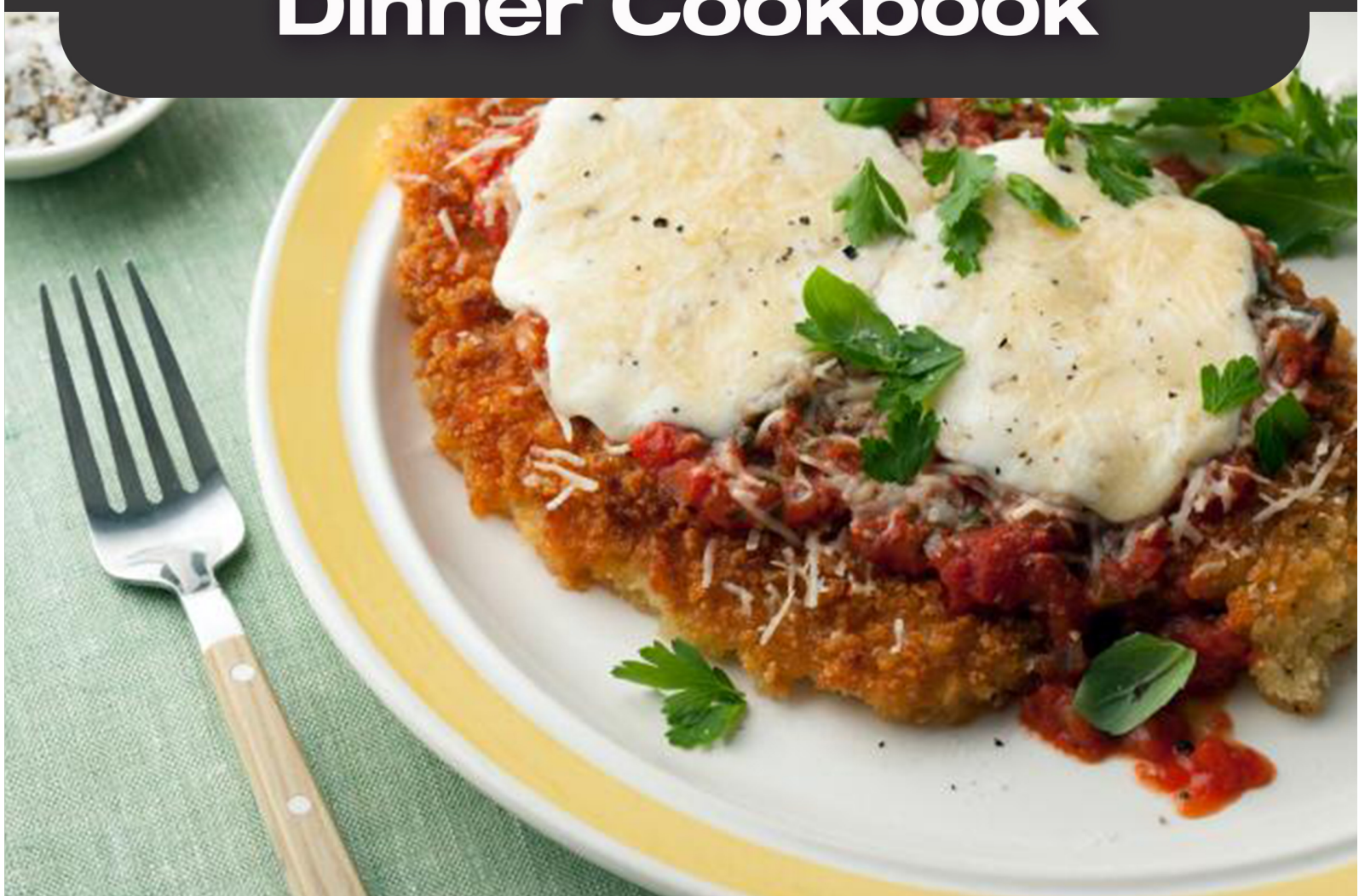


# 4-MINUTE FIX

**Dinner Cookbook**



**Meredith Shirk, CPT**

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

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# WARMING TURKEY SOUP

**Preparation – 15  
minutes Cooking – 10**

8 Servings

## Ingredients

- 3 tbsp. extra-virgin olive oil
- 2 lbs. lean ground turkey
- 2 medium onions, chopped
- 1 large celery stalk, chopped
- 4 small garlic cloves, chopped
- 1 Serrano pepper, chopped
- 1 tsp. ground cumin
- 1 tsp. dried oregano, crushed
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 2 cups tomatoes, chopped
- 5 cups low-sodium chicken broth
- 1 ripe avocado, peeled, pitted, and cubed
- Sea salt and freshly ground black pepper, to taste

## Instructions

- In a large soup pan, heat oil on medium heat.
- Add turkey and cook for about 4-5 minutes.
- Add onions and celery and sauté for about 5-6 minutes.
- Add garlic, Serrano, cumin and oregano and sauté for about 1 minute.
- Stir in cauliflower, broccoli and tomatoes and cook for about 2-3 minutes.
- Add broth and bring to a boil.
- Cook, covered for about 30-40 minutes.
- Stir in avocado, salt and black pepper and cook for about 5 minutes.
- Serve hot.



# GORGEOUS LAMB & GREEN PEAS

**Preparation – 15  
minutes Cooking – 45**

4 Servings

## Ingredients

- 2 tbsp. extra-virgin olive oil
- 1 lb. grass-fed lean ground lamb
- 1 onion, chopped
- 3 garlic cloves, minced
- ½ tbsp. fresh ginger, minced
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- ¼ tsp. ground turmeric
- 2 medium tomatoes, seeded and chopped finely
- Salt and freshly ground black pepper, to taste
- 2¼ cups frozen green peas
- ¼ cup fresh cilantro, chopped

## Instructions

- In a large skillet, heat oil on medium heat.
- Add lamb and cook for about 4-6 minutes or till it is no longer pink.
- Transfer the lamb into a large bowl.
- In the same skillet, add onion and sauté for about 4-5 minutes.
- Add garlic, ginger and spices and sauté for about 1 minute.
- Add tomatoes and cook for about 2-3 minutes, crushing with the back of spoon.
- Stir in the cooked lamb and reduce the heat to medium-low.
- Cook, stirring occasionally for about 8-10 minutes.
- Stir in peas and cook for 15-20 minutes.
- Garnish with cilantro and serve hot.



# SOPHISTICATED SALMON PARCEL

**Preparation – 5  
minutes Cooking – 8**

2 Servings

## Ingredients

- 1 lb. asparagus, trimmed and cut into 2" pieces
- 2 x 4 oz. boneless salmon fillets
- 2 garlic cloves, peeled and minced
- ½ tbsp. fresh dill, minced
- 1 tbsp. olive oil
- 1 tbsp. freshly squeezed lemon juice
- 2 tbsp. coconut aminos
- Sea salt and freshly ground black pepper, to taste
- 2 tbsp. scallions (green part), chopped

## Instructions

- Preheat the oven to 350 degrees F. Lightly, grease a large foil paper.
- Place asparagus in the center of prepared foil paper.
- Arrange salmon fillets over asparagus in a single layer.
- In a small bowl, add garlic, dill, oil, lemon juice, coconut aminos, salt and black pepper and mix till well combined.
- Place garlic mixture over salmon fillets and asparagus evenly.
- Fold the foil paper, rolling it down to create tent over salmon mixture.
- Roll the edges of foil tightly.
- Bake for about 15-18 minutes or till desired doneness.
- Serve salmon and asparagus, garnished with scallions.



# CELEBRATION LAMB CHOPS

**Preparation – 10  
minutes Cooking – 8**

4 Servings

## **Ingredients**

### Lamb Chops

- 2 tbsp. extra-virgin olive oil
- 2 garlic cloves, minced
- ½ tbsp. fresh rosemary, chopped finely
- ½ tbsp. fresh thyme, chopped finely
- ¼ tsp. ground cumin
- ¼ tsp. red pepper flakes, crushed
- 8 x 4oz. grass-fed lamb rib chops, trimmed
- Sea salt and freshly ground black pepper, to taste

### Caramelized Onion & Apple

- 1 tbsp. extra-virgin olive oil
- 4 medium apples, cored and sliced
- 2 large red onions, peeled and sliced
- Sea salt and freshly ground black pepper, to taste

## **Instructions**

- In a large skillet, heat oil on medium heat.
- Add garlic, rosemary, thyme, cumin and red pepper flakes and sauté for about 1 minute.
- Add lamb chops and sprinkle with salt and black pepper.
- Cook for about 3-4 minutes per side or till desired doneness.
- Meanwhile in another skillet, heat oil on medium-low heat.
- Add onions and apples and sprinkle with salt and black pepper.
- Cook for about 4-5 minutes and remove from heat.
- Divide lamb chops in 4 serving plate and top with apple mixture evenly.



# WEEKEND DINNER CHICKEN

**Preparation – 15  
minutes Cooking – 40**

4 Servings

## Ingredients

- 2 lbs. baby carrots, peeled
- 4 x 6oz. grass-fed chicken legs
- 1 tbsp. dried rosemary, crushed
- ½ tsp. paprika
- Sea salt and freshly ground black pepper, to taste
- 2 tbsp. extra-virgin olive oil

## Instructions

- Preheat the oven to 400F. Grease a large baking dish.
- Place carrots in the bottom of prepared baking dish.
- Place chicken legs over carrot in a single layer.
- Sprinkle with rosemary, paprika, salt and black pepper evenly.
- Drizzle with oil generously.
- Roast for about 40 minutes, tossing once after 20 minutes.





# SCRUMPTIOUS STUFFED STEAK

**Preparation – 20  
minutes Cooking – 40**

6 Servings

## Ingredients

- 1 x 1½lbs. grass-fed flank steak, trimmed
- Sea salt and freshly ground black pepper, to taste
- 1 tbsp. extra-virgin olive oil
- 2 small garlic cloves, minced
- 6oz. fresh spinach, chopped finely
- 1 medium green bell pepper, seeded and chopped
- 1 medium tomato, chopped finely

## Instructions

- Preheat the oven to 425F. Grease a large baking dish.
- Place flank steak onto smooth surface. Hold sharp knife parallel to work surface and slice steak horizontally, without cutting all the way through, so you can open it like a book. With a pounder, flatten steak to even thickness. Sprinkle with salt and black pepper evenly.
- In a skillet, heat oil on medium heat. Add garlic and sauté for about 1 minute.
- Add spinach, salt and black pepper and cook for about 2-3 minutes.
- Stir in bell pepper and tomato and immediately remove from heat.
- Transfer the spinach in a bowl. Let it cool slightly. Place the filling on the top of steak evenly. Roll up the steak to seal the filling.
- With cotton twine, tie the steak. Place the steak roll in prepared baking dish.
- Roast for about 30-35 minutes. Remove from oven and let cool slightly.
- With sharp knife, cut into desired slices and serve.





# ALL-IN-ONE BEEF SALAD

**Preparation – 20  
minutes Cooking – 15**

6 Servings

## **Ingredients**

### Steak

- 1½lbs. grass-fed sirloin steak, trimmed
- 1 tbsp. olive oil
- Sea salt and freshly ground black pepper, to taste

### For Sauce

- 1 tbsp. olive oil
- 1 garlic cloves, minced
- 1 Serrano pepper, chopped finely
- ¼ cup coconut aminos
- ¼ cup water
- 2 tbsp. fresh lemon juice
- Sea salt and freshly ground black pepper, to taste

### Salad

- ¼ cup green olives, pitted and sliced
- ¼ cup black olives, pitted and sliced
- 2 large seedless cucumber, peeled and chopped
- 2 large tomatoes, sliced
- 1 large red onion, sliced
- ¼ cup fresh parsley, minced

## **Instructions**

- In a bowl, place steak and coat with oil, salt and black pepper evenly. Keep aside for about 20-30 minutes.
- Preheat the grill to high heat. Grease the grill grate.
- Meanwhile, for sauce, in a small pan, heat oil on medium heat. Add garlic and Serrano pepper and sauté for about 1 minute.
- Add remaining all ingredients and bring to a boil.
- Cook, stirring continuously for about 2-3 minutes. Remove from heat and keep aside to cool completely.
- Cook the steak for about 5 minutes per side.
- Remove the steak from grill and keep aside for about 5-10 minutes before slicing.
- With a sharp knife, cut the steak in desired slices.
- Meanwhile in a large bowl, mix together all salad ingredients.
- Divide the salad in 6 serving plates evenly and top with steak slices evenly.
- Top with sauce and serve.



# FILLING SEAFOOD SOUP

**Preparation – 15  
minutes Cooking – 25**

6 Servings

## Ingredients

- 1 tbsp. olive oil
- ¼ cup white onion, chopped
- 2 garlic cloves, minced
- ½ tsp. fresh ginger, minced
- 2 fresh lime leaves
- 1 cup low-sodium fish broth
- 1 ¾ cups fat-free unsweetened coconut milk
- 1 tbsp. coconut aminos
- ½ lb. salmon, cut into chunks
- ½ lb. shrimp, peeled and deveined
- 1 tbsp. fresh lime juice
- 2 tbsp. fresh cilantro leaves, chopped

## Instructions

- In a large soup pan, heat oil on medium heat.
- Add onion and sauté for about 5 minutes.
- Add garlic, ginger and lime leaves and sauté for 1 minute.
- Add broth and coconut milk and bring to a boil.
- Reduce the heat to low and simmer for about 15 minutes.
- Add coconut aminos, salmon and shrimp and cook for about 3-4 minutes.
- Stir in lime juice and cilantro and serve hot.



# SUCCULENT LAMB STEW

**Preparation – 15 minutes**

**Cooking – 2 hours and 10**

8 Servings

## Ingredients

- 1 tsp. ground coriander
- $\frac{3}{4}$  tsp. ground cumin
- $\frac{1}{2}$  tsp. ground cinnamon
- $\frac{1}{2}$  tsp. cayenne pepper
- 2 tbs. coconut oil
- 3 lbs. lamb stew meat, trimmed
- Sea salt and freshly ground black pepper, to taste
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups low-sodium chicken broth
- 2 cups tomatoes, chopped finely
- 1 medium head cauliflower, cut into 1" florets

## Instructions

- Preheat the oven to 300F.
- In a small bowl, mix together spices and keep aside.
- In a large ovenproof pan, heat oil on medium heat.
- Add lamb and sprinkle with salt and black pepper.
- Cook for about 4-5 minutes or till browned from all sides.
- Transfer the lamb into a bowl.
- In the same pan, add onion and sauté for about 3-4 minutes.
- Add garlic and spice mixture and sauté for about 1 minute.
- Add cooked lamb, broth and tomatoes and bring to a gentle boil.
- Immediately, cover the pan and transfer into oven.
- Bake for about 1½ hours. Remove from oven and stir in cauliflower.
- Bake for about 30 minutes or till the cauliflower is cooked through.



# FIESTA CHICKEN WITH SALSA

**Preparation – 20  
minutes Cooking – 12**

4 Servings

## **Ingredients**

### Avocado Salsa

- 1 large avocado, peeled, pitted, and cubed
- 1 small cucumber, chopped
- 1 tomato, chopped
- ¼ cup red onion, chopped
- ¼ cup fresh cilantro leaves, chopped
- 2 tbsp. fresh lemon juice
- Sea salt and freshly ground black pepper, to taste

### Chicken

- 1 tsp. paprika
- 1 tsp. chili powder
- ½ tsp. ground cumin
- ½ tsp. garlic powder
- Sea salt and freshly ground black pepper, to taste
- 2 x 4oz. grass-fed, skinless, boneless chicken breasts
- 2 tbsp. coconut oil

## **Instructions**

- In a large bowl, mix together all salsa ingredients and refrigerate, covered before serving.
- For chicken in another large bowl, mix together all ingredients except chicken breasts.
- Add chicken breasts and coat with spice mixture generously.
- In a large skillet, melt coconut oil on medium heat.
- Add chicken and cook for about 10-12 minutes or till done completely.
- Serve chicken breasts with avocado salsa.



# CLASSIC GRILLED CHICKEN

**Preparation – 15  
minutes Cooking – 20**

6 Servings

## Ingredients

- ¼ cup extra-virgin olive oil
- 2 tbsp. fresh lemon juice
- 1 tsp. dried thyme, crushed
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 2 tsp. paprika
- 2 tsp. fresh lemon zest, grated finely
- Sea salt and freshly ground black pepper, to taste
- 1 x 4lbs. grass-fed whole chicken

## Instructions

- Preheat the grill to medium heat. Grease the grill grate.
- In a bowl, add all ingredients except chicken and mix till well combined.
- Place chicken on a cutting board, breast side down.
- With a sharp knife cut along the both sides of the back bone and then remove the back bone.
- Flip the breast side up and open it like a book.
- With the palm of your hands, press breast firmly to flatten.
- Coat the whole chicken with oil mixture generously.
- Grill for about 16-20 minutes, flipping once halfway.



# AWESOME VEGETABLE MEDLEY

**Preparation – 20  
minutes Cooking – 25**

8 Servings

## Ingredients

- 3 cups cauliflower florets
- 3 cups broccoli florets
- 2 cups carrots, peeled and sliced
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. fresh lemon juice
- 2 tsp. fresh rosemary, minced
- 1 tsp. red pepper flakes, crushed
- Sea salt and freshly ground black pepper, to taste

## Instructions

- Preheat the oven to 425F. Grease 2 large roasting pans.
- In a large bowl, add all ingredients and toss to coat well.
- Transfer the vegetables into prepared roasting pans evenly.
- Roast for 20-25 minutes.