



7 SUPER SIMPLE

- and healthy -

MEALS

THE  **EDGE**
TOTAL HEALTH TRANSFORMATIONS®

WELCOME TO THE EDGE!

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 Simple, Delicious... and Healthy options for dinner this week.

Healthy Tip: If you can... try to save your "animal protein" meal for dinner. Have fruit for breakfast and a salad (no meat) for lunch. This way, you have something to look forward to at night and you will be doing your health, and digestive system, a favor!

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. That is exactly what I do! Yay for time efficiency!

Be sure to Follow us on [Facebook](#) where we share important healthy lifestyle tips and information that will enable you to Take Control of Your Health in a way you never have!

I hope you love the recipes.

Bon Appétit!

To Your Health,



"Coach Ree"

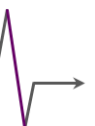
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#1: Italian Baked Snapper

*** Wild Caught Fish & Organic Ingredients are best! ***

Makes 4 servings

Ingredients:

- 1 lb. Red Snapper (rinsed and pat dry)
- 3 garlic cloves, minced or crushed
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. Italian seasoning
- 2 tsp. fresh coarse ground black pepper
- 1 tsp. salt
- 2 Lemon wedges
- 1/3 cup white wine (optional)

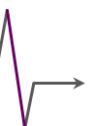
Directions:

1. Preheat oven to 450F°.
2. In a small bowl, combine garlic, olive oil, salt, and black pepper.
3. Place fish in a shallow glass or ceramic baking dish.
4. Brush fish with oil mixture. (Optional) Pour wine over fish.
5. Bake fish for 15 minutes, then sprinkle with Italian seasoning. Continue to bake for 5 more minutes (or until the fish flakes easily).
6. Drizzle remaining pan juices over Snapper and garnish with lemon wedges.



ENJOY!

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#2: Cod Baked in Parchment Paper

*** Wild Caught Fish & Organic Ingredients are best! ***

Makes 2 servings

Ingredients:

- 2ct 6 oz cod fillets
- 16 spears asparagus
- 2 dashes salt & pepper (Pink Himalayan Sea Salt preferred)
- 1 lemon, sliced
- 2 cup steamed rice (brown rice is healthier option)
- 4 tbsp pesto (make sure it is made with olive oil)

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.
5. Bake for about 20 minutes. Open carefully as steam will escape. Cod is done when it flakes easily with a fork.
6. Discard lemon and serve cod and asparagus on a cup of steamed white rice and add a tablespoon of pesto onto each.



ENJOY!

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#3: Asparagus & Mushroom Pesto Spaghetti Squash

*** Organic Ingredients Only! ***

Makes 2 servings

Ingredients

- 1 spaghetti squash
- 2 tablespoons olive oil
- 1 teaspoon Pink Himalayan Sea Salt
- 1 teaspoon pepper

Filling

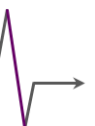
- 1 tablespoon oil
- 1 lb mushroom, sliced
- 1 cup asparagus, cut in half or inch size pieces
- 1 tablespoon garlic, minced
- 1 teaspoon Pink Himalayan Sea Salt
- 1 teaspoon pepper
- 4 tbsps pesto



Directions

1. Preheat oven to 400°F (200°C).
2. With a sharp knife, slice the squash in half. If the squash is too tough, puncture in several places forming a dotted line around the squash. Microwave for 3-5 minutes to soften. Allow to cool before cutting in half.
3. Scoop out the seeds, brush with oil, and sprinkle with salt, and pepper. Bake for 40-45 minutes, or until a fork can easily pierce the skin.
4. Meanwhile, in a blender combine basil, olive oil, vegetarian Parmesan cheese, garlic, pine nuts, and salt. Set aside. (If making pesto from scratch)
5. In a pan add the olive oil and garlic over medium-high heat, sauté 30 seconds-1 minute, add in mushrooms and cook for 3 minutes. Add asparagus and stir until cooked. (If adding onion, sauté that in olive oil first for about 5 minutes and then pick up this step from there).
6. Remove squash from the oven, with a fork pull at the edges to produce that stringy “spaghetti” quality until you’ve completed both of them.

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7. In the mushroom and asparagus pan add in the “spaghetti” and pesto and mix. Fill the squash shell with the mix and serve. Garnish with parmesan if desired.

ENJOY!

#4: Chickpea Curry

*** Organic Ingredients Only ***

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 (Pink Himalayan Sea Salt preferred)
- 2 cans of chickpeas, drained and rinsed (BPA Free)
- 2 cans diced tomatoes (glass or BPA Free can only)
- 4 cups steamed white rice (brown rice is healthier option)

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.

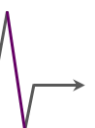


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#5: Roasted Zucchini Noodles *** Organic Ingredients Only! ***

Makes 4 servings

Ingredients:

- 7 medium/small zucchinis spiralized on the thinnest setting
- 3 garlic cloves very thinly sliced
- 1 small red onion cut in half and thinly sliced into half rings
- 3/4 tbsp avocado oil
- cooking oil spray (preferably avocado or olive oil) - salt and pepper to taste



Directions:

1. Preheat oven to 400 degrees
2. Line a large baking sheet with parchment paper (optional - spray with olive oil)
3. Cut out a rectangle of parchment paper, fold it in half, place sliced garlic in middle of folded rectangle, placed sliced onion on top of the garlic, drizzle with oil then seal the rectangle tightly into a packet.
4. In a large mixing bowl, toss the spiralized zucchini noodles with olive oil and then spread out on the baking tray.
5. Nestle the garlic and onion packet in the middle of the tray (move the noodles aside)
6. Place the baking tray in the oven in lower middle rack for 25-30 minutes
7. At the 25-minute mark test the noodles with a fork, if it looks like they might be starting to burn, remove them from oven, but return the onion and garlic packet back to the oven for 5 minutes more
8. Take noodles out, sprinkle with salt pepper and red chili flakes if you want to add a spicy kick.
9. Remove garlic and onion packet from oven, let sit sealed for 5 minutes, then open and toss garlic and onion with the noodles.

These noodles are fantastic as is but sprinkling some Parmesan, with some fresh basil takes it over the top! You can even add some of your favorite marinara!

ENJOY!

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#6: Creamy Potato & Spinach Soup

*** Organic Ingredients Only! ***

Makes 2 servings

Ingredients:

- 3 cups raw washed spinach,
- 3 cups vegetable stock,
- 6 medium white potatoes,
- 3 cloves garlic,
- 3 heaping tablespoon ground flax seeds,
- Handful of pumpkin seeds for garnish (optional)

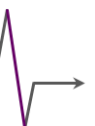
Directions:

1. In a pot over medium heat sauté garlic with a splash of vegetable stock.
2. Peel the potatoes and then chop them into small cubes. (you can leave the skin on if desired)
3. Add the potato cubes to pot with the rest of the stock and bring to boil.
4. When it starts to boil reduce heat and simmer until the potatoes are fully cooked.
5. Add ground flax seeds and spinach and simmer on low heat for additional 2 minutes.
6. Remove the pot from heat and let soup to chill for about 10 minutes.
7. Carefully, purée the soup to a semi-smooth consistency using a handheld blender at the lowest setting.
8. You can garnish the soup with pumpkin seeds and enjoy!



ENJOY!

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#7: Leftover Vegetable Soup Recipe

*** Organic Ingredients Only! ***

Serves: 14 cups

Ingredients

- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup diced carrots
- 4 cups chopped cabbage (approx. ¼ head of cabbage)
- 1 cup green beans (1" pieces)
- 2 whole bell peppers, chopped
- 1 can (28 oz) diced tomatoes (glass or BPA Free can)
- 6 cups organic vegetable broth
- 2 tablespoons tomato paste
- 2 bay leaves
- ½ teaspoon each thyme & basil
- Pink Himalayan Sea Salt and pepper to taste
- 2 cups broccoli florets
- 2 cups sliced zucchini
- 1 Tbsp olive oil

Directions

1. In a large soup pot drizzle bottom with olive oil and cook onion over medium heat until slightly softened.
2. Add garlic and cook for 2 minutes – do not let burn.
3. Add vegetable broth and all other ingredients.
4. Bring to a boil then reduce heat to medium
5. Cook for 20 minutes or until vegetables are as soft as you desire.
6. Remove bay leaves before serving.



You can also add in leftover chicken or turkey or even ground turkey along with cooked brown rice, quinoa, potatoes or beans.

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