

JD Nutrition LLC

Healthy Dinners All Week!

Created by JD Nutrition LLC



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7 Days of Healthy Dinners

Here is your complimentary week of easy, luscious dinner ideas. Add some or all of these recipes to your arsenal of favorites to create healthy meals all week long. Eating well has never been so simple. The hard work is done, just grab your shopping list and go!

Is this you?

"I want to eat healthy, but don't know what to make."

"I don't understand why some recipes are healthy and others aren't."

"This recipe lists calories, but how much do I really need?"

"I'm tired of depriving myself only to see no results! What am I doing wrong?"

"I'm hungry all the time!"

Want to lose weight or improve your health but struggle to find a plan that works? There is no one-size fits all solution to these questions. In fact, **addressing these problems requires a customized, individual approach**. How can a meal plan work for you unless it is developed specifically for your needs, food preferences and challenges?

If you are tired of promises given by cookie-cutter programs and want to find REAL success through meaningful lifestyle changes, work with me. Let's dig deep and **find out WHY the other plans haven't worked**. Together, we can find solutions to gently reshape your lifestyle to create lasting success.

Schedule a consultation to receive easy-to-follow meal plans and recipe ideas that are customized by an experienced professional to address your challenges and underlying health conditions. **A custom plan will help you reach your goals without feeling deprived or bored.**

Most insurance companies cover these services for FREE!

Sessions are done virtually or via phone, and can be scheduled at your convenience.

[Schedule a consultation](#)

[Join my Facebook Community](#)

[Get my meal-planning e-book](#)

Healthy Dinners All Week!

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner	Zucchini Noodles with Sausage & Tomato Sauce	Baked Blackened Salmon	Baked Chicken & Carrots with Cilantro Lime Sauce	One Pan Olive Pesto Pork Chops	Maple Turkey Burgers	Lemon Oregano Chicken	Taco Salad with Beef
		Asparagus & Rice	Steamed Broccoli		House Salad	Sweet Potato Fries	

Healthy Dinners All Week!

49 items

Fruits

- ☐ 2 Avocado
- ☐ 1 1/4 Lemon
- ☐ 1/4 cup Lime Juice

Breakfast

- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/8 tsp Black Pepper
- ☐ 1/8 tsp Cayenne Pepper
- ☐ 2 tbsps Chili Powder
- ☐ 1 tbsp Cumin
- ☐ 1 1/4 tpsps Dried Thyme
- ☐ 1/4 tsp Garlic Powder
- ☐ 2 tpsps Ground Sage
- ☐ 1 tbsp Oregano
- ☐ 1 tsp Paprika
- ☐ 2 2/3 tpsps Sea Salt

Vegetables

- ☐ 4 cups Asparagus
- ☐ 1/4 cup Basil Leaves
- ☐ 2 cups Broccoli
- ☐ 3 Carrot
- ☐ 2 cups Cherry Tomatoes
- ☐ 1 1/2 cups Cilantro
- ☐ 1/2 Cucumber
- ☐ 3 Garlic
- ☐ 1 1/2 tbsps Ginger
- ☐ 1 cup Green Beans
- ☐ 1/4 head Green Lettuce
- ☐ 2 stalks Green Onion
- ☐ 1 Jalapeno Pepper
- ☐ 1 Leeks
- ☐ 2 heads Romaine Hearts
- ☐ 2 Sweet Potato
- ☐ 1 Tomato
- ☐ 1 Yellow Bell Pepper
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 1 cup Jasmine Rice

Baking

- ☐ 2 tbsps Nutritional Yeast
- ☐ 1 1/2 tbsps Tapioca Flour

Bread, Fish, Meat & Cheese

- ☐ 1 lb Chicken Breast
- ☐ 1 lb Chicken Thighs
- ☐ 1 lb Extra Lean Ground Beef
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 8 ozs Pork Chop
- ☐ 8 ozs Pork Sausage
- ☐ 10 ozs Salmon Fillet

Condiments & Oils

- ☐ 1 cup Black Olives
- ☐ 1/3 cup Coconut Oil
- ☐ 3/4 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Red Wine Vinegar
- ☐ 1 cup Tomato Sauce

Other

- ☐ 1 tbsp Water

Zucchini Noodles with Sausage & Tomato Sauce

5 ingredients · 20 minutes · 2 servings



Directions

1. In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
2. Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
3. Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

Notes

Leftovers

For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

No Pork

Use chicken, turkey, lamb or veggie sausages instead.

Additional Toppings

Top with nutritional yeast or chili flakes.

Make it Vegan

Use a vegan sausage or chickpeas instead.

Ingredients

- 8 ozs** Pork Sausage (Italian)
- 1** Yellow Bell Pepper (thinly sliced)
- 1 cup** Tomato Sauce
- 2** Zucchini (medium size, spiralized into noodles)
- 1/4 cup** Basil Leaves (chopped)

Baked Blackened Salmon

10 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a small bowl combine the paprika, oregano, garlic, thyme, salt, black pepper and cayenne pepper.
3. Rub the salmon with the oil on all sides and place on the prepared baking sheet. Coat the top sides of the salmon with the spice mixture.
4. Bake for 12 to 15 minutes or until salmon is cooked through and flakes easily. Season with additional salt if needed and serve with lemon wedges, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

For a spicier salmon use more cayenne pepper. For a smoky flavor, used smoked paprika instead.

Make it a Meal

Serve with roasted veggies and potatoes or on top of a salad.

Ingredients

- 1 tsp Paprika
- 1/2 tsp Oregano
- 1/4 tsp Garlic Powder
- 1/4 tsp Dried Thyme
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 10 ozs Salmon Fillet
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 Lemon (cut into wedges, optional for serving)

Asparagus & Rice

2 ingredients · 25 minutes · 4 servings



Directions

1. Cook the jasmine rice according to the directions on the package.
2. Meanwhile, set the asparagus in a steaming basket over boiling water and cover. Steam for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
3. Divide rice and asparagus into bowls or containers. Enjoy!

Notes

No Jasmine Rice

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Serving Size

One serving is equal to approximately 1 cup of asparagus, and 1.25 cups of cooked rice.

Leftovers

Refrigerate in an airtight container up to 4 days.

Ingredients

1 cup Jasmine Rice (dry, rinsed)

4 cups Asparagus (woody ends trimmed, chopped in half)

Baked Chicken & Carrots with Cilantro Lime Sauce

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
3. While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
4. Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is half a chicken breast, 3/4 cup of carrots and 2 tablespoons of the sauce.

More Flavor

Season chicken and carrots with black pepper, ground ginger, cumin, paprika, garlic powder or chili powder as well before baking.

No Chicken Breast

Use chicken thighs or drumsticks instead.

More Veggies

Add in cauliflower, zucchini or potatoes.

Ingredients

1 lb Chicken Breast

3 Carrot (medium-sized, peeled, roughly chopped)

1/4 cup Extra Virgin Olive Oil (divided)

1/2 tsp Sea Salt (divided)

1 1/2 cups Cilantro

1 1/2 tbsps Ginger (fresh, grated or minced)

1 tbsp Lime Juice

1 tbsp Water (optional)

Steamed Broccoli

1 ingredient · 10 minutes · 2 servings



Directions

1. Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

Notes

More Flavour

Toss in olive oil and season with your favourite spices.

Serve It With

Shredded Chicken or Ginger Steamed Cod Fillets.

Ingredients

2 cups Broccoli (chopped into florets)

One Pan Olive Pesto Pork Chops

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with foil.
2. In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
3. Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
4. Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through. Divide onto plates and enjoy!

Notes

Leftover Pesto

If you don't use all the pesto, you can add it to pasta, omelettes, sandwiches, or use as a dip for veggie sticks and crackers.

Storage

Refrigerate in an airtight container up to 3 days.

Ingredients

- 1 cup** Black Olives (pitted, rinsed and patted dry)
- 1** Garlic (clove)
- 1/4 cup** Extra Virgin Olive Oil
- 2 tbsps** Nutritional Yeast
- 8 ozs** Pork Chop
- 1 cup** Green Beans (stems removed, chopped)
- 1 cup** Cherry Tomatoes
- 1** Leeks (chopped into 1/2 inch medallions)

Maple Turkey Burgers

6 ingredients · 30 minutes · 4 servings



Directions

1. In a mixing bowl, combine the ground turkey, maple syrup, thyme, sage and salt.
2. Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 15 minutes.
3. Heat the coconut oil in a large pan over medium heat. Fry each burger patty until cooked through, about 4 to 6 minutes per side.
4. Set aside to cool slightly. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one patty.

More Flavor

Add onion and/or garlic powder.

Additional Toppings

Top with avocado, feta cheese, tomato, sprouts or wrap it in lettuce.

Breakfast Lover

Make the patties thinner or roll them into sausages for breakfast.

Ingredients

1 lb Extra Lean Ground Turkey

2 tbsps Maple Syrup

1 tsp Dried Thyme

2 tpsps Ground Sage

1 tsp Sea Salt

2 tbsps Coconut Oil

House Salad

5 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl, whisk together the olive oil and vinegar.
2. Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar

Use apple cider vinegar or white vinegar instead.

No Lettuce

Use spinach, kale or mixed greens instead.

More Toppings

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

Ingredients

2 tbsps Extra Virgin Olive Oil

1 tbsp Red Wine Vinegar

1/4 head Green Lettuce (roughly chopped)

1 Tomato (medium, sliced)

1/2 Cucumber (sliced)

Lemon Oregano Chicken

5 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the chicken to a large bowl with the garlic, lemon zest, half of the lemon juice, oregano and salt. Toss to coat the chicken evenly in the seasonings.
3. Transfer the seasoned chicken thighs onto the baking sheet and cook for 25 minutes or until cooked through. Remove from the oven and drizzle with remaining lemon juice. Season with additional salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Marinate the chicken for at least 30 minutes up to overnight before cooking.

Serve it With

Salad or wilted leafy greens.

Ingredients

1 lb Chicken Thighs (bone-in, skin removed)

2 Garlic (clove, minced)

1 Lemon (zest and juice divided)

2 1/2 tsp Oregano

1/2 tsp Sea Salt

Sweet Potato Fries

3 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
2. Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
4. Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour

Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up

Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries

For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With

Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

Leftovers

Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.

Ingredients

3 tbsps Coconut Oil (melted)

2 Sweet Potato (large, sliced into 1/4 inch strips)

1 1/2 tbsps Tapioca Flour

Taco Salad with Beef

11 ingredients · 25 minutes · 4 servings



Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan

Use black beans instead of ground beef.

Ingredients

1 lb Extra Lean Ground Beef
2 tbsps Chili Powder
1 tbsp Cumin
1/2 tsp Sea Salt
1 cup Cherry Tomatoes (chopped)
1 Jalapeno Pepper (chopped)
2 stalks Green Onion (chopped)
3 tbsps Lime Juice (divided)
2 heads Romaine Hearts (chopped)
2 tbsps Extra Virgin Olive Oil
2 Avocado (sliced)