



Simple Meals to Help Hit Your Macros

DOTTIE WOOD

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COMPLETE NUTRITION AND FITNESS

Hi,

Welcome to your personal recipe book! On the next pages, you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

HOW TO USE

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

RECIPE TIPS

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

LEFTOVERS

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.



Sausage, Kale & Acorn Squash Mash

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 Acorn Squash (large, halved, seeds removed)
- 8 ozs Pork Sausage
- 6 cups Kale Leaves (stems removed, roughly chopped)
- 2 tbsps Coconut Oil (melted)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Place the acorn squash flesh-side down on a baking sheet. Bake in the oven for 15 minutes.
- 03 Flip over the squash and move it to the side of the baking sheet. Add the sausage to the sheet and bake for another 20 minutes or until cooked. Remove the squash and sausage from the oven.
- 04 Combine the kale and coconut oil on a separate baking sheet. Add to the oven for the remaining 10 minutes of cooking, until the edges are crispy.
- 05 Carefully remove the skin from the acorn squash and mash the flesh using the back of a fork. Slice the sausage.
- 06 Divide the the kale, sausage and mashed acorn squash onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one sausage, one cup of mashed acorn squash and 1 1/2 cups kale.

MORE FLAVOR

Add your choice of herbs or spices to the mashed acorn squash.

MAKE IT VEGAN

Use marinated chickpeas or tofu instead of sausage.

Steak, Butternut Squash & Broccoli

2 SERVINGS 40 MINUTES



INGREDIENTS

- 3 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 lb NY Striploin Steak
- 1 tsp Thyme
- 2 cups Broccoli (chopped into florets)
- 1 tbsp Nutritional Yeast

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 03 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet, top with fresh thyme, and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 04 Meanwhile, add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.
- 05 Top the broccoli with nutritional yeast and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic and your favorite herbs to the steak.

Ground Beef, Asparagus & Mashed Sweet Potatoes

4 SERVINGS 30 MINUTES



INGREDIENTS

- 3 Sweet Potato (medium, peeled and chopped)
- 4 cups Asparagus (woody ends trimmed, chopped in half)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Avocado Oil
- 1 lb Extra Lean Ground Beef

DIRECTIONS

- 01 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 02 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 03 Add half the salt to the sweet potatoes and mash until creamy.
- 04 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 05 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

NOTES

NO SWEET POTATOES

Use regular potatoes, eddo, jicama or kohlrabi instead.

NO AVOCADO OIL

Use coconut oil, olive oil, ghee or butter instead.

STORAGE

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

VEGAN & VEGETARIAN

Omit the ground beef and use cooked lentils instead.

EXTRA CREAMY POTATOES

Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.

One Pan Chicken, Brussels Sprouts & Squash

3 SERVINGS 50 MINUTES



INGREDIENTS

- 1 1/2 cups Butternut Squash (chopped into small cubes)
- 2 cups Brussels Sprouts (trimmed, halved)
- 1 lb Chicken Thighs (boneless, skinless)
- 1 tsp Avocado Oil
- 1 tbsp Rosemary (fresh, chopped)
- 1 tbsp Thyme (fresh, chopped)
- 1/4 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the butternut squash, brussels sprouts and chicken to the pan. Drizzle everything with avocado oil, rosemary, thyme and sea salt.
- 02 Place in the oven and bake for 35 minutes, flipping the chicken halfway. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO FRESH HERBS

Use dried herbs instead, reducing the amount used by half.

One Pan Sausage, Kale & Jicama Home Fries

2 SERVINGS 30 MINUTES



INGREDIENTS

- 8 ozs Chicken Sausage (roughly sliced)
- 2 cups Jicama (peeled, diced)
- 1/4 cup Water
- 4 cups Kale Leaves (stems removed, roughly chopped)
- 1/2 tsp Sea Salt

DIRECTIONS

- 01 In a skillet over medium heat, cook the sausage breaking it up as it browns. Leave the rendered fat and set aside the sausage on a plate.
- 02 In the same skillet, add the diced jicama and cook over medium-high heat for 1 to 2 minutes or until brown on one side. Lower the heat to medium, add water and cook for 5 to 7 minutes or until tender.
- 03 Add the kale to the jicama and cover with a lid. Cook over medium heat for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste.
- 04 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/4 cups.

MORE FLAVOR

Cook in oil and add your choice of spices like cumin, paprika or chili powder.

MEAL PREP

Cook the jicama in advance to save time.

NO KALE

Use another hearty green such as rapini, dandelion or shaved brussels sprouts.

NO CHICKEN

Use turkey sausage, pork sausage or ground meat instead.

MAKE IT VEGAN

Use lentils instead of sausage.

One Pan Crispy Chicken with Potatoes & Greens

2 SERVINGS 35 MINUTES



INGREDIENTS

- 8 ozs Chicken Thighs with Skin
- 2 cups Mini Potatoes (halved)
- 1/8 tsp Sea Salt
- 1 tbsp Rosemary (chopped)
- 2 cups Kale Leaves (chopped)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 03 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 04 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 05 Divide the chicken, potatoes and kale onto plates and enjoy!

NOTES

NO ROSEMARY

Use thyme or another herb instead.

NO KALE

Use another green such as Swiss chard or spinach.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

Sesame Trout, Bok Choy & Quinoa

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 cup Quinoa (dry, uncooked)
- 2 cups Water
- 4 Rainbow Trout Fillet
- 8 cups Bok Choy (baby, halved)
- 2 tbsps Avocado Oil
- 1/2 tsp Sea Salt
- 1 tbsp Sesame Seeds

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
- 03 Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
- 04 Divide the quinoa, trout and bok choy onto plates. Enjoy!

NOTES

TROUT FILLETS

Each fillet should be approximately 159 grams or 5.6 ounces in size.

NO TROUT

Use salmon instead.

SAVE TIME

Cook the quinoa ahead of time. Cooked quinoa can be refrigerated up to 7 days, or frozen in individual portions up to 8 months.

STORAGE

Refrigerate in an airtight container up to 2 to 3 days.

SERVING SIZE

One serving is equal to 1 trout fillet, 3/4 cup of quinoa and 1.5 cups of bok choy.

One Pan Chicken Thighs with Asparagus

2 SERVINGS 35 MINUTES



INGREDIENTS

- 8 ozs Chicken Thighs with Skin
- 1 tsp Oregano (dried)
- 1 tsp Thyme (dried)
- 1/4 tsp Sea Salt (divided)
- 1 tsp Avocado Oil (divided)
- 1 Sweet Potato (large, chopped)
- 2 cups Asparagus (trimmed)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Season the chicken thighs with oregano, thyme and half of the sea salt. Drizzle half of the avocado oil on top of the sweet potato and place next to the chicken. Bake for 15 minutes.
- 03 Remove the baking sheet and add the asparagus along with the remaining avocado oil and sea salt. Bake for 15 to 20 minutes or until the chicken is cooked through. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add additional seasoning such as paprika or cayenne to the chicken.

NO AVOCADO OIL

Use coconut oil or extra virgin olive oil instead.

NO SWEET POTATO

Use a chopped baking or russet potato instead.

NO ASPARAGUS

Use another vegetable such as green beans instead.

One Pan Paleo Plate

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 lb Chicken Breast
- 1/8 tsp Sea Salt
- 4 cups Brussels Sprouts (washed, trimmed and halved)
- 1 tbsp Extra Virgin Olive Oil (plus extra for brushing)
- 2 Sweet Potato (washed and sliced in half)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 03 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 04 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 05 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 06 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

NO CHICKEN BREAST

Use turkey breast.

VEGANS AND VEGETARIANS

Replace chicken with roasted chickpeas.

EXTRA TIME

Slice sweet potato into cubes or fries.

One Pan Sausage, Potatoes & Peppers

4 SERVINGS 30 MINUTES



INGREDIENTS

- 4 cups Mini Potatoes (halved)
- 2 Red Bell Pepper (chopped)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Paprika
- 1 tsp Oregano
- 1/2 tsp Sea Salt
- 1 1/8 lbs Turkey Sausage (sliced)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the potatoes and peppers on the baking sheet and season with the oil, paprika, oregano, and salt. Toss to combine and bake for 10 minutes.
- 03 Add the sliced sausage to the same baking sheet and stir to combine with the potatoes and peppers. Continue to bake for 15 to 18 minutes, or until the sausage is cooked through and the potatoes are tender. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add your favorite dried herbs or spices.

NO RED BELL PEPPER

Use yellow or orange bell pepper instead.

NO TURKEY SAUSAGE

Use pork or chicken sausage instead.

NO MINI POTATOES

Use diced yellow or white potatoes instead.

Ground Turkey, Green Beans & Rice

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 1/4 tsp Sea Salt
- 1 cup Jasmine Rice (dry/uncooked)
- 4 cups Frozen Green Beans

DIRECTIONS

- 01 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 02 Meanwhile, cook your rice according to the directions on the package and set aside.
- 03 Steam your green beans.
- 04 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

NO GROUND TURKEY

Use ground chicken, beef, pork, or lamb instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

NO GREEN BEANS

Use asparagus, edamame or green peas instead.

LIKES IT SPICY

Serve with hot sauce.

Chicken, Asparagus & Sweet Potato

4 SERVINGS 30 MINUTES



INGREDIENTS

- 3 Sweet Potato (medium, diced)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 3 cups Asparagus (woody ends trimmed)
- 1 1/4 lbs Chicken Breast (boneless, skinless)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
- 03 Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
- 04 While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
- 05 Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

NOTES

NO ASPARAGUS

Use zucchini, green beans, broccoli or cauliflower instead.

NO SWEET POTATO

Use carrots or regular potato instead.

VEGAN

Swap out the chicken for roasted chickpeas or marinated lentils.

LEFTOVERS

Keeps well in the fridge up to 3 days.

Ground Beef, Potatoes & Rapini

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Mini Potatoes (halved)
1 bunch Rapini (chopped, divided)
1 lb Extra Lean Ground Beef
1/4 tsp Sea Salt

DIRECTIONS

- 01 Set the potatoes in a steaming basket over boiling water and cover. Steam for 15 minutes, or until tender. Set aside.
- 02 Meanwhile, add the rapini stems to a large pan. Add enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until just tender. Transfer the rapini to a plate and drain any excess liquid from the pan.
- 03 Add the beef to the same pan and cook over medium heat, breaking it up as it cooks. Season with salt. Once cooked through, drain any excess liquid.
- 04 Divide the beef, rapini, and potatoes onto plates or into containers. Enjoy!

NOTES

NO RAPINI

Use broccoli, broccolini or green beans instead.

LESS BITTER RAPINI

Cook the rapini in oil and season after boiling.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 1/2 cup of ground beef, 1 cup of potatoes and 1 cup of rapini.

Salmon, Rice & Arugula

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 lb Salmon Fillet
- 1/2 tsp Sea Salt
- 1 cup Jasmine Rice (dry, uncooked)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 4 cups Arugula

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 03 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 04 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 05 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

NOTES

NO SALMON

Use any type of fish fillet instead, or use canned fish.

NO ARUGULA

Use baby spinach, kale or mixed greens instead.

NO RICE

Use quinoa instead.

LEFTOVERS

Refrigerate in an air-tight container up to 3 days.

Chicken, Rice & Broccoli

4 SERVINGS 45 MINUTES



INGREDIENTS

- 1 cup Brown Rice (uncooked, rinsed)
- 2 cups Water
- 1 lb Chicken Breast (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 4 cups Broccoli (chopped into florets)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 02 Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
- 03 In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
- 04 While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
- 05 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

NOTES

NO BROWN RICE

Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

LESS TIME

Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

NO STEAMING BASKET

Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of cooked rice, 1 cup of broccoli and 4 ozs of chicken.