



WEEKNIGHT DINNERS

15 RECIPES
20 MIN OR LESS
10 INGREDIENTS OR LESS



Mayo-Dijon Salmon with Broccoli

2 servings

15 minutes

Ingredients

- 2 tbsps Mayonnaise
- 1 tbsp Dijon Mustard
- 12 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 5 cups Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the mayonnaise and dijon mustard.
- 3 Place the salmon fillets on the baking sheet and season with salt and pepper. Coat the salmon generously in the mayo-dijon mixture.
- 4 Toss the broccoli florets in the oil and season with salt and pepper. Add them to the baking sheet, arranging them around the salmon fillets.
- 5 Bake the salmon and broccoli in the oven for 10 to 15 minutes, or until the salmon flakes with a fork and is browned on top. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately six ounces of salmon and 2 1/2 cups of broccoli.



Spinach Tortellini Soup

6 servings
15 minutes

Ingredients

6 cups Chicken Broth
12 ozs Cheese Tortellini
Sea Salt & Black Pepper (to taste)
3 cups Baby Spinach

Directions

- 1 Pour the chicken broth into a large-sized pot and bring to a low boil over medium heat.
- 2 Add in the tortellini and cook for six to seven minutes, until cooked through. Add the spinach and stir to combine, until just wilted, about 30 seconds.
- 3 Divide the soup into bowls and season with salt and pepper. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups soup.

Gluten-Free: Use gluten-free tortellini.

Additional Toppings: Top with parmesan, chili flakes, and/or parsley.

Make it Vegan: Use a vegan tortellini and vegetable broth.

Chicken Broth: This tastes best when using homemade chicken stock.



Chicken, Kale & Sweet Potato Skillet

2 servings

20 minutes

Ingredients

- 8 1/16 ozs Extra Lean Ground Chicken
- 1 tsp Dried Chives
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt (divided)
- 1 tbsp Coconut Oil
- 1 Sweet Potato (medium, peeled and diced)
- 1 cup Kale Leaves (finely chopped)

Directions

- 1 Heat a skillet or pan over medium heat. Add the chicken to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with the chives, garlic powder, and half of the salt. Transfer to a bowl and set aside.
- 2 Add the coconut oil to the pan. Add the sweet potatoes and cook for eight to 10 minutes, stirring often, until the sweet potatoes are tender and browned.
- 3 Add the kale and the cooked chicken to the pan with the sweet potatoes and continue to cook for one to two minutes until the kale has wilted and the chicken has warmed through. Season with the remaining salt.
- 4 Divide between plates and enjoy!

Notes

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

Serving Size: One serving is approximately equal to two cups.

More Flavor: Add other dried herbs and spices to taste.

No Chicken: Use turkey or pork instead.

No Coconut Oil: Use avocado oil or extra virgin olive oil instead.

No Chives: Use another dried herb instead.

Sweet Potato: One medium sweet potato is approximately equal to two cups diced.



Shrimp & Zucchini Noodle Bowl

2 servings

15 minutes

Ingredients

- 2 tbsps Butter (divided)
- 2 Garlic (cloves, minced)
- 2 Zucchini (medium, spiralized)
- Sea Salt & Black Pepper (to taste)
- 2 tps Lemon Juice (plus zest from half a lemon)
- 3 tbsps Shallot (peeled, finely chopped)
- 8 ozs Shrimp (peeled, deveined)
- 1 tsp Parsley (finely chopped)

Directions

- 1 Heat a large skillet over medium heat and melt half the butter. Add the garlic, stirring often for one minute, until fragrant. Add the zucchini noodles and season with salt and pepper. Toss until just cooked through, about two minutes. Remove and stir in the lemon juice and set aside on a plate.
- 2 In the same skillet, melt the remaining butter. Add the shallot and cook, stirring frequently until softened, about two minutes. Layer in the shrimp and cook for two minutes per side, until bright pink and cooked through. Season with salt and pepper.
- 3 Add the zucchini noodles back to the skillet and toss to reheat, about 30 seconds. Divide onto plates and top with parsley and lemon zest. Enjoy!

Notes

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

Dairy-Free: Use extra virgin olive oil instead of butter and a dairy-free pesto.

More Flavor: Add chili flakes.

Additional Toppings: Add spinach or arugula.



Portobello Mushroom Fajitas

2 servings
15 minutes

Ingredients

- 2 tbsps Water (divided)
- 3 cups Portobello Mushroom (sliced)
- 1 Red Bell Pepper (medium, sliced)
- 1/2 cup Red Onion (medium, sliced)
- 1 1/2 tsps Taco Seasoning
- 1/4 tsp Sea Salt
- 4 Corn Tortilla
- 1 Avocado (mashed)
- 2 tbsps Cilantro (chopped)
- 1/4 Lemon (cut into wedges)

Directions

- 1 Heat up a large pan over medium-high heat. Add half of the water to the pan along with mushroom, bell pepper, and red onion. Stir and cook for two to three minutes until water evaporates. Then add the taco seasoning, salt, and the remaining water.
- 2 Cook and stir occasionally for another three to four minutes or until veggies are tender and browned (if the pan seems too dry, add a splash of water). Take the pan off the heat.
- 3 Top each tortilla with the mushroom mixture, smashed avocado, and chopped cilantro. Drizzle with lemon juice. Enjoy.

Notes

Leftovers: Refrigerate the mushroom mixture in an airtight container for up to three days. Assemble the fajitas before serving.

Serving Size: One serving is equal to two fajitas.

Additional Toppings: Serve with salsa, hot sauce, and shredded cabbage.

No Corn Tortilla: Use flour tortilla or iceberg lettuce as a wrap.



One Pan Steak Fajitas

4 servings

20 minutes

Ingredients

- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt
- 1 Red Bell Pepper (medium, sliced)
- 1 Orange Bell Pepper (medium, sliced)
- 1 Sweet Onion (medium, sliced)
- 1 lb Flank Steak (sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 head Iceberg Lettuce (small, leaves pulled apart)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine the chili powder, cumin, and salt. Set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
- 4 Scoop the steak and peppers into lettuce wraps and enjoy!

Notes

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

Serving Size: One serving is approximately three fajitas.

More Flavor: Add jalapeño peppers, paprika, and garlic powder. Cook on the barbecue in a grilling basket. Serve with corn tortillas instead of lettuce.

Additional Toppings: Serve with avocado, lime juice, cashew cream sauce, or plain yogurt.



Za'atar Roasted Haddock

2 servings

14 minutes

Ingredients

2 Haddock Fillet
Sea Salt & Black Pepper (to taste)
1 tbsp Za'atar Spice
1 tbsp Ground Sumac (divided)
1/3 Cucumber (large, diced)
1 Tomato (large, diced)
1 cup Radishes (diced)
1 1/2 tsps Lemon Juice

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Season the haddock with salt and pepper. Mix together the za'atar spice and half of the sumac and add it to the fish fillet.
- 3 Bake for eight to 10 minutes or until the haddock fillets are cooked through and flake easily with a fork.
- 4 As your fish cooks, mix together the cucumber, tomato, and radishes. Add lemon juice and remaining of the sumac. Season with salt and pepper.
- 5 Divide the salad evenly between plates, top with the haddock and enjoy!

Notes

Leftovers: Refrigerate the haddock and salad separately in airtight containers for up to three days.

Serving Size: One serving is equal to approximately 1 1/3 cup salad and one fish fillet.

Fillet Size: One haddock fillet is equal to 150 grams or 5.3 ounces.

Make it Spicy: Sprinkle chili flakes on the fish.

Additional Toppings: Add chopped parsley to the salad.



One Pan Shrimp & Asparagus with Feta

4 servings

15 minutes

Ingredients

- 8 ozs Shrimp (peeled, deveined)
- 4 cups Asparagus (trimmed, chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, sliced)
- 1/2 cup Red Onion (sliced)
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Feta Cheese (crumbled)
- 1/3 cup Parsley (chopped)

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Toss together the shrimp, asparagus, oil, garlic, red onion, and lemon juice on the baking sheet. Season with salt and pepper and bake for ten minutes, or until the shrimp is cooked through and the asparagus is tender. Remove from heat.
- 3 Top the shrimp and asparagus with olives, feta cheese, and parsley. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.

Dairy-Free: Omit the feta cheese or use plant-based feta instead.

More Flavor: Season the shrimp and asparagus with oregano and paprika before baking.

Additional Toppings: Serve over rice with hummus and tzatziki.



Veggie Naan Pizza with Greens

1 serving
15 minutes

Ingredients

- 1 piece Naan
- 1 tsp Extra Virgin Olive Oil
- 3 ozs Portobello Mushroom Caps
- 1/4 Red Bell Pepper (medium, diced)
- 1 tbsp Tomato Sauce
- 2 ozs Vegan Cheese Shreds (divided)
- 2 cups Mixed Greens
- 1/4 Lemon (juiced)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Meanwhile, heat the oil in a pan over medium-high heat. Cook the mushrooms and bell peppers until soft, about five minutes.
- 3 Spread the tomato sauce evenly over the naan. Top with half the cheese shreds, the cooked mushrooms and bell peppers, and then the remaining cheese shreds.
- 4 Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy. Cut into slices and serve alongside the greens. Squeeze lemon juice over top and enjoy!

Notes

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

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Naan: One piece of naan is 3.2 oz or 90 grams.



Pesto & Asparagus Linguine

2 servings
20 minutes

Ingredients

- 4 1/2 ozs Whole Wheat Linguine (uncooked)
- 1 tbsp Avocado Oil
- 2 cups Asparagus (woody ends trimmed, chopped)
- 2 cups Fresh Peas (or frozen)
- 1/4 cup Pesto
- 1 tsp Red Pepper Flakes (optional)

Directions

- 1 Cook the linguine according to the package directions.
- 2 Heat the oil in a large skillet over medium heat. Cook the asparagus until fork tender, about five minutes, stirring occasionally.
- 3 Stir in the peas and pesto. Cook until warmed through, about one to two more minutes.
- 4 Divide the linguine onto plates and top with the peas and asparagus. Top with red pepper flakes (optional) and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to four days.
- Serving Size:** One serving equals approximately 1 1/2 to two cups.
- More Flavor:** Add parmesan cheese, lemon zest, and/or butter.
- Additional Toppings:** Top with lemon juice.



Baked Cod & Veggies in Roasted Red Pepper Sauce

2 servings

20 minutes

Ingredients

5 1/16 ozs Roasted Red Peppers
1/2 cup Canned Coconut Milk
1/4 cup Water
1 Cod Fillet
Sea Salt & Black Pepper (to taste)
1 Zucchini (medium, sliced into strips)
1 Yellow Bell Pepper (medium, sliced)
2 cups Asparagus (trimmed, chopped)
2 tbsps Parsley (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Blend the roasted red pepper, coconut milk, and water using a blender or immersion blender until smooth. Season with salt and pepper.
- 3 Season both sides of the cod with salt and pepper.
- 4 Place the zucchini, bell pepper, and asparagus in a deep baking dish or tray. Add the red pepper sauce and stir. Place the cod on top and bake in the oven for 15 to 18 minutes or until the fish is cooked through and the vegetables are tender.
- 5 Top with parsley, divide evenly between plates, and enjoy!

Notes

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

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

More Flavor: Add red onion and garlic.

No Cod Fillets: Use another white fish instead.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.



Creamy Citrus Shrimp & Mango Salad

4 servings

15 minutes

Ingredients

- 1 cup Canned Coconut Milk
- 3 tbsps Lemon Juice (divided)
- 3 tbsps Orange Juice (freshly squeezed, divided)
- 1/4 tsp Sea Salt (divided)
- 1 cup Red Onion (medium, thinly sliced)
- 1 lb Shrimp (peeled, deveined)
- 2 tbsps Extra Virgin Olive Oil
- 2 heads Romaine Hearts (halved lengthwise, stem removed)
- 1 Mango (large, peeled and diced)
- 1/4 cup Cilantro (leaves)

Directions

- 1 In a small bowl, whisk together the coconut milk, and 2/3 of each lemon juice and orange juice. Season with half of the salt. Set aside.
- 2 In another bowl, combine the onions, shrimp, oil, the remaining lemon juice, and the remaining orange juice. Season with the remaining salt. Marinate for five minutes.
- 3 Preheat a large non-stick pan over medium heat. Add the marinated shrimp, along with the marinade, to the hot pan and cook for about two to four minutes or until the shrimp turns pink. Flip and stir as needed. Remove from the pan and set aside.
- 4 Divide the lettuce, shrimp, and onion between plates. Garnish with the mango and cilantro. Top with the dressing and serve. Enjoy!

Notes

Leftovers: Refrigerate the shrimp separate from the salad ingredients for up to two days. The dressing can be refrigerated for up to five days.

No Shrimp: Use chickpeas, tofu, tempeh, or small cubed chicken.



Curried Salmon Steak & Kale Salad

4 servings
20 minutes

Ingredients

1 1/3 tbsps Extra Virgin Olive Oil
(divided)
1/4 tsp Sea Salt
1/2 tsp Curry Powder
1 lb Salmon Steak
8 cups Kale Leaves (chopped)
2 tsps Lemon Juice
1 Carrot (grated)
1/3 cup Radishes (sliced)
2 tbsps Nutritional Yeast
1/4 cup Dried Unsweetened
Cranberries

Directions

- 1 Whisk together half of the oil, the salt, and the curry powder to make a marinade. Rub all over the salmon.
- 2 Heat a cast-iron pan over medium heat and sear the salmon, cooking it for about four to five minutes on each side. The time will depend on the thickness of the salmon steak.
- 3 Meanwhile, add the kale, lemon juice, and remaining oil to a large bowl. Massage the kale to soften it for about a minute. Add the carrot, radishes, nutritional yeast, and cranberries and toss.
- 4 Serve the salmon with the kale salad and enjoy!

Notes

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

Serving Size: One serving is roughly two cups of salad.

More Flavor: Add chopped mint or cilantro to the salad. Add minced garlic and/or ginger to the salmon marinade.



Pesto Chicken & Tomatoes with Quinoa

4 servings

20 minutes

Ingredients

- 1 cup Quinoa (dry)
- 1 lb Chicken Thighs (boneless, skinless)
- 1 cup Cherry Tomatoes (halved)
- 1 2/3 tbsps Pesto
- 4 cups Baby Spinach

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 2 Cook the quinoa according to the package directions.
- 3 Toss the chicken thighs and cherry tomatoes with the pesto until well coated. Add the chicken and tomatoes to the baking dish and bake for 15 to 20 minutes or until the chicken is cooked through.
- 4 Divide the quinoa evenly between bowls and top with baby spinach. Serve the chicken thighs and cherry tomatoes over top of the spinach. Spoon residual sauce from the baking dish on top of each serving. Enjoy!

Notes

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

More Flavor: Cook the quinoa in chicken stock instead of water.

Additional Toppings: Chopped basil or parsley.



Tuna Steak & Bok Choy

4 servings

15 minutes

Ingredients

- 1 1/4 lbs Tuna Steak
- 2 tbsps Sesame Oil (divided)
- 1 tbsp Sesame Seeds
- 1 Garlic (clove, chopped finely)
- 1 tbsp Ginger (fresh, chopped finely)
- 4 cups Bok Choy (quartered lengthwise)
- 2 stalks Green Onion (sliced)
- 1 tbsp Tamari

Directions

- 1 Pat the tuna steaks dry with a paper towel then rub the steaks with 1/2 of the oil and sprinkle with sesame seeds.
- 2 Heat a large skillet over high heat. Once the skillet is very hot, add the steaks, and sear for one to two minutes per side, or until your desired doneness. Remove from the skillet.
- 3 Reduce the temperature to medium-high and heat the remaining oil.
- 4 Add the garlic, ginger, and bok choy and sauté until wilted and tender, about two to three minutes.
- 5 Top the tuna with green onions and tamari. Divide the tuna and bok choy evenly between plates and enjoy!

Notes

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

Tuna Steaks: Most tuna steaks are purchased frozen. The best way to thaw tuna steaks is to place them in the refrigerator overnight.