EAGLE RIDGE FITNESS

Easy ONE-DISH RECIPE GUIDE

Eagle Ridge Fitness Personal Training

WELCOME

Thank you for downloading the *Easy One-Dish Dinners Recipe Guide*!

The problem: Finding the time and energy to create healthy weeknight meals that you actually want to eat.

The solution: Simple one-dish meals!

We know how busy life gets. Some nights, pulling together a healthy meal for you and your family that keeps you on-track with your goals can seem like an overwhelming task.

But it doesn't have to be that way! We've created this recipe guide to help you solve the nightly "what's for dinner" dilemma.

Inside, you'll find a dozen recipes that will please the entire family, and will require just minutes of your time – both for prep AND for cleanup.

One major criteria for the recipes we've chosen is that they can be easily customized based on your likes, dietary preferences, and what you have on-hand.

Plus, we've included tips for making weeknight meal prep even easier.

So ... grab your baking sheets, skillets, and soup pots and get ready to get cookin'!

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A Personal Training Studio Specializing in Nutrition

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Healthy Meals for a Healthy Lifestyle

Quick Tips for Mealtime SUCCESS

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1 Do as much ahead of time as possible.

When you get home from the grocery store, as soon as possible make time to prep your vegetables. Wash, peel, and slice or chop them, so they are ready to go when it's time to cook. They'll also make for easy 'grab & go' snacks.

2 Invest in quality reusable containers.

You'll get plenty of use out of them with leftovers and prepped veggies. They'll help keep your food fresh, whether in the refrigerator or freezer. If space is an issue, freezer bags are a practical option.

3 Double your recipes.

Making extra and refrigerating or freezing leftovers for future meals saves you valuable time. If you don't like leftovers, think about ways to repurpose the meals.

4 Make cleanup easier.

The recipes in this guide already take minimal cleanup since they only use ONE pan/pot/baking sheet ... but you can make the sheet pan meals even easier if you use foil, parchment paper, or silicone baking mats.

Swap IT OUT

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Most of the recipes in this guide can easily be modified based on the ingredients you have on-hand or your dietary preferences.

For example, if the recipe calls for ground turkey, you can also use ground beef, chicken, diced tofu, or a vegan meat replacement product.

Likewise, if you prefer using sweet potatoes for potatoes, that also will work.

Veggies also can be swapped out. Just keep in mind that some vegetables might take longer to cook than others, so the cooking times might vary.

Experiment...

make the recipes your own!

Tips for Tasty HEALTHY Meals

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1. **Herbs and spices.**
Having a variety of seasonings on-hand can turn a bland meal into a family favourite. *A quick tip: if you rarely use individual spices, instead try experimenting with the seasoning blends at your grocery store*.

2. **Batch cook.**
If you have hearty appetites in your household, you can keep them satisfied with the recipes in this ebook by adding a serving of brown rice or quinoa. Prep the grains ahead of time using a rice cooker for minimal effort.

3. **Don't be afraid of frozen vegetables.**
They are inexpensive time-savers and they have a longer shelf-life than fresh veggies. They work especially well in sheet pan recipes.

4. **Have a plan.**
Put together a game plan for tomorrow's meals today. This will help you stay organized and on-track.

SAVORY

Lentils with Greens

SERVES 6

This recipe qualifies as a stick-to-your ribs comfort food that's good for you! Plus, it makes for great leftovers.

As-is, this is a vegan recipe but if you want to add more protein, stir in 1 cup of cooked, shredded chicken.

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Ingredients

- 2 Tbsp coconut oil or butter
- 2 celery stalks, chopped
- 2 carrots, peeled and chopped
- ½ onion, chopped
- ¼ cup apple cider or white wine vinegar
- 2 cups uncooked lentils, rinsed
- 2 medium potatoes, peeled and chopped
- 6 cups (1.4 liters) veggie or chicken broth, divided
- 1 bay leaf
- 1 tsp each dried marjoram and thyme
- ½ cup (120 ml) full-fat coconut milk
- 4 large handfuls fresh spinach or kale
- salt and pepper to taste
- olive oil and lemon juice (or vinegar) for topping

Method

1. In a soup pot or good-sized saucepan, melt the butter or coconut oil over medium heat. Add the celery, carrots, and onion and saute for 10 minutes, until they are soft. Drizzle in the vinegar and stir to deglaze the pan.
2. Add the lentils, potatoes, and 4 cups (950 ml) of the broth, stirring. Add the bay leaf and spices and let simmer for 45 minutes.
3. Stir occasionally and keep your eye on the pot, adding extra broth when needed so there's enough liquid to cover the mixture.
4. When the lentils are cooked through, pour in the coconut milk and stir to incorporate.
5. Add salt and pepper to taste.
6. Just before serving, drizzle with olive oil and lemon juice.

Potato, Bean & Spinach HASH

SERVES 4

You'll love this plant-based comfort food recipe.

***To make it vegan**: Instead of cheese, use ¼ cup (40 g) nutritional yeast and 1 tsp garlic powder (or use prepared vegan "cheese").*

***Make it decadent**: Serve with a poached/fried egg on top of each serving.*

***Toss in extras**: add veggies you have on-hand to the combo – diced beets, carrots, celery would all be delicious.*

Ingredients

- 2 Tbsp olive oil
- 1 white onion, sliced
- 2 large potatoes, peeled and diced
- Himalayan salt, to taste
- 1 can white beans, drained and rinsed
- 6 big handfuls of fresh spinach, chopped
- ½ cup (60 g) feta cheese, crumbled
- Zest of 1 lemon
- Ground black pepper to taste

Method

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the onion and sauté until it starts to soften, 4-5 minutes.
3. Add the potatoes and 2 pinches of salt, tossing well to combine. Cover the skillet and cook for 8-10 minutes, stirring occasionally to make sure the potatoes brown on all sides.
4. Add the beans and cook for another 5 minutes, stirring occasionally.
5. Add the spinach and cook till wilted, about 3-5 minutes.
6. Take off the stove and stir in the cheese, lemon, and season with salt and pepper to taste.
7. Serve immediately.

MOROCCAN INSPIRED Quinoa Salad

SERVES 4

This plant-based salad is a perfect one-dish meal prep for quick lunches or dinners. Cook it up ahead of time, place in individual portion-sized containers, and add the almonds, veggies, and optional goat cheese when it's time to eat.

***Protein booster**: add 3 ounces of tuna or chicken before serving.*

***Note**: the recipe calls for a Ras El Hanout spice blend but if you don't have it on-hand, you can easily substitute your own version.*

Ingredients

- 1 Tbsp olive oil
- 1 medium onion, diced
- 1 clove garlic, minced
- 2 tsp Ras El Hanout **OR** ½ tsp each: turmeric, cumin, ginger, cinnamon
- Freshly ground black pepper
- 2 cups (475 ml) vegetable broth
- 1 cup (170 g) uncooked quinoa
- 1 (15 ounce) (400 g) can chickpeas, rinsed and drained
- ½ cup (80 g) chopped dates
- ½ cup (50 g) toasted sliced almonds
- ***For serving**: 2 small cucumbers, peeled and diced*
- ***For serving**: 1 large tomato, deseeded and chopped*
- ***Optional**: Goat cheese crumbles (about a half-cup/110 grams), 6 oz. tuna or diced/shredded cooked chicken*

Method

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1. Heat the olive oil in a large pot over medium heat. Add the onion and sauté for 3-4 minutes, and then add garlic, stirring constantly so that it doesn't burn, cooking for 1 minute. Add the spices and cook for another 60 seconds.
2. Add the broth slowly, stirring to incorporate the spices, and then add quinoa. Bring the mixture to a boil and reduce heat to low, cover, and cook for 15 minutes.
3. Remove from the heat and stir well. Add the chickpeas and dates, and taste for seasoning. Add salt and pepper if necessary.
4. Serve immediately or refrigerate for later. When it's time to eat, stir in tomatoes and cucumbers, optional goat cheese, and a garnish of toasted almonds.

Shrimp Fajita BOWLS

SERVES 4

This recipe always feels like a special treat! Once you get the veggies chopped, it cooks up quickly.

Experiment with your favourite toppings – and also with the protein choice. Try chicken or tofu for variety.

If you don't want to serve rice or quinoa, try cauliflower rice. To make: pulse cauliflower florets in a food processor with 1 Tbsp. of water, until it is the consistency of rice, and then steam.

Ingredients

Fajitas

- ¾ tsp each: chili powder, garlic powder, cumin, paprika (or 1 Tbsp. of your
- favorite taco seasoning)
- 2 Tbsp. olive oil, divided
- 4 medium bell peppers, cut into strips
- 1 onion, sliced
- 2 cups (200 grams) sliced mushrooms
- 1 pound (450 g) shrimp, peeled and deveined
- 1 Tbsp. lime juice

Shrimp Bowls

- Fresh lettuce
- Chopped tomatoes
- Avocado slices
- Lime slices
- (Optional) cooked brown rice, black beans, or quinoa

Method

1. Combine spices in a small bowl and set aside.
2. In a large skillet over medium heat, heat 1 Tbsp. olive oil. Sauté the onion for 6-8 minutes, until translucent. Add the peppers and continue sautéing for another 5 mins, until softened.
3. Sprinkle half of the spice blend over the vegetables in the skillet, stirring well to combine. Add the mushrooms and sauté for another 3-4 minutes, until they start to soften.
4. Move the veggies to the outside of the skillet, making a "well" in the middle for the shrimp. Add the olive oil, shrimp, and the remaining spice blend and sauté for about 5 minutes, flipping the shrimp halfway through so they cook on both sides.
5. Remove from the heat.
6. Assemble your bowls with your favorite fixings: Make a "bed" of lettuce and optional rice or beans, top with fajita mix, and add tomatoes, avocado slices and additional lime, if desired.

SHEET PAN

Sausage & Veggies

SERVES 4

This will become a fast favourite. It's easy to sneak more vegetables into a meal by roasting them, since they become sweeter with caramelization.

Try adding sliced beets, squash, or carrots to the mix!

Ingredients

- 3 Tbsp. olive, avocado, or coconut oil
- 4-5 sausage links: chicken, turkey, or vegan alternative (about .2 lbs each / 90g)
- 16 oz. (450 g) green beans (fresh or frozen)
- 16 oz. (450 g) Brussels sprouts (fresh or frozen)
- 2 large potatoes, washed, peeled and cut into cubes
- 1 Tbsp. each dried rosemary and thyme
- salt & pepper to taste

Method

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1. Drizzle 2 Tbsp. of your oil of choice on a rimmed baking sheet and place in oven.
2. Preheat the oven to 425°F (220°C).
3. Toss the green beans, Brussels sprouts, potatoes in a large bowl with remaining 1 Tbsp. of oil, plus the herbs. Set aside.
4. Cut the chicken sausage links into circles. Set aside.
5. When the oven is heated, carefully remove the baking sheet and place the veggies and sausage links in a single layer on the sheet. Sprinkle with salt and pepper and roast for 30-45 minutes, stirring every 10-15 minutes so they roast evenly.
6. It will be done when the potatoes are cooked through and everything is caramelized. Carefully remove from the oven and add more salt and pepper if desired. Enjoy!

LASAGNA

In a Skillet

SERVES 4

This skillet casserole comes together really fast! Once you get the basic formula down it will become a family favourite that you can customize based on what you have on-hand.

You can make it with your choice of prepared marinara sauce. If you don't have any on-hand, use canned crushed tomatoes and add garlic powder to taste.

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Ingredients

- 2 large zucchinis, washed
- 2-3 Tbsp. olive oil
- 1 lb (450 g) ground meat (turkey, chicken, beef, vegan meat substitute)
- 1 tsp sea salt
- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup (70 g) mushrooms, chopped
- 1 cup (125 g) marinara sauce or canned crushed tomatoes
- ½ tsp black pepper
- 1 tsp each dried basil and oregano (or use Italian seasoning)
- 2-3 big handfuls spinach
- *Optional:* ½ cup (45 g) shredded mozzarella

Method

1. Cut the ends off the zucchinis and, using a peeler or mandolin, carefully slice them lengthwise into long strips resembling lasagna noodles. Pat down your noodles with a clean kitchen towel or paper towels to get rid of excess moisture and set aside.
2. Heat a large, deep skillet on medium heat. If you're using lean meat (like ground turkey or chicken breast), heat 1 Tbsp. of olive oil in the skillet to prevent sticking.
3. Place the meat in the skillet and brown, seasoning with ½ tsp of sea salt. When it's browned, spoon it onto a plate, and set aside, draining off any excess fat.
4. Add 1 Tbsp. of olive oil to the pan and when it's hot, add the onions and garlic and cook, stirring frequently, until the onions are translucent. Add the mushrooms and zucchini "noodles" and sauté until softened, about 5 minutes.
5. Spoon the browned meat back into the skillet, along with the marinara sauce and seasonings. Cook for a few minutes to combine the flavours, and stir in the spinach and heat until wilted. Taste and add more salt and pepper if necessary.
6. Sprinkle with mozzarella and serve!

"Cheeseburger" SKILLET

SERVES 4

What?! A cheeseburger recipe that doesn't contain cheese? Yes, it's true!

The nutritional yeast in this recipe has a surprisingly "cheesy" taste, making it a satisfying dairy-free option.

Try this with ground beef, chicken, turkey, or meat substitute.

Ingredients

- 1-2 Tbsp. olive oil
- 2 potatoes, peeled and diced
- 2 tsp pink Himalayan salt, divided
- 2 tsp ground pepper
- ½ large onion, diced
- 1 cup (120 g) mushrooms, sliced
- 1 lb. (450 g) ground meat / meat substitute
- 1 Tbsp. yellow mustard
- 1 Tbsp. tomato paste
- 1 Tbsp. nutritional yeast
- 1 Tbsp. liquid aminos
- 1 tsp garlic powder

Toppings (choose your favourites):

- Lettuce / Tomato / Avocado
- Crumbled bacon
- Pickles

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Method

1. Heat a large skillet over med-high heat with about 1 Tbsp. of olive oil. Add the potatoes with about 1 tsp each of salt and pepper. Sauté for about 10-12 minutes until brown and barely fork-tender.
2. Using a slotted spoon, remove the potatoes to a plate and set aside. Lower the heat and add the onion to the skillet and cook for 3-4 minutes before adding the garlic and sauté for 1 minute before adding the mushrooms.
3. Cook until the onions and mushrooms start to soften. Push the veggies off to the side and add the ground meat or meat substitute to the center of the skillet and stir to break it up. Add the mustard, tomato paste, nutritional yeast, liquid aminos, the mustard, garlic powder, and the rest of the salt and pepper.
4. Cook the meat until it reaches your desired level of doneness and add the potatoes back to the skillet, and stir to combine the mixture.
5. When the potatoes are heated through, serve with suggested toppings.

CHICKEN *Stew*

SERVES 4

Chicken stew is the ultimate comfort food. Make a double batch of this and enjoy the leftovers – it tastes better the second day!

You can make this a vegan dish by substituting the chicken with 1 can of white beans and 1 cup (140 g) of uncooked quinoa. Just be sure to watch the liquid – add more broth if it becomes too dry.

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Ingredients

- 2 Tbsp. olive oil
- 2 stalks celery, chopped
- 1 carrot, peeled, chopped
- 1 small onion, chopped
- Salt and freshly ground black pepper
- 14.5 oz. (400 g) can chopped tomatoes
- 2 medium sweet potatoes, diced
- 2 cups (475 ml) chicken broth
- 1 Tbsp. tomato paste
- 1 bay leaf
- 1 tsp dried basil
- 1/2 tsp dried thyme leaves
- 1 lb./ (450 g) chicken breast, chopped into bite-sized pieces
- 4 handfuls fresh spinach, chopped

Method

1. Heat the oil in a heavy saucepan over medium heat. Add the celery, carrot, and onion and sauté about 5 minutes, until the onion is translucent. Season with salt and pepper, to taste.
2. Stir in the tomatoes and juice, sweet potato, chicken broth, tomato paste, bay leaf, basil, and thyme. Stir well, and then add the chicken breasts, making sure they are fully covered.
3. Bring to a simmer and reduce heat to medium low cooking liquid to a simmer. Reduce the heat to medium-low and simmer gently uncovered until the chicken is cooked through, about 30 minutes.
4. Remove the bay leaf. Stir the spinach into the pot and cook until wilted, about 5 minutes. Season with additional salt and pepper to taste.
5. Serve and enjoy!

Slow Cooker Chicken CURRY

SERVES 4

This recipe does not fall into the "quick" category but it definitely is easy and you'll love the aroma as your slow cooker does its magic.

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Ingredients

- ½ cup (120 ml) coconut milk
- ½ cup (120 ml) low-sodium chicken stock
- 14.5 oz. (400g) can chopped fire-roasted tomatoes
- 4 Tbsp. mild curry paste
- 2 Tbsp. chopped fresh ginger
- 2 large sweet potatoes, peeled and diced
- 1 yellow onion, chopped
- 2 red bell peppers, chopped
- 1 lb. (450 g) skinless chicken thighs
- 1 14 oz. (400 g) can chickpeas
- *Optional*: 1 cup (200 g) cooked brown rice

Method

1. Pour coconut milk, stock, tomatoes, and curry paste into a slow cooker and mix together well.
2. Add the ginger, sweet potatoes, onions, peppers, and chicken thighs. Make sure the chicken is fully submerged.
3. Set the slow cooker on low and cook for 2-3 hours and then add the chickpeas.
4. Cook for another 2-3 hours, until the chicken and potatoes are tender.
5. Serve as-is or over cooked rice.

VEGGIE Scramble

SERVES 4

This dish is perfect for busy weeknights – it's quick and easy, plus it's packed with veggies and is a great way to help clean out the fridge!

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Ingredients

- 2 Tbsp. olive oil
- 5-6 baby potatoes, sliced
- 4 cups (400 g) sliced vegetables: onions, mushrooms, bell peppers, tomatoes, summer squash, broccoli, etc.
- 1 tsp. minced fresh herbs, such as basil, rosemary, or thyme, or ½ tsp dried herbs
- 6 large pasture-raised eggs, lightly beaten
- ½ cup (112 g) goat cheese crumbles (optional)
- 3 big handfuls of greens (spinach, kale, beet greens, etc.)
- Salt and pepper to taste

Method

1. Heat the oil in a large skillet over medium heat. When the oil is simmering, add potatoes and cover, cooking until they soften, about 8-10 minutes. Be sure to stir them often so they don't stick.
2. Remove the cover and add the sliced veggies and continue cooking for another 10 minutes, until they begin to brown and are fork-tender.
3. Reduce heat slightly and add the eggs. Cook, stirring often, until the eggs start to set.
4. Stir in the optional goat cheese and the greens, and cook until the greens are wilted.
5. Season with salt and pepper and serve.

Egg & Veggie FAJITAS on a Sheet Pan

SERVES 4

This recipe also is an option for baking up a healthy veggie-filled breakfast!

Ingredients

- 2 Tbsp. olive oil
- 1 Tbsp. chili powder
- 2 tsp ground cumin
- ½ tsp red pepper flakes
- Juice of 1 lime
- Himalayan salt & ground black pepper
- 3 bell peppers, seeded and sliced
- 1 yellow onion, halved and sliced
- 2 large portabella mushrooms, sliced
- 6 large eggs
- 1 avocado, halved, peeled, seeded and sliced
- ***Optional***: ¼ cup (15 g) chopped fresh cilantro, lime wedges for garnish

Method

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1. Preheat oven to 400°F (200°C). Lightly oil a rimmed baking sheet or coat with nonstick spray.
2. In a small bowl, stir together the olive oil, chili powder, cumin, lime, and salt and pepper. Set aside. Place peppers, onion, and mushrooms in a large bowl and pour the oil mixture over them, tossing well to combine.
3. Place the veggies on the baking sheet in a single layer and put in the oven to bake until tender, about 15 minutes. Stir halfway through to make sure they cook evenly.
4. Remove from the oven and create six wells in the veggie mixture. Crack each of the eggs into a well, keeping the yolks intact (it can help to crack the egg into a small bowl and pour onto the pan, repeating for each egg).
5. Season with a little more salt and pepper and place the sheet back in the oven to bake until the eggs are set, about, 8-10 minutes. Remove from the oven and serve with avocado, lime wedges, and optional cilantro.

MEAT & POTATOES

Sheet Pan Dinner

SERVES 4-6

This is an old-fashioned meat & potatoes dinner made easy – because it's all cooked on a sheet pan!

It makes 4 servings for hearty appetites and will make 6 standard servings.

Leftovers are surprisingly delicious as a salad the next day – simply slice leftover steak into bite-sized pieces. Serve warm or cold.

***Tip**: If you want to make it vegan, use portobello mushrooms instead – just roast them with the veggies.*

Ingredients

- 4 x 1-inch (2.5 cm) thick top sirloin steaks (about 1.5 lbs./680 g)
- ¼ cup olive oil
- ¼ cup lemon juice
- 2 cloves garlic, minced.
- 1 tsp sea salt plus more to taste
- Ground black pepper to taste
- 2 lbs. (900 g) baby potatoes, scrubbed and cut into bite-sized pieces
- 1 lb. (450 g) carrots, peeled and cut into circles
- 1 lb. (450 g) green beans, trimmed
- 1 yellow onion, chopped
- Chopped parsley optional, for garnish

Method

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1. Preheat the oven to 400°F (200°C) degrees F and lightly grease a large baking sheet.
2. In a large bowl, whisk together the olive oil, lemon juice, garlic, salt and pepper. Add the potatoes, carrots, green beans, and onion, and toss well to coat.
3. Place the veggies in a single layer on the baking sheet, and roast in the preheated oven for 25-30 minutes, stirring at least once to make sure they cook evenly. They will be done when they are tender. Remove from the oven and place on a plate, set aside.
4. Turn on the broiler. Generously season both sides of the steaks with salt and pepper and place on the baking sheet. Broil the steaks for about 4-5 minutes per side (medium-rare) or longer. Let the steak rest for 5-10 minutes before slicing.
5. Serve with the potatoes and veggies. Enjoy!

Healthy Meals for a

HEALTHY LIFESTYLE

What you eat impacts your results – whether it's your energy, your waistline, or your performance.

When you eat clean, healthy meals, it fuels not only your workouts but your everyday life!

At ***Eagle Ridge Fitness,*** we specialize in helping our clients find simple solutions that make it easier to maintain a fit lifestyle.

- ***Motivation***
- ***Accountability***
- ***Support***
- ***A complete customized plan – and a proven process! – that fits your needs and schedule***
- ***Coaching in other areas that affect your results (stress, sleep, workouts, and more!)***

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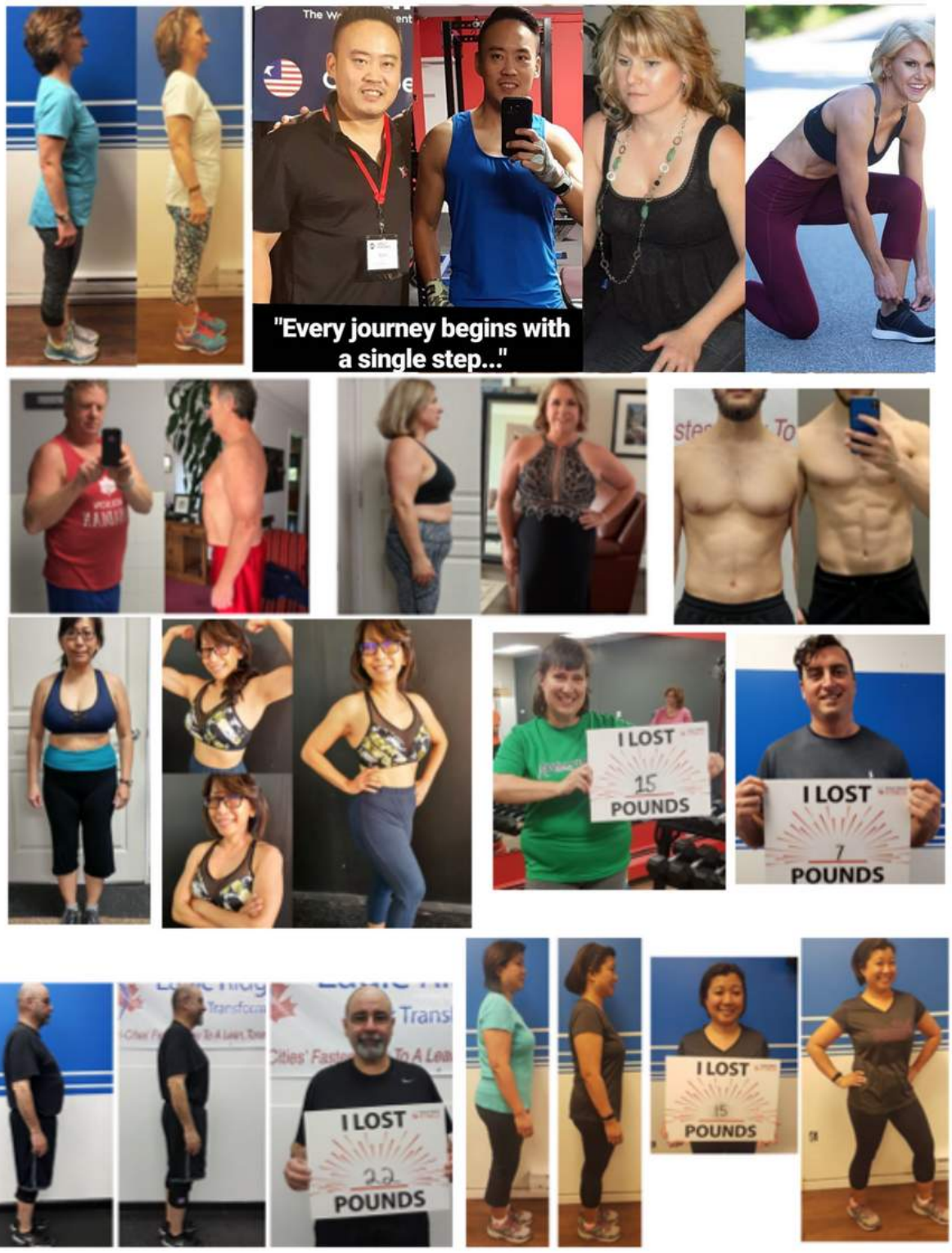

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