

## *My Favorite Things...the Food Edition!!!* (updated 4/24/24)

By Let's Get Fit! with Heather Scott Online, LLC - Certified Personal Trainer (CPT) and Nutrition Coach – visit my website for fitness tips, challenges, programs to try, and lots more [resources](#)

Here's a few of my go to meals, drinks, and snacks. I LOVE food, and I workout so I can feel healthy, be fit and enjoy tasty things. Remember to consult with your physician before beginning any exercise or diet /supplementation routine. If you'd like to talk about designing a workout program for your fitness goals, or if you're ready to get started with one of my ready to download coaching plans, be sure to head to my "Let's Get Fit" website linked [here](#)

*Disclaimer: purchases made via the links below result in a commission, however every item I share is something I've personally tried and enjoy. Hope you do too!*

Cheers!

Heather

### Coffee, Energy Drinks, and Fake Wine!

- Regular coffee pod (I prefer light roast) with [creamer](#) that's free of all the junk, [sugar replacement](#), and because I love my coffee sweet and without a hint of coffee taste (yes I'm weird lol) I also add a bit of [vanilla caramel crème](#) or other zero cal flavoring. YUMMMMM!!!! Adjust your creamer and flavoring based on how much or little actual coffee you want to taste.
- I drink [Amino Energy](#) + water as a pre-workout (no jitters!!), water during my workout, and more [Amino Energy](#) + water as a post workout recovery. It not only has a touch of caffeine to get you going, it also contains essential amino acids to help your muscles recover from that work you just did. Plus it tastes great mixed with water to sip on all day! TIP: to make mixing easy, snag a [Blender Bottle](#) - just add water, powder, and shake!
  - For easy on the go energy with some sparkle, try the canned version of [Amino Energy](#)!
- I LOVE wine, but I try to keep my calories during the week dedicated to fuel so found a really decent wine alternative that offers a bit of bubbly plus beauty restorative ingredients! Check it out [here](#)

### Breakfast Ideas

- I love the healthy, easy ideas that "thesmoothieguy" shares for free on IG!! Just follow his account for tons of ideas. The ingredients are simple, easy, GREAT for you, and if you need to substitute strawberries for mixed berries or something like that, you totally can! Here's a couple of my favorites! I pre-bag and freeze enough for me and my husband for a week, so I literally just dump a bag of yummy ingredients into the blender in the mornings, and viola! 2 minutes for one delicious **breakfast smoothie** serving!
  - 2 stalks celery, 1 cup berries, 1 cup water/[coconut water](#)/[almond milk](#), ½ lime, 1 kiwi.
  - 1 cup cucumber, 1 cup berries/pineapple, 1 cup water/[coconut water](#)/[almond milk](#), 1 small handful spinach
  - 1 cup pineapple, 1 cup strawberries, ½ banana, 1 cup kale
- **Protein shakes** with water or almond milk, sometimes I'll add in a banana, a few berries and/or [pbfit](#)
- **Pink Punch Smoothie**
  - ½ cup frozen raspberries
  - ½ cup frozen mango
  - ½ cup frozen pineapple
  - ½ frozen banana
  - 1 cup coconut milk
  - Blend serve for one delicious serving packed with nutrients!
- **Green Smoothie**
  - 1 cup water
  - 1 scoop collagen
  - 2 handfuls greens

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- ¼ avocado OR 2 tbsp nut butter
- Blend and enjoy!
- **Banana and Cherrie Smoothie**
  - ½ cup spinach
  - ½ cup frozen cherries
  - ½ banana
  - ½ cup almond milk
  - 3 ice cubs
  - Blend and enjoy!
- **Egg and Sausage Casserole bake**
  - 12 eggs
  - 1 lb. breakfast sausage crumbled (optional)
  - 2 cups Broccoli florets
  - 2 cups Shredded Cheese
  - 1 tsp [garlic powder](#)
  - ½ cup heavy cream
  - ¼ tsp [salt](#)
  - ¼ tsp ground [black pepper](#)
  - To prepare, preheat oven to 375
    - Cook the sausage until brown (you can substitute bacon as desired)
    - Blanch the broccoli in boiling water for 5-7 minutes, plunge into an ice bath. Drain/pat dry.
    - In large bowl, whisk together the eggs, heavy cream, half the cheese, salt and pepper.
    - Grease the bottom of a casserole dish. Arrange the sausage and broccoli in the dish. Pour the egg mixture over the sausage and veggies, sprinkle the remaining cheese on top.
    - Bake for approx. 30 min (I found I had to poke a few holes in the casserole at 30 min and cook for another 10-15 to make sure the eggs were fully cooked inside).
    - Serve and/or freeze portions for later!

## Lunch Ideas

- [Protein shake](#) with water or almond milk, sometimes I'll add in a banana, a few berries and/or [pbfit](#)
- Chicken, seasoned with olive oil/canola oil spray and enough [low sodium "everything" seasoning](#) to taste
  - Serve with veggies
- Avocado, chicken, spinach wrap – in a [carb balance tortilla](#)
- [Tuna](#) with [zero-salt lemon garlic power](#) seasoning on a [zero carb tortilla](#)
- Ground Turkey with salt free [taco seasoning](#), served with [zero carb tortillas](#) and mixed veggies
- Left overs from one of our dinner choices

## Snack Ideas

- [Almonds](#)
- [Edamame snack packs – 100 calories](#)
- [Tuna packets \(low sodium\)](#)
  - [Variety pack](#)
- [Chocolate Caramel Clusters](#)
- [Peanut Butter Cups](#)
- Apples with [pbfit](#) (lower fat peanut butter powder)
- Celery with [peanut butter](#)

## Dinner Ideas

- **Healthy soup**
  - 1.5 cups chopped carrots
  - 1 cup chopped celery
  - 1 tbsp [olive oil](#)
  - 2, 15 oz cans [cannellini beans](#) (white beans)
  - 4 cups [veggie broth](#)
  - 1/8 tsp [black pepper](#)
  - 1 tsp [salt](#)
  - 1 tbsp [dried dill](#)
  - 1 tsp [dried thyme](#)
  - Add in (optional): 2 cups cooked [pasta](#) or [brown rice](#)
  - How to: sauté the veggies in olive oil for 5-10 min. Add in beans, spices, [veggie broth](#) and simmer for 25 min. Add in cooked rice or pasta. Serve!!
- **Turkey Taco Skillet**
  - Cook 1 lb ground turkey
  - Mix in enough [low sodium taco seasoning](#) to taste
  - Add 15 oz of [low sodium black beans](#), 1 cup frozen veggies (chopped small)
  - Stir and let it all get warm; serve with a side salad or low carb tortilla
- **Ground Beef and Beans Skillet**
  - Cook 1 lb lean ground beef or bison
  - Mix in enough [low sodium "everything" seasoning](#) to taste
  - Add 2 cans of [low sodium black beans](#), and [low sodium pinto beans](#)
  - 1 cup cooked [quinoa](#)
  - 1 cup frozen veggies (chopped small) – or serve on the side
  - Stir and let it all get warm; serve with a side salad or low carb tortilla
- **[Protein, low carb pizza](#)** – this is the BEST low carb crust I’ve found and I love it!! Tastes great, and you don’t have to burn it (unlike cauliflower crust).
  - Top with [pizza sauce](#) and other topics of choice and enjoy!
- **Mixed Greens Salad with chicken** or ground turkey
  - (topped with [low sodium taco seasoning](#)) with [low carb/low fat dressing](#)
- **Oven Baked Chicken**
  - 3 lbs chicken thighs, or chicken breast (I prefer using chicken breast fillets)
  - 2 tbsp olive oil
  - 1 tsp [salt](#)
  - ½ tsp ground [black pepper](#)
  - 1 tsp [garlic powder](#)
  - 1 tsp [onion powder](#)
  - 1 tsp [paprika](#)
  - To prepare: combine spices, roll chicken in oil then spices. Place in casserole dish (lightly oiled). Cook for ~45 min or until done at 400 degrees. Serve with veggies. My fav is broccoli roasted in the oven!

- **Cheeseburger Casserole**
  - 1 tsp [olive oil](#)
  - 1 lb lean ground beef, or turkey
  - ½ tsp [salt](#)
  - ¼ tsp ground [black pepper](#)
  - 5 oz diced bacon
  - 1 small onion (diced) or [onion powder](#)
  - 2 tbsp [Worcestershire sauce](#)
  - 1 tsp [garlic powder](#)
  - 1 cup shredded cheddar cheese
  - 3 eggs
  - ¼ cup heavy cream
  - Optional
    - 2 dill pickles (sliced)
    - ¼ cup [sugar free tomato ketchup](#)
    - ¼ cup [mustard](#)
    - ¼ cup [low carb mayo](#)
  - Brown meat, add olive oil and spices, W sauce, half the cheese. Pour mixture into a lightly oiled casserole dish. Whip eggs and cream. Pour over top of meat mixture, add remaining cheese. Bake at 375 degrees for 30 min.
- **Chicken and Broccoli Bake**
  - Heat oven to 350 degrees
  - Cook in pan:
    - 2 lbs boneless skinless chicken thighs or breast fillets.
    - Cut into bite size pieces; sauteed in 2 tbsps olive oil
  - Blanch 3 cups chopped broccoli florets in water for 5-7 min. Drain, cool, pat to dry.
  - Lightly oil casserole dish, OR use a [BPA free silicone pan!](#)
  - Arrange the chicken and broccoli on the bottom of the dish
  - Melt 2 tbsp butter, 1 tsp [garlic powder](#)
    - Add 1 cup heavy cream, whisk until thick; add 1 cup shredded cheese & ¼ cup parmesan cheese
  - Pour cheese mixture over chicken/broccoli
  - Top with ¼ cup shredded cheese and light sprinkle of red pepper for a bit of a bite
  - Bake for 20 min, serve alone or with a side of veggies!
- **Roasted Rosemary Chicken**
  - ¼ cup white wine or [low sodium chicken broth](#)
  - 4 chicken legs (approx 1 ½ lbs), or chicken thighs, or chicken breast filets
  - 2 tbsp butter (melted)
  - 1 tsp dried rosemary
  - 1 tsp [salt](#)
  - ½ tsp ground [black pepper](#)
  - 1 tsp [garlic powder](#)
  - 1 tsp [onion powder](#)
  - To Prepare: preheat oven to 375
    - Combine spices and butter in a small bowl
    - Dip chicken in spice/butter mixture, place in lightly oiled baking pan
    - Pour wine or broth over chicken
    - Roast chicken 50-60 minutes or until done. Serve with a side salad or veggies of your choice

- **Chunky Chicken and Vegetable Soup** (source: [the Low Carb Bible](#))
  - 1 tbsp vegetable oil
  - 1 boneless skinless chicken breast (diced)
  - ½ cup chopped onion, or 1 tsp [onion powder](#)
  - ½ cup thinly sliced celery
  - 29 oz low sodium [chicken broth](#) or [veggie broth](#)
  - 1 cup water
  - ½ cup sliced carrots
  - 2 tbsp cream
  - 1 tbsp [parsley](#)
  - ¼ tsp [thyme](#)
  - 1/8 tsp ground [black pepper](#)
  - To prepare: in saucepan, combine chicken and oil – cook until no longer pink
    - Add spices and veggies – cook until veggies are tender
    - Add broth, cream
  - Simmer ~10 minutes. Serve 😊
- **Air Fried Fish**
  - Mahi Mahi or Tilapia filets (thawed)
  - Olive Oil
  - Seasoning (I use [zero-salt lemon garlic powder!](#))
  - Preheat your oven or [airfryer](#) to 400 degrees
    - Prepare fish by placing on a piece of [parchment paper](#), lightly drizzle olive oil and seasoning.
    - Cook for ~25 min or until fish flakes easily
    - Serve with veggies, rice/bread as desired
  - **WARNING – this is delicious!!!!!!!!!!!!**