

20+
RECIPES
Get Abs & Boost
Your Metabolism



SIX-PACK
COOKBOOK

TABLE OF CONTENTS

- **Salad Recipes** ----- 4
 - Watermelon Feta Salad
 - Cucumber Tomato Avocado Salad
 - Greek Salad with Feta & Olives
- **Breakfast Recipes** ----- 8
 - Keto Crustless Quiche
 - Low Carb Keto Pancakes
 - Keto Avocado Toast
- **Lunch Recipes** ----- 12
 - Keto Cauliflower Pizza Crust
 - Fat Frying Fish
 - Keto Lahmacun (Turkish Pizza)
- **Dinner Recipes** ----- 16
 - One-Pan Crispy Chicken Thighs with Roasted Vegetables
 - Sear-Roasted Halibut with Macadamia Pesto
 - Lamb Loin Chops with Mint Pesto
 - Healthy Baked Salmon
- **Keto Recipes** ----- 20



SALAD

RECIPES

WWW.LISAGFITNESS.COM



Watermelon Feta Salad

Prep Time: 10 mins

INGREDIENTS

- 1/4 c. extra-virgin olive oil
- 2 tbsp. red wine vinegar
- 1/2 tsp. kosher salt
- 3 c. cubed seedless watermelon
- 1 c. medium cucumber, chopped
- 1 c. crumbled feta
- 1/2 c. red onion, thinly sliced
- 1/2 c. coarsely chopped mint, plus more for garish
- Flaky sea salt, for garnish (optional)



INSTRUCTIONS

1. In a small bowl, whisk together oil, vinegar, and salt.
2. In a large serving bowl, combine watermelon, cucumber, feta, red onion, and mint. Add dressing and toss to coat.
3. Garnish with more mint and flaky sea salt if desired.

BENEFITS

Watermelon has a very high water concentration, as much as 92 percent. Including watermelon salad in your daily diet will help keep you hydrated. If you don't like the taste of water a lot, then watermelon can help with that.



Cucumber Tomato Avocado Salad

Prep Time: 15 mins

INGREDIENTS

- 1 lb Roma tomatoes
- 1 English cucumber
- 1/2 medium red onion, sliced
- 2 avocados, diced
- 2 Tbsp extra virgin olive oil or sunflower oil
- 2 Tbsp fresh lemon juice, (from 1 medium lemon)
- 1/4 cup 1/2 bunch cilantro, chopped
- 1 tsp sea salt or 3/4 tsp table salt
- 1/8 tsp black pepper



INSTRUCTIONS

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.
2. Drizzle with 2 Tbsp olive oil and 2 Tbsp lemon juice. Toss gently to combine. Just before serving, toss with 1 tsp sea salt and 1/8 tsp black pepper.

BENEFITS

This low-calorie veggie has a lot of health benefits and hydrating properties. Cucumbers are very high in flavonoids, which are natural plant chemicals that prevent and protect against diseases.



Greek Salad with Feta and Olives

Prep Time: 15 mins

INGREDIENTS

- 500g Romaine Lettuce
- 1 Pack Arla Apetina White Cheese Mediterranean Style
- 2 whole Tomatoes, quartered
- 1 whole Cucumber, deseeded and sliced
- 1 whole Green Bell Pepper, sliced
- 1 whole Onion, sliced thinly
- 1 clove Garlic, minced
- 2 tsp Dijon Mustard
- 3 Tbsp Red Wine Vinegar
- 1/2 Cup Primo Extra Virgin Olive Oil
- 1 tsp Dried Oregano
- Salt & Pepper, to taste



INSTRUCTIONS

1. Wash and cut Romaine lettuce into bite-sized pieces. Add the rest of the vegetables. Set aside.
2. In a small bowl, mix all ingredients for the dressing.
3. Pour the dressing all over the vegetables. Toss to coat. Top the salad with Arla Apetina White Cheese Mediterranean Style.

BENEFITS

The bulk of a Greek salad is made up of the leafy greens, tomatoes, onions and cucumbers. These are low-calorie and nutrient-dense foods to include in your daily diet. Salad greens provide you with a healthy dose of vitamins A and C, as well as potassium and iron.

BREAKFAST

RECIPES



Keto Crustless Quiche

Prep Time: 15 mins | Cook Time: 35 mins

INGREDIENTS

QUICHE BASE

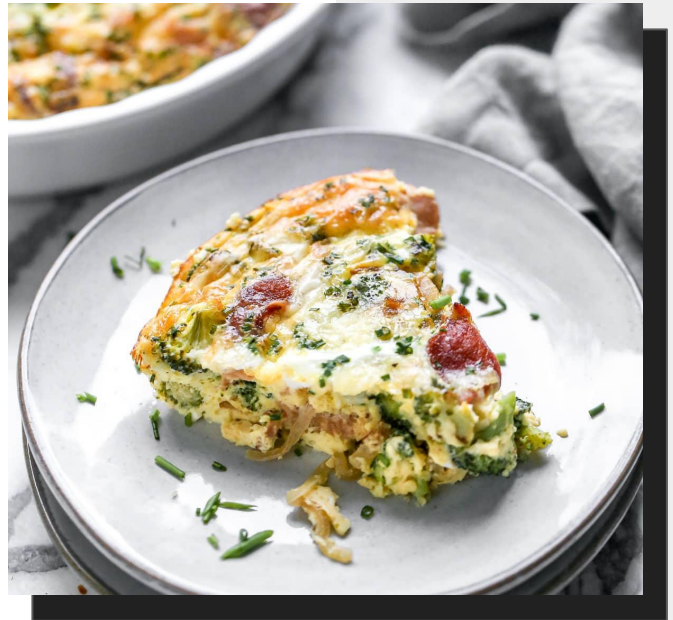
- 6 large eggs
- 2/3 cup whole milk
- 1/4 cup half-and-half
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 teaspoon Dijon mustard optional
- Pinch ground nutmeg optional
- 1 1/2 cups mix-ins of choice
- 2/3 cup grated Gruyère cheese or swap fontina, sharp cheddar, or smoked mozzarella
- 2 tablespoons chopped fresh chives

MIX-INS

- Cooked crumbled bacon
- Chopped and sautéed broccoli
- Caramelized onions
- Cubed leftover ham
- Roasted vegetables *roughly chopped*

INSTRUCTIONS

1. Place a rack in the center of your oven and preheat the oven to 350 degrees F. Coat a deep 9-inch pie dish with nonstick spray.
2. Prepare any mix-ins.
3. In a large mixing bowl, whisk together the eggs, milk, half-and-half, salt, pepper, mustard, and nutmeg.
4. Scatter the mix-ins evenly across the bottom of the prepared pie dish.
5. Sprinkle the cheese on top.
6. Carefully pour the egg mixture into the dish. Place the dish on a rimmed baking sheet. Sprinkle the chives over the top.
7. Bake the quiche on the baking sheet until the center is set, about 35 minutes. It should look puffed and golden at the edges, and when a thin, sharp knife is inserted in the center, the center should be cooked through without visible liquid. Let cool a few minutes. Cut into big wedges. Enjoy warm.



BENEFITS

This recipe is already a gluten free crustless quiche. Quiche provides a rich source of protein, due to the dish's high egg content. Eating quiche boosts your fiber intake, since many quiches contain fiber-rich fillings. Quiche also benefits your health by providing a source of essential vitamins and minerals.



Low Carb Keto Pancakes

Prep Time: 2 mins | Cook Time: 7 mins

INGREDIENTS

- 2 large eggs room temperature
- 1 teaspoon coconut oil melted
- 1/4 cup milk of choice I used unsweetened coconut milk
- 1 cup almond flour
- 1/2 teaspoon baking powder
- 1 teaspoon granulated sweetener of choice *optional*

INSTRUCTIONS

1. In a mixing bowl, whisk together the eggs, coconut oil, and milk until combined. In a separate bowl, mix the almond flour and baking powder.
2. Gently fold through the dry ingredients into the wet ingredients until combined.
3. Grease a large non-stick pan and place it over medium heat. Once hot, pour 1/4 cup spoonfuls of the batter onto the pan and immediately cover it. Cook the pancakes for 3-4 minutes, or until the edges begin to bubble. Remove the lid and carefully flip the pancakes, and cook for a further 1-2 minutes, covered. Repeat the process until all the batter has been cooked.
4. Serve the pancakes immediately.

BENEFITS

Low carb, keto-friendly, grain-free, and paleo. Just 6 grams total carbohydrates and 3 grams net carbs per serving – perfect for a keto diet plan!





Keto Avocado Toast

Prep Time: 10 mins | Cook Time: 5 mins

INGREDIENTS

- ½ avocado sliced
- Drizzle olive oil
- Flaky sea salt
- Pinch red pepper flakes

INSTRUCTIONS

1. Heat a small cast iron skillet over medium heat. Add the bread cheese to the skillet and cook 1 minute per side until warmed.
2. Remove the bread cheese from the skillet and top with desired toppings.

BENEFITS

Avocados are a great source of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta-carotene, and omega-3 fatty acids as well as lots of fiber.





LUNCH

RECIPES



Keto Cauliflower Pizza Crust

Prep Time: 10 mins | Cook Time: 15 mins

INGREDIENTS

For the Cauliflower Crust

- 1 medium Cauliflower Head
- ¼ cup Mozzarella Cheese
- ¼ cup Parmesan Cheese grated
- 1 Egg
- ½ teaspoon Oregano
- ¼ teaspoon Salt
- ¼ teaspoon Black Pepper

For the Toppings

- 1 cup Tomato Puree
- 1 cup Mozzarella Cheese
- 1 cup Cherry Tomatoes halved



INSTRUCTIONS

To Make The Cauliflower Crust

1. Preheat the oven to 450-500°F and line a baking pan with baking paper.
2. Cut the cauliflower into florets and using a blender or food processor, process to get a rice resembling consistency.
3. Bring a pot of salted water to a boil and blanch the cauliflower for 1-2 minutes. Place in a cheese cloth or tea towel and squeeze out all the liquids. It's important to squeeze out as many liquids as possible.
4. Mix with the egg, ¼ cup mozzarella cheese, parmesan and oregano. Knead to make a dough.
5. Spread the dough on the lined baking pan and shape into a circle (or any shape you prefer).
6. Bake in the preheated oven for 10 minutes, until slightly golden.

To Make The Pizza

1. Remove from the oven and spread a layer of tomato puree on top of the cauliflower pizza crust. Add the remaining mozzarella cheese and the halved tomatoes.
2. Return to the oven for 5 more minutes.
3. Let it cool down slightly before slicing and serving.

BENEFITS

Cauliflower pizza has become increasingly popular as a low carb gluten-free alternative to the unhealthy carb-loaded traditional pizzas.



Fat Frying Fish

Prep Time: 5 mins | Cook Time: 25 mins

INGREDIENTS

- 1/2 cup all-purpose flour
- 1/4 teaspoon paprika
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste
- 1 pound fish fillets (such as haddock, tilapia, or cod)
- 2 cups vegetable oil, for frying
- Lemon wedges, tartar sauce, or rémoulade, optional



INSTRUCTIONS

1. Gather the ingredients.
2. In a shallow bowl or deep plate, combine the flour, paprika, salt, and pepper and mix well.
3. Dip 1 or 2 fish fillets into the flour mixture. Make sure they are completely coated on all sides and gently shake off any excess. Repeat the process with the remaining fillets.
4. Pour oil into a skillet and heat over medium-high heat to 375 F.
5. Working in batches, fry the fish in the hot oil for about 6 minutes on each side, or until golden brown, crispy, and cooked through. Remove and set on a cooling rack to let drain.
6. Serve hot with lemon wedges, tartar sauce, or homemade rémoulade sauce, if desired. Enjoy.

BENEFITS

Fish is packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.

It is possible to make crispy fried fish for people on strict gluten-free diets.



Keto Lahmacun (Turkish Pizza)

Prep Time: 10 mins | Cook Time: 20 mins

INGREDIENTS

For the Fathead Dough

- 2 cups Mozzarella Cheese grated
- ½ cup Cream Cheese
- 1 cup Almond Flour
- 1 large Egg
- ½ teaspoon Salt

For the Toppings

- 1 ½ cups Ground Beef
- 1 large Onion minced
- ½ cup Tomato Puree
- 1 teaspoon Paprika
- ¼ teaspoon Cumin
- ⅓ teaspoon Cinnamon optional
- ½ teaspoon Salt
- 2 tablespoon Grapeseed Oil



INSTRUCTIONS

To make the Fathead Dough:

1. Mix the mozzarella cheese with the cream cheese and almond flour in a microwave-safe mixing bowl. (If you are using a microwave oven for the recipe).
2. Microwave for 2 minutes on high, or use a sous vide* for 5-7 mins.
3. Stir to incorporate the ingredients. Add the egg and season w/ salt.
4. Place the dough between two pieces of baking paper and roll with a rolling pin or a tall glass to make thin round pieces.
5. Place on a baking pan and set aside.
6. Preheat the oven to 390°F.

Sous Vide: Prepare a water bath by filling a pot with hot water. Bring to a gentle simmer. Place the ingredients you need to cook in a heatproof bowl, saucepan, or zip lock bag and place the bowl or bag in the simmering water.

To make the Lahmacun Toppings:

1. Heat the oil in a pan and sauté the ground beef with the onions for 10 minutes, seasoning with salt, paprika, cumin and if using- cinnamon to taste. Add the tomato sauce and let it simmer for 1-2 minutes.
2. Spread the mixture on the fathead dough circles.
3. Bake in the preheated oven for 10 minutes until the edges of the dough turn golden brown. Serve hot.

BENEFITS

Lahmacun can be made low-carb and keto-friendly.



DINNER

RECIPES



One-Pan Crispy Chicken Thighs with Roasted Vegetables

Prep Time: 15 mins | Cook Time: 45 mins

INGREDIENTS

- 2 lbs Yukon gold potatoes, halved and quartered
- 4 to 5 carrots, peeled, halved and quartered
- 1 red onion, halved and quartered
- 1 garlic bulb, cloves separated and skins removed
- 4 tablespoons olive oil, divided
- 3 ½ to 4 lbs skin-on, bone-in chicken thighs
- Salt and pepper
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley flakes



BENEFITS

It's paleo, whole30 and gluten-free.

INSTRUCTIONS

1. Heat oven to 450°F.
2. In a large bowl, toss potatoes, carrots, onion and garlic with 3 tablespoons olive oil. Spread in an even layer on a large rimmed baking sheet.
3. Use paper towel to blot chicken thighs to remove excess moisture. Arrange chicken thighs on top of vegetables, and brush chicken skin with remaining 1 tablespoon olive oil. Sprinkle thighs generously with salt and pepper. Sprinkle thyme, oregano and parsley flakes evenly over thighs and vegetables.
4. Bake on center rack of oven 40 to 45 minutes until an internal thermometer inserted in center of largest piece of chicken reads 175°F, chicken skin is crispy and browned and vegetables are tender.



Sear-Roasted Halibut with Macadamia Pesto

Prep Time: 10 mins | Cook Time: 12 mins

INGREDIENTS

- 1 cup cherry tomatoes, cut in half cut in quarters if large
- 2 cloves garlic, thinly sliced
- 5 tablespoons extra-virgin olive oil divided
- 1 ½ pounds Alaskan halibut or other firm white fish, cut into four equal pieces
- ½ cup macadamia nut pesto or store bought pesto
- salt and freshly ground black pepper
- granulated garlic



INSTRUCTIONS

1. Position a rack in the center of your oven and preheat it to 450 degrees.
2. Place the diced cherry tomatoes in a small heat-proof bowl. Add a pinch of salt and a couple of cranks of black pepper and toss to incorporate.
3. In a small, shallow pan, heat 3 tablespoons of olive oil over medium low heat, then add the garlic slices. Sauté until the garlic is fragrant, but not browned, 1-2 minutes, then turn off the heat and let sit for a few minutes. Pour the warm garlic and oil over the tomatoes and toss them together. Set aside.
4. Make sure the fish pieces are dry, and season them with salt, pepper, and granulated garlic.
5. Heat 2 tablespoons of olive oil in an oven-proof skillet over medium-high heat. Add the fish, flesh side down and evenly spaced. Cook until the fish browns and releases from the pan, about 4-5 minutes. Flip the fish over and quickly spread a tablespoon or so of pesto over each piece.
6. Transfer to the oven and roast for 5 minutes, then check the internal temperature. You are aiming to take the fish out somewhere between 125-130 degrees F. Cooking time will vary based on the thickness of your fish. I highly recommend a Thermopen-type thermometer when cooking thick pieces of fish.
7. Remove from the oven and allow to sit for 5 minutes before serving. Transfer the fish to plates and top with the tomato-garlic mixture.

BENEFITS

Halibut is extremely low in fat!



Lamb Loin Chops with Mint Pesto

**Prep Time: 15 mins | Inactive: 10 mins |
Cook Time: 6 mins**

INGREDIENTS

- 2 pounds lamb loin chops, about 8 to 10 chops, cut individually
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon salt



MINT PESTO

- 2 cloves garlic
- 1/4 cup pine nuts
- 3/4 cup fresh basil leaves
- 1 1/2 cups fresh mint leaves
- 3/4 cup fresh flat-leaf parsley
- 1/2 cup grated Parmesan
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup extra-virgin olive oil

INSTRUCTIONS

1. Preheat grill on high.
2. Rub the lamb with the olive oil. In a small bowl, combine the oregano, thyme, rosemary, pepper and salt. Rub mixture all over the lamb. Let it rest for 10 minutes at room temperature.
3. While chops are resting, prepare the Mint Pesto.
4. Grill the lamb chops 2 to 3 minutes per side, for medium rare.
5. Serve the lamb chops with the Mint Pesto.

Mint Pesto

1. Add the garlic to a food processor and pulse until chopped. Add the pine nuts and pulse to chop. Add half of the herbs and chop for 30 seconds, then add the rest of the herbs and chop. Add in the Parmesan and salt and pepper, pulse briefly until combined. While machine is running, slowly add the oil in a steady stream and process to desired thickness.

BENEFITS

It is a good option if you're following a gluten free and primal diet.



Healthy Baked Salmon

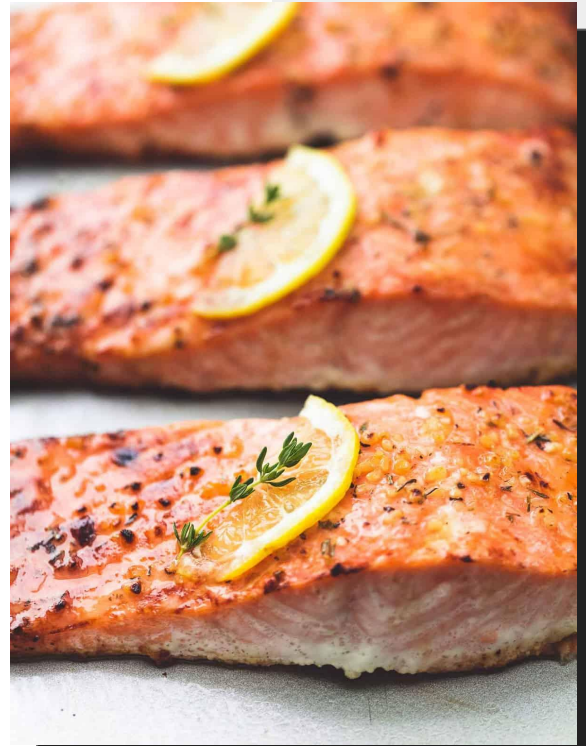
Prep Time: 10 mins | Cook Time: 15 mins

INGREDIENTS

- 4 salmon fillets - about 6 ounces each
- 2 tablespoons olive oil
- ½ teaspoon salt - or to taste
- ¼ teaspoon cracked black pepper - just a pinch if using finely ground black pepper
- 2 teaspoons minced garlic
- 1 teaspoon Italian herb seasoning blend - OR herbs de provence, or ¼ teaspoon each dried thyme, parsley, oregano, and basil
- 1 medium lemon

INSTRUCTIONS

1. Preheat oven to 400 degrees and grease a large baking pan. Arrange salmon fillets on the baking sheet and season generously with salt and pepper.
2. Stir together olive oil, garlic, herbs, and juice of 1/2 lemon. Spoon over salmon fillets being sure to rub all over the tops and sides of the salmon so it has no dry spots. Thinly slice remaining 1/2 of lemon and top each piece of salmon with a slice of lemon.
3. Bake for 12-15 minutes until salmon is opaque and flaky when pulled apart with a fork. You can broil the last 1-2 minutes if desired.
4. Garnish with fresh thyme or parsley if desired and serve.



BENEFITS

Salmon is a great source of animal protein, an almost a perfect source of omega-3s (and what you'll find in most fish oil capsules), and it has a lot of protein, vitamin B, calcium, potassium, and antioxidants as well. It's lower in calories and saturated fats than a lot of red meat options, and it has zero carbs, fiber, or sugar.

10+ EASY



KETO RECIPES



TABLE OF CONTENTS

p4. [Paleo Apple Sausage Stuffed Acorn Squash with Caramelized Onions and Veggies](#)

p5. [Roast Chicken and Sweet Potatoes](#)

p6. [Pesto Spinach Spaghetti Squash](#)

p7. [Spinach Egg Frittatas](#)

p8. [Roasted Cauliflower with Pecorino Romano Cheese](#)

p9. [Curried Red Lentil Soup](#)

p10. [Gluten-Free Ricotta Meatballs with Tomato Sauce](#)

p11. [Kale Salad with Poached Salmon, Apple and Avocado](#)

p12. [Peach and White Fish Salad](#)

p13. [Asparagus Salad and Poached Egg](#)

p14. [Shrimp Cobb Salad](#)

p15. [Lazy Girl Sausages](#)

p16. [Zucchini Noodles with Avocado Pesto and Shrimp](#)

p17. [Garlic Roasted Salmon and Brussels Sprouts](#)



Paleo Apple Sausage Stuffed Acorn Squash with Caramelized Onions and Veggies

INGREDIENTS

- 2 med acorn squash cut in half lengthwise (seeds and strings scooped out)
- 1 lb pork sausage
- 1 large onion sliced thin
- 3 tbsp ghee coconut oil, + 2 tsp (for sautéing the garlic)
- 2 cloves garlic minced
- 1 medium apple diced
- 2 cups spinach chopped
- 1 tbsp rosemary chopped
- 2 tsp thyme chopped
- sea salt and black pepper to taste



INSTRUCTIONS

1. Preheat your oven to 400 degrees and prepare a baking sheet with parchment paper.
2. Place the 4 acorn squash open-side down on the baking sheet and roast in the preheated oven for about 20-30 minutes or until the top of your squash feels tender when pressed. Set aside after removing from oven.
3. In a medium skillet, heat the ghee over low heat and add all the onions. Add a bit of salt and cook over low heat, stir every 5 minutes to prevent burning. Once onions are deep golden brown, remove from heat and set aside.
4. Heat a large saucepan over medium low heat and add the remaining 2 tsp of ghee then add the garlic and cook until just tender, then add all the sausage and increase the heat to medium. Cook the sausage for about 5-8 minutes until browned then add the apples and herbs and continue to cook, stirring until the apples soften.
5. Add the spinach and a pinch of salt and pepper and cook, stirring, until the spinach wilts. Add the caramelized onions to the sausage, leave excess cooking fat in the pan.
6. Preheat your broiler, then fill all 4 halves of the squash with the stuffing mixture.
7. Arrange the squash on the baking sheet, stuffing side up, and put under the broiler for 5-10 minutes until the tops get toasted, check it often to prevent burning. Once nice and browned, remove from oven, allow to cool a bit and then serve warm.



Roast Chicken and Sweet Potatoes

INGREDIENTS

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 1/2-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges



INSTRUCTIONS

1. Position rack in lower third of oven; preheat to 450°F.
2. Place a large rimmed baking sheet in the oven to preheat.
3. Combine mustard, thyme, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.
4. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper.
5. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
6. Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°F, 30 to 35 minutes.



Pesto Spinach Spaghetti Squash

INGREDIENTS

- 2 cups stewed tomatoes italian style
- 4 cups spinach leaves
- 1 spaghetti squash halves lengthwise
- 2 chicken breasts cubed
- 1/4-1/2 cup pesto depending on taste
- 1 tbsp olive oil
- Cheese for garnish



INSTRUCTIONS

1. Preheat your oven to 350°F. Drizzle the cut side of each spaghetti squash half with olive oil and place in a large baking dish (cut-side down) with the two chicken breasts. Cook for 25 minutes, or until the chicken is cooked thoroughly.
2. While the squash and chicken is baking, place the spinach in a large skillet and sauté over medium heat until the leaves start to wilt, approx. 2-3 minutes. Add in the stewed tomatoes (liquids included) and allow to simmer for 5-10 minutes, until about 50% of the liquid has evaporated.
3. With a fork, scrape the insides of the spaghetti squash, producing spaghetti like noodles. Add the pesto to the noodles and plate the pesto'd noodles.
4. Place the cooked chicken on top of the noodles, and then the spinach and stewed tomato mix. Top with cheese and enjoy it messy!



Spinach Egg Frittatas

INGREDIENTS

- 8 large eggs
- 1/2 cup low fat milk
- 2 cups (8 ounces) shredded cheese, divided (I used a mixture of mozzarella and sharp cheddar)
- Salt and pepper
- 1 tablespoon olive oil
- 1/4 cup sliced scallions (white and green parts only)
- 8 ounces baby spinach



INSTRUCTIONS

1. Preheat oven to 350 – liberally spray (2) 12-count muffin tins with non-stick cooking spray. Lightly whisk eggs – stir in half the cheese and season with salt and pepper.
2. Heat a large skillet over medium heat – add olive oil and heat till hot (but not smoking).
3. Add sliced scallions and sauté till translucent, and the smaller bits are just beginning to brown. Reduce heat to low and add all of the spinach. Use tongs to stir and turn the spinach until it is completely wilted.
4. Remove pan from heat and let cool slightly.
5. Divide spinach equally among 18 cavities in the muffin tins.
6. Pour egg/cheese mixture over.
7. Sprinkle with remaining cheese.
8. Season with salt and pepper.
9. Bake for 30-35 minutes, or till frittatas are set and starting to brown.
10. Let cool in pans on rack for 5 minutes.
11. Use a small sharp knife to loosen the sides, then remove frittatas to rack to continue cooling.



Roasted Cauliflower with Pecorino Romano Cheese

INGREDIENTS

- 1 medium head Cauliflower (about 2-1/2 pounds) 3 tablespoons extra virgin olive oil
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons freshly grated Pecorino Romano cheese
- Handful fresh chopped parsley (optional)



INSTRUCTIONS

1. Set oven rack in center position then preheat the oven to 450 degrees F.
2. Line a baking sheet with aluminum foil.
3. In a large bowl, add the cauliflower with the olive oil, salt and pepper and toss to coat equally.
4. Move the coated cauliflower to the readied baking sheet.
5. Cook for 20-30 minutes or until golden brown with occasional stirring.
6. Sprinkle with ground cheese, salt and pepper to taste.
7. Top with parsley and serve!



Curried Red Lentil Soup

INGREDIENTS

- 1 tablespoon canola oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons minced fresh ginger
- 1 jalapeño pepper, seeded and minced
- 1½ tablespoons curry powder
- 1 teaspoon cinnamon
- 2 bay leaves
- 1½ cups red lentils, rinsed and picked
- over 8 cups reduced-sodium chicken broth
- 3 tablespoons chopped fresh cilantro, or parsley
- 2 tablespoons lemon juice
- 2 tablespoons mango chutney
- Salt & freshly ground pepper, to taste
- 1/3 cup plain nonfat yogurt
- 1 teaspoon ground cumin



INSTRUCTIONS

1. Heat oil in a Dutch oven over medium heat.
2. Add onion and cook, stirring occasionally, until softened, 3 to 5 minutes.
3. Add garlic, ginger, jalapeno, curry powder, cinnamon, cumin and bay leaves and cook, stirring often, for about 5 minutes more.
4. Stir in lentils and broth and bring to a boil.
5. Reduce heat to low and simmer, partially covered, until the lentils are tender, about 45 minutes.
6. Discard bay leaves.
7. Stir in cilantro (or parsley) and lemon juice.
8. Season with pepper.
9. Ladle the soup into bowls and garnish with yogurt and chutney (if using).



Gluten-Free Ricotta Meatballs with Tomato Sauce

INGREDIENTS

- 1/2 cup finely minced onions
- 1 pound grass-fed beef
- 1 pound lean turkey
- 1 cup gluten free bread crumbs
- 1/2 cup fresh parsley, chopped
- 2/3 cup ricotta cheese
- 2 large eggs, beaten
- 2 teaspoons fennel seeds
- 1 teaspoon cumin
- 1 teaspoon dried chili flakes
- 1 teaspoon Kosher salt
- 1 teaspoon freshly ground black pepper
- Parmigiano-Reggiano wedge
- 1/4 cup extra-virgin olive oil
- 3 garlic cloves, peeled and minced
- 2 ounces prosciutto, finely diced
- 1/2 cup dry red wine
- One 28-ounce can crushed tomatoes 1 cup beef broth
- Oregano



INSTRUCTIONS

1. Minced onions in extra-virgin olive oil for 5 minutes, include 3 cloves of garlic and the prosciutto and keep on sautéing for another minute. Include 1/2 cup wine and cook for a 1 minute. Include the smashed tomatoes and beef broth and stew for 30 minutes.
2. Preheat oven to 450°F. Spray cooking oil on a baking sheet. Place every one of the fixings in an large bowl and combine by hand. Roll your meatballs to 2 inch balls. Place them on the baking sheet and bake for 10 minutes. Remove the meatballs from the oven and add them to your sauce. Simmer for 15 minutes or until cooked through.



Kale Salad with Poached Salmon, Apple and Avocado

INGREDIENTS

Curry Dressing:

- 1 cup plain yogurt
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced ginger
- 2 teaspoons curry powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground coriander
- 1 teaspoon lime juice
- 1/2 teaspoon raw honey Salt and freshly ground black pepper

Salad:

- 4 4- to 5-oz. salmon fillets
- Salt
- 1 cup dry white wine
- 1 small shallot, thinly sliced
- 2 sprigs parsley
- 5 black peppercorns
- 1 bunch lacinato kale, stems removed and leaves chopped
- 1 tablespoon extra-virgin olive oil
- 1 Granny Smith apple, cored and chopped 1 avocado, pitted and chopped



INSTRUCTIONS

1. Make dressing: Blend all ingredients in a high-speed blender until smooth.
2. Make salad: Sprinkle salmon all over with salt. Combine wine, 1 cup water, shallot, parsley, and peppercorns in a large skillet over medium heat; bring to a simmer. Place salmon in skillet, cover, reduce heat, and poach to desired degree of doneness, 5 to 10 minutes. Transfer to a plate (discard poaching liquid). Place kale in a large bowl. Add 1/8 teaspoon salt and the oil. Massage kale until it begins to soften, about 2 minutes. Add Oatmeal Golden Milk apple and avocado; toss with 5 to 6 tablespoons dressing. Divide salad among 4 bowls; top each with a salmon fillet. Drizzle each fillet with 1 teaspoon dressing; sprinkle with pepper.



Peach and White Fish Salad

INGREDIENTS

- 1 1/2 lb. white fish fillets
- 2 to 3 peaches, sliced
- 6 cups mixed greens
- 1 thumb size piece fresh ginger, minced
- 2 green onions, sliced 2 garlic cloves, minced
- onions, garlic, ginger, and chili flakes; season to taste with salt and pepper.



INSTRUCTIONS

1. Divide the mixture in half and brush the white fish fillets with half of the sauce.
2. Melt some cooking fat in a skillet over medium-high heat, and cook the peaches until soft, 2 to 3 minutes per side.
3. Set the peaches aside, add some more cooking fat to the skillet, and cook the fish 4 to 5 minutes per side, until done.
4. Serve the fish and peaches on top of the mixed greens.
5. Drizzle the salad with the remaining dressing, top with toasted pine nuts, and serve.



Asparagus Salad and Poached Egg

INGREDIENTS

- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh tarragon
- 1/4 teaspoon ground pepper, plus more for garnish
- 8 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- 1 tablespoon coriander seeds
- 1 teaspoon lemon zest
- 3/4 teaspoon fine sea salt, divided 1/2
- 1/2 teaspoon crushed red pepper
- 1 pound wild salmon (see Tips), skin-on, cut into 4 portions
- 1 pound asparagus, trimmed
- 2 tablespoons extra-virgin olive oil



INSTRUCTIONS

1. Position a rack in upper third of oven; preheat broiler to high. Coat a rimmed baking sheet with cooking spray. Toast coriander in a small skillet over medium heat, shaking the pan frequently, until fragrant, about 3 minutes. Pulse the coriander, lemon zest, 1/2 teaspoon salt and crushed red pepper in a spice grinder until finely ground.
2. Coat the salmon flesh with the spice mixture (about 1 1/2 teaspoons per portion) and place the salmon on the prepared baking sheet. Cut off asparagus tips and very thinly slice stalks on the diagonal. Toss the tips and slices with oil, lemon juice, mint, tarragon, pepper and the remaining 1/4 teaspoon salt. Let stand while you cook the salmon and eggs.
3. Bring water and vinegar to a boil in a large saucepan.
4. Meanwhile, broil the salmon until just cooked through, 3 to 6 minutes, depending on thickness. Tent with foil to keep warm. Reduce the boiling water to a bare simmer. Gently stir in a circle so the water is swirling around the pot.
5. Crack eggs, one at a time, into the water.
6. Cook until the whites are set but the yolks are still runny, 3 to 4 minutes.
7. To serve, divide the asparagus salad and salmon among 4 plates.
8. Make a nest in each salad and top with a poached egg.



Shrimp Cobb Salad

INGREDIENTS

- 3 cups chopped hearts of romaine
- 5 grape or cherry tomatoes
- 1/4 cup sliced cucumber
- 1 hard-boiled egg, sliced
- 5 cooked peeled shrimp, (31-40 per pound)
- Freshly ground pepper, to taste
- 2 tablespoons light blue cheese dressing



INSTRUCTIONS

1. Combine lettuce, tomatoes, cucumber, egg and shrimp in a bowl. Season with pepper.
2. Toss with dressing and serve.

Tip: To hard-boil eggs: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and run a constant stream of cold water over the eggs until completely cooled.



Lazy Girl Sausages

INGREDIENTS

- 1 package Mild Italian Turkey Sausage
- 1 package Organic Chicken & Feta Sausage
- 3 Ounces of Sundried Tomato
- 1 Teaspoon of chopped garlic
- 2 Tablespoons of Olive oil



INSTRUCTIONS

1. Saute Italian Sausages, then cut into bite sized pieces. Add Sundried Tomato & Olive Oil. Set aside.
2. In the same pan, Saute sliced Chicken Feta Sausage and add to pan the chopped garlic. Serve side by side with toothpicks. This is a great appetizer or addition to other meals.



Zucchini Noodles with Avocado Pesto and Shrimp

INGREDIENTS

- 5-6 medium zucchini ($2\frac{1}{4}$ - $2\frac{1}{2}$ pounds total), trimmed $\frac{3}{4}$ teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- $\frac{1}{4}$ cup unsalted shelled pistachios 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon ground pepper
- $\frac{1}{4}$ cup extra-virgin olive oil plus 2 tablespoons, divided
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired



INSTRUCTIONS

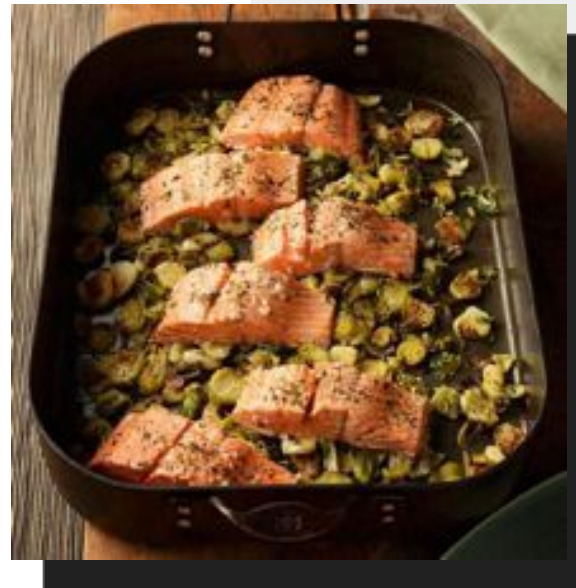
1. Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart).
2. Place the zucchini "noodles" in a colander and toss with $\frac{1}{2}$ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
3. Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining $\frac{1}{4}$ teaspoon salt in a food processor.
4. Pulse until finely chopped. Add $\frac{1}{4}$ cup oil and process until smooth.
5. Heat 1 tablespoon oil in a large skillet over medium-high heat.
6. Add garlic and cook, stirring, for 30 seconds.
7. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes.
8. Transfer to a large bowl. Add the remaining 1 tablespoon oil to the pan.
9. Add the drained zucchini noodles and gently toss until hot, about 3 minutes.
10. Transfer to the bowl, add the pesto and gently toss to combine.



Garlic Roasted Salmon and Brussels Sprouts

INGREDIENTS

- 14 large cloves garlic, divided
- 6 cups Brussels sprouts, trimmed and sliced
- 1/4 cup extra-virgin olive oil
- 3/4 cup white wine, preferably Chardonnay
- 2 tablespoons finely chopped fresh oregano, divided into 6 portions
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground pepper, divided



INSTRUCTIONS

1. Preheat oven to 450°F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, 1/2 teaspoon salt and 1/4 teaspoon pepper.
3. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan.
4. Roast, stirring once, for 15 minutes.
5. Add wine to the remaining oil mixture.
6. Remove the pan from oven, stir the vegetables and place salmon on top.
7. Drizzle with the wine mixture.
8. Sprinkle with the remaining 1 tablespoon oregano and 1/2 teaspoon each salt and pepper.
9. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

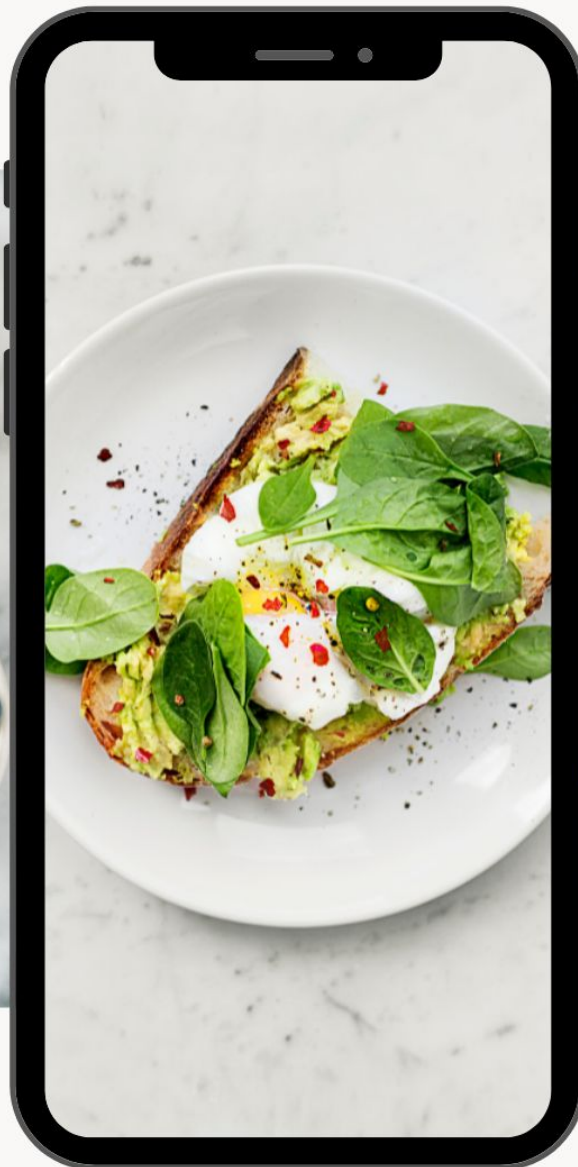
HAPPY EATING!



WANT MORE RECIPES?

FOLLOW US ON SOCIAL MEDIA AND
SUBSCRIBE TO OUR NEWSLETTER

SUBSCRIBE NOW



LISAGFITNESS.COM | @LISAGFIT

