

iFIT > MIND™

MOOD FOOD:

NUTRITION FOR YOUR MIND RECIPE BOOK

iFIT Guide Dr. Eva Selhub



MOOD-BOOSTING RECIPES



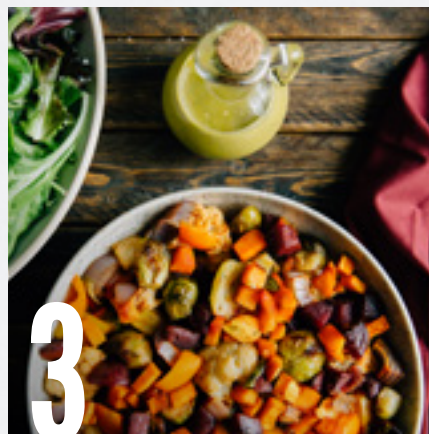
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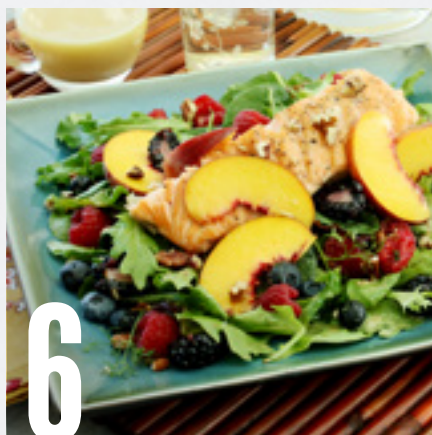
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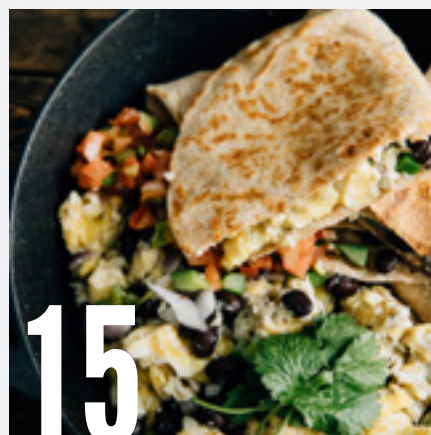
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SHAKSHUKA

Norwegian Sheet Pan Salmon [View this recipe on the iFIT Blog](#)

🔥 460 🥄 27g 🍴 35g 💧 25g

PREP TIME: 15 minutes | **COOK TIME:** 20 minutes

MAKES: 4 servings

Vitamin D helps regulate mood swings and may assist in alleviating depression. A stroll in the sun can help your body produce this vitamin, but you should also try to get it from food sources like fatty fish!

Ingredients

- *24 ounces baby potatoes, halved*
- *1 zucchini, chopped*
- *1 red onion, chopped*
- *1 pound Norwegian Salmon*
- *3 ounces butter*
- *½ teaspoon salt, divided*
- *½ teaspoon black pepper, divided*
- *2 cloves garlic, minced*
- *¼ cup fresh thyme, chopped*
- *¼ cup fresh dill, chopped*

Directions

1. Preheat oven to 375°F.
2. Spray a large 9 x 13 inch pan with cooking spray and layer the pan with the potatoes, zucchini and red onion. Sprinkle the vegetables with salt and pepper to taste and set aside for now.
3. Pat the salmon dry with a paper towel and then lay out the salmon on top of vegetables.
4. Cut the butter into pea-sized pieces and spread out evenly on the salmon fillet.
5. Sprinkle the salmon with salt, pepper, garlic, thyme, and dill.
6. Bake for 20 minutes or until the fish flakes with a fork.



Mushroom and Chickpea Tacos

[View this recipe on the iFIT Blog](#)

🔥 410 🥄 13g 🍳 58g 💧 17g

PREP TIME: 15 minutes

COOK TIME: 15 minutes

MAKES: 4 servings

With their dense, meaty texture and savory flavor, selenium-rich mushrooms make a great meat substitute. Low selenium is associated with depression, negative moods, anxiety, and hostility.

Ingredients

- 8 ounces baby bella mushrooms
- 1 (15-ounce) can chickpeas: drained, rinsed
- Zest of one lemon
- ¼ cup freshly squeezed lime juice
- 2 cloves garlic, minced
- 2 teaspoons olive oil
- 1 teaspoon chili powder
- 2 teaspoons ground cumin
- ½ teaspoon salt
- 2 Tablespoons chopped cilantro
- 8 (6-inch) corn tortillas
- 2 avocados, sliced

Directions

1. In a plastic bag, combine all ingredients (except the tortillas and avocados).
2. Marinate at room temperature for 15 minutes.
3. Preheat oven to 425°F.
4. Spread the mushroom and chickpeas out on a baking sheet. Roast for 10–15 minutes.
5. Serve in tortillas with avocado.



Roasted Rainbow Salad

[View this recipe on the iFIT Blog](#)

🔥 310 🥄 6g 🥣 33g 💧 19g

PREP TIME: 15 minutes | COOK TIME: 30 minutes

MAKES: 4 servings

Fruits and vegetables are rich in nutrients that may have a positive effect on your mood. Studies suggest that the antioxidants in fruits and vegetables impact your brain's serotonergic status, promoting feelings of happiness and well-being.



Ingredients

- 16 cups mixed vegetables*
- ¼ cup olive oil
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon smoked paprika
- 12 cups spring mix salad

*Mixed veggie suggestions

- Red onion
- Beets
- Bell peppers
- Sweet potatoes
- Cauliflower
- Garlic cloves

Dressing

- ¼ cup avocado oil (or olive oil)
- ¼ cup red wine vinegar
- 8 cloves garlic
- 1 cup basil

- 1 teaspoon paprika
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon ground mustard
- 1 Tablespoon maple syrup

Directions

1. Preheat oven to 400°F. Dice and chop up mixed vegetables. Try to make them similar sizes, so they bake evenly.
2. Place veggies in a large bowl, then toss with oil, salt, pepper, and smoked paprika.
3. Spread the vegetables out on 1–2 baking sheets in a single layer, then roast for 30 minutes, or until the vegetables are soft.
4. While roasting vegetables, place all the dressing ingredients in a food processor and blend until smooth.
5. To assemble the salad, take 2 cups of spring mix salad, then top with 1½ cups roasted vegetables. Drizzle with 2 tablespoons of dressing.

If meal prepping, store the vegetables and dressing in separate, airtight containers.



Berry Kale Salad [View this recipe on the iFIT Blog](#)

🔥 400 🍷 11g 🍴 76g 💧 9g

PREP TIME: 10 minutes

COOK TIME: 0 minutes

MAKES: 1 serving

Step up your fiber and plant food intake with this sweet and crunchy salad, and your body will thank you! Fiber-rich plant sources help to cultivate diversity in your gut, which can lead to more positive feelings.

Ingredients

- *1 Tablespoon honey*
- *1 Tablespoon Dijon mustard*
- *2 Tablespoons freshly squeezed lemon juice*
- *4 cups shredded kale, loosely packed*

- *½ cup tri-color quinoa, cooked*
- *½ cup blueberries*
- *½ cup grapes, halved*
- *½ ounce dry-roasted, unsalted pistachios, shelled*

Directions

1. In a small bowl, mix honey, mustard, and lemon juice until combined.
2. In a large bowl, toss kale, quinoa, and dressing together.
3. Top with remaining ingredients.

Thai Peanut Rice Bowl

[View this recipe on the iFIT Blog](#)

🔥 410 🥄 15g 🥣 50g 💧 17g

PREP TIME: 5 minutes

COOK TIME: 30 minutes

MAKES: 4 servings

Kick hunger to the curb with this balanced, nourishing rice bowl! Peanuts are packed with protein and magnesium, making them a great snack that will fill you up and help improve your mood.

Ingredients

- 1 cup quinoa, cooked
- 1 cup brown rice, cooked
- 1 Tablespoon sesame oil
- 1 ½ cups matchstick carrots
- 1 ½ cups broccoli slaw
- 3 ounces shredded Brussels sprouts
- 2 cups snow peas, diagonally sliced
- 1 cup edamame beans
- ½ cup cilantro, diced
- ¼ cup peanuts, chopped

Thai Peanut Sauce

- ⅓ cup lime juice
- 2 Tablespoons brown sugar

- 2 ½ Tablespoons peanut butter
- 2 Tablespoons squeezable ginger (look for the tube in the produce section)
- 2 Tablespoons squeezable garlic (look for the tube in the produce section)
- ½ Tablespoon soy sauce (I use low sodium)
- 1 teaspoon Sriracha, more or less to taste

Directions

1. In a rice cooker or instant pot, cook rice and quinoa according to package directions. Pro pressure cooker tip: Rinse quinoa and rice, add 3 cups water, cook on high pressure for 4 minutes, let pressure naturally release for 10 minutes (instant pot will read L0:10), then manually release pressure.
2. Heat a large skillet to medium heat. Add sesame oil, carrots, broccoli slaw, and Brussels sprouts.
3. Cook uncovered for 3–5 minutes, stirring periodically.

4. Mix up Thai Peanut Sauce.

5. When veggies are almost done, add in snow peas, edamame, rice, quinoa, and sauce.

6. Top with cilantro and peanuts and serve.



Salmon Berry Salad [View this recipe on the iFIT Blog](#)

🔥 290 🍴 12g 🥄 17g 💧 21g

PREP TIME: 10 minutes

COOK TIME: 10 minutes

MAKES: 4 servings

The delicious taste of this salad isn't the only thing that will bring you joy! It also contains mood-boosting antioxidants from berries, omega-3s that promote balance in your gut, and vitamin D to help regulate mood swings.

Ingredients

- *3 Tablespoons Bright Citrus Dressing**
- *6 ounces salmon, grilled*
- *5 cups mixed greens*
- *2 cups baby spinach*
- *2 cups mixed berries*
- *1 large, white peach, sliced*
- *2 ounces pecans, chopped*

*Bright Citrus Dressing

- *1/3 cup olive oil*
- *2 Tablespoons white wine vinegar*
- *1 teaspoon Dijon mustard*
- *2 Tablespoons fresh lemon juice*
- *1/2 teaspoon orange zest*
- *3 Tablespoons fresh orange juice*

Directions

1. Add all vinaigrette ingredients to a small bowl or cup and blend with an immersion blender using the whip attachment. For best flavor, use freshly-squeezed lemon and orange juice.
2. Add all ingredients for salad in a bowl. Set aside.
3. Toss all ingredients together in a large salad bowl and enjoy!



Turkey Pesto Panini

[View this recipe on the iFIT Blog](#)

🔥 490 🍷 24g 🥛 42g 💧 26g

PREP TIME: 10 minutes | **COOK TIME:** 5 minutes

MAKES: 1 serving

Your go-to lunch meat is an excellent source of tryptophan, an essential amino acid involved in the production of serotonin. Serotonin is a feel-good neurotransmitter.



Ingredients

- *2 Tablespoons Homemade Pesto**
- *2 slices high-fiber, whole wheat bread*
- *2 ounces sliced turkey*
- *1 ounce sliced Havarti cheese*
- *¾ cup arugula*
- *1 Roma tomato, sliced*
- *⅛ teaspoon black pepper*
- *¼ teaspoon balsamic vinegar*

*Homemade Pesto

- *3 cups basil, loosely packed*
- *¼ cup pine nuts*
- *1 large garlic clove*
- *¼ cup Parmesan cheese*
- *¼ teaspoon salt*
- *¼ cup olive oil*

Directions

1. First make the pesto. In a food processor, blend basil, pine nuts, garlic, cheese, and salt.
2. Slowly pour in olive oil while blending until everything is well incorporated and smooth. Store extra pesto in the fridge.
3. On one slice of bread, spread the fresh, homemade pesto.
4. Top with turkey, cheese, arugula, and tomato slices.
5. Sprinkle tomatoes with salt, pepper, and balsamic vinegar.
6. Top with the other slice of bread and place on a heated panini grill.
7. Cook until cheese melts.

Baked Oatmeal Muffins

[View this recipe on the iFIT Blog](#)

🔥 160 🥄 4g 🥞 24g 💧 5g

PREP TIME: 10 minutes

COOK TIME: 30 minutes

MAKES: 16 servings

When there is diversity among the bacteria in your gut, you produce more of the chemicals your brain uses to regulate your mood. Fiber is a key nutrient in promoting gut diversity. The oats, fruit, and nuts in these delectable muffins will all help to increase your fiber intake.

Ingredients

- *2 eggs*
- *¼ cup canola oil*
- *¾ cup brown sugar, packed*
- *½ cup unsweetened applesauce*
- *1 ½ cups 1% milk*
- *2 teaspoons vanilla extract*
- *½ teaspoon salt*
- *2 Tablespoons ground cinnamon*
- *3 cups old fashioned oats
(gluten-free, if needed)*
- *2 teaspoons baking powder*
- *Optional: your favorite toppings—fruit,
nuts, or chocolate chips*

Directions

1. Preheat oven to 350°F.
2. Whisk the eggs, oil, and brown sugar together in a large bowl.
3. Add applesauce, milk, vanilla, salt, and cinnamon. Stir until well combined.
4. Mix in the baking powder.
5. Stir in the oatmeal, one cup at a time.
6. Fill muffin tin with cupcake liners. Distribute ¼ cup batter into each cup.
7. Sprinkle with optional toppings, then press them down into the batter.
8. Bake for 30 minutes.
9. Store in an airtight container. (This is a great recipe to double and freeze so you're prepared for those rushed mornings.)



Strawberry Peach Green Smoothie

[View this recipe on the iFIT Blog](#)

🔥 360

🍴 17g

🥄 60g

💧 8g

PREP TIME: 5 minutes

COOK TIME: 0 minutes

MAKES: 1 serving

Are you feeling tense? Try incorporating more fruits and vegetables into your diet. These foods contain phytochemicals that have been shown to inhibit the behavioral aspects of stress and anxiety.

Ingredients

- *1 cup spinach*
- *½ cup chopped kale*
- *1 cup 1% milk*
- *¼ cup vanilla yogurt*
- *½ frozen banana*
- *½ cup frozen strawberries*

- *½ cup frozen peaches*
- *1 Tablespoon chia seeds*

Directions

1. Blend spinach, kale, milk, and yogurt until well combined.
2. Add other ingredients and blend until smooth.



Baked Tilapia Fish Tacos

[View this recipe on the iFIT Blog](#)

🔥 290 | 🥄 26g | 🍷 32g | 💧 8g

If you're growing tired of salmon as your main source of omega-3s, opt for tilapia instead.

This fish has more of these healthy fats than pork, beef, and chicken. Omega-3 fatty acids amplify balance in your gut, promoting good feelings and brain health!



PREP TIME: 10 minutes

COOK TIME: 20 minutes

MAKES: 6 servings

Ingredients

- *¼ cup plain, Greek yogurt*
- *2 Tablespoons fresh cilantro, chopped*
- *1 jalapeño, seeded and chopped*
- *1 cup white onion, thinly sliced*
- *1 ½ teaspoons paprika*
- *1 ½ teaspoons brown sugar*
- *1 teaspoon dried oregano*
- *¾ teaspoon garlic powder*
- *½ teaspoon salt*
- *½ teaspoon ground cumin*
- *¼ teaspoon ground red pepper*
- *4 (6-ounce) tilapia fillets*
- *1 Tablespoon olive oil*
- *12 corn tortillas*
- *½ avocado, thinly sliced*
- *4 lime wedges*

Directions

1. Preheat oven to 425°F.
2. In a blender, combine the Greek yogurt, cilantro, jalapeño, and onion.
3. Process until smooth.
4. In a small bowl, combine all the seasonings.
5. Sprinkle over the tilapia.
6. Spread oil in a baking sheet.
7. Place the tilapia on on the sheet.
8. Bake for 10 minutes, or until the fish is easily flaked with a fork.
9. To bake your taco shells, turn the oven down to 375°F.
10. Use an upside-down muffin tin to form the tortillas. Place each tortilla in between two muffin cups so it creates a u-shape.
11. Bake for 8 minutes or until the shells are crunchy.
12. Divide the fish among the taco shells.
13. Top with the jalapeño sauce, avocado, and lime juice.



Mediterranean Cucumber Chopped Salad

[View this recipe on the iFIT Blog](#)

🔥 130

🍗 2g

🍲 7g

💧 11g

PREP TIME: 10 minutes

COOK TIME: 0 minutes

MAKES: 6 servings

Despite what you thought as a kid, vegetables actually can lead to happiness. Studies suggest that the nutrients in vegetables can positively impact your body's serotonin levels.

Ingredients

- *¼ cup garlic-infused olive oil*
- *¼ cup red wine vinegar*
- *1 Tablespoon fresh oregano, chopped*
- *½ teaspoon salt*

- *½ teaspoon pepper*
- *1 teaspoon smoked paprika*
- *2 large cucumbers, diced*
- *½ cup red onion, diced*
- *1 pint cherry tomatoes, halved*
- *½ cup feta cheese*
- *¼ cup Kalamata olives, sliced and pitted*

Directions

1. In a medium bowl, whisk together olive oil, vinegar, oregano, salt, pepper, and smoked paprika.
2. Add the remaining ingredients to the bowl, then toss until well coated in the oil and vinegar mixture.
3. Serve immediately or cover and refrigerate.

Vegan Chipotle Chili [View this recipe on the iFIT Blog](#)

🔥 440 🥄 19g 🍲 74g 💧 9g

PREP TIME: 10 minutes

COOK TIME: 20 minutes

MAKES: 5 servings

If legumes aren't a staple in your diet, you're missing out! They're budget friendly and full of protein, fiber, and magnesium—a mineral that has been shown to help ease depression symptoms.

Ingredients

- *2 Tablespoons avocado oil (or olive oil)*
- *1 white onion, diced*
- *1 Tablespoon garlic, minced*
- *1 (15-ounce) can black beans, drained and rinsed*
- *1 (15-ounce) can kidney beans, drained and rinsed*
- *1 (12-ounce) can corn*
- *2 cups vegetable broth (low sodium)*
- *1 (8-ounce) can chipotle sauce (not chipotle in adobo sauce)*
- *2 large tomatoes, diced*
- *2 cups quinoa, cooked*
- *2 Tablespoons fresh lime juice*
- *Avocado, for topping*
- *Cilantro, for topping*

Directions

1. In a large pot, heat avocado oil and sauté onions and garlic. Cook until onions become translucent.
2. Add beans, corn, vegetable broth, chipotle sauce, and tomatoes.
3. Simmer for 10 minutes until tomatoes get tender.
4. Add quinoa and lime juice, then continue to heat another 5 minutes.
5. Top with avocado and cilantro. Serve warm.





Apple Cinnamon Quinoa

[View this recipe on the iFIT Blog](#)

🕒 200 ⚖️ 7g 🍲 35g 💧 4g

PREP TIME: 5 minutes

COOK TIME: 20 minutes

MAKES: 4 servings

This hearty breakfast will start your day off right with B vitamins and fiber. B vitamins help alleviate stress, while fiber promotes positive emotions by enhancing the variety of healthy bacteria in your gut.

Ingredients

- *2 cups almond milk*
- *1 cup quinoa*
- *1 sprinkle salt*
- *½ teaspoon cinnamon*
- *1 apple, large*

Additional Toppings

- *Pecans*
- *Maple syrup*
- *Almonds*
- *Mixed berries*

Directions

1. Peel and dice the apple.
2. In a medium saucepan, bring the milk to a boil.
3. Add quinoa, salt, cinnamon, and apple.
4. Turn heat down to a simmer until the milk is fully absorbed—about 20 minutes.
5. Cover and let rest for 5 minutes.
6. Spoon into bowls and sprinkle with additional toppings, if desired.

Grilled Veggie Quinoa Bowl

[View this recipe on the iFIT Blog](#)

🔥 490 🍴 17g 🥄 59g 💧 21g

PREP TIME: 30 minutes | **COOK TIME:** 15 minutes

MAKES: 4 servings

Stress may be inevitable at times, but there are foods you can eat to relieve the tension. Quinoa, for example, is abundant in B vitamins that can help to ease your stress, stabilize your mood, and boost your dopamine levels.

Ingredients

- *1 medium yellow squash, thinly sliced*
- *1 medium zucchini, thinly sliced*
- *½ eggplant, peeled and thinly sliced*
- *1 red onion, thinly sliced into rings*
- *1 red bell pepper, sliced into thick strips*
- *1 orange bell pepper, sliced into thick strips*
- *4 cups cooked quinoa*
- *4 ounces mozzarella, grated*
- *2 cups cherry tomatoes, halved*

Basil Vinaigrette

- *¾ cup canola oil*
- *½ cup white vinegar*

- *2 Tablespoons sugar*
- *1 teaspoon salt*
- *1 teaspoon paprika*
- *½ teaspoon dry mustard*
- *¼ teaspoon black pepper*
- *1 head of garlic, minced*
- *2 cups fresh basil leaves/tops*

Directions

1. Blend all the ingredients for the Basil Vinaigrette until smooth.

2. Chop veggies and toss with basil vinaigrette in a large bowl.
3. Let soak for at least 15 minutes.
4. Take veggies straight from the marinade, then grill in batches until all of the vegetables have been cooked—about 4 minutes on each side or until tender. Then, set marinade aside.
5. Assemble quinoa bowls with 2 cups grilled veggies, 1 cup quinoa, 1 ounce mozzarella, and ½ cup cherry tomatoes.
6. If you'd like, drizzle extra dressing on top.

*Nutrition analysis done with ¼ of marinade. Adding it as a dressing will increase calories.



Breakfast Quesadillas

[View this recipe on the iFIT Blog](#)

🔥 420

🍴 25g

🍲 57g

💧 10g

PREP TIME: 5 minutes

COOK TIME: 20 minutes

MAKES: 4 servings



This filling breakfast quesadilla is high in fiber and protein. Legumes are full of magnesium, helping to decrease symptoms of depression. Their fiber content also cultivates gut flora diversity, leading to a happier, healthier GI system.

Ingredients

- 8 eggs
- $\frac{1}{2}$ green bell pepper, finely chopped
- $\frac{1}{4}$ cup purple onion, finely chopped
- 1 cup black beans (drained and rinsed)
- 4 whole wheat tortillas
- 1 cup pepper jack cheese, shredded and divided

Directions

1. Heat a nonstick skillet to medium-high heat. Whisk eggs, then pour into the skillet.
2. Add the pepper, onion, and beans to the eggs. Scramble for about 5 minutes or until the eggs are cooked through.
3. Split the egg mixture up into 4 equal parts. Place on half of the tortilla, then top with $\frac{1}{4}$ cup of cheese.
4. Fold the other side of the tortilla over.
5. Reduce the heat to medium, then place the tortillas in it. Cook for 3 minutes on each side, or until the cheese is melted and the tortilla has your desired crispness.
6. Repeat until all quesadillas are done.
7. Serve warm, topped with salsa, avocado, and cilantro, if desired.



Sweet Potato Power Bowl

[View this recipe on the iFIT Blog](#)

🔥 300 🥄 9g 🍷 44g 💧 11g

PREP TIME: 10 minutes | **COOK TIME:** 30 minutes

MAKES: 8 servings

Nutrient-rich plant sources, like black beans, give this delectable dish its power! Beans are premium sources of magnesium and selenium. Both of these minerals have been shown to decrease poor moods and symptoms of depression.

Ingredients

- 3 cups sweet potatoes, peeled and cubed
- 3 cups cauliflower florets
- 1 red onion, chopped
- 2 Tablespoons olive oil
- ½ teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 4 cups quinoa, cooked
- 1 (15-ounce) can black beans, drained and rinsed (about 1½ cups)
- 2 avocados
- 2 limes, juiced
- ½ cup cilantro, chopped
- Salt and pepper, to taste

Directions

1. Preheat oven to 400°F.
2. In a large bowl, toss the sweet potato, cauliflower, and red onion with the olive oil and spices.
3. Pour onto a parchment-lined baking sheet, then bake for 30 minutes or until veggies are tender.
4. Assemble your bowls with quinoa, black beans, and veggies. Top with avocados, lime juice, cilantro, salt, and pepper.

Chicken Lettuce Wraps

[View this recipe on the iFIT Blog](#)

🔥 470 🍴 38g 🍳 26g 💧 26g

PREP TIME: 10 minutes | **COOK TIME:** 30 minutes

MAKES: 4 servings

These lettuce wraps bring the delectable flavors of Asian cuisine with a satisfying crunch! They're packed with vegetables that will help your gut diversify and flourish, promoting the good feelings that come from serotonin.

Ingredients

- 1 Tablespoon fresh ginger, grated
- 1 Tablespoon garlic powder
- 2 teaspoons sesame oil
- 3 Tablespoons low-sodium soy sauce (gluten-free, if needed)
- 2 Tablespoons hoisin sauce (gluten-free, if needed)
- 2 Tablespoons rice vinegar
- 1 teaspoon Sriracha
- 2 Tablespoons olive oil
- 1 pound chicken breast, minced (similar to ground chicken)
- 1 white onion, minced
- 2 zucchini, minced

- 1 red pepper, minced
- 1 head iceberg lettuce
- ¾ cup green onions, minced
- ¾ cup unsalted, chopped peanuts (optional)

Directions

1. Mix ginger, garlic, sesame oil, soy sauce, hoisin sauce, vinegar, and Sriracha in a small bowl until well combined. Set aside.
2. Heat olive oil in a large skillet. Add chicken and cook for 2–3 minutes. Add sauce and cook another 5 minutes on medium-high. Add onion, zucchini, and pepper. Cook until tender.
3. Serve in a lettuce leaf with ½ cup of chicken and veggies, 1 tablespoon green onions, and 1 tablespoon peanuts.





Beef Veggie Stir Fry [View this recipe on the iFIT Blog](#)

🔥 220 🍴 19g 🍲 18g 💧 8g

PREP TIME: 10 minutes

COOK TIME: 20 minutes

MAKES: 6 servings

Is there anything more mouthwatering than a tender, juicy steak? Besides being delicious, beef is also a top-notch source of protein and zinc. Adequate levels of zinc have been shown to decrease the severity of depression.

Ingredients

- *½ cup orange juice*
- *¼ cup low-sodium soy sauce (gluten-free if necessary)*
- *4 teaspoons sesame oil (divided)*
- *1 teaspoon ground ginger*
- *1 teaspoon granulated garlic*
- *2 Tablespoons honey*
- *½ teaspoon chili paste*
- *3 Tablespoons hoisin sauce (gluten-free if necessary)*
- *1 ½ Tablespoons cornstarch*
- *1 pound skirt steak, cut into thin strips*
- *1 red pepper, cut into chunks*
- *3 cups broccoli florets*

Directions

1. Whisk together orange juice, soy sauce, 2 teaspoons sesame oil, ginger, garlic, honey, chili paste, and hoisin sauce in a medium bowl. Whisk in the cornstarch until no lumps remain and set aside.
2. Heat 2 teaspoons sesame oil in a wok over medium heat.
3. Add the steak and cook for 3–5 minutes. Next, add the vegetables and cook an additional 5 minutes.
4. Pour the stir fry sauce over the meat and vegetables and continue to cook until the sauce thickens and the vegetables are tender (about 5–10 minutes).
5. Serve over rice, quinoa, or cauliflower rice.

Spicy Rice and Bean Sauté

🔥 300 🍷 9g 🍴 51g 💧 8g

Whole grains are full of vitamins and minerals that your body needs to thrive. Brown rice is an excellent source of B vitamins that support positive mood states. Study subjects who consumed high levels of B vitamins saw a 20% reduction in work-related stress.

Ingredients

- 1 Tablespoon olive oil
- ½ onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 2 cloves garlic, minced
- 1 cup chopped celery
- 1 Tablespoon fajita seasoning (gluten-free if needed)
- ¼ teaspoon chili powder
- 1 ½ cups black beans
- ½ cup chopped cilantro
- 1 teaspoon lime zest
- 2 Tablespoons fresh lime juice
- 2 cups brown rice, cooked

[View this recipe on the iFIT Blog](#)

PREP TIME: 10 minutes | **COOK TIME:** 20 minutes

MAKES: 4 servings

Toppings

- ½ cup chopped avocado
- ½ cup fresh salsa

Directions

1. Heat olive oil in a large sauté pan. Add onions, bell peppers, garlic, and celery. Sauté for 5 minutes on low. Add fajita seasoning and chili powder and continue to cook on low until veggies are tender.
2. Mix in beans, cilantro, lime zest, and lime juice to veggies and continue to cook until beans are warm.
3. Mix in brown rice. Once hot, turn off heat.
4. Top each dish with 2 tablespoons of avocado and fresh salsa.



Coconut Chia Breakfast Bowl

[View this recipe on the iFIT Blog](#)

🔥 420 🥄 13g 🥄 22g 💧 32g

PREP TIME: 4 hours

COOK TIME: 0 minutes

MAKES: 1 serving

Have you been feeling overwhelmed? Chronic stress has been linked to low levels of magnesium. A breakfast with pumpkin and chia seeds will give you more of this mineral, plus healthy fats, manganese, and iron.

Ingredients

- *½ cup lite coconut milk*
- *1 Tablespoon chia seeds*
- *2 Tablespoons pumpkin seeds*
- *2 Tablespoons shredded almonds*
- *2 Tablespoons unsweetened, shredded coconut*
- *½ cup raspberries*

Directions

1. Combine chia seeds and coconut milk in a medium bowl.
2. Leave in the fridge for at least 4 hours or overnight.
3. Add toppings and enjoy!





Shakshuka

🔥 220 ⚖️ 12g 🍳 14g 💧 13g

PREP TIME: 15 minutes

COOK TIME: 15 minutes

MAKES: 6 servings

This Libyan dish, often served for breakfast, is a great choice any time of the day! It is typically served with crusty bread or pitas to soak up the sauce, but this particular recipe utilizes vegetables as a healthy alternative that is packed with nutrients.

- *1 red bell pepper, sliced*
- *Any additional veggies of your choice (optional)*

Ingredients

- *6 eggs*
- *2 cans unsweetened diced tomatoes*
- *2 Tablespoons tomato paste (unsweetened)*
- *½ medium onion*
- *1 clove minced garlic (optional)*
- *½ cup water*
- *1 teaspoon cayenne pepper*
- *1 teaspoon paprika*
- *1 Tablespoon extra virgin olive oil*
- *½ Tablespoon cilantro, chopped*
- *1 zucchini, sliced*

Directions

1. Heat olive oil in saucepan and sauté the onions, garlic, cayenne pepper, and paprika until the onion become soft.
2. Add in the tomatoes. Simmer at medium heat for 3–5 minutes, stirring occasionally.
3. Add in the vegetables. Simmer for 5 minutes, or until the vegetables become soft.
4. Add in the tomato paste and ½ cup of water. Stir and simmer 5–7 minutes.
5. Crack the eggs open, drop into sauce, and space them evenly throughout the skillet.
6. Cover the saucepan and cook until eggs are done to your liking.