

SIMPLE FIT DINNERS

Free Ebook



pinkwhen

Thank you for taking the time to download the Simple Fit Dinners Ebook. We will be adding more free downloads and extras, and will ONLY be sharing them with our new subscribers.

The Simple Fit Forty Lifestyle is a passion of mine, and I hope you join me along on the journey for health and fitness.

You won't believe how delicious and healthy these recipes are!

*Thank you!
xoxo Jen*



Chicken Avocado Burger

Another one of my favorite Simple Fit Forty recipes is this delicious Chicken Avocado Burger. It is so delicious, and SO healthy, and they are loaded with fresh avocado, shredded chicken breast, and lightly seasoned. Let your friends go and eat those tricked out double cheeseburgers while you indulge in this flavor explosion that will keep your hunger satisfied and your waistline slim.

This delicious Chicken Avocado Burger is made with:

- 1/2 cup almond meal
- 2 Tbsp EVOO
- 1 egg (beaten)
- 1 lb ground chicken
- 1 large diced avocado
- 1 tsp cilantro
- 1/4 cup diced purple onion
- salt and pepper to taste
- romaine lettuce buns (optional)

Modified version of Avocado Salsa:

- diced avocado
- diced tomato
- diced purple onion

Warm a skillet on medium heat.

In a medium bowl mix together almond meal, egg, ground chicken, avocado, cilantro, onion, and salt and pepper. Using your hands, put together medium thick burgers.

Place olive oil into heated skillet and swirl. Then place the chicken avocado burgers into skillet. Heat for five minutes on each side, or until cooked thoroughly. If they are super thick patties, place in the oven on 350 for 10 minutes to allow to fully cook through.

Serve on a romaine lettuce bun topped with the modified avocado salsa and with a healthy side of sweet potato fries. So good!





CHICKEN FAJITA STUFFED BELL PEPPER

I love how easy this recipe is to put together. It's also one of my absolute favorite dishes. There are so many different reasons why this I love this, but you will just have to taste it to believe it.

Here is what you will need:

2-4 bell peppers (halved)
 2 grilled chicken breasts, fully cooked and sliced
 1 medium/large avocado
 1 cup low fat shredded cheese
 shredded lettuce
 salsa
 2 Tbsp cilantro
 1/4 tsp cumin
 1/4 tsp chili powder
 salt and pepper to taste
 1 cup already cooked quinoa
 To get started heat oven to 350.

Mix salt, pepper, cilantro, cumin, chili powder, and quinoa together and place to the side.

Cut the bell pepper in half (if you haven't already) and clean out the seeds.

Layer quinoa and then grilled chicken into the pepper, and then top each with cheese.

Place in the oven for about 10 minutes, until the bell pepper has softened.



SHRIMP SCAMPI ZOODLES RECIPE

I love amazing recipes that take just a few minutes, and this Shrimp Scampi Zoodles Recipe will take you less than 10 minutes from start to finish. Isn't that AWESOME!? With this recipe taking such a short amount of time, it's perfect to have for lunch or dinner.

To make this amazing lunch (or dinner) you will need a few things on hand:

10 minutes
 2 skillets
 ~12-16 peeled and cooked shrimp
 2 medium zucchini
 seasonings (listed in recipe)
 extra virgin olive oil

Grab the spiralizer and the two zucchini and use the chipper blade. (This is one of the three blades that comes with the Paderno.) Use a knife to cut off both ends of the zucchini and then place into the spiralizer. Turn until you have fresh zoodles.

Place a medium skillet over medium heat and add 1 Tbsp of extra virgin olive oil. Place the fresh zoodles into the skillet and add a little garlic powder to flavor things up. Toss zoodles in olive oil and seasoning well. Cover skillet and heat for one minute. Remove lid, toss zoodles again, and cover for an additional two minutes. Remove from heat and keep covered.

Take the cooked shrimp and place in a small skillet with about a Tbsp of extra virgin olive oil. Sprinkle generously with your favorite seasonings (I use Paul Prudhomme's Seafood Magic) and allow to warm for a few minutes.

Once the shrimp are heated through, place them on a bed of zoodles and serve immediately.

Cheesy Chicken Spaghetti Squash

Who doesn't love a good pasta recipe re-do, with a healthier version? This cheesy chicken spaghetti squash is a new favorite of mine, and it's so delicious!

What you need to make this dish:

- medium spaghetti squash
- grilled, seasoned, and sliced chicken breast (fully cooked)
- 1/2 of 10oz can cream of chicken soup
- low fat cheese
- salt/pepper to taste

Heat oven to 400 and place prepared spaghetti squash in oven to roast for 50 minutes. Remove and allow to cool for 5 minutes.

Shred spaghetti squash into noodles and place to the side.

In a medium sauce pan warm chicken noodle soup, sliced chicken breasts, and add salt and pepper.

Scoop chicken breasts onto spaghetti squash and top with cheese. Serve immediately.



Pesto Chicken Zoodles

Pesto Chicken Zoodles are about to rock your taste buds! This delicious and healthy recipe is one of my favorite, easy recipes to make.

What you need to make this dish:

- 2 large zucchini - spiraled
- 1 tsp garlic salt
- 1 tsp cajun seasoning
- 2 8oz. chicken breasts seasoned, fully grilled, & sliced
- 3/4 cup fresh basil leaves
- 1 clove garlic peeled
- 1 Tbsp grated parmesan cheese
- 1/2 cup olive oil (separated into 1/4 cups)
- salt and pepper to taste

To make pesto, add basil, parmesan cheese, and garlic to food processor. Slowly add 1/4 cup olive oil. Set aside.

Add 1/4 cup olive oil to medium sauce pan on medium heat and add zucchini, garlic salt, and cajun seasoning. Stir to cover. Add lid and steam for 2 minutes. Stir. Add lid for another 2 minutes, remove from heat.

In a medium bowl stir zoodles and pesto together, add grilled chicken, and serve.



Grilled Chicken with Avocado Salsa

In case you can't tell, I love a good, healthy, grilled chicken recipe. I use organic chicken in about 80% of my recipes because it's full of good-for-you protein, and I just happen to LOVE it. Top it with an amazing avocado salsa, and you will be SO HAPPY you did.

Here's how to make this recipe:

3-4 chicken breasts	2 medium avocados
1 Tbsp dried thyme	5-10 cherry tomatoes, halved
1 Tbsp tsp paprika	lime
salt and pepper to taste	1 Tbsp olive oil
PAM cooking spray	1 tsp cilantro

Heat grill. Take dried thyme, paprika, salt, pepper and mix well. Clean and dry chicken breasts and then spray with a coat of PAM cooking spray. (Trust me, it will keep the chicken breasts moist and juicy!) Take the herbs and rub over all of the chicken breasts. Grill.

While the chicken is on the grill, make the avocado salsa. Take the meat of the avocado and dice it, then place into a small bowl. Add 1 Tbsp olive oil, cherry tomatoes, and the juice of a lime. Mix well. Set aside.

When the chicken is finished grilling, serve with a topping of avocado salsa and then sprinkle the top with cilantro. It's so delicious, and perfect with a side of grilled sweet potato slices and green beans.



Shredded Roast Beef Stuffed Sweet Potatoes

Made with slow cooked (all day!) shredded roast beef and placed on a delicious sweet potato, you won't be able to ask for a healthier lunch or dinner option. This recipe is SO EASY you will wonder why you didn't make it before

How do you make this awesome recipe?

4-6 sweet potatoes
2lb roast
beef broth
1 Tbsp garlic powder
salt and pepper to taste

Turn the crock pot on low. Place the roast into the slow cooker covered in your favorite seasonings and then cover with beef broth. Cook on low all day (8 hours) or on high for 4 hours.

Once fully cooked, turn the slow cooker on warm and then start shredding the roast.

Fully cook the sweet potatoes. Slice open the sweet potatoes and then mash the insides, leaving everything in the skin of the sweet potato.

Finally, shred the roast and serve with sweet potato. YUM!