



Natural Fit
Cookbook

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Air Fryer Asparagus with Lemon

Break out that air fryer and give your asparagus a delicious twist! This easy dish could be a nice side, lunch or dinner! Ready in 7 minutes plus prep.

Ingredients

- 1 lb. fresh asparagus, trimmed, washed, and cut diagonally into 2-inch pieces
- zest of one lemon
- juice of one lemon

Cooking Instructions

1. Break one piece of asparagus to see where the woody part starts, trim all asparagus to that length, and then cut the asparagus into diagonal 2-inch pieces.
2. Arrange asparagus in the Air Fryer basket.
3. Preheat Air Fryer to 400F/200C if needed, then cook asparagus for 7 minutes. If you like your asparagus on the crisp side, I would start to check after about 5 minutes.
4. While asparagus cooks get the lemon zest, and lemon juice ready. Zest the lemon, then squeeze the juice.
5. When asparagus is slightly browned and done to your liking, put it back into the same bowl and toss it with the lemon zest and lemon juice.
6. Serve hot and enjoy!

Air Fryer White Fish

There are so many possibilities to this recipe. Air Fry whatever flat white fish you want and choose your favorite spices. If you're cooking a thicker fish like halibut or cod, just add a few minutes of extra cooking time.

Ingredients

- 6 to 8 ounces tilapia filets, or other white fish
- 1/2 teaspoon garlic powder
- 1/2 teaspoon lemon pepper seasoning
- 1/2 teaspoon onion powder (optional)
- salt or sea salt, to taste
- fresh cracked black pepper, to taste
- fresh chopped parsley
- lemon wedges

Instructions

1. Preheat the Air Fryer to 360°F for 5 minutes. Rinse and pat dry the fish filets. Season with garlic powder, lemon pepper, and/or onion powder, salt, and pepper. Repeat for both sides.
2. To help with fish sticking, lay perforated air fryer baking paper inside the base of the air fryer.
3. Lay the fish on top of the paper. Add a few lemon wedges next to the fish.
4. Air Fry at 360 degrees for about 6-12 minutes, or until fish can be flaked with a fork. Timing will depend on the thickness of the filets, how cold the filets are, and individual preference.
5. *(optional)* Sprinkle with chopped parsley and serve warm with the toasted lemon wedges.

Apple Berry Bake

Looking to get your fruit nutrition for the day? Look no further than this amazing fruit bake.

Ingredients

- 6 apples
- 1 cup berries of your choice (raspberries, blackberries, blueberries, cherries, etc...)
- Cinnamon, and/or allspice (for topping)
- Plain Greek yogurt, or mixed with monk fruit (optional)

Instructions

1. Fill the baking dish with 1/8" water.
2. Place into the baking dish all fruit.
3. Shake cinnamon and/or allspice over top.
4. Cover the baking dish with foil.
5. Bake at 375 degrees for 45 to 60 minutes (until apples are tender).
6. Eat as is or top with plain Greek yogurt (You may add monk fruit to Greek Yogurt to sweeten).

Apple Crisp

This delicious snack or dessert is perfect for those looking for a healthy way to soothe a sweet-tooth.

Ingredients

- 1 packet Melba Toast Crackers
- 1 pack Grissini Breadsticks
- 5 – 10 apples
- 1 tbsp. Stevia
- 1 tbsp. cinnamon

Instructions

1. Dice apples into 1/2 inch cubes and place in bowl.
2. Sprinkle stevia and cinnamon over diced apples and mix with a wooden spoon to coat.
3. Place in a lightly greased casserole dish and bake at 350 degrees for 20 to 30 minutes, or until crispy.

Baked Buffalo Cauliflower

A fun and easy appetizer or snack made with just a few simple ingredients. Fully loaded with all the awesome flavor of chicken wings, these low carb and vegetarian Buffalo Cauliflower Bites have a soft and tender inside and crispy outside.

Ingredients

- One Large Cauliflower cut into florets
- Hot Sauce
- Chicken Broth
- Lemon Juice (optional)
- Garlic Powder (optional)

Cooking Instructions

1. Preheat the oven to 425 degrees.
2. Combine hot sauce, broth, lemon juice, and garlic in a bowl (how much hot sauce versus how much broth you use is dependent on how much spice you like).
3. Mix cauliflower florets with sauce to coat evenly.
4. Spread florets in a single layer on a baking sheet.
5. Bake 25 – 30 minutes or until the cauliflower is fork tender and golden brown on the outside.

Baked Fish Marsala

Tender white fish fillets are baked and smothered in a Marsala wine mushroom sauce for a healthy and delicious dinner.

Ingredients

- 4 (6 to 8 ounce) halibut fillets
- 1/2 teaspoon salt, divided
- 1/2 teaspoon ground pepper, divided
- 4 teaspoons olive oil, divided
- 12 ounces cremini mushrooms, thinly sliced
- 3 tablespoons minced shallots
- 1 garlic clove, minced
- 1 tablespoon all-purpose flour
- 3/4 cup chicken broth
- 3/4 cup Marsala wine
- 3 tablespoons minced flat-leaf parsley

Instructions

1. Preheat the oven to 375 degrees and line a baking sheet with foil and coat with cooking spray.
2. Place the fish fillets on the baking sheet, rub with 1 teaspoon olive oil, and season with 1/4 teaspoon salt and pepper.
3. Bake until the fish is just cooked through, about 10 to 12 minutes.
4. Heat 1 teaspoon olive oil in a large nonstick skillet over medium heat. Cook the mushrooms until they release and reabsorb their juices, about 5 minutes. Transfer the mushrooms to a bowl.
5. Heat 1 teaspoon olive oil in the skillet. Add the shallots and garlic, and cook until the shallots are starting to soften, about 2 minutes.
6. Add the remaining teaspoon of olive oil, then stir in the flour and cook, stirring, for 1 minute. Pour in the chicken broth and Marsala wine and simmer, stirring frequently, until the sauce is slightly thickened, about 2 minutes. Season with the remaining 1/4 teaspoon of salt and pepper.
7. Add the cooked fish and mushrooms to the skillet and cook until the fish is heated, about 2 minutes.
8. Garnish with parsley and serve.

Bean Sprouts with Tofu

This bean sprouts with tofu recipe is vegan and vegetarian friendly. It is easy to cook and goes well with almost anything.

Ingredients

- 8 ounces bean sprouts
- 1 piece firm tofu, cut into rectangular pieces
- 1 tablespoon olive oil
- 1-2 cloves garlic, minced
- 1 tablespoon soy sauce
- 1 stalk scallion, cut into two-inch lengths

Instructions

1. Rinse the bean sprouts in water, drain, and set aside.
2. Heat up a wok and add some of the cooking oil to pan-fry the tofu until they turn light brown on the surface. Transfer them to a dish lined with paper towels.
3. Add in the remaining oil and garlic to the wok and stir fry until fragrant.
4. Add tofu back into the wok, stir, and then add the bean sprouts.
5. Add soy sauce, scallions, and do a few more quick stirs. (Note: Bean sprouts should be crunchy and just cooked when served. Do not overcook bean sprouts as they lose the crisp and crunchy texture.)
6. Plate and serve.

Beef or Chicken Vegetable Stir Fry

Stir fry is just SOOOO easy! Go ahead and make it the way you want it. The options are limitless, as long as you stick to our healthy diet plan!

Ingredients

- 8 oz. steak or chicken cut into thin chunks or strips
- 1 can sliced water chestnuts
- 1 diced green or red pepper
- 1 onion, diced
- 1 cup celery, diced
- 1 cup chicken or beef broth
- salt and pepper
- 3 teaspoon soy sauce
- (Optional) dash of red pepper flakes

Cooking Instructions

1. In a skillet, brown beef or chicken.
2. Add broth and vegetables and cook until tender.
3. Add soy sauce and salt and pepper to taste.
4. (Optional) Add red pepper flakes if you like a little spicy kick!
5. Enjoy!

Beef Roast with Veggies

How can something so fancy be so easy to make!? Here's a great dish that adheres to our Natural Fit Dietary Guide that anyone can enjoy. This recipe can be manipulated for different sizes of beef roasts. The general rule is 30 minutes at 350 degrees per pound of roast.

Ingredients

- 2 – 5 lbs. pot roast or sirloin roast.
- 2 – 4 cups of vegetables (onions, celery, peppers, cauliflower, broccoli).
- Steak seasoning (or your favorite spices)
- 2 cups beef broth

Cooking Instructions

1. Preheat the oven to 350 degrees.
2. Pat or rub meat with dry seasonings.
3. Place meat in a roaster pan or dutch oven and add vegetables and beef broth.
4. Bake roast at 350 degrees for 30 minutes per pound of meat.

Beef Zucchini Boats

Zucchini boats make a delicious dinner! The key is to find zucchinis that are the right size for your glass cookware. Make up a batch of these on a Sunday afternoon and ration them to enjoy all week!

Ingredients

- 3 medium zucchinis
- 1 pound ground beef
- 1/2 cup diced tomatoes
- 1 1/2 cups pasta sauce, divided
- 1 tablespoon Italian seasoning
- optional toppings: fresh basil, nutritional yeast, red pepper flakes...

Cooking Instructions

1. Preheat the oven to 350 degrees Fahrenheit. Pour 1/2 cup pasta sauce into a large glass baking dish and set aside.
2. Make the zucchini boats. Cut the bottom and top off the zucchini and then cut in half lengthwise. Using a spoon, hollow out the center of the zucchini halves, leaving about 1/4-1/2 inch shell. Place flesh side up in your glass baking dish.
3. Place a large sauté pan over medium heat. Once it gets hot, about 30 seconds, add in ground beef, breaking it up with a spoon. Sauté 4-5 minutes until browned. Add in diced tomatoes, Italian seasoning, and 1 cup pasta sauce. Stir to combine and remove from heat once incorporated.
4. Stuff the zucchini boats with the beef dividing it up equally, about 1/2 cup per each boat. Cover the pan with foil and bake for 30 minutes until zucchini is cooked through but still has some firmness. Top with optional toppings and enjoy!

Cauliflower Pizza Crust

This delicious cauliflower pizza crust is dairy and gluten-free. What a wonderful way to bake your own healthy pizzas!

Try this recipe if you love baking your own pizza crust! You can also find cauliflower pizza crusts ready-made at your local grocery store.

Ingredients

- 1 small to medium-sized head of cauliflower (should yield close to 3 cups once processed)
- 1/4 teaspoon salt
- 1/2 teaspoon dried basil (crushed)
- 1/2 teaspoon dried oregano (crushed)
- 1/4 teaspoon red pepper flakes (crushed, optional)
- 2 tablespoons almond meal
- 1 tablespoon (or more, if desired) nutritional yeast (you may also admit this altogether)
- 1 tablespoon olive oil
- 1 egg
- nonstick cooking spray

Instructions

1. Place a pizza stone (or baking sheet) in the oven and preheat to 450 degrees.
2. On a cutting board, place a large piece of parchment paper and spray it with cooking spray or brush it with olive oil.
3. Wash thoroughly and dry your head of cauliflower. Cut off the florets (you don't need much stem).
4. Pulse the florets in your food processor for about 30 seconds until you get powdery snow like cauliflower. You should end up with about 3 cups.
5. Place the cauliflower in a microwave-safe bowl, cover, and cook for 4 minutes.
6. Dump cooked cauliflower onto a clean tea towel and allow it to cool before the next step.
7. Once cauliflower is cool enough to handle, wrap it up in the towel and ring it dry. You'll want to squeeze it as dry as possible to ensure you get a chewy pizza-like crust instead of a crumbly mess!
8. Transfer the dried cauliflower into a bowl and add your spices, almond meal, nutritional yeast, and olive oil.

9. Mix the ingredients together with your hands, then add the egg and mix well.
10. Once mixed together, use your hands to form the dough into a crust on the oiled parchment paper. You'll need some experimentation with how thick to make the crust... anywhere from about 1/4 to 1/2 inch thick.
11. With the cutting board underneath, slide the crust onto your pizza stone or baking sheet in the oven.
12. Bake for about 12 minutes, or until it starts to turn golden brown and the edges crisp up. Baking time will vary greatly among different ovens. The key is to bake the crust until it starts to golden. You will be adding your toppings and baking for another 5 minutes until the toppings are warm.

Chicken and Broccoli Stir Fry

A classic dish with chicken sautéed with fresh broccoli florets and coated in a savory sauce. A healthy dinner on the table in 30 minutes!

Ingredients

- 1 pound boneless, skinless chicken breast cut into 1 inch pieces
- 1 tablespoon + 3 teaspoons olive oil
- 2 cups small broccoli florets
- 1 cup sliced mushrooms (or more broccoli if you don't like mushrooms)
- 2 teaspoons minced fresh ginger
- 1 teaspoon minced garlic
- 1/4 cup oyster sauce
- 1/4 cup low sodium chicken broth or water
- 1 teaspoon soy sauce
- salt and pepper to taste

Instructions

1. Heat 1 teaspoon of oil in a large frying pan over medium heat. Add broccoli and mushrooms and cook for about 4 minutes or until vegetables are tender.
2. Add the ginger and garlic to the pan and cook for half a minute more.
3. Remove the vegetables from the pan and place them on a plate and cover.
4. Wipe the pan clean with a paper towel and turn the heat to high. Add the remaining tablespoon of oil.
5. Season the chicken pieces with salt and pepper then add them to the pan in a single layer (do this in batches with a smaller pan). Cook for 3 to 4 minutes on each side until golden brown and fully cooked through.
6. Add the vegetables back to the pan and cook for 2 more minutes to warm everything.
7. In a bowl, whisk together the oyster sauce, chicken broth, and soy sauce.
8. Pour the sauce mixture over the vegetables and chicken and cook for another 2 to 3 minutes.
9. Dish and serve.

Chicken or Beef Stuffed Spaghetti Squash

Another delicious treat utilizing healthy spaghetti squash! Try it out with chicken or beef stuffed inside.

Ingredients

- 1 spaghetti squash
- 2 boneless, skinless chicken breast cutlets pounded to 1/2 inch thickness OR 1 lb. ground beef
- 1 tsp. cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. chili powder
- 1/2 tsp. salt
- 1/3 cup chopped onion
- 1/3 cup chopped bell pepper
- 1/2 cup red enchilada sauce

Cooking Instructions

1. Preheat oven to 400 degrees
2. Microwave squash for 6 minutes, until soft enough to cut. Halve lengthwise; scoop out and discard seeds.
3. Fill a large baking pan with 1/2 inch water. Add squash halves, cut sides down.
4. Bake until tender, about 40 minutes.
5. Meanwhile, bring a skillet sprayed with non-stick spray to medium heat. Season chicken (or beef) with 1/2 tsp. cumin, 1/4 tsp. garlic powder, 1/8 tsp. chili powder, and 1/4 tsp. salt. Cook chicken (or beef) through.
6. Transfer chicken (or beef) to a large bowl. Shred with two forks or finely chopped.
7. Remove skillet from heat; clean, if needed. Re-spray and bring to medium heat. Add onion, bell pepper, remaining 1/2 tsp. cumin, 1/4 tsp. garlic powder, 1/8 tsp. chili powder, and 1/4 tsp. salt. Add 3 tbsp. water. Cook and stir until veggies have mostly softened and browned and water has evaporated, about 3 minutes.
8. Transfer veggie to the large bowl. Add 1/4 cup enchilada sauce. Mix until uniform.
9. Remove baking pan from oven, but leave oven on. Remove squash halves and thoroughly blot dry.

10. Empty water from baking pan. Return squash halves, cut side up. Use a fork to scrape out squash strands. Transfer 3 cups squash strands to the large bowl, and mix thoroughly. (Save the rest for another time)
11. Divide squash mixture between the two hollow squash halves. Evenly top with remaining enchilada sauce.
12. Bake until filling is hot, about 5 minutes.

Chicken Foil Packs

Wrap up your favorite vegetables with some chicken tenderloins. An easy and delicious way to get some protein and nutrients for dinner.

Ingredients

- 3 oz chicken tenders
- 1 cup vegetables of choice
- salt or garlic salt
- pepper
- chives
- Frank's Red Hot (optional)

Instructions

1. Place sliced vegetables and chicken tenders onto foil wrap.
2. Season with salt, garlic salt, pepper, chives, and optionally hot sauce.
3. Wrap foil packet to seal.
4. Bake at 375 degrees for 25 to 30 minutes.

Chili

Here's a no-bean chili recipe just for our Natural Fit Weight Loss Program. Delicious whether using ground beef or turkey, and sure to please anyone in the family!

Ingredients

- 1 lb. ground beef or ground turkey
- 1 tsp garlic, minced
- 1 – 2 green or red bell peppers
- 2 tsp chili powder
- 1 tsp onion powder
- 1 large onion, diced
- 3 stalks of celery, chopped
- 1 can diced tomatoes (or fresh)
- 1 – 2 cups beef broth
- 1 cup tomato sauce or juice (lowest sugar content)

Cooking Instructions

1. In a large skillet or pan, start browning beef or turkey. Add in onions, peppers, celery, and broth (as needed to keep from sticking).
2. Reduce heat to low, add minced garlic, chili powder, onion powder, diced tomatoes, and tomato sauce, mix.
3. Cook for 45 minutes to 1 hour.

Chili-Lime Tilapia with Veggies

Take your taste buds on a trip to the coast with this spicy and tangy chili-lime tilapia with veggies recipe. This is a super easy, quick, and healthy family meal for busy weeknights!

Ingredients

- 3 tilapia fillets (or any other white fish)
- 1 large sweet potato, cut into fries
- 1 head of broccoli, cut into florets
- 1/2 cup lime juice (or two freshly squeezed limes)
- 1/4 cup chopped cilantro
- 2 tablespoons olive oil
- 2 tablespoons water
- 1 tablespoon minced garlic (or 4 crushed garlic cloves)
- 1 teaspoon red chili flakes
- 1/2 teaspoon chili powder
- 1/8 teaspoon ground cumin
- salt and pepper
- (Optional garnishes: 2 tablespoons freshly chopped cilantro leaves, 1 small bird-eye pepper, sliced)

Instructions

1. Preheat the oven to 425 degrees.
2. Lightly oil a baking sheet or coat with nonstick cooking spray.
3. Whisk together 1 tablespoon olive oil, water, garlic, lime juice, chili flakes, chili powder, cumin, and cilantro in a small bowl.
4. Place sweet potato fries and broccoli in a single layer onto the prepared baking sheet. Stir in the remaining 1 tablespoon olive oil, season with salt and pepper, and mix well.
5. Make some space for the tilapia or white fish fillets and place them in the baking dish.
6. Brush fish fillets with the chili-lime mixture.
7. Bake until fish flakes easily with a fork and the broccoli begin to crisp up on the edges and have softened (about 20 to 25 minutes).
8. Serve the baked tilapia or white fish garnished with cilantro, sliced chili peppers, and lime wedges if desired.

Crockpot Vegetable Beef Soup

Warm-up your lunch or dinner time with this tasty and filling dish. Make it with or without beef to your liking.

Ingredients

- 1 lb. stew meat (optional)
- Green beans
- Onion
- Celery
- Cauliflower
- 3 cups beef broth or vegetable broth
- 1 teaspoon parsley
- 1 teaspoon oregano
- salt and pepper

Cooking Instructions

1. Place stew meat, chopped vegetables, spices, and broth into a crockpot.
2. Cook on high for 4 to 6 hours.

Cucumber Onion Tomato Salad

What a quick and delicious way to lighten up your diet! Throw this together fast for an easy lunch on-the-go or make up a batch to ration for all week.

Ingredients

- 1 cup sliced cucumber
- 1 cup sliced onion
- 1 cup sliced tomato
- 1 cup white vinegar
- salt and pepper to taste (optional)

Preparation

1. In a bowl, toss all ingredients together to coat with white vinegar.
2. Refrigerate for 1 hour.

Deviled Eggs

The traditional deviled eggs recipe is a great way to prepare snacks during the natural fit program. You can easily scale this recipe to make as many eggs as you want.

Ingredients

- 4-8 Eggs (or more, or less, you decide)
- Mustard
- Horseradish

Cooking Instructions

1. Place your eggs in a pot and cover with cold water by 1 inch.
2. Bring to a boil over medium-high heat, then cover, remove from the heat and set aside 8 to 10 minutes.
3. Transfer hard-boiled eggs to a bowl of ice water with a slotted spoon and let cool.
4. Drain the ice water. One at a time, crack the bottom, wider end of each egg against the bowl, then hold the egg under cold running water and peel.
5. Slice the eggs in half lengthwise. Scoop the yolks into a bowl and mix with mustard and horseradish to make filling.
6. Fill the egg-white halves with the yolk mixture using a spoon, piping bag or resealable plastic bag with a corner snipped.

Egg Spinach Scramble 1

Another easy egg-based recipe for the whole family. Scrambled eggs are a great way to add some texture and flavor to your favorite vegetables.

Ingredients

- 1 cup fresh spinach
- 1/2 cup vegetable, chicken, or beef broth
- 1/4 tsp. minced or fresh garlic
- 2-4 Eggs

Cooking Instructions

1. In a skillet, saute spinach, garlic, and broth over medium heat until spinach begins to wilt.
2. In a bowl, scramble eggs, then add to the skillet with spinach and stir mixture thoroughly.
3. Cook until eggs are no longer runny.

Egg Spinach Scramble 2

This healthy egg scramble is ready in just minutes and is a great way to get in your protein for the day. Serving size is for one person.

Ingredients

- 1 egg
- 1/4 cup egg whites
- 1 cup spinach
- Pico de gallo

Instructions

1. Cook spinach in a frying pan (add a little water if needed) over medium heat for 2 to 3 minutes.
2. Add egg and egg whites to the pan with spinach and scramble them together.
3. Cook eggs fully. Plate and top with pico de gallo.

Egg and Vegetable Omelette

What's better than an omelet? This quick and easy recipe will keep you experimenting with fresh and healthy combinations. Try making one today!

Ingredients

- 1/2 cup vegetable, beef, or chicken broth
- 1 – 2 cups of favorite vegetables (try bell peppers, mushrooms, spinach, tomatoes, and onions).
- 2 -4 eggs

Cooking Instructions

1. In a medium skillet or sauce-pan saute vegetables in broth for 3 to 5 minutes over medium-high heat.
2. In a bowl, whip eggs.
3. Over medium-low/medium heat, preheat a separate skillet, then pour in eggs and cook until bottom and edges are fully formed.
4. Add vegetables to the center of eggs, then flip one side over the top to cover.
5. You may cook further until doneness of eggs is to your personal liking.

French Onion Soup

Right in line with our Natural Fit Weight Loss Program, this no cheese French onion soup recipe will make any day better! You'll want to have a little extra time to let this one stew, but it couldn't be easier to throw together.

Ingredients

- 3 – 5 large onions
- 2 -4 cups beef broth
- 1/2 tsp thyme
- 1/2 tsp parsley flakes

Cooking Instructions

1. In a large pot, saute onion (while slowly adding broth) for about 15 minutes.
2. Reduce heat to low.
3. Add thyme and parsley and let cook for about 1 hour.

Fruit and Yogurt Parfait

Here's a quick, delicious, and healthy snack idea.

Ingredients

- 1/2 cup favorite berries and/or cherries
- 1 cup plain or Greek yogurt.

Instructions

1. In a small dish or cup, place a layer of berries.
2. Add a layer of yogurt over berries, and repeat steps 1 and 2 until all berries and yogurt have been used.

Fruit Salad

Nothing could be more straightforward and as tasty as fruit salad! We really don't need a recipe for this one, as it's just cut-up fruit, but here's a little guide for you anyways. Replace any sugar with Stevia.

Ingredients

- 1/2 cup chopped apple
- 1/2 cup fresh raspberries
- 1/2 cup fresh strawberries
- 1/2 blueberries
- 1 teaspoon Stevia

Cooking Instructions

1. Mix all fruits along with Stevia, refrigerate, and enjoy!
2. NOTE: Other fruits to try:
 1. Blackberries
 2. Cherries
 3. Grapefruit
 4. Loganberries
 5. Mulberries
 6. Nectarines
 7. Oranges
 8. Pomegranates
 9. Tangerines

Garlic and Herb Turkey Cutlets

Eating lean meats can be delicious, especially with this amazing turkey cutlets recipe. So good, so lean, so healthy for your body!

Ingredients

- 1.5 pounds of 1/2inch-sliced turkey breast cutlets
- 1.5 cups chicken or turkey bone broth
- 1/2 cup white wine
- 4 garlic cloves, minced
- 3 sprigs of fresh rosemary, picked and chopped
- 3 sprigs of fresh thyme, picked and chopped
- 3 sprigs of oregano, pick and chopped
- (Additional herbs for the sauce if desired)
2 tablespoons extra virgin olive oi
sea salt
fresh ground pepper

Instructions

1. We start by preparing our marinade or rub. In a small bowl combine 1 tablespoon olive oil with minced garlic, chopped herbs, salt, and pepper.
2. Generously rub this mixture over each turkey cutlet and let marinate for at least 30 minutes in the fridge.
3. Heat a large skillet over medium-high heat and add 1 tablespoon of olive oil. Heat until shimmering.
4. In the skillet, sear each side of turkey cutlets until golden brown. Do not overcook! Transfer cutlets to a plate and set them aside.
5. Using the same skillet, pour in the wine and cook until reduced while stirring with a wooden spoon.
6. Stir in broth and continue simmering until the liquid is reduced and slightly thickened.
7. Add in extra or leftover herbs if desired and allow to simmer for a few additional minutes.
8. Place the turkey cutlets into the sauce and continue cooking for a few minutes to let the sauce coat and warm the meat.
9. Spoon sauce over turkey cutlets, serve and enjoy!

Garlic Sautéed Collard Greens

No need for long boiling or steaming times with this quick and easy garlic sautéed collard greens recipe.

Ingredients

- 1 bunch collard greens
- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 1/4 teaspoon salt,
- 1/4 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon red pepper flakes
- 1 tablespoon mirin (or apple cider vinegar)

Instructions

1. Warm the olive oil in a skillet. Add the garlic and cook while stirring until fragrant (about 1 to 2 minutes). Add the salt, paprika, black pepper, and red pepper flakes stir and cook for an additional 30 seconds.
2. Stir in the collard greens, stirring well to coat with the spices. Continue to cook until collard greens are softened and reduced in size.
3. Add the mirin (or apple cider vinegar). Stir the mixture well, reduce heat to medium-low, and cover with a lid. Let steam for about 5 minutes.
4. Remove the lid and stir again. Test collard greens for desired softness and continue to cook until desired softness is reached.

Greek Yogurt Vegetable Dip

Here's a quick and easy way to make a healthy snack that is perfect for rationing or sharing with a group of friends!

Ingredients

- 1 packet ranch dressing mix
- 1 1/2 cup Greek Yogurt
- Your favorite vegetables

Instructions

1. In a bowl, mix ranch packet with yogurt.
2. Refrigerate mixture for 1 hour to thicken.
3. Slice vegetables into 3 – 4 inch small dip-able lengths.
4. Serve on a platter, or ration into reusable containers.

Grilled Kabobs

A summertime classic that is sure to please everyone. These kabobs are a wonderful way to enjoy grilling and getting your fill of protein and vegetables.

Ingredients

- 1/2 cup chicken or beef broth
- Lean chicken or steak, cubed
- Favorite vegetables (green or red peppers, onions, mushrooms, zucchini)
- Your choice of seasonings (garlic salt, black pepper, steak seasoning)

Cooking Instructions

1. Carefully skewer meat and vegetables.
2. Baste each skewer with chicken or beef broth, then sprinkle on seasonings.
3. Grill over medium heat until desired doneness.

Italian Wedding Soup

Almost just like grandma's wedding soup! Just skip the pasta, because who needs those extra carbs anyway? A perfect dish to warm your soul! Make a stock pot full and ration or freeze the extra for a quick and easy meal later.

Ingredients

- Meatballs:
 - 1 lb ground beef
 - 1/2 cup crushed Grissini breadsticks or Melba toast
 - 1 tsp Italian seasoning
 - 3/4 tsp salt
 - 1/2 tsp pepper
 - 1 large egg
- Soup:
 - 1/4 cup chopped onion
 - 4 celery stalks chopped
 - 1 tsp salt
 - 1/2 tsp pepper
 - 3 cloves garlic minced
 - 1 tsp dried oregano
 - 6 cups chicken broth
 - 2 cups riced cauliflower
 - 2 cups packed spinach leaves
 - Additional salt and pepper

Cooking Instructions

Meatballs:

1. In a large bowl, mix together the ground meat, crushed Grissini breadsticks or Melba Toast, Italian seasoning, salt, and pepper. Add the egg and combine well using your hands.
2. Form into 1/2 inch meatballs and place on a waxed paper-lined tray. Refrigerate until ready to add to the soup.

Soup:

1. In a large saucepan or stockpot, heat a couple of tablespoons of chicken broth. Add the onion, celery, salt, and pepper and sauté until vegetables are tender (about 7 minutes). Add the garlic and cook for another minute.
2. Stir in the chicken broth and oregano. Bring to just a boil and then reduce the temperature and simmer for 10 minutes.
3. Add the cauliflower rice and the meatballs and cook until the meatballs are cooked through and float to the top (about 5 minutes).
4. Add the spinach leaves and cook until wilted, 2 minutes more. Season to taste

Natural Fit Meatloaf

Meatloaf is a staple of American cuisine. In order to adhere to our dietary guide, we've cut out the sugar from traditional meatloaf sauce. Make up a pan and ration into 8 ounce servings.

Ingredients

- 1 pound ground beef or turkey (or a mixture of both)
- 1/3 cup crushed Grissini breadsticks or Melba toast.
- 1 teaspoon Italian seasoning
- 1/4 cup chopped onion
- 1 egg
- 1/2 to 3/4 cup sugar-free ketchup or BBQ sauce

Instructions

1. In a bowl, combine meat with crushed Grissini breadsticks or Melba toast, Italian seasoning, onion, and egg.
2. Form into loaf and place inside a baking dish.
3. Top with sugar-free ketchup or BBQ sauce.
4. Bake at 350 degrees for 45 minutes.

Oregano Chicken

Here's an "easy as 1-2-3" recipe to spice up your chicken. Make some chicken breast for grab-n-go all week, or serve up a whole chicken for a family meal!

Ingredients

- 4 boneless skinless chicken breast or whole chicken
- 1 packet of Italian dressing (dry powder)
- 2 tablespoons lemon juice
- 2 tablespoons oregano
- 2 teaspoons olive oil

Cooking Instructions

1. Mix Italian dressing packet, lemon juice, oregano, and olive oil in a bowl.
2. Coat chicken with mix.
3. For chicken breast: place in a casserole dish and bake at 350 degrees for 45 minutes.
4. For whole chicken: place in roasting pan and bake at 350 degrees for approximately one hour fifteen minutes to one hour forty-five minutes or until chicken inside reaches 165 degrees.

Pan-Seared Cod in White Wine Tomato Basil Sauce

Have a hankering for some seafood? Try out this easy recipe for cod in a delicious white wine tomato basil sauce.

Ingredients

Sauce:

- 2 tablespoons water or broth
- 1/4 teaspoon crushed red pepper flakes
- 3 large cloves garlic, finely minced
- 1-pint cherry tomatoes, sliced in half
- 1/4 cup dry white wine
- 1/2 cup fresh basil, finely chopped
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon fresh lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper

Cod:

- 2 tablespoons water or broth
- 1 1/2 – 2 pounds fresh cod, cut into 8-ounce fillets
- Salt and pepper to taste

Instructions

Sauce:

1. Heat water or broth in a large saute pan over medium heat.
2. Add crushed red pepper flakes and garlic and saute for 1 minute, or until garlic is fragrant.
3. Add cherry tomatoes and cook, stirring occasionally, until they are soft and blistering, but still hold their shape (9 to 12 minutes).

4. Add in white wine, stir, and allow the mixture to come to a gentle simmer.
5. Stir in basil, lemon juice, lemon zest, salt, and pepper, and cook for 2 minutes.
6. Transfer the sauce to a bowl and set aside until needed.

Cod:

1. Pat cod dry with paper towels.
2. Season both sides of fillets with salt and pepper.
3. Add more water or broth to the pan to coat.
4. Place cod in the pan and cook until golden brown (about 3 minutes), then flip the cod over and continue cooking for another 3 to 4 minutes or until thoroughly cooked through.
5. Pour the sauce over the cod and let the sauce warm up for a minute, then remove from heat and serve.

Pan-Seared Shrimp with Rosemary Spaghetti Squash

I love seafood, as in when I see food, I eat it. At least this dish is sure to squelch your appetite without breaking your waist-line.

Ingredients

- 1/4 cup chicken broth
- 6 ounces large peeled and deveined shrimp
- 1/4 cup thinly sliced red onion
- 1/2 teaspoon minced garlic
- 1 1/2 cups Spaghetti Squash
- 5 cherry tomatoes, halved
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon chopped fresh rosemary
- Dash of salt

Cooking Instructions

1. Heat a small amount of chicken broth in a medium skillet over medium-high heat.
2. Add shrimp; cook 2 minutes on each side or until done. Remove from pan; keep warm.
3. Return skillet to medium-high. Add more chicken broth if needed to pan; swirl to coat.
4. Add onion and garlic; sauté 4 minutes or until onion is tender.
5. Add squash, tomatoes, juice, rosemary, and salt. Cook for 2 minutes or until warmed through.
6. Top with shrimp.

Picante Chicken

Add a little spice to your life with this chicken recipe. Not a fan of spicy food? Just substitute Picante sauce for your choice of salsas.

Ingredients

- 4 boneless chicken breast
- 1 green pepper (sliced)
- 1 16 oz. jar Picante sauce (or salsa)
- 1 tablespoon mustard

Cooking Instructions

1. Preheat oven to 350 degrees
2. Place chicken breasts in a casserole dish.
3. Combine Picante (or salsa) sauce and mustard in a small bowl, stir until mixed well.
4. Spread sauce evenly over chicken breasts.
5. Top with green pepper slices.
6. Bake at 350 degrees for 45 minutes.

Roasted Garlic Cauliflower

Roasted garlic cauliflower is a delicious meal for lunch or dinner and it's easy to whip up in a jiffy. Eat healthy, stay healthy!

Ingredients

- 2 tablespoons minced garlic
- 2 tablespoons olive oil
- 1 head cauliflower, separated into florets
- salt and black pepper
- 1 tablespoon chopped fresh parsley

Instructions

1. Preheat the oven to 450 degrees.
2. Grease a large casserole dish
3. Place the olive oil and garlic in a large baggie. Add cauliflower and shake to mix.
4. Pour cauliflower into a casserole dish and season with salt and pepper to taste.
5. Bake for 25 minutes, stirring halfway through. Top with parsley, and broil for 3 to 5 minutes until golden brown.

Sautéed Spinach

Fresh spinach sautéed with garlic and onion. What a delicious and fast way to get a healthy low-carb lunch in your belly!

Ingredients

- 1 tablespoon olive oil
- 1 medium white onion, chopped
- 4 teaspoons minced garlic
- 1 tablespoon soy sauce
- 8 ounces fresh spinach
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. In a large skillet, heat up olive oil. Add onion and sauté for 4 minutes. Add garlic and saute until the onion starts to brown.
2. Add soy sauce and stir well. Add spinach and gently toss to mix with sautéed onion.
3. Cook until spinach is wilted. Season with salt and pepper.
4. Serve immediately.

Shrimp Cocktail

Nothing like some tasty shrimp to fill you up for lunch or dinner! The key here is to stick to sugar-free ketchup or make your own ketchup by following our very own recipe here.

Ingredients

- 6 to 12 “peel and eat” or cooked shrimp (fresh or frozen)
- 1/2 cup sugar-free ketchup
- 1 to 2 tablespoons horseradish

Cooking Instructions

1. Thaw shrimp and rinse.
2. Mix ketchup and horseradish.

Spaghetti Squash Pie

Pie in the name makes you think it's unhealthy, but think again! This spaghetti squash pie recipe will help keep your calories in check in a delicious way!

Ingredients

- 1 spaghetti squash (at least 4 1/2 lbs.)
- 1 lb. extra-lean ground beef
- 2 cups canned crushed tomatoes
- 1/2 cup (about 4 large) egg whites
- Seasonings: onion powder, garlic powder, salt, Italian seasoning

Cooking Instructions

1. Preheat the oven to 400 degrees. Spray a large pie pan with nonstick spray.
2. Microwave squash for 6 minutes, or until soft enough to cut. Once cool enough to handle, halve lengthwise; scoop out and discard seeds. Fill a large baking pan with 1/2 inch water and place squash halves in the pan, cut sides down.
3. Bake until tender, about 40 minutes.
4. Meanwhile, bring a large skillet sprayed with nonstick spray to medium-high heat. Add ground beef, and season with 1/2 tsp. onion powder, garlic powder, and 1/4 tsp. salt. Cook and crumble for about 5 minutes, until fully cooked. Transfer to a large bowl.
5. Remove squash from the oven, but leave the oven on. Use a fork to scrape out spaghetti squash strands. Place strands in a strainer to remove excess moisture, and thoroughly blot dry. Transfer 5 cups of squash strands to the large bowl.
6. Add canned crushed tomatoes, egg whites, and 1 teaspoon each of onion powder, garlic powder, and Italian seasoning. Mix thoroughly. Transfer mixture to the pie pan and smooth out the surface.
7. Bake until slightly firm, about 25 minutes.
8. Let cool for ten minutes before slicing.

Spicy Seared Scallops

A little spicy seafood goes a long way. Enjoy these amazing scallops without breaking your caloric budget. Try other Natural Fit recipes too!

Ingredients

- Cooking spray
- 1.5 pounds dry sea scallops
- 1/2 teaspoon salt, divided
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 1 cup thinly sliced red onion
- 2 red Fresno chiles, seeded and thinly sliced
- 4 garlic cloves, thinly sliced
- 1 pound baby spinach
- 8 lemon wedges

Instructions

1. Heat a large cast-iron skillet over high heat.
2. Coat skillet with cooking spray and sprinkle scallops with 1/4 teaspoon salt and pepper.
3. Add scallops to skillet and cook for 2 minutes, turn and cook for another minute.
4. Remove scallops from the skillet and keep warm.
5. Reduce heat to medium-high.
6. Add 1 tablespoon of olive oil to the skillet.
7. Add remaining 1/4 teaspoon salt, onion, and chiles. Cook for 2 minutes.
8. Add in the garlic and cook for another 2 minutes.
9. Add the spinach in small batches, stirring to wilt before adding more.
10. Plate scallops with spinach mixture and lemon wedges.

Spinach Artichoke Chicken

Here's a delicious Natural Fit recipe for dinner. Combine green spinach with artichoke and your chicken for protein and you'll have one super-fantastic meal!

Ingredients

- 1 – 4 boneless, skinless chicken breast(s)
- 2 cups chicken broth
- 2 cups fresh spinach
- 1 cup artichokes, quartered
- 1/4 – 1 tsp minced garlic
- black pepper, to taste

Cooking Instructions

1. In a large skillet, saute chicken breast in 1/2 cup broth until cooked through.
2. Add spinach, artichokes, minced garlic, and black pepper.
3. Reduce heat and cook over medium heat, adding broth as needed to keep moist, until chicken is tender (about 5 – 10 minutes).

Stuffed Banana Peppers

A classic recipe, normally using Italian sausage, has been revamped for our Natural Fit program. Using ground turkey or lean beef we make this recipe fit for weight loss, yet just as delicious as classic stuffed banana peppers!

Ingredients

- 1 lb. ground beef or turkey
- 6 to 8 mild or hot banana peppers
- 1 tsp. minced garlic
- 2 cups chopped (fresh or frozen) spinach
- 1 diced onion
- 2 cups tomato sauce
- 1/2 cup beef or chicken broth

Cooking Instructions

1. In a large skillet, brown the ground beef or turkey, drain fat.
2. Add in onions, garlic, and spinach and cook until tender (add broth as necessary to keep moist). Set aside and let cool.
3. Slice the banana peppers lengthwise, remove seeds, and rinse.
4. Take cooked beef/turkey mixture and stuff the banana pepper halves.
5. Place stuffed banana peppers into a casserole dish, pour tomato sauce over the tops and bake at 350 degrees for 30 minutes.

Stuffed Mushrooms

Stuffed mushrooms make for a great treat for your lunch or dinner, or even as a party platter. Mushrooms are a great low-calorie food naturally high in D and B vitamins.

Ingredients

- 12 whole mushrooms (stems removed)
- 1 cup spinach (chopped)
- 1 cup diced tomatoes
- 1 cup onions (chopped)
- 1 cup red bell peppers (chopped)
- 1/4 to 1/2 cup chicken or beef broth

Cooking Instructions

1. Preheat oven to 350 degrees
2. Start by sautéing spinach, onions, tomatoes, and red bell peppers in broth until vegetables are soft, onions translucent. Let cool for 5 minutes.
3. Place sautéed vegetables inside mushrooms.
4. Arrange mushroom tops with filling on a baking sheet.
5. Place sheet in oven and bake at 350 degrees for 20 to 30 minutes.

Stuffed Peppers

Stuffed peppers are a fancy way to serve peppers and you can eat the bowl it all comes in! Instead of cheese, as in most traditional stuffed pepper recipes, we use Melba Toast and egg.

Ingredients

- 2 – 4 green, red, or yellow bell peppers, halved
- 1 lb ground beef or turkey
- 1 large yellow onion, diced
- 1 pack Melba Toast, crushed
- 1 egg
- 2 (low sugar) tomato sauce
- 1/2 tsp oregano
- 1/2 tsp Italian seasoning

Cooking Instructions

1. In a bowl, mix ground beef or turkey, diced onion, crushed Melba toast, egg, and oregano.
2. Remove seeds from halved bell peppers, rinse and dry
3. Stuff bell pepper halves with meat mixture and top with tomato sauce.
4. Bake for 90 minutes at 350 degrees.

Taco Salad

¿Te apetece un viaje al sur de la frontera?

Look no further than this delicious taco salad made according to our dietary guidelines.

¡Diversión para toda la familia!

Ingredients

- 1 lb. ground beef (substitute ground turkey or chicken)
- 1/2 cup diced tomatoes
- 1/2 cup diced onion
- 1/2 cup red, green, or yellow bell peppers
- 2 cups lettuce (chopped)
- 1 packet taco seasoning
- 1/4 cup water
- Salsa (optional)

Cooking Instructions

1. Brown ground meat in skillet.
2. Add taco seasoning with a small amount of water.
3. In a bowl, mix lettuce, tomatoes, onion, and peppers.
4. Add cooked meat to the bowl of mixed vegetables, optionally top with salsa, and serve!

Tomato Bruschetta

Here's a delicious and easy snack food that incorporates Melba Toast for a healthier take on this classic dish.

Ingredients

- 1 cup diced tomatoes
- 1 tsp. garlic
- 1/2 tsp. oregano or Italian seasoning
- 1 tsp. soy sauce

Instructions

1. Mix ingredients together in a bowl.
2. Spoon mixture onto Melba Toast.
3. Drizzle with soy sauce.

Tuna Salad

This healthy dish is so easy to whip together in an instant utilizing Tuna Creations and some vegetables over a bed of romaine.

Ingredients

- 1 packet Tuna Creations “Hot Buffalo Style”
- Romaine lettuce
- Toppings: banana peppers, radishes, bell peppers, mushrooms, celery
- 1 piece Melba Toast

Instructions

1. Spread a bed of lettuce down on a plate.
2. Top with Tuna Creations packet and all toppings.
3. Garnish with one slice of Melba Toast.

Tuna Salad with Greek Yogurt

A healthy tuna salad that actually tastes good. It is full, fluffy, and flavorful. Meal prep for the week and store for up to 5 days.

Ingredients

- 4 6-ounce cans of tuna packed in water
- 2 small dill pickles, diced
- 1 large celery rib, diced
- 1/4 cup red onion, minced
- 1 garlic clove, grated
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- ground black pepper (to taste)
- 3/4 cup plain Greek yogurt
- several romaine hearts

Instructions

1. Drain cans of tuna well.
2. Scoop tuna into a mixing bowl, and fluff with a fork.
3. Add diced pickles, celery, red onion, garlic, lemon juice, salt, pepper, and Greek yogurt to the mixing bowl.
4. Sirt well and refrigerate.
5. Serve over romaine lettuce leaves.

Tuna Stuffed Tomatoes

There are plenty of ways to enjoy tuna without mayonnaise. Try this tuna stuffed tomatoes recipe for a healthy lunch or dinner.

Ingredients

- 1/2 cup Balsamic Vinegar
- 4 large Beefsteak Tomatoes
- 1 teaspoon sea salt
- 2 5-ounce cans of tuna, drained
- 4 teaspoons olive oil
- fresh basil, chopped (for garnish)

Instructions

1. Put the balsamic vinegar in a small saucepan and bring to a boil on high heat.
2. Once boiling, reduce heat to medium-low and simmer until it has reduced to about 1/2 and coats the back of a spoon, which is about 5 to 10 minutes.
3. Transfer to a bowl and set aside to cool (it will thicken once cool).
4. Cut a large circle into the tops of the tomatoes and use a small spoon to follow each one making sure you don't poke through the bottoms or sides. If the tomatoes are wobbly, you can cut the bottoms flat.
5. Sprinkle 1/4 teaspoon of sea salt inside each tomato.
6. Drizzle 1/2 tablespoon of balsamic vinegar on the inside of each tomato and then pack each tomato with 1/2 can of tuna.
7. Drizzle each tomato with another 1/2 tablespoon of vinegar and then 1 tablespoon of olive oil.
8. Garnish with basil.

Turkey Patties

This easy turkey patties recipe is made with simple ingredients and makes a great quick lunch or dinner for your work week.

Ingredients

- 1 pound ground turkey
- 1 tablespoon chopped scallion
- 1 teaspoon chopped parsley
- 1/2 teaspoon salt (or crumbled bouillon cube)
- 1 tablespoon olive oil
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon chili pepper flakes (optional)
- 2 tablespoons fresh garlic, minced
- 1 teaspoon fresh grated ginger (optional)

Instructions

1. To make the turkey patties: Combine ground turkey, scallion, parsley, garlic, salt, cayenne, ginger, and optional chili flakes in a bowl and gently mix until everything is evenly combined.
2. Heat 1 tablespoon oil in a skillet over medium-high heat and divide the turkey mixture into four equal (8-ounce) patties.
3. Sear the patties in the skillet for 5 to 8 minutes per side or until the internal temperature reaches 160 degrees. Remove from the skillet and set aside.
4. Serve the turkey patties with a dollop of chipotle aioli on the side.

Turkey Salad

Feeling like a little turkey sandwich for lunch? Just cut out the bread and try this appetizing recipe for a quick lunch on the go.

Ingredients

- 6 – 8 ounces cooked turkey breast or lunch meat
- Shredded romaine lettuce
- Sliced tomato
- Sliced red or yellow onion
- Sliced radish
- Mild pepper rings
- 1 tablespoon yellow mustard

Instructions

1. Mix all ingredients together in a bowl and top with mustard.

Vegetables and Egg Bake

This healthy egg bake is a healthy and easy way to get in your vegetables. Experiment with your favorite vegetable combinations. Make it the night before for a great breakfast, or serve it up for the whole family at dinner. Either way, it will be delicious!

Ingredients

- 1/4 cup diced peppers
- 1/4 cup diced onions
- 1/4 cup sliced mushrooms
- 2-4 eggs
- 1/2 cup vegetable, beef, or chicken broth

Instructions

1. In a medium skillet, add broth and vegetables.
2. Saute vegetables in broth over medium-high heat for approximately 5 minutes (or until vegetables are tender).
3. In a bowl, scramble eggs.
4. Coat a small casserole dish with cooking spray.
5. Spread sauteed vegetables in bottom of casserole dish, pour egg mixture over top.
6. Preheat the oven to 350 degrees and bake for 30 – 45 minutes (or until eggs are fully cooked through).

Whole Chicken

Prepare this delicious chicken recipe for the entire family or weigh and ration your portions for the week ahead!

Ingredients

- 3 to 4 lbs. whole chicken
- 1 to 2 teaspoons chicken rub
- 1 teaspoon paprika
- 1 teaspoon oregano
- Salt and pepper

Cooking Instructions

1. Preheat oven to 350 degrees
2. Rinse chicken
3. Place chicken in a roaster pan
4. Mix chicken rub, paprika, oregano, salt and pepper in a small bowl then rub on entire chicken,
5. Pour broth into a roaster pan and cover tightly with foil.
6. Bake for 60 to 90 minutes (depending on size of chicken) until internal temperature reaches 165 degrees.