



# LUNCH RECIPE PACK 2

1. Mediterranean Shrimp and Couscous
2. Vegan Pasta "Bolognese"
3. Instant Pot Salsa Chicken
4. Banh Mi Bowls
5. Greek Chicken Pitas
6. Instant Pot Beef and Broccoli



**FIT FEARLESS**

# **Mediterranean Shrimp and Couscous**

# Mediterranean Shrimp and Couscous



Serves: 4

Prep: 10 mins

Cook: 15 mins



Nutrition per

serving:

503 kcal

17g Fats

54g Carbs

35g Protein



High Fiber

## Ingredients

- 1 3/4 cup Pearl harvest couscous
- 2 cup cherry tomatoes Tomatoes cherry raw
- 130 g (4.59 oz) Pitted Kalamata olives
- 1 tablespoon Olive or extra virgin olive oil
- 3 clove Garlic raw
- 1/2 fruit (2-3/8" dia) Lemon raw
- 2 tbsp Parsley fresh or raw herb
- 2 cup Chicken broth canned
- 1 lbs (453.59 g) Headless shell-on wild white shrimp
- 1/2 cup Feta crumbled cheese

## What you need to do

1. In a large bowl, combine the tomatoes, olives, and feta. Season with pepper.
2. Heat a large deep skillet over medium-high heat. When hot, add the oil, then the shrimp, season with salt, and cook until opaque, 2 minutes per side, stirring in the garlic just before finished. Transfer to the bowl of the tomato mixture.
3. Add the broth to the skillet, increase the heat to high, and bring to a boil. Add the couscous, stir, cover and reduce the heat to medium. Cook until all the liquid is absorbed, 10-12 minutes. Fluff with a fork and add to the bowl of the shrimp and tomato mixture. Add the lemon juice and toss well.
4. Divide among 4 bowls, garnish with parsley and the lemon's zest, and serve.





**FIT FEARLESS**

# **Vegan Pasta "Bolognese"**

# Vegan Pasta "Bolognese"



Serves: 1

Prep: 10 mins

Cook: 15 mins



Nutrition per

serving:

527 kcal

18g Fats

69g Carbs

31g Protein



Balanced

## Ingredients

- 1 cup Veggie meal starters grillers crumbles
- 1/2 cup, chopped Onions raw
- 1/2 medium Vegetables peppers red bell
- 2 tsp Olive or extra virgin olive oil
- 1 cup Tomato basil pasta sauce
- 1.25 oz Pasta whole wheat dry uncooked
- 1/3 cup, chopped Carrots raw

## What you need to do

1. Begin by boiling pasta of your choice to the desired doneness.
2. Meanwhile, finely chop vegetables, and add to a pan over medium heat with olive oil. Cooking for about 5 minutes, or until tender.
3. Add veggie crumbles to the pan alongside vegetables, cooking for 5 minutes, or until heated through.
4. Add pasta sauce to vegetable mixture and cook until heated through.
5. Drain cooked pasta, and add to sauce. Season with salt and pepper, then serve.





**FIT FEARLESS**

# **Instant Pot Salsa Chicken**

# Instant Pot Salsa Chicken



Serves: 2

Prep: 5 mins

Cook: 15 mins



Nutrition per

serving:

463 kcal

19g Fats

46g Carbs

30g Protein



High Fiber

## Ingredients

- 4 tortilla Corn tortilla
- 1 tsp, leaves Oregano
- 1 tsp Garlic powder
- 1 tbsp Cumin seed ground or whole
- 1 fruit without skin and seeds  
Avocados raw California
- 6 oz (170.1 g) Fresh cut coleslaw
- 8 oz (226.8 g) Chicken breast  
boneless skinless raw
- 14 oz (396.89 g) Salsa mild

## What you need to do

1. Season chicken with spices, salt and pepper.
2. Add half of the jar of salsa into the instant pot, then add chicken breasts on top, and finish with the remainder of the salsa.
3. Seal and set to pressure cook for 12 minutes.  
When finished, release the pressure and remove chicken. Shred with a fork and add back to sauce.
4. Serve on warm tortillas with shredded cabbage and sliced avocado.





**FIT FEARLESS**

# **Banh Mi Bowls**

# Banh Mi Bowls



Serves: 2

Prep: 5 mins

Cook: 15 mins



Nutrition per

serving:

529 kcal

22g Fats

55g Carbs

27g Protein



High Fiber

## Ingredients

- 1 tbsp Cornstarch
- 1 tsp Ginger root raw
- 1 1/2 cup Cooked white rice
- 1/2 cup slices Cucumber with peel raw
- 2 tablespoon Light mayo
- 1 tbsp Sauce Sriracha or hot chile
- 1/4 cup Sauce soy
- 1/2 cup, grated Carrots raw
- 1 pepper Peppers jalapeno raw
- 3 cloves Garlic raw
- 8 oz (226.8 g) Pork ground 84% lean 16% fat raw

## What you need to do

1. Cook pork in a skillet over medium heat.
2. Whisk together cornstarch, soy sauce, and ginger. When pork is cooked, add in minced garlic, and liquid mixture - cooking until liquid reduces and becomes "sticky".
3. Divide Rice into 2 separate bowls, topping with pork, and veggies.
4. Drizzle with sriracha, or sriracha-mayo mixture





**FIT FEARLESS**

# **Greek Chicken Pitas**

# Greek Chicken Pitas



Serves: 3  
Prep: 10 mins  
Cook: No



Nutrition per  
serving:  
522kcal  
29g Fats  
34g Carbs  
36g Protein



Low Carb  
High Fiber

## Ingredients

- 12 oz Shredded chicken breast
- 1/4 small Red onion
- 3 pita, small (4" dia) Pita whole wheat
- 2 tablespoon Olive oil
- 1/2 cucumber (8-1/4") Cucumber with peel raw
- 1 fruit (2-1/8" dia) Lemon raw
- 1 clove Garlic raw
- 2 sprigs Baby dill
- 1 1/4 fruit without skin and seeds Avocados raw California
- 1 1/2 cup Greek style non fat yogurt

## What you need to do

1. Combine yogurt, chopped dill, lemon juice, chopped cucumber, chopped garlic, salt and pepper in a bowl. Taste for seasoning.
2. Combine chicken with 1/2 cup - 3/4 cup of the tzatziki sauce, and stuff into toasted pitas, drizzled with olive oil, with sliced avocado, and thinly sliced red onion.





**FIT FEARLESS**

# **Instant Pot Beef and Broccoli**

# Instant Pot Beef and Broccoli



Serves: 3

Prep: 10 mins

Cook: 15 mins



Nutrition per

serving:

525 kcal

22g Fats

51g Carbs

31g Protein



Balanced

## Ingredients

- 1 cup Beef broth
- 1/2 cup Sauce soy
- 1/4 cup unpacked Brown sugar
- 2 tablespoon Sesame oil
- 2 1/2 cup flowerets Broccoli florets raw
- 3 tbsp Water
- 3 tbsp Cornstarch
- 1 1/4 cup Rice white cooked without salt
- 8 oz Beef round eye of roast separable lean only trimmed to 1/8" fat select cooked roasted
- 2 tablespoon Olive oil
- 1 medium (2-1/2" dia) Onions raw
- 4 cloves Garlic raw

## What you need to do

1. Add to the instant pot; beef broth, garlic, soy sauce, brown sugar and sesame oil. Stir until the sugar is dissolved. Then add beef and stir to combine.
2. Lock the lid in place. Cook at high pressure for 10 minutes. Make sure the valve is set to the sealing position. When the cooking time ends, do a quick pressure release. (Set the valve to the venting position and when the valve drops, carefully remove the lid)
3. Add the cornstarch and water mixture and stir until smooth.
4. Select "sauté", add the broccoli and stir a bit. Close the Instant Pot and let the broccoli cook for 3 minutes (fresh) or 5 minutes (frozen) on sauté (no need for pressure cooking).
5. Open the lid, serve and enjoy with steamed rice.

