

# Grocery List for Heart Health Recipes

## Veggies

½ bag fresh spinach  
2 avocados  
2 limes  
4 small zucchinis  
2 small yellow squash  
1 pound asparagus  
1.5 red onion  
1 red pepper  
2 green peppers  
2 sweet potatoes  
1 bunch broccoli  
1 bunch kale

## Fresh Herbs

Parsley

## Meat

1 Pound Chicken Breast  
1 rotisserie chicken,  
cooked

## Fish

2 salmon filets

## Canned Goods

6.5 cups chicken broth  
1 can salsa  
1 can corn  
1 can chickpeas  
1 can black beans  
1 can diced tomatoes

## Dried Goods

2 ½ cups instant brown rice  
Flour  
Olive Oil

## Spices

Onion Powder  
Garlic Powder  
Salt  
Pepper  
Taco seasoning  
Cumin  
Turmeric

## Dairy

½ cups milk  
½ cup shredded cheddar and Monterey jack  
cheese blend

# Chicken and Rice

Servings: 4

## INGREDIENTS

1 LB. CHICKEN BREASTS  
1 1/2 CUPS UNCOOKED INSTANT  
BROWN RICE  
1/2 CUP WATER  
2 1/2 CUPS CHICKEN BROTH  
1/2 CUP MILK  
1/4 CUP FLOUR  
1/2 TSP EACH: ONION POWDER,  
GARLIC POWDER, SALT, PEPPER



## DIRECTIONS

**STEP 1:** Warm milk on stovetop, mix in flour.

**STEP 2:** Add chicken broth, garlic powder, onion powder, salt and pepper.

**STEP 3:** Mix rice with milk/broth mixture. Place in greased 9 x 13 baking dish.

**STEP 4:** Place chicken breasts on top of rice mixture. Add water if needed (so rice doesn't dry out). Bake covered at 350 for 30 minutes.

Serve with a side of steamed broccoli topped with garlic salt.



Eliminate flour



Replace chicken with tofu and chicken broth with veggie broth.

Nutrition per Serving: Calories 306, Fat 2, Carbs 32g, Fiber 2g, Sugars 1g, Protein 34g

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# Spicy Chicken and Spinach Soup

Servings: 4 bowls

## INGREDIENTS

4 CUPS CHICKEN BROTH  
1 CUP SALSA  
2-3 TBSP HOMEMADE TACO SEASONING  
1 CAN CORN  
½ BAG FRESH SPINACH  
1 ROTISSERIE CHICKEN, PULLED  
2 AVOCADO



## DIRECTIONS

**STEP 1:** In a large pot, boil broth and salsa. Add remaining ingredients (except avocado).

**STEP 2:** Simmer 10 minutes, serve. Top with ¼ avocado. Makes 4 servings.

You can prepare in a Slow Cooker by using a raw whole young chicken. After chicken is cooked discard the bones and use the chicken broth.

**GF** This recipe is gluten free as written.

**V** Replace chicken with grilled tofu and chicken broth with veggie broth.

Nutrition per Serving: Calories 379, Fat 20g, Carbs 27g, Fiber 12g, Sugars 8g, Protein 35g

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# Salmon Packs

*Suggested Servings: 4*

## INGREDIENTS

4 SALMON FILETS  
SALT AND PEPPER  
2 TBSP EVOO  
1 TBSP LIME JUICE  
ZEST OF ONE LIME  
2 SMALL ZUCCHINI, SLICED  
2 SMALL YELLOW SQUASH, CLICED  
1 POUND ASPARAGUS  
1 SMALL RED ONION CUT INTO  
CHUNKS  
1 RED PEPPER, SLICED  
1 LIME CUT INTO 4 WEDGES  
FRESH PARSLEY (FOR GARNISH)



## DIRECTIONS

**STEP 1:** Heat grill or grill pan to medium heat. Cut 4 sheets of foil, enough to wrap salmon and veggies. Place salmon in center and divide veggies into each packet.

**STEP 2:** In a small bowl, add EVOO, lime juice, and zest. Mix. Pour evenly into each packet. Add lime wedge to each packet, and pull sides of foil up so the edges meet. Seal.

**STEP 3:** Place salmon packets on grill or grill pan for 13-15 minutes, flipping fillet about halfway through. Serve carefully by opening packets and garnish with parsley.

**GF** This recipe is gluten free as written.

**V** De-construct and layer veggies over quinoa

Nutrition per Serving: Calories: 347, Total Fat: 18g, Carbs: 11g, Protein 38g, Fiber 4g. Sugars, 6g.

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# Sweet Potato Bowl

*Servings: about 4 bowls*

## INGREDIENTS

2 TBSP OLIVE OR COCONUT OIL  
1/2 RED ONION, SLICED  
2 LARGE SWEET POTATOES, HALVED  
1 BUNDLE BROCCOLI, BROCCOLINI,  
CHOPPED  
2 BIG HANDFULS KALE, STEMS  
REMOVED  
1 (15 OZ) CAN CHICKPEAS, DRAINED,  
RINSED AND PATTED DRY  
1 TSP CUMIN  
3/4 TSP GARLIC POWDER  
1/4 TSP TURMERIC



## DIRECTIONS

**STEP 1:** Preheat oven to 400 F. Arrange sweet potatoes (skin side down) and onions on baking sheet. Drizzle with oil.

**STEP 2:** Bake for 10 minutes, remove, flip sweet potatoes and add broccoli. Bake another 8-10 minutes.

**STEP 3:** Remove from oven, add kale, drizzle with oil, bake another 4-5 minutes. Set aside.

**STEP 4:** Heat large skillet over medium heat. While warming up, toss chick peas and seasonings in a mixing bowl.

**STEP 5:** Add 1 tsp oil to skillet, then add chickpeas and sauté until brown, approximately 10 minutes.

**STEP 6:** Divide roasted vegetables among 3 bowls (chopping them into smaller pieces if desired) and top with chickpeas.

**GF** This recipe is gluten free as written.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 474, Fat 21g, Carbs 62g, Fiber 11g, Sugar 7g, Protein 13g

# Zucchini, Black Bean & Rice Skillet

Servings: 6

## INGREDIENTS

1 TBSP OLIVE OIL  
1 1/2 CUPS ZUCCHINI, QUARTERED  
LENGTHWISE  
1 1/2 CUPS GREEN PEPPER, DICED  
1 CAN (15 OZ) BLACK BEANS, RINSED,  
DRAINED  
1 CAN (14.5 OZ) DICED TOMATOES  
WITH GARLIC, UNDRAINED  
3/4 CUP WATER  
1 CUP INSTANT BROWN RICE  
1/2 CUPS SHREDDED CHEDDAR AND  
MONTEREY JACK CHEESE BLEND



## DIRECTIONS

**STEP 1:** Heat oil in deep skillet over medium heat. Add zucchini and bell pepper – cook 5 minutes, stirring occasionally.

**STEP 2:** Add beans, undrained tomatoes and water. Increase heat and bring to a boil. Add rice; stir well. Cover; remove from heat and let stand 7 minutes until liquid is absorbed.

**STEP 3:** Sprinkle with cheese.

**GF** This recipe is gluten free as written.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 227, Fat 5g, Protein 10g, Carbs 37g

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