

10

# Healthy Meals In 10 Minutes or Less!

*...and They  
Taste Terrific!*



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## **Let's Get Started**

Dear Friend,

Nutrition is - for my money - the #1 factor for body transformation. It's true, you really are what you eat.

Now you know this, and you probably know the difference between what's good and what's bad for you too... The problem is, the bad stuff is just so much easier to get a hold of, and so much tastier.

...Or is it?

What if I could give you 10 recipes that take just 10 minutes to prepare (less than it takes to get to the drive-thru and back) and taste even better than a greasy burger and fries... With amazing health benefits too?

You could get into the healthy habit of eating right, and transform your body in record time, right?

Well, then no more excuses.

Because here are 10 Healthy Meals, In 10 Minutes or Less...And They Taste Terrific!

## Chicken Caesar Wraps

(Serves 2)

### Ingredients:

2 x cup Caesar Salad Mix  
2 x 4 oz. Chicken Breasts Cooked  
1 x cup Shredded Parmesan Cheese  
1 x cup Sliced Mushrooms  
1 x tablespoon Light Mayo  
2 x Tortilla Wraps (whole-wheat)



### Directions:

1. Heat tortillas
2. Chop chicken and toss with salad
3. Mix mushrooms, cheese and a spoonful of mayo in with the salad and chicken
4. Roll up mix in heated tortillas and serve

#### Per Serving:

*Calories: 385*

*Protein: 31.6 g*

*Carbohydrates: 26.5 g*

*Fat: 15.5*

*Cholesterol: 75.5 mg*

*Sodium: 674.5 mg*

*Fiber: 2.9 g*

## Red Bean Avocado Salad

(Serves 2)

### Ingredients:

1/2 Can Red Kidney Beans  
1/2 Can Garbanzo Beans  
1/2 Medium Tomato  
1/3 Avocado  
1/2 cup Shredded Carrot  
1/4 x Red Onion  
1 x tablespoon Zesty Italian Dressing



### Directions:

1. Rinse kidney and garbanzo beans
2. Chop tomato into pieces
3. Dice onion
4. Mix all ingredients in a large bowl, top with dressing and serve

#### *Per Serving:*

*Calories: 194*

*Protein: 7.8 g*

*Carbohydrates: 27.3 g*

*Fat: 6.9*

*Cholesterol: 0 mg*

*Sodium: 290 mg*

*Fiber: 10.5 g*

## Crab Tostados

(Serves 2)

### Ingredients:

6 x Crisp Corn Tortillas  
1/2 x cup Guacamole  
2 x cup boiled Crabmeat  
1 x cup Salsa  
1 x Lime



### Directions:

1. Heat tortilla in microwave for about 20 seconds
2. Add guacamole to tortilla, then crabmeat, then salsa
3. Squeeze of lime and serve

### *Per Serving:*

*Calories: 525*

*Protein: 19.5 g*

*Carbohydrates: 83 g*

*Fat: 21.1 g*

*Cholesterol: 30 mg*

*Sodium: 1548 mg*

*Fiber: 8.5 g*

## Ham and Pasta

(Serves 2)

### Ingredients:

2 Cups Cooked Pasta  
1 Cup Lean Diced Ham  
1 x tablespoon Olive Oil  
1/2 x cup Chopped Onion  
2 x Garlic Cloves  
1 Medium Tomato  
6 Oz. Spinach  
Black pepper



### Directions:

1. Heat olive oil in skillet and add ham, cook for about 6 minutes
2. Add onions to skillet with ham for another 2 minutes
3. Next add garlic (minced)
4. Chop tomato
5. Just before serving add tomatoes and spinach
6. Toss with pasta and season with pepper

#### *Per Serving:*

*Calories: 456*

*Protein: 29.7 g*

*Carbohydrates: 50.7 g*

*Fat: 14.6 g*

*Cholesterol: 63.5 mg*

*Sodium: 111 mg*

*Fiber: 5.7 g*

## Broiled Halibut

(Serves 2)

### Ingredients:

2 x 4oz Halibut Fillets  
12 Oz Low fat yogurt  
1/4 x cup Lemon Juice  
1 x Clove Garlic crushed  
Salt  
Pepper



### Directions:

1. Mix yogurt, lemon juice, garlic, salt and pepper in bowl
2. Line broiler pan with foil and place fillet with skin side down. Spread half of yogurt sauce over fillets and place under broil until topping is golden
3. Serve with warm yogurt sauce as side

#### Per Serving:

*Calories: 279*

*Protein: 39.6 g*

*Carbohydrates: 17.2 g*

*Fat: 5.8 g*

*Cholesterol: 61 mg*

*Sodium: 219 mg*

*Fiber: .45 g*

## Steak Salad

(Serves 2)

### Ingredients:

8 Oz Flank Steak  
6 Oz Field Greens  
2 Tbsp. Olive oil  
¼ Cup Lemon Juice  
Salt  
Pepper



### Directions:

1. Pan grill steak, 3-4 minutes each side
2. Sprinkle steak with salt & pepper then slice
3. Mix with salad, drizzle with olive oil and lemon then serve

### Per Serving:

*Calories: 412*

*Protein: 33 g*

*Carbohydrates: 6.7 g*

*Fat: 28.7 g*

*Cholesterol: 81 mg*

*Sodium: 112.3 mg*

*Fiber: 4.2 g*

## The Waldorf

(Serves 2)

### Ingredients:

2 oz. Walnuts  
1 x Apple  
1 x cup diced Celery  
6 oz. Field Greens  
1 x tablespoon Olive oil



### Directions:

1. Chop walnuts, apple and celery
2. Toss chopped pieces with salad mix and olive oil
3. Serve

### Per Serving:

*Calories: 301*

*Protein: 6.6 g*

*Carbohydrates: 13.4 g*

*Fat: 27.2 g*

*Cholesterol: 0 mg*

*Sodium: 82 mg*

*Fiber: 7.5 g*

## Fresh Tomato Pasta

(Serves 2)

### Ingredients:

- 1 x Tomato
- 2 x Cups Cooked Spaghetti
- 1 x tablespoon Olive Oil
- 1 x clove Garlic
- 1/4 x cup Shredded Parmesan Cheese

### Directions:

1. Cook pasta
2. Chop tomatoes and cook with oil and garlic until tender
3. Mix tomatoes and pasta, top with parmesan and serve



### Per Serving:

*Calories: 332*

*Protein: 11.8 g*

*Carbohydrates: 44.2 g*

*Fat: 12.2 g*

*Cholesterol: 12.5 mg*

*Sodium: 206.5 mg*

*Fiber: 3.3 g*

## Salmon Teriyaki With Pineapple

(Serves 2)

### Ingredients:

2 x 4 oz. Salmon Fillet  
2 x tablespoon Sake  
1 x teaspoon Sugar  
1 x tablespoon Soy Sauce  
8 x Pineapple Chunks  
Water



### Directions:

1. Sear salmon fillet in skillet (couple of minutes for each side)
2. Remove salmon from skillet and add a splash of water, sake, a little sugar and soy sauce
3. When mixture is thick return salmon to skillet with pineapple chunks and turn until done.
4. Serve

#### *Per Serving:*

*Calories: 290*

*Protein: 26.3 g*

*Carbohydrates: 10.5 g*

*Fat: 14.1 g*

*Cholesterol: 71 mg*

*Sodium: 357 mg*

*Fiber: .5 g*

## Veggie Burger

(Serves 2)

### Ingredients:

2/3 x cup Black Beans  
1/4 x Onion  
1/4 x cup Rolled oats  
1 x teaspoon Chili powder  
1 x Small Egg  
Salt to taste  
Pepper to taste  
2 x Burger Bun  
4 x Lettuce Leaf



### Directions:

1. Add all ingredients into a food processor until mushy (not including bun and lettuce)
2. Remove and shape into burgers (add water or oats to mixture if needed)
3. Cook in oil, about 3 minutes for each side
4. Serve in bun with lettuce

#### Per Serving:

*Calories: 327*

*Protein: 15.3 g*

*Carbohydrates: 60.3 g*

*Fat: 7.3 g*

*Cholesterol: 106.5 mg*

*Sodium: 635.3 mg*

*Fiber: 8.3 g*

## **What To Take Away From This Report:**

So - yes! - there is such a thing as great tasting, healthy fast food.

What's important for you to know though, is to actually *try these recipes*. And get into the habit of eating more healthily. Like I said, there really are no excuses.

10 minutes or less, that's all it takes for these amazing meals!

Whatever your health goals are, nutrition is so important. Yet it's the one thing many people overlook. And that's why many people struggle with their health.

Of course exercise is crucial too. The two go hand in hand. And if you would like help with both, I encourage to take advantage of your free fitness diagnostic consult below. If you found this report valuable, imagine how much more I can help you...

**\$49.00 value**

## **FREE FITNESS & WEIGHT LOSS DIAGNOSTIC CONSULTATION**

***Expires in 30 days, claim right now!***

\_\_\_ **Yes!** I want to schedule a private consultation with you to discuss hiring you as my coach. I understand that your services are “in-demand” and your time is limited. That’s why I’m acting now to take advantage of this gift certificate (a \$49 value) and requesting to schedule a private Body Diagnostic Consultation with you at your next available appointment.

During my Body Diagnostic Consultation you will give me a complete fitness assessment, and then share exactly what I need, to get in the best shape of my life. Including:

- Specific to me information from a qualified expert
- Finally! Actionable advice on how I can achieve my health & fitness goals
- The opportunity to sign on with you as a client and get fit and healthy once and for all. If there's availability, I understand you are the premiere health & fitness experts in town, and demand is huge!
- ***And so much more!***

I’m sick of wasting my time on false solutions and promises that don’t deliver. I’m ready to commit 100% to do what it takes to achieve my goals and take action now.

Furthermore, I understand that if I’m able to hire you as my personal coach, my success is 100% guaranteed. I’m not only going to get maximum health, fitness, and weight loss results in minimum time, but I’m going to build a solid foundation to ensure I maintain my results FOR THE REST OF MY LIFE!

That is why I am calling your office right away to claim this gift certificate and schedule me Body Diagnostic Consultation..

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## ***How To Choose A Personal Trainer***

### **A Guide To Making An Informed Decision So Results Come Quickly And Last Forever**

Okay- you've decided it's time to "get in shape".

Finally, you're ready to look better and feel better the sensible way- through nutrition and exercise. Because time and experience has shown you the truth...

Diets don't work, ab gizmo's don't work and infomercials are a joke.

You're finally ready to get real and transform your body once and for all.

You've heard the amazing success stories, watched many a late night episode of "Extreme Makeover", read about the celebrities secret weight loss weapon...

And have decided to seek out the guidance of a *personal trainer*.

But not all personal trainers are created equal, so how do you find the right personal trainer for YOU?

#### ***1. They must be certified by a nationally accredited institution.***

The gold standard for certification agencies are the American Council on Exercise, National Strength & Conditioning Association, and American College of Sports Medicine.

A qualified trainer should at minimum have a certification with one of these agencies. But that just means they've passed the "baseline of

standards” to call themselves a personal trainer. It does not mean they are good at what they do or can deliver a specific result. There is a big difference between a “trainer” and a “fitness professional”.

## ***2. They should do more than just “take you through a workout”***

Top quality fitness professional does more than just “take you through a workout”. Anyone can count to 15 by themselves and hold a clipboard.

Look for a coach who will educate you about all the components necessary to achieve optimal health and a fitness result. Your trainer should review nutrition education with you, educate you about proper supplementation, review resistance training (whether that be balance training, core work, Stability balls, medicine balls, etc.), Cardiovascular exercise to maximize fat burning, flexibility to avoid injury and speed recovery, and really walk you through all the steps that encompass the “mental development” side.

Goal setting, putting together a plan of action, and then holding you accountable and supporting you through the entire process is absolutely critical to your success.

## ***3. Ask for Proof of Results***

A top fitness pro should be able to do more than just talk about results- they should be able to prove they deliver. Ask for proof of client results. Do they have before & after photos of clients, testimonials, references? Can you speak with a client to inquire about their experience working with them? If a fitness pro can't offer this kind of concrete proof than be careful.

#### **4. Ask for a Guarantee**

According to a Consumer Reports study there is more dissatisfaction in the diet industry than any other industry. That's crazy. Think about it- if you took your car to a mechanic you'd expect it to be fixed- not come back with 2 or 3 pings and a loose belt!

Working with fitness professionals should be the same as any other industry. If they aren't willing to guarantee your results then find someone who will. Spending your time and energy without a guarantee of results is like going to that terrible mechanic!

Don't waste your money or more importantly your time working with someone who can't offer an iron clad guarantee of your success.

#### **5. Look for someone who will empower you for life!**

A great fitness coach will do more than just help you to achieve your goals. A true professional will teach you the foundation of knowledge so you will no longer be lost in the "sea of confusion" when it comes to all the diet and exercise hype.

The foundation of knowledge and correct technique you'll learn will allow you to maintain your results for life!

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