FITSTRATEGY March Recipe Pack

Discover 15 easy, healthy and tasty recipes

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FITSTRATEGY BREAKFAST WRAP

Breakfast Wrap

FITSTRATEGY

Serves 2

6 slices bacon 1 avocado, mashed ½ clove of garlic, minced salt & pepper 2 eggs, whisked 4 tbsp. water 1 tbsp. butter 4 tbsp. cheddar cheese, shredded 2 whole wheat tortillas

What you need to do

Place the bacon into a non-stick skillet and cook over a medium-high heat, until crispy.

In a bowl, mix the mashed avocado with the garlic, and season to taste with salt and pepper.

Whisk the eggs with the water and season with salt and pepper. Heat the butter in a frying pan, pour in the egg mixture and fry until set to your liking.

Take each tortilla and make a slit from the outer edge to the center of the tortilla. Then place the filling ingredients (bacon, avocado, egg and cheese), separately into each quarter of the tortilla. Finish with the cheese in the last quarter as it will help glue the tortilla together when it melts.

Fold the first quarter of the tortilla over the second one, the second quarter over the third, and finish by folding the last quarter over so that you have a triangle shape.

Place the folded tortillas into the skillet and brown on both sides. Serve immediately.

MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	546	41	24	21	7

PBJ BREAKFAST PARFAIT

FITSTRATEGY

PBJ Breakfast Parfait

FITSTRATEGY

Serves 3

For the jam: 13 oz. (370g) mixed berries, frozen 2½ tbsp. chia seeds 1 tbsp. orange juice 2 tbsp. maple syrup

For the parfait: 16 oz. (450g) Greek yogurt 3 tbsp. peanut butter, natural 4 tbsp. granola, to serve 2 strawberries, sliced, to serve

What you need to do

To make the chia jam, combine the berries, chia seeds and orange juice in a bowl and stir well. Cover and leave at room temperature for 1-2 hours or chill in the refrigerator overnight.

When ready to eat, mash the jam until smooth. Stir in the maple syrup and leave for 20-30 minutes. This recipe serves 3 and only uses half the jam, so store the remaining jam in an airtight container in the refrigerator for up to 1 week.

For each parfait, divide the yogurt between 3 serving glasses or bowls. Top with layers of the peanut butter and chia jam. Repeat each layer and chill until ready to serve.

When ready to serve, top with granola and strawberries.



Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 min	2 hrs - overnight + 30 mins	406	17	45	22	9

CRISPY BAKED CHICKEN WINGS

FITSTRATEGY



Crispy Baked Tandoori Chicken Wings

FITSTRATEGY

Serves 6

1¹/₂ lbs. (680g) chicken wings

Marinade:

³/₄ cup (215g) Greek yogurt
1¹/₂ tbsp. fresh lemon juice
¹/₂ tbsp. fresh ginger, minced
¹/₂ tbsp. garlic, minced
¹/₂ tbsp. allspice
³/₄ tsp. cayenne pepper
³/₄ tsp. smoked paprika
1 tbsp. cumin powder
¹/₂ tbsp. ground coriander
³/₄ tsp. salt
pinch of black pepper
1 tbsp. coconut oil, melted

What you need to do

Place all the ingredients for the marinade into a large bowl and mix together until well combined. Add the chicken wings and stir until completely coated in the marinade. Cover the bowl and place into the refrigerator for at least 2 hours.

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Take the wings out of the marinade and place onto the baking sheet. Bake in the oven for 45-50 minutes until golden and crispy. Serve immediately.

GF DF LC MP HP	GF	DF	LC	MP	HP
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Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	50 mins	2 hrs	260	17	2	23	0

FITSTRATEGY TUNA, TOMATO, BLACK OLIVES & WHITE BEAN SALAD

Tuna, Tomato, Black Olives FITSTRATEGY & White Bean Salad

Serves 4

For the dressing: ¹/₄ cup (60ml) olive oil 2 tbsp. red wine vinegar 1 tbsp. Dijon mustard ¹/₂ tbsp. lemon juice zest of 1 lemon salt & pepper

For the salad:

14 oz. (400g) can cannellini beans, rinsed & drained 8.8 oz. (250g) can tuna in spring water, drained 1 cup (150g) cherry tomatoes, halved 4 tbsp. basil, chopped

What you need to do

Place all the ingredients for the dressing in a small bowl and whisk until well combined.

Add the cannellini beans, tuna, tomatoes and basil to a large bowl, then toss to combine.

Pour the dressing over the salad and stir until well combined. Cover the bowl and place the salad in the refrigerator until ready to serve.

GF D	F LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	334	19	18	21	5

GRILLED HONEY & CHIPOTLE SALMON FOIL PACKETS

FITSTRATEGY

Grilled Honey & Chipotle Salmon Foil Packets FITSTRATEGY

Serves 4

For the sauce:

4 tbsp. butter, melted 2 tbsp. honey 1 tbsp. chili powder 3 cloves garlic, minced ½ tsp. salt

For the parcels: 4 salmon filets (approx. 6 oz./170g each) 1 zucchini, chopped 1 eggplant, chopped 1 red onion, chopped salt & pepper 4 lime wedges, for serving

What you need to do

Preheat the oven to 425°F (220°C).

Place the sauce ingredients into a small bowl, whisk together and set aside.

Season both sides of the salmon filets with salt.

Add the zucchini, eggplant and red onion to a medium bowl and season with salt and pepper.

Lay four pieces of kitchen foil on a flat surface, big enough to hold the salmon and vegetables. Divide the vegetables equally between each piece of kitchen foil, placing the vegetables on one half of the foil, close to the center. Next place a salmon filet on the other half, close to the center. Drizzle the salmon and vegetables with the sauce. Then fold and seal the edges of the foil to create a packet.

Place the parcels onto a baking sheet and cook in the oven for 12-15 minutes, until the salmon has cooked through and vegetables are tender.

Serve each parcel with a wedge of lime.

GF D	=	MP	HP					
Prep		Со	ok	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins		15 r	nins	424	23	20	36	5

FITSTRATEGY TOMATO SAUCE TURKEY MEATBALLS

Tomato Sauce Turkey Meatballs

FITSTRATEGY

Serves 4

Meatballs:

1 tbsp. olive oil 1 onion, diced 2 cloves of garlic 1 tsp. dried oregano ¹/₂ tsp. paprika salt & pepper 1 lb. (450g) lean ground turkey 3 tbsp. breadcrumbs 1 egg 1 tbsp. tamari

Sauce:

½ cup (120ml) chicken broth
1 cup (240ml) tomato
passata 1 tsp. coconut sugar
2 tsp. dried oregano

What you need to do

Heat the olive oil in a skillet over a medium heat and sauté the onion and garlic until softened, about 3-4 minutes. Add the dried oregano and paprika powder, season with salt and pepper and transfer to a large bowl.

Add in the ground turkey, breadcrumbs, egg, tamari, and season with salt and pepper. Mix well using your hands, and form the mixture into meatballs roughly the size of walnuts.

Heat the same skillet over a medium heat and add the meatballs. Cook for 5-6 minutes until browned all over. Pour over the chicken broth, cover with a lid and cook for a further 5-6 minutes.

Add in the tomato passata and bring to a boil. Simmer uncovered for about 10-15 minutes, until the sauce has reduced and meatballs are cooked through.

Season the sauce with salt, pepper, coconut sugar and dried oregano. Serve immediately.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	271	15	11	25	2

FITSTRATEGY

CROCK-POT CHICKEN DRUMSTICKS

Crock-Pot Chicken Drumsticks

FITSTRATEGY

Serves 6

½ cup (120ml) tamari
½ cup (120ml) chicken broth
4 tbsp. Thai sweet chili sauce
2 tbsp. sriracha
2 tbsp. coconut sugar
juice of 1 lime
1" fresh ginger, peeled &
minced
3 cloves garlic, crushed
4 lbs. (1.8kg) chicken
drumsticks
2 green onions, thinly sliced
1 tsp. sesame seeds, to
garnish

What you need to do

In a large bowl, whisk together the tamari, chicken broth, Thai sweet chili sauce, sriracha, coconut sugar, lime juice, ginger and garlic.

Place the chicken drumsticks into a large bowl and pour over the marinade, taking time to ensure each drumstick is well coated. Cover the bowl and marinate the chicken for at least 30 minutes, or if time allows overnight.

When ready to cook, place the drumsticks into the bowl of the slow cooker and pour over the marinade. Cook on high for 3 hours, until the drumsticks are tender and cooked through.

Preheat the broiler (grill) to high. Line a large baking sheet with kitchen foil.

Transfer the drumsticks to the baking sheet and broil until golden and crisp, roughly 3-5 minutes.

Garnish with green onions and sesame seeds, and serve hot.

Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	3 hrs	30 mins or overnight	523	28	8	57	1

FITSTRATEGY

ONE PAN THAI CHICKEN CURRY

One Pan Thai Chicken Curry

FITSTRATEGY

Serves 4

1 tbsp. coconut oil 4 cloves garlic, minced 1 lb. (450g) boneless skinless chicken thighs freshly ground salt & pepper 1 tbsp. freshly grated ginger 5 green onions, chopped 1 red bell pepper, sliced 8 oz. (230g) green beans, ends trimmed & cut into pieces 2 carrots, sliced 14 oz. (400ml) can lite coconut milk ¹/₂ cup (120ml) chicken broth 1 tbsp. yellow curry powder 1 tsp. ground turmeric 1 lime, juiced 1 cup (210g) white basmati rice

To garnish:

- 4 tbsp. cilantro, chopped
- 2 green onions, sliced

What you need to do

Heat the coconut oil in a large deep skillet over a medium-high heat and cook half of the garlic for 1 minute. Add in the chicken and season with salt and pepper. Cook the chicken for 4-5 minutes on each side, until golden. Remove the chicken from the pan and transfer to a plate.

In the same skillet, add the remaining garlic, ginger, chopped green onions, red bell pepper, green beans and carrots. Sauté over a medium heat for 3-4 minutes.

Add the coconut milk, chicken broth, curry powder, turmeric, lime juice and salt to the skillet, stir well to combine. Bring to a simmer, then add in the rice.

Place the chicken on top, then reduce the heat to low, cover the skillet and cook for 20 minutes, until the liquid has been absorbed and the rice is cooked.

Serve immediately, garnished with cilantro and green onions.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	466	16	53	29	7

FITSTRATEGY

MARINATED CHICKEN, MASHED SWEET Potato & Tomato Salad

Marinated Chicken, Mashed Sweet Potato & Tomato Salad

FITSTRATEGY

Serves 4

For the chicken: 2 tsp. garlic powder 1 tbsp. dried oregano 4 tbsp. tomato paste 1 lb. (450g) chicken breast 1 tbsp olive oil

For the sweet potatoes: 1½ lbs. (680g) sweet potatoes, peeled, cubed 1 tbsp. butter 2 tsp. dried thyme 4 tbsp. almond milk, unsweetened salt & pepper

For the salad: 3 tomatoes, diced ½ green bell pepper, diced ½ red onion, diced juice of 1 lime 4 tbsp. cilantro, chopped salt & pepper

What you need to do

Place all the spices for the chicken into a large bowl along with the tomato paste and olive oil, mix to combine. Add the chicken breasts to the bowl taking care to coat them in the spice mix. Cover the bowl and set aside in the refrigerator to marinate for 1 hour before cooking.

Preheat the oven to 400°F (200°C).

Place the chicken in an ovenproof dish and bake in the hot oven for 20-25 minutes until the chicken is cooked through.

Meanwhile, place the sweet potatoes in a large pot, cover with water and bring to a boil. Reduce the heat to low and simmer gently until tender, about 18-20 minutes. Drain the potatoes and return them to the pot.

Add the butter, thyme, almond milk, salt and pepper to sweet potatoes and mash them to smooth using a potato masher.

Finally make the salad by combining all the salad ingredients together in a large bowl.

Serve each chicken breast with a portion of the mashed sweet potatoes and salad.

Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	1 hr	45 mins	386	11	44	31	9

FITSTRATEGY

HIGH PROTEIN BREAKFAST SAUSAGE



High Protein Breakfast Sausage

Serves 8

For the seasoning: 1 tbsp. chopped fresh sage leaves 2 tsp. chopped fresh thyme leaves 1 tsp. fennel seeds, crushed ¹/₂ tsp. red pepper flakes, optional ¹/₈ tsp. ground nutmeg salt & black pepper, to taste

For the patties: 2 lbs. (900g) ground pork, lean 5% fat 6 slices smoked bacon, diced 2 tbsp. maple syrup

1 tbsp. coconut oil

What you need to do

In a small bowl, combine all the seasoning ingredients and set aside.

In a large bowl, place the ground pork, bacon, maple syrup and the seasoning. Mix until well combined.

Shape into patties, using about ¼ cup of the pork mixture to form around 16 patties.

Heat the coconut oil in a large skillet over a medium heat and cook the patties for 2-3 minutes on each side, until browned and cooked through. Work in batches until all the sausage patties have been cooked.

Allow 2 patties per serving.

Prep Cook Kcal	GF	DF	LC	MP	HP	
	Pr	ер	Cook		K	cal

PrepCookKcalFats(g)Carbs(g)Protein(g)Fibre(g)20 mins.10 mins359284230

FITSTRATEGY ONE POT SPANISH CHICKEN & RICE

One Pot Spanish Chicken & Rice

FITSTRATEGY

Serves 4

1 tbsp. olive oil 1 lb. (450g) skinless boneless chicken thighs cut into pieces ¹/₂ tsp. salt ¹/₂ tsp. black pepper ¹/₂ medium onion, diced 1 red bell pepper, diced 2 cloves garlic, minced 1 cup (160g) long grain white rice, rinsed ¹/₂ tbsp. smoked paprika 1¹/₂ cups (360ml) chicken broth 1 cup (240ml) tomato sauce pinch of saffron $\frac{1}{2}$ cup (70g) green olives ¹/₂ cup (8g) cilantro, chopped 1 lemon, cut into wedges

What you need to do

Heat the olive oil in a large skillet over a medium heat. Add the chicken and season with salt and pepper. Cook for 5-6 minutes until slightly brown.

Add in the onion, red bell pepper and garlic and cook for a few minutes until they slightly soften. Now add the rice, stir to combine and cook for a further 1-2 minutes.

Next add in the paprika, chicken broth and tomato sauce. Bring to a boil, then turn down the heat to low. Add the saffron, cover the pan with a lid and cook gently for 25 minutes until the rice is ready.

Season with a little more salt and pepper to taste, and stir through the olives and cilantro. Serve with lemon wedges.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins.	30 mins	370	11	43	27	4

SLOW COOKED FILIPINO ADOBE PULLED PORK

FITSTRATEGY



Slow Cooked Filipino Adobo Pulled Pork

FITSTRATEGY

Serves 8

1.75 lbs. (800g) lean pork,
center loin
¹/₃ cup (80ml) tamari
¹/₃ cup (80ml) apple cider
vinegar
¹/₂ cup (120ml) water
4 cloves garlic, crushed
6 peppercorns
4 bay leaves
1 jalapeño, chopped
2 tbsp. green onion, chopped

What you need to do

Place the pork, tamari, apple cider vinegar, water, garlic, peppercorns, bay leaves and jalapeño in the slow cooker.

Cover with a lid and set to low heat for 6 hours turning the pork half way through cooking.

Once ready, remove the pork from the slow cooker, shred with two forks and place back in the slow cooker for one more hour to allow the juices and flavor to get inside the meat.

Discard the bay leaves and serve with chopped green onion.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins.	7 hrs	177	8	1	22	0

FITSTRATEGY PULLED PORK STUFFED PEPPERS

Pulled Pork Stuffed FITSTRATEGY Peppers

Serves 4

4 bell peppers, sliced in half, seeds removed 4 servings, pulled Filipino adobo pork (see recipe in this recipe pack) ¹/₂ cup (75g) cherry tomatoes, chopped 2 tbsp. red onion, diced pinch salt & pepper ¹/₄ cup (55g) mozzarella, grated 2 tbsp. parsley, chopped, to garnish

What you need to do

Preheat the oven to 350°F (180°C). Line a baking sheet with aluminum foil.

Remove the stem and seeds from each of the peppers. Fill the peppers with pulled pork mixture, top with cherry tomatoes and diced onion, season with salt and pepper and sprinkle over the cheese.

Place the baking sheet into the hot oven and bake the peppers for 20 to 25 minutes, or until the cheese is golden. Sprinkle with parsley and serve.

GF	LC	MP	HP					
Pr	ер	Co	ok	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20	mins.	25 r	nins	251	11	10	23	3

FITSTRATEGY

BAKED RANCH CHICKEN

FITSTRATEGY Baked Ranch Chicken

Ingredients

4 - oz boneless skinless
chicken breasts
1 tsp salt
1 tsp pepper
3 tbsps ranch seasoning
3/4 cup sour cream
1 cup plain panko
breadcrumbs
3/4 cup shredded cheddar
cheese
1/4 cup grated pramesan
cheese
1 tbsp extra virgin olive oil

What you need to do

Put the chicken in-between parchment paper or plastic wrap and using a meat mallet, or rolling pin, pound out the chicken breasts until each oneis 1/4 inch in thickness.

Sprinkle both sides with salt and pepper and then set aside.

In a medium bowl, mix together the sour cream and 2 tablespoons of .the ranch seasoning

Place the chicken breasts into the sour cream mixture and, using tongs or your hands

.mix together until the chicken is completely coated

cover and let the chicken marinate for 1 hour

.preheat the oven to 400 degrees

Mix 1 tbsp of ranch seasoning, panko breadcrumbs, parmesan cheese, and shredded cheddar cheese in a medium bowl

Coat a sheet pan with olive oil, Dip the mairnated chicken breasts into the panko mixture, and place on the sheet pan

Divide the remaining panko mixture between the remaining Chicken breasts

Bake for 25-30 minutes or until the chicken is cooked through

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Sugar
10 mins	30 mins	251	11g	10g	29g	2g

FITSTRATEGY SPICY TURKEY BURRITOS

FITSTRATEGY Spicy Turkey Burritos

Ingredients

1 tablespoons oil 1/2 onion, minced 3 lbs. ground turkey 2 tablespoon EACH chili powder and cumin 3–5 individual chipotle peppers (canned in adobo sauce), minced 2 teaspoons salt Filling Part Two (Vegetables): 1 tablespoon oil 1/2 onion, minced

1 tablespoon EACH chili powder and cumin

zucchini, sweet potatoes, bell peppers, etc.

4-5 cups chopped veggies like carrots,

1 cup chicken broth (more as needed)

2 cups shredded Mexican blend cheese

1 14-ounce can pinto or black beans

1 1/2 cups plain Greek yogurt

(see notes for specifics)

For Serving:

What you need to do

aside.

Heat the tablespoon oil in a large pot.

Add the onion and the turkey; as the turkey cooks, add the spices, chipotle peppers, and salt. Cook until the turkey is browned and fully cooked. When the meat is saucy and delicious-looking, transfer to a large bowl and set

In the same pot, add the oil, onion, veggies, and spices. Saute for a few minutes until the vegetables are mostly soft.

Add enough broth to barely cover the vegetables and simmer for 10 minutes or so, until the vegetables are soft and the mixture has thickened.

Add the beans, meat, cheese, and yogurt. Stir until creamy.

Fill each tortilla with about 1/2 cup of the filling, fold up and enjoy!

OR wrap with plastic or foil. Store in the freezer for quick, grab-and-go lunches and dinners!

15 10-inch tortillas avocado, hot sauce, cilantro, etc. for serving

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber
10 mins	30 mins	343	16.7g	21.2g	28g	4.8g

FITSTRATEGY GARLIC SHRIMP & TOMATO RICE

FITSTRATEGY Garlic shrimp & Tomato Rice

Ingredients

14 oz shrimp - uncooked & peeled
15 mini tomatoes chopped (apron. 630g)
1/2 red onion diced
3 cloves of fresh garlic diced
1 tbsp Extra virgin Olive oil
2 tbsps Tomato paste
1/4 cup Feta cheese crumbled
1 tsp Red pepper flakes
3/4 cup Jasmine rice
1/2 tbsp unsaled butter
1 1/2 cups water
3 tbsp fresh parsley

What you need to do

Bring a small saucepot with 1 1/2 cups water to a boil. Once boiling add the jasmine rice, stir to incorporate then turn the heat to low and cover with a lid and cook for 20 minutes. Leave alone for the full 20 minutes.

While the rice is cooking, cook the tomatoes and shrimp.

First heat a large saute pan with a lid to medium heat, Add the oil to the hot pan and immediately add the diced onions and garlic. Cook the onion and garlic in the oil for about 3 minutes, just to get the onions slightly soft.

Next, add the chopped tomatoes to the onion and garlic. Cook the tomatoes on medium heat for approximately 10 minutes, stirring every few minutes to prevent burning. The tomatoes will begin to turn into a lumpy sauce.

After 10 minutes add the tomato paste and red pepper flake to thicken the tomato sauce. Cook for another 2-3 minutes.

At this point, the rice should have cooked for 20 minutes. Remove the rice from the heat, add the butter to the rice and about 2 tbsp of the fresh parsley. Stir everything together and cover with the lid and allow the rice to finish cooking and absorb any remaining liquid.

Now back to the tomatoes. By now, you should have a nice sauce, add your shrimp into the tomatoes, spread them out evenly into one layer over top of the tomatoes. Cover with a lid and cook for 3 minutes. After 3 minutes flip the shrimp, cover with the lid and cook for an additional 3 more minutes. After the full 6 minutes, the shrimp should be fully cooked.

Plate by first spooning the rice onto the plate. Then top with the tomato and shrimp mixture. Then sprinkle a little feta cheese over top and garnish with the remaining parsley.

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber
5 mins	30 mins	384	8.2g	57g	23.5g	5.8g