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- High blood pressure (you or your family)
- Heart disease (you or your family)
- Chest pain when exercising
- Chest pain in the past month when not engaged in physical activity
- Smoking
- Have high cholesterol
- Obesity
- Currently pregnant
- Bone or joint problem that could be made worse by a change in physical activity

If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Stop exercising immediately if you experience faintness, dizziness, pain or shortness of breath at any time.

Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this document. Current health and fitness research may exist that could impact the educational information provided, and advice found here may not be based on the most recent findings or developments. Therefore, the use of any information provided on this site is solely at your own risk.

Breakfast

Chocolate Chip Banana Pancakes, Gluten-Free

Feeding your family a healthy breakfast is key, so make these tasty pancakes to start the day off right.

Ingredients

- 2 Cups Pamela's Baking & Pancake Mix
- 2 Organic Brown Eggs
- 1 1/2 Cups Water
- 2 Tablespoons Melted Spectrum Organic Virgin Coconut Oil
- 1 Scoop ProGrade Protein
- 1 Mashed Banana
- Sprinkle with Enjoy Life Semi-Sweet Chocolate Chips



Method

1. Preheat griddle to 350 degrees
2. Mix Pancake Mix, Eggs, Water, Coconut Oil, Prograde Protein, and Banana together in medium to large bowl.
3. Pour desired size pancakes onto griddle.
4. Sprinkle each pancake with chocolate chips.
5. Brown, flip, brown again & serve.

Prepared by:

Tony DiLorenzo is the co-founder of [Fit Marriage](#) where he helps busy couples and on-the-go parents get fit, stay healthy and live a life they love. Tony and his wife Alisa enjoy cooking fast, healthy meals for their busy family and sharing these recipes with others.

Overnight Oatmeal (aka Muesli)

This is one of my favorite Spring/Summer breakfasts. It is super easy to make and a refreshing twist on cold cereal. Experiment with different types of nuts and in-season fruit toppings.

Ingredients

- 1 cup nonfat or 2% plain Greek yogurt
- 1 cup nonfat milk
- 2 tablespoons honey
- 1 cup rolled oats
- 1 Tbsp vanilla extract
- Mixed fresh berries
- Sliced almonds or chopped walnuts or granola, optional.

Method

In a medium bowl, mix together the yogurt, milk, honey, oats, and vanilla. Cover tightly and refrigerate overnight. In the morning, serve in a bowl topped with fresh berries and toasted nuts or granola, if desired.

Prepared by:

Danielle Omar is a Registered Dietitian and nutrition communications consultant, nutrition blogger, and busy mom. She founded Danielle Omar Nutrition to help busy professionals and families navigate their hectic lives with the power of food confidence. Danielle can be found writing about nutrition, healthy recipe makeovers, and raising healthy eaters at <http://danielleomar.blogspot.com/>.

Breakfast Bagel Sandwich

Ingredients

- Toasted sprouted bagel
- One or two organic fried eggs
- Handful spinach
- Purple cabbage



Method

Toast bagel. Fry egg to your liking while sautéing spinach. Place egg, spinach, and cabbage onto bagel.

Enjoy!

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Vegetable Omelet

Ingredients

- 1 whole egg
- 2 egg whites
- ½ cup steamed mushrooms
- ½ cup steamed broccoli
- Chopped red onion
- 3 slices of tomato
- 3 slices of turkey bacon

Method

Coat a non-stick skillet w/ cooking spray and make an omelet (or scramble). Mix 1 whole egg and two egg whites, 1/2 cup of steamed mushrooms, and 1/2 cup of steamed broccoli. Add chopped red onion and your favorite salt-free seasoning to taste. Serve omelet with 3 slices of tomato and 3 slices of turkey bacon.

Prepared by:

Brad is the author of [Enemy of Fat](#) where he shares his own weight loss journey in hopes that it will inspire and motivate others to take action themselves. He recently lost 18 pounds in 14 days eating these quick and easy recipes.

Apple Cinnamon Oatmeal

If you don't think you have the time to make a tasty and healthy breakfast, check out this recipe for an awesome apple cinnamon oatmeal. It's delicious, nutritious, and a great way to start your day!

Ingredients

- 2 C Water
- 2 Chopped Organic Apples
- Dash of Cinnamon
- Pinch of Salt
- 1 C Oatmeal
- Handful of Raw Nuts (Cashews, Almonds, etc)

Method

Bring 2 C of water, 2 chopped organic apples, cinnamon, and salt to a rolling boil. Add 1 C oatmeal and stir for 5-7 minutes. Once desired texture is reached plate, add your choice of nuts.

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Simple Grain-Free Banana Pancakes

When our family went grain-free for a while, eggs every day got pretty boring for breakfast. I was surprised at how easy it was to make even such normally grain-based things as pancakes into grain-free versions. Easy and delicious!

Ingredients

- 3 bananas, slightly overripe are fine
- 3 eggs
- 3 Tbs oil (melted butter or coconut oil), optional
- 1+ tsp. cinnamon
- chopped walnuts, optional
- 1/4 c. yogurt cheese, optional

Method

1. Mash, mix, and fry in lots of fat until brown on the bottom, flipping once. Serve with butter and real maple syrup.
2. You can mash with a potato masher for a chunky texture or use a stick blender or larger appliance for a totally smooth batter.
3. The leftover pancakes can be stored in the refrigerator and reheated in a toaster oven just like you would grainy pancakes, although you probably won't really have leftovers unless you make a double batch.

Prepared by:

Katie Kimball is a Catholic wife and mother of two (going on three) who wants the best of nutrition and living for her family. She believes that God calls us to be good stewards of all His gifts as we work to feed our families: **time**, **finances**, the good green **earth**, and of course, our **healthy bodies**. Her writing at [Kitchen Stewardship](#) seeks to share with others ways to balance all four and be **prayerful** in the call to vocation in the kitchen.

Grain-Free Almond-Apple Pancakes

When our family went grain-free for a while, eggs every day got pretty boring for breakfast. I was surprised at how easy it was to make even such normally grain-based things as pancakes into grain-free versions. Easy and delicious!

Ingredients

- 1 c. ground almonds
- 2 eggs
- 2-3 Tbs oil (melted coconut oil)
- 1/4 tsp. salt
- 1 tsp. baking powder
- 1/2 large apple or 1 small, chopped finely or food processed OR 1/3-1/2 c. applesauce
- 2+ tsp. cinnamon
- 1 tsp. vanilla
- optional: add up to 3 Tbs. coconut milk or whole milk



Method

1. Simply whisk all the ingredients together thoroughly. Add milk if needed for thinner batter.

2. Cook over medium to medium-high heat in butter or coconut oil until bubbly and slightly dry on the edges, and flip once.

3. Serve with butter and maple syrup.

Leftovers will refrigerate just fine.

Makes about one dozen thick, 3" pancakes.

Prepared by:

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Blueberry Coconut Smoothie

I love this shake for a refreshing start to any day or a mid-day snack!

Ingredients <ul style="list-style-type: none">• 1 cup frozen pineapple• 1 cup frozen blueberries• $\frac{3}{4}$ cup reduced-fat coconut milk• $\frac{1}{4}$ cup sweetened shredded coconut	Method <p>In a blender, combine 1 cup frozen pineapple, 1 cup frozen blueberries, $\frac{3}{4}$ cup reduced-fat coconut milk, and $\frac{1}{4}$ cup sweetened shredded coconut. Whirl until smooth and pour into a chilled tall glass (makes 16 oz.)</p>
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Prepared by: <p>Danielle Omar is a Registered Dietitian and nutrition communications consultant, nutrition blogger, and busy mom. She founded Danielle Omar Nutrition to help busy professionals and families navigate their hectic lives with the power of food confidence. Danielle can be found writing about nutrition, healthy recipe makeovers, and raising healthy eaters at http://danielleomar.blogspot.com/.</p>

Power Oatmeal

Breakfast (“breaking the fast”) gives you the energy your body needs to conquer your day. It might be running the kids around, being focused at work, refueling after a workout, or having the extra energy at the end of the day to be intimate with your spouse.

Ingredients

- 1 3/4 Cups Water
- 1 Cup Oatmeal
- 1 Banana
- 1 Tbs Almond Butter
- 1/2 Scoop ProGrade Protein Powder
- 1/4 Cup Nuts (Almonds, Cashews, Pecans, etc)
- 1 Tbsp Vitamineral Greens (optional)



Method

1. Cook oatmeal according to directions.
2. Blend 1 banana in your [Magic Bullet](#) to a creamy consistency. Add Almond Butter and [ProGrade Protein Powder](#) to bowl.
3. Pour cooked oatmeal into bowl. Pour banana from Magic Bullet cup on top of oatmeal.
4. Mix everything together until oatmeal is infused entirely.
5. If so desired, add [Vitamineral Greens](#) to oatmeal and mix. Top with nuts.

Prepared by:

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Lunch

Tuscan-Style Tuna Sandwich or Salad

Ingredients

- 2 cans tuna, drained
- 15 oz can cannellini beans, rinsed and drained
- 1 cup chopped cherry tomatoes
- 1-2 Tbsp capers
- 2 T olive oil
- 2 T lemon juice or balsamic vinegar
- salt and pepper
- 1 avocado, diced



Method

In a medium bowl, combine tuna, cannellini beans, chopped cherry tomatoes, capers, olive oil, lemon juice, avocado, salt and pepper in a medium bowl. Mix gently to combine.

Refrigerate until ready to serve. Have with toasted pita chips or over baby spinach.

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Turkey Focaccia Sandwich

If you don't think you have the time or money for a **healthy lunch**, check out this quick recipe of one of my favorite sandwiches. It's delicious, easy and nutritious!

Ingredients

- 1 Focaccia bread
- 3-4 Turkey slices
- ¼ Cup Spinach
- ¼ Cup Chopped purple cabbage

Method

Toast Focaccia bread. Top bread with turkey, spinach, & cabbage. Fold into a taco. Enjoy!

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Buddha Bowl

Ingredients <ul style="list-style-type: none">• 1/2 cup cooked quinoa• 3 oz grilled tofu• 1/2 cup chopped cooked broccoli• 1/2 cup sliced cooked mushrooms• 1/4 tsp turmeric• 2 tsp sesame oil• Splash of tamari!	Method <p>Combine quinoa, tofu, broccoli, and mushrooms in bowl. Add turmeric, sesame oil and tamari to taste, mix well to combine.</p>
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2 Bean Salad

Ingredients

- ½ cup organic kidney beans
- ½ cup organic garbanzo beans
- 1 cup baby spinach
- ¼ cup chopped purple cabbage
- 1 Tbsp virgin olive oil
- 1 tsp balsamic vinegar
- 15 whole-wheat crackers
- 10 baby carrots

Method

Combine kidney beans & garbanzo beans in a bowl. Add virgin olive oil, balsamic vinegar, and mix together.

Place spinach on a plate, pour beans onto spinach, and then sprinkle cabbage over beans.

Enjoy with crackers and carrots.

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Mediterranean Tuna Medley

A great lunch idea for those who don't like tuna! You can throw this together in literally minutes!

Ingredients	Method
<ul style="list-style-type: none">• 1 can light tuna canned in water, drained• 1 tsp dijon mustard (I like the grainy one)• 1 tsp olive oil• 2 Tbsp balsamic vinegar• 3 olives, chopped (I used kalamata)• 1 Tbsp chopped green onion• 3 sliced cherry tomatoes• 1 chopped sun-dried tomato (the dried variety that you re-constitute with hot water - not the ones packed in oil! Can be omitted if you don't have on-hand)	<p>In a small bowl add together the dijon mustard, olive oil, balsamic vinegar. Mix until combined, a whisk works best. Add in chopped cherry tomato, olives, sundried tomato and green onion. Mix. Lastly break tuna into chunks and add to the dressing and toss.</p>

Prepared by:

Kristine Fretwell is a busy wife & mother who 7 months after her daughter was born, placed 4th in her first fitness competition. She realized after that first show it wouldn't be her last. In October 2009 at the FAME Canadian Nationals, Kristine came in 1st place in the Advanced Fitness Model division earning her Pro Status. Find more delicious recipes from Kristine at [Busy But Healthy](http://www.BusyButHealthy.com).

Tuna Salad Wrap

Ingredients

- 7 oz Chicken of the Sea Chunk Light Tuna in water
- ½ Cup Spinach
- ¼ cup Chopped purple cabbage
- 2 Large tortillas
- 2 Tbs. Real Mayo

Method

Drain water from tuna can. Mix tuna and real mayo for tuna salad mix.

Warm tortillas on stove or microwave. Place 3.5 oz of tuna in each tortilla. Add ¼ cup spinach to each & 1/8 cup cabbage.

Roll into burrito. Add salsa or guacamole if so desired.

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Dinner

Almond-Crusted Fish

This is a delicious way to cook fish and works great for the gluten-free family. I serve this with a side of salad and a hearty vegetable like Brussels sprouts or broccoli.

Ingredients

- cup almond meal or almond flour
- 4 (6-oz.) tilapia, cod, catfish or basa fillets
- 1/2 teaspoon salt
- tablespoons butter
- tablespoons olive oil
- 1/2 cup sliced raw almonds



Method

In a medium bowl, combine tuna, cannellini beans, chopped cherry tomatoes, capers, olive oil, lemon juice, avocado, salt and pepper in a medium bowl. Mix gently to combine. Refrigerate until ready to serve. Have with toasted pita chips or over baby spinach.

Prepared by:

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Quick & Light Coconut Shrimp Curry

This dish will satisfy any craving for Thai food. Tons of flavor, without all the fat!

Ingredients

- 1 lb (454g) frozen shrimp 21-30 per pound, thawed
- 1 tsp red or yellow curry paste (like THAI Kitchen) *See note
- 1 can (14oz) light coconut milk
- 1 cup sliced bamboo shoots (small can), drained
- 1 cup sliced water chestnuts (small can), drained
- 1/2 large green pepper, sliced
- 1/2 Tbsp fish sauce
- 4 packets Krisda stevia (or other sugar substitute)



Method

Preheat large skillet to medium heat. Rinse thawed shrimp well in colander and remove tails if needed. Pour coconut milk in skillet, add curry paste and whisk until blended. Add fish sauce and stevia and cook for 1 minute. Add in green pepper, water chestnuts and bamboo shoots and cook until green pepper starts to get tender (3-4 minutes). Add shrimp and cook until just pink.

Note

1 tsp of red curry paste is on the spicier side. If you want it mild, use 1/2 tsp.

Optional: serve with brown rice

Prepared by:

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Crock Pot BBQ Chicken

If you think you are too busy to prepare a **healthy dinner**, think again. This crock pot chicken recipe has 3 ingredients and in a few minutes it will make a meal for the entire family. It's easy and delicious!

Ingredients	Method
<ul style="list-style-type: none">• Onion• 1 lb Chicken Tenders• BBQ Sauce or your favorite marinade	<ol style="list-style-type: none">1. Place chopped onion in crock pot2. Add chicken tenders3. Cover with BBQ sauce4. Cook on low for 8 hours & then serve

Prepared by:

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Asparagus Frittata

My go-to dinner when I have nothing left in the house! You can substitute any vegetable for the asparagus and get as creative as you want with the herbs. I serve this with a side salad (if I have it) or some toast!

Ingredients

- 3/4 pound asparagus, trimmed
- 8 extra-large eggs (you can also do a mix of egg whites and whole eggs)
- 2 tablespoons plus 2 teaspoons low-fat milk
- 1/2 teaspoon salt
- Freshly ground pepper to taste
- 1/4 cup finely chopped fresh herbs (chopped fresh parsley, dill, chives, tarragon, or a combination)
- 1/4 cup freshly grated Parmesan
- 1 tablespoon extra virgin olive oil

Method

1. Steam the asparagus until tender, about 5 minutes. Refresh with cold water, drain and pat dry. Cut into 1/2-inch slices and set aside (can use frozen veggies or any leftover veg as well).
2. Beat the eggs in a large bowl. Beat in the milk, salt, pepper, and herbs. Stir in the asparagus and the Parmesan.
3. Heat the olive oil over medium-high heat in a 10-inch heavy nonstick skillet. Hold your hand above it; it should feel hot. Drop a bit of egg into the pan and if it sizzles and cooks at once, the pan is ready.
4. Pour the remaining egg mixture into the pan and swirl around to distribute the eggs evenly over surface. Shake the pan gently and tilt the pan slightly to disperse the eggs, lift the sides with your spatula to allow the eggs to run underneath.
5. Turn the heat down to low and cover the pan. Cook 8 to 10 minutes, shaking the pan every once in a while, until the frittata is just about set. Turn on the broiler.
6. If the frittata is not quite set on the top, place under the broiler, about 3 inches from the heat, for 1 minute, watching closely, until just beginning to color on the top.
7. Remove from broiler, allow to sit in

	<p>the pan for about 5 minutes, then slide out onto a platter, or cut in wedges in the pan. Serve warm, room temperature, or cold.</p>
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Chicken Enchilada Casserole

Great Mexican style lasagna! This is a great recipe to entertain with, but quick and easy enough for a weeknight dinner! It's also gluten-free! Could easily be doubled and placed in a 9x13 inch pan to serve more people.

Ingredients

- 1 1/2 cup onion, chopped
- 1 cup frozen corn
- 1/2 tsp cumin
- 2/3 cup salsa verde
- 1/3 cup light cream cheese
- 9 small corn-only tortillas, cut into quarters
- 1/3 cup low fat shredded cheddar cheese blend
- 12 oz rotisserie chicken (or shredded chicken breast) **12 oz of chicken breast is approx 4 small chicken breasts



Method

1. Preheat the oven to 350 degrees F. Prepare an 8x8 inch pan sprayed with cooking spray. In a skillet on the stove, spray with cooking spray and on medium heat brown the onions and corn. Remove from heat and stir in cumin.
2. Meanwhile, in a magic bullet, blender or food processor, blend together the salsa verde and light cream cheese. Set aside.
3. Cut the corn only tortilla's into quarters. Place a layer of the tortilla's in the 8x8 pan. Then add a layer of the corn and onion mixture, then add a layer of chicken, then the salsa/cream cheese mixture. Repeat layers (corn tortilla's, corn/onion, chicken, salsa/cream cheese). Finish the last layer of corn tortilla's, then add the shredded cheese.
4. Bake in a 350 degree F oven for 25-30 minutes until browned and bubbly. Cut into 4 servings. Serve with salad on the side.

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Tandoori Chicken Strips with Whole Sweet Potatoes

Ingredients

- 3oz Plain Yogurt
- 1 T Lemon Juice
- 1/2 t Fresh Grated Ginger
- 1T Paprika
- 1/2 t Cumin
- 3/4 lb Chicken Breast, cut into strips
- 1 T chopped fresh cilantro
- 2 Whole Sweet Potatoes



Method

Combine yogurt, lemon juice, paprika, ginger and cumin in a zip loc bag.

Add chicken to marinade mixture.

Refrigerate 4 hours or more.

Preheat Broiler.

Remove chicken from marinade, place on a sprayed broiler pan, and discard marinade.

Broil 5 inches from heat about 4 minutes on each side or until done.

Sprinkle with cilantro

Microwave or bake sweet potatoes until soft. Top with a pat of butter and sprinkle with brown sugar.

Prepared by:

Dustin Riechmann is the co-founder of [Fit Marriage](#) where he helps busy couples and on-the-go parents get fit, stay healthy and live a life they love. Dustin and his wife Bethany love to try new foods, while keeping their three young children happy and healthy.

Grilled Sirloin Steak with Spinach, Tomato, and Onion Salad

Ingredients

- 4-4.5 oz lean sirloin steak
- 1 cup baby spinach
- ¼ cup red onion
- Plum tomato
- 1 tbsp balsamic vinegar

Method

Season a 4-4.5 oz. lean sirloin steak with your favorite salt-free seasoning and pepper to taste. Broil or grill to your desired degree of doneness.

Salad: 1 cup of baby spinach, ¼ cup of a slice red onion, and one sliced plum tomato. Toss with 1 tbsp. of balsamic vinegar.

Prepared by:

Brad is the author of [Enemy of Fat](#) where he shares his own weight loss journey in hopes that it will inspire and motivate others to take action themselves. He recently lost 18 pounds in 14 days eating these quick and easy recipes.

Spaghetti Squash with Tomatoes and Beans

Spaghetti squash is so versatile and the hint of sweet the squash provides with the tangy tomato sauce is a perfect combination. You can eat this as-is, or for a heartier meal, add sautéed Italian turkey sausage or turkey meatballs.

Ingredients

- 1 whole spaghetti squash
- 1, 15 oz can cannellini beans, drained and rinsed
- 1, 15 oz can chopped tomatoes
- 1 Tbsp olive oil
- 1 clove garlic, minced or chopped
- 1 Tbsp dried oregano, parsley or basil
- Salt to taste
- Hot pepper flakes (optional)



Method

1. With a sharp knife, pierce squash in at least 5 places (this is important or squash may explode in oven). Microwave on high 10 -12 minutes (depending on size of squash) until squash gives slightly when pressed. Remove from oven and let stand 5 minutes or until cool enough to handle. You can also roast the squash in the oven at 400 for about an hour, if you have time.
2. While squash is cooking, sauté garlic in olive oil. Add canned tomatoes, herbs, and salt; let cook for a few minutes, then add cannellini beans. Heat until warmed through (if using sausage or meatballs, cook first and then add to sauce)
3. Slice cooked squash in half, remove seeds. Take fork and scrape out squash in strands, portion into serving bowls.
4. Top each bowl with tomato-bean mixture.

Prepared by:

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Grilled BBQ Chicken with Black Beans & Rice and Strawberry Spinach Salad

This is a quick and easy meal that lets me do the cooking for the evening in one of my favorite places, the outdoor grill!

Ingredients

- Two medium boneless, skinless chicken breast
- Your favorite BBQ sauce
- Black beans and rice (we use a pre-mixed version)
- Handful of organic spinach
- Dried strawberries
- Sliced almonds
- Strawberry vinaigrette dressing



Method

Grill chicken breast on outdoor grill and top with your favorite BBQ sauce.

Cook pre-mixed black beans and rice on the stove top in a sauce pan according to instructions.

Mix a bag of organic spinach with dried strawberries, sliced almonds and strawberry vinaigrette dressing.

Prepared by:

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Buffalo Chicken Tenders

Ingredients <ul style="list-style-type: none">• 5-6 oz. boneless, skinless chicken breast• Hot sauce• 2 tsp. olive oil• Celery sticks• Red pepper• 2 tbsp. blue cheese dressing	Method <p>Marinate 5-6 oz. of boneless, skinless chicken breast tenderloins in hot sauce (Tabasco or Frank's RedHot are delicious) for about 30-60 minutes. Cook chicken in a non-stick skillet with 2 tsp. of olive oil until cooked through. Serve with celery sticks, sliced red pepper, and 2 tbsp. of blue cheese dressing. Make a tossed green salad with light vinaigrette on the side.</p>
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Crock Pot Tamale Pie

Crock pot recipes are always a great way for you to feed your hungry family at dinner time. This tamale pie recipe is a great way to have a Mexican night. Add some chips, salsa, guacamole, and enjoy! It's also super for tailgating or a potluck.

Ingredients

Filling ingredients:

- 1 lb cooked ground beef
- 1 15 oz can black beans drained & rinsed
- 1 15 oz can fire roasted diced tomatoes with chilies
- 1 15 oz can corn drained
- 1 TBSP chili powder or taco seasoning
- 1 tsp ground cumin
- 1/4 cup diced onions
- 1 cup cheddar cheese

Cornbread topping ingredients:

- 3/4 cup cornmeal
- 1 1/4 cup flour or gluten-free baking mix
- 1 tsp baking powder – omit if using gluten-free mix that has baking powder
- 1 cup milk
- 1/4 cup sugar
- 1 large egg

Method

1. Spray stoneware with cooking spray.
2. Combine all filling ingredients from above in crock pot. Stir ingredients together until thoroughly mixed as you will not be able to mix again.
3. In a large bowl, mix all topping ingredients from above. Stir to a smooth texture, and then pour topping onto filling in crock pot.
4. Cover and cook on low for 4-6 hours.



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Country Dijon Pork Chops

Ingredients

- 4 oz. lean center-cut pork chop
- 2 tbsp. Dijon mustard
- 1 cup fresh string beans
- 1 plum tomato
- ¼ cup red onion
- 4 black olives
- 1 tbsp red wine vinegar

Method

Coat a 4 oz. lean center-cut pork chop with 2 tbsp. of country-style Dijon mustard. Bake at 375 degrees for approximately 12-15 minutes, and then broil for 1-2 minutes to let the top of the pork chop caramelize slightly.

Make sure the chop is cooked thoroughly.

Serve with 1 cup fresh string beans.

Tomato and onion salad: 1 sliced plum tomato, ¼ cup of a sliced red onion, 4 black olives, and 1 tbsp of red wine vinegar.

Prepared by:

Brad is the author of [Enemy of Fat](#) where he shares his own weight loss journey in hopes that it will inspire and motivate others to take action themselves. He recently lost 18 pounds in 14 days eating these quick and easy recipes.

Crustless Spinach-Feta Quiche

Another easy go-to dinner – feels very decadent, but healthy and light!

Ingredients	Method
<ul style="list-style-type: none">• 1 medium onion• 6 oz fresh spinach• 2 eggs + ½ cup whites• ½ cup all purpose flour• ½ tsp baking powder• ¼ tsp salt• 1 1/3 cups fat free milk• ½ cup feta cheese	<ol style="list-style-type: none">1. Sautee onion in olive oil over medium heat. Add fresh spinach to pan, cook until wilted, set aside.2. In large bowl, whisk 2 eggs + egg beaters or whites, flour, baking powder and salt.3. Add milk and spinach mixture to bowl.4. Pour in prepared pie pan.5. Top with feta cheese.6. Bake for 25 mins @ 400 degrees. Let set for 5 minutes before slicing.

Prepared by:

Danielle Omar is a Registered Dietitian and nutrition communications consultant, nutrition blogger, and busy mom. She founded Danielle Omar Nutrition to help busy professionals and families navigate their hectic lives with the power of food confidence. Danielle can be found writing about nutrition, healthy recipe makeovers, and raising healthy eaters at <http://danielleomar.blogspot.com/>.

Easy Crock Pot Chili

Crock pot recipes are always a hit. This beef & bean chili recipe is a great way to prepare chili in a crock pot. It's also super for tailgating or a potluck.

Ingredients

- 1 Pound of ground beef or ground turkey
- 1 Can black beans
- 1 Can kidney beans
- 1 Can diced tomatoes with chilies
- 1 Package McCormick chili seasoning



Method

Brown ground beef. Scoop out leaving the fat in the pan.

Add the rest of the ingredients to the crock pot. Stir well. Set on low and cook about eight hours.

Bowl or plate chili with tortillas and/or spinach. Top with Greek yogurt/sour cream, shredded cheese and homemade salsa.

Prepared by:

Tony DiLorenzo is the co-founder of [Fit Marriage](#) where he helps busy couples and on-the-go parents get fit, stay healthy and live a life they love. Tony and his wife Alisa enjoy cooking fast, healthy meals for their busy family and sharing these recipes with others.

Baked Tilapia with Oven-Roasted Asparagus

Ingredients	Method
<ul style="list-style-type: none">• 5-6 oz Tilapia fillet• 1 tsp lemon juice• 1 tsp olive oil• 8-10 asparagus spears	<p>Preheat oven to 300 degrees. Spray a cookie sheet with non-stick cooking spray (cover cookie sheet with foil to help with clean up).</p> <p>Place a 5-6 oz piece of Tilapia on cookie sheet and season with sea salt, pepper, 1 tsp of lemon juice, and 1 tsp. of olive oil.</p> <p>Arrange 8-10 asparagus spears around the fish and bake for 12-15 minutes, or until fish is cooked through. Cook the asparagus for 3-5 more minutes depending on your taste preference.</p> <p>Serve fish and asparagus with side salad topped with 1 tbsp. of light balsamic vinaigrette dressing.</p>

Prepared by:

Brad is the author of [Enemy of Fat](#) where he shares his own weight loss journey in hopes that it will inspire and motivate others to take action themselves. He recently lost 18 pounds in 14 days eating these quick and easy recipes.

Dessert

Chocolate PB Lava Protein Brownie

Low carb and sooooo yummy. I have one of these virtually every night! Great if you have a sweet tooth!

Ingredients

- 1 scoop Whey Gourmet Peanut Butter Chocolate Whey Protein (or Whey Gourmet Milk Chocolate)
- 1 Tbsp unsweetened cocoa powder
- ¼ cup water
- 1 tsp natural peanut butter (could also use PB2)



Method

In a small microwave safe bowl, mix together protein powder and cocoa powder. Add in ¼ cup warm water and stir until blended. Should be pudding-like. Microwave for 30 seconds, or until the outside starts to puff up (you'll have to keep a close eye on it), and the centre is still a gooey, pudding like centre. Don't overcook it or it will be hard and DRY!! Then top with peanut butter. Enjoy!

Prepared by:

Kristine Fretwell is a busy wife & mother who 7 months after her daughter was born, placed 4th in her first fitness competition. She realized after that first show it wouldn't be her last. In October 2009 at the FAME Canadian Nationals, Kristine came in 1st place in the Advanced Fitness Model division earning her Pro Status. Find more delicious recipes from Kristine at [Busy But Healthy](http://www.BusyButHealthy.com).

Granola Bars

One of the most popular recipes on Kitchen Stewardship and in the Healthy Snacks to Go eBook, making homemade granola bars allows you to avoid all the corn syrup and refined sugar (only honey in this one) and is no more difficult than a batch of chocolate chip bar cookies. Your family will beg you to keep them stocked! (I always make homemade granola at the same time.).

Ingredients

Mix well (dry)

- 3 cups oats
- ½ cup sunflower seeds
- ½ cup nuts
- ½ cup coconut*

Mix well (wet)

- ¼ cup oil (melted coconut oil or butter works great)
- ¼ cup honey
- 1/6 cup water
- 1 tsp vanilla



Method

Combine already mixed wet and dry ingredients together and stir well. Pour into 9×13 pan or a cookie sheet.

Toast in a 350 degree oven. Stir after 10 minutes, then more frequently until browned (every 5 minutes). Store in an airtight container.

Prepared by:

Katie Kimball is a Catholic wife and mother of two (going on three) who wants the best of nutrition and living for her family. She believes that God calls us to be good stewards of all His gifts as we work to feed our families: **time, finances**, the good green **earth**, and of course, our **healthy bodies**. Her writing at [Kitchen Stewardship](http://KitchenStewardship.com) seeks to share with others ways to balance all four and be **prayerful** in the call to vocation in the kitchen.

No-Bake Chocolate PB Coconut Cookies

These are delicious, quick and easy cookies. If you are a chocolate & peanut butter fan, this one is a true winner!

Ingredients

- 1/4 cup virgin coconut oil (will be solid at room temp)
- 1/4 cup unsweetened cocoa powder
- 1/4 cup honey
- 1/2 cup natural peanut butter
- 1 tsp vanilla
- 1 cup quick oats



Method

Combine the first 5 ingredients in a saucepan over medium heat until all melted together. Boil for a couple minutes and take off heat. Stir in oats. Drop by measuring spoon (Tablespoon) onto waxed paper. Store in freezer for at least 30 minutes

****It will be tempting to eat them before they go in the freezer but WAIT!!!! Have a taste AFTER they've been in the freezer for 30 minutes!!!!

You could also store them in the fridge.

Prepared by:

Kristine Fretwell is a busy wife & mother who 7 months after her daughter was born, placed 4th in her first fitness competition. She realized after that first show it wouldn't be her last. In October 2009 at the FAME Canadian Nationals, Kristine came in 1st place in the Advanced Fitness Model division earning her Pro Status. Find more delicious recipes from Kristine at [Busy But Healthy](http://www.BusyButHealthy.com).

Jell-O Cottage Cheese

I love anything with a tangy lime flavor. This is my go-to dessert when I'm still hungry after dinner and want something a little sweet.

Ingredients

- ½ tsp Sugar Free Lime Jell-o
- 2/3 cup 2% cottage cheese

Method

In small bowl, combine with ½ tsp Sugar Free Lime Jell-o powder with 2/3 cup 2% Cottage cheese (more or less, to taste) until well combined.

Prepared by:

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100% Whole Wheat Chocolate Chip Cookies

My cookies always turned out flat, crumbly, or with burnt bottoms until I fiddled with this recipe and found a winner! Whole wheat, healthy fats, and less sugar...it's a dessert you can almost serve without guilt!

Ingredients

- ¾ cup granulated sugar
- ¾ cup packed brown sugar
- ½ cup butter, softened
- ½ cup *unrefined* coconut oil, melted
- 1 teaspoon vanilla
- 1 egg
- 2 cups whole wheat flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 cup chocolate chips
- optional: add chopped walnuts (Mmmm!)



Method

1. Heat oven to 375°F. In large bowl, cream sugars, butter and oil for a few minutes with an electric mixer. Add vanilla and egg, beating until well combined. Beat in flour, baking soda and salt until well blended. Stir in chocolate chips and optional nuts.
2. On ungreased cookie sheets, drop dough by rounded measuring teaspoonfuls about 2 inches apart. The smaller cookies make a better shape and don't spread out so much.
3. Bake 8 to 12 minutes or until very light golden brown (centers will be soft). Cool 2 minutes; remove from cookie sheet to cooling rack.

Recipe also works with sprouted flour, but I added an extra 1/4 cup.

Prepared by:

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Banana Ice Cream

Easiest (and healthiest) recipe for ice-cream!

Ingredients <ul style="list-style-type: none">• Banana	Method <p>Freeze a banana until solid then whip it up in a blender or food processor...that's it! The result is a creamy custard-like ice cream.</p>
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Prepared by: <p>Danielle Omar is a Registered Dietitian and nutrition communications consultant, nutrition blogger, and busy mom. She founded Danielle Omar Nutrition to help busy professionals and families navigate their hectic lives with the power of food confidence. Danielle can be found writing about nutrition, healthy recipe makeovers, and raising healthy eaters at http://danielleomar.blogspot.com/.</p>

Gluten-Free Chocolate Chip Cookies

For chocolate chip lovers, there is nothing better than a warm, chewy, chocolate chip cookie. I'm a sucker for them and enjoy sinking my teeth into a good one.

Ingredients

- 2 Cups almond meal
- 1/2 Cup flaxseed meal
- 1/2 teaspoon of baking soda
- 1/2 teaspoon of kosher salt
- 1/2 Cup maple syrup
- 1/2 Cup melted coconut oil
- 1 Tablespoon vanilla extract
- 1 Cup chocolate chips



Method

1. Combine dry ingredients in large mixing bowl.
2. Combine liquid ingredients in medium mixing bowl.
3. Pour liquid ingredients into dry ingredients mixing bowl.
4. Preheat oven to 350 degrees.
5. Chill mixture in refrigerator for 15-20 minutes.
6. Scoop rounded teaspoons of mixture onto baking sheet lined with parchment paper.
7. Bake for 12 minutes.
8. Allow to cool.
9. Enjoy!

Prepared by:

Tony DiLorenzo is the co-founder of [Fit Marriage](#) where he helps busy couples and on-the-go parents get fit, stay healthy and live a life they love. Tony and his wife Alisa enjoy cooking fast, healthy meals for their busy family and sharing these recipes with others.

**Bread,
Snacks
Soups
&
More**

One-Bowl Pumpkin Muffins or Bread

This is one of the most popular recipes at Kitchen Stewardship, and for good reason. Moist, simple to throw together, and always delicious, everyone loves these 100% whole wheat muffins! Either make a double batch to use up the whole can or check out these 6 ways to use leftover pumpkin. If you puree your own pumpkin, be sure to roast the seeds.

Ingredients

- ¾ cup honey
- ½ t. cinnamon
- 2 eggs
- ½ t. nutmeg
- ¼ t. baking powder
- 1 2/3 c. whole wheat flour*
- 1 t. baking soda
- ½ c. melted butter or coconut oil**
- ¾ t. salt
- ¼ c. cold water
- ½ t. cloves
- 1 c. pumpkin (about half a 15 oz can)
- 1 Tbs molasses



Method

Mix all ingredients together. Put in greased loaf pan or muffin tin. Bake at 325 degrees.

- Bread (one loaf) = 75-90 minutes
- 12 Muffins = 30 minutes
- 24 Mini muffins = 25 minutes

*I often use part or all "white whole wheat flour" for muffins.

Prepared by:

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Sausage, Bean and Kale Soup

One of our family's favorite soups, this one is perfect for summer or winter and is one of the easy recipes in *The Everything Beans Book*, now available.

Ingredients

- 2 Tbs Extra-virgin olive oil
- 1/2 or 1 lb. bulk Italian sweet or hot sausage (*can use roll sausage*)
- 1 medium onion, chopped
- 2-3 carrots, chopped
- 1 large potato, peeled and chopped
- 2 cloves garlic, chopped
- 1 bay leaf
- 2 cans white beans, drained and rinsed
- salt and pepper
- 4 c. fresh kale (*or other leafy green like spinach*)
- 2 quarts chicken broth or stock
- Grated Parmigiano-Reggiano or Romano, to pass at table



Method

1. Heat medium soup pot over medium-high heat (*medium-low if using EVOO!*).
2. Add the oil and sausage and brown. Add veggies, bay leaf and beans.
3. Season to taste with salt and pepper.
4. Cook 5 minutes to soften veggies. Add greens and wilt.
5. Add stock and cover. Raise heat and bring to a boil. Reduce heat and simmer 15 minutes.
6. Serve with grated cheese for topping.

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Greek Yogurt Parfait

A simple, healthy and tasty parfait that you'll enjoy for breakfast, snack, or anytime of the day.

Ingredients	Method
<ul style="list-style-type: none">• 1 Cup plain fat-free Greek style yogurt (such as Fage)• 1 Banana• 1/3 Cup Granola• 2 tsp Organic Raw Honey	<p>In a bowl add 1/2 cup of Greek yogurt. Add 1/2 sliced banana, then 1 tsp organic raw honey. Top with 1/2 cup of Greek yogurt, 1/2 sliced banana, 1 tsp organic raw honey, and cover with 1/3 cup granola.</p>

Prepared by:

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Homemade Mayonnaise Recipe

Fat can be good for you and help assimilate fat-soluble vitamins, as long as it's a healthy fat. The soybean oil in just about every processed food is high in omega-6, which has the opposite effect of those good omega-3s (increases inflammation, for example). Homemade mayonnaise with local, pastured egg yolks (high in omega-3s themselves) and extra virgin olive oil takes 5 minutes and is worth going the extra mile.

<p>Ingredients</p> <ul style="list-style-type: none"> • 2-3 egg yolks • 1/2 tsp. yellow mustard • splash white wine vinegar • 1/2-1 Tbs apple cider vinegar or lemon juice • 1 tsp. sugar • 1/2 tsp. salt • dash garlic powder and paprika, optional • 1 cup EVOO or blend of EVOO and sesame oil or EVOO and virgin olive oil 	<p>Method</p> <p>Blend everything but the oil with your immersion blender in the tall cylinder that came with it. Add the oil, pouring slowly while blending constantly.</p> <p><i>Lacto-ferment</i> it for extra health benefits and longer lasting mayo. Add 1/2-1 Tbs whey after your mayo is totally finished and let it sit on the counter for 7 hours.</p> <p>Tips for Success</p> <p>Bring the eggs to room temperature, at least 2 hours on the counter.</p> <p>Most recipes say 2-4 egg yolks. I always start with two because I'm cheap! If the mayo doesn't firm up, just pour out the mixture, put another egg yolk in your container and pour everything else back in, <i>slowly</i>, as if it's the oil in the original recipe. Once I had to do this fix twice, but it worked eventually!</p>
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2-Minute Protein Smoothie

The combination of **protein and fruit** makes for a great smoothie, nutrient-rich jump-start to the day that will keep you feeling satisfied for several hours. And, it's delicious!

Ingredients

- ½ Cup Coconut Milk
- 2 Scoops of Prograde Protein Powder
- Banana
- ⅓ Cup Strawberries
- ⅓ Cup Blueberries
- Crushed Ice
- 1 TBSP Almond Butter or Peanut Butter



Method

Combine all ingredients in a Magic Bullet cup. Attach blade and blend. Enjoy!

Prepared by:

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Whole Wheat Sourdough Crackers

Sourdough is my new favorite toy. Feed it, watch it bubble...and make some of the healthiest grain products ever created. Crackers are the perfect first recipe, because they don't need a lot of rising action, and even our teenage babysitter devours them!

Ingredients

- 1 cup “discarded” sourdough starter
- 1/4 cup room temperature lard from pastured pork (or coconut oil or softened butter)
- 1 cup whole wheat or spelt flour, or as much as you need to make a stiff dough
- 1/2 tsp sea salt
- Olive oil for brushing
- Coarse salt (such as kosher salt) for sprinkling on top

Equipment

- Large mixing bowl
- Plastic Wrap
- Baking sheet and a Silpat type non-stick baking mat OR a baking stone
- Rolling Pin
- Pastry Brush (optional)
- Pizza Cutter



Method

In a large bowl, combine the sourdough and the lard and mix thoroughly. Mix the salt in with 1/4 cup flour and add to the sourdough mixture. Knead it all together in the bowl, adding as much flour as necessary to make a stiff dough. Cover the dough with plastic wrap or put a lid on the bowl to prevent it from drying out. Leave the dough at room temperature for at least seven hours.

Seven or more hours later, preheat the oven to 350 degrees Fahrenheit .

Take a small portion of the dough (about 1/4 cup) and roll it out on a Silpat or other nonstick baking mat using a rolling pin, until it is very thin.

Pour a little bit of olive oil on the rolled out dough and spread it to the edges of the dough with a pastry brush or your hand. Sprinkle liberally with coarse salt. (I tried these with fine sea salt and it really wasn't as good as the kosher salt!)

Cut the dough vertically and horizontally into quadrangles with a pizza cutter. Transfer the Silpat onto your baking sheet and bake for 15-20 minutes or until just golden brown. Repeat in batches.

The crackers shrink a little bit in the oven, so when you pull out your baking sheet, they will already be separated and you don't have to try and transfer the delicate dough from one surface to another.

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