



## 24 Meal Ideas for You

*\*\*\*Disclaimer: Please make substitutions if you have any food allergies. Serving sizes vary depending on height, weight, activity level, gender, etc. Please use at your own risk.\*\*\**

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### Quinoa, Arugula and Roasted Veggie Salad



This healthy salad that starts with dark flavorful greens, then adds cooked veggies, creamy goat cheese, some tender quinoa. No dressing required, since all the ingredients pack so much flavor. Next time that you are wondering what to make for dinner, try this Arugula, Quinoa and Warm Vegetable Salad. Feel free to add a side of grilled or baked chicken breast.

**Servings: 4**

#### Here's what you need...

- ½ cup uncooked quinoa
- ¾ cup chicken broth
- 1 teaspoon olive oil
- 2 garlic cloves, minced
- 1 bunch asparagus, chopped
- 1 small red onion, chopped
- Salt and pepper
- ¼ cup sun dried tomatoes, chopped
- 4 cups organic, baby arugula
- 2 oz crumbled goat cheese

1. Place the quinoa and chicken broth in a small pot and bring to a boil over medium heat. Reduce heat or low, cover and cook for 15 minutes. Remove from heat and fluff.
2. In a large skillet, place the olive oil over medium heat. Add the garlic and sauté until lightly golden. Add the asparagus and onion. Saute for 5 minutes, until the asparagus is bright green and the onions are translucent. Season with salt and pepper. Add sun dried tomatoes and sauté for 1 minute. Remove from heat.
3. In a large salad bowl, combine the arugula, quinoa, warm veggies and sprinkle with the goat cheese.
4. Serve with a side of grilled or baked chicken breast, or other lean protein.

**Nutritional Analysis:** One serving equals: 137 calories, 6g fat, 323mg sodium, 10g carbohydrate, 3g fiber, and 7g protein

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### Healthy Orange Chicken and Green Beans



Here's a recipe that adds fruit to dinner and takes all the guilt out of orange-flavored chicken. There's no sugar and no fryer involved. Just skinless, boneless chicken breast, marinated in orange juice, pan seared and then baked. Serve it up with orange-spiked green beans for a nutritious, protein-packed meal. **Servings: 4**

#### Here's what you need...

For the Chicken:

- 2 cups fresh orange juice
- 2 Tablespoons grated orange zest
- 4 skinless, boneless, chicken breasts
- Fresh ground pepper
- 1 Tablespoon olive oil

For the Green Beans:

- 10 oz fresh, organic, green beans
- ¼ cup fresh orange juice
- 1 Tablespoon grated orange zest
- 1 teaspoon olive oil
- Dash of salt and pepper

For the Orange-Brandy Sauce:

- 2 Tablespoons coconut oil
- 3 shallots, minced
- 2 Tablespoons brandy
- 1 cup fresh orange juice
- ½ cup chicken broth
- 1 navel orange, peeled and each segment cut into 3 pieces
- 1 Tablespoon parsley, chopped
- Dash of salt and pepper



Unit A 2624 St. John's St  
Port Moody, BC  
(604) 996 – 1111  
[www.EagleRidgeFitness.com](http://www.EagleRidgeFitness.com)

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#### Cook the Chicken:

1. Place the orange juice and orange zest in a large ziplock bag. Season each side of the chicken breasts with salt and pepper. Place the chicken breasts in the ziplock bag, coating each side with juice. Marinate in the refrigerator for 2-3 hours.
2. Preheat the oven to 400 degrees F.
3. Grease a 12-inch, oven-proof skillet with the olive oil. Place over medium-high heat. Add the chicken breasts in a single layer, cooking for 3 minutes. Turn the chicken, season with a sprinkle of salt and pepper. Place the skillet in the oven for 15 minutes, or until a thermometer registers 165 degrees F in the center of the thickest breast.
4. Remove from oven and cover with foil as you make the sauce and cook the beans.

#### Cook the Green Beans:

1. Wash the beans, snap off and discard the stems. Place in a large ziplock bag with the orange juice and orange zest. Allow to marinate in the refrigerator for 30 minutes.
2. Heat a medium sized skillet over medium heat. Grease with the olive oil. Remove beans from refrigerator, discarding the juice. Add to the skillet and cook, covered for about 5 minutes, stirring occasionally. Remove cover, increase the heat and cook for an additional 3 minutes, until the beans are bright green.

#### Cook the Sauce:

1. In a medium skillet heat the coconut oil over medium-high heat. Add the minced shallot, cook, stirring often, for 2 minutes. Turn off the heat, add the brandy. Return to the heat and cook, scraping the bottom, until the brandy has almost evaporated, about 30 seconds. Increase the heat to high, add the orange juice. Boil for 5 minutes. Add the chicken broth, boil for 3 minutes.
2. Add in the orange segments and the parsley. Turn off heat. Season with salt and pepper.

#### To Serve:

1. Cut the chicken on the diagonal into thin slices and arrange over a pile of green beans. Drizzle with the orange-brandy sauce.

**Nutritional Analysis:** One serving equals: 302 calories, 13g fat, 161mg sodium, 19g carbohydrate, 4g fiber, and 29g protein

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### Chicken Soup with Quinoa & Roasted Red Peppers



By using flavorful ingredients, like roasted red bell peppers and white bean hummus, this soup tastes like you slaved over it all afternoon– but really takes less than 20 minutes to throw together. This recipe is a great way to fit some quinoa into your diet. Quinoa is a protein-packed seed that is considered a "super food". It's a complete protein, containing all 9 essential amino acids, and is gluten free.

**Servings: 5**

#### Here's what you need...

- 1 cup roasted red bell peppers
- 3/4 cup white bean hummus
- 2 cups chicken stock
- 1/2 cup cooked quinoa
- 1 cup shredded rotisserie chicken
- dash salt and pepper
- 2 Tablespoons parsley, chopped

1. Take 1/4 cup of the roasted red peppers, slice into strips and set aside.
2. Place the remaining red peppers in a blender along with the hummus and chicken stock. Blend until smooth.
3. Transfer to a medium saucepan. Add the quinoa and chicken. Season with salt and pepper.
4. Bring to a boil.
5. Ladle the soup into bowls and garnish with the slices of red pepper and chopped parsley

**Nutritional Analysis:** One Serving equals: 248 calories, 11g fat, 644mg sodium, 14g carbohydrate, 3g fiber, and 20g protein

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### Herb Chicken, Arugula and Mango Salad



This recipe takes the concept of chicken salad to a whole new level. There is so much going on in the flavor department like sweet mango, savory chicken, tender asparagus, tangy arugula, and creamy goat cheese.

**Servings: 4**

#### Here's what you need....

For the Herb marinade:

- Juice from 1 lemon
- 1 teaspoon olive oil
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1 teaspoon crushed rosemary
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 1/4 teaspoon celery seeds
- 1/4 teaspoon dried parsley
- 1/8 teaspoon ground cumin

For the Salad:

- 1 lb skinless, boneless, thin chicken breasts
- 1 bunch asparagus, ends trimmed and cut into 1 inch pieces
- 8 cups organic arugula
- 2 small organic mangoes, peeled and sliced
- 6 oz crumbled goat cheese

1. Combine the herb marinade ingredients in a small bowl. Place 1 Tablespoon of the marinade in a large Ziploc bag with the asparagus pieces, and the rest in another large Ziploc bag with the chicken breasts. Make sure the chicken and asparagus are fully coated with the marinade, and then place in the refrigerator for an hour.
2. Heat a grill pan and another medium pan. Place the chicken breasts on the grill pan, and cook 4 minutes each side, until there is no longer any pink in the middle. Sauté the asparagus in the medium pan, stirring often while the chicken cooks. Remove both pans from heat.

3. Once the chicken has cooled, slice each breast into even strips.
4. In a large bowl combine the arugula, mango slices and crumbled goat cheese. Add the cooked asparagus and the chicken. Mix and serve.

**Nutritional Analysis:** One serving equals: 332 calories, 13g fat, 740mg sodium, 16g carbohydrate, 4g fiber, and 34g protein

### Low Carb Spaghetti and Meatballs



So you ditched that package of high-carb noodles from your pantry, now learn to love nature's healthy noodles: spaghetti squash. If you haven't yet tried spaghetti squash then you're in for a real treat. A pile of tender spaghetti squash strands piled high with protein and veggie meatballs makes the perfect fitness meal. **Servings: 12**

#### Here's what you need:

- 2 pounds lean, organic, grass-fed ground beef
- 1 pound lean, sweet turkey sausage
- 4 celery stalks, diced
- 1 yellow onion, diced
- 3 carrots, diced
- 3 omega-3, eggs
- 1/2 cup almond meal
- 2 Tablespoons dried oregano
- 1 teaspoon garlic powder
- dash of salt and pepper
- Optional: handful of olives

#### Sauce

- 14.5 oz can diced tomatoes
- 1 can tomato paste
- splash of white wine
- 2 cups fresh basil, chopped
- 6 garlic cloves, chopped
- dash of salt and pepper

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## Noodles

- 1 spaghetti squash
1. Preheat oven to 375 degrees F. Wash spaghetti squash and poke all over with a knife. Place directly on the middle oven rack and bake for 1 hour. Remove from oven and allow to cool. Once cooled, slice in half and remove the seeds. Scoop the spaghetti squash strands out with a large spoon, set aside in a bowl.
  2. Throw all of the meatball ingredients into a large bowl and mix with your hands. Form into large, golf ball sized meatballs.
  3. Combine all of the sauce ingredients into a medium bowl and mix well.
  4. Cook with Crockpot: Place the meatballs in your slow cooker. Cover with the sauce and cook on low for 6-8 hours. OR Cook with stovetop: Place meatballs in a large pot. Cover with sauce and cook, covered, over low heat for 2-3 hours.
  5. Place a scoop of spaghetti squash noodles on each plate, top with meatballs and some sauce and then throw on a few olives.

**Nutritional Analysis:** One serving equals: 266 calories, 12g fat, 426mg sodium, 14g carbohydrate, 4g fiber and 26g protein

## Easy Pork Chops



Lean cuts of pork are high in protein and low in fat. Add a side of veggies and you've got a clean meal that delivers all the right nutrients without waist-expanding carbs.

**Servings: 4**

### Here's what you need...

- 2 apples, chopped
- 1 medium yellow onion, chopped
- 2 Tablespoons coconut oil
- cinnamon
- sea salt
- 4 lean pork chops
- 1/4 cup white wine
- 1/4 cup sliced almonds

1. In a large skillet warm 1 Tablespoon of the coconut oil over medium heat. Add the apples and onions. Sauté for 5 minutes until the apples are tender.
2. Remove the apples and onions from the pan
3. Add the remaining Tablespoon of coconut oil to the pan and leave the heat on medium. Sprinkle cinnamon and salt on both sides of the pork chops then rub in.
4. Place the pork chops in the pan, sear on each side for 2 minutes.
5. Add the wine and bring to a boil. Add the apples and onions back to the pan, cover and cook for about 6 minutes.
6. Sprinkle with the almonds and serve the chops with a generous helping of the apples and onions.

**Nutritional Analysis:** One serving equals: 296 calories, 12g fat, 94mg sodium, 10g carbohydrate, 2g fiber, and 21g protein

### Easy Spinach Salad



Here's a high protein salad that is bursting with flavor and nutrients. Try the simple homemade salad dressing – it's much healthier than store bought dressings, and still lends lots of flavor. **Servings: 4**

#### Here's what you need:

- 6 cups organic baby spinach
- 4 hard boiled eggs, chopped
- 6 pieces bacon, crumbled
- 1 cup cherry tomatoes, halved
- 1 teaspoon olive oil
- Juice from one lime
- dash of pepper

1. Combine the spinach, eggs, bacon and tomatoes in a large bowl.
2. In a small bowl whisk the olive oil, lime juice and pepper.
3. Pour the dressing over the salad, mix and serve.

**Nutritional Analysis:** One serving equals: 170 calories, 10g fat, 337mg sodium, 5g carbohydrate, 2g fiber, and 13g protein

### On-the-Go Egg Cups



Here's a recipe for the perfect on-the-go energy food. Ham, broccoli and an egg combine for a tasty snack that's packed with protein and fiber. Make a dozen and enjoy throughout your week. **Servings: 12**

### Here's what you need...

- 1 teaspoon olive oil
- 1 clove garlic, minced
- 1/2 yellow onion, chopped
- 12 slices of nitrate free ham
- 1 cup broccoli, steamed and chopped
- 1/4 cup shredded cheddar cheese
- dash of salt and pepper
- 12 eggs

1. Preheat oven to 350 degrees F. Lightly spray a muffin pan with nonstick cooking spray. Set aside
2. In a medium sized skillet, heat the olive oil over medium heat. Add the garlic and onions. Cook until tender.
3. Add the steamed broccoli, cheese, salt and pepper. Mix until fully combined. Remove from heat.
4. Using kitchen scissors, make a slice to the center of each piece of ham, then fold into a cone shape in each muffin cup. Fill halfway with the broccoli mixture.
5. Crack an egg into each ham cup. Bake for 16-20 minutes, or until the edges of the ham are crispy.

**Nutritional Analysis:** One serving equals: 135 calories, 8g fat, 437mg sodium, 2g carbohydrate, 1g fiber, and 12g protein.

## Healthy "Fried" Chicken



This recipe meets all 5 of the steps to a healthy dinner. By baking the chicken and using low-carb flours, this recipe has half of the calories and 80% less fat than traditional fried chicken. Serve with a side of vegetables and a salad.

**Servings: 6**

### Here's what you need...

- 2 eggs
- 2 Tablespoons fruit-only apricot preserves
- 2 Tablespoons Dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon red pepper flakes
- 1/2 cup almond flour
- 1/2 cup almond meal
- 1/2 cup coconut flour
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon salt
- 2 lbs boneless, skinless organic chicken tenders

1. Preheat oven to 350 degrees F. Lightly grease a 13"x9" baking pan with coconut oil.
2. In a medium bowl whisk the eggs, apricot preserves, mustard, garlic powder, and red pepper flakes.
3. In another medium bowl combine the almond flour, almond meal, coconut flour, pepper, thyme, paprika and salt.
4. Dip each chicken tender in the egg mixture, then dredge through the flour mixture. Place in the prepared pan.
5. Bake for 35 minutes. Change oven to high broil for 2 minutes, flip each chicken tender and broil the other side for 2 minutes.
6. Serve with a side of sugar-free BBQ sauce or organic honey mustard.

**Nutritional Analysis:** One serving equals: 256 calories, 6g fat, 376mg sodium, 5g carbohydrate, 2g fiber, and 39g protein.

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## Pesto Spaghetti



Traditional spaghetti is loaded with carbohydrates, so try this squash spaghetti instead. With very few ingredients, this faux pasta has powerful flavor. You'll love how the distinct flavor of fennel mingles with fresh pesto. **Servings: 8**

### Here's what you need...

- 1 spaghetti squash
- 2-3 cup basil leaves
- 2 Tablespoons pine nuts
- 3 cloves garlic (or 3 frozen minced cubes from Trader Joes)
- 1 Tablespoon olive oil
- 1 Tablespoon fresh lemon juice
- dash of salt
- 2 fennel bulbs
- 2 lbs organic cherry tomatoes

1. Cut the spaghetti squash in half, and scoop out the seeds. Run water over the insides of the squash. Microwave each half, separately, for 5 minutes. Use a dishtowel to remove from microwave - it will be HOT! Set aside to cool, then place in the fridge for at least 15 minutes.
2. In a food processor, combine the basil leaves, pine nuts, and garlic. Combine while you drizzle in the olive oil. Add the lemon juice and a dash of salt. Once a paste forms, remove from food processor.
3. Scoop the cooled spaghetti squash from its skin, and place into a large bowl. Use a knife to cut up the large bunches of squash. Thinly slice the fennel bulb into 1 inch segments and add to the bowl. Mix in the pesto until everything is well coated.
4. Cut larger cherry tomatoes in half, and leave smaller ones intact. Add all the tomatoes to the bowl and mix well. Taste the faux pasta, and use another dash of salt if needed.

**Nutritional Analysis:** One serving equals: 80 calories, 3.5g fat, 88mg sodium, 12g carbohydrate, 3g fiber, and 3g protein.

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### Turkey, Apple and Goat Cheese Omelet



Meals that are filled with protein and fat, like this omelet, help to curb between-meal cravings. Enjoy the unique flavor blend of turkey, apple, goat cheese and cinnamon.

**Servings: 2**

#### Here's what you need...

- 3 slices turkey bacon
- 1 small apple
- dash of cinnamon
- 4 egg whites
- 2 whole eggs
- dash of salt
- dash of pepper
- 1 Tablespoon of unsweetened coconut milk
- 3 Tablespoons goat cheese

1. Place a non-stick skillet over medium heat. Cook the bacon strips for 4 minutes each side, until golden.
2. While bacon cooks, dice the apple. Remove bacon strips from skillet, place on a cutting board. Place the apple pieces in the heated skillet and sauté for 5 minutes, sprinkling with a dash of cinnamon. Dice the bacon and place in a medium sized bowl.
3. In a bowl whisk the egg whites, whole eggs and coconut milk. Beat the eggs until frothy and add dash of salt and pepper.
4. Remove apples from skillet and add to the bowl of bacon. Pour half of the egg mixture in the skillet, cook until set and then flip and cook the other side. Repeat with the other half of egg mixture.
5. While eggs cook, mix the bacon, apples and goat cheese together.
6. Fill each omelet with half of the bacon, apple and goat cheese mixture.

**Nutritional Analysis:** One serving equals: 249 calories, 12 fat, 485mg sodium, 10g carbohydrates, 1g fiber, and 25g protein.

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### Skinny Orange Creamsicles



Enjoy this summer treat guilt-free. Store bought Popsicles contain artificial colors, flavors and sweeteners that spike your blood sugar and lead to weight gain. This recipe, on the other hand, is made with organic, Greek yogurt, and fresh fruit.

**Servings: 6**

#### Here's what you need...

- 2 cups organic, vanilla Greek yogurt
  - 1 orange, peeled and seeded
  - 1 cup pineapple chunks
  - 1 teaspoon agave nectar
1. Fill the bottom 1/3 of each Popsicle mold with yogurt. Freeze for 15 minutes.
  2. In a high-speed blender, combine the orange, pineapple and agave nectar. Blend on high speed for a full minute.
  3. Fill the remaining space in each mold with the orange mixture. Freeze until solid.

**Nutritional Analysis:** One serving equals: 76 calories, 0 fat, 10mg sodium, 11g carbohydrate, 1g fiber, and 3g protein.

### Mango Chutney Chicken Salad



This summer salad is a refreshing way to serve chicken. Tender mango chutney, creamy Greek yogurt and fresh, crunchy greens make this one tasty meal. **Servings: 5**

#### Here's what you need...

- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 1 inch ginger root, minced
- 1 small red onion, chopped
- 1 small red bell pepper, chopped
- 2 ripe mangoes, chopped
- Juice from 2 limes
- 1 Tablespoon curry powder
- 1 teaspoon ground cinnamon
- Dash of nutmeg
- Dash of red pepper flakes
- 1 1/2 cups non-fat, plain Greek yogurt
- 1 Tablespoon Dijon mustard
- Dash of salt and pepper
- 3 cups cooked chicken breast, chopped
- 4 cups salad greens

1. In a large skillet, heat oil over medium heat. Add garlic and ginger root and sauté for a minute.
2. Add the onion and bell peppers and sauté for a few minutes.
3. Add the mango and spices. Continue to sauté for another 5 minutes, until everything has softened.
4. Turn the heat down to low, cover and simmer for another 10 minutes. Remove from heat. Chill for 20 minutes in the refrigerator.
5. Combine the yogurt, mustard, salt and pepper together in a small bowl. Place the chopped chicken in a medium sized bowl and mix in the yogurt blend.
6. Prepare each plate with a pile of greens topped with a scoop of chicken and a spoonful of chutney.

**Nutritional Analysis:** One serving equals: 286 calories, 6 fat, 185mg sodium, 22g carbohydrates, 3g fiber, and 35g protein.

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## Roasted & Stuffed Eggplant



Roasted veggies are low in calories and high in fiber, making them the perfect diet food. This dish will fill you up without adding too many calories to your daily tally. Add a side of lean protein for a complete meal.

**Servings: 6**

### Here's what you need...

- 3 medium eggplants
- 1 teaspoon olive oil
- 2 medium onions, diced
- 2 cups cherry tomatoes, halved
- 1/4 cup walnuts, chopped
- 2 teaspoons ground cinnamon
- 2 teaspoons dried oregano
- 1/4 cup reduced-fat feta cheese

1. Cut the eggplants in half, lengthwise, and scoop out the flesh, leaving 1/2 inch on the shell. Chop the scooped-out flesh into 1/2 inch cubes and set in a colander. Sprinkle the eggplant cubes and the inside of the eggplant shells with salt. Let stand for 30 minutes, then rinse and pat dry.
2. Bring a large pot of salted water to boil. Drop the eggplant shells in the water and simmer for 7 minutes. Shells should be barely tender when poked with a fork. Drain and pat dry.
3. Heat the olive oil in a large skillet over medium heat. Sauté the onions for 5 minutes. Add the chopped eggplant, tomatoes, walnuts, cinnamon, oregano and 1/4 cup filtered water. Cook for 8 minutes, until softened and browned.
4. Preheat oven to broil. Place eggplant shells on a greased baking sheet. Broil for 5 minutes. Reduce oven heat to 375 degrees F.
5. Fill each eggplant shell with the veggies, sprinkle with the feta. Bake for 35 minutes, or until browned on top.

**Nutritional Analysis:** One serving equals: 153 calories, 4.7g fat, 86mg sodium, 25g carbohydrate, 11g fiber, and 6g protein.

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### Garden Fresh Salad



The best salads are a cornucopia of fresh vegetables, with little or no added fat. This salad combines some of the garden's tastiest veggies and is dressed lightly with no added oils. Serve with a side of lean protein for a healthy, vibrant meal.

**Servings: 4**

#### Here's what you need...

- 4 eggs
- 1 bunch asparagus, ends trimmed
- 1 cup curly endive
- 1 cup dandelion greens
- 1/2 cup cherry tomatoes, halved
- 1/8 cup red onion, thinly sliced
- 1/2 red bell pepper, thinly sliced into matchsticks
- 1 packet Stevia
- 2 Tablespoons lime juice
- 1 garlic clove, minced
- 2 teaspoons Dijon mustard
- 1 Tablespoon raspberry vinegar

1. Place the eggs in a pan of water; bring to a simmer for 6 minutes. Remove from heat. Crack the eggs all over, and then place in a pan of cold water for one minute. Remove from water, peel, and slice. Set aside.
2. Bring a medium pot of salted water to boil. Add the asparagus and cook for 4 minutes. Rinse in cold water then set aside.
3. In a large salad bowl combine the endive, dandelion greens, tomato, onion and pepper.
4. In a small bowl combine the Stevia, lime juice, garlic, Dijon and vinegar. Mix well.
5. Coat the salad with the dressing. Top with asparagus and sliced egg.

**Nutritional Analysis:** One serving equals: 119 calories, 5.5 fat, 137mg sodium, 9g carbohydrates, 2g fiber, and 8g protein.

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### Olive-Stuff Turkey Meatballs



Lean, ground turkey paired with Italian seasoning and tender olives, make these meatballs something special. The key to keeping this savory meal healthy is to pair it with a side of vegetables, rather than starchy pasta.

**Servings: 5**

#### Here's what you need...

- 20 oz Italian Seasoned Lean Ground Turkey
- 30 pitted olives
- 1 teaspoon olive oil
- 2 cloves garlic, finely minced

1. Take one tablespoon of ground turkey at a time; flatten it in your hand and form around an olive to create a ball. Repeat with all of the turkey and olives.
2. Heat the olive oil in a large skillet. Add the garlic and spread around the pan. Add the meatballs.
3. Turn the meatballs every 3 minutes for 20 minutes of cooking. Remove once all sides are browned and the meatballs are cooked through.
4. Serve on a platter with any remaining olives.

**Nutritional Analysis:** One serving equals: 205 calories, 12g fat, 800mg sodium, 1g carbohydrate, 0g fiber, and 20g protein.

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### Santa Fe Salmon Salad



Eating healthy does not need to be boring. Grilled salmon, crisp greens, tender corn and peppers, a sprinkle of cheese and a few slices of avocado make this healthy salad something worth repeating. The flavors in this dish are so delicious there is no need for dressing.

**Servings: 2**

#### Here's what you need...

- 2 (3.5 oz) salmon fillets
  - Santa Fe seasoning blend (2 teaspoons cumin, 1 teaspoon coriander, 1 teaspoon chili powder, 1 teaspoon dried oregano, 1 teaspoon thyme, 1/8 teaspoon clove, 1/8 teaspoon allspice, 1/8 teaspoon ground cinnamon)
  - 4 cups romaine lettuce, chopped
  - 1/2 cup tomato, chopped
  - 1/4 cup corn kernels
  - 1/8 cup low fat cheese, grated
  - 1/8 cup canned red peppers, finely chopped
  - 1/2 avocado, sliced
1. Coat the salmon fillets with Santa Fe seasoning. On a pre-heated grill, cook for 8-10 minutes on each side, until flaky and cook all the way through. Remove from heat.
  2. On 2 plates arrange a bed of lettuce, topped with half of the tomato, corn, cheese, peppers and avocado. Place the fillet on top.

**Nutritional Analysis:** One serving equals: 252 calories, 12 fat, 225mg sodium, 12g carbohydrate, 7g fiber, and 24g protein.

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### Guilt-Free Strawberry Ice Cream



Here's a recipe that allows you to indulge in something sweet, cold and creamy without the sugar rush. Non-fat Greek yogurt is packed with protein, which makes this delicious snack even more beneficial. Feel free to add Stevia In The Raw to increase the sweetness as described below.

**Servings: 4**

#### Here's what you need...

- 20 organic strawberries
  - 2 cups non fat Greek yogurt
  - optional \*1/4 cup Stevia In The Raw\*
1. Wash and hull the strawberries. Mix in a blender until smooth.
  2. Add yogurt (and Stevia In The Raw, if using) and blend well.
  3. Pour into an ice cream maker and run until yogurt is frozen and creamy.

**Nutritional Analysis:** One serving equals: 87 calories, 0g fat, 53mg sodium, 9g carbohydrate, 1g fiber, and 13g protein.

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### Shredded Chicken Lettuce Wraps



Another sure-fire way to feel better than ever is to eat a diet that is high in fiber and protein and low in refined sugar and carbohydrates. These shredded chicken lettuce wraps are easy to make and will keep you on track with your healthy, fit lifestyle.

**Servings: 6**

#### Here's what you need...

- 1 Tablespoon chile pepper
- 1 teaspoon salt
- 2 teaspoon pepper
- 1 Tablespoon dried oregano
- 1/2 cup lime juice, divided
- 2 Tablespoons olive oil
- 6 whole chicken legs
- 3 cups shredded cabbage
- 1/4 cup red onion, thinly chopped
- 1/4 cup fresh cilantro, chopped
- 6 large butter lettuce leaves

1. In a small bowl combine the chile pepper, salt, pepper, oregano, 1/4 cup of the lime juice and the olive oil. Place the chicken in a large baking pan and coat with the seasoning mixture. Cover and refrigerate for 4 hours.
2. Meanwhile, in a large bowl combine the cabbage, onion, cilantro and remaining 1/4 cup lime juice. Season with salt and pepper to taste. Cover and refrigerate for 4 hours.
3. Preheat oven to 400 degrees F. Roast the chicken legs for 40 minutes.
4. When the chicken has cooled, discard the skin and bones and shred the chicken.
5. Fill each lettuce leaf with a spoonful of cabbage mixture, topped with shredded chicken.

**Nutritional Analysis:** One serving equals: 248 calories, 12 fat, 740mg sodium, 5g carbohydrate, 2g fiber, and 26.7g protein.

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### Stuffed Southwest Chicken



You know that skinless chicken breast is a great source of lean protein, but grilled chicken night after night gets boring. Here's a new way to dress up your healthy lean protein. The southwest flavors of chiles and lime make this a seriously tasty meal.

**Servings: 4**

#### Here's what you need...

- 4 oz light cream cheese, room temperature
- 1 (15oz) can diced tomatoes, drained
- 1/2 cup frozen corn kernels
- 1 (4oz) can Hatch green chiles, roasted and chopped
- Salt and pepper
- 4 organic, boneless, skinless chicken breasts
- 1 teaspoon olive oil
- Tajin seasoning (blend of dehydrated lime, ground chile peppers and salt)

1. Preheat oven to 350 degrees F.
2. In a medium bowl with an electric mixer on low speed, combine the cream cheese, drained tomatoes, corn and chiles.
3. Slice through the thick part of each chicken breast so that it opens like a book. Double wrap the chicken with plastic wrap and cut it with a meat until it's 1/4 inch thick.
4. Season one side of each chicken breast with salt and pepper, then flip it over and spread with 1/4 of the cream cheese filling. Roll each chicken breast up and place it seam side down in a baking dish. Rub a little olive oil over the top of the chicken then season with Tajin and salt and pepper.
5. Cover and bake for 35 minutes. Remove the cover and bake for another 15 minutes.
6. Thinly slice and then serve.

**Nutritional Analysis:** One serving equals: 234 calories, 6g fat, 522mg sodium, 13g carbohydrate, 3g fiber, and 31g protein.

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### Quinoa Fruit Salad



This refreshing summer salad is made with quinoa. Quinoa is a gluten-free, protein-packed seed. It's a complete protein, containing all 9 essential amino acids. Add a side of lean protein to your salad and you've got a highly nutritious, balanced meal.

**Servings: 6**

#### Here's what you need...

- 3/4 cup plain non-fat greek yogurt
- 2 Tablespoons lime juice, divided
- 1-15 fresh mint leaves, minced
- 2 cups cooked quinoa
- optional dash of salt and pepper
- 1 cup blueberries
- 1 cup green grapes, halved
- 1/2 cup raspberries
- 1 teaspoon agave nectar

1. In a small bowl combine the yogurt, 1 tablespoon lime juice and the mint. Pour over the cooked quinoa and mix well. Season with salt and pepper.
2. In another bowl combine the fruit, agave nectar and remaining lime juice.
3. Cover and refrigerate each bowl for 2 hours, to allow the flavors to emerge, then combine the fruit with the quinoa and serve.

**Nutritional Analysis:** One serving equals: 114 calories, 1 fat, 13mg sodium, 20g carbohydrate, 2.5g fiber, and 6g protein.

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### Quick Chickpea Salad



Preparing healthy, fresh meals doesn't have to take hours of your day. This tasty salad is filled with protein, fiber and nutritious veggies. Prepares in 10 minutes. **Servings: 4**

#### Here's what you need...

- 1 (15oz) can chickpeas
- 1 zucchini
- 2 tomatoes

For the dressing:

- 2 Tablespoons parsley, minced
- 1 teaspoon olive oil
- 2 Tablespoons lime juice
- 1 Tablespoon agave nectar

1. Drain the chickpeas, but do not rinse. Place in a medium sized bowl.
2. Slice the zucchini lengthwise, rotate and slice lengthwise again to form 4 long pieces. Chop into small slices and add to the bowl.
3. Cut the tomato into 4 pieces. Scoop out the seeds and discard. Chop into small pieces and add to the bowl.
4. In a small bowl combine the dressing ingredients. Pour over the chickpea mixture and mix well.

**Nutritional Analysis:** One serving equals: 138 calories, 2.5g fat, 188mg sodium, 18g carbohydrate, 4g fiber, and 6g protein.

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### Sweet Paprika Chicken & Veggies



Here's a new and tasty way to prepare lean chicken and nutritious veggies. Meals that are high in protein and fiber, like this, are exactly what you need to be eating in order to see amazing results.

**Servings: 8**

#### Here's what you need...

- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 16 oz of skinless, chicken tenders
- 1 teaspoon olive oil
- 1 red onion, chopped
- 4 carrots, chopped
- 3 heirloom tomatoes, chopped
- 2 green bell peppers, seeded and chopped
- 2 Tablespoons coconut flour
- 2 Tablespoons sweet paprika

1. Preheat oven to 325 degrees F.
2. Season the chicken tenders with salt and pepper. Heat the olive oil in a large skillet, over medium heat. Add the chicken and cook, turning occasionally until browned. Transfer to a roasting pan.
3. Add the vegetables to the skillet and maintain the heat on medium. Cook, stirring often, until the onion is translucent. Sprinkle in the flour and paprika and stir well. Bring to a boil and cook until the tomatoes give off their juices, about 10 minutes. Pour the veggies over the chicken and cover.
4. Bake for 30 minutes, uncover and bake for an additional 30 minutes.

**Nutritional Analysis:** One serving equals: 211 calories, 3 fat, 390mg sodium, 17g carbohydrate, 5.5g fiber, and 29g protein.

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### Classic Chopped Salad



This salad is filled with tender roasted veggies and crunchy fresh lettuce. These foods are fresh and fiber-filled – exactly the kind of meal that defines clean eating. Add a side of lean protein and a tall glass of water for the perfect meal.

**Servings: 4**

#### Here's what you need...

- 1 cup asparagus, chopped
- 4 large carrots, chopped
- 5 green onions, chopped
- 1 green zucchini
- 1 yellow zucchini
- 1 teaspoon olive oil
- dash of salt and pepper
- 4 cups of romaine lettuce, chopped
- 1/2 cup cherry tomatoes, chopped
- 1/4 cup kalamata olives, chopped
- 2 Tablespoon pine nuts, toasted

#### For the dressing:

- 1 teaspoon olive oil
- 2 Tablespoons lime juice
- 1 Tablespoon agave nectar
- 1 clove garlic, minced
- 1 teaspoon champagne mustard

1. Preheat oven to 425 degrees F. Place the asparagus, carrot, onion and zucchinis in a large bowl, mix well with the olive oil and salt and pepper. Place on a baking sheet and roast for 20 minutes, stirring after the first 10 minutes.
2. Meanwhile place the remaining salad ingredients into a large bowl. In a small bowl combine all of the dressing ingredients and whisk with a fork.
3. Once the veggies are roasted, mix into the salad bowl and toss with the dressing.

**Nutritional Analysis:** One serving equals: 148.3 calories, 8g fat, 182mg sodium, 20g carbohydrate, 5g fiber, and 5g protein.



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