



4EVERFIT

Still more Favorite
Recipes



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Eggs To Go

Ingredients:

- 6 eggs
- 3/4 c. broccoli florets
- 2 oz. 50% low-fat cheddar cheese
- 4 slices uncured bacon, cooked and crumbled
- 2 tbsp. green tomatillo salsa
- 2 tbsp. red chunky salsa
- 1/4 c. green chilis, diced



Prep Time

10 minutes

Cook Time

Approximately 15 minutes

Nutrition Info

8 mini muffins: 258 calories, 27g protein, 5g carbs, 15g fat

Directions

Finely chop/not quite puree broccoli in blender or food processor. Grate cheese. Pre-heat oven to 350°. Spray a non-stick mini muffin pan. Beat eggs in a bowl. Add remaining ingredients. Mix well. Pour into muffin pan. Bake at 350° until golden brown, approximately 15-20 minutes. Take these delicious little muffins with you on the go!

Veggie Cheese Scramble



Ingredients:

- 1 or 2 whole eggs
- 4 egg whites
- 1/4 c. broccoli or kale
- 1/4 c. red bell pepper, chipped
- 2 or 3 mushrooms, sliced
- 1 oz. 50% low-fat cheddar cheese

Directions

Chop the vegetables. Beat the eggs/egg whites with the cheese. Spray a small/medium skillet. Let the pan get hot over medium heat. Add the veggies and cook until soft. Pour the egg and cheese mixture over the vegetables. Scramble until cooked.

Prep/Cook Time

10 minutes

Nutrition Info

1 serving: 302 calories, 38g protein, 5g carbs, 15g fat (based on 2 whole eggs)

Turkey Lettuce Wraps

Ingredients:

- 1/8 c. roasted peanuts
- 1 tbsp. low sodium soy sauce
- 2 tbsp. sweet chili sauce
- 4 oz. ground turkey breast
- 1/2 tbsp. olive oil
- 4 romaine hearts
- 1 handful chopped cilantro



Prep/Cook Time

20 minutes

Nutrition Info

(4) 1 oz. lettuce wraps: 325 calories, 33g protein, 15g carbs, 16g fat/serving: 231 calories, 6g protein, 43g carbs, 6g fat

Directions

Brown the turkey in a pan with the olive oil, then add sweet chili sauce and soy sauce. Serve over romaine hearts topped with chopped cilantro and peanuts. You can also play around with adding veggies like mushrooms, carrots, etc

Mustard Maple Salmon



Ingredients:

- 2 tbsp. Dijon mustard
- 2 tbsp. fresh cilantro, finely chopped (or dill)
- 1 tbsp. light mayonnaise
- 2 tsp. pure maple syrup
- (4) 5 oz. skinless center-cut salmon fillets
- Kosher salt
- Freshly ground black pepper

Directions

Preheat the oven to 400°. Line a rimmed baking sheet with aluminum foil. Mix together the mustard, 1 tbsp. of the cilantro, the mayonnaise and maple syrup in a bowl. Put the salmon fillets on the baking sheet and sprinkle with 1/4 tsp. each salt and pepper. Spread some of the mustard mixture evenly over each fillet. Bake until just cooked through, 10 to 12 minutes. Sprinkle with the remaining 1 tbsp. cilantro and serve. This is a great alternative to all the chicken and ground turkey you may be using to hit your protein goals, adapted from a recipe by The Food Network.

Prep Time

5 minutes

Cook Time

12 minutes

Nutrition Info

(1) 5oz. serving: 324 calories, 29g protein, 4g carbs, 20g fat

Ingredients:

- 2 c. romaine lettuce, chopped
- 1 hardboiled egg, cut or sliced
- 2 slices uncured bacon, cooked and crumbled
- 2 oz. Swiss or Jarlsberg cheese, chopped or sliced
- 4 oz. grilled chicken, cubed
- 6 grape tomatoes, sliced, cut or chopped
- 1/4 avocado, sliced

Cobb Salad



Prep/Cook Time

20 minutes, assuming bacon & egg are prepared in advance chicken,

Nutrition Info

1 salad: 506 calories, 66g protein, 13g carbs, 23g fat

Directions

Chop all ingredients except bacon and combine in bowl. Crumble the bacon on top! Top with a serving of Greek Dill and Feta Dressing.

Fajitas



Ingredients:

- 1 lb. chicken breast, steak or shrimp
- 1/2 large onion, cut into thin strips
- 1/2 red bell pepper, cut into thin strips
- 1/2 yellow bell pepper, cut into thin strips
- 2 cloves garlic, chopped
- 1 tbsp. extra virgin olive oil
- 1/4 cup chopped cilantro

Directions

Heat olive oil in large non-stick skillet. Lightly brown your vegetables. Place in a bowl and set aside. Place chicken in the same skillet. Cook chicken over medium heat, adding chili powder and cumin (to taste), a pinch of salt, pepper, until fully cooked. (You can also add sliced jalapeños or green chilis if you're feeling like you want a little heat in your life.)

Once chicken is cooked, add vegetables to the pan. Add a few spoonfuls of your favorite salsa here, if you like. Stir. Add cilantro. Remove from heat. Serve with whole grain tortillas, over rice or salad, or by itself. Goes great with guacamole!

Prep & Cook Time

30 minutes

Nutrition Info

(Makes 4 servings): 99 calories, 11 g protein, 4g carbs, 5g fat (based on using chicken breast)

"Chocolate Chip Cookie Dough" Dip



Prep Time

10 minutes

Nutrition Info

(makes 8 servings)

1 serving: 182 calories, 4.6g protein,
24.4g carbs, 6.8g fat

Ingredients:

- 1 can chickpeas, drained and rinsed very well
- 1/8 tsp. plus 1/16 tsp. salt
- 1/8+ tsp. baking soda
- 2 tsp. pure vanilla extract
- 1/4 cup peanut butter (or other nut butter)
- 3 tbsp. agave
- 3 tbsp. oats (ground flax will also work)
- 1/3 cup mini chocolate chips

Directions

Mix everything except the chocolate chips in your food processor and blend until smooth. Remove from food processor and mix in chocolate chips. Serve it with graham crackers or apple slices.

Pumpkin

Oatmeal Cookies



Ingredients:

- 3 c. of dry oats
- 1 1/2 c. pure canned pumpkin
- 3 egg whites
- 1 tsp. vanilla
- 1 tsp. baking soda
- 1 1/2 tsp. cinnamon
- Optional: 2/3 c. semi-sweet chocolate chips, dried cranberries, walnuts, cacao nibs, raisins

Directions

Mix everything together in a bowl and drop by spoonful onto a baking sheet sprayed lightly with non-stick cooking spray. You can also roll these into balls and slightly flatten. Makes 24 cookies. Bake at 350° for 10-12 minutes.

Prep Time

20 minutes

Cook Time

10-12 minutes

Nutrition Info

1 cookie: 78 calories, 3g protein, 12g carbs, 2g fat