

FREE RECIPE eBook



Italian Anyone?

your whole family will be saying 'delizioso'

From the blog: **Confessions**
of a **Fit Foodie**



food love.

Real food recipes that will add healthy to your life.

From the Blog: Confessions of a Fit Foodie

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Shopping List.

Produce

onions
garlic
fresh basil
1 bag of carrots
1 bag of spinach
1 spaghetti squash
1 head of cauliflower

Pantry

2 cartons of organic chicken broth or stock
olive oil
28 oz can of crushed tomatoes
28 oz can of tomato puree

Meat / Dairy

Eggs
1 bag of shredded mozzarella
1 container of good Parmesan/Romano cheese
15oz container of ricotta
3/4lb of organic ground turkey or chicken
3 lbs of organic Italian turkey or chicken sausage
(I recommend spicy Italian)

Bakery

1-2 slices of whole grain, sprouted or gluten free
bread to make breadcrumbs

Homemade Tomato Sauce

6-8 SERVINGS

1 CUP = 

Ingredients

2 tbsp olive oil

1/2 onion, chopped

4 cloves of garlic, crushed and sliced

1 28 oz can of crushed tomatoes

1 28 oz can of tomato purée

Fresh basil leaves

Directions

1. In a large saucepan, heat olive oil over med/low heat.
2. Add onions and cook until they are soft.
Add garlic and sauté, being careful not to burn.
3. Add crushed tomatoes and purée.
4. Cover and bring to a simmer on low heat.
5. After 25-30 mins, add fresh basil leaves - I use at least 2tbsp.
6. Cook for at least an hour on low heat, stirring occasionally.
If sauce is too thick, add a little water.

Sauce keeps great in the fridge for a few days or in the freezer for months!



Mini Meatballs

4-5 SERVINGS

1 SERVING (7-8 MINI MEATBALLS) =



1/3



1/3



Ingredients

- 1/2 cup of Ezekial (or other whole grain) bread crumbs (throw a slice in your blender and pulse)
- 3/4 lb ground chicken or turkey
- 1/2 lb chicken or turkey sausage (I used Spicy Italian), removed from casing
- 2 cloves of garlic, chopped
- 1 tablespoon of fresh chopped basil
- 1/2 teaspoon of parsley
- 1/3 cup of parmesan/Romano cheese blend
- 2 tablespoons of chicken broth
- 1 egg

Directions

1. Preheat oven to 350.
2. Add the first 8 ingredients into a mixing bowl.
3. Beat egg and add it in.
4. Very gently – and this is key with ground chicken/turkey - mix just enough to combine ingredients.
5. Line a baking sheet with parchment paper and spray with olive oil spray.
6. Drop small spoons of the meat mixture onto the baking sheet. You do not need to roll or shape them... they won't look perfect, but the less you handle them, the better!
7. Give them another spray of olive oil. Cook for 30 mins or until golden brown. I usually flip mine halfway.



Try not to eat them all in one sitting. Like my husband just did. #heowesmebigtime

Italian Wedding Soup

4 SERVINGS

1 SERVING = 1/2



OPTIONAL:



Ingredients

Mini Meatballs (from previous page)

4 cups of stock or broth

1 cup of spinach

1/4 onion, chopped

1 tsp of olive oil

Parmesan Cheese (optional)

Pasta (optional)

Directions

1. Sauté carrots and onions in a tsp of olive oil.
2. Add chicken stock and bring to a simmer.
3. Add meatballs and spinach and cook until spinach wilts and meatballs warm up.
4. Throw on some parmesan cheese.

Add some pasta for a quick and easy dinner!



Sausage & Cauliflower Casserole

Ingredients

1 head of cauliflower, chopped into florets
1.25 lbs of spicy turkey sausage
1/4 onion, diced
1 clove of garlic, minced
1/3 cup of low sodium chicken broth
1 cup of ricotta cheese
Spinach and/or kale
Cooking spray
1/3 cup Parmesan cheese blend – I love the shaved kind

Directions

1. Bring water to a boil and cook cauliflower florets until they are soft.
2. While that is cooking, coat a pan with cooking spray and brown turkey sausage.
Add onions, garlic and green. Toss together and cook until greens start to wilt.
Add chicken broth.
3. Drain cauliflower and place back in the pot.
Add turkey veggie mixture and the ricotta cheese. Mix together.
4. Spray a casserole dish with cooking spray and add cauliflower turkey mixture.
Top with parmesan cheese.
5. Cook at 425 for 10-15 minutes.

4 SERVINGS

1 SERVING =



1/4



Spaghetti Squash Lasagna

Ingredients

2 1/3 cups of spicy Italian turkey sausage, casings removed
1 cup of ricotta cheese
1 1/2 cups of homemade tomato sauce (recipe on p4)
1 cooked spaghetti squash
2/3 cup of mozzarella cheese

Directions

1. Brown the turkey sausage until no longer pink.
2. While turkey is cooking, discard seeds from the squash and remove your “spaghetti”.
3. Spray a casserole dish with a little cooking spray. Begin the layering process!
4. Oh – you should preheat your oven to 375. Silly me!
5. First, spoon about half of your sauce on the bottom of the casserole dish.
6. Then add the spaghetti squash.
7. Next comes the sausage.
8. Follow up with about 1/4 cup sauce and about 1/3 cup of the mozzarella cheese.
9. Now add the ricotta.
10. And finally top with remaining sauce and the rest of the mozzarella.
11. Bake until cheese is melty and bubbly – probably about 15 mins.

If you want your cheese to brown more, increase time or raise temp to 400. Just keep an eye on it!

SERVES 4

1 SERVING =



My Confession.

I confess. I have always been obsessed with food.

It's not my fault. It's in my blood. I come from a long-line of amazing home cooks and even more impressive eaters.

It's not just cooking and eating. I love the look of food. The smells. The little gourmet grocery store in my town, where I could spend all day.

And after completing a round of the 21 Day Fix and realizing I could still make delicious meals and not feel deprived, I was hooked.

It also became clear to me healthy meal prep is an area most people need help with.

So my hope is that *Confessions of a Fit Foodie* will inspire and empower you in the kitchen, whatever your health and fitness goals may be!

For more information on clean eating, proper portions, and the 21 Day Fix, please feel free to contact me at trueconfessionsofafotfoodie@gmail.com or follow me on [Facebook](#).



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Pinterest Friendly - Yes you can pin my photos!

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For inquiries regarding The 21 Day Fix and future accountability groups, please contact trueconfessionsofafitfoodie@gmail.com.

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