

Three Healthy & Simple Dinner Recipes

Turkey Chili in a Crock-Pot on Quinoa

1 lb. of minced lean turkey
1 ½ can of crushed tomato sauce
4 medium carrots chopped
1 onion chopped
Red and yellow or orange bell peppers chopped
2 cloves of garlic, minced
1 can of kidney beans
1 can of black beans
1 tsp of chilli pepper (use 1 tbsp if you like it hot)
Oregano to taste
Salt and Pepper to taste



1. Sauté Turkey in a skillet, once cooked removed all the excess juices
2. Throw tomato sauce, kidney beans, black beans and all other ingredients inside the crock-pot. Stir ingredients up before adding turkey
3. Add turkey to the sauce
4. Let cook slowly for 6-8 hours

To cook Quinoa

1. Combine 1 cup quinoa with 2 cups water (or homemade broth is nice too) in a medium saucepan.
2. Bring to a boil
3. Cover, reduce heat to low, and simmer until **quinoa** is tender, about 15 minutes

Chicken and Vegetable Stir Fry

Chicken chopped into chunks
Broccoli
Cauliflower
Red Pepper
Zucchini
Mushrooms

1. Sauté in pan with olive or coconut oil (I like to use coconut oil for my veggies) some salt and pepper, a squirt of lemon
2. Sauté Chicken chunks in olive oil in a separate skillet and add some salt, pepper and basil
3. Add chicken to the vegetables let simmer for 5 minutes together (for extra flavour add a little soy sauce or a few squeezes of lemon)

Baked almond flour chicken, with Cauliflower/Carrot mash and Roasted Asparagus

Chicken
Olive oil
Almond Flour
Salt
Basil

1. Soak chicken in olive oil
2. Add salt to chicken (if you like)
3. Place almond flour in plate and 'bread' chicken in it, on both sides
4. Sprinkle basil on chicken

1. Cut up Cauliflower and peeled carrots and boil until cooked, but not too soft
2. Strain water out and place back in pot
3. Add a table spoon of butter and some salt if you want
4. Mash with a potato masher

1. Snap ends off of asparagus, rinse and pat dry with paper towel
2. Roll them in olive oil and place on a baking sheet
3. Squirt some lemon and salt on them
4. Bake for 15 minutes at 350 degrees



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