



# 7 SUPER SIMPLE RECIPES

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QUICK & EASY DINNERS WITH 7  
INGREDIENTS OR LESS



BRAND NEW ME  
WELLNESS COACHING  
PROGRAMS

## 7 SUPER SIMPLE RECIPES

People are busier than ever these days, and that means we're eating out more, consuming more processed foods, and preparing fewer healthy meals at home.

These quick and easy recipes give you 7 delicious options for dinner this week.

Like I teach my clients, with a little planning, you can still eat healthy and save money without taking hours to prepare a meal. In fact, if you double each recipe, you'll have leftovers for lunch or another dinner. Yay for time efficiency!

Be sure to join me in the [Brand New Me Community](#) on Facebook where I share additional simple healthy living tips.

I hope you love the recipes.

Enjoy!

Cassandra Schmigotzki



# 7 SUPER SIMPLE RECIPES

## Slow Cooker Pot Roast

Makes 8 servings

### Ingredients:

- 4 lb boneless beef shoulder pot roast, trimmed of fat
- 4 dashes salt & pepper
- 2 tsp thyme, dried
- 2 cloves garlic, minced
- 64 baby carrots (about 21 oz)
- 2 lbs yellow potatoes, peeled & cut

### Directions:

1. Place the pot roast in your slow cooker and sprinkle with salt, pepper, & thyme.
2. Add carrots and potatoes around the roast.
3. Cook on low for about 8 hours, or on high for about 5 hours. Serve & Enjoy!

Per serving	
Protein (g)	74
Carbs (g)	33
Fat (g)	21
Calories	612

# 7 SUPER SIMPLE RECIPES

## Cod Baked in Parchment Paper

Makes 2 servings

### Ingredients:

- 2 6 oz cod fillets
- 16 spears asparagus
- 2 dashes salt & pepper
- 1 lemon, sliced
- 2 cup steamed rice
- 4 tbsp pesto

### Directions:

1. Preheat oven to 400F.
2. Place two pieces of parchment paper on a baking sheet.
3. In the middle of each paper divide the asparagus. Place a fillet on top of the asparagus. Sprinkle with salt & pepper.
4. Divide the slices of lemon to cover each fillet. Fold the parchment paper so it closes up around each fillet and makes a sealed package. You can use a small bit of wet twine if you need to.
4. Bake for about 20 minutes. Open carefully as steam will escape. Cod is done when it flakes easily with a fork.
5. Discard lemon and serve cod and asparagus on a cup of steamed white rice and add a tablespoon of pesto onto each. Serve and Enjoy!

Per serving cod	
Protein (g)	40
Carbs (g)	50
Fat (g)	12
Calories	470

# 7 SUPER SIMPLE RECIPES

## Baked Drumsticks

Makes 4 servings

### Ingredients:

- 4 chicken drumsticks (about 1 lb)
- 4 medium red peppers, sliced
- 1 sweet onion, sliced
- 2 tbsp olive oil, Extra Virgin
- 4 tsp paprika (gluten-free)
- 8 dashes salt & pepper

### Directions:

1. Preheat oven to 400F.
2. Place drumsticks in a baking dish (that has a lid). Top with peppers and onions.
3. Drizzle with olive oil, and sprinkle with paprika, salt, and pepper.
4. Place the lid on and bake for about 30 minutes.
5. Remove the lid and bake another 20-30 minutes, or until internal chicken temperature reaches 170F. Serve and Enjoy!

Per serving	
Protein (g)	21
Carbs (g)	15
Fat (g)	58
Calories	652

# 7 SUPER SIMPLE RECIPES

## Spinach Fried Tofu

Makes 2 servings

### Ingredients:

- 2     tbsp olive oil, Extra Virgin
- 1     small onion, peeled & chopped
- 2     tsp curry powder (gluten-free)
- 12    oz tofu, crumbled
- 10    oz spinach, raw
- 2     tbsp lemon juice
- 2     dashes salt & pepper

### Directions:

1. Heat olive oil in a large pan on medium heat.
2. Add onion and stir frequently until translucent (about 5-10 minutes).
3. Add curry powder and mix with onions for about 30 seconds.
4. Add crumbled tofu and stir. Cover for a few minutes until heated through.
5. Add spinach and stir until soft.
6. Drizzle with lemon juice, and top with salt & pepper to taste. Serve with your favourite gluten-free bread. Enjoy!

Per serving (no bread)	
Protein (g)	19
Carbs (g)	14
Fat (g)	24
Calories	309

# 7 SUPER SIMPLE RECIPES

## Turkey Chili

Makes 4 servings

### Ingredients:

- 2     tbsp olive oil, Extra Virgin
- 1     medium onion, peeled & chopped
- 1     lb turkey, ground
- 2     tbsp taco seasoning (gluten-free)
- 2     dashes salt & pepper
- 1     can of tomatoes
- 1     can of black beans, drained

### Directions:

1. Heat olive oil in a large sauce pan on medium heat.
  2. Add onion and turkey and cook, stirring frequently, until meat is done and browned.
  3. Add taco seasoning, salt, & pepper. Stir and heat for about 30 seconds.
  4. Add tomatoes and black beans. Stir.
  5. Cook for about 10-15 minutes stirring frequently until heated through.
- Serve and Enjoy!

Per serving	
Protein (g)	32
Carbs (g)	41
Fat (g)	17
Calories	423

# 7 SUPER SIMPLE RECIPES

## Pesto Zoodles and Meatballs

Makes 4 servings

### Ingredients:

- 1 lb ground beef, lean
- 2 tsp onion powder
- 3 tbsp almond flour
- 2 dashes salt & pepper
- 4 zucchini, medium, spiralized (or use store-bought spiralized zucchini)
- ½ cup pesto

### Directions:

1. Preheat oven to 400F and cover a baking tray with parchment paper.
2. Add meat, onion powder, almond meal, salt & pepper in a bowl and combine.
3. Roll into about 1.5" meatballs and place them on a baking tray.
4. Bake for 15 minutes.
5. Remove meatballs from the oven and top with spiralized zucchini. Return to the oven for another 3-5 minutes until heated through.
6. Remove from the oven and serve with a ⅛ cup pesto on top. Enjoy!

Per serving	
Protein (g)	28
Carbs (g)	12
Fat (g)	20
Calories	340

# 7 SUPER SIMPLE RECIPES

## Chickpea Curry

Makes 4 servings

### Ingredients:

- 2 tbsp olive oil, Extra Virgin
- 2 medium onions, peeled & chopped
- 2 tsp curry powder (gluten-free)
- 2 dashes salt & pepper
- 2 cans of chickpeas, drained and rinsed
- 2 cans diced tomatoes
- 4 cups steamed white rice

### Directions:

1. Heat olive oil in a large pan on medium heat.
2. Add onion and stir frequently until translucent (about 5-10 minutes).
3. Add curry powder, salt, and pepper. Mix with onions for about 30 seconds.
4. Add tomatoes and chickpeas. Stir. Cover for 5-10 minutes until heated through.
5. Serve on 1 cup of steamed rice. Enjoy!

Per serving	
Protein (g)	15
Carbs (g)	78
Fat (g)	11
Calories	457