

Fitness St Pete I Tierra Verde Fitness

www.mypersonalfitnesscoach.com I 727-742-0816

How To Prepare 15 Healthy Meals In Under 60 Minutes I Instructions

Set up a timer for 45 minutes.

Remove all of your groceries from your fridge and cabinets.

Prepare yourself to make tuna salad, egg salad, baked marinated chicken, parmesan roasted veggies, and a roasted turkey salad.

STEP 1: Pre-heat the oven to 400 degrees, and heat the pots of water to a boil

STEP 2: Place the chicken breast in a large Ziploc bag. Add 4 tbsp of oil olive, and 2 tbsp Greek yogurt, cayenne, garlic powder and rosemary . Mix well so every breast is well coated in the marinade. Set aside for 10 minutes to marinate the chicken.

STEP 3: Place eggs into the pot of (almost) boiling water. 8 (or more depending on your needs) will be used for egg salad. Boil extra to keep as quick, handy snacks. Simmer the eggs for about 8 minutes. Cooking tip: Placing eggs into hot water will make the peeling process much easier down the road and boil eggs.

STEP 4: Place the Quinoa into the boiling water and cook following the package recipes. If I don't use a separate recipe, I cook it with cumin, salt and pepper. If you want to get a little fancier, use my favorite [Quinoa Recipe for weight loss](#).

STEP 5: (Loosely chop the broccoli, cauliflower, squash and carrots into large chunks if you chose fresh) Spread your veggies among 2 cooking trays or baking dishes. Sprinkle with olive oil, salt, pepper and rosemary. I do one tray of Normandy blend and one tray of plain broccoli to use elsewhere.

STEP 6: Transfer chicken from Ziploc bag into baking dish. Place chicken, broccoli and cauliflower into the oven. Set the oven timer to 20 minutes.

STEP 7: Dice peppers, onions, cucumber, celery and carrots and set aside in separate small bowls.

STEP 8: Place tuna into large bowl and add half the chopped onions and celery. Add 2 tbsp of Greek Yogurt. Add salt, garlic powder, black pepper, cumin, and cayenne powder. Mix well and place in fridge. **Your tuna salad is done.**

STEP 9: Mix large bag of greens in a large bowl (or cut and clean greens) with chopped peppers, carrots, onions, and cucumbers. Chop turkey breast slices into 1-inch pieces and toss into salad. Set aside. **Your roasted turkey salad is done.**

STEP 10: Remove the pot with eggs from the heat and run under cold water for 30-60 seconds.

STEP 11: Peel eggs and mash them in a large bowl with the rest of the chopped onions and celery. Add 2 tbsp of Greek yogurt. Add salt, garlic powder, cumin, and cayenne powder, and mix until well-blended. **Your egg salad is done.**

Step 12: Remove Quinoa from stove and set aside **Your Quinoa is done**

Step 13: Remove the veggies from the oven after 20 minutes. Sprinkle with parmesan cheese. **Your parmesan roasted veggies are done.**

STEP 14: Remove chicken breast 5 minutes later (for a total of 25 minutes of bake time). **Your baked marinated chicken is done.**

STEP 15: Take a big breath. You're completely done.