Quick Healthy Meal Ideas

Here are “real” meals that I took photos of last week because members, personal training clients and friends constantly ask me what do you eat? I am not a nutritionist, and do not have any food allergies but I am trying to lower my cholesterol, keep my body fat in a normal range and feel energetic. Also, I LOVE food, so I use spices and herbs and enjoy a lot of variety. The portions are quite small – my much larger man was given a bigger portion, not twice as much, but a full plate. All meals can be made in 20 minutes.

Fresh Salmon, Asparagus & Greek Salad

Salad – Onions, peppers, cucumber, cherry tomatoes, dash of balsamic vinegar, I tsp olive oil, basil either fresh or dry, pepper

Asparagus – stove top in non stick pan, 1 tsp olive oil, medium heat, 1 slice of onion diced, crushed garlic clove, ¼ fresh lemon juice squeezed over near the end of cooking.

Salmon – This piece was frozen from Costco, fresh is always better. Cook only 10 mins turn over 5-10more mins with fresh Rosemary

The BIG Salad

Protein – select a protein, tuna, eggs, chicken, beans

Add as many veggies as you like. Try sliced almonds, walnuts, dried berries for texture.

No Fail Dressing – Make in a small jar with a lid and shake before serving.

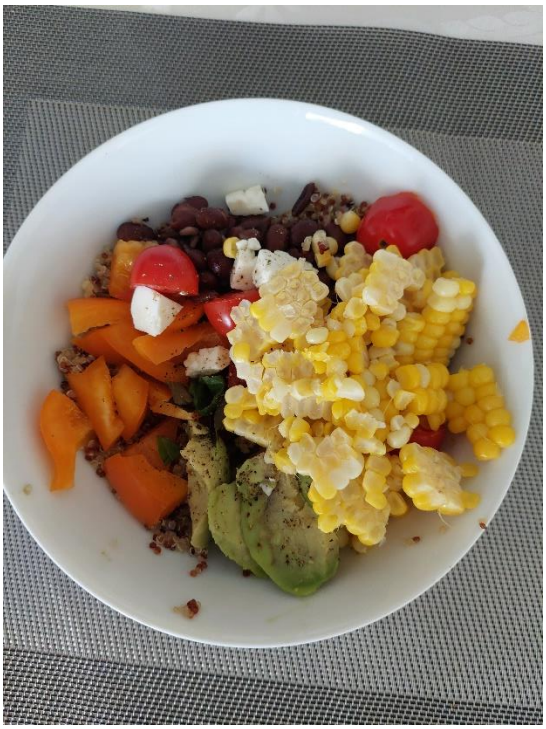
1 tbls extra virgin olive oil

1 tbls apple cider vinegar

½ tsp dijion mustard

1 clove garlic minced

Salt and pepper to taste



Budda Bowl

One of my favourite meals for lunch or dinner for a vegetarian option.

Cooked Quinoa – we like the tri-coloured type that comes in individual packets, 4 to a box. One packet gives 2 portions.

The quinoa goes in first (I mix a tablespoon of the no fail dressing in after quinoa is cooked)

Black beans, rinsed

Avocado

Peppers

Fresh corn off the cob if in season

Cheese – go easy when adding any cheese, feta, soft goat cheese, cheddar, parmesan etc. Try to limit to 2 tablespoons.

Frittata

Short on time or low on groceries? Just throw it all in a non-stick pan (I use a ceramic one)

Toss half of the yolks away no matter how many eggs you use. For example, 6 eggs would be 3 whole eggs and 3 egg whites. Add a dash of tobacco or hot sauce.

The trick is to use medium to medium low heat and don't mess with the eggs! Be patient. Use a tiny amount of oil, mix up the eggs and pour in the pan, now add whatever you want:

Spinach, onions, broccoli, peppers, tomatoes, fresh herbs, pepper, clean out that vegetable crisper.

You can "tip" the pan to move egg to the outside edges but don't flip it.

Serve with salsa or fruit.