsley
Salt and pepper to taste

PREPARATIONS

1. In a large bowl, combine cooked quinoa, steamed broccoli, chickpeas, and red onion.
2. Drizzle with lemon vinaigrette and toss to combine.
3. Top with crumbled feta cheese, fresh parsley, salt, and pepper.

BLACK BEAN AND QUINOA STUFFED PEPPERS



Prep Time:
20 mins



Cook Time:
30 mins



Serving
2



Nutrition: Calories: 400, Protein: 20g, Carbohydrates: 60g, Fat: 8g, Fiber: 12g

INGREDIENTS

2 large bell peppers
1 cup cooked quinoa
1 cup black beans, cooked and drained
1/4 cup diced tomatoes
1/4 cup diced red onion
1/4 cup low-sodium vegetable broth
1/2 teaspoon ground cumin
Salt and pepper to taste

PREPARATIONS

1. Preheat the oven to 350°F (175°C).
2. Cut the tops off the bell peppers, remove seeds, and blanch them in boiling water for a few minutes.
3. In a skillet, sauté red onion and diced tomatoes until softened.
4. Add cooked quinoa, black beans, vegetable broth, ground cumin, salt, and pepper.
5. Stuff the bell peppers with the quinoa and black bean mixture.
6. Place the stuffed peppers in a baking dish and cover with aluminum foil.
7. Bake for 25-30 minutes until the peppers are tender.



GREEK CHICKEN AND QUINOA BOWL



Prep Time:
10 mins



Cook Time:
10 mins



Serving
1



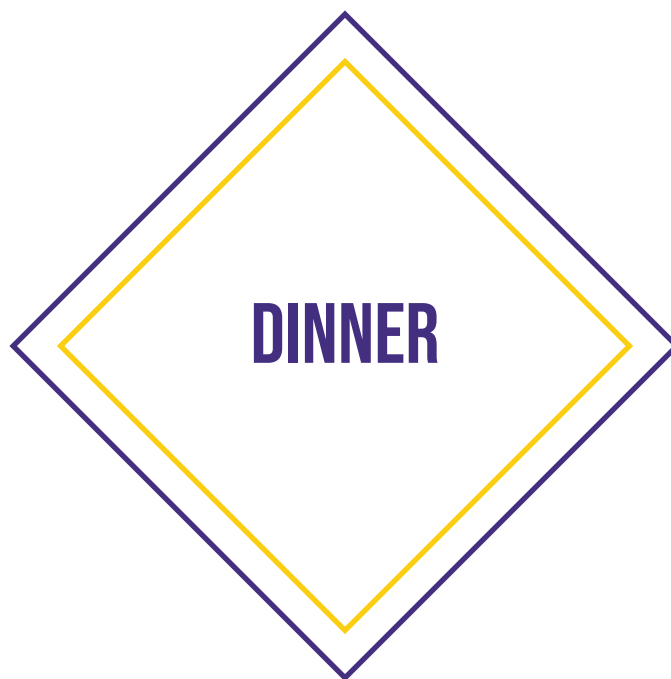
Nutrition: Calories: 450, Protein: 35g, Carbohydrates: 40g, Fat: 15g, Fiber: 6g

INGREDIENTS

4 oz grilled chicken breast, sliced
1 cup cooked quinoa
1/2 cup diced cucumber
1/2 cup cherry tomatoes, halved
1/4 cup Kalamata olives, pitted and sliced
1/4 cup crumbled feta cheese
2 tablespoons Greek dressing
1 tablespoon chopped fresh oregano
Salt and pepper to taste

PREPARATIONS

1. In a bowl, combine cooked quinoa, diced cucumber, cherry tomatoes, Kalamata olives, and crumbled feta cheese.
2. Drizzle with Greek dressing and toss to combine.
3. Top with grilled chicken slices, fresh oregano, salt, and pepper.



BAKED SALMON WITH QUINOA AND ROASTED VEGETABLES



Prep Time:
10 mins



Cook Time:
20 mins



Serving
1



Nutrition: Calories: 450, Protein: 30g, Carbohydrates: 40g, Fat: 18g, Fiber: 8g

INGREDIENTS

6 oz salmon fillet
1/2 cup cooked quinoa
1 cup mixed roasted vegetables
(e.g., broccoli, carrots, bell
peppers)
1 tablespoon olive oil
1/2 lemon, sliced
Salt and pepper to taste

PREPARATIONS

1. Preheat the oven to 375°F (190°C).
2. Place the salmon fillet on a baking sheet.
3. Drizzle with olive oil, season with salt and pepper, and top with lemon slices.
4. Bake for 15-20 minutes or until the salmon flakes easily.
5. Serve with cooked quinoa and mixed roasted vegetables.

TURKEY AND VEGETABLE STIR-FRY WITH BROWN RICE



Prep Time:
10 mins



Cook Time:
15 mins



Serving
1



Nutrition: Calories: 400, Protein: 30g, Carbohydrates: 40g, Fat: 12g, Fiber: 6g

INGREDIENTS

8 oz ground turkey
1 cup mixed stir-fry vegetables
(e.g., bell peppers, snap peas,
carrots)
1 cup cooked brown rice
2 tablespoons low-sodium soy
sauce
1 tablespoon sesame oil
1/2 teaspoon minced ginger
1 clove garlic, minced

PREPARATIONS

1. In a skillet, heat sesame oil over medium-high heat.
2. Add the ground turkey and cook until browned.
3. Add minced ginger and garlic, and stir for a minute until fragrant.
4. Add the stir-fry vegetables and cook until tender.
5. Stir in cooked brown rice and soy sauce.
6. Cook for a few more minutes until heated through.

GRILLED CHICKEN WITH QUINOA AND BROCCOLI



Prep Time:
10 mins



Cook Time:
15 mins



Serving
1



Nutrition: Calories: 400, Protein: 35g, Carbohydrates: 30g, Fat: 15g, Fiber: 6g

INGREDIENTS

6 oz grilled chicken breast
1/2 cup cooked quinoa
1 cup steamed broccoli florets
1 tablespoon olive oil
1/2 lemon, juiced
Salt and pepper to taste

PREPARATIONS

1. Grill the chicken until fully cooked.
2. Cook quinoa and steam broccoli in advance.
3. In a bowl, toss cooked quinoa with olive oil, lemon juice, salt, and pepper.
4. Serve grilled chicken alongside the quinoa and steamed broccoli.

LENTIL AND VEGETABLE SOUP



Prep Time:
10 mins



Cook Time:
20 mins



Serving
2



Nutrition: Calories: 350, Protein: 18g x, Carbohydrates: 45g, Fat: 8g, Fiber: 12g

INGREDIENTS

1 cup cooked green or brown lentils
1 cup mixed vegetables (e.g., carrots, celery, onions)
4 cups low-sodium vegetable broth
1 tablespoon olive oil
1/2 teaspoon ground cumin
Salt and pepper to taste

PREPARATIONS

1. In a large pot, heat olive oil and sauté mixed vegetables until softened.
2. Add vegetable broth, cooked lentils, ground cumin, salt, and pepper.
3. Simmer for 15-20 minutes.
4. Adjust seasoning as needed.

SHRIMP AND ZUCCHINI NOODLES WITH PESTO



Prep Time:
15 mins



Cook Time:
10 mins



Serving
1



Nutrition: Calories: 350, Protein: 25g, Carbohydrates: 20g, Fat: 18g, Fiber: 6g

INGREDIENTS

6 oz large shrimp, peeled and deveined
2 medium zucchinis, spiralized into noodles
2 tablespoons pesto sauce
1/4 cup cherry tomatoes, halved
1/4 cup diced red bell pepper
Salt and pepper to taste

PREPARATIONS

1. In a skillet, heat olive oil over medium heat.
2. Add the shrimp and cook until pink, about 2-3 minutes per side.
3. Add zucchini noodles, cherry tomatoes, and diced red bell pepper, and cook for 2-3 minutes.
4. Stir in pesto sauce and season with salt and pepper.

GRILLED TURKEY AND VEGETABLE KEBABS



Prep Time:
20 mins



Cook Time:
15 mins



Serving
2



Nutrition: Calories: 350, Protein: 35g, Carbohydrates: 15g, Fat: 15g, Fiber: 5g

INGREDIENTS

6 oz turkey breast, cut into chunks
Assorted vegetables (e.g., bell peppers, zucchini, cherry tomatoes)
1 tablespoon olive oil
1/2 teaspoon dried oregano
Salt and pepper to taste
Wooden skewers, soaked in water

PREPARATIONS

1. In a bowl, combine turkey chunks, olive oil, dried oregano, salt, and pepper. Marinate for at least 20 minutes.
2. Thread turkey and vegetables onto the soaked skewers.
3. Preheat a grill or grill pan to medium-high heat.
4. Grill the kebabs for about 10-15 minutes, turning occasionally, until the turkey is cooked through and the vegetables are charred.

BAKED COD WITH QUINOA AND STEAMED ASPARAGUS



Prep Time:
10 mins



Cook Time:
20 mins



Serving
1



Nutrition: Calories: 400, Protein: 40g, Carbohydrates: 30g, Fat: 10g, Fiber: 6g

INGREDIENTS

6 oz cod fillet
1/2 cup cooked quinoa
1 cup steamed asparagus spears
1 tablespoon lemon juice
1/2 teaspoon dried dill
Salt and pepper to taste

PREPARATIONS

1. Preheat the oven to 375°F (190°C).
2. Place the cod fillet on a baking sheet.
3. Drizzle with lemon juice and sprinkle with dried dill, salt, and pepper.
4. Bake for 15-20 minutes or until the cod flakes easily.
5. Serve with cooked quinoa and steamed asparagus.

LENTIL AND CHICKPEA CURRY



Prep Time:
10 mins



Cook Time:
20 mins



Serving
2



Nutrition: Calories: 350, Protein: 15g, Carbohydrates: 45g, Fat: 12g, Fiber: 12g

INGREDIENTS

1 cup cooked brown lentils
1 cup cooked chickpeas
1/2 cup diced tomatoes
1/2 cup diced onions
1/2 cup chopped bell peppers
1/2 cup canned coconut milk
1 tablespoon olive oil
1 tablespoon curry powder
Salt and pepper to taste

PREPARATIONS

1. In a skillet, heat olive oil and sauté onions, bell peppers, and diced tomatoes until soft.
2. Stir in cooked lentils, chickpeas, curry powder, salt, and pepper.
3. Add coconut milk and simmer for 10-15 minutes.
4. Adjust seasoning as needed.

CHICKEN AND VEGETABLE STIR-FRY WITH BROWN RICE



Prep Time:
10 mins



Cook Time:
15 mins



Serving
2



Nutrition: Calories: 400, Protein: 30g, Carbohydrates: 40g, Fat: 12g, Fiber: 6g

INGREDIENTS

6 oz chicken breast, cut into strips
1 cup mixed stir-fry vegetables (e.g., broccoli, snap peas, carrots)
1 cup cooked brown rice
2 tablespoons low-sodium soy sauce
1 tablespoon sesame oil
1/2 teaspoon minced ginger
1 clove garlic, minced

PREPARATIONS

1. In a skillet, heat sesame oil over medium-high heat.
2. Add the chicken strips and stir-fry until fully cooked.
3. Add minced ginger and garlic, and stir for a minute until fragrant.
4. Add the stir-fry vegetables and cook until tender.
5. Stir in cooked brown rice and soy sauce.
6. Cook for a few more minutes until heated through.

TERIYAKI CHICKEN WITH BROCCOLI AND BROWN RICE



Prep Time:
10 mins



Cook Time:
15 mins



Serving
1



Nutrition: Calories: 450, Protein: 35g, Carbohydrates: 45g, Fat: 10g, Fiber: 6g

INGREDIENTS

6 oz boneless, skinless chicken breast
1 cup steamed broccoli florets
1/2 cup cooked brown rice
2 tablespoons teriyaki sauce (low-sodium)
1/2 teaspoon sesame seeds
Salt and pepper to taste

PREPARATIONS

1. Grill or sauté the chicken until fully cooked, and slice it into strips.
2. Steam the broccoli and cook the brown rice in advance.
3. In a bowl, toss the steamed broccoli with teriyaki sauce.
4. Serve the teriyaki chicken alongside the broccoli and brown rice.
5. Sprinkle with sesame seeds and season with salt and pepper.



MEDITERRANEAN QUINOA SALAD WITH GRILLED SHRIMP



Prep Time:
10 mins



Cook Time:
10 mins



Serving
1



Nutrition: Calories: 450, Protein: 40g, Carbohydrates: 40g, Fat: 15g, Fiber: 7g

INGREDIENTS

6 oz grilled shrimp
1 cup cooked quinoa
1/2 cup diced cucumber
1/2 cup cherry tomatoes, halved
1/4 cup Kalamata olives, pitted and sliced
1/4 cup crumbled feta cheese
2 tablespoons Greek dressing
1 tablespoon chopped fresh oregano
Salt and pepper to taste

PREPARATIONS

1. In a bowl, combine cooked quinoa, diced cucumber, cherry tomatoes, Kalamata olives, and crumbled feta cheese.
2. Drizzle with Greek dressing and toss to combine.
3. Top with grilled shrimp, fresh oregano, salt, and pepper.



BAKED TILAPIA WITH STEAMED GREEN BEANS



Prep Time:
10 mins



Cook Time:
25 mins



Serving
1



Nutrition: Calories: 400, Protein: 30g, Carbohydrates: 45g, Fat: 12g, Fiber: 10g

INGREDIENTS

6 oz tilapia fillet
1 small sweet potato, sliced into rounds
1 cup steamed green beans
1 tablespoon olive oil
1/2 lemon, juiced
1/2 teaspoon dried thyme
Salt and pepper to taste

PREPARATIONS

1. Preheat the oven to 375°F (190°C).
2. Place the tilapia fillet on a baking sheet.
3. Arrange sweet potato rounds around the fish.
4. Drizzle with olive oil, lemon juice, and sprinkle with dried thyme, salt, and pepper.
5. Bake for 20-25 minutes or until the tilapia flakes easily.
6. Serve with steamed green beans.

VEGETARIAN CHILI WITH MIXED BEANS



Prep Time:
10 mins



Cook Time:
25 mins



Serving
2



Nutrition: Calories: 350, Protein: 15g, Carbohydrates: 60g, Fat: 2g, Fiber: 15g

INGREDIENTS

1 cup mixed cooked beans (e.g., black beans, kidney beans, pinto beans)
1/2 cup diced tomatoes
1/2 cup diced bell peppers
1/4 cup diced onions
1/4 cup corn kernels
2 cups low-sodium vegetable broth
1 teaspoon chili powder
1/2 teaspoon cumin
Salt and pepper to taste

PREPARATIONS

1. In a pot, combine mixed beans, diced tomatoes, bell peppers, onions, corn, vegetable broth, chili powder, cumin, salt, and pepper.
2. Simmer for 20-25 minutes.
3. Adjust seasoning as needed.

GRILLED VEGGIE AND CHICKPEA SALAD



Prep Time:
1 mins



Cook Time:
10 mins



Serving
1



Nutrition: Calories: 350, Protein: 15g, Carbohydrates: 40g, Fat: 15g, Fiber: 12g

INGREDIENTS

1 cup mixed grilled vegetables (e.g., eggplant, bell peppers, zucchini)
1 cup mixed greens (e.g., spinach, arugula)
1/2 cup chickpeas, cooked and drained
1/4 cup cherry tomatoes, halved
2 tablespoons balsamic vinaigrette
1 tablespoon crumbled goat cheese (optional)
Salt and pepper to taste

PREPARATIONS

1. Toss the mixed grilled vegetables, mixed greens, chickpeas, and cherry tomatoes in a bowl.
2. Drizzle with balsamic vinaigrette and toss to combine.
3. Top with crumbled goat cheese if desired.
4. Season with salt and pepper.

BEEF AND VEGETABLE STIR-FRY WITH QUINOA



Prep Time:
10 mins



Cook Time:
15 mins



Serving
1



Nutrition: Calories: 450, Protein: 30g, Carbohydrates: 45g, Fat: 15g, Fiber: 6g

INGREDIENTS

6 oz lean beef (e.g., sirloin),
sliced into strips
1 cup mixed stir-fry vegetables
(e.g., broccoli, snap peas,
carrots)
1 cup cooked quinoa
2 tablespoons low-sodium soy
sauce
1 tablespoon sesame oil
1/2 teaspoon minced ginger
1 clove garlic, minced

PREPARATIONS

1. In a skillet, heat sesame oil over medium-high heat.
2. Add the beef strips and stir-fry until cooked to your liking.
3. Add minced ginger and garlic, and stir for a minute until fragrant.
4. Add the stir-fry vegetables and cook until tender.
5. Stir in cooked quinoa and soy sauce.
6. Cook for a few more minutes until heated through.

PORK TENDERLOIN WITH MASHED CAULIFLOWER



Prep Time:
10 mins



Cook Time:
15 mins



Serving
1



Nutrition: Calories: 400, Protein: 40g, Carbohydrates: 30g, Fat: 12g, Fiber: 8g

INGREDIENTS

6 oz pork tenderloin
1 cup steamed asparagus spears
1 cup mashed cauliflower
1 tablespoon olive oil
1/2 lemon, juiced
1/2 teaspoon dried rosemary
Salt and pepper to taste

PREPARATIONS

1. Grill or sauté the pork tenderloin until fully cooked.
2. Steam the asparagus and prepare mashed cauliflower in advance.
3. Drizzle the cooked pork with olive oil, lemon juice, dried rosemary, salt, and pepper.
4. Serve the pork with steamed asparagus and mashed cauliflower.

GRILLED TOFU AND VEGETABLE SKEWERS WITH QUINOA



Prep Time:
15 mins



Cook Time:
15 mins



Serving
1



Nutrition: Calories: 400, Protein: 20g, Carbohydrates: 40g, Fat: 18g, Fiber: 8g

INGREDIENTS

6 oz extra-firm tofu, cubed
Assorted vegetables (e.g., bell peppers, mushrooms, cherry tomatoes)
1/2 cup cooked quinoa
2 tablespoons balsamic vinaigrette
1/2 teaspoon dried basil
Salt and pepper to taste
Wooden skewers, soaked in water

PREPARATIONS

1. Preheat the grill to medium-high heat.
2. Thread cubed tofu and assorted vegetables onto the soaked skewers.
3. Drizzle with balsamic vinaigrette, sprinkle with dried basil, salt, and pepper.
4. Grill the skewers for about 10-15 minutes, turning occasionally, until the tofu and vegetables are lightly charred.
5. Serve with cooked quinoa.