

# **March Dinner Ideas**

Created by In Balance Pilates



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In Balance Pilates

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# **Chicken Curry Noodle Soup**

11 ingredients · 25 minutes · 2 servings



## **Directions**

- 1. Bring a pot of water to a boil and cook noodles according to instructions on package. Drain, rinse under cold water and set aside.
- 2. Heat coconut oil in a saucepan over medium-high heat. Cook ginger and garlic until fragrant, about 1-2 minutes. Add bell pepper slices and chicken, and cook for about 3-5 minutes each side.
- **3.** Add curry paste, coconut milk and broth. Scrape any bits at the bottom of the pan. Bring to a simmer and cook for an additional 10 to 15 minutes, or until chicken is cooked through.
- **4.** Season with salt and pepper to taste. Divide noodles and curry soup into bowls. Squeeze lime juice overtop and enjoy!

#### **Notes**

#### **No Curry Paste**

Use your desired amount of curry powder instead.

## Leftovers

Refrigerate in an airtight container up to 3 days or freeze.

#### No Chicken Broth

Use vegetable or beef broth instead.

#### Vegan & Vegetarian

Use vegetable broth instead of chicken broth. Use cooked chickpeas instead of chicken thighs.

92 grams	Pho Noodles
1 tbsp	Coconut Oil
1 tbsp	Ginger (peeled and grated)
4	Garlic (cloves, minced)
1	Red Bell Pepper (sliced)
1/4 lb	Chicken Thighs (skinless, boneless)
1/4 cup	Yellow Curry Paste
1 cup	Organic Coconut Milk (full fat, canned)
3 cups	Organic Chicken Broth
	Sea Salt & Black Pepper (to taste)
1/2	Lime (juiced)

# **Slow Cooker Salsa Chicken**

2 ingredients · 4 hours · 4 servings



## **Directions**

- 1. Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
- 2. Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
- 3. Remove the chicken from the slow cooker and enjoy!

#### **Notes**

## Serve it With

Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

#### Leftovers

Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

#### Too Dry

If you are finding the chicken is too dry after shredding it, stir in extra salsa.

# Ingredients

20 ozs Chicken Breast (boneless,

skinless)

1/2 cup Organic Salsa

# Cauliflower, Kale & Lentil Detox Soup

10 ingredients · 40 minutes · 6 servings



# **Directions**

- Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 2. Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- **3.** Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

#### **Notes**

#### Leftovers

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

2 tbsps	Extra Virgin Olive Oil
1	Yellow Onion (diced)
2 stalks	Celery (diced)
2	Carrot (medium, peeled and diced)
4	Garlic (cloves, minced)
1 head	Cauliflower (chopped into florets)
4 cups	Kale Leaves (chopped)
6 cups	Organic Vegetable Broth
2 1/4 cups	Lentils (cooked)
	Sea Salt & Black Pepper (to taste)

# **Mushroom Garlic Quinoa**

6 ingredients · 20 minutes · 4 servings



## **Directions**

- 1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 2. While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
- 3. In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

#### **Notes**

#### Serve it With

Our Balsamic Roast Beef, Honey Garlic Chicken Thighs or any soups.

#### Leftovers

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

# Freezer Tip

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

# Ingredients

2

1 cup Quinoa (uncooked)
1 3/4 cups Water
1 1/2 tsps Extra Virgin Olive Oil
2 cups Mushrooms (thinly sliced)

Garlic (cloves, minced)
Sea Salt & Black Pepper

(to taste)

## Pistachio Crusted Salmon

9 ingredients · 30 minutes · 4 servings



## **Directions**

- 1. Preheat oven to 375. Line a baking sheet with parchment paper.
- 2. Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- **3.** Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- **4.** Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- **5.** Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- **6.** Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

#### **Notes**

#### More Veg

Serve with a side of baby spinach drizzled with leftover pesto

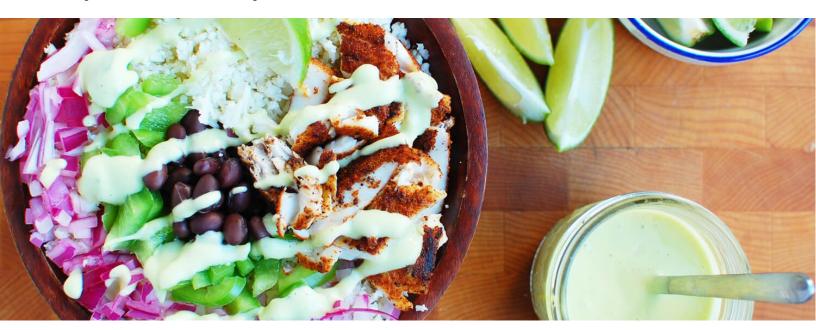
#### Likes it Warm

Saute the cauliflower rice in a bit of olive oil before serving

1/2 cup	Pistachios (removed from shell)
1/4 tsp	Sea Salt
20 ozs	Salmon Fillet
1/4 cup	Pine Nuts
1	Garlic (clove, minced)
2 cups	Parsley (chopped)
1/4 cup	Extra Virgin Olive Oil
1	Lemon (juiced)
1 head	Cauliflower (chopped into florets)

## **Blackened Fish Taco Bowls**

16 ingredients · 30 minutes · 4 servings



## **Directions**

- To create cauliflower rice, chop cauliflower into florets and add to a food processor. Process until it reaches a rice-like consistency. (Note: If you don't have a food processor, you can grate the cauliflower with a box grater to create rice.) Transfer into a bowl and set aside.
- 2. Create your avocado dressing by combining your avocado, olive oil, lemon juice and water together in a food processor or blender and blend until smooth. Transfer into a jar and set aside.
- **3.** Combine chili powder, cumin, cayenne, paprika, sea salt and black pepper in a bowl and mix well. Sprinkle over both sides of the tilapia fillets.
- 4. Grease a large cast iron skillet with a bit of olive oil and place it over medium high heat. Add your tilapia fillets two at a time. Let sear for 3 to 4 minutes per side, flip and let sear for another 3 minutes or until fish is completely cooked through. (Note: Fish is done when it flakes with a fork.) Remove from heat and chop into pieces. Set aside.
- 5. Divide cauliflower rice in between bowls and top with red onion, green pepper and black beans. Add blackened tilapia, drizzle with desired amount of avocado dressing and serve with lime wedges. Enjoy!

# Notes

#### **Work Ahead**

Prepare your vegetables, cauliflower rice and avocado dressing ahead of time. Cook tilapia and assemble when ready to eat!.

#### **More Carbs**

Serve on brown rice instead of cauliflower rice.

1 head	Cauliflower
1/2	Avocado (pit removed and peeled)
1/4 cup	Extra Virgin Olive Oil
1	Lemon (juiced)
1/4 cup	Water
1 tbsp	Chili Powder
1 tbsp	Cumin
1/2 tsp	Cayenne Pepper
1 tsp	Paprika
1/2 tsp	Sea Salt
1/2 tsp	Black Pepper
2	Tilapia Fillet
1/4 cup	Red Onion (finely diced)
1/2	Green Bell Pepper (finely diced)
2 cups	Black Beans (cooked, drained and rinsed)
1	Lime (cut into wedges)

## **More Protein**

Serve on quinoa instead of cauliflower rice.

# No Tilapia

Use any fish fillet of your choice

# **Lentil Masala Soup**

12 ingredients · 30 minutes · 4 servings



# **Directions**

- Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

#### **Notes**

#### Garnish

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

1 1/2 tsps	Coconut Oil	
1/2 cup	Red Onion (finely diced)	
4	Garlic (cloves, minced)	
1 tsp	Turmeric	
1 tbsp	Garam Masala	
1 tsp	Sea Salt	
1 cup	Cilantro (finely diced)	
4 cups	Organic Vegetable Broth	
3 cups	Diced Tomatoes	
1 cup	Dry Red Lentils	
1 cup	Organic Coconut Milk (canned, full-fat)	
4 cups	Kale Leaves (finely sliced)	

# **Slow Cooker Chicken Soup**

8 ingredients · 6 hours · 6 servings



# **Directions**

- 1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

## **Notes**

#### **More Carbs**

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

## Leftovers

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

1	Yellow Onion (diced)
4 stalks	Celery (diced)
3	Carrot (medium, chopped)
1 tbsp	Rosemary (fresh)
8 ozs	Chicken Breast (boneless, skinless)
1 lb	Chicken Thighs (boneless, skinless)
	Sea Salt & Black Pepper (to taste)
6 cups	Water (or broth)

# **Meal Prep Beef Fajitas**

8 ingredients · 20 minutes · 4 servings



## **Directions**

- **1.** Divide the sliced beef, bell peppers and onions into containers and cover with lids. Store in the fridge.
- 2. When ready to eat, heat 1/4 of the olive oil in a skillet over medium heat. Add the peppers and onion from one container and saute until soft (about 5 minutes). Add the beef and cook to your desired level of doneness. Season everything with sea salt and black pepper to taste.
- **3.** Add the cooked beef, peppers and onions to tortillas and top with salsa. Enjoy!

#### **Notes**

## No Beef

Use sliced chicken breast instead. Cook entirely through.

#### **Optional Toppings**

Add shredded cheese, sour cream, plain yogurt or avocado.

## No Tortillas

Serve with rice instead.

16 ozs	Beef Tenderloin (sliced into strips)
1	Green Bell Pepper (diced)
1	Yellow Bell Pepper (diced)
1	Yellow Onion (small, diced)
1/4 cup	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)
8	Corn Tortilla (medium)
1/2 cup	Organic Salsa

# **Red Thai Coconut Curry Chicken**

5 ingredients · 20 minutes · 6 servings



# **Directions**

- 1. Preheat your oven to 400 degrees F.
- 2. Rub the chicken thighs with half of the Thai red curry paste.
- Heat the coconut oil in a cast iron or oven safe skillet on the stovetop over medium heat. Saute the red onions in the remaining Thai red curry paste for about 3 to 5 minutes.
- **4.** Add the chicken thighs to the skillet and sear for 3 minutes per side. Add the coconut milk and bring it to a simmer.
- **5.** Once the coconut milk is simmering, transfer the skillet to the oven and bake for 15 minutes.
- 6. Remove from the oven, divide the chicken onto plates and enjoy!

#### **Notes**

## **Optional Garnishes**

Sea salt, pepper, lime juice and/or chopped cilantro.

#### Serve it With

Rice, quinoa or cauliflower rice.

#### **Add Veggies**

Serve it with wilted kale, roasted asparagus or green peas.

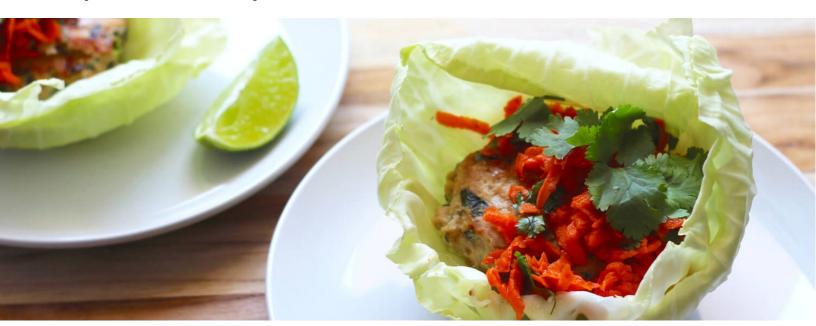
## Ingredients

2 lbs	Chicken Thighs (skinless, boneless)
1/4 cup	Thai Red Curry Paste (divided)
1 tbsp	Coconut Oil
1/2 cup	Red Onion (finely diced)
1 1/4 cups	Organic Coconut Milk

(canned, full fat)

# Thai Turkey Burgers with Almond Carrot Slaw

12 ingredients · 30 minutes · 4 servings



## **Directions**

- 1. In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
- 2. Heat a grill or pan to medium heat and cook the patties for 10-15 minutes per side, or until cooked through.
- 3. While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
- **4.** To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

#### **Notes**

## **More Carbs**

Serve on burger buns or sweet potato toast.

#### Make Ahead

Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.

#### **No Boston Lettuce**

Use cabbages leaves instead.

# **Oven Version**

Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.

1 lb	Extra Lean Ground Turkey
2 stalks	Green Onion (sliced)
1/4 cup	Cilantro (chopped)
1/4 cup	Basil Leaves (chopped)
1	Garlic (clove, minced)
1 tbsp	Ginger (peeled and grated)
	Sea Salt & Black Pepper (to taste)
2	Carrot (medium, grated)
1	Lime (juiced)
2 tbsps	Almond Butter
2 tbsps	Tamari (or Coconut Aminos)
1 head	Boston Lettuce (peeled apart into leaves)

# **Fish Tacos with Pineapple Salsa**

14 ingredients · 30 minutes · 4 servings



## **Directions**

- Preheat the oven to 500 and move rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minute or until fish flakes with a fork.
- 2. Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- **3.** Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- **4.** Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 5. Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!

4	Brown Rice Tortillas (thawed)
2	Tilapia Fillet
1 1/2 tsps	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)
1	Lemon (juiced)
1 cup	Baby Spinach
1/2 cup	Pineapple (diced)
1/2 cup	Red Onion (finely diced)
1	Jalapeno Pepper (deseeded and chopped)
1	Garlic (clove, minced)
1	Red Bell Pepper (diced)
1	Lime (juiced)
2	Avocado (peeled and mashed)
1	Tomato (diced)

# **Creamy Cauliflower & Carrot Soup**

8 ingredients · 30 minutes · 4 servings



## **Directions**

- Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
- 2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

## **Notes**

#### Make it Fancy

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

#### **Anti-Inflammatory**

Add turmeric powder.

#### Make it a Meal

Stir in lentils, chickpeas or chicken.

#### **Gut-Healing**

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

2 tbsps	Extra Virgin Olive Oil
6 stalks	Green Onion (chopped)
5	Carrot (medium size, chopped)
1 head	Cauliflower (chopped into florets)
6 cups	Water
2 tsps	Dried Thyme
1/2 tsp	Sea Salt
1/2 cup	Parsley

# One Pan Honey Garlic Salmon with Bok Choy

10 ingredients · 20 minutes · 4 servings



## **Directions**

- 1. Preheat oven to 510 and line a baking sheet with parchment paper.
- 2. In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
- **3.** Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
- **4.** Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
- **5.** Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

## Notes

#### No Salmon

Any fish fillet will do. Baking time will vary depending on thickness.

#### No Bok Choy

Use asparagus, green beans or broccoli instead.

#### Make it on the Grill

Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

## Ingredients

1 tbsp	Raw Honey

2 tbsps Tamari

3 Garlic (cloves, minced)

1 1/2 tsps Chili Powder20 ozs Salmon Fillet

Sea Salt & Black Pepper

(to taste)

4 cups Bok Choy (halved)

1 tsp Sesame Oil

1/2 tsp Red Pepper Flakes

1 1/2 tsps Sesame Seeds