

GLUTEN FREE

SWAP THIS FOR
THAT TIPS

5 DINNER
RECIPES

ONE POT WONDERS

EASY, SIMPLE, TASTY AND PORTIONED MEALS



HOW I RECREATE RECIPES

Ever since I started my weight loss journey 7 years ago I would never imagine how cooking the way I do now would be something I am instilling into my childrens life and be possible for me to incorporate into their meals . My 9 year old loves when I make those " weird " recipes that I call different ethnic style recipes inspired by different places like Asia or Jamaica, and those so called " weird " recipes hes going back for seconds and thirds! I honestly think he got my genes because this kid is not afraid to try anything different or out of the box like my braised veal chops in curry coconut sauce. That boy licked the plate clean and momma was pretty happy about it so you can call it a WIN WIN!

What inspired me to keep going on my weight loss journey was the fact that I could still do what I love which was to cook, basically tweaking traditional recipes that I loved growing up and using healthier wholesome ingredients to swap for . The other important aspect of creating these recipes was to properly portion them out well so the meals werent over 500 calories a serving that way I was still able to lose the weight throughout my cooking train! Most recipes I do come across and even healthy ones from time to time will be extremely overportioned like a cookie that was 600 calories and had over 35g of sugar or a dinner meal that was over 600 calories a serving and had over 4 servings of fat or even just unnecessary amounts of sweeteners. It is just as easy to add natural sweetener like fruit juice or cooked down fruit to naturally sweeten a recipe without adding any added sugars which would give most people inflammation, bloat and cravings.

Most of the recipes I do also create are minimal in natural sugar, have the right amounts of portion per meal and the best part is that they are enjoyable and family friendly! Lets just say my 7 year old is going through some sort of phase because all he will eat is rice and plain pasta not even with sauce or cheese , ocassionally will eat what my mother in law makes for him but I think its just the idea that you hear all the "OMG this is so good" at their table that it gets him to try it. All he sees is color at home that he gets freaked out about but im hoping its just a phase or funk mothers please tell me it gets better here! My approach here has obviously changed but I do let my kids indulge once in a while and I think thats why that arent as rebellious.

What I plan on sharing in this EBOOK and many others is tips on how to portion out your recipes so they are going to give it the same taste that you are looking for and at the same time not compromise your weight loss goals! Have fun with these recipes and enjoy them as much as I did they are staples in my kitchen. Make sure to tag me on Instagram and send me pictures I love seeing you guys recreate them! @Flavorful_FIT

Eve



Cauliflower Fried Rice

Yields 2-4 Servings

Ingredients

- 1 onion, small diced
- Half bunch of scallions , chopped
- 1 inch ginger , minced
- 3 cloves garlic , minced
- 1 head of broccoli , destemmed , steamed small pieces or frozen steamed
- 1 handful of shredded carrots
- 2 cups of cauliflower rice
- 2 ½ tbsp sesame oil
- 2 tbsp coconut aminos
- 1 tbsp rice vinegar
- 1 handful of chopped parsley
- Salt to taste

Directions

1. In a wide pan saute the onions, scallions , ginger and garlic until nice and translucent in sesame oil.
2. Add in the broccoli and carrots and continue cooking for 4-5 minutes. Add in the cauliflower rice , coconut aminos , vinegar and salt to taste. Cook for another 5-7 minutes until all the flavors combine well. Remove from the fire and add in the chopped parsley once it has cooled downed just a bit.

TIP:

Use this recipe as a full meal and add in scrambled eggs, Chicken cubes, salmon or any type of protein of your choice !



Swap this

Tamari
Low sodium

Braggs

Big Tree

Try controlling the amount of oil in your recipe . Start with a tbsp and add more if needed. Soy sauce tends to be extremely high in sodium swapping for low sodium, liquid aminos or coconut aminos has a far less sodium amount that you can use in recipes.



Seared Asian Bok Choy and Salmon

Yields : 2 servings

Ingredients

2 4oz salmon

4-5 lbs of Bok Choy , destemmed

½ orange juiced

Tsp lemon juice

1 tbsp soy sauce (coconut aminos)

½ tsp garlic powder

Salt to taste

1 tsp sesame oil

1 tbsp creamy almond butter

Directions

1. In a bowl add the salmon , orange juice , lemon, 1 tsp soy sauce , garlic powder and salt . Let it marinate for an hour .
2. In a deep nonstick sauté pan sauté the Bok Choy in ½ tbsp of avocado oil for 2-3 minutes . Add in 2 tsp of soy sauce , salt , 1-2 tsp sesame oil and continue cooking for another 2-3 minutes . Add in a tbsp of creamy almond butter and toss it well to coat all the Bok Choy and cook until it gets nice and golden on a medium to low flame .
3. Push the Bok Choy to the edges of the pan to create space to grill the salmon. Place the salmon in the center and cook on both sides for 4-5 minutes until you see it look cooked to the center . Flip over when it has a nice sear. Cook for another 4-5 minutes in medium low to sear the other side . While your focusing on the salmon make sure to toss the Bok Choy to avoid burning . Lastly when the other side is seared pour the marinade that's in the bowl over the veggies and let it evaporate .

1 pound of fish or meat is 16 oz if you ask the butcher to cut that into four then you will have perfectly portioned 4 oz pieces of protein . Less hassle to figure out portioning! I normally use half of it and freeze the extra 2 individually for lunches.



Onion Chicken Meatball Soup

Yields 4-6 Servings

1 tbsp. olive oil
4 vidalia onions, sliced thin
3 sprigs of fresh thyme or 1 tsp. dried thyme
6 cups of Imagine organic no chicken chicken broth
1 tsp. Worcestershire sauce (optional)
Salt

Directions

Saute onions with olive oil, salt, and thyme in a stock pot for 25 minutes on medium-low.

Stir often and cook until onions are really dark brown (not black).

Pour in broth and worcestershire, add salt to taste.

Bring to a boil and simmer for 1-2 hours.

Chicken Meatballs

Yields 4 servings

Ingredients

½ lb ground chicken
½ lb dark ground chicken
1 egg
Handful chopped parsley
1 tbsp oat flour
¼ tsp salt

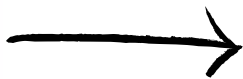
Directions

In a bowl, mix meat with, parsley, eggs, garlic and salt. Don't overmix or meatballs will be tough. Roll into 8 balls. Add meatballs and bring the soup to a slight boil. Cover and cook for 15 minutes.

CONTAINS MSG



SWAP THIS



FOR THIS

The average intake of sodium is 1400mg a day . Most people consume triple the amount in a day leading to water retention, headaches and constant cravings. Controlling the amount of sodium is better to work around than products that already are sodium dense .



Chicken with Mushroom and Rice

Yields :4-6 servings

Ingredients

4 chicken thighs no skin
4 chicken drumsticks no skin
1 cup white basmati rice , rinsed and drained
1 onion , small diced
6 cloves garlic crushed
1 handful fresh parsley chopped
12 mushrooms sliced
1 tbsp fresh thyme
2 ½ tsp salt
Pepper

Directions

1. Season the chicken in salt and pepper . In a nonstick pot fry ¼ of rice in 2 tbsp of avocado oil until golden and remove . Add a little oil enough to grill the chicken on both sides 4-5 minutes on each side and remove . Add a tbsp of avocado oil and sauté onion , garlic and mushrooms, parsley and season with salt . Cook through for 7-8 minutes until mushrooms are soft while scraping the chicken drippings. Add back in the rice and the rest of the rice with 2 cups of water and 2 tsps of salt .
2. Add the chicken back in and bring it to a light boil covered . Cook for 30 minutes until the rice is cooked and the water is evaporated .
3. To crisp the bottom keep the flame on medium flame and cook for 15-20 minutes .

Swap mushroom consomme for the real thing ! If you are looking for exotic mushrooms try finding dehydrated mushrooms and rehydrating them in hot water and adding it to your recipe . Mushrooms are so earthy and add depth to alot of recipes. When a recipe calls for mushroom consomme just slice up regular mushrooms and saute the heck out of them!



Shaariye (Rice Noodle Soup)

Yields:3-4 servings

Ingredients

1/2 bag [@naturalearthproductsinc](#) vermicelli rice noodles or any organic rice noodle

1 can tomato sauce (I use organic)

Avocado Oil

Salt

Optional: Baked Tofu, Chicken Drumsticks

Directions :

1. In a soup pot drizzle tbsp of avocado oil and toast the noodles till golden . Add in tomato sauce salt and add enough water to cover the noodles .
2. Let it boil until the noodles are cooked and adjust salt as needed. The light saute of the noodles give the noodles the nuttiness taste to the soup!

My favorite way to cook rice is to lightly saute 1/4 of the rice after its rinsed before adding in the rice and water . Letting it cook and get golden gives the rice such a nice kick to it when you're having guests. I can smell the aroma just about now !

HAPPY COOKING!

Make sure to tag and send photos to my instagram
@flavorful_fit I love getting your feedback!

For more recipes check out my website for dinner and dessert
cookbooks under SHOP!