

4-MINUTE FIX

Lunch Cookbook



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WINNER SALMON BURGERS

**Preparation – 10
minutes Cooking – 17**

5 Servings

Ingredients

- 12 oz. canned salmon, drained
- ½ cup onion, minced
- 1 garlic clove, minced
- 2 tbsp. fresh parsley, chopped
- 3 organic egg yolks
- ½ tsp. paprika
- Sea salt and freshly ground black pepper, to taste
- 2 tbsp. extra-virgin olive oil

For Serving

- 10 cups fresh baby greens

Instructions

- Preheat the oven to 350F. Line a large baking sheet with parchment paper.
- In a large bowl, add all ingredients except oil and mix till well combined.
- Make equal sized 10 patties from mixture.
- Place patties onto prepared baking dish in a single layer.
- Bake for about 15 minutes.
- Now, in a large skillet, heat oil on high heat.
- Remove salmon burgers from oven and transfer into skillet.
- Cook for about 1 minute per side.
- Serve with baby greens.



REFRESHINGLY TASTY SCALLOPS & ASPARAGUS

**Preparation – 10
minutes Cooking – 17**

4 Servings

Ingredients

- 1 bunch asparagus, trimmed
- 3 tbsp. fresh lemon juice, divided
- Sea salt and freshly ground black pepper, to taste
- 2 tbsp. coconut oil
- 2 tbsp. fresh parsley, chopped

Instructions

- In a large pan of boiling cook the asparagus for about 5-10 minutes or till tender crisp.
- Drain well and transfer into a bowl.
- Drizzle with 1 tablespoon of lemon juice and olive oil.
- Sprinkle with a little salt and black pepper and keep aside.
- In a skillet, melt, coconut oil on medium heat.
- Add scallops and sprinkle with salt and black pepper.
- Cook for about 1 minute per side.
- Drizzle with remaining lemon juice and remove from heat.
- Divide the scallops into serving plates and top with asparagus spears.
- Garnish with parsley and serve.



DIVINE CABBAGE

**Preparation – 15
minutes Cooking – 30**

4 Servings

Ingredients

- 1½ tsp. extra-virgin olive oil
- 2 garlic cloves, minced
- 1 onion, sliced thinly
- 3 cups green cabbage, chopped
- 1 cup fat-free, low- sodium vegetable broth
- Sea salt and freshly ground black pepper, to taste

Instructions

- In a large nonstick skillet, heat oil on medium-high heat.
- Add garlic and sauté for about 1 minute.
- Add onion and sauté for about 4-5 minutes.
- Add cabbage and sauté for about 3-4 minutes.
- Stir in broth, salt and black pepper and immediately, reduce the heat to low.
- Cook, covered for about 20 minutes.
- Serve warm.



AROMATIC ROASTED TOMATOES

**Preparation – 15
minutes Cooking – 20**

6 Servings

Ingredients

- 6 large tomatoes, halved
- Sea salt, to taste
- 2 tbsp. onion, chopped finely
- 3 garlic cloves, minced
- 1 jalapeño pepper, seeded and minced
- 1 tbsp. fresh rosemary, minced
- 1 tsp. fresh thyme, minced
- 1 tsp. fresh oregano, minced
- Freshly ground black pepper, to taste
- 2 tbsp. extra-virgin olive oil

Instructions

- Line a large plate with paper towel.
- Sprinkle the tomatoes with salt evenly.
- Arrange tomatoes in prepared plate, cut side down.
- Keep aside for about 30-40 minutes to drain completely.
- Preheat the oven to 425F. Grease a baking dish.
- In a small mixing bowl, mix together, onion, garlic, jalapeño pepper, fresh herbs and black pepper.
- Place tomatoes in prepared baking dish in a single layer, cut side up.
- Sprinkle with herb mixture evenly and drizzle with oil.
- Roast for about 20 minutes.



DELECTABLE VEGGIE NOODLES

**Preparation – 10
minutes Cooking – 11**

6 Servings

Ingredients

- 1½ tbsp. coconut oil
- ¼ cup red onion, chopped finely
- 3 small garlic cloves, peeled and minced
- 1 tbsp. fresh rosemary, chopped finely
- 1 jalapeño pepper, seeded and chopped
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ½ tsp. red pepper flakes, crushed
- 2 large carrot, peeled and spiralized with blade C
- 2 medium zucchinis, spiralized with blade C
- 2 medium summer squash, spiralized with blade C
- 2 tbsp. fresh lemon juice
- Sea salt and freshly ground black pepper, to taste
- ½ cup scallion (green part), chopped

Instructions

- In a large skillet, heat oil on medium heat.
- Add onion and sauté for about 2 minutes.
- Add garlic, rosemary, jalapeño pepper and spices and sauté for about 1 minute.
- Add carrot and stir fry for about 3-4 minutes.
- Add zucchini and summer squash and stir fry for about 3-4 minutes more.
- Stir in salt and black pepper and remove from heat.
- Transfer the vegetables into serving plates and drizzle with lemon juice.
- Garnish with scallion and serve immediately.



CROWD-PLEASING CURRY

**Preparation – 15
minutes Cooking – 10**

4 Servings

Ingredients

- 3 tsp. olive oil, divided
- 1 tsp. fresh ginger, minced
- 2 tsp. curry powder
- 1 tsp. ground cumin
- 16 oz. lite firm tofu, drained and cubed
- 3 cups fresh shiitake mushrooms, sliced
- ½ cup water
- 2 tsp. arrowroot starch
- ¼ cup fresh cilantro, chopped

Instructions

- In a large nonstick skillet heat 1½ tsp. of oil on medium heat.
- Add ginger, curry powder and cumin and sauté for about 1 minute.
- Add tofu and cook for about 2-3 minutes.
- Transfer tofu into a bowl.
- In the same skillet, heat remaining oil on medium heat.
- Add mushrooms and cook for about 5-7 minutes.
- In a bowl, mix together water and arrowroot starch.
- Stir in cooked tofu, arrowroot starch mixture and cilantro and cook for about 1-2 minutes or till desired thickness.



CRUNCHY VEGGIE SALAD

Preparation – 15 minutes

2 Servings

Ingredients

- 1 medium cucumber, chopped
- ¼ cup cherry tomatoes, halved
- ¼ cup black olives, pitted and halved
- ½ small orange bell pepper, seeded and chopped
- 2 tbsp. red onion, chopped
- ½ tsp. fresh parsley leaves, minced
- ½ tbsp. extra-virgin olive oil
- 1 tbsp. fresh lemon juice
- Sea salt and freshly ground black pepper, to taste
- 1 oz. fat-free feta cheese, crumbled

Instructions

- In a large serving bowl, add all ingredients except cheese and toss to coat well.
- Top with cheese and serve.



IRRESISTIBLE WARM SALAD

**Preparation – 15
minutes Cooking – 18**

6 Servings

Ingredients

- 6 sugar-free bacon slices
- 1 garlic clove, minced
- $\frac{3}{4}$ lb. Brussels sprouts, trimmed and sliced
- 1 tbsp. balsamic vinegar
- Sea salt and freshly ground black pepper, to taste
- 6 cups romaine lettuce, torn
- $\frac{1}{4}$ cup pecans, toasted and chopped

Instructions

- Heat a large nonstick skillet on medium-high heat.
- Add bacon and cook, stirring occasionally for about 8-10 minutes or till crisp.
- Transfer the bacon into a paper towel lined plate to drain and crumble it.
- Drain the excess fat, reserving 2 tablespoons in the skillet.
- Reduce the heat to medium-low.
- Add garlic and sauté for about 1 minute.
- Add Brussels sprouts and sauté for about 2-3 minutes.
- Cover and cook for about 2-3 minutes.
- Stir in vinegar, mustard, salt and black pepper and cook for about 1-2 minutes.
- Transfer the Brussels sprouts mixture in a large serving bowl.
- Add lettuce and mix.
- Top with bacon and pecans and serve immediately.



BRIGHT GREEN SOUP

Preparation – 15 minutes

4 Servings

Ingredients

- 1 avocado, peeled, pitted, and chopped
- 1 cucumber, peeled, seeded, and chopped
- 1 tbsp. onion, chopped
- 1 cup filtered water
- 1 tbsp. apple cider vinegar
- 1 tbsp. fresh lemon juice
- 1 tbsp. olive oil
- ¼ tsp. red chili powder
- Pinch of cayenne pepper
- Smoked paprika, as required

Instructions

- In a high-speed blender, add all ingredients and pulse till smooth.
- Serve immediately with the sprinkling of paprika.



SUPER LIGHT LETTUCE WRAPS

**Preparation – 15
minutes Cooking – 17**

4 Servings

Wraps

- 1 tbsp. coconut oil
- 1 cup onion, chopped
- 1 lb. lean ground turkey
- 1 cup fresh mushrooms, chopped
- ½ tbsp. fresh ginger, minced
- 1 tbsp. tamari
- ½ tbsp. cayenne pepper
- ½ tbsp. ground cumin
- Romaine lettuce leaves, as required
- 1 large carrot, peeled and julienned
- 2 tbsp. fresh cilantro leaves, chopped

Sauce

- 1 tbsp. Dijon mustard
- 3 tbsp. tamari
- 1 tbsp. hot sauce

Instructions

- In a skillet, melt coconut oil on medium heat.
- Add onion and sauté for about 4-5 minutes.
- Add turkey and cook, stirring occasionally for about 6-8 minutes.
- Add mushroom, ginger, tamari, cayenne pepper and cumin and cook for about 4 minutes.
- Remove from heat and keep aside.
- Meanwhile in a bowl, mix together all sauce ingredients.
- Arrange the lettuce leaves in serving plates.
- Place turkey mixture over each lettuce leaf evenly.
- Top with sauce, carrot and cilantro evenly and serve.



MOUTH-WATERING KABOBS

**Preparation – 20
minutes Cooking – 15**

8 Servings

Ingredients

- ¼ cup extra-virgin olive oil
- ½ cup low-sodium chicken broth
- ½ cup tamari
- Freshly ground black pepper, to taste
- 1 ¾ lbs. skinless, boneless chicken breast, cubed into 1" size
- 2 lbs. whole mushrooms
- 2 red bell peppers, seeded and cut into 2" pieces
- 2 yellow bell peppers, seeded and cut into 2" pieces
- 2 lbs. zucchini, cut into 2" pieces
- 4 tomatoes, cubed
- 6 onions, cubed

Instructions

- In a large bowl, add olive oil, broth, tamari and black pepper and mix till well combined.
- Add chicken and vegetables and coat with marinade generously. Refrigerate, covered for about 2 hours.
- Preheat the grill for high heat. Grease the grill grate.
- Remove chicken and vegetables from marinade. Shake off excess marinade.
- Thread the chicken and vegetables onto pre-soaked wooden skewers.
- Grill the skewers for about 12-15 minutes, flipping and coating with marinade occasionally.



FLAVORSOME SHRIMP

**Preparation – 20
minutes Cooking – 8**

2 Servings

Ingredients

- 1 tbsp. olive oil
- 1 cup scallion, chopped
- 2 garlic cloves, minced
- 2 cups snow peas
- 2½ cups beans sprouts
- 1 cup water chestnuts
- 8 oz. shrimp, peeled and deveined
- 3 tsp. tamari
- ¾ cup mandarin oranges, sectioned

Instructions

- In a large skillet, heat oil on medium heat.
- Add scallion and garlic and sauté for about 1 minute.
- Add vegetables and cook for about 2-3 minutes.
- Add shrimp and soy sauce and cook for about 3-4 minutes.
- Stir in orange sections and remove from heat.
- Serve hot.