

# Roasted Potato & Zucchini Power Bowl

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Potatoes are a nutritional powerhouse, containing more potassium than a banana! Also, potatoes are the most satisfying form of carbodrate.

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**Stephanie Small**  
Fitness and Nutrition



# Roasted Potato & Zucchini Power Bowl

1

HOUR  
TOTAL

30

MINUTES  
ACTIVE

4

SERVINGS

## Ingredients

1lbs cooked lean meat of choice	2 cup chopped potatoes
2 sliced zucchini	1 diced cucumber
½ cup chopped onion	2 tsp oil
1 sliced bell pepper	1/2 cup rice

## Directions

1. Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
2. Arrange the zucchini, bell pepper, onion, and potatoes on the tray. Toss with oil and season with salt and pepper. Cook in the oven for 15 to 20 minutes or until the vegetables are tender.
3. Cook the rice according to the package directions. Once cooked, fluff with a fork and let it cool. Mix the rice with cucumber.
4. Divide all of the ingredients evenly between bowls. Add your cooked meat. Serve with the dressing and enjoy!

## Nutrition Fact

(per serving)

Calories: 427

Protein: 21g

Fats: 18g

Carbs: 45g

Fiber: 9g

Sugar: 8g

Sodium: 45mg

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# One Pot Mac & Cheese With Peas

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A serving of peas contains 14-18% of your daily protein needs and are good magnesium, potassium, and iron sources.

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# One Pot Mac & Cheese With Peas

**15**  
MINUTES  
TOTAL

**25**  
MINUTES  
ACTIVE

**4**  
SERVINGS

## Ingredients

1 cup whole grain elbow pasta	1/2 cup milk
2 cups chicken broth	1/2 tsp garlic powder
3/4 cup shredded cheddar cheese	1/2 tsp salt
1 cup peas of choice	

## Directions

1. Combine the pasta, broth, milk, garlic powder, salt, pepper and mustard in a skillet and bring to a boil.
2. Turn heat to low and simmer for about 12-15 minutes, until all liquid has been absorbed. If the liquid is nearly gone but your noodles aren't tender, add 1/4 cup of water.
3. Once the noodles are soft and the liquid has soaked in, add the cheese and stir.
4. Add the peas at the last second. They're a great tool for adding a little nutrition (and color) but they also cool the dish down fast!

## Nutrition Fact

(per serving)

Calories: 492

Protein: 13g

Fats: 22g

Carbs: 64g

Fiber: 8g

Sugar: 4g

Sodium: 605mg

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# Zucchini & Ground Beef Skillet

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Often treated as a vegetable, a zucchini is actually a fruit and starts as a flower. The zucchini flowers are edible.

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# Zucchini & Ground Beef Skillet

10

MINUTES  
TOTAL

25

MINUTES  
ACTIVE

4

SERVINGS

## Ingredients

1lb lean ground beef  
2 garlic cloves  
2 cups diced tomatoes (fresh or canned)  
2 chopped zucchini  
1/3 tsp onion powder  
Salt and pepper to taste

## Directions

1. Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
2. Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes.
3. Divide into bowls and enjoy! Tip: pair with rice for a complete and balanced meal.

## Nutrition Fact

(per serving)

Calories: 246

Protein: 25g

Fats: 12g

Carbs: 8g

Fiber: 2g

Sugar: 5g

Sodium: 106mg

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# Fresh Veggie Pasta Salad

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Red, orange, and yellow bell peppers are very ripe green peppers. Red bell peppers are the sweetest because they are the ripest.

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30

MINUTES  
TOTAL

20

MINUTES  
ACTIVE

4

SERVINGS

# Fresh Veggie Pasta Salad

## Ingredients

3 cups whole wheat pasta uncooked	1 cup chopped tomatoes
2 tbsp oil	¼ cup Italian dressing
1 cup chopped broccoli	2 tbsp lemon juice
½ cup chopped red onion	Salt to taste
1 chopped bell pepper	½ cup cheese
1 chopped zucchini	

## Directions

1. Cook the pasta according to package instructions. Drain and set aside.
2. In a large skillet, heat the oil over medium-high heat. Cook the broccoli for two to three minutes. Then add the onion, bell pepper, zucchini, tomatoes, Italian seasoning, and half the salt until tender, about five to eight minutes.
3. Add the pasta, lemon juice, and parmesan. Season with the remaining salt to taste, if needed.
4. Divide into bowls and garnish with parmesan. Enjoy!

## Nutrition Fact

(per serving)

Calories: 398

Protein: 14g

Fats: 12g

Carbs: 60g

Fiber: 10g

Sugar: 8g

Sodium: 225mg

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# Corn & White Bean Soup

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Corn is a whole grain rich in vitamin C and magnesium and low in fat. Corn offers a strong and protective effect against cardiovascular disease.

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# Corn & White Bean Soup

45

MINUTES  
TOTAL

10

MINUTES  
ACTIVE

4

SERVINGS

## Ingredients

4 medium chopped tomatoes	3 tbsp apple cider vinegar
1 chopped yellow onion	¼ cup oil
3 shucked corn	1 cup low sodium broth
2 cans navy beans	Salt and pepper to taste
1 tbsp chopped garlic	

## Directions

1. In your pot, add tomatoes, garlic, corn, and beans. Pour the broth over all ingredients and cook on high for 30-45 min or until vegetables are tender. Stir every few minutes to prevent the vegetables from sticking to the bottom.
2. Set aside 1/3 of the corn for garnish if desired. Add all the remaining ingredients to a blender and blend until smooth.
3. Pour into mason jars and top with corn. Enjoy!

## Nutrition Fact

(per serving)

Calories: 386

Protein: 13g

Fats: 16g

Carbs: 54g

Fiber: 14g

Sugar: 8g

Sodium: 51mg

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# Simple Shepard's Pie

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Onions are an excellent source of vitamin A, C, and K. Providing a cholesterol-lowering effect and helps with promoting strong bones.

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# Simple Shepard's Pie

1  
HOUR  
TOTAL

30  
MINUTES  
ACTIVE

4  
SERVINGS

## Ingredients

- |                        |                          |
|------------------------|--------------------------|
| 2 chopped potatoes     | 1 tbsp Italian seasoning |
| 1 tbsp oil             | 1 tsp garlic powder      |
| 1lb lean ground beef   | Salt to taste            |
| 1 chopped yellow onion |                          |
| 1 chopped carrot       |                          |

## Directions

1. Place the potatoes in a medium pot with enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potatoes, then mash with the oil and half of the salt. Set aside.
2. Add the beef, onion, carrot, Italian seasoning, garlic powder, and remaining salt to a skillet over medium-high heat. Cook for 6 to 8 minutes until the beef is fully browned and the vegetables have softened. Drain any excess liquid.
3. Set oven broiler to high or 550°F (290°C).
4. Spread the beef filling in a baking dish. Spoon the mashed potatoes on top and smooth them into an even layer. Brush with the remaining oil and broil for 10 to 15 minutes until browned. Divide it onto plates and enjoy!

## Nutrition Fact

(per serving)

Calories: 305

Protein: 24g

Fats: 15g

Carbs: 18g

Fiber: 3g

Sugar: 6g

Sodium: 713mg

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# Zucchini Pizza Bites

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When it comes to harvesting zucchini, bigger is not better. Aim to harvest young, smaller zucchini as they are less bitter and have tender rinds.

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# Zucchini Pizza Bites

<b>25</b>	<b>15</b>	<b>2</b>
MINUTES TOTAL	MINUTES ACTIVE	SERVINGS

## Ingredients

2 chopped zucchini  
½ cup tomato sauce  
4 oz Mozzarella cheese

## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Arrange the zucchini slices on the baking sheet and bake for eight minutes.
3. Remove the baking sheet from the oven and flip the zucchini slices over. Top each zucchini slice with the tomato sauce and the cheese and bake for eight to 10 minutes or until the cheese has melted. Divide between plates and enjoy!

## Nutrition Fact

(per serving)

Calories: 176  
Protein: 12g  
Fats: 10g  
Carbs: 9g  
Fiber: 3g  
Sugar: 7g  
Sodium: 186mg

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# One Pan Chicken Fajita

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Bell Peppers have the highest level of vitamin C of any produce. Vitamin C offers strong immune-boosting properties.

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# One Pan Chicken Fajita

<b>45</b>	<b>10</b>	<b>4</b>
MINUTES TOTAL	MINUTES ACTIVE	SERVINGS

## Ingredients

1 lb chopped chicken  
3 sliced bell peppers (1 green, 1 yellow, 1 red)  
1 chopped yellow onion  
3 tbsp oil  
2 tbsp taco seasoning  
8 small corn or flour tortillas

## Directions

1. To a large baking sheet, add bell peppers, onion, and chicken. Add the oil and taco seasoning and toss to combine. Spread everything out into an even layer.
2. Bake for 30 to 35 minutes or until the the chicken is cooked to your liking. Toss halfway through for even cooking.
3. To assemble, divide the chicken and vegetables onto the tortillas. Enjoy!

## Nutrition Fact

(per serving)

Calories: 241  
Protein: 27g  
Fats: 11g  
Carbs: 10g  
Fiber: 3g  
Sugar: 3g  
Sodium: 115mg

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# Philly Cheesesteak Stuffed Peppers

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Red bell peppers contain a compounds call lycopene, which gives them their bright red color. Lycopene provides protective benefits again cancer and cardiovascular disease.

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40

MINUTES  
TOTAL

10

MINUTES  
ACTIVE

4

SERVINGS

# Philly Cheesesteak Stuffed Peppers

## Ingredients

4 Bell Peppers (color of your choice)	12 oz slice beef
1 tbsp oil	8 oz provolone cheese
1 chopped onion	Salt and pepper to taste
1 diced green bell pepper	

## Directions

1. Preheat the oven to 325°F (165°C). Arrange the red bell pepper halves on a parchment-lined baking sheet and bake for 30 minutes.

2. Heat the oil in a large skillet over medium-high heat. Cook the onions and green bell pepper until soft, about six minutes. Season with salt and pepper. Add the beef and cook for three minutes, or until your desired doneness.

3. Place a slice of provolone at the bottom of each red bell pepper. Top with the beef mixture and another slice of provolone. Set the oven to broil and return the stuffed peppers to the oven. Cook for about three minutes, or until golden brown. Enjoy!

## Nutrition Fact

(per serving)

Calories: 444

Protein: 33g

Fats: 29g

Carbs: 13g

Fiber: 4g

Sugar: 8g

Sodium: 462mg

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# Watermelon Slushies

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Watermelon is 92% water, making it  
a great choice to stay hydrated  
during the summer heat!

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4

HOURS  
TOTAL

15

MINUTES  
ACTIVE

12

SERVINGS

# Watermelon Slushies

## Ingredients

- 1/2 chopped medium watermelon
- 1/3 cup honey
- 1 cup of ice
- 1 lime (optional)

## Directions

1. Place the watermelon chunks, ice, honey and lime juice in a blender and blend for 30 seconds on medium-high or until completely blended.
2. Pour watermelon mixture into a 9×9 or 9×13 baking dish. Place in freezer for 1 hour. Take the baking dish out of the freezer and using a fork, scrape the frozen areas of the slush until broken apart. Continue scraping the slush with a fork every couple hours. The watermelon mixture needs to be frozen for a total 4-6 hours before serving.
3. Before serving, scrape the frozen mixture again with a fork, spoon into bowls and enjoy.

## Nutrition Fact

(per serving)

Calories: 87

Protein: 17g

Fats: 17g

Carbs: 33g

Fiber: 10g

Sugar: 10g

Sodium: 348mg

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