



The *ULTIMATE* Flat Belly Course



Fat Blasting, Flat
Belly Quinoa
Recipes

A Fitness St Pete | Tierra Verde Fitness Guide To Achieving A Flat Belly Without Starvation Diets, Icky Shakes, Pills That Make You Jittery or Hours Of Cardio!



www.fitnessstpete.com | www.tierraverdefitness.com

Copyright © Fitness St Pete 2018

Please forward These ***Flat Belly Quinoa Recipes to*** anyone who you think would enjoy them

This Book Contains material protected under International and Federal Copyright Laws and Treaties.

All Right Reserved. Copyright © 2017 Fitness St Pete, Inc. No part of this book may be reproduced whatsoever without the written consent of the publisher.

Published Under Copyright Laws of the Library of Congress of the United States of America by

Dianne Villano
Fitness St Pete, Inc.
727-742-0816
<http://mypersonalfitnesscoach.com>
<mailto:dianne@mypersonalfitnesscoach.com>

Disclaimer:

We make every effort to ensure that we accurately represent these products and services and their potential to empower you to lose weight and live healthy. Weight loss statements made by our company and its customers are estimates of what we think you can possibly achieve. There is no guarantee that you will lose this amount of fat or achieve similar results, and you accept the risk that the changes will differ by individual.

As with any program, your results may vary, and will be based on your individual capacity, experience, expertise, and level of desire. There are no guarantees concerning the level of success you may experience. The testimonials and examples used are exceptional results, which do not apply to the average purchaser, and are not intended to represent or guarantee that anyone will achieve the same or similar results. Each individual's success depends on his or her background, dedication, desire and motivation.

There is no assurance that examples of past weight loss or muscle gain success can be duplicated in the future. We cannot guarantee your future results and/or success. There are some unknown risks with embarking on a transformation program that we cannot foresee which can reduce results. We are not responsible for your actions.

The use of our information, products and services should be based on your own due diligence and you agree that our company is not liable for any success or failure that is directly or indirectly related to the purchase and use of our information, products and services. You also agree that this information is not a substitute for professional medical advice and that you will consult with your licensed health care professional prior to engaging in any exercise or modification of your nutrition program after hearing this information.



www.fitnessstpete.com | www.tierraverdefitness.com

We've all heard the many health benefits of quinoa. While it is packed with nutrients, fiber and awesome, energizing clean carbs, if you are like me, you've hesitated in adding it to your diet due to the taste.

When it comes to weight loss programs and flat belly diets, it's hard to find one that doesn't include Quinoa. If you know me, you know I was not a fan of quinoa and never jumped aboard the bandwagon.... until I started doing some research on the benefits.

Here's the short list of why Quinoa is awesome: Quinoa is one of the most protein-rich foods out there and is a complete protein containing all nine essential amino acids, Quinoa contains almost twice as much fiber as most other grains, Quinoa contains Iron, Quinoa is rich in magnesium which helps to relax blood vessels and thereby to alleviate migraines, Quinoa is high in Riboflavin (B2) which improves energy metabolism within brain and muscle cells and is known to help create proper energy production in cells.

With the addition of other tasty, nutrient packed foods, it's a no brainer if you want to drop weight and reshape your body without being hungry !

While it is, indeed, packed with nutrients, fiber and awesome, energizing clean carbs none of that matters if you won't eat it because you don't like the taste. I couldn't stand the stuff but I knew I had to add it to my diet and had to encourage our private training clients and group personal training members to include it in theirs. I refuse to eat anything I don't like . so, while I was developing our Signature 21 Day Summer Shape Up Program a few years ago, I made it my mission to hunt down some tasty quinoa recipes .

I've picked my 4 favorite recipes that you can pre make and keep on hand for a quick, filling clean carb and 1 entire 1 pan meal full of awesomeness.

I hope you love them as much as I loved creating this for you.



Dianne Villano, Your Personal Fitness & Body Transformation Expert

If you want more recipes, weekly challenges and the support and accountability to finally get the results you deserve, **CLICK HERE** to join us in our FREE Facebook Community, Transform St Pete

www.fitnessstpete.com | www.tierraverdefitness.com



The Ultimate Quick Quinoa Recipe

Serves: 4

Ingredients:

1 cup cooked quinoa
1/3 cup canned black beans, drained and rinsed
1/2 cup sun dried tomatoes, chopped
32 Almonds, chopped
1 scallion, chopped
1 teaspoon olive oil
1 tbs fresh lemon juice
Pinch of Sea Salt
Pinch of crushed red pepper

Directions:

In a medium bowl, toss all ingredients to combine.

Copyright © Fitness St Pete, Inc. 2018
Please forward These ***Flat Belly Quinoa Recipes*** to anyone who you
think would enjoy them

www.fitnessstpete.com I www.tierraverdefitness.com



Broccoli-Quinoa Pilaf

Serves: 4

Ingredients:

- 1 cup quinoa, rinsed well
- 3 teaspoons olive oil
- 1/2 small onion, chopped
- 2 cups broccoli, chopped
- 1/4 cup Goji Berries
- 1/2 cup almonds, coarsely chopped
- ½ tsp black pepper

Directions:

1. Heat 1 teaspoon of the oil in a medium saucepan over medium- high heat.
2. Add the onion and season with pepper.
3. Cook, stirring occasionally, until softened and starting to brown, (3 to 4 minutes).
4. Add the quinoa and 1½ cups water to the saucepan and bring to a boil.
5. Reduce heat to low, cover, and simmer gently until almost all the water has evaporated, 10 to 12 minutes.
6. Fold the broccoli and Goji Berries into the quinoa, cover
7. Cook until the quinoa and broccoli are tender, (8 to 10 minutes more).
8. Remove from heat and fold in the almonds

Copyright © Fitness St Pete, Inc. 2018

Please forward These ***Flat Belly Quinoa Recipes*** to anyone who you think would enjoy them



Warm Quinoa Salad With Edamame & Tarragon

Serves 4

Ingredients:

- 1 cup quinoa,
- 2 cups vegetable broth
- 2 cups frozen shelled edamame, thawed (10 ounces)
- 1 tablespoon freshly grated lemon zest
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh tarragon or 2 teaspoons dried
- 1/2 teaspoon sea salt
- 1/2 cup drained and diced jarred roasted red peppers
- 1/4 cup chopped walnuts, preferably toasted

Directions:

1. Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about (5 minutes).
2. Transfer to a fine sieve and rinse thoroughly.
3. Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add the quinoa and return to a boil. Cover, reduce heat to a simmer and cook gently for 8 minutes.
4. Remove the lid and add edamame.
5. Cover and continue to cook until the edamame and quinoa are tender, (7 to 8 minutes longer).
6. Drain any remaining water, if necessary.
7. Whisk lemon zest and juice, oil, tarragon and salt in a large bowl.
8. Add peppers and the quinoa mixture.
9. Toss to combine. Divide into 8 servings and top with walnuts.

Copyright © Fitness St Pete, Inc. 2018

Please forward These ***Flat Belly Quinoa Recipes*** to anyone who you think would enjoy them



Apple and Quinoa Pilaf

Serves: 4

Ingredients:

- 1 Cup Quinoa, rinsed
- 1/2 Onion, minced
- 1 T Olive oil
- 1/4 Cup low-sodium chicken broth
- 1/2 tsp dried Thyme
- 4 Golden Delicious apples, cored and diced
- 1/2 T Parsley, chopped
- Pepper to taste

Directions:

1. Cook Quinoa according to package directions
2. Sauté onion in oil in nonstick skillet until tender.
3. Stir in quinoa and brown slightly.
4. Stir in broth, thyme, salt and pepper; bring to a boil.
5. Cover tightly and reduce heat; simmer 15 minutes.
6. Remove from heat; stir in apples and parsley.

Copyright © Fitness St Pete, Inc. 2018
Please forward These ***Flat Belly Quinoa Recipes*** to anyone who you
think would enjoy them



Quinoa Roasted Chicken with Olive Gremolata

Serves: 4

Ingredients:

- 1 1/2 cups white quinoa
- 2 2/3 water
- 4 cups broccoli, chopped
- 4 boneless, skinless chicken breast halves (about 6 oz. each)
- Sea Salt and Ground black pepper to taste
- 1 1/2 cups basil leaves, roughly chopped
- 1 cup mint leaves, roughly chopped
- 1 tablespoon finely grated lemon zest
- 2 tablespoons lemon juice
- 1/2 cup chopped pitted black olives
- 1 tablespoon olive oil

Directions:

1. Preheat oven to 350°F.
2. Place quinoa in base of an ovenproof baking dish.
3. In a saucepan, bring water to a boil over medium-high heat and pour over quinoa.
4. Cover and bake for 10 minutes.
5. Stir quinoa, top with broccoli and chicken
6. Sprinkle with salt and pepper.
7. Cover dish tightly with foil and bake until quinoa is tender and chicken is cooked through (25 to 30 minutes.)
8. While Chicken is baking, make gremolata: In a bowl, mix 1 1/2 cups basil leaves, roughly chopped, 1 cup mint leaves, roughly chopped, 1 tablespoon finely grated lemon zest, 2 tablespoons lemon juice, 1/2 cup chopped pitted black olives, 1 tablespoon olive oil
9. Divide chicken and quinoa among 4 plates. Spoon gremolata over and serve.