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HEALTH CLUB FOR WOMEN

Alison Doak
NUTRITION

LBD One-Pan Recipes

Fitness Unlimited Nutrition Team
<http://www.fitnessunlimited.com>

5 one-pan meals for the busy woman who wants to eat healthy without spending hours in the kitchen. Give these one-pan meals a try and we promise you will be full, satisfied and ready to take on your busy week!

Join our LBD 6 Week Post Summer Reboot to learn how to incorporate food and fitness into your busy schedule to feel your healthiest and strongest. To register please [click](#) here or email Jillianboston24@gmail.com.

Happy eating!

Jillian Boston

Personal Trainer & Fitness Nutrition Specialist

Fitness Unlimited



Lime & Kiwi Cauliflower Porridge

4 servings

10 minutes

Ingredients

2 cups Canned Coconut Milk (full fat)
4 cups Cauliflower Rice
3 Kiwi (peeled, sliced)
1/2 Lime (juiced, zested)
1/2 cup Unsweetened Coconut Flakes (optional)

Directions

- 1 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 2 Divide into bowls and top with the kiwi, lime juice and zest (to taste), and coconut flakes (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one cup of cauliflower porridge and 1/2 cup of kiwi.

More Flavor: Add coconut butter, coconut cream, cinnamon, sea salt, or vanilla extract.

Additional Toppings: Add almond slices, hemp seeds, or your choice of sweetener.



Creamy Sweet Potato Noodle Bowl

2 servings

25 minutes

Ingredients

- 4 slices Bacon (roughly chopped)
- 2 tbsps Shallot (finely chopped)
- 2 Garlic (cloves, minced)
- 1 cup Canned Coconut Milk (full fat)
- 1 Sweet Potato (large, spiralized into noodles)
- 2 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)

Directions

- 1 In a large pan, fry the chopped bacon over medium heat until cooked through. Remove with a slotted spoon and set aside. Keep the bacon drippings in the pan.
- 2 In the same pan add the shallot. Cook over medium-low heat until cooked, about 4 to 5 minutes. Add the garlic and cook for 30 seconds more. Next, add the coconut milk and stir, letting it simmer for 5 minutes.
- 3 Add the sweet potato noodles, cover and cook until softened, about 3 to 5 minutes. Add the spinach and stir until just wilted. Remove the pan from the heat and add the diced bacon back in. Toss everything together, plate and enjoy!

Notes

No Bacon: Use prosciutto instead or omit.

More Protein: Add cooked salmon, chicken or chickpeas on top.

Leftovers: Refrigerate in an airtight container up to 4 days. Reheat on the stove or microwave until heated through.

No Spinach: Use kale or arugula instead.



Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (divided)
- 8 ozs Salmon Fillet
- 2 cups Asparagus (trimmed)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus: Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



One Pan Chicken, Cabbage & Broccoli

2 servings

25 minutes

Ingredients

- 1/4 cup Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 3 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, grated or minced)
- 1/8 tsp Sea Salt
- 2 cups Broccoli (cut into small florets)
- 2 cups Purple Cabbage (cut into thin strips)
- 12 Cremini Mushrooms (medium, quartered)
- 10 ozs Chicken Breast (boneless, skinless, cut into strips)
- 2 stalks Green Onion (chopped, optional for garnish)

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Combine the coconut aminos, olive oil, garlic, ginger, and salt into a mixing bowl. Add the broccoli, cabbage, and mushrooms to the bowl and toss to combine. Using a slotted spoon, transfer the veggies to the baking sheet, leaving the leftover marinade in the bowl.
- 3 Add the chicken to the bowl with the leftover marinade. Allow the chicken to marinate while the oven preheats, then transfer it to the baking sheet with the veggies.
- 4 Place the baking sheet in the oven. Cook for 15 minutes or until the chicken is cooked through and the vegetables are fork-tender. Divide between plates and top with green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add sesame oil, hot sauce, or red pepper flakes to the marinade.

Serve it With: Rice, quinoa, or cauliflower rice.



Warm Apples with Almond Butter

1 serving

15 minutes

Ingredients

- 1 tsp Coconut Oil
- 1 Apple (diced)
- 1/2 tsp Cinnamon (ground)
- 2 tbsps Almond Butter

Directions

- 1 Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
- 2 Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.

No Apples: Use pears or plantains instead.