

Free Healthy Recipe Guide

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Welcome to Jackie Enos Fitness,

Thank you for checking out my business and allowing me the opportunity to share my passion of healthy living and fitness with you. I hope you enjoy my free recipe guide. As a former teacher, working multiple jobs and trying to live FIT I know how hard it can be after a long day to fix something that's tasty and helps me continue to reach my fitness goals. That is where this guide comes in.

Simple, easy dishes that are made in minutes OR amazing crock pot dishes that do all the work for you!

My name is Jackie Enos, and I am an online health and fitness coach working with amazing woman to unleash their true potential and live healthy fulfilling lives. I educate, support, teach and coach people every month how to put their health first. You can't be the best teacher to your class if your health isn't in control. You can't be the best mama for your babies if your health is in jeopardy. Through my 30 day groups we work on fitness, gaining physical and MENTAL strength. We work on loving our bodies from the inside out. That starts in the kitchen and ends with CONFIDENCE. We learn how to listen to our bodies, and we learn we have so much more inside us then we give ourselves credit for.

I may no longer be in a classroom and have the privilege of seeing the "light bulb" go off, but I have a greater honor in seeing lives and families changed daily, from one simple step. The decision to invest in your health. The decision to commit for 30 days. The decision to choose nourishing food over quick and processed. The decision to move that body and let those endorphins energize your busy days. The decision to say I AM WORTH IT!

So I thank you for following me on social media (if that is how you found me and this guide). I thank you for the opportunity to connect with you and most importantly for making the choice to say, YES I want to be live healthy and downloading this guide. I hope it inspires you and your family and helps you on that road to truly living a healthy fit and happy life. So let's get cooking!



Jackie Enos

Founder of Jackie Enos Fitness

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Easy Clean Up Baked Salmon and Asparagus

Prep time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients

4 (6oz) skinless salmon fillets

1lb asparagus, tough ends trimmed

2 ½ Tbs olive oil

2 cloves garlic, minced

Salt & fresh ground black pepper

1 lemon thinly sliced

Fresh dill, rosemary or parsley



Directions

Preheat oven to 400 degrees. Cut four sheets of aluminum foil about 14-inch long. Divide asparagus into 4 equal portions (8 spears per foil packet) and layer in center of each length of foil. In a small bowl stir together oil with garlic. Drizzle 1 tsp oil over portion of asparagus and then sprinkle with sea salt and pepper. Rinse salmon and allow excess water to run off, then season bottom of each with salt and pepper. Layer fillets over asparagus. Drizzle top of each fillet with 1 tsp oil mixture and season with salt and pepper. Top each with dill and 2 lemon slices. Wrap sides of foil inward over salmon then fold in top and bottom of foil to close.

Place pouches in single layer on a baking sheet. Bake until salmon is cooked through, about 25-30 minutes. Unwrap and serve.

Easy Fajita Chicken

Prep time: 10 minutes

Cook time: 35-45 minutes

Ingredients

3-4 boneless skinless chicken breasts

1-2 tsp Taco seasoning (homemade will be less sodium)

Bell peppers in assorted colors, deseeded and thinly sliced

Red onion, peeled and sliced thin

1-2 Tbs olive oil

½ cup shredded cheese (cheddar or Mexican blend)



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Directions

Trim fat off chicken. Single layered in a glass baking dish
Sprinkle taco seasoning over top of chicken to taste
Lay onions and peppers on top of chicken breast, spread out evenly over the top
Drizzle the olive oil over the peppers and onions
Sprinkle cheese over the dish
Bake at 375 for 35-45 minutes until chicken is cooked and juice runs clear

Zucchini Pasta

Prep time: 10 minutes
Cook time: 10 minutes
Serves 4

**Ingredients**

2 pounds zucchini (4-5 large), spiralized (can buy cheap ones on amazon)
1 pint cherry tomatoes, halved
1 large red onion or two small, thinly sliced
4 garlic cloves, minced
¼ cup EVOO (extra virgin olive oil)
½ cup fresh basil
sea salt / pepper to taste
½ tsp crushed red pepper (optional)

Directions

Heat the olive oil in a large pot over low-medium heat. Add the onion and garlic and cook for 3 minutes.
Add zucchini noodles to the pot and season with salt and pepper. Cover the pot with lid and cook 2-3 more minutes.
Add the tomatoes to the pot and cook 3-4 minutes stirring every 30 seconds. Cook until it's the texture you prefer.
Add the basil, crushed pepper and if using cheese.
Add your favorite protein source and enjoy!

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Greek Yogurt Mac & Cheese

Serves 4-6

Ingredients

8 oz. (about 2 cups) elbow pasta (use whole wheat)
8 oz. (about 2 cups) shredded cheese
1/2 cup plain Greek yogurt (Chobani)
2 cups fresh spinach
sea salt & pepper, to taste
1/4 tsp. onion powder
1/4 tsp. garlic powder

Directions

Cook macaroni according to package
Place spinach leaves in the bottom of a strainer and pour pasta over top to drain with wilt spinach. Save ½ cup of water. Return the cooked macaroni and spinach to the pot
Add ¼ cup of reserved water to the pot
Stir in cheese until melted
Stir in Greek yogurt, onion powder, garlic powder, salt, pepper until creamy
Stir remaining water to thin if necessary.
Serve immediately



Sweet and Spicy Shrimp Stir-Fry

Ingredients

2 tbs olive oil
3 garlic cloves crushed
2 medium zucchini, halved and sliced into half inch chunks
1 tbs liquid amino (braggs)- soy sauce replacement
Fresh ground black pepper
1lb raw jumbo shrimp, peeled and deveined
Sweet chili sauce 3-5 tbs, diluted with 3-7 tbs of water
Few drops sesame oil

Directions

Heat wok or frying pan on high
Swirl in oil. Add garlic and cook briefly just until aromatic



Add zucchini slices and drizzle liquid amino
Stir-fry for a couple of minutes until tender
Season with pepper to taste

Push veggies to one side of pan
Add oil if needed and shrimp
Cook for 1 minute without stirring
Season with a pinch of salt/pepper
Stir-fry with the zucchini until it has turned fully opaque
Stir in sweet chili sauce to coat
Add a few drops sesame oil
Mix and serve!

30 Minute Minestrone Soup

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

1 tbs olive oil
½ onion chopped
1 clove garlic, finely chopped
½ tsp thyme
½ tsp oregano
1 bay leaf
1 15-oz can 3 bean medley or any bean- rinsed and drained
1 15-oz can tomato sauce
2 cups frozen mixed veggies
6 cups low sodium veggie broth
2 cups cooked pasta noodles
Sea salt to taste



Directions

Heat oil in medium pot over medium heat
Sauté the onion and carrot in the oil for 5 minutes until softening
Stir in garlic, herbs and bay leaf cook for another minute
Add beans, sauce, veggies and broth
Simmer for 10 minutes
Gently stir in the pasta and cook an additional 15 minutes- the pasta will absorb some of the water and slightly thicken the soup
Remove bay leaf, taste, salt if needed

Turkey Veggie Skillet

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

2 tsp olive oil

½ lb lean ground turkey

½ cup diced onion

2 minced garlic cloves

1 cup zucchini diced

1 cup fresh green beans

1 cup cherry tomatoes halved

½ cup fire roasted tomatoes

1tsp sea salt

1 tsp dried basil

½ tsp dried oregano

¼ tsp black pepper

½ cup shredded cheese



Directions

Preheat oven to broil

Heat oil in a large oven proof skillet over medium heat

Once hot, add ground turkey. Break it up into small pieces

When its almost cooked add in onion and garlic

Cook for 1 minute and then add rest of veggies

Cook another 4-5 minutes or until the veggies have softened slightly

Top the turkey and veggie mixture with shredded cheese

Put the skillet in the oven and broil just until the cheese is melted a golden brown

Zucchini Bun Turkey Burgers

Prep time: 10 minutes

Cook time: 15 minutes

Serves 2

Ingredients

8-10oz lean ground turkey meat

2tbs fresh chopped oegano

2 garlic cloves minced

4 thick slices of zucchini (can sub eggplant)



Non stick spray

Sea salt & pepper to taste

(optional toppings) sliced tomato, avocado, cheese, mustard, hot sauce)

Directions

In a large bowl combine the turkey, oregano, garlic and mix with your hands until combined.

Form 2 patties and set aside

Heat a grill pan or grill to medium high heat

Spray zucchini on both sides and sprinkle with salt and pepper

Add zucchini to grill, cooking 2-3 minutes per side until the grill marks form

Add turkey burgers and cook 3-5 minutes per side until cooked through

Serve between zucchini slices and top with your fave toppings.

Lemon Garlic Tuna Burgers

Serves 4

Ingredients

2 6-oz cans tuna in water, drained and flaked

½ cup plain panko or gf bread crumbs

2 scallions, finely chopped (1/4 cup)

½ cup fresh parsley, finely chopped

2 garlic cloves, minced

1 lemon juiced

3 tbs sour cream (use plain Greek yogurt as a sub)

1 large egg

½ tsp sea salt

¼ cup pepper



Directions

Preheat oven to 400

Line baking sheet with parchment paper

In a large bowl, combine the tuna, breadcrumbs, scallions, parsley, garlic, lemon, sour cream or yogurt, egg, salt and pepper- mix well with hands to form 4 patties (they will be wet)

Place on the parchment paper and bake for about 16-20 minutes

Serve the burgers on choice of roll or see previous recipe for zucchini buns

Crockpot Balsamic Chicken

Serves 6

Ingredients

2 pounds boneless, skinless chicken breast
1 (16oz) jar chunky salsa
½ cup balsamic vinegar



Directions

Add chicken breast to crockpot, pour salsa and balsamic on top
Cover and cook on low 6 hours or high 4 hours
Shred chicken with a fork and mix with salsa mixture
Serve with steamed veggies and a salad
Use leftovers in tacos, sandwiches or top a salad

Crock Pot Orange Chicken

Prep time: 5 minutes

Cook time: 4 hours

Ingredients

16-ounces skinless, boneless chicken breasts
sea salt and fresh ground pepper, to taste
¾-cup low-sugar orange preserves (with pulp in the preserves adds texture)
¼ cup low-sodium soy sauce or liquid amino
2 garlic cloves, finely chopped
⅛ teaspoon ground ginger, or to taste (I use just a little less than ⅛ teaspoon in mine)
toasted sesame seeds (if using)



Directions

Lightly grease crock pot insert with cooking spray.
Place chicken breasts on the bottom of the crock pot, one next to another, and season with salt and pepper.
In a mixing bowl, combine orange preserves, soy sauce or liquid amino, garlic and ginger; mix until combined.
Spoon over the chicken.
Cover and cook on LOW for 5 to 6 hours, or on HIGH for 3 hours.
In the meantime, prepare the sesame seeds.
In a frying pan, heat the sesame seeds over medium heat, shaking the pan frequently, cooking just until fragrant; about 30 seconds. Set aside.
Remove chicken from slow cooker and transfer to a plate.
Spoon the orange sauce over chicken. Garnish with seeds and serve.

Crockpot chicken and butternut squash soup

Cook time: 3 hours

Ingredients

- 1 and 1/2 pounds' boneless skinless chicken breasts
- 1 cup quinoa
- 1 small butternut squash (~4 cups)
- 1 can (15.25 ounces) kidney beans
- 1 can (15 ounces) corn, drained
- 1 can (14.5 ounces) petite diced tomatoes*
- 2 teaspoons minced garlic
- 1 packet (1.12 ounces) fajita seasoning mix or homemade
- 5 cups chicken broth (low sodium)
- Salt and pepper, to taste
- Optional: fresh parsley, sour cream, cheddar cheese



Directions

1. Trim fat from the chicken. Rinse the quinoa in a fine mesh sieve to remove the bitter saponin coating.
2. Peel, seed, and chop the butternut squash into small bite-sized pieces (or buy pre-chopped butternut squash for an even faster prep).
3. Rinse and drain the kidney beans and corn.
4. Lightly grease your slow cooker with nonstick spray. Add in the chicken, quinoa, chopped squash, kidney beans, corn, undrained tomatoes, garlic, and fajita seasoning packet. (OR try a chili seasoning packet if you enjoy those flavors better).
5. Pour in the chicken broth and give everything a good stir.
6. Cover and cook on high for 3-4 hours or until the quinoa is cooked through and the squash is very tender.
7. At this point you can remove some of the squash and mash it with a potato masher and then put it back in the soup. This is totally optional, but makes it a bit heartier.
8. Add some salt and pepper to taste and any other seasonings desired. Garnish with fresh parsley if desired.
9. If desired, stir in some sour cream and some freshly grated cheddar cheese.

NOTE: slow cookers are known for cooking at different speeds - if yours tends to cook faster your chicken and squash could be done even earlier than 3 hours and alternatively everything may take longer to cook in a cooler slow cooker. The longer this cooks the more liquid the quinoa absorbs - if you don't mind that's fine, otherwise you can always add some more chicken broth and seasoning.

Zucchini Boats

Cook time:14 minutes

Ingredients

6 zucchinis
1 lb. Italian sausage
1 - 2 cups tomato sauce
1½ cups mozzarella cheese
garlic salt (to taste)
basil



Directions

Preheat oven to 400.
Cut 6 zucchini in half and spoon out middle contents.
Cook 1 lb. Italian sausage (or ground meat or choice) in a pan until no longer pink. Add 1-2 cups tomato sauce (depending if you like more or less sauce) and let simmer for 10 minutes.
Add zucchini to a pan and spoon meat into zucchinis.
Top with garlic salt, mozzarella cheese and basil.
Cook for 14 - 16 minutes

Lemon Chicken Stir-Fry

Ingredients

4 boneless, skinless chicken breasts, cubed
Kosher salt, to taste
1/2 cup low sodium chicken broth
2 tablespoons soy sauce or liquid amino
2 teaspoons cornstarch
2 tablespoons water
1 tablespoon coconut or olive oil
1 bunch asparagus, cut into 2 inch pieces
6 cloves garlic, minced
3 tablespoons fresh lemon juice
Lemon zest
Salt & pepper



Directions

Cook asparagus and oil in a skillet over medium heat for 3-4 minutes. When 1 minute remains, add garlic. Set asparagus and garlic aside.

Season chicken with salt & pepper. Increase heat to high and cook chicken until browned.

Set chicken aside and add soy sauce and chicken broth to skillet.

Bring to boil for about 1 minute. Add lemon juice, water, and corn starch and stir for about 1 minute.

Return chicken and asparagus to pan. Coat with sauce. Top with lemon zest.

Avocado Chicken Lettuce Wraps

Serves 2 (2 wraps each)

Ingredients

1 lb. Chicken breast tenderloins

1 large head butter, Bibb or Boston lettuce, washed, dried and leaves separated

2 large avocados

1/2 cup natural salsa (no added sugar)

1/2 teaspoon sea salt

1/2 teaspoon black pepper

1/2 teaspoon garlic powder

1 tablespoon coconut oil



Directions

Wash, dry and separate the leaves of 1 large head of lettuce. Set aside

Pat chicken tenders dry. Season chicken breast tenderloins with garlic powder, salt and pepper.

Add coconut oil to a very hot skillet and add chicken

Reduce heat to medium and sauté for 8-10 minute or until cooked through

Turn chicken as not to burn. Then remove from heat and cut into 1inch pieces

In a small bowl, mash the flesh of 2 avocados with a fork until creamy

Spread avocado into each piece of lettuce

Makes about 8 wraps. Distribute chicken evenly between the wraps

Top with natural salsa and enjoy



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BONUS RECIPES

Paleo Chicken Nachos- these were super yummy
<http://jackieenos.com/recipe/paleo-chicken-nachos/>



Banana Berry Oatmeal Muffins
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Mexican Taco Meat
<http://jackieenos.com/recipe/mexican-taco-meat-fixate-recipe/>



Pineapple Chicken Skewers
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- 2 You get me to keep you on track when life gets busy and you don't feel like it
- 3 We celebrate our success and pick each other up when we fall short
- 4 Make new amazing fiends who will support you in other areas of your life too
- 5 Walk away with confidence and new healthy habits that will change the course of your family's legacy!

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