

Fast & Healthy Meals

7 BONUS fast and healthy recipes
from Dietitian and Personal
Trainer Kelli Shallal, author of the
blog Hungry Hobby .



Hungry Hobby



Tips: Prep all veggies prior to starting, stir fry recipes move fast!

HEALTHY FRIED “RICE”

INGREDIENTS:

- 2 cups chopped green beans (1 inch pieces)
- 16 ounces cauliflower rice (frozen or fresh) – about 2 cups
- 2 T coconut oil
- 6 eggs, whisked
- ¼ cup [coconut aminos](#)
- 1 T fish sauce
- ½ teaspoon turmeric
- 1 cup shredded carrots

DIRECTIONS:

1. Add coconut oil with green beans to a large non stick skillet on medium high. Cook until they are slightly tender 3-5 minutes.
2. Add cauliflower rice and continue cooking, stirring frequently.
3. When cauliflower starts to get tender (or defrosted), about 3-5 minutes, add aminos, fish sauce and turmeric.
4. Cook an additional 1-2 minutes stirring frequently.
5. Create a hole in the center of the veggies for the eggs. Pour the whisked eggs in the middle and let cook 1-2 minutes before scrambling and mixing with the veggies.
6. Add shredded carrots and green onions, cook for 1-2 more minutes.
7. Remove from heat and enjoy!



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EASY ORANGE CHICKEN

INGREDIENTS:

- 1/4 tsp corn or tapioca starch
- 1 T coconut aminos
- Juice from 2 oranges (about 1/3 cup)
- 1 tsp orange zest
- ½ tsp ginger powder
- 1 tsp garlic powder
- 1lb chicken breast strips seasoned with sprinkles of garlic, salt, and ginger
- 2 tablespoons coconut oil
- 12 ounces broccoli, chopped, about 2 cups
- 1 cup carrots shredded
- 1 cup purple cabbage shredded
- 4 T [coconut aminos](#)

DIRECTIONS:

1. Make sauce by combining starch, aminos, juice, zest, ginger, and garlic with a whisk in a small bowl.
2. Sprinkle chicken breast with seasonings (ginger, salt and garlic)
3. Cook chicken in 1 tablespoon coconut oil 2-3 minutes on each side in a non stick skillet.
4. Add sauce and cook chicken in the sauce until cooked all the way through and reaches 165F, about 6-8 minutes.
5. Remove chicken from skillet. Add 1 tablespoon coconut oil to skillet with broccoli. Pour ¼ cup coconut aminos over broccoli and cook with the lid on for 2-3 minutes.
6. Add the chicken back in, then add in the carrots and cabbage, cook the vegetables for an additional 1-2 minutes.



Tips: Cook your quinoa for 10 minutes instead of 15 so that it is slightly undercooked. This way it will absorb some of the liquid from the hummus.

TUNA HUMMUS CAKES

INGREDIENTS:

- 3 cups undercooked quinoa*
- 3 5 ounce cans of tuna drained
- 1 10 ounce tub hummus
- 2 eggs

DIRECTIONS:

1. Preheat oven to 375F.
2. Grease 2 muffin tins.
3. Combine all ingredients in a large bowl.
4. Divide the mixture into 24 cakes. You can also do just 12 cakes, but it will take much longer to bake.
5. Bake for 25-30 minutes if divided among 24 cakes, 45-50 if you made 12 cakes.



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Tips: Prep bell peppers ahead of time and buy steak already cut into strips to save time! You can do this with chicken or shrimp as well!

SHEET PAN FAJITAS

INGREDIENTS:

- 3 bell peppers, any colors
- .75lb steak
- 1tsp onion powder
- ¼ tsp garlic powder
- 1/8 tsp cayenne pepper
- 1 tsp smoked paprika
- ½ tsp sugar
- 1/8 tsp ancho chili pepper
- ¼ tsp salt

DIRECTIONS:

1. Preheat oven to 350F. Line a large baking pan with heavy duty foil. Use cooking spray to line the foil.
2. Wash and cut your bell peppers into strips.
3. Cut steak into strips
4. Add bell pepper strips, steak, and seasonings into a large ziplock bag.
5. Shake the ziplock bag to coat the steak and peppers with the seasonings.
6. Add mixture spread across the pan evenly and bake for 25 minutes, until steak is cooked and bell peppers are soft.



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STUFFED SWEET POTATOES



Tips: You can also pre bake a bunch of sweet potatoes so that they are all ready to go at the same time once your chicken sausage veggie mixture is done!

INGREDIENTS:

- 3 medium sweet potatoes
- ½ onion chopped
- 1 T coconut oil
- .75lb chicken sausage (any kind will work)
- 4 cups spinach

DIRECTIONS:

1. Poke holes in your sweet potatoes, then microwave them until soft. (follow your microwave settings)
2. Add coconut oil and onion to skillet on medium high and cook until translucent and tender.
3. Add chicken sausage and cook until done (temp should be 165F).
4. Add in fresh spinach and cook until wilted.
5. Stuff each sweet potato with 1/3 mixture and enjoy!



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CHICKEN WRAPS

INGREDIENTS:

- 4 cups rotisserie chicken
- ½ cup hummus
- ½ cup plain greek yogurt
- 1 cup shredded carrots
- 1 cup shredded purple cabbage
- ½ cup dried cranberries
- Your favorite wraps – I like Sietes Wraps for gluten free or la tortilla factory for regular

DIRECTIONS:

1. Combine all ingredients in a large bowl.
2. Fill wraps and enjoy!



Tips: Use toothpick to help keep wraps closed.



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*Tips: Bake at your own risk,
these healthy cookies are
delicious!*

Peanut Butter Chocolate Avocado Cookies

INGREDIENTS:

- 1 avocado small
- ¼ cup peanut butter
- 1 cup old fashion rolled oats
- ½ tsp baking powder
- 1T dark chocolate
- 2T coconut sugar
- ¼ cup dark chocolate chips

DIRECTIONS:

1. Preheat oven to 350F (or toaster oven)
2. Line baking sheet with parchment paper.
3. Combine mashed avocado and peanut butter well.
4. Add in oatmeal, baking powder, dark chocolate powder, coconut sugar into a small bowl. Mix until cookie dough forms.
5. Fold in chocolate chips.
6. Use a cookie scoop to make 8-10 cookies and place on baking sheet.

More Quick Breakfast Ideas:

- [How To Make A Smoothie A Meal](#)
- [13 High Protein Smoothie Recipes](#)
- [How To Make High Protein Overnight Oats](#)
- [Blueberry Cottage Cheese Oatmeal](#)

More Quick Lunch Ideas:

- [The Adult Lunch-able](#)
- [5 Simple Ways To Pack A Healthy Lunch](#)
- [Spicy Tuna Salad](#)
- [Sweet & Salty Salad with Honey Goat Cheese Dressing](#)
- [Tzatziki Tuna Pitas](#)

More Quick Dinner Ideas:

- [3 Ingredient Creamy Shrimp Hummus](#)
- [Sheet Pan Hummus Chicken](#)
- [Sautéed Sweet Apple chicken Sausage & Brussel Sprouts](#)
- [20 Minute Spicy Asian Chicken Lettuce Wraps](#)
- [20 Minutes Summer Enchilada Skillet](#)

