

5 Quick Dinner Meals



THE MOMENTUM MAKER

Hi, I'm Julie!

I spent the last 10 years of my life dedicated to the science of mind, science of movement and the science of menu to develop the Momentum Maker's Method, of which a huge part is our Nutrition. So I have created this guide for you to not only have an easy and affordable shopping list, but quick dinner meals so you don't end up late night binging or opting for take out because you didn't plan or prep properly.

Simply shop for the ingredients listed on the next page, follow the recipe and scan the barcode at the bottom to add into MyFitnessPal app to accurately track your nutrition.

I hope this helps you and I can't wait to share more tips with you!

xJulie



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5 Quick Dinner Meals

Grocery Shopping List

Stuffed Bell-Peppers

Frozen cauliflower rice (8oz)
Bell peppers (6-8)
1 pound of protein (ground turkey, beef, plant-base protein)
Onion
Marinara jar
White sharp cheddar cheese

Oven Roasted Chicken and Veggies

2 medium chicken breasts
Bell-pepper, (any color)
Onion
Zucchini
Broccoli florets
Tomatoes
Olive oil
Salt and pepper
Italian seasoning and paprika

Mexican Casserole

1 lb Ground turkey
Olive oil
Red bell-pepper
Red onion
Salt and pepper
TraderJoe's Chili-Lime seasoning (optional)
Cumin
Dried Oregano
Salsa
White sharp cheddar cheese
Fresh cilantro (for garnish)

Quick All-In-One Dinner Bowl

Ground meat (beef, chicken, turkey or plant-base)
Trader Joe's Riced Cauliflower Stir Fry or any pack of frozen veggies (1 pack)
Broccoli (1 cup)
Celery sticks
Olive oil
Salt and pepper

Mediterranean Chicken Salad

1 3/4 lbs.bonesless, skinless chicken breast
Butter
Salt and pepper
Romaine lettuce
Cucumber
Cherry tomatoes
Kalamata olives
Reduced-fat feta cheese
Lemon



Recipes

Stuffed Bell-Peppers

These stuffed peppers are filled with a delicious cauliflower rice mixture and topped with marinara and optional melted cheese! Low carb and packed with flavor, it's a quick and easy dinner that happens everything you need all in one meal! Friendly to all eating preferences, great for any time of the day and the leftovers are just as good.

Prep Time: 30 minutes, Cook Time: 30 minutes, Total Time: 1 hour
Total Servings: 6-8

Ingredients

8oz pack of frozen cauliflower rice
6-8 bell peppers
1 pound of protein (ground turkey, beef, plant-base protein for example impossible meat)
1 small onion (chopped)
1 jar of marinara sauce
2-4oz white sharp cheddar cheese (shredded - optional)

Directions

1. Preheat oven to 375 degrees F.
2. Start by sautéing the cauliflower rice in a skillet and set to the side.
3. In a separate pan, cook protein thoroughly (depending on what you're cooking it can take from 5-20 minutes). Add chopped onions and cook for an additional 5-10 minutes or until onions are soft. Drain fat if applicable.
4. Place cook protein mixture into a large bowl, along with the cauliflower rice and around 1/2 of marinara jar. If you want a gooey middle, add shredded cheese to the mixture.
5. Wash each bell-pepper and cut them in half, down the middle. Clean the inside by getting rid of the seeds and any lining.
6. Once the peppers are hollow, fix each half pepper with the filling mixture. Sprinkle additional marinara sauce on top and/or cheese. You might have leftover mixture and that's ok. You can save it to have separately or make more at a later time.
7. Place in oven and cook until peppers are showing softness, brown on top and cheese is melted (roughly around 30-45 minutes, depends on your oven).
8. Let cook for a few minutes then enjoy!



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Quick All-In-One Dinner Bowl

Need a quick and easy recipe that only takes minutes and has both your veggies and protein all in one bowl?

This all-in-one bowl recipe is great when you're not in the mood to cook or don't have a lot of time. Make this in bulk and you'll have leftovers. Great for any meal of the day!

Prep Time: 5 minutes, Cook Time: 15-20 minutes, Total Time: 20-30 minutes

Total Servings: 4-6

Ingredients

1lb of ground meat (chicken, turkey, beef) or impossible meat (plant-base)

1 pack of Trader Joe's Riced Cauliflower Stir Fry or any pack of frozen veggies

1 cup broccoli chopped (optional)

1/2 cup celery chopped (optional)

1 tbsp of olive oil

Salt and Pepper to taste

Directions

1. Place a large skillet over medium high. Place the olive oil and meat of choice. Cook until brown (~10 minutes).
2. Place fresh veggies first (broccoli and celery). Cook for about ~10 minutes or until you see the veggies cooked through.
3. Add frozen veggies and cook until water evaporates.
4. Add salt and pepper to taste. Optional - any other additional favorite sauces can be added too.
5. Serve while warm and enjoy!



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Mediterranean Chicken Salad

This chicken salad is fast, easy and delicious. Great for both lunch and dinner meals.

Prep Time: 5 minutes, Cook Time: 25 minutes, Total Time: 30 minutes
Total Serving: 2-3

Ingredients

For Chicken:

1 $\frac{3}{4}$ lbs. boneless, skinless chicken breast

1 $\frac{1}{2}$ tbsp butter, (melted)

$\frac{1}{4}$ tsp each (or less) salt & pepper

For Mediterranean Salad:

6 cups romaine lettuce, torn or roughly chopped

1 cup sliced cucumber

1 pint cherry tomatoes, (halved)

10 pitted Kalamata olives

$\frac{1}{3}$ cup reduced-fat feta cheese

1 small lemon, juiced (about 2 tbsp lemon juice)

$\frac{1}{4}$ tsp each (or less) salt & pepper

Directions

1. Pre-heat grill or oven to 350 degrees F.
2. Season chicken with butter, salt, and black pepper.
3. Grill or roast chicken until it reaches an internal temperature of 165 degrees F, about 25 minutes. Once chicken breasts are cooked, remove and set aside to rest (about 5 minutes) before slicing.
4. Meanwhile, combine all of the salad ingredients and toss well.
5. Serve chicken with Mediterranean salad.



Mexican Casserole

This casserole has a lot of great flavors and has your protein and veggies all in one dish.

This is also great for

those batch cooking nights when you know you need extra for the next few days. Great for both lunch and

dinner.

Prep Time: 5 minutes, Cook Time: 50 minutes, Total Time: 55 minutes

Ingredients

- 1 Lb Ground Turkey
- 2 Tbsp Olive Oil
- 1 Red Bell Pepper, (chopped)
- 1 Red Onion, (chopped)
- 2 Tsp Kosher Salt
- 1 Tsp Pepper
- 1 Tsp Trader Joe's Chili Lime Seasoning
- 1 Tbsp Cumin
- 1-2 Tsp Dried Oregano
- 1 Cup Salsa spicy or mild, depending on preference
- 1 Cup Sharp Cheddar Cheese shredded (white)
- Fresh Cilantro to garnish

Direction

1. Preheat oven to 350 degrees F.
2. Heat olive oil (2 tablespoons) over medium heat in a large pan (I like to use a 9" oven-safe skillet so I use only one pan for the entire recipe!). Once shimmering, add red bell pepper (1 chopped), red onion (1 chopped), salt (2 teaspoons), and pepper (1 teaspoon). Sauté until softened.
3. Add the chili lime, cumin, and dried oregano, and toast until fragrant - about 2 minutes.
4. Remove pan from heat and add salsa and 1lb ground turkey. Stir to combine.
5. If you aren't using an oven-safe pan, transfer ingredients to an 8x8 casserole dish.
6. Evenly spread the shredded cheese on top.
7. Bake in preheated oven for 30 minutes, or until casserole is warmed all the way through and the cheese has lightly browned. Top with cilantro and enjoy!



Oven Roasted Chicken and Veggies

This all-in-one meal makes it easy to make, not a lot of prep time, with lots of flavor and delicious.

Prep Time: 5 minutes, Cook Time: 15 minutes, Total Time: 20 minutes
Total Servings: 2

Ingredients

2 medium chicken breasts, (chopped)
1 cup bell-pepper, (chopped – any color you like)
½ onion, (chopped)
1 zucchini, (chopped)
1 cup broccoli florets
½ cup tomatoes, (chopped)
2 tbsp olive oil
½ tsp salt
½ tsp pepper
1 tsp Italian seasoning
¼ tsp paprika

Direction

1. Preheat the oven to 500 degrees F.
2. Chop all the veggies into large pieces. In another cutting board chop the chicken into cubes. Place the chicken and veggies into a bowl. Add the olive oil, salt, pepper, Italian seasoning and paprika. Toss to combine.
3. Transfer the mixture into a roasting dish or sheet pan.
4. Bake for 15 minutes or until the veggies are charred and chicken is cooked. Remove from oven and enjoy!



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