

Great Healthy Dishes



Eating healthy food as part of your fitness regime will help you achieve your goals faster. The cleaner you can eat (less processed food with less hidden calories) the faster you'll see results.

You still need energy so stopping eating just isn't the way to go – your body will adapt really quickly to hold on to calories and won't burn them off as fast.

Here are a few simple and healthy options that don't skimp on flavour but are much better for you than processed or "food on the go" options.

1. **Grilled Chicken with Vegetables:**

Ingredients: 4 boneless, skinless chicken breasts, 2 bell peppers (red and yellow), 2 zucchinis, 1 onion, 2 cloves of garlic, olive oil, salt, pepper, oregano, thyme, lemon juice.

Instructions: Preheat grill to medium-high heat. Season the chicken breasts with salt, pepper, oregano, and thyme. Grill for about 8 minutes on each side or until fully cooked. While grilling, slice the vegetables into bite-sized pieces. Toss them in a bowl with olive oil, salt, pepper, and minced garlic. Grill the vegetables for about 5-7 minutes on each side or until tender. Serve the grilled

chicken over the vegetables and squeeze some fresh lemon juice over it.

Nutritional Breakdown: Each serving contains approximately 300 calories, 26 grams of protein, 9 grams of fiber, and 10 grams of healthy fats.

2. **Quinoa Salad with Mixed Berries:**

Ingredients: 1 cup quinoa, 1 cup mixed berries (blueberries, raspberries, strawberries), 1/2 cup chopped walnuts, 1/2 cup crumbled feta cheese, 1 tablespoon honey, 1 tablespoon balsamic vinegar, 1 teaspoon Dijon mustard, 1 teaspoon lemon juice, salt, pepper.

Instructions: Cook the quinoa according to package instructions. In a large bowl, mix together the cooked quinoa, mixed berries, walnuts, feta cheese, honey, balsamic vinegar, Dijon mustard, and lemon juice. Season with salt and pepper to taste. Chill in the refrigerator for at least an hour before serving.

Nutritional Breakdown: Each serving contains approximately 300 calories, 8 grams of protein, 10 grams of fiber, and 17 grams of healthy fats.

3. **Baked Salmon with Lemon Butter Sauce:**

Ingredients: 4 salmon fillets, 2 tablespoons butter, 1 tablespoon lemon juice, salt, pepper.

Instructions: Preheat oven to 400°F. Place the salmon fillets on a baking sheet lined with parchment paper. Drizzle each fillet with melted butter, lemon juice, salt, and pepper. Bake for 12-15 minutes or until the fish flakes easily with a fork.

Nutritional Breakdown: Each serving contains approximately 250 calories, 27 grams of protein, 2 grams of fiber, and 15 grams of healthy fats.

4. **Vegetable Stir-fry with Brown Rice:**

Ingredients: 2 cups brown rice, 1 pound broccoli, 1 pound snap peas, 1 red bell pepper, 1 yellow bell pepper, 1 carrot, 2 cloves of garlic, 2 tablespoons soy sauce, 2 tablespoons vegetable oil, salt, pepper.

Instructions: Heat 1 tablespoon of vegetable oil in a wok or large skillet over medium-high heat. Add the sliced carrots and cook for 2-3 minutes. Add the broccoli, snap peas, and bell peppers, stirring frequently. Cook for another 5-7 minutes or until the vegetables are tender but still crisp. Remove from heat and stir in the soy sauce, salt, and pepper. Serve over cooked brown rice.

Nutritional Breakdown: Each serving contains approximately 400 calories, 50 grams of protein, 10 grams of fiber, and 12 grams of healthy fats.

5. **Greek Yogurt Parfait:**

Ingredients: 1 cup plain Greek yogurt, 1/2 cup granola, 1/2 cup mixed berries (blueberries, raspberries, strawberries), 1 tablespoon honey, 1 tablespoon chia seeds.

Instructions: In a glass, layer the Greek yogurt, granola, mixed berries, and honey. Top with chia seeds and refrigerate for at least 30 minutes before serving.

Nutritional Breakdown: Each serving contains approximately 250 calories, 15 grams of protein, 5 grams of fiber, and 10 grams of healthy fats.

6. **Turkey Meatballs with Tomato Sauce:**

Ingredients: 1 pound ground turkey, 1 egg, 1/2 cup breadcrumbs, 1/2 cup grated Parmesan cheese, 1 tablespoon Italian seasoning, 1/2 teaspoon salt, 1/4 teaspoon black pepper, 1 jar marinara sauce.

Instructions: Mix together the ground turkey, egg, breadcrumbs, Parmesan cheese, Italian seasoning, salt, and pepper in a large bowl. Form small meatballs and place them on a baking sheet lined with parchment paper. Bake for 20-25 minutes or until cooked through. Serve the meatballs over cooked spaghetti squash or zucchini noodles topped with marinara sauce.

Nutritional Breakdown: Each serving contains approximately 300 calories, 25 grams of protein, 2 grams of fiber, and 12 grams of healthy fats.

7. **Roasted Sweet Potato Fries:**

Ingredients: 2 sweet potatoes, 2 tablespoons coconut oil, 1 teaspoon cumin, 1 teaspoon paprika, 1/2 teaspoon chili powder, salt, pepper.

Instructions: Cut the sweet potatoes into thin fries and toss them in a bowl with the coconut oil, cumin, paprika, chili powder, salt, and pepper. Spread the fries out on a baking sheet lined with parchment paper and bake for 20-25 minutes or until crispy.

Nutritional Breakdown: Each serving contains approximately 200 calories, 3 grams of protein, 3 grams of fiber, and 11 grams of healthy fats.

8. **Lentil Soup with Spinach:**

Ingredients: 1 cup lentils, 1 onion, 2 cloves of garlic, 2 carrots, 2 celery stalks, 1 can diced tomatoes, 1 can low-sodium vegetable broth, 1 bunch spinach, 1 tablespoon olive oil, salt, pepper.

Instructions: Heat the olive oil in a large pot over medium heat. Add the onions, carrots, celery, and garlic and cook for 5-7 minutes or until softened. Add the lentils, diced tomatoes, vegetable broth, and salt and pepper to taste. Bring to a boil, then reduce heat and simmer for 25-30 minutes or until the lentils are tender. Stir in the spinach and cook for an additional 5 minutes.

Nutritional Breakdown: Each serving contains approximately 300 calories, 15 grams of protein, 20 grams of fiber, and 14 grams of healthy fats.

9. Quinoa Stuffed Bell Peppers:

Ingredients: 1 cup cooked quinoa, 1/2 cup shredded carrots, 1/2 cup chopped green onions, 1/2 cup canned black beans, 1/2 cup corn kernels, 1 tablespoon olive oil, salt, pepper.

Instructions: Preheat oven to 375°F. Cut the tops off bell peppers and remove the seeds. In a large bowl, mix together the cooked quinoa, shredded carrots, chopped green onions, black beans, corn kernels, olive oil, salt, and pepper. Stuff each bell pepper with the mixture and place them in a baking dish. Cover with aluminum foil and bake for 25-30 minutes or until the peppers are tender.

Nutritional Breakdown: Each serving contains approximately 300 calories, 18 grams of protein, 6 grams of fiber, and 14 grams of healthy fats.

10. Grilled Chicken Salad with Avocado:

Ingredients: 4 boneless, skinless chicken breasts, 1 head romaine lettuce, 1 avocado, 1/2 cup cherry tomatoes, 1/2 cup crumbled feta cheese, 1 tablespoon lemon juice, 1 tablespoon olive oil, salt, pepper.

Instructions: Preheat grill to medium-high heat. Season the chicken breasts with salt, pepper, and any other desired seasonings. Grill for about 8 minutes on each side or until fully cooked. While grilling, slice the avocado and cherry tomatoes. Toss the lettuce leaves with the lemon juice, olive oil, salt, and pepper. Once the chicken is done, let it rest for a few minutes before slicing into bite-sized pieces. Serve the grilled chicken over the salad topped with crumbled feta cheese and sliced avocado.

Nutritional Breakdown: Each serving contains approximately 300 calories, 26 grams of protein, 9 grams of fiber, and 17 grams of healthy fats.

