



# Vibrance by Hometown Recipe Book





# Introduction

Welcome to the Vibrance Healthy Recipe Book! This collection features 31 delicious, nutrient-dense recipes that emphasize lean proteins and vegetables to support your weight loss and overall fitness journey.

## Key Ingredients to Focus On:

- **Lean Proteins:** Chicken breast, turkey, fish, shrimp, tofu
- **Non-Starchy Vegetables:** Leafy greens, broccoli, bell peppers, zucchini, cauliflower
- **Healthy Fats:** Avocado, nuts, olive oil

## Ingredients to Limit:

- Added sugars
- Highly processed foods
- Refined carbohydrates
- Saturated fats

# RECIPES

## Lemon Garlic Grilled Chicken

### Ingredients:

- o 4 chicken breasts
- o 2 lemons (juice and zest)
- o 2 tablespoons olive oil
- o 3 cloves garlic, minced
- o Salt and pepper to taste

**Instructions:** Marinate chicken in lemon juice, zest, olive oil, garlic, salt, and pepper for 30 minutes. Grill until cooked through.

## Quinoa and Black Bean Salad

### Ingredients:

- o 1 cup cooked quinoa
- o 1 can black beans, rinsed
- o 1 bell pepper, diced
- o 1/2 red onion, diced
- o 1/4 cup cilantro, chopped
- o Lime vinaigrette (olive oil, lime juice, salt, pepper)

**Instructions:** Combine all ingredients and drizzle with vinaigrette. Toss well.

## Baked Herb-Crusted Cod

### Ingredients:

- o 4 cod fillets
- o 1/2 cup whole wheat breadcrumbs
- o 2 tablespoons parsley, chopped
- o 1 tablespoon dill
- o Lemon wedges for serving

**Instructions:** Mix breadcrumbs and herbs. Coat cod with the mixture. Bake at 400°F for 15-20 minutes.

## Turkey and Vegetable Stir-Fry

### Ingredients:

- o 1 lb ground turkey
- o 2 cups mixed vegetables (broccoli, bell peppers, snap peas)
- o 2 tablespoons soy sauce
- o 1 tablespoon sesame oil

**Instructions:** Cook turkey in sesame oil until browned. Add vegetables and soy sauce; stir-fry until tender.

## Spinach and Mushroom Stuffed Chicken Breast

### Ingredients:

- o 4 chicken breasts
- o 2 cups spinach, sautéed
- o 1 cup mushrooms, sautéed
- o 1/4 cup feta cheese (optional)

**Instructions:** Cut a pocket in each chicken breast. Stuff with spinach, mushrooms, and cheese. Bake at 375°F for 25-30 minutes.

## Shrimp and Vegetable Skewers

### Ingredients:

- o 1 lb shrimp, peeled and deveined
- o 2 cups zucchini and bell peppers, cubed
- o 2 tablespoons olive oil
- o Lemon juice

**Instructions:** Toss shrimp and veggies in oil and lemon juice. Thread onto skewers and grill for 5-7 minutes.

## Cauliflower Fried Rice

### Ingredients:

- o 1 head cauliflower, grated
- o 1 cup mixed vegetables (carrots, peas, corn)
- o 2 eggs, lightly beaten
- o 2 tablespoons soy sauce

**Instructions:** Sauté cauliflower rice and mixed veggies until tender. Push to side, scramble eggs, then mix everything together.

## Roasted Vegetable and Chickpea Bowl

### Ingredients:

- o 2 cups mixed vegetables (sweet potatoes, Brussels sprouts, carrots)
- o 1 can chickpeas, rinsed
- o 2 tablespoons olive oil
- o Salt, pepper, and cumin

**Instructions:** Toss veggies and chickpeas with oil and spices. Roast at 400°F for 25-30 minutes.

## Tuna Salad Lettuce Wraps

### Ingredients:

- o 1 can tuna, drained
- o 1/4 cup Greek yogurt
- o 1 tablespoon mustard
- o 1/2 celery, diced
- o Butter lettuce leaves for wrapping

**Instructions:** Mix tuna, yogurt, mustard, and celery. Serve in lettuce leaves.

## Balsamic Glazed Chicken and Veggies

### Ingredients:

- o 4 chicken thighs, boneless
- o 2 cups Brussels sprouts, halved
- o 1/4 cup balsamic vinegar
- o 1 tablespoon olive oil

**Instructions:** Sauté chicken and Brussels sprouts. Add balsamic vinegar and simmer until chicken is cooked.

## Eggplant and Ground Turkey Bake

### Ingredients:

- o 1 eggplant, sliced
- o 1 lb ground turkey
- o 2 cups marinara sauce
- o 1/2 cup mozzarella cheese (optional)

**Instructions:** Layer eggplant, turkey, and sauce in a baking dish. Top with cheese and bake at 375°F for 30 minutes.

## Mediterranean Chickpea Salad

### Ingredients:

- o 1 can chickpeas, rinsed
- o 1 cup cherry tomatoes, halved
- o 1/2 cucumber, diced
- o 1/4 cup red onion, diced
- o 2 tablespoons olive oil and lemon juice

**Instructions:** Mix all ingredients and serve chilled.

## Grilled Lemon-Dill Salmon

### Ingredients:

- o 4 salmon fillets
- o 2 lemons (sliced)
- o 2 tablespoons fresh dill
- o Olive oil, salt, and pepper

**Instructions:** Marinate salmon in olive oil, dill, salt, and pepper. Grill with lemon slices for 10-12 minutes.

## Zucchini and Turkey Burgers

### Ingredients:

- o 1 lb ground turkey
- o 1 cup grated zucchini
- o 1 egg
- o 1/4 cup breadcrumbs
- o Spices to taste

**Instructions:** Mix ingredients, form patties, and grill or pan-fry until cooked through.

## Miso Glazed Brussels Sprouts and Chicken

### Ingredients:

- o 4 chicken thighs
- o 2 cups Brussels sprouts, halved
- o 2 tablespoons miso paste
- o 1 tablespoon honey (optional)

**Instructions:** Mix miso and honey, brush on chicken and Brussels sprouts. Bake at 400°F for 30 minutes.

## Stuffed Acorn Squash

### Ingredients:

- o 2 acorn squashes, halved
- o 1 cup quinoa
- o 1/2 cup cranberries
- o 1/4 cup walnuts, chopped

**Instructions:** Roast squash halves. Mix cooked quinoa with cranberries and walnuts. Stuff squash and serve.

## Chicken and Vegetable Soup

### Ingredients:

- o 4 cups chicken broth
- o 2 cups shredded chicken
- o 1 cup carrots, diced
- o 1 cup celery, diced
- o 2 cups kale or spinach

**Instructions:** Combine all ingredients in a pot and simmer until vegetables are tender.

## Savory Chicken Lettuce Wraps

### Ingredients:

- o 1 lb ground chicken
- o 1/2 cup bell peppers, diced
- o 1 tablespoon soy sauce
- o Butter lettuce leaves

**Instructions:** Cook chicken with bell peppers and soy sauce. Serve in lettuce leaves.

## Spaghetti Squash with Turkey Marinara

### Ingredients:

- o 1 spaghetti squash
- o 1 lb ground turkey
- o 1 jar marinara sauce

**Instructions:** Roast spaghetti squash and shred. Cook turkey, add sauce, and serve over squash.

## Oven-Baked Lemon Herb Chicken Thighs

### Ingredients:

- o 4 chicken thighs
- o 2 tablespoons olive oil
- o 1 lemon (juice and zest)
- o 1 tablespoon thyme

**Instructions:** Marinate thighs, then bake at 375°F for 30-35 minutes.

## Beef and Broccoli Stir-Fry

### Ingredients:

- o 1 lb lean beef, sliced
- o 2 cups broccoli florets
- o 2 tablespoons soy sauce
- o 1 tablespoon ginger

**Instructions:** Sauté beef in a pan, add broccoli and soy sauce, and stir-fry until cooked.

## Baked Tilapia with Spinach

### Ingredients:

- o 4 tilapia fillets
- o 2 cups spinach
- o 2 tablespoons olive oil
- o Lemon slices for garnish

**Instructions:** Place tilapia on a baking sheet, drizzle with oil, and top with spinach. Bake at 375°F for 15-20 minutes.

## Quinoa-Stuffed Bell Peppers

### Ingredients:

- o 4 bell peppers, halved
- o 1 cup cooked quinoa
- o 1 can black beans, rinsed
- o 1 cup corn

**Instructions:** Mix quinoa, beans, and corn. Stuff peppers and bake at 375°F for 25 minutes.

## Asian-Inspired Chicken Salad

### Ingredients:

- o 2 cups shredded cabbage
- o 1 lb grilled chicken, sliced
- o 1/4 cup almonds, sliced
- o 2 tablespoons sesame dressing

**Instructions:** Combine all ingredients and toss with dressing.

## Lemon Garlic Shrimp with Asparagus

### Ingredients:

- o 1 lb shrimp, peeled
- o 1 bunch asparagus, trimmed
- o 3 cloves garlic, minced
- o Lemon juice and zest

**Instructions:** Sauté garlic, add shrimp and asparagus, cook until shrimp are pink.

## Roasted Chicken and Vegetable Medley

### Ingredients:

- o 4 chicken breasts
- o 2 cups mixed vegetables (carrots, zucchini, bell peppers)
- o Olive oil, salt, and pepper

**Instructions:** Toss chicken and veggies in oil and seasonings. Roast at 400°F for 30-35 minutes.

## Sweet Potato and Spinach Hash

### Ingredients:

- o 2 sweet potatoes, diced
- o 2 cups spinach
- o 1 onion, diced
- o Olive oil, salt, and pepper

**Instructions:** Sauté sweet potatoes and onion until tender, then stir in spinach.

## Honey-Ginger Glazed Chicken

### Ingredients:

- o 4 chicken breasts
- o 2 tablespoons honey
- o 1 tablespoon ginger
- o Soy sauce

**Instructions:** Marinate chicken in honey, ginger, and soy sauce. Grill or bake until cooked through.

## Zucchini and Turkey Skillet

### Ingredients:

- o 1 lb ground turkey
- o 2 zucchinis, diced
- o 1 can diced tomatoes

**Instructions:** Cook turkey, add zucchini and tomatoes, and simmer until zucchini is tender.

## Mango Chicken Salad

### Ingredients:

- o 2 cups shredded chicken
- o 1 mango, diced
- o 1/2 red onion, diced
- o 2 cups mixed greens

**Instructions:** Combine all ingredients in a bowl and toss.

## Creamy Spinach and Chicken Casserole

### Ingredients:

- o 2 cups cooked chicken, shredded
- o 2 cups spinach
- o 1 cup Greek yogurt
- o 1/2 cup shredded cheese (optional)

**Instructions:** Mix all ingredients, place in a baking dish, and bake at 375°F for 25 minutes.



**VIBRANCE**  
By Hometown