Healthy + Delicious

5 INGREDIENT RECIPES

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14 RECIPES!

WELCOME

Thank you for downloading your copy of

Healthy & Delicious 5-Ingredient Recipes!

The recipes inside will transform your lunches and dinners with easy-to-prepare dishes that taste great AND are packed with nutrition.

Plus, most of them are meal-prep friendly so you can double or triple the recipes and have meals for days.

And the best news is that every single recipe has just 5 ingredients or less! (Not including cooking oils and salt & pepper.)

A few of the recipes take advantage of pre-sliced produce and frozen foods to help you save even more time and money.

We hope this guide helps make your lunch and dinner a little easier (and healthier)!

Committed to Your Success,

Carlos Payte

THE RECIPES

recipes

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THE RECIPES

Peach Glazed PORK CHOP

SERVES 4

This peachy pork recipe pairs well with a side of quinoa & a garden salad. Delicious!

INGREDIENTS

- ¼ cup (80 g) low sugar peach preserves (all-natural or organic)
- ½ tsp minced fresh ginger
- ¼ tsp cinnamon
- 4 6-oz (170 g) bone-in pork loin rib chops, cut ¾-inch (2 cm) thick
- Fresh thyme

DIRECTIONS

1. In a small bowl, stir together the peach preserves, ginger, and cinnamon. Set aside.
2. Heat your grill to medium heat or medium coals.
3. Place the chops on the grill rack and grill uncovered for 8-10 minutes until done. Halfway through cooking time, flip and brush with glaze. They are done when they reach 160ºF/70ºC).
4. Place on plates when they are done and serve!

THE RECIPES

Honey-Mustard ROAST CHICKEN & SWEET POTATOES

SERVES 4

This tasty meal is great for evenings when you want a home-cooked meal ... without all the work. Simply arrange the ingredients on a sheet pan and roast. Serve with a side salad.

INGREDIENTS

- 2 Tbsp whole grain mustard
- 2 Tbsp honey
- 2 Tbsp olive oil, divided
- ½ tsp each salt & pepper, divided
- 2 lbs (900 grams) bone-in chicken thighs, skin removed
- 4 large sweet potatoes, peeled and cut into 1-inch pieces
- 1 large sweet onion, cut into 1-inch wedges

DIRECTIONS

1. Position the rack into the lower third of the oven and preheat the oven to 450°F/230°C. Place a large rimmed baking sheet in the oven so it can preheat.
2. Combine the mustard, honey, 1 Tbsp oil, and ¼ tsp each salt and pepper in a small bowl; spread the mixture evenly on the chicken thighs.
3. Toss sweet potatoes and onion in a bowl with the remaining 1 Tbsp and ¼ tsp each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
4. Return the pan to the oven and roast for about 30-35 minutes, until a thermometer inserted into a chicken thigh reaches 165°F/74°C. Be sure to stir the vegetables at least once about halfway through to ensure even cooking.
5. Remove the pan from the oven and serve.

THE RECIPES

Sweet Potato STUFFED "TACOS"

SERVES 4

Sweet potatoes become the shell for taco fillings in this fun recipe. These are delicious as-is ... but feel free to get creative with your ingredients based on what you have on hand.

INGREDIENTS

- 4 medium sweet potatoes
- ½ cup (115 g) fresh salsa
- 1 ripe avocado, sliced
- 1 15 oz. (425 g) can pinto beans
- 2 Tbsp jalapeño pickles, chopped

DIRECTIONS

1. Pierce the sweet potatoes with a fork several times and bake – either in the oven at 425ºF/220ºC for 45-60 minutes or in a microwave according to its directions.
2. After they are done cooking, set aside to cool slightly.
3. While they are cooling, heat up the pinto beans and lightly mash them.
4. Cut the sweet potatoes lengthwise and open slightly to create a “pocket” inside. Top with salsa, avocado, pinto beans, and jalapeños.
5. Serve and enjoy!

THE RECIPES

Five-Spice HADDOCK

SERVES 4

Serve this flavorful fish dish with quinoa or rice and a side salad.

INGREDIENTS

- ¼ cup (60 ml) coconut aminos
- 2 Tbsp coconut sugar
- 1 lb (450 g) haddock fillet
- 1 tsp Chinese five-spice powder
- 1 Tbsp olive or avocado oil

DIRECTIONS

1. Bring your haddock to room temperature before cooking by taking it out of the fridge about 10-15 minutes before preparing.
2. In a small bowl, mix together the coconut aminos and sugar. Set aside.
3. Sprinkle both sides of the haddock with five-spice powder.
4. Heat the oil in a large nonstick skillet over medium-high heat. Add the fish and cook for about 3 minutes – you should see the edges start to cook.
5. Flip the fillet over and lower the heat to medium, stirring in the coconut aminos mixture.
6. Bring to a boil and cook another 3-4 minutes, until the fish is cooked through (depending on thickness). It should be white and flaky. Remove from the heat.
7. Divide into portions and put on serving plates, drizzled with the remaining sauce in the pan.

THE RECIPES

Pinto Bean FAJITA BOWL

SERVES 2

This bowl of deliciousness is great on its own, but also can be made heartier with leftover meat (such as rotisserie chicken). Grab some pre-sliced peppers and onions at the grocery store and this comes together super fast.

INGREDIENTS

- 1 Tbsp olive oil
- 1 12-oz (340 g) package of pre-sliced peppers & onions from the produce section
- 1 15.5 oz (425 g) can of pinto beans, rinsed & drained
- ½ tsp southwest style seasoning
- Optional: Leftover chicken or steak
- ¼ cup grated Monterey Jack cheese

DIRECTIONS

1. In a large skillet over medium heat, heat the olive oil.
2. Add the peppers and onions and sauté until the onions are soft and translucent, about 8-10 minutes.
3. Stir in the beans, seasoning, and optional meat and cook until heated through.
4. Divide between two bowls and top each with half of the grated cheese.
5. Enjoy!

THE RECIPES

Cheesy Zucchini NOODLES

SERVES 4

This secret to the cheesy flavor of this vegan dish is nutritional yeast flakes! If you haven't tried them yet, be prepared to be amazed – they are a "must" for your pantry. And if you want to jazz it up a bit … this recipe is DELICIOUS with the addition of a pint of halved cherry tomatoes. Just add them to the skillet with the garlic and saute for a few minutes before adding the zucchini.

NOTE: You can use already prepared zucchini noodles or you can make your own by using a spiralizer or vegetable parer – simply shave your zucchini into long ribbons.

INGREDIENTS

- 3 medium zucchini, spiralized (or 3 12-oz packages of pre-cut zucchini noodles from the produce section)
- 2 Tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 3 cups packed baby spinach
- 2 Tbsp nutritional yeast flakes (or to taste)
- Sea salt and freshly ground black pepper, to taste

DIRECTIONS

1. Heat the oil in a large skillet over medium-high heat. Add the garlic and cook, stirring constantly so it doesn't burn, for 30-60 seconds.
2. Add the zucchini noodles and sauté for 3-4 minutes, until they start to soften.
3. Stir in the spinach and cook until wilted, 3-4 more minutes.
4. Stir in the nutritional yeast. Cook for an additional 1-2 minutes and season with salt and freshly ground black pepper, to taste. Remove from heat and serve.

THE RECIPES

Sweet Potato & SAUSAGE HASH

SERVES 2

This dish hits all of the flavor notes for a satisfying lunch or dinner that's packed with nutrition.

INGREDIENTS

- 2 cups (266 g) sweet potatoes, cubed
- 1½ Tbsp avocado oil
- 3 apple chicken sausages, sliced (pre-cooked)
- 10 oz (285 g) bag of shaved Brussels sprouts
- 1 Tbsp apple cider vinegar
- Salt & pepper to taste

DIRECTIONS

1. Place the sweet potato cubes in a microwave-safe dish and add ¼ inch (6 mm) of water. Cover the dish and microwave for 3-4 minutes (depending on your microwave). The sweet potatoes should be tender when pierced with a fork. Drain and set aside.
2. While the sweet potatoes are cooking, heat ½ Tbsp of oil in a large skillet over medium heat. Add the sliced sausage and cook until it browns – 4-5 minutes. Carefully remove from pan and set aside.
3. Add remaining 1 Tbsp of avocado oil to the skillet and heat. Add the Brussels sprouts and saute until they begin to soften, 5-7 minutes. If you prefer them a little softer, after a few minutes add 1 Tbsp of water to help them steam and cook for 3-4 more minutes. Stir in the apple cider vinegar.
4. Stir in the sweet potato cubes and sausage, and mix to combine.
5. Season with salt & pepper and serve.

THE RECIPES

Veggie STIR FRY

SERVES 4

You can use fresh or frozen veggies in this fast & convenient recipe. If you use frozen, thaw in the microwave before cooking. To make this a heartier meal, serve over cooked rice or quinoa.

TIP: Keep a bag of frozen quinoa or rice in your freezer for quick meals.

INGREDIENTS

- 14 oz. (396 g) block of extra-firm tofu
- 2 Tbsp of sesame oil
- ¼ cup (60 ml) coconut aminos
- 1 tsp ground ginger
- ½ tsp (or more) of sriracha
- 4 cups (450 g) of chopped veggies

DIRECTIONS

1. Cut the tofu into cubes. Heat 1 Tbsp of oil and add the tofu, searing so that all sides turn a golden brown.
2. While the tofu cooks, in a small bowl mix together the coconut aminos, ginger, and sriracha. Set aside.
3. When the tofu is done cooking, remove it from the pan and add the remaining oil. When it is hot, add the chopped vegetables.
4. Sauté the vegetables until they reach your desired level of softness (5-6 minutes), then pour the prepared sauce over them, stirring often. Add the tofu and cook for another 4-6 minutes.
5. Serve and enjoy!

THE RECIPES

Fruity "JAM"

SERVES 4

This healthy recipe is delicious as a fruity addition to your oatmeal or yogurt.

INGREDIENTS

- 2 cups (about 240 g) mixed fresh or frozen fruit such as strawberries, blackberries, blueberries, peaches, plums, or apricots
- ¼ cup (60 ml) lemon juice
- 1 Tbsp honey or maple syrup
- ¼ tsp cinnamon
- 1 Tbsp chia seeds

DIRECTIONS

1. Over medium heat, bring the fruit and lemon juice to a slow simmer in a saucepan. Reduce the heat to low.
2. Add the sweetener and cook until the fruit starts to break down, stirring frequently.
3. Stir in the cinnamon and chia seeds.
4. Remove from heat and let sit for about 20-30 minutes, so that the chia seeds will thicken the mixture.
5. Serve and enjoy! This also can be stored covered in the refrigerator for 3-5 days.

THE RECIPES

Maple Lemon SALMON

SERVES 4

You can't go wrong with this satisfying maple-lemon salmon recipe. Serve it with a side of potatoes or rice and a garden salad.

INGREDIENTS

- ¼ cup (60 g) maple syrup
- Juice from 1 small lemon
- 2 Tbsp coconut oil
- 4 6 oz (170 g) salmon fillets
- Salt and pepper to taste

DIRECTIONS

1. Whisk together the maple syrup and lemon in a small bowl and set aside.
2. Heat the coconut oil in a large skillet over medium-high heat. Add the salmon skin-side down, seasoning with a sprinkle of salt and pepper. Allow to cook about 6-7 minutes, until the salmon begins to brown and the skin releases easily from the skillet.
3. Carefully pour the maple-lemon sauce into the pan and flip the salmon fillets over. Baste with the sauce as the salmon continues to cook for 2-3 more minutes. The salmon is done when it flakes easily and is barely pink in the center.

THE RECIPES

Bacon, Spinach & POTATO FRITTATA

SERVES 4

This classic frittata recipe is a delicious brunch, lunch, or dinner dish. Serve with a side salad and/or some sprouted grain toast. So good!

INGREDIENTS

- 12 oz baby red potatoes, halved
- 6 slices bacon
- 1 medium onion, chopped
- 2 cups chopped fresh spinach
- 8 large eggs, lightly beaten
- Salt & pepper to taste

DIRECTIONS

1. Preheat your oven to 350ºF/177ºC.
2. Place the potatoes in a medium saucepan with just enough lightly salted water to cover them. Bring to a boil over medium-high heat and then lower heat to a simmer and allow to cook until barely tender, about 10 minutes. Drain and set aside.
3. While the potatoes cook, place the bacon in a large ovenproof skillet and cook until browned, about 6-8 minutes. Remove bacon from skillet and allow to drain on a paper towel. Remove all but about 1 Tbsp of the fat from the skillet.
4. Add the onion to the skillet and sauté for 5-6 minutes, until it begins to soften. Add the spinach and let cook 2-3 minutes, until it begins to wilt. Stir in the cooked potatoes and bacon, and lower the heat to medium-low.
5. In a medium bowl whisk the eggs along with ¼ tsp each salt and pepper. Pour the eggs over the potato mixture in the skillet. Allow to cook over medium heat for about 5 minutes so the bottom begins to set.
6. Place the skillet in the oven and let cook for about 30 minutes, until the eggs set. Remove from the oven, cut into wedges and serve. Delicious!

THE RECIPES

Simple Shrimp & QUINOA SALAD

SERVES 4

INGREDIENTS

- 1 cup (170 g) dry quinoa
- 1 Tbsp olive oil
- 16 oz (450 g) cooked, deveined medium shrimp, tails removed
- 2 tsp minced garlic
- ½ large lemon, juiced
- ¼ tsp each sea salt & freshly ground pepper

DIRECTIONS

1. Thaw the shrimp if you are using frozen.
2. Rinse and drain quinoa. In a medium saucepan bring 2 cups (480 ml) of water to a boil.
3. Add the quinoa and bring it back to a boil.
4. Lower the heat, cover, and let simmer for 15 minutes, or until the water is absorbed. Remove from the heat.
5. While the quinoa cooks, heat the oil in a large skillet over medium heat. Add the shrimp, garlic, lemon, salt, and pepper. Sauté for about 7-8 minutes, until heated through.
6. Serve over cooked quinoa.

THE RECIPES

Mexican MEATBALL STEW

SERVES 8

This convenient recipe uses ... drumroll! ... 100% convenience foods, but even so, it's a healthier option when you need a dish to feed a crowd without a lot of fuss. This is designed as a slow cooker recipe but it can also be cooked on the stovetop. Just heat everything through – it will taste better the longer it simmers.

INGREDIENTS

- 2 14.5 oz (411 g) cans Mexican-style stewed tomatoes
- 1 large package cooked Italian-style turkey meatballs, thawed (approximately 24 meatballs)
- 1 15 oz (425 g) can black beans, rinsed and drained
- 1 14.5 oz (411 g) can seasoned low-sodium chicken broth
- 1 10 oz (283 g) package frozen whole kernel corn, thawed

DIRECTIONS

1. Combine all of the ingredients in a large slow cooker.
2. Cover and cook on low heat for about 6 hours or high heat for about 3 hours.
3. Serve and enjoy!

THE RECIPES

Healthy Chocolate AVOCADO PUDDING

SERVES 4

This healthy snack recipe is a real treat. Plus, it couldn't be any easier: just put all of the ingredients into a food processor .... no cooking required.

TIP: your avocados should be ripe – but not TOO ripe – for this recipe. Don't skip the sea salt as it helps bring out all the other flavors.

INGREDIENTS

- 2 ripe avocados (not over-ripe!)
- 1 cup (160 g) pitted dates
- ¼ cup (20 g) raw cocoa powder
- ½ cup (120 ml) water
- ½ Tbsp organic honey
- 1-2 pinches of sea salt

DIRECTIONS

1. Place all of the ingredients in a food processor and blend until combined.
2. Scrape out of the processor into a covered container (or individual covered serving dishes).
3. Let chill for a few hours before eating.
4. Try not to eat it all at once. Enjoy!

A Healthy Lifestyle FEELS & TASTES GREAT

What you eat plays a major role in how you feel ...

... but the great news is that eating healthy doesn't mean spending hours in the kitchen. We hope you love these simple (but tasty!) recipes and make them part of your regular weeknight rotation.

We specialize in helping our clients feel fit, strong, and healthy – and feel amazing (and empowered) every step of the way!

Here are just a few ways we do it:

- ✓ **Motivation**
- ✓ **Accountability**
- ✓ **Support**
- ✓ **A proven plan so you know exactly what to do and when to do it**
- ✓ **Coaching in other areas that affect your results (stress, sleep, workouts, and more!)**

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