

ULTRA LEAN DINNER RECIPES

Prime Your Fat Burning Furnace



MEREDITH SHIRK, CPT, FNS

Disclaimer Notice:

This eBook offers health, wellness, and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may read in this eBook.

Consult with your physician prior to beginning any exercise program, or making any significant changes to your diet, such as by using any supplement, nutrition plan, or meal replacement product. It is your responsibility to ensure that you are following all safety instructions that we provide, when following our programs or using any of our products.

Nothing stated or contained in this eBook or available through any of our programs are intended to be, and must not be taken to be, the practice of medical or counseling care. For purposes of this disclosure, the practice of medicine and counseling includes, without limitation, psychiatry, psychology, psychotherapy, or providing health care treatment, instructions, diagnosis, prognosis or advice.

Any case studies, examples, illustrations, or testimonials provided in this eBook or in the promotional materials for this eBook, are not intended as a guarantee that you will achieve similar results. In fact, your results may vary significantly, and many circumstances may and will cause results to vary. Your results may vary, for instance, depending upon your starting point, goals and effort. There can be no assurance that any prior successes, or past results, can be used as an indication of your future success or results.

None of the statements made in this eBook have been reviewed or approved by the FDA. It is your responsibility to evaluate the accuracy, completeness or usefulness of any information, opinion, advice or other content contained on the eBook, in our programs, or otherwise by us or a representative of our organization. The use of any information provided in this eBook is solely at your own risk.

SVELTE

© 2015 Svelte Media, Inc. All Rights Reserved

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

To request permissions, please reach out to the publisher addressing the subject line as,
“Attention: Copyright Request” at the email address below:
support@sveltetraining.com



WARMING TURKEY SOUP

Preparation - 15 minutes

Cooking - 10 minutes

8 Servings

Ingredients

- 3 tbsp. extra-virgin olive oil
- 2 lbs. lean ground turkey
- 2 medium onions, chopped
- 1 large celery stalk, chopped
- 4 small garlic cloves, chopped
- 1 Serrano pepper, chopped
- 1 tsp. ground cumin
- 1 tsp. dried oregano, crushed
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 2 cups tomatoes, chopped
- 5 cups low-sodium chicken broth
- 1 ripe avocado, peeled, pitted, and cubed
- Sea salt and freshly ground black pepper, to taste

Instructions

- In a large soup pan, heat oil on medium heat.
- Add turkey and cook for about 4-5 minutes.
- Add onions and celery and sauté for about 5-6 minutes.
- Add garlic, Serrano, cumin and oregano and sauté for about 1 minute.
- Stir in cauliflower, broccoli and tomatoes and cook for about 2-3 minutes.
- Add broth and bring to a boil.
- Cook, covered for about 30-40 minutes.
- Stir in avocado, salt and black pepper and cook for about 5 minutes.
- Serve hot.



GORGEOUS LAMB & GREEN PEAS

Preparation - 15 minutes

Cooking - 45 minutes

4 Servings

Ingredients

- 2 tbsp. extra-virgin olive oil
- 1 lb. grass-fed lean ground lamb
- 1 onion, chopped
- 3 garlic cloves, minced
- ½ tbsp. fresh ginger, minced
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- ¼ tsp. ground turmeric
- 2 medium tomatoes, seeded and chopped finely
- Salt and freshly ground black pepper, to taste
- 2¼ cups frozen green peas
- ¼ cup fresh cilantro, chopped

Instructions

- In a large skillet, heat oil on medium heat.
- Add lamb and cook for about 4-6 minutes or till it is no longer pink.
- Transfer the lamb into a large bowl.
- In the same skillet, add onion and sauté for about 4-5 minutes.
- Add garlic, ginger and spices and sauté for about 1 minute.
- Add tomatoes and cook for about 2-3 minutes, crushing with the back of spoon.
- Stir in the cooked lamb and reduce the heat to medium-low.
- Cook, stirring occasionally for about 8-10 minutes.
- Stir in peas and cook for 15-20 minutes.
- Garnish with cilantro and serve hot.

Streamline your mind, body & life.



SOPHISTICATED SALMON PARCEL

Preparation - 5 minutes

Cooking - 8 minutes

2 Servings

Ingredients

- 1 lb. asparagus, trimmed and cut into 2" pieces
- 2 x 4 oz. boneless salmon fillets
- 2 garlic cloves, peeled and minced
- ½ tbsp. fresh dill, minced
- 1 tbsp. olive oil
- 1 tbsp. freshly squeezed lemon juice
- 2 tbsp. coconut aminos
- Sea salt and freshly ground black pepper, to taste
- 2 tbsp. scallions (green part), chopped

Instructions

- Preheat the oven to 350 degrees F. Lightly, grease a large foil paper.
- Place asparagus in the center of prepared foil paper.
- Arrange salmon fillets over asparagus in a single layer.
- In a small bowl, add garlic, dill, oil, lemon juice, coconut aminos, salt and black pepper and mix till well combined.
- Place garlic mixture over salmon fillets and asparagus evenly.
- Fold the foil paper, rolling it down to create tent over salmon mixture.
- Roll the edges of foil tightly.
- Bake for about 15-18 minutes or till desired doneness.
- Serve salmon and asparagus, garnished with scallions.

Streamline your mind, body & life.



CELEBRATION LAMB CHOPS

Preparation - 10 minutes

Cooking - 8 minutes

4 Servings

Ingredients

Lamb Chops

- 2 tbsp. extra-virgin olive oil
- 2 garlic cloves, minced
- ½ tbsp. fresh rosemary, chopped finely
- ½ tbsp. fresh thyme, chopped finely
- ¼ tsp. ground cumin
- ¼ tsp. red pepper flakes, crushed
- 8 x 4oz. grass-fed lamb rib chops, trimmed
- Sea salt and freshly ground black pepper, to taste

Caramelized Onion & Apple

- 1 tbsp. extra-virgin olive oil
- 4 medium apples, cored and sliced
- 2 large red onions, peeled and sliced
- Sea salt and freshly ground black pepper, to taste

Instructions

- In a large skillet, heat oil on medium heat.
- Add garlic, rosemary, thyme, cumin and red pepper flakes and sauté for about 1 minute.
- Add lamb chops and sprinkle with salt and black pepper.
- Cook for about 3-4 minutes per side or till desired doneness.
- Meanwhile in another skillet, heat oil on medium-low heat.
- Add onions and apples and sprinkle with salt and black pepper.
- Cook for about 4-5 minutes and remove from heat.
- Divide lamb chops in 4 serving plate and top with apple mixture evenly.

Streamline your mind, body & life.



WEEKEND DINNER CHICKEN

Preparation - 15 minutes

Cooking - 40 minutes

4 Servings

Ingredients

- 2 lbs. baby carrots, peeled
- 4 x 6oz. grass-fed chicken legs
- 1 tbsp. dried rosemary, crushed
- ½ tsp. paprika
- Sea salt and freshly ground black pepper, to taste
- 2 tbsp. extra-virgin olive oil

Instructions

- Preheat the oven to 400F. Grease a large baking dish.
- Place carrots in the bottom of prepared baking dish.
- Place chicken legs over carrot in a single layer.
- Sprinkle with rosemary, paprika, salt and black pepper evenly.
- Drizzle with oil generously.
- Roast for about 40 minutes, tossing once after 20 minutes.

Streamline your mind, body & life.



SCRUMPTIOUS STUFFED STEAK

Preparation – 20 minutes

Cooking – 40 minutes

6 Servings

Ingredients

- 1 x 1½lbs. grass-fed flank steak, trimmed
- Sea salt and freshly ground black pepper, to taste
- 1 tbsp. extra-virgin olive oil
- 2 small garlic cloves, minced
- 6oz. fresh spinach, chopped finely
- 1 medium green bell pepper, seeded and chopped
- 1 medium tomato, chopped finely

Instructions

- Preheat the oven to 425F. Grease a large baking dish.
- Place flank steak onto smooth surface. Hold sharp knife parallel to work surface and slice steak horizontally, without cutting all the way through, so you can open it like a book. With a pounder, flatten steak to even thickness. Sprinkle with salt and black pepper evenly.
- In a skillet, heat oil on medium heat. Add garlic and sauté for about 1 minute.
- Add spinach, salt and black pepper and cook for about 2-3 minutes.
- Stir in bell pepper and tomato and immediately remove from heat.
- Transfer the spinach in a bowl. Let it cool slightly. Place the filling on the top of steak evenly. Roll up the steak to seal the filling.
- With cotton twine, tie the steak. Place the steak roll in prepared baking dish.
- Roast for about 30-35 minutes. Remove from oven and let cool slightly.
- With sharp knife, cut into desired slices and serve.

Streamline your mind, body & life.



ALL-IN-ONE BEEF SALAD

Preparation – 20 minutes

Cooking – 15 minutes

6 Servings

Ingredients

Steak

- 1½lbs. grass-fed sirloin steak, trimmed
- 1 tbsp. olive oil
- Sea salt and freshly ground black pepper, to taste

For Sauce

- 1 tbsp. olive oil
- 1 garlic cloves, minced
- 1 Serrano pepper, chopped finely
- ¼ cup coconut aminos
- ¼ cup water
- 2 tbsp. fresh lemon juice
- Sea salt and freshly ground black pepper, to taste

Salad

- ¼ cup green olives, pitted and sliced
- ¼ cup black olives, pitted and sliced
- 2 large seedless cucumber, peeled and chopped
- 2 large tomatoes, sliced
- 1 large red onion, sliced
- ¼ cup fresh parsley, minced

Instructions

- In a bowl, place steak and coat with oil, salt and black pepper evenly. Keep aside for about 20-30 minutes.
- Preheat the grill to high heat. Grease the grill grate.
- Meanwhile, for sauce, in a small pan, heat oil on medium heat. Add garlic and Serrano pepper and sauté for about 1 minute.
- Add remaining all ingredients and bring to a boil.
- Cook, stirring continuously for about 2-3 minutes. Remove from heat and keep aside to cool completely.
- Cook the steak for about 5 minutes per side.
- Remove the steak from grill and keep aside for about 5-10 minutes before slicing.
- With a sharp knife, cut the steak in desired slices.
- Meanwhile in a large bowl, mix together all salad ingredients.
- Divide the salad in 6 serving plates evenly and top with steak slices evenly.
- Top with sauce and serve.

Streamline your mind, body & life.



FILLING SEAFOOD SOUP

Preparation - 15 minutes

Cooking - 25 minutes

6 Servings

Ingredients

- 1 tbsp. olive oil
- ¼ cup white onion, chopped
- 2 garlic cloves, minced
- ½ tsp. fresh ginger, minced
- 2 fresh lime leaves
- 1 cup low-sodium fish broth
- 1¾ cups fat-free unsweetened coconut milk
- 1 tbsp. coconut aminos
- ½ lb. salmon, cut into chunks
- ½ lb. shrimp, peeled and deveined
- 1 tbsp. fresh lime juice
- 2 tbsp. fresh cilantro leaves, chopped

Instructions

- In a large soup pan, heat oil on medium heat.
- Add onion and sauté for about 5 minutes.
- Add garlic, ginger and lime leaves and sauté for 1 minute.
- Add broth and coconut milk and bring to a boil.
- Reduce the heat to low and simmer for about 15 minutes.
- Add coconut aminos, salmon and shrimp and cook for about 3- 4 minutes.
- Stir in lime juice and cilantro and serve hot.

Streamline your mind, body & life.



SUCCULENT LAMB STEW

Preparation – 15 minutes

Cooking – 2 hours and 10 minutes

8 Servings

Ingredients

- 1 tsp. ground coriander
- $\frac{3}{4}$ tsp. ground cumin
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{1}{2}$ tsp. cayenne pepper
- 2 tbsps. coconut oil
- 3 lbs. lamb stew meat, trimmed
- Sea salt and freshly ground black pepper, to taste
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups low-sodium chicken broth
- 2 cups tomatoes, chopped finely
- 1 medium head cauliflower, cut into 1" florets

Instructions

- Preheat the oven to 300F.
- In a small bowl, mix together spices and keep aside.
- In a large ovenproof pan, heat oil on medium heat.
- Add lamb and sprinkle with salt and black pepper.
- Cook for about 4-5 minutes or till browned from all sides.
- Transfer the lamb into a bowl.
- In the same pan, add onion and sauté for about 3-4 minutes.
- Add garlic and spice mixture and sauté for about 1 minute.
- Add cooked lamb, broth and tomatoes and bring to a gentle boil.
- Immediately, cover the pan and transfer into oven.
- Bake for about 1½ hours. Remove from oven and stir in cauliflower.
- Bake for about 30 minutes or till the cauliflower is cooked through.

Streamline your mind, body & life.



FIESTA CHICKEN WITH SALSA

Preparation – 20 minutes

Cooking – 12 minutes

4 Servings

Ingredients

Avocado Salsa

- 1 large avocado, peeled, pitted, and cubed
- 1 small cucumber, chopped
- 1 tomato, chopped
- ¼ cup red onion, chopped
- ¼ cup fresh cilantro leaves, chopped
- 2 tbsp. fresh lemon juice
- Sea salt and freshly ground black pepper, to taste

Chicken

- 1 tsp. paprika
- 1 tsp. chili powder
- ½ tsp. ground cumin
- ½ tsp. garlic powder
- Sea salt and freshly ground black pepper, to taste
- 2 x 4oz. grass-fed, skinless, boneless chicken breasts
- 2 tbsp. coconut oil

Instructions

- In a large bowl, mix together all salsa ingredients and refrigerate, covered before serving.
- For chicken in another large bowl, mix together all ingredients except chicken breasts.
- Add chicken breasts and coat with spice mixture generously.
- In a large skillet, melt coconut oil on medium heat.
- Add chicken and cook for about 10-12 minutes or till done completely.
- Serve chicken breasts with avocado salsa.

Streamline your mind, body & life.



CLASSIC GRILLED CHICKEN

Preparation - 15 minutes

Cooking - 20 minutes

6 Servings

Ingredients

- ¼ cup extra-virgin olive oil
- 2 tbsp. fresh lemon juice
- 1 tsp. dried thyme, crushed
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 2 tsp. paprika
- 2 tsp. fresh lemon zest, grated finely
- Sea salt and freshly ground black pepper, to taste
- 1 x 4lbs. grass-fed whole chicken

Instructions

- Preheat the grill to medium heat. Grease the grill grate.
- In a bowl, add all ingredients except chicken and mix till well combined.
- Place chicken on a cutting board, breast side down.
- With a sharp knife cut along the both sides of the back bone and then remove the back bone.
- Flip the breast side up and open it like a book.
- With the palm of your hands, press breast firmly to flatten.
- Coat the whole chicken with oil mixture generously.
- Grill for about 16-20 minutes, flipping once half way.

Streamline your mind, body & life.



AWESOME VEGETABLE MEDLEY

Preparation - 20 minutes

Cooking - 25 minutes

8 Servings

Ingredients

- 3 cups cauliflower florets
- 3 cups broccoli florets
- 2 cups carrots, peeled and sliced
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. fresh lemon juice
- 2 tsp. fresh rosemary, minced
- 1 tsp. red pepper flakes, crushed
- Sea salt and freshly ground black pepper, to taste

Instructions

- Preheat the oven to 425F. Grease 2 large roasting pans.
- In a large bowl, add all ingredients and toss to coat well.
- Transfer the vegetables into prepared roasting pans evenly.
- Roast for 20-25 minutes.

Streamline your mind, body & life.