



16 Easy Weeknight Family Dinner Recipes

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Hi There!

I hope you enjoy these easy weeknight dinner recipes as much as my family and I do!

I've included 16 recipes in this cookbook, because I typically plan 4 dinners a week for my family, then we eat out 1-2 x per week, and enjoy leftovers, or something REALLY quick and easy on the other days.

So, these 16 recipes should give you 1 full month of weeknight dinner ideas, to hopefully ease the stress of meal planning, and ensure you and your family are getting nourishing & delicious meals for dinner.

Many of the recipe are complete meals, but you can always add in some fresh fruit, a salad, veggies, potatoes, whole grains, or rolls ([these gluten-free Brazilian Cheese Puffs](#) are SO easy to make, and a family favorite) on the side to round out your dinners.

(If you want more side dish ideas, be sure and check out my [Healthy Side Dishes](#) board on Pinterest)

Please let me know if you have any questions about the recipes, and, if you enjoyed them, I'd love for you to sign up for my newsletter, [Delicious News](#), and you'll also get my free 7-day anti-inflammatory meal plan.

In delicious health, EA

P.S. Interested in nutrition coaching or "done-for you" meal plans? I'd love to work with you! Check out my nutrition coaching services [here](#), and my customizable meal plan subscription service [here](#). Cheers!

FRUITS

- 2 Apple
- 3 Avocado
- 1/4 cup Champagne Grapes
- 1 Lemon
- 2 cups Lemon Juice
- 1 Lime
- 2 Navel Orange
- 1/2 cup Pineapple

BREAKFAST

- 2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 2 tbsps Greek Seasoning
- 1 tbsp Italian Seasoning
- 1/4 tsp Mustard Powder
- 1/8 tsp Oregano
- 1/4 cup Pecans
- 1/2 cup Pine Nuts
- 1 Red Pepper Flakes
- 1 tbsp Sage
- 1 1/4 tsps Sea Salt
- 2 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds

FROZEN

- 4 Brown Rice Tortillas
- 2 cups Frozen Peas

VEGETABLES

- 3 cups Asparagus
- 1 cup Baby Carrots
- 1 cup Baby Spinach
- 2 1/2 cups Basil Leaves
- 8 cups Broccoli
- 4 Carrot
- 8 1/2 cups Cherry Tomatoes
- 2 Cucumber
- 2 tbsps Fresh Oregano
- 13 Garlic
- 2 Garlic Clove
- 3 tbsps Ginger
- 4 cups Green Beans
- 1/2 lb Green Beans
- 1 Green Bell Pepper
- 4 stalks Green Onion
- 1 Jalapeno Pepper
- 4 cups Mini Potatoes
- 2 cups Mixed Greens
- 3 cups Mixed Vegetables
- 1 Onion
- 1 Orange Bell Pepper
- 1/4 cup Parsley
- 1 1/4 cups Purple Cabbage
- 5 Red Bell Pepper
- 1 Red Hot Chili Pepper
- 1 cup Red Onion
- 6 heads Romaine Hearts
- 1 1/3 tbsps Rosemary
- 4 cups Snap Peas
- 1 Sweet Onion
- 2 Sweet Potato
- 1 Tomato
- 1 Yellow Onion
- 1/2 Yellow Summer Squash
- 1/2 Zucchini

BOXED & CANNED

BREAD, FISH, MEAT & CHEESE

- 1 cup Cheddar Cheese
- 56 ozs Chicken Breast
- 12 ozs Cooked Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 1/2 cup Feta Cheese
- 6 slices Gluten Free Bread
- 1 1/2 cups Gruyere
- 20 ozs Ny Striploin Steak
- 12 ozs Pork Chop
- 1 1/4 cups Ricotta Cheese
- 1 cup Swiss Cheese
- 2 Tilapia Fillet
- 1/2 lb Top Sirloin Steak
- 10 ozs Whole Rotisserie Chicken

CONDIMENTS & OILS

- 12 ozs Artichoke Hearts
- 1/2 cup Coconut Aminos
- 2 tbsps Dijon Mustard
- 1 1/2 cups Extra Virgin Olive Oil
- 1/4 cup Honey Mustard Dressing
- 1/8 tsp Hot Sauce
- 1/2 cup Mayonnaise
- 3 tbsps Pesto
- 1/2 cup Pitted Kalamata Olives
- 2 tbsps Red Wine Vinegar
- 1/4 cup Rice Vinegar
- 1/3 cup Sesame Oil
- 1 tsp Siracha
- 1 1/2 tsps Soy Sauce Or Tamari

COLD

- 10 Egg
- 1 1/2 cups Milk
- 1/4 cup Orange Juice
- 1/4 cup Parmesan Cheese
- 2 tbsps Plain Greek Yogurt

- 1/4 cup Bread Crumbs
- 1 cup Brown Rice
- 4 cups Cooked Brown Rice
- 8 ozs Gluten Free Pasta
- 24 ozs Marinara Sauce
- 64 ozs Organic Vegetable Broth
- 2 tbsps Tomato Paste

OTHER

- 2 cups Water

BAKING

- 1 Gluten Free Pie Crust
- 3 tbsps Gluten Free Flour
- 1 package Lasagna Noodles
- 1/4 cup Raw Honey

Gluten Free Pasta Salad with Tomatoes, Basil, & Fresh Ricotta

4 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Gluten Free Pasta
1 cup Cherry Tomatoes (halved)
1/2 cup Basil Leaves (chopped)
1 tbsp Extra Virgin Olive Oil
1/4 cup Ricotta Cheese
1/4 cup Pine Nuts
1 Sea Salt & Black Pepper (to taste)

NUTRITION

Calories	326	Cholesterol	8mg
Fat	11g	Sodium	21mg
Carbs	48g	Vitamin A	596IU
Fiber	2g	Vitamin C	6mg
Sugar	2g	Calcium	61mg
Protein	7g	Iron	1mg

DIRECTIONS

- 01 Cook the pasta according to directions, and drain.
- 02 While the pasta is cooking, slice the tomatoes in half and chop the basil and put both in a large bowl.
- 03 Add the cooked pasta to the bowl with the tomatoes and basil, then stir in the olive oil, ricotta cheese, and pine nuts. Season to taste with salt and pepper.
- 04 Serve immediately, or keep in the refrigerator until ready to serve.

NOTES

RECIPE VARIATIONS

Feel free to substitute with any cheese, herbs/green leafy veggies, and nuts or seeds you have on hand. You may also add chickpeas, grilled chicken, or crumbled tofu for an added protein boost.

Quick and Easy Chicken and Veggie Gluten Free Stir Fried Rice.

4 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1/2 Onion (chopped)
1 Garlic Clove (minced)
3 cups Mixed Vegetables (carrots, peas, corn-fresh or frozen, etc)
4 cups Cooked Brown Rice
12 ozs Cooked Chicken Breast (chopped)
2 Egg (lightly beaten)
1 1/2 tps Soy Sauce Or Tamari (or to taste)
1 tsp Siracha (optional, to taste)
1 tsp Pine Nuts (optional, to taste)
1 tsp Sesame Oil (optional, to taste)

NUTRITION

Calories	291	Cholesterol	144mg
Fat	14g	Sodium	795mg
Carbs	15g	Vitamin A	17385IU
Fiber	3g	Vitamin C	13mg
Sugar	8g	Calcium	97mg
Protein	23g	Iron	2mg

DIRECTIONS

- 01 Heat oil in a wok. If using raw chicken breasts, stir fry until cooked through then remove from pan and set aside. If using a Foreman or other grill, start cooking chicken now per manufacturers instructions.
- 02 Add garlic and onion and cook until onion is translucent.
- 03 Add assorted veggies (if using frozen, you may add them this way) and stir fry until lightly cooked.
- 04 Add rice and mix rice and veggies together. Add cut up chicken.
- 05 Push rice, chicken and veggies to side of wok and add beaten eggs. Cook eggs until done, then mix them in with veggies, rice and chicken.
- 06 Season to taste with soy sauce or Tamari and sesame oil, and top off with pine nuts and siracha if desired.

NOTES

LOW FODMAP OPTION

Omit onion and garlic for a low FODMAP version. You may also add garlic oil to taste, and use a combo of your favorite low FODMAP vegetables (i.e. carrots, bell peppers, green beans, bok choy, etc.)

VEGETARIAN OPTION

Omit chicken breast and add additional veggies and/or eggs or tofu as desired.

One Pan Steak, Potatoes and Broccoli

2 SERVINGS 40 MINUTES



INGREDIENTS

4 cups Mini Potatoes
1 1/2 cups Cherry Tomatoes
4 cups Broccoli (chopped into florets)
2 tbsps Extra Virgin Olive Oil
1 tbsp Italian Seasoning
1/2 lb Top Sirloin Steak
Sea Salt & Black Pepper (to taste)

NUTRITION

Calories	677	Cholesterol	89mg
Fat	31g	Sodium	319mg
Carbs	69g	Vitamin A	2073IU
Fiber	13g	Vitamin C	237mg
Sugar	8g	Calcium	162mg
Protein	35g	Iron	6mg

DIRECTIONS

- 01 Preheat oven to 375F.
- 02 Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
- 03 After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
- 04 Remove the pan from the oven, divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Easy Greek Panzanella Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

6 slices Gluten Free Bread (Cubbed)
1/4 cup Extra Virgin Olive Oil
2 cups Mixed Greens
1 cup Cherry Tomatoes (Sliced in half)
1 Cucumber (Peeled and chopped)
2 Red Bell Pepper (Chopped)
1/2 cup Pitted Kalamata Olives (Chopped)
1/2 cup Feta Cheese (Crumbled)
1/4 cup Parsley (Chopped)
2 cups Basil Leaves (Chopped)
2 tbsps Fresh Oregano (Chopped)
2 cups Lemon Juice
Sea Salt & Black Pepper

NUTRITION

Calories	403	Cholesterol	17mg
Fat	21g	Sodium	702mg
Carbs	51g	Vitamin A	4793IU
Fiber	9g	Vitamin C	161mg
Sugar	12g	Calcium	285mg
Protein	8g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 400 degrees F. Cut bread into ~ 1-inch cubes. Place on baking sheet, and drizzle 1 tablespoon of olive oil over bread cubes. Use clean hands to spread oil over bread, and coat well. Bake in oven for ~ 5 minutes, or until light golden brown. Remove from oven and baking sheet, and place in large salad bowl.
- 02 Add chopped salad greens, sliced tomatoes, chopped cucumber and bell peppers to bowl with bread cubes. Add chopped olives, crumbled feta, and chopped fresh herbs. Drizzle remaining olive oil over ingredients, along with lemon juice, and toss well. Taste, and top with fresh ground black pepper & salt if desired.

NOTES

CHERRY TOMATOES

Cherry tomatoes are considered high FODMAP at 13 tomatoes per serving (per Monash Low FODMAP app), as they have moderate amounts of oligosaccharides. If you notice cherry tomatoes cause your IBS symptoms to worsen, cut back on the amount, or substitute with common tomatoes which are low FODMAP.

BELL PEPPERS

Use a variety of different colored bell peppers (red, yellow, orange) to add a nice pop of color to the salad.

FRESH HERBS

Substitute any variety of your favorite fresh herbs such as Italian parsley, mint, or others.

Easy Low Carb Rosemary Pecan Chicken Salad on Zucchini Chips

2 SERVINGS 15 MINUTES



INGREDIENTS

4 ozs Chicken Breast (chopped)
1/4 cup Champagne Grapes
1/4 cup Pecans (chopped)
1/4 cup Purple Cabbage (finely chopped)
2 tbsps Plain Greek Yogurt
2 tsps Mayonnaise
1 tsp Rosemary (finely chopped)
1 Sea Salt & Black Pepper (to taste)
1/2 Zucchini
1/2 Yellow Summer Squash

NUTRITION

Calories	234	Cholesterol	63mg
Fat	16g	Sodium	74mg
Carbs	5g	Vitamin A	339IU
Fiber	2g	Vitamin C	16mg
Sugar	3g	Calcium	57mg
Protein	21g	Iron	1mg

DIRECTIONS

- 01 Make the chicken salad by combining the chopped chicken, grapes, pecans, yogurt, mayonnaise, and rosemary in a medium mixing bowl. Season to taste with salt and pepper.
- 02 Slice zucchini and summer squash in to ~1/4 inch rounds-you will have ~20 rounds or "chips". Place squash chips on a serving dish and top with chicken salad. Serve immediately, or store in refrigerator until ready to serve.

NOTES

RECIPE VARIATIONS

If you can't find Champagne grapes, chopped red or green grapes will work well too. Feel free to add your favorite chopped nuts and use any veggie as your "chip."

Citrus Spiced Turkey Bowls

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Green Beans (trimmed)
1 Navel Orange
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Oil
1 lb Extra Lean Ground Turkey
1 tbsp Ginger (peeled and grated)
1/4 cup Orange Juice
1 Red Hot Chili Pepper (minced)
2 Garlic (cloves, minced)
1/4 cup Coconut Aminos (or tamari)
4 stalks Green Onion (sliced)

NUTRITION

Calories	311	Cholesterol	84mg
Fat	17g	Sodium	358mg
Carbs	18g	Vitamin A	1477IU
Fiber	4g	Vitamin C	59mg
Sugar	12g	Calcium	87mg
Protein	24g	Iron	3mg

DIRECTIONS

- 01 Preheat your oven to 375F.
- 02 Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
- 03 Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
- 04 To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

VEGETARIAN

Use scrambled eggs instead of turkey.

Amazingly Addictive Artichoke Squares

4 SERVINGS 40 MINUTES



INGREDIENTS

12 ozs Artichoke Hearts
2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (finely chopped)
1 Garlic Clove (minced)
4 Egg
1/4 cup Bread Crumbs (gluten free)
1/8 tsp Black Pepper
1/8 tsp Oregano
1/8 tsp Hot Sauce (optional)
1 cup Swiss Cheese
1 cup Cheddar Cheese

NUTRITION

Calories	404	Cholesterol	236mg
Fat	29g	Sodium	611mg
Carbs	13g	Vitamin A	844IU
Fiber	4g	Vitamin C	7mg
Sugar	3g	Calcium	526mg
Protein	23g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 350 degrees F.
- 02 Drain artichoke hearts and chop fine. If using hearts marinated in oil, reserve 2 tablespoons of the oil.
- 03 Heat the 2 tablespoons of the reserved oil OR 2 tablespoon of olive oil, in a small skillet over moderate heat. Add the onion and garlic, and cook, stirring frequently, until soft-about 5 minutes. Add the chopped artichoke hearts and saute with onion and garlic for an additional minute. Remove from heat and cool for about 5 minutes.
- 04 In a medium bowl, beat the eggs until frothy. Stir in the breadcrumbs, seasonings, cheese, and artichoke, onion, garlic mixture. Pour into greased 9 X 9 baking pan.
- 05 Bake for 30 minutes or until lightly browned. Cool for 10 minutes, then cut in to 12 squares (if serving as a main course) or 27 squares (if serving as an appetizer). Will keep, tightly covered and refrigerated for up to 3 days.

NOTES

MEAL PREP

They can be wrapped in heavy duty foil and frozen for up to one month.

VEGAN OPTION

Substitute swiss cheese and cheddar cheese for a dairy-free cheese of choice.

Rainbow Rotisserie Chicken Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

6 heads Romaine Hearts (chopped)
1 cup Purple Cabbage (chopped)
1 cup Baby Carrots (shredded)
1 cup Cherry Tomatoes (halved)
10 ozs Whole Rotisserie Chicken (shredded)
1 Avocado (quartered, sliced)
1/4 cup Honey Mustard Dressing (to taste)
1/4 cup Pine Nuts (optional)

NUTRITION

Calories	341	Cholesterol	71mg
Fat	23g	Sodium	602mg
Carbs	19g	Vitamin A	10045IU
Fiber	7g	Vitamin C	28mg
Sugar	8g	Calcium	91mg
Protein	18g	Iron	2mg

DIRECTIONS

- 01 Place lettuce, cabbage, carrots, tomatoes, and chicken in a large salad bowl and toss well to combine all ingredients.
- 02 Divide salad equally between 4 plates and top each plate with 1/4 of the avocado slices, [optional] 1 tablespoon of the pine nuts, and honey mustard dressing.

NOTES

VARIATIONS

Substitute any of the veggies with your favorite greens or other chopped vegetables (spinach, kale, bell peppers, cucumbers, red onions...), and add fresh herbs if desired. Pine nuts can be substituted with any other nuts or your favorite cheese.

VEGAN OPTION

For a vegetarian version, substitute chicken with garbanzo beans and for a vegan version, make with garbanzo beans and vegan dressing.

Easy Quiche Recipe with Veggies

8 SERVINGS 1 HOUR



INGREDIENTS

1 Gluten Free Pie Crust
1 1/2 cups Gruyere (grated)
1 tbsp Extra Virgin Olive Oil
1/2 Onion (finely chopped)
1 cup Asparagus (chopped in 1 inch pieces)
4 Egg
1 1/2 cups Milk
3 tbsps Gluten Free Flour (such as rice flour)
1/4 tsp Sea Salt
1/4 tsp Mustard Powder

NUTRITION

Calories	272	Cholesterol	121mg
Fat	12g	Sodium	318mg
Carbs	8g	Vitamin A	590IU
Fiber	1g	Vitamin C	1mg
Sugar	4g	Calcium	345mg
Protein	13g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 375 degrees F, and place unbaked pie crust on a baking sheet. Spread grated cheese on top of crust.
- 02 Heat a skillet over medium high heat. Add butter, onion, and asparagus. Saute for ~3 minutes, or until onion is translucent. Spread sauted veggies on top of grated cheese.
- 03 Blend eggs, milk, flour, salt, and mustard, in a blender until well combined. Pour mixture over cheese and veggies.
- 04 Bake in oven for 40-45 minutes. Check quiche after 30 minutes. If crust is browning, cover it with aluminum foil to finish baking. Quiche is ready when it's solid in the center when jiggled.

NOTES

LOW FODMAP OPTION

Any low FODMAP veggie(s) in place of asparagus. Ideas include bell peppers, tomatoes, green beans, broccoli (heads), & zucchini. Use green onions or leeks (green part only) in place of onions. Use lactose free milk in place of regular milk.

RECIPE VARIATIONS

Try these tasty combinations! Cheddar cheese and broccoli, mozzarella and tomatoes, feta cheese and bell Peppers, gouda and spinach.

One Pan Teriyaki Chicken

4 SERVINGS 40 MINUTES



INGREDIENTS

20 ozs Chicken Breast
4 cups Broccoli (chopped into florets)
4 Carrot (medium, sliced on the diagonal)
4 cups Snap Peas
1/4 cup Coconut Aminos
1/4 cup Sesame Oil
1 Navel Orange (juiced)
1/4 cup Raw Honey
1/4 cup Rice Vinegar
8 Garlic (cloves, minced)
2 tbsps Ginger (peeled and grated)
2 tbsps Sesame Seeds

NUTRITION

Calories	550	Cholesterol	147mg
Fat	21g	Sodium	424mg
Carbs	47g	Vitamin A	11580IU
Fiber	8g	Vitamin C	120mg
Sugar	30g	Calcium	176mg
Protein	50g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
- 02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

NOTES

SERVE IT WITH

Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

LIKES IT SPICY

Whisk hot sauce or chili flakes into the teriyaki sauce.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

NO COCONUT AMINOS

Use tamari instead.

Steak with Sweet Potato Frites & Mayo

4 SERVINGS 30 MINUTES



INGREDIENTS

2 Sweet Potato (medium, sliced into matchsticks)
1/4 cup Extra Virgin Olive Oil (divided)
1/2 tsp Sea Salt
20 ozs NY Striploin Steak
1/2 cup Mayonnaise
2 Garlic (cloves, minced)
1 tbsp Rosemary (fresh or dry, finely chopped)
2 cups Cherry Tomatoes (halved)

NUTRITION

Calories	687	Cholesterol	112mg
Fat	51g	Sodium	589mg
Carbs	17g	Vitamin A	9963IU
Fiber	3g	Vitamin C	12mg
Sugar	5g	Calcium	41mg
Protein	42g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 450 and line a baking sheet with parchment paper.
- 02 Toss the sweet potato matchsticks with half the olive oil and season with salt. Spread evenly across baking sheet and bake for 10 minutes. Remove parchment paper, stir frites and bake for another 5 minutes or until crisp.
- 03 Heat the remainder of olive oil in a skillet over medium-high heat. Cook steak for about 5 minutes each side (for medium-well). Set aside to rest.
- 04 Combine mayo, garlic and rosemary in a small bowl. Stir well to mix.
- 05 Slice and plate the steak along with the tomatoes, frites and mayo. Enjoy!

NOTES

NO STEAK

Use thinly sliced chicken breast instead.

LEFTOVERS

Best enjoyed right away, but can refrigerate in an air-tight container up to 3 days. Warm before serving.

NO MAYONNAISE

Use guacamole instead, or omit all together.

Fish Tacos with Pineapple Salsa

4 SERVINGS 30 MINUTES



INGREDIENTS

4 Brown Rice Tortillas (thawed)
2 Tilapia Fillet
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 Lemon (juiced)
1 cup Baby Spinach
1/2 cup Pineapple (diced)
1/2 cup Red Onion (finely diced)
1 Jalapeno Pepper (deseeded and chopped)
1 Garlic (clove, minced)
1 Red Bell Pepper (diced)
1 Lime (juiced)
2 Avocado (peeled and mashed)
1 Tomato (diced)

NUTRITION

Calories	421	Cholesterol	29mg
Fat	20g	Sodium	228mg
Carbs	45g	Vitamin A	2253IU
Fiber	12g	Vitamin C	78mg
Sugar	8g	Calcium	40mg
Protein	18g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 500 and move rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minute or until fish flakes with a fork.
- 02 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 03 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 04 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 05 Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!

Quick & Easy One Pot Lasagna Soup

6 SERVINGS 39 MINUTES



INGREDIENTS

64 ozs Organic Vegetable Broth
24 ozs Marinara Sauce
2 tbsps Tomato Paste
2 cups Asparagus (chopped)
2 cups Frozen Peas
1 package Lasagna Noodles (gluten free)
1 cup Ricotta Cheese
3 tbsps Pesto
1/4 cup Parmesan Cheese (grated)
1 Red Pepper Flakes (to taste)

NUTRITION

Calories	359	Cholesterol	24mg
Fat	16g	Sodium	2049mg
Carbs	40g	Vitamin A	2572IU
Fiber	6g	Vitamin C	24mg
Sugar	12g	Calcium	200mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 Pour broth and marinara into a large pot or Dutch oven and heat over high, uncovered, until boiling. Turn down heat to low and stir in tomato paste, asparagus, and frozen peas. Cover and cook for 7 minutes, then remove lid and stir in crumbled lasagna noodles. Increase heat to medium, and cook for another 8-10 minutes or until noodles are al dente.
- 02 While the noodles are cooking, combine the ricotta cheese with the pesto and stir well to combine.
- 03 To serve: Pour ~ 2 cups of hot soup in to each serving bowl. Top with 2-3 tablespoons ricotta/pesto mixture and 1 tablespoon Parmesan cheese. Stir in crushed red pepper flakes if desired.

NOTES

VEGAN OPTION

For a vegan option, use a dairy-free cheese such as Daiya or your favorite non-dairy brand.

Meal Prep Greek Chicken Bowls

4 SERVINGS 50 MINUTES



INGREDIENTS

2 cups Water
1 cup Brown Rice (dry)
16 ozs Chicken Breast (skinless, boneless)
2 tbsps Greek Seasoning
1 Cucumber (medium, diced)
1/2 cup Red Onion (medium, diced)
2 cups Cherry Tomatoes
2 tbsps Extra Virgin Olive Oil
2 tbsps Red Wine Vinegar
Sea Salt & Black Pepper (to taste)

NUTRITION

Calories	435	Cholesterol	117mg
Fat	12g	Sodium	1030mg
Carbs	43g	Vitamin A	736IU
Fiber	3g	Vitamin C	14mg
Sugar	4g	Calcium	46mg
Protein	39g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 350F and line a baking sheet with parchment paper.
- 02 While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- 03 Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 04 While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- 05 Divide the rice between containers along with the chicken and veggies. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 3 days.

MORE FLAVOUR

Add feta cheese or Tzatziki sauce if desired.

HOMEMADE GREEK SEASONING

Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.

Insanely Addictive Sheet Pan Pork Chops

4 SERVINGS 40 MINUTES



INGREDIENTS

2 tbsps Maple Syrup
2 tbsps Dijon Mustard
2 Apple (sliced)
1 Sweet Onion (sliced)
1/2 lb Green Beans (ends trimmed)
2 tbsps Extra Virgin Olive Oil
1/2 tsp Sea Salt (plus additional to taste)
1/8 tsp Black Pepper
12 ozs Pork Chop (boneless)
1 tbsp Sage (chopped, plus additional for garnish)

NUTRITION

Calories	323	Cholesterol	59mg
Fat	15g	Sodium	570mg
Carbs	28g	Vitamin A	85IU
Fiber	4g	Vitamin C	10mg
Sugar	21g	Calcium	70mg
Protein	19g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 400 degrees F, and line a large sheet pan with parchment paper or aluminum foil.
- 02 Use a whisk or fork to combine maple syrup and Dijon mustard together in a small bowl, and set aside.
- 03 Slice apples and onions, and trim ends off green beans, then lay them out on the sheet pan. Pour olive oil on top, and sprinkle with salt and pepper. Use clean hand to toss apples, onion, and green beans together, then spread them out on the pan in a single layer.
- 04 Place pork chops on sheet pan with apples and veggies. Brush maple Dijon glaze on top of pork chops, then turn them over, and brush the other sides. Sprinkle ground black pepper on top of pork chops if desired.
- 05 Place sheet pan in oven, and bake for 25 minutes, or longer if needed.
- 06 Chop sage while pork chops are cooking, and set aside.
- 07 Check pork chops with a meat thermometer to see if done (the internal temperature should be 145 degrees F). If done, remove pan from oven, and allow pork 3 minutes to "rest" before serving.
- 08 Serve 1 pork chop with 1/4 of the apples, onions, green beans, and a sprinkle of fresh chopped sage per plate. Enjoy!

NOTES

LOW FODMAP OPTION

Omit onions & apples. Sub w/ any combo of low FODMAP veggies such as potatoes, sweet potatoes, broccoli, carrots, brussels sprouts, bell peppers, eggplant, fennel, parsnips, or zucchini.

VEGAN/VEGATARIAN OPTION

Omit pork chops and substitute with "cauliflower steaks", tofu, or chickpeas.

One Pan Chicken Fajita Bowls

4 SERVINGS 40 MINUTES



INGREDIENTS

2 Red Bell Pepper (sliced)
1 Orange Bell Pepper (sliced)
1 Green Bell Pepper (sliced)
2 tbsps Extra Virgin Olive Oil
16 ozs Chicken Breast
1 tbsp Cumin
1 tbsp Chili Powder
Sea Salt & Black Pepper (to taste)

NUTRITION

Calories	276	Cholesterol	117mg
Fat	11g	Sodium	123mg
Carbs	10g	Vitamin A	2715IU
Fiber	3g	Vitamin C	185mg
Sugar	3g	Calcium	39mg
Protein	36g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 375F and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
- 03 Bake for 30 minutes, or until chicken is cooked through.
- 04 Divide between bowls or containers. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 3 days.

MORE CARBS

Serve with brown rice, quinoa or black beans.

MORE FAT

Serve with avocado or cheese.

VEGAN/VEGETARIAN

Use tofu or chickpeas instead of chicken.