




fitnessunlimited
HEALTH CLUB FOR WOMEN

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NUTRITION

Easy & healthy meals to help
you live better daily!

Fitness Unlimited Nutrition Team

<http://www.fitnessunlimited.com>

Hello,

Welcome to your Living Better Daily Recipe Book. These recipes were curated to help keep you inspired and to make eating healthy a breeze!

How to Use

Start by adding a couple of new recipes from this book into your regular meal rotation.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Enjoy!

Jillian and the Fitness Unlimited Nutrition Team

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



Nectarine Strawberry Smoothie

1 serving

10 minutes

Ingredients

- 1 Nectarine (pitted, chopped)
- 1/2 cup Strawberries
- 1 tbsp Chia Seeds
- 1 cup Plain Coconut Milk (from the carton)
- 1/4 cup Vanilla Protein Powder

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 307 |
| Fat | 10g |
| Saturated | 5g |
| Trans | 0g |
| Polyunsaturated | 3g |
| Carbs | 34g |
| Fiber | 9g |
| Sugar | 22g |
| Protein | 23g |
| Cholesterol | 4mg |
| Sodium | 76mg |
| Potassium | 608mg |
| Vitamin A | 979IU |
| Vitamin C | 50mg |
| Calcium | 662mg |
| Iron | 2mg |
| Vitamin D | 101IU |
| Vitamin E | 1mg |
| Vitamin K | 5µg |

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/2 cup.

No Coconut Milk: Use any other alternative milk.

More Fiber: Add pumpkin seeds, seed butter, and/or baby spinach before blending.



Strawberry Oatmeal Bars

9 servings

55 minutes

Ingredients

- 3 cups Strawberries (sliced)
- 2 tsps Lemon Juice
- 1/2 cup Maple Syrup (divided)
- 2 tsps Arrowroot Powder
- 3 cups Oats (rolled, divided)
- 1 Egg
- 1/2 cup Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 283 |
| Fat | 14g |
| Saturated | 10g |
| Trans | 0g |
| Polyunsaturated | 1g |
| Carbs | 35g |
| Fiber | 4g |
| Sugar | 13g |
| Protein | 5g |
| Cholesterol | 21mg |
| Sodium | 78mg |
| Potassium | 218mg |
| Vitamin A | 36IU |
| Vitamin C | 29mg |
| Calcium | 43mg |
| Iron | 1mg |
| Vitamin D | 5IU |
| Vitamin E | 0mg |
| Vitamin K | 2µg |

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish or pan with parchment paper going in both directions.
- 2 In a saucepan over medium-low heat, combine the strawberries, lemon juice, 1/4 of the maple syrup and arrowroot powder. Bring to a simmer, stirring occasionally until thickened, about six minutes. Remove the saucepan from the heat and set aside.
- 3 Add 1/3 of the oats to a blender and process until a fine flour has formed.
- 4 In a large bowl whisk the egg, remaining maple syrup, coconut oil, and vanilla. Add the remaining oats, blended oat flour, and salt. Mix to combine.
- 5 Transfer about 3/4 of the oat mixture into the pan and press down with a spatula to flatten. Pour the strawberry mixture over top. Scatter the remaining oat mixture over top.
- 6 Place in the oven and bake for 35 to 40 minutes, until the top is golden brown.
- 7 Let the pan cool for at least 30 minutes before removing and transferring the pan to a cooling rack. When the bars look firm and have mostly cooled, slice them into squares and enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to five days.

Serving Size: An 8 x 8 inch (20 x 20 cm) dish was used to make nine servings. One serving is one square.

Make it Vegan: Replace the egg with a flax egg.

More Flavor: Add a pinch of cinnamon to the crust.

No Strawberries: Use pitted cherries or raspberries instead.



Mixed Greens & Cherry Salad

3 servings

15 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Dijon Mustard
- 2 tbsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 Cucumber (medium, sliced)
- 1/2 cup Red Onion (thinly sliced)
- 1 cup Cherries (pitted, halved)
- 1/2 cup Pecans (roughly chopped)
- 1/2 cup Goat Cheese (crumbled)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 398 |
| Fat | 34g |
| Saturated | 6g |
| Trans | 0g |
| Polyunsaturated | 6g |
| Carbs | 20g |
| Fiber | 4g |
| Sugar | 12g |
| Protein | 7g |
| Cholesterol | 7mg |
| Sodium | 133mg |
| Potassium | 502mg |
| Vitamin A | 148IU |
| Vitamin C | 13mg |
| Calcium | 84mg |
| Iron | 2mg |
| Vitamin D | 0IU |
| Vitamin E | 3mg |
| Vitamin K | 29µg |

Directions

- 1 In a small jar or bowl, whisk together the oil, mustard, vinegar, salt, and pepper. Set aside.
- 2 In a large salad bowl, combine the greens, cucumber, red onion, and cherries.
- 3 Drizzle the dressing over top and toss to combine. Garnish with pecans and goat cheese and toss gently to combine. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate the salad and dressing separately in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

Make it Vegan: Use dairy-free soft cheese or omit.



Spaghetti Squash with Hemp Pesto Chicken

2 servings

45 minutes

Ingredients

- 1 Spaghetti Squash (medium, cut in half lengthwise, seeds removed)
- 1/2 tsp Sea Salt (divided)
- 1 cup Basil Leaves (packed)
- 1/4 cup Avocado Oil
- 1 tbsp Hemp Seeds
- 8 ozs Chicken Thighs (boneless, skinless, sliced)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 503 |
| Fat | 35g |
| Saturated | 5g |
| Trans | 0g |
| Polyunsaturated | 7g |
| Carbs | 23g |
| Fiber | 4g |
| Sugar | 0g |
| Protein | 26g |
| Cholesterol | 107mg |
| Sodium | 705mg |
| Potassium | 1145mg |
| Vitamin A | 1937IU |
| Vitamin C | 28mg |
| Calcium | 120mg |
| Iron | 4mg |
| Vitamin D | 1IU |
| Vitamin E | 0mg |
| Vitamin K | 91µg |

Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 Season the cut side of each squash half with half of the salt and place on the prepared baking sheet, flesh-side down. Cook for 30 to 35 minutes, or until the squash is fork-tender.
- 3 Meanwhile, prepare the basil pesto by blending the basil, oil, hemp seeds, and remaining salt in a small food processor or blender. Set aside.
- 4 Preheat a large non-stick pan over medium-high heat. Cook the chicken for five to seven minutes, or until cooked through. Stir in the pesto and cook until warmed through, for about two minutes.
- 5 When cool enough to handle, use a fork to shred the squash into noodles. Divide evenly between plates and top with the chicken and pesto mixture. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add garlic and parmesan cheese to the pesto.



One Pan Turkey, Cabbage & Spinach

3 servings

25 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 1 Garlic (clove, minced)
- 4 cups Purple Cabbage (thinly sliced)
- 1 Zucchini (medium, chopped)
- 1 lb Extra Lean Ground Turkey
- 2 cups Baby Spinach
- 1 tbsp Balsamic Vinegar
- 1 tsp Herbes de Provence
- 1/3 cup Feta Cheese (crumbled)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 371 |
| Fat | 20g |
| Saturated | 6g |
| Trans | 0g |
| Polyunsaturated | 4g |
| Carbs | 17g |
| Fiber | 5g |
| Sugar | 10g |
| Protein | 34g |
| Cholesterol | 127mg |
| Sodium | 350mg |
| Potassium | 966mg |
| Vitamin A | 3511IU |
| Vitamin C | 85mg |
| Calcium | 214mg |
| Iron | 5mg |
| Vitamin D | 24IU |
| Vitamin E | 1mg |
| Vitamin K | 147µg |

Directions

- 1 Heat the oil in a large pan over medium heat. Add the onion and garlic and sauté for two minutes or until fragrant. Add the cabbage and zucchini and sauté for about three minutes, or until the veggies start to soften.
- 2 Push the veggies aside in the pan and add the turkey. Cook for five to seven minutes, breaking it up as it cooks. Once it is mostly cooked, mix it with the veggies to combine.
- 3 Add the baby spinach, balsamic vinegar, and Herbes de Provence. Mix well and cook until the spinach wilts. Top with feta cheese and serve. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.