

## **F.I.T. CONCEPTS NUTRITIONAL COACHING:**

### **(Healthy Lunch and Snack Ideas)**

#### **Grilled Fish Tacos:**

Cal: 378 - Carbs: 30g (7g fiber) - Fat: 13g - Protein: 38g

#### Ingredients:

- ¼ tsp Garlic Powder (.78g)
- ¼ tsp Onion Powder (.60g)
- ¼ tsp Ground Cumin (.75g)
- ¼ tsp Paprika (.53g)
- 1 dash Salt (.38g)
- 1 dash Cayenne Pepper (.11g)
- ¾ lb. Tilapia or White Fish (170g)
- ¾ tsp Olive Oil (3.4g)
- 2 medium Tortilla Shells (48g)
- ½ cup Shredded Cabbage (35g)
- ¼ medium Avocado (34g)
- ¼ Medium Lime (16.8g)
- 1 dash Fresh Cilantro (.083g)

#### Directions:

Preheat Oven to 425 degrees F. Whisk together all of the dry spices. Season fish, making sure to rub spices into the fish. Bake fish in the oven for 12-15 minutes or until it reaches an internal temp of 145 degrees F. With a spatula, divide fish into strips or chunks. Serve in tortillas with shredded cabbage, avo, and a squeeze of lime juice. Garnish with cilantro. Serve, and ENJOY!

#### **Lentil Soup:**

Cal: 285 - Carbs: 32g (6g fiber) - Fat: 8g - Protein 22g

#### Ingredients:

- 1 tsp Olive Oil (4.5g)
- 3 medium Chopped Carrots (10.2g)
- 1/16 cup Chopped Onions (13.3g)
- 1 dash Garlic Powder (.52g)
- 1 dash Onion Powder (.40g)

- 1 dash Curry Powder (.33g)
- 1 dash Crushed Red Pepper Flakes (.053g)
- 1 dash Black Pepper (.53g)
- 1 clove Minced Garlic (1g)
- ¼ cup Canned Tomatoes (120g)
- 3 tbsp Water (39.4g)
- ½ cup Chicken Broth (120g)
- 3 tbsp Lentils (32g)
- 1 cup Spinach (47.3g)
- ½ cup Cottage Cheese (113g)

**Directions:**

Heat olive oil over medium heat in a medium sized saucepan. Add chopped carrots and onions. Saute until onions are translucent (about 5 mins). Add spices and garlic, stir for :30 sec until fragrant. Add tomatoes and cook for 5 mins. Add water, chicken stock, and lentils. Increase heat until water starts to boil. Once boiling, place the lid on the pan and decrease heat to a low simmer. Simmer for 15-20 mins or until lentils are soft. Chop spinach and add to mixture. Place the soup in a bowl and serve with the cottage cheese, ENJOY!

**Cheese, Bacon, and Egg Scramble with Strawberries:**

Calories: 679.4 - Carbs: 24.7g (5.8g Fiber) - Fat: 48.3g - Protein: 37.3g

**Ingredients:**

- 3 Strips Bacon (36g)
- 3 Jumbo Eggs (189g)
- 1 tbsp Heavy Whipping Cream (15g)
- 1 oz Shredded Cheddar Cheese (28.4g)
- 2 cups Strawberries (288g)

**Directions:**

Cut raw bacon into ½ in pieces. In a pan, cook bacon until well done. Remove bacon and let drain over paper towels. Pour out most of the grease in the pan. Whisk eggs and cream together and then pour into the pan. Cook scrambled eggs over medium heat until slightly runny. Turn off heat. Mix in bacon and cheddar cheese. Wash and cut strawberries. Serve, and ENJOY!

### **Chicken Kabobs with Sauteed Spinach and Pine Nuts:**

Calories: 1026.8 - Carbs: 102g (9.2g Fiber) - Fat: 29.6g - Protein: 86.6g

**\*This meal has two servings. Pack up half for meal prep or serve for 2 people.**

#### Ingredients:

- 1 ½ Boneless/Skinless Chicken Breast (354g)
- ¾ Large Green Bell Pepper (123g)
- ¾ Large White Onion (113g)
- ¾ Large Red Bell Pepper (123g)
- ¾ cup Rays No Sugar Added BBQ Sauce (8fl oz/ 188g)
- 1 tbsp Coconut Oil (13.6g)
- 1 cup Spinach (30g)
- ¼ oz Pine Nuts (7.1g)

#### Directions:

Preheat Grill or Skillet for high heat. Slice chicken breast into cubes to skew. Cut onion and bell peppers into wedges to skew. Thread chicken, green bell pepper, onion, and red bell pepper pieces onto skewers alternately. Lightly oil your cooking surface. Place kabobs on the prepared cook top and brush with BBQ sauce. Cook, turning and brushing with BBQ sauce frequently, for 15 minutes or until chicken juices run clear. In the meantime, saute spinach and pine nuts for 4-5 minutes until spinach is wilted. Serve, and ENJOY!

### **Pineapple, Banana, Kale Smoothie:**

Calories: 335.5 - Carbs: 82.5g (8.4g Fiber) - Fat: 1.5g - Protein: 6.3g

#### Ingredients:

- 1 ½ cup Crushed, Sliced, or Chunks of Pineapple (369g)
- ¾ cup Chopped Kale (50.3g)
- 1 Medium Banana (118g)
- ¾ cup Orange Juice (187g)

#### Directions:

Combine all ingredients into a blender and pulse until smooth. Serve, and ENJOY!

### **Spinach and Ricotta Hasselback Chicken:**

Calories: 412 - Carbs: 2g (Fiber: 1g) - Fat: 17g - Protein: 59g

#### Ingredients:

- ½ tsp (2.3g) Olive Oil
- ½ lb (227g) Chicken Breast
- 1 cup (30g) Spinach
- 2 tbsp (30g) Ricotta Cheese
- ½ dash Salt
- ½ dash Pepper
- ⅛ cup (14.1g) Cheddar Cheese
- ½ tsp (1.1g) Paprika

#### Directions:

Preheat the oven to 400 degrees F. Slice Chicken halfway through in several places across the top of the breast and season with salt and pepper. Heat oil in a medium skillet over medium heat. Wilt Spinach, 2-3 minutes, add Ricotta and cook 30-60 sec and mix. Add Spinach/Ricotta mix to top Chicken, pressing into slits. Bake for 20-25 minutes or until Chicken is cooked through. Add shredded cheese and top with Paprika. Bake until the cheese is fully melted. Serve, and ENJOY!

### **Tuna Stuffed Pepper:**

Calories: 212 - Carbs: 8g (Fiber: 5g) - Fat: 3g - Protein: 35g

#### Ingredients:

- 1 Medium (119g) Red Bell Pepper
- 1 Can (165g) Tuna
- 1 Medium (201g) Cucumber
- 1 tbsp (15g) Mustard

#### Directions:

Top Bell Pepper and clean, then slice Cucumber. Mix Tuna with sliced cucumber and one tbsp of mustard. Fill Bell Pepper with Tuna mixture. Serve, and ENJOY!

### **Egg w/ Bacon and Brussel Sprout Hash:**

Calories: 350 - Carbs: 9g (fiber: 6g) - Fat: 27g - Protein: 15g

#### Ingredients:

- 1 tbsp (13.5g) Olive Oil
- 1 Strip (5g) Cooked Bacon
- 6 (114g) Brussel Sprouts
- 2 tbsp (15.4g) Pistachio Nuts
- 1 large (50g) Egg

#### Directions:

Chop Brussel Sprouts thinly and set to the side. Heat a medium sized pan over medium-high heat. Cook bacon for about 3-4 minutes until the edges start to crisp. Chop Bacon and set to the side with the Brussel Sprouts. In the same pan, add Brussel Sprouts and chopped Bacon. Saute for another 2-3 minutes. Add Pistachios and toss through. Spoon onto a serving plate and return the pan to medium-high heat. Add another half tbsp of oil and crack your egg into the pan. Fry egg and sprinkle it with salt and pepper. Place egg over cooked Hash. Serve, and ENJOY!