



Recipe Release #8

On the Menu:

- Roast with Potatoes and Veggies
- Honey Lime Blackened Salmon with Cilantro Lime Rice
- Turkey Sloppy Joes
- Garlic Herb Roasted Rack of Lamb
- Chipotle Chicken Thighs with Grilled Corn Salad
- Peanut Butter Chocolate Protein Oats
- Coconut Date Samoa Cookies
- Coconut Shrimp
- Carrot Beet Juice
- Valentines Classes and all Recipes included too!
 - Heart Shaped Sushi Stack
 - Chocolate Covered Roses
 - Rose Bocquet
 - Garlic Herb Compound Butter
 - Rosemary Garlic Seared Steak
 - Seared Scallops
 - Balsamic Arugula Salad with Roasted Beets and a homemade balsamic vinaigrette
 - Mashed Pink Potatoes



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@fitfoodiemelissa

Roast With Potatoes & Veggies

Ingredients

- 2-3 lb grassfed roast
- 5-6 Red potatoes, quartered
- 4-5 stalks celery, chopped
- 4-5 carrots, peeled and sliced
- 1 red onion, sliced
- Italian seasoning packet
- salt
- pepper
- garlic powder
- 2 cups beef broth
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Directions

- sear roast with olive oil and seasonings
- add to crock pot
- fill crock pot with all remaining ingredients
- cook on low for 6 hours.



Honey Lime Blackened Salmon w/ Cilantro Lime Rice



Ingredients

- 1 lb wild caught salmon filet
- 1/4 cup honey
- 1/4 cup fresh squeezed lime juice + some zest
- lime juice and zest for rice 2 limes
- cilantro 1 bunch
- sliced bell peppers 4-5
- sliced red onion 1

blackened seasoning blend:

paprika, garlic powder, onion powder, thyme, oregano, cayenne, salt, pepper.

Directions

- remove skin from salmon
- marinate salmon for at least 30 minutes, or more with honey and lime juice and half of the zest
- Make White rice according to package instructions
- make blackened seasoning blend by mixing equal parts of all seasonings.
- After salmon is done marinating in the honey and lime, generously season all sides of the salmon.
- Preheat the oven to 375 degrees F.
- Julienne slice peppers and onions
- Add salmon and peppers to the oven and bake for 15-18 minutes.
- Mix cilantro, lime juice, and zest into the cooked rice. Add salt and pepper and stir.

Suggestion:

- serve with a side of homemade guacamole. (see recipe)

Turkey Sloppy Joes

Ingredients

- 2lbs ground turkey
- salt, pepper, garlic powder
- 1 can chicken gumbo soup
- 2 stalks celery, diced
- 2 shredded carrots
- 1 T minced garlic
- 1 splash Worcestershire sauce
- 1 T mayo
- 3/4 cup ketchup
- 1/4 cup mustard
- pickle juice

Directions

- brown ground turkey with seasonings.
- Once browned mix in all remaining ingredients and let simmer.



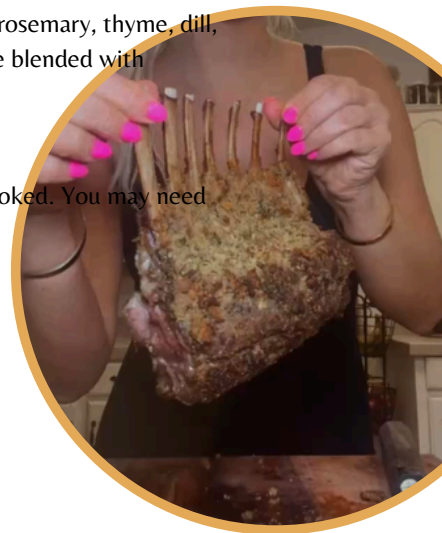
Garlic Herb Roasted Rack of Lamb

Ingredients

- Rack of lamb
- Dijon mustard
- rosemary
- thyme
- dill
- parsley
- minced garlic
- pecans
- parmesan
- panko breadcrumbs

Directions

- Preheat oven to 425 degrees.
- Pat rack of lamb completely dry with a paper towel.
- Trim some of the fat off of the lamb. Score fat cap by slicing at a 90-degree angle, turning 90 degrees and repeating to make a crosshatch.
- Slather the rack of lamb with Dijon mustard.
- Make a garlic and herb rub by blending together the rosemary, thyme, dill, parsley, pecans, and minced garlic. Mix together once blended with parmesan cheese and panko.
- Press herb mixture all over the rack of lamb.
- Cover the bones with tinfoil so they don't burn.
- Cook for 20-25 mins until the rack of lamb is fully cooked. You may need longer depending on the size of the rack of lamb.
- Let rest, and slice.



Chipotle Chicken Thighs with Grilled Corn Salad



Ingredients

- Carrots (1lb)
- Ginger (1 Root)
- Oranges (1 3 lb bag)
- lemons (5-6)
- Activated Charcoal
- Honey (2 Tb)

Directions

- Wash carrots and ginger really well. Chop with skins on, Add to blender.
- Remove skins from oranges and lemons and add to blender.
- Add water to blender (just enough to blend)
- Use a strainer bag or fine mesh strainer to strain juice. Whisk in honey and activated charcoal.
- Store in air tight containers and drink within one week.



Peanut Butter Chocolate Protein Oats

Ingredients

- 1/2 cup whole grain oats
- 1/2 cup hot water
- 1 scoop chocolate protein powder
- 1 T peanut butter
- 1 Scoop collagen powder
- 1 T Flaxseeds

Directions

- Mix oats with hot water and stir. Stir in all remaining ingredients and mix well.
- Top with any toppings of your choosing!

Optional: Top with banana slices or other fruit, and chocolate chips.

Date Samoas



Ingredients

- 2 cups softened pitted dates
- 1 cup coconut flakes
- 1/4 cup flax seeds
- 1 cup pulp from fresh made juice
- 1 cup chocolate chips, melted
- 1 T coconut oil
- SHEET TRAY
- PARCHMENT PAPER

Directions

- SOFTEN DATES BY MIXING WITH HOT WATER. LET SOAK FOR 15 MINS. STRAIN MOST OF THE WATER OUT, AND BLEND WITH A LITTLE OF THE WARM WATER UNTIL SMOOTH.
- MIX DATES WITH JUICE PULP, COCONUT FLAKES, AND FLAX SEEDS.
- FORM INTO BALLS AND THEN USE A FLAT CUP TO PRESS THEM DOWN FLAT ON A SHEET TRAY LINED WITH PARCHMENT PAPER.
- POKE A LITTLE HOLE IN THE CENTER WITH A STRAW.
- PUT COOKIES IN THE FREEZER TO HARDEN.
- MELT CHOCOLATE AND STIR IN COCONUT OIL.
- DIP THE BOTTOM HALF OF THE COOKIE IN THE CHOCOLATE LAY BACK ON SHEET TRAY. DRIZZLE THE TOPS OF THE COOKIES WITH MORE CHOCOLATE.
- PUT BACK IN FREEZER TO HARDEN FOR 10 MINS OR SO.
- ENJOY!
- Note: You can make this recipe without the pulp just add more flax seeds and a few splashes of water until it has a consistency that you can roll into a ball.

Coconut Shrimp



Ingredients

- AVOCADO OIL
- 1 CUP COCONUT FLAKES
- 1 CUP PANKO BREADCRUMBS
- 1 LB RAW SHRIMP
- 1 CUP FLOUR
- SEASONINGS
- WATER
- THAI CHILI SAUCE FOR DIPPING

Directions

- MAKE BATTER BY SEASONING THE FLOUR WITH SALT, PEPPER, GARLIC POWDER, PAPRIKA, AND ANY OTHER SEASONINGS OF CHOICE.
- ADD A FEW SPLASHES OF WATER AT A TIME UNTIL A BATTER FORMS. WITH FLOUR WATER AND SEASONINGS. WHISK UNTIL SMOOTH
- THAW SHRMP COMPLETELY, PAT FULLY DRY.
- SEASON SRHIMP
- IN A SEPARATE DISH MIX THE PANKO AND COCONUT FLAKES TOGETHER.
- DIP THE SHRIMP IN THE BATTER AND THEN INTO THE COCONUT AND BREAD CRUMB MIX.
- AIRFRY OR ELSE FRY ON THE STOVE TOP IN A PAN IN COCONUT OIL.
- IF FRYING IN A PAN, FRY EACH SIDE UNTIL GOLDEN BROWN, AND FLIP.
- DIP IN THAI CHILI SAUCE.

Carrot Beet Juice



Ingredients

- 1lb carrots, chopped
- 1 root ginger, chopped
- 4 stalks celery, chopped
- 3 beets, peeled
- stems and greens of beets, chopped
- 3-4 cups arugula
- 6-7 oranges, skins removed
- 4 lemons, skins removed
- water

Directions

- ADD ALL INGREDIENTS TO BLENDER WITH WATER AND BLEND IN BATCHES.
- STRAIN PULP OUT WITH FINE MESH STRAINER OR NUT MILK BAG.
- RESERVE PULP FOR SAMOA RECIPE OR OTHER RECIPES.

Cooking Class:

Valentines Date Night Dinner

TIPS: I suggest making the chocolate covered strawberries, the salad dressing a day ahead of time. This will make the date night dinner a little more smooth and less chaotic. You will be able to just pull the salad ingredients out of the fridge and assemble and toss with the dressing right before serving. The Chocolate covered strawberries are totally fine for a day or two and will save you the stress of doing it all on the same day. It can all be done on the same day too, start with making the chocolate covered strawberries, salad, and then the sushi appetizer, and lastly the main course. Make sure your scallops and steak are completely thawed and not at all frozen. Take those out a day or two ahead of time to assure they are fully thawed out. If you wish to keep the salad simple, just use pickled beets instead of the roasted beets. It will be just as good and just as beautiful.

Chocolate Covered Strawberries





[CLICK HERE FOR VIDEO](#)

- 2 lbs Strawberries, washed and completely dry
- Wooden Skewers
- 32 oz mason jar
- Parchment paper
- Twine
- ½ cup dark chocolate melts
- ½ cup white chocolate melts
- 2 T coconut oil
- Assorted Sprinkles
- Coconut Flakes
- Pink food coloring
- Bouquet of real roses

Melt chocolate melts in two separate bowls. Mix 1 tablespoon of coconut oil into each. Stir until smooth.

Add Strawberries on skewers and dip in the chocolate. Dip while wet onto sprinkles, coconut flakes. Drizzle chocolates with more chocolate. Add sprinkles to pink food coloring to some of the white chocolate to turn it pink. Drizzle over the top. Hand Carve rose flowers by reserving 6 of the strawberries for the strawberry roses. Put them all on skewers and add to a 32 oz mason jar to form a chocolate covered rose and strawberry rose bouquet. Mix in real roses too. Or you can just plate them

nicely on a platter, whichever you prefer. Pick out any of the rose petals that are loose and save those for the platter if you wish.

Pink Heart Shaped Crispy Rice Sushi Stack



[CLICK HERE FOR VIDEO:](#)

Sushi Rice Hearts:

- 1 cup white rice or sushi rice
- 2 T whipped cream cheese
- 1 can or pickled beets or pink food coloring
- 1-2 T rice vinegar
- Large Heart Shaped Cookie Cutter for shape the rice (or you can shape it by hand)
- Sheet Tray
- Parchment paper

- Cooking spray

Instructions:

- Preheat oven to 425 degrees
- Cook rice according to package, once cooked add to a bowl and mix in some whipped cream cheese and rice vinegar, juiced from pickled beets until desired pink color.
- Line a sheet tray with parchment paper and spray with cooking spray.
- Form Sushi rice into hearts in cookie cutter and press down on sheet tray. Or form them into hearts by hand.
- Bake for 25 minutes. Broil for the last couple of minutes.

Marinated Sushi Grade fish (or other protein)

- 1 lb Yellowfin tuna or sushi grade tuna (you can use a can of tuna, chicken, steak, cooked shrimp, or really any protein you prefer instead of this) Go to the seafood dept of your local grocery store and ask for some sushi grade tuna, they will be able to get you what you need.
- Sriracha
- Spicy Mayo
- Sesame seeds
- Green Onions
- Fresh Dill
- Splash Rice Vinegar

Toppings:

- Avocado
- 1 Jalapeno, very thinly sliced
- More whipped Cream Cheese
- Pickled Beets
- Red Pepper, finely Diced
- Cucumbers, sliced thinly with a mandolin
- Sprouts
- Sriracha
- Spicy Mayo
- Sesame Seeds
- Eel Sauce or Unagi Sauce, or sushi sauce

Assemble/Plating the Sushi Stack:

Lay down crispy sushi rice hearts. Top with smashed avocado or cream cheese, cucumbers, Sprouts, marinated tuna or protein, diced red peppers, pickled beets, jalapeno slices.

Add sauces over the top, Sriracha, Spicy mayo, unagi sushi sauce, sesame seeds.

To form the word love, lay down chopsticks to form an L shape. Use your heart shape to be an “O” lay down thin layers of cucumbers to form a v, drizzle sriracha over the v, use the eel sauce to form an e

shape. You can write I love you, or anything of the sorts for additional Valentines love themed plating. :)

Balsamic Beet Arugula Salad



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- 1 beet, skin peeled and thinly sliced into rounds
 - Parchment paper
 - Cooking spray
 - Sheet pan
 - Mini heart shaped cookie cutter (for roasted beet rounds or pickled beets)
 - Arugula
 - Tomato, cut into wedges
 - ½ red onion thinly sliced
 - Pecans
 - Pickled cabbage or beets
 - Roasted beets
 - Feta cheese

Dressing: add all ingredients to a blender and blend:

- garlic, 2-3 cloves
- The juice of one lemon
- 1/4 cup Balsamic vinegar

- ¼ cup Olive oil
- 1 squirt of Dijon Mustard
- Italian seasoning
- Garlic powder
- Salt
- Pepper

Salad Instructions: preheat oven to 400 degrees, roast beets for 30 minutes. Remove from the oven and cut out mini hearts into beets. Toss salad and top with pecans, and feta.

Pink Mashed Potatoes:



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- 4 Russet Potatoes, peeled and quartered
 - Garlic cloves (to taste)
 - 1 cup beef or veggie broth
 - Scraps from Roasted Beets or some of the pickled beets
 - ½ cup heavy cream or half and half
 - Seasonings of choice
 - Chopped green onions

If using an instant pot, add the first 4 ingredients to an instant pot and manual cook with a sealed lid for 10 minutes. Release steam, mash and add cream seasonings, chopped onions and stir around. Add some butter, or bonus compound butter

If cooking on the stove top, add the first 4 ingredients and add water to a pot to boil for 20 minutes until soft enough to mash. Add cream, seasonings, and green onions and mash. Add butter or compound butter.

Compound Butter

- 1 stick of butter, at room temp
- Garlic, minced
- Fresh dill
- Rosemary
- Garlic powder

Blend all ingredients. Wrap up in saran wrap and form into a log, put in the fridge to harden. This is best made ahead of time. You can also use just plain butter instead of compound butter.

Garlic Herb Seared Ribeye



- Avocado oil Cast iron pan
- Ribeye Steak Salt
- Pepper
- Steak seasoning
- Garlic salt
- Rosemary
- Garlic, crushed and peeled
- Butter
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Instructions: Heat a cast iron pan on high heat. Turn on ventilation because it will get smoky. Use a high heat oil like avocado oil to coat pan. Add seasoned steaks and sear each side for 4 minutes. Flip again and turn down heat and add butter, garlic, and rosemary. Baste steaks with melted bubbling butter for a couple of minutes. Remove from heat and let steaks rest for 5 minutes. Sprinkle with a little salt. After resting, slice against the grain.

Searred Scallops



- Scallops, thawed and peeled
- Avocado oil
- Salt
- Pepper

Instructions: Peel scallops. Pat scallops completely dry with a paper towel. Season with salt and pepper. Heat a pan with avocado oil on medium high heat. Add seasoned scallops and sear both sides

for a couple of minutes until a nice golden brown crust forms on each side. Turn down heat, add a little butter and baste scallops. Remove from heat and let rest.

[CLICK HERE FOR VIDEO OF STEAK, SCALLOPS, PINK POTATOES, AND COMPOUND BUTTER.](#)

Putting it all together!



1. Assemble and Serve the Heart Sushi Crispy Rice as an appetizer.
2. **ASSEMBLE SALAD AND TOSS WITH DRESSING.** Top with pecans, feta, beets and pickled cabbage. Serve.
3. Serve the Main steaks and Scallops. Let the steaks rest for at least 5 minutes and then slice.
Plating: One scoop of Pink mashed potatoes on a plate, layer broccolini, lay sliced steak next, and scallops. Garnish with a little compound butter on top of steak and potatoes, and some fresh chopped herbs like green onions, dill, or parsley.
4. Serve the dessert of chocolate covered strawberries, or the strawberry rose bouquet!

Enjoy! And happy Valentine's Day!

xoxo.

Melissa Nielsen



Wellness with Mel

TIPS AND TRICKS!



1. Start a notebook with dinner ideas that you love! When you are looking for ideas, go back to your notebook and use one of the favorites! You can also add this to a note in your phone too!

2.





Volume3.

Recipe Release

I am so glad you're joining me and can't wait to share all of my favorite recipes with you! I am here to guide you as your online personal chef! To provide you with meal inspiration, recipes, tips, tricks, and everything to make your life easier, and healthier, right from your phone! Every week or two I will add new recipes to the Monthly Recipe Release subscription! You will have access to these recipe downloads and all of the new ones as long as you are subscribed, they will get sent to your inbox with a link to download the PDF. These recipe PDF's will include some of the meals I have created for my personal chef clients, the menus and meals I create at home for my own family, and some of the Fit Foodie Recipes too! Most recipes have a holistic approach with health in mind, but there are even a few splurge meals included from time to time! Follow along on social media to see what I am making before it hits the recipe release! Feel free to tag me when you make the recipes! I love to see your creations!

XOXO,

Melissa Nielsen

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