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**Coach Theo and Coach Amber are the owners
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Loaded Breakfast Potatoes

INGREDIENTS

- 1/2 lb ham chopped into small 1/2-inch pieces
- 1/2 lb bacon chopped into small 1/2-inch pieces
- 2 lb Yukon gold potatoes diced into 1/2-inch pieces
- 2 tsp garlic salt
- 2 cups finely chopped fresh or thawed frozen peppers and onions
- 2 tbsp coconut oil, melted (or sub other high-heat cooking oil)

INSTRUCTIONS

1. **COOK** the ham and bacon in a large saucepan over medium heat, until crispy, 17 to 18 minutes.
2. **WHILE** the meat is cooking, place the potatoes in a 2- or 3-quart glass dish and add 1/4 cup water.
3. **COVER** with microwave-safe plastic wrap and steam in the microwave for 6 minutes, until the potatoes are tender and easily pierced with a fork or knife. (Or use your preferred steaming method.)
4. **DRAIN** the water and pat the potatoes dry. Set aside.
5. **TRANSFER** meat from the saucepan to a bowl, then place the oil and increase the heat to medium-high. Add the chopped potatoes in a single layer and sprinkle with the garlic salt. Let the mixture cook for 10 minutes without stirring, allowing the potatoes to get crispy.
6. **FLIP** the mixture, top with the peppers and onions, and cook for another 10 minutes, until the veggies are tender and the potatoes are crispy. Add the ham and bacon to the pan and serve hot.
7. **ENJOY** with salsa or ketchup if desired.

Lemon Chicken Skillet with Broccoli

Ingredients

- 3–4 chicken breasts (I used three particularly large ones)
- 3 cups broccoli florets
- 1 cup Chicken Broth
- 1/4 cup fresh lemon juice (about 1/2 small lemon)
- 1 tablespoon olive oil
- 1/2 tablespoon minced garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- Parsley and lemon slices to garnish

Instructions

1. Heat oil in a large skillet over medium heat. Season the chicken breasts with chili powder, onion powder, salt and pepper on both sides and add to the skillet
2. Squeeze 1/2 lemon over chicken or dump in the juice, cooking for 5 minutes on each side
3. Add in broccoli, garlic, and chicken broth into the skillet. Let cook for an additional 10 minutes, stirring broccoli occasionally and flip chicken breasts one more time until chicken is cooked completely and broccoli is fork tender
4. Top with chopped parsley and another squeeze of lemon or lemon slices

SHEET PAN BREAKFAST HASH

Ingredients

- 1 lb brussels sprouts halved or quartered, depending on size
- 8 oz white mushrooms halved or quartered, depending on size
- 1 tbsp avocado oil or olive oil
- 1/2 large onion diced (or 1 small onion)
- 3 cloves garlic minced
- 8 slices nitrate free bacon sugar free, for Whole30, cut into pieces
- 6 large eggs
- Sea salt and pepper to taste
- Everything bagel seasoning (or your favorite breakfast seasoning)
- Crushed red pepper optional

Instructions

1. Preheat your oven to 425 degrees F. Arrange Brussels sprouts and mushrooms on a sheet pan in a single layer, drizzle with the olive oil and sprinkle with salt and pepper. Sprinkle onions over the top, then arrange bacon pieces evenly over veggies.
2. Roast in the preheated oven for 15 mins, then sprinkle with the garlic and gently stir. Roast another 10 mins or until bacon is crisp and veggies soft, then remove from oven.
3. Make small spaces in the hash for each egg, crack one at a time gently into a space, careful not to "break" the yolk (although if it breaks, it's still fine!). Sprinkle everything bagel seasoning and crushed red pepper over eggs, bacon, and veggies as desired.
4. Return sheet pan to oven and bake another 5-10 mins or until eggs are cooked to preference. For me this was 7 mins for firm whites and soft yolks. Remove from oven and serve immediately. Enjoy!

Loaded breakfast taco bowls

Ingredients

<p><i>Cauli Rice:</i> 1 Tbsp ghee or avocado oil 12 oz cauliflower rice 1 jalapeno pepper minced Sea salt and pepper Juice of one lime</p>	<p><i>Meat:</i> 1 Tbsp ghee or avocado oil 1 lb ground beef Sea salt to taste 2 tsp taco seasoning I used Primal Palate 1 tsp onion powder 1-2 Tbsp water or broth</p>	<p><i>Eggs:</i> 1 Tbsp ghee or avocado oil 6 large eggs whisked with 2 tsp water or dairy-free milk Sea salt and pepper to taste</p>
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Additional Toppings:

- 1 cup cherry tomatoes halved
- Fresh salsa (pico de gallo or preferred salsa)
- 1 avocado sliced
- Lime juice to taste
- Minced cilantro for garnish

Instructions

Cauliflower Rice:

Heat a large skillet over medium heat and add the ghee or oil. Add the riced cauliflower and stir to coat. Cover skillet and cook for about 2-3 minutes to steam.

Uncover and stir, then add the jalapeño pepper, salt and pepper, and lime juice. Cook and stir another minute or two uncovered until you have desired texture, then remove from heat.

Meat:

Meanwhile in a separate skillet (or the same one after cooking the cauli rice) heat 1 tbsp ghee or oil over medium high heat.

Crumble the beef into the skillet and break up lumps with a wooden spoon or spatula. Add the salt and all seasonings and cook, stirring occasionally until browned. Do not drain the fat. Lower heat to medium-low and add the water or broth, stir to combine and cook just long enough to heat through, then remove from heat.

Eggs:

Heat a separate skillet over medium heat and whisk the eggs well with the water or milk, and salt and pepper. Add the ghee or oil to the skillet and wait for it to heat, then pour the egg mixture in. Cook over medium heat, stirring to scramble, until halfway done, then lower the heat to low or med-low. Finish scrambling the eggs over the lower heat setting until cooked to preference.

Assemble the bowls:

Layer the cauliflower rice with the beef, eggs, cherry tomatoes, pico de Gallo, and avocado before serving.

Savory bacon sweet potato waffles

Ingredients

- 2 medium sweet potatoes peeled and shredded*
- 5 slices No Sugar Hickory Smoked Bacon from Jones Dairy Farm
- 3 eggs
- 3/4 tsp sea salt
- 1/4 tsp black pepper
- 3/4 tsp garlic powder
- 3/4 tsp onion powder
- 3 scallions white and green parts separated
- Rendered bacon fat or other cooking fat to brush on waffle iron or other cooking fat to brush on waffle iron

Toppings:

- Fried eggs
- Thinly sliced scallions green parts
- Crushed red pepper
- Extra crumbled bacon

Instructions

1. Drain your shredded sweet potatoes on paper towels and squeeze to get rid of excess moisture. Place in a large mixing bowl.
2. Heat a large skillet over medium high heat. Cook the bacon until crisp and drain on paper towels, then crumble.
3. Add crumbled bacon to mixing bowl along with the eggs, salt, pepper, garlic and onion powder. Finely chop the white parts of the scallions and add them in as well, saving the green part for garnish.
4. Preheat your waffle iron and mix ingredients together well to form a "batter". Brush waffle iron with rendered bacon fat or cooking fat of choice.
5. Once fully heated, add your batter to the iron. I used an 8" round waffle iron and made 3 full waffles with my mixture. Depending on the size and style of your waffle iron, you may make fewer batches.
6. Close waffle iron and cook until deep golden brown on both sides and crisp on the outside. While the waffles cook, you can prep your toppings (fry eggs and extra bacon) if desired.
7. Release waffle from iron carefully and repeat until batter is used up. This recipe should yield about 6 servings.
8. Top with fried eggs, more bacon, and anything else you like. Enjoy!

Creamy Tuscan Chicken

Ingredients

- 1.5 lbs chicken thighs boneless and skinless
- 1 Tbsp coconut oil plus additional if needed
- Sea salt and pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1 small onion chopped
- 4 cloves garlic minced
- 1 Tbsp tapioca flour or arrowroot
- 1 cup chicken bone broth
- 1/2 cup coconut milk full fat, blended before adding if needed
- 1/2 Tbsp stone ground mustard
- 1 1/2 Tbsp nutritional yeast optional
- 1 tsp Italian seasoning blend
- 1/4 tsp sea salt or to taste
- 1/8 tsp black pepper or to taste
- 2/3 cup sun dried tomatoes roughly chopped
- 1 1/2 cups baby spinach roughly chopped

Instructions

1. Season the chicken with sea salt, pepper, garlic, and onion powder. In a large skillet add the coconut oil and cook the chicken thighs on medium-high heat for 5-7 minutes on each side or until browned and no longer pink in center. Remove chicken and set aside on a plate.
2. Add additional oil if necessary and cook the onions over medium heat until soft, then stir in the garlic and cook another 45 seconds.
3. Whisk in the tapioca or arrowroot, then add the broth and coconut milk. Stir to combine, then stir in the mustard, yeast, Italian seasoning, sea salt and pepper. Cook and stir over medium-high heat until it starts to thicken.
4. Add the spinach and sun-dried tomatoes and allow mixture to simmer until spinach is wilted and tomatoes are softened. Add chicken back to the skillet and simmer another 2 minutes. Serve over cauli rice, zucchini noodles, or with roasted potatoes. Enjoy!

Zuppa Toscana

Ingredients

- 6 slices bacon cut into 1" pieces
- 1 lb Sweet or spicy Italian sausage meat homemade* or store bought
- Crushed red pepper to taste
- 1 medium yellow onion diced
- 5 cloves garlic minced
- 2 large Russet potatoes about 1.5 lbs, peeled and cut into 1/2" cubes*
- Sea salt and pepper to taste
- 4 cups chicken bone broth
- 5 cups kale chopped
- 1 cup coconut milk full fat
- Sea Salt and pepper to taste

Instructions

1. Heat a large stock pot (cast iron is ideal) over medium high heat. Add the bacon pieces and cook, stirring occasionally to evenly brown, until crisp - about 5-8 minutes. Use a slotted spoon to transfer the cooked bacon to a paper-towel lined plate to drain.
2. Lower the heat to medium and save the bacon fat in the pot. Add the sausage to the pot and sprinkle with crushed red pepper, if desired. Cook, stirring and breaking up lumps with a spoon, until browned - about 5-8 minutes. Use a slotted spoon to remove the sausage to a plate to drain. Save the fat in the pot.
3. With the heat still over medium, add the onions to the pot and cook until translucent, then add the garlic, stir, and cook another 45 seconds. Add the potatoes to the pot, sprinkle the potatoes, onions, and garlic with sea salt and pepper and stir to coat.
4. Add the broth to the pot and bring to a boil over medium high heat. Lower the heat to medium and continue to cook until potatoes are fork tender - about 10 minutes. If using mushrooms or cauliflower**, move on to the next step after the broth boils.
5. Add the coconut milk to the pot and the sausage, stir cook about 5 minutes to blend flavors. Stir in the kale and cooked bacon, cooking just another minute or so until the kale is wilted and vibrant green. Season the soup with sea salt and pepper to taste, if desired.
6. Remove from heat and serve - the soup will thicken as it cools. This soup stores well covered in the refrigerator for up to 5 days, or, you can freeze it for up to one month. Enjoy!

One Skillet Greek Salmon

Ingredients

- 5 salmon fillets skin on or off
- 2 teaspoons dried oregano
- 1 teaspoon garlic powder
- Sea salt and black pepper
- 2 tablespoon avocado oil
- 3-4 cloves garlic minced
- 14 oz cauliflower rice I buy it pre-riced
- 2 handfuls chopped kale about 3 cups
- 1/3 cup broth
- Zest of one lemon
- 1 tablespoon lemon juice
- 3/4 cup kalmata olives pitted and halved
- 1/3 cup sun-dried tomatoes
- 1/2 small red onion diced
- 3 tablespoons dairy free feta cheese I used Follow You Heart *Omit for Whole30
- parsley for garnish

Instructions

1. Pat the salmon dry with paper towels and season all over the the oregano, garlic powder and salt and pepper.
2. Heat a large skillet over medium high heat and add the oil. Once hot, place the salmon in the skillet flesh side down, and cook about 4 minutes on the first side, flip, and cook another 3 minutes or until cooked to preference. Using tongs, remove to a plate and set aside. If you don't like the crispy salmon skin, peel it off once cooled slightly.
3. Meanwhile, make sure all your veggies are chopped and ready to go. Heat the same skillet over medium-low heat and add the garlic. You shouldn't need more oil, but add another tablespoon if you do. Sauté the garlic 30 seconds, then raise the heat to medium add in the cauliflower rice, kale, broth, and lemon zest and juice, stir. Cook until the kale and cauliflower is softened, (about a minute) then add in the olives, sun-dried tomatoes, and onion and cook until the onion softens.
4. Place the salmon back in the skillet and cook just long enough to heat through, about 30 seconds. Sprinkle the feta over the salmon and veggies and garnish with parsley if desired. Enjoy!

Creamy Buffalo Chicken Chili

Ingredients

- 2 tablespoons olive oil
- 1 med yellow onion diced
- 1 jalapeño pepper seeded and minced
- 4 cloves garlic minced
- 1 large Japanese (or any) sweet potato peeled and diced
- 1 tablespoon dried parsley
- 1 teaspoon dried dill
- 1 teaspoon smoked paprika
- 4 cups chicken broth or bone broth
- 6 ounces dairy free cream cheese like Kite Hill
- 2 1/2 cups cooked chicken shredded or chopped
- 3/4 cup hot sauce Whole30 compatible, if needed
- 1/2 cup salsa verde
- 1/4 cup nutritional yeast (Whole30) OR
- 1 cup vegan cheddar cheese (not Whole30)
- 1/2 cup fresh cilantro finely chopped
- sliced avocado and dairy free sour cream for serving

Instructions

1. In a dutch oven over medium heat, add the olive oil. Once hot, add the onions and cook until fragrant, about 5 minutes. Stir in the jalapeño, garlic, parsley, dill, paprika, and a sprinkle of sea salt and black pepper. Add in the sweet potatoes, stir, and sprinkle again with sea salt and pepper.
2. Cook 5 minutes, until fragrant. Add in the chicken broth and simmer until the potatoes are soft, about 10-15 minutes. Add the cream cheese, chicken, hot sauce, salsa verde and nutritional yeast or vegan cheddar, allowing all ingredients to simmer and the chili to thicken.
3. Simmer 5 more minutes, then remove from the heat and stir in the cilantro. Serve hot garnished with avocado and dairy free sour cream, if desired.
4. Store leftovers in a sealed container in the refrigerator for 4 days, or freeze to keep longer. Enjoy!

Creamy Spinach Artichoke Salmon

Ingredients

- 4 salmon fillets with or without skin
- 3/4 tsp smoked paprika
- 1 tsp Balanced Bites super onion spice blend or a mix of onion powder and dried chives
- Sea salt and black pepper
- 4 Tbsp ghee or other cooking fat divided
- 1/2 medium onion diced
- 4 cloves garlic minced
- 2 Tbsp fresh herbs I used parsley and thyme
- 1/2 tsp crushed red pepper flakes optional
- 2 tsp tapioca flour or arrowroot
- 1 14 oz can full fat coconut milk
- 1 Tbsp dijon mustard
- 2 Tbsp nutritional yeast optional, for cheesy flavor
- 4 oz fresh baby spinach about 4-5 cups
- 1 12 ounce can artichoke hearts drained and roughly chopped
- 1 Tbsp fresh lemon juice

Instructions

1. Preheat the oven to 375° F. Season the salmon on all sides with paprika, super onion blend, salt, and pepper.
2. Sear the salmon before baking. Heat one tablespoon of ghee in a large skillet over medium high heat. Add the salmon, skin side down, and cook for 2-3 minutes.. Remove from the skillet to a plate.
3. Lower the heat to medium low and add the remaining ghee, onions, and garlic. Cook until the garlic is fragrant, about 2-3 minutes. Add the fresh herbs and continue cooking another 2-3 minutes.
4. Add the crushed red pepper (if using), tapioca flour, coconut milk, mustard and nutritional yeast. Whisk and season the sauce with salt and pepper. Bring to a simmer over medium heat, stirring constantly until smooth and creamy. Add the spinach and artichokes, and cook until the spinach is wilted, about 2 minutes. Stir in the lemon juice to combine and remove from heat.
5. Return the salmon to the sauce. Transfer the skillet to the oven and bake for 10 minutes or until salmon is cooked through and sauce is bubbling. Serve right away alone or over cauliflower rice. Enjoy!

Helpful Resource Links:

THRIVE MARKET: [Thrive Market | Healthy living made easy](#)

FULVIC ACID: [Coach Amber's Coseva Brand](#)