

# *Seven Stress Free* SUPPERS



MINIMAL INGREDIENTS, MINIMAL TIME, MINIMAL STRESS.  
BECAUSE DINNER IS THE LAST THING ON YOUR MIND RIGHT NOW.



# Hi!

During this challenging time we are trying to help our friends, family, clients and community.

Our team chose some of our favorite, healthy, simple, stress-free dinner recipes to share with you! We hope you enjoy them as much as we do!

Sincerely,

**TEAM MOTIVATE & INSPIRE**





# Honey Garlic Chicken

SERVES: 6  
PREP TIME: 25 MINS  
COOK TIME: 15 MINS

## INGREDIENTS

2 lbs chicken  
breasts boneless skinless  
1/2 cup chicken broth  
1/4 cup honey  
4 cloves garlic pressed  
1/2 tsp salt  
1/2 tsp ground black  
pepper  
1  
tbsp olive oil

## PRO TIP

Leftovers can be stored in an airtight container for 3-4 days in the refrigerator or in the freezer for up to a month.

## PROCESS

1. Mix the chicken broth, honey, garlic, salt and pepper together with a whisk until the honey is dissolved and everything is evenly combined.
2. Cut the chicken breasts in half lengthwise so they are half the thickness (butterfly.) Place them in a covered container or zip top bag and pour the honey mixture over them to coat. Let rest in the refrigerator for 10-15 minutes.
3. Heat the olive oil over high in a large skillet. Use tongs, to place the chicken breasts in a single layer on the skillet and cook for 4-5 minutes. If there is not enough room to do a single layer, cook the chicken in 2 separate batches so they do not overlap. Flip each chicken breast over and continue to cook for 2-3 minutes until there is a sear on the bottom, then pour the remaining honey mixture into the pan and bring to a boil and let cook for an additional 3-4 minutes or until the sauce starts to thicken.
4. Remove from heat and serve warm spooning additional sauce over top. Enjoy!



# Pesto Chicken

SERVES: 2  
PREP TIME: 15 MINS  
COOK TIME: 15 MINS

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## INGREDIENTS

1 tsp olive oil  
1/2 medium red onion,  
chopped  
2 cloves garlic, finely  
chopped  
1 cup sliced mushrooms  
4 fresh basil leaves, finely  
chopped  
2 medium zucchini,  
spiralized  
1 tbs basil pesto  
6 oz cooked chicken  
breast, boneless, skinless,  
sliced, warm

## PROCESS

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add mushrooms and basil; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms release liquid.
5. Add zucchini to onion mixture; cook, stirring frequently, for 2 to 4 minutes, or until heated through.
6. Add pesto, mix well.
7. Evenly divide zucchini mixture between two serving plates; evenly top with chicken.

## PROCESS

Sub pasta noodles for zoodles if desired.



# Beef Chili Verde

SERVES: 4  
PREP TIME: 5 MINS  
COOK TIME: 30 MINS

## INGREDIENTS

1 pound lean ground beef  
or turkey  
1 large red bell pepper,  
chopped  
1 large onion, chopped  
6 cloves garlic, chopped or  
minced  
1 tb chili powder  
2 tsp ground cumin  
1/2 tsp cayenne pepper  
1 16oz container pico de  
gallo  
1/4 cup water  
1 can pinto or kidney  
beans, drained and rinsed

## PROCESS

1. Cook beef, bell pepper, and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until meat is browned about 8-10 minutes.
2. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in pico and water; bring to simmer.
3. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10-15 minutes.
4. Stir in beans and cook until heated through, about 1 minute.
5. Serve with cilantro, red onion, and a sprinkle of Monterrey jack cheese.



# Taco-less Taco Salad

SERVES: 4  
PREP TIME: 15 MINS  
COOK TIME: 20 MINS

## INGREDIENTS

1 lb of ground turkey  
1 tbs clean taco seasoning  
1 bag romain lettuce or  
baby spinach  
2 roma tomatoes  
1 avocado  
diced onion  
olives  
pico de gallo

## PRO TIP

Feel free to add additional veggies to this dish! I don't usually add any dressing to this salad!

## PROCESS

1. Brown turkey meat and drain the grease, put meat back into the pan and add  $\frac{3}{4}$  cup of water and 2 tbs of your clean taco seasoning. Bring to a boil, reduce heat and simmer for 5 minutes.
2. Put approximately 2 cups of salad greens in a bowl and top with seasoned turkey meat, pico de gallo, tomatoes, olives, onion, and avocado.

## CLEAN TACO SEASONING

2 tbs ground cumin  
1 tsp paprika  
 $\frac{1}{2}$  tsp cayenne pepper  
 $\frac{1}{2}$  tsp onion powder  
 $\frac{1}{2}$  tsp garlic powder  
 $\frac{1}{4}$  tsp black pepper  
 $\frac{1}{4}$  tsp chili powder

Combine all ingredients and mix well.



# Tuna Patties

SERVES: 12  
PREP TIME: 15 MINS  
COOK TIME: 20 MINS

## INGREDIENTS

3 (5 oz.) cans water packed tuna, no added salt, water drained well  
3 large eggs  
1 tbsp. lemon juice  
1/2 cup red onion, chopped  
1 tsp. dried parsley  
1/2 tsp. dried dill  
1 tsp. garlic powder  
oil for cooking

## PROCESS

1. Stir everything together in a medium mixing bowl until well combined.
2. Form small patties with your hands (about 1 1/2 inches in diameter).
3. Cook in a skillet using a heart healthy oil.
4. Top with fresh, chopped onion, fresh parsley and serve with a lemon wedge.



# Sheet Pan Chicken

SERVES: 6  
PREP TIME: 15 MINS  
COOK TIME: 60 MINS

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## INGREDIENTS

2 can green beans  
6-8 red potatoes  
zesty italian dressing mix  
1 stick of butter. melted  
3 chicken breasts  
aluminum foil

## PROCESS

1. Preheat oven to 350 degrees F.
2. In a 9x13 pan, cut 3 chicken breasts in half, add 2 cans green beans on one side, cut up red skin potatoes on the other side.
3. Sprinkle a packet of zesty italian dressing mix over the top.
4. Drizzle a stick of melted butter over it.
5. Cover with foil and bake for 1 hour.





# Easy Chicken Salad

SERVES: 4-5  
PREP TIME: 15 MINS  
COOK TIME: 15 MINS

## INGREDIENTS

2 chicken breasts  
red onion  
apple  
cilantro  
chopped nuts  
grapes  
celery  
mayonnaise  
baguette or butter lettuce

## PROCESS

1. Boil chicken breasts until cooked through and then shred with a fork.
2. Chop your choice of mix-ins until you have a balance that you like.
3. Mix in mayonnaise.
4. Serve with sliced baguette or butter lettuce cup.

## PRO TIP

I like mine heavy on vegetables so I like 50/50 chicken and other mix-ins.