

All Star Client

PODAIMA PERFORMANCE

Recipe Book



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Welcome to my first edition of my All Star Client Recipe Book!

Why did I call it this? Well it's a recipe book, and it's recipes from my all star clients!

Clients have always asked if I have any recipes that they can follow while doing the diet and I thought what better way would there be to gather recipes if I could get one from each client! I was pretty proud of myself for that one and thought I can make a huge go-to recipe book!



As with anything in life what sounded good in theory didn't really get the input I was looking for and not everyone gave recipes, but that's ok I put together all the recipes that were given to me.

With that being said I do want to thank my clients that took the time out of their busy day to contribute with a recipe. It's very much appreciated!

Also, if you sent a recipe and don't see it here let me know, or if you sent one but I got it wrong let me know as well.

I will also keep this open that if you didn't yet contribute but would like to then just send away and I will update it. Plz put in format I can just copy paste!

Now I must state to try these recipes at your own risk! I have not tried most of them as I eat pretty plain but I'm sure they are delish!

Lastly would like to thank you all for being patient, as this took a lot longer to put together than it should have and I didn't want to leave you hanging...but as they say it's better late than never!

Bonnie's Baked Talapia

4 Tilapia fillets
3 tablespoons lemon
1 tablespoon butter
1 clove garlic or garlic powder
1 tsp dried parsley flakes
Ground pepper
Seasoning salt
1/4 teaspoon red pepper flakes

Instructions

Preheat oven to 375C.
Place tilapia on greased sheet.
Drizzle lemon over the fillets. Then drizzle the butter over them.
Sprinkle with garlic, parsley flakes, salt, pepper and red pepper flakes
Bake for 20-25 minutes.



Mary Anne's Turkey Burgers With Feta and Dill

Tested size: 4 servings

Ingredients

1/2 medium red onion

2 small cloves garlic

4 stems fresh dill

1 pound to 1 1/4 pounds ground turkey
(breast meat; see headnote)

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1/2 cup crumbled feta cheese

4 whole-grain hamburger buns

Green-leaf lettuce leaves, for serving



Directions

Heat a grill pan or cast-iron skillet over medium-high heat.

Meanwhile, cut the red onion into thin slices, reserving 4 of them for serving. Finely chop the remaining red onion slices, garlic and dill; together is okay.

Transfer to a mixing bowl, then add the ground turkey, salt, pepper and feta. Grease the palms of your clean hands with light coating of cooking oil spray, then use your hands to gently blend the mixture. Form into 4 equal patties that are 3/4- to 1-inch thick.

Grease both sides of each patty lightly with cooking oil spray, then place in the pan. Cook for about 4 minutes on each side, nicely browning the exterior and making sure the interior is cooked through (165 degrees on an instant-read thermometer).

While the burgers are cooking, you can toast the buns and gather condiments. Place lettuce leaves on each bottom bun, then the burgers. Put a slice of red onion on each burger, then finish with the top buns. Serve warm, with condiments.

Carla's Vegetable&Turkey Meatloaf Recipe

Ingredients

- 1 1/4 lb ground turkey breast
- 1 medium yellow onion (diced)
- 1 large zucchini (shredded)
- 1 large celery stalk (finely chopped)
- 3 medium carrots (shredded)
- 1 red bell pepper (finely chopped)
- 1/2 lb mushrooms (chopped)
- 4 garlic cloves (minced)
- 3/4 cup old fashioned rolled oats
- 1/2 cup unsweetened applesauce
- 2 tbsp tomato paste
- 1/4 cup fresh parsley (finely chopped)
- 1 egg
- 1/2 tsp paprika
- 1 tsp salt
- 1 tsp black pepper



Directions

Preheat the oven to 350 degrees. Line a loaf sized baking pan with foil.

Spray a nonstick skillet with non fat cooking spray. Saute the onion until softened – about 3-5 minutes. Add in the carrots, celery, and bell pepper, and cook for another 3-5 minutes to soften the veggies. Add in the zucchini, mushrooms and garlic and saute about 3 more minutes.

In a large bowl, combine the ground turkey, oats, parsley, egg substitute, applesauce, tomato paste, paprika, salt and pepper. Fold in the veggies.

Empty the mixture into your baking pan, and shape mixture into a loaf form with your hands.

Bake until browned and meat inside is thoroughly cooked – about 1 hour.

Remove from oven and let stand about 10-15 minutes. Cut into 6 equally sized slices.

Jacqueline's Lime Celantro Coconut Chicken

This easy Cilantro Lime Coconut Chicken recipe is quick to make and has tons of flavor. Perfect chicken marinade for grilling, baking, or sautéing and freezes well too.

Ingredients

- 4 boneless skinless chicken breasts or 8 chicken thighs - or a combination of both
- 2 large limes (juice of)
- 4 garlic gloves (chop or mince)
- 1 tbsp. ground cumin
- 1 tbsp. ground ginger
- ½ tsp ground black pepper
- ½ tsp sea salt
- ½ cup chopped fresh cilantro*
- 2 tbsp. coconut oil
- Chicken or vegetable broth*

Directions

1. In a large sealable Ziplock bag, combine the chicken, freshly squeezed lime juice, garlic, ground cumin, ground ginger, ground black pepper, sea salt, coconut oil (1 tbsp) and fresh cilantro*.
2. Toss – massage to combine and coat the chicken well.
3. Close Ziplock bag tightly and place in the fridge for at least 30 minutes, preferably 2-4 hours.
4. Cook chicken.
Oven baked: Preheat oven to 425 degrees F. Place chicken and marinade in baking dish (single layer). Bake for 20 minutes. Flip chicken and bake for an additional 20-30 minutes, or until chicken is cooked through. (Baking times may vary - for different types of chicken pieces and oven.)



Skillet: Heat skillet over medium-high heat with the coconut oil (1 tbsp.). Place chicken in skillet. Cook until well-browned on both sides and cooked through, approximately 4-8 minutes per side.

5. Optional: Sprinkle chicken with lime zest and fresh cilantro before serving.

Notes:

- If you are not a fan of cilantro, you can replace with Italian parsley.
- If you prefer your chicken with a bit of a kick, you can add cayenne pepper, jalapeno or spicy peppers.
- If you do not have fresh herbs, (cilantro or parsley) you can replace with dry herbs.
- When freezing protein, I add some chicken or vegetable broth – keeps chicken moist.
- I also prefer using chicken thighs (juicier) vs chicken breast (tends to be drier) when freezing.

Jacqueline's Mild Curry Chicken



Easy mild curry chicken recipe the whole family will enjoy!

Ingredients

- 4 boneless skinless chicken breasts or 8 chicken thighs - or a combination of both.
- 2 tbs. of coconut oil
- 4 garlic cloves (chopped or minced)
- 1 small onion (chopped)
- 1 tbsp. dried chives
- 2 tbsp. curry powder
- 1 tsp. ginger
- 1 tsp. turmeric
- 1 tsp. basil
- ½ tsp. nutmeg
- ½ cup chicken broth (optional)
- Juice of 1 large lime
- Salt and pepper to taste
- Handful fresh cilantro (chopped)

Directions

1. In a large sealable Ziplock bag, combine the chicken, coconut oil, garlic, onion, chives, curry powder, ginger, turmeric, basil, nutmeg chicken broth, lime juice, salt, pepper and fresh cilantro.
2. Toss-massage to combine and coat the chicken well.
3. Close Ziplock bag tightly and place in the fridge for at least 30 minutes, preferably 2-4 hours.
4. Bake chicken. Preheat oven to 425 degrees F. Place chicken and marinade in covered baking dish. Bake for 40-60 minutes, or until chicken is cooked through. (Baking times may vary – for different types of chicken pieces and oven.)
6. Optional: Sprinkle chicken with fresh cilantro before serving.

Notes:

- I love to serve this curry chicken over oven-roasted cauliflower. It replaces rice very nicely.
- Chicken thighs are best for this recipe. You can make it with chicken breast – but you may find the chicken breast dry.
- Cilantro haters – replace with parsley or simply omit all together.
- You can use this marinade on other proteins – like beef, pork, turkey, fish, etc.
- You can also make it spicy! To add heat, use either hot curry powder, cayenne pepper, or ground chili powder.

Jacqueline's Homemade Taco Seasoning

This easy homemade taco seasoning is easy to make, allows you to control what ingredients go into it, and the perfect way to spice up your proteins!

Ingredients (all dry):

- 1 tbsp. chili powder
- ½ tbsp. cumin
- ½ tbsp. cilantro
- ½ tsp. onion powder
- ½ tsp. smoked paprika
- ¼ tsp. garlic powder
- ¼ tsp. red pepper flakes (if you want heat - optional)
- ½ tsp. oregano
- ½ tsp. salt
- 1 tsp. pepper
- Pinch of cayenne pepper (if you want heat - optional)



Directions

• Mix all dry ingredients. You can triple the recipe and store in airtight container for up to 6 months.

If making a marinade:

- 1 large lime (juiced)
- 1 cup chicken broth
- 2 tbsp. coconut oil

TO USE:

BAKED TACO FLAVOURED CHICKEN

1. In a large sealable Ziplock bag, combine the chicken (8 thighs), dry ingredients, chicken broth and coconut oil.
2. Toss-massage to combine and coat the chicken well.
3. Close Ziplock bag tightly and place in the fridge for at least 30 minutes, preferably 2-4 hours.
4. Bake chicken. Preheat oven to 425 degrees F. Place chicken and marinade in covered baking dish. Bake for 40-60 minutes, or until chicken is cooked through. (Baking times may vary – for different types of chicken pieces and oven.)
5. Optional: Sprinkle chicken with fresh cilantro or parsley before serving.

TACO FLAVOURED LEAN GROUND CHICKEN AND PORK

1. Heat skillet over medium-high heat with the coconut oil (1 tbsp.). Cook ground meat (1lb – 500 g approx.) in skillet for 7-9 minutes, breaking into small chunks while cooking. Cook until browned and completely cooked; drain. Stir in chicken broth and 3 tbsp. taco seasoning mix. Heat to boiling. Reduce heat and simmer uncovered for 3-5 minutes, stirring often, until thickened.

Notes:

• I like to make taco salad or salad wraps with the baked and ground meats – It's easy and tasty. Simply add seasoned meat to mixed greens (lettuce, arugula, spinach, yellow, red, orange peppers, fresh parsley and or cilantro and freshly squeezed lime juice. If you crave sour cream – you can drop a small dab of plain Greek yogurt! Just make sure to decrease your meat (protein) allocation to allow for the yogurt protein.

Jacqueline's Easy Grilled Greek Chicken**Ingredients**

- 4 boneless skinless chicken breasts or 8 chicken thighs - or a combination of both.
- ½ tsp. pepper
- ½ tsp. rosemary
- 1 tsp. oregano
- 1 tsp. thyme
- ½ tsp. seasoning salt
- 1 tbsp. chives
- 4 garlic gloves (minced)
- 1 large lemon (juice)
- 3 tbsp. coconut oil
- Chicken broth *



Directions

1. In a large sealable Ziplock bag, combine the chicken, pepper, rosemary, oregano, thyme, seasoning salt, chives, garlic, lemon juice, 2 tbsp. coconut oil and chicken broth.
2. Toss-massage to combine and coat the chicken well.
3. Close Ziplock bag tightly and place in the fridge for at least 30 minutes, preferably 2-4 hours.
4. Brush indoor grill or skillet with coconut oil. Preheat grill or skillet on medium-high heat. Place chicken on grill. Cook the chicken for 5-7 minutes per side. Serve with garnished parsley.

Notes

- If freezing protein, add some chicken or vegetable broth – keeps chicken moist.

Jacqueline's Roasted Cauliflower

Tired of steamed or boiled cauliflower? Try roasting it. It's easy and delicious! A squeeze of lemon juice is all you need to turn this into an excellent side dish.

Ingredients

- 1 head cauliflower, cut into bite-size florets
- ¼ cup coconut oil
- 1 large lemon (juiced)
- 5 cloves garlic (chopped or minced)
- 2 tsp. kosher salt
- 2 tsp. thyme
- Pepper to taste



Directions

- Preheat oven at 450 degrees F.
- In a large bowl, toss the cauliflower with the coconut oil, garlic, salt, pepper and thyme. Place on baking sheet. Roast until golden and tender, about 15-20 minutes. Transfer to a serving bowl and serve.

Notes

You can play around with the herbs and spices:

Italian inspired: parsley, lemon zest, seasoning salt, red pepper flakes

Mexican inspired: cumin, chili powder, homemade taco seasoning, cilantro, garlic, chives, freshly squeezed lime juice and or zest

Indian inspired: curry powder, cilantro, ginger, nutmeg, turmeric, basil, lime, garlic

Mary Anne's Greek Chicken Souvlaki

Ingredients

For Souvlaki Marinade

- 10 garlic cloves, peeled
- 2 tbsp dried oregano
- 1 tsp dried rosemary
- 1 tsp sweet paprika
- 1 tsp each Kosher salt and black pepper
- 1/4 cup dry white wine (I have used water as replacement as well – wine better)
- Juice of 1 lemon
- 2 bay leaves

For Chicken

- 2 1/2 lb organic boneless skinless chicken breast, fat removed, cut lengthwise into 2 or three pieces

Fixings – optional

- Tzatziki Sauce
- Sliced tomato, cucumber, onions, and Kalamata olives



Directions

1. Prepare the marinade. In the bowl of a small food processor, add garlic, oregano, rosemary, paprika, salt, pepper, white wine, and lemon juice (do NOT add the dried bay leaves yet). Pulse until well combined.
2. Cut the chicken breasts lengthwise in 2 – 3 pieces.
3. Place chicken in a large bowl and add bay leaves. Top with marinade. Toss to combine, making sure chicken is well-coated with marinade. Cover tightly and refrigerate for 2 hours or overnight.

4. Prepare outdoor grill (or indoor griddle). Brush grates with a little oil and heat over medium-high heat. Cook in batches on BBQ/griddle until well browned and internal temperature registers 155° on instant read thermometer. (Adjust temperature of grill if necessary). While grilling, brush lightly with the marinade (then discard any leftover marinade). { I DON'T brush with marinade while cooking and feel it turns out fine. }
5. Transfer chicken to serving platter and let rest for 3 minutes.

Notes: Original recipe indicates chicken should be cut into cubes, threaded on skewers, and then cooked. I do not do this to save time.

Do not overcook the chicken or it will be dry.

Serve with Superstore Blue menu tzatziki which is low fat and low calorie.

This recipe actually requires ¼ cup olive oil in the marinade, but I eliminate it to save calories and find that the taste is still good.

Sean's Shrimp

Ingredients

- Bag of shrimp, thawed
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 2 tbsp Worcestershire sauce
- 1 tsp pickled jalapeño
- 2 tbsp oil

Directions

- Step 1
Shell shrimp, place in large bowl.
- Step 2
Add remaining ingredients, mix thoroughly



- Step 3

Pre-heat pan on stove on medium heat, carefully add contents of bowl into pan, ensuring all shrimp have full contact with bottom of pan.

Cook approximately 8 minutes, flip all shrimp over. Cook another 4 minutes.

Marie's Lettuce Wrap Chicken Salad

Ingredients:

- 1) 100g of shredded chicken (Chicken breast in slow cooker on low for 6 hrs from pre-prepped chicken for the week)
- 2) 2tbsp of greek yogurt mixed with mustard -according to taste
- 3) chopped green onions *optional
- 4) diced celery *optional
- 5) Mrs Dash spices or salt/pepper to taste
- 6) Romaine lettuce



Directions

Mix ingredients 2 to 5 and blend in with shredded chicken and add to 2 romaine lettuce leaf and wrap.

Jan's Chicken Pizza Crust

Ingredients

2lbs of lean ground chicken or turkey

3/4 cup Parmesan cheese

1 tsp oregano

1 tsp basil

1 tsp thyme

1/2 tsp salt

1/2 tsp pepper



Directions

Mix altogether and press in pizza pan, making a ridge along the outer edge. Bake in a 450 degree oven for 5 minutes then turn down to 400 degrees for another 8 to 10 more minutes till golden brown.

Remove from oven and fill with whatever pizza toppings you like or freeze and use another time.

I used diced tomatoes and tomatoes paste for the base. I also sautéed onion, zucchini, red pepper and mushrooms for the topping.

Jodi's Salmon Recipe

Ingredients

Salmon skin on
Coarse sea salt
Cracked black pepper
Lemon
Dill
Butter
Asparagus



Directions

Salmon skin on, sprinkle coarse sea salt and cracked black pepper place thinly sliced lemon and fresh dill on top of salmon cover with fresh asparagus and 6 cubes of butter Add approx. 1/2 cup water cover dish with foil and cook for 40 minutes at 350 remove from oven

Let sit for 5-7 minutes covered

Enjoy!

Jodi's Marinade For Chicken, Fish, Or Pork Chops

Ingredients

2 tbsp olive oil
2 tbsp rice wine vinegar
2 tbsp Bragg's
Crushed garlic



Carmen's Grilled Lemon Chicken Breasts

Ingredients

4 skinless boneless breasts.
½ Cup lemon juice
½ teaspoon onion powder
Ground black pepper
Seasoning salt
2 teaspoons dried parsley
(I also add lemon pepper)



Directions

Dip chicken in lemon juice and sprinkle both sides with the onion powder, ground black pepper, seasoning salt, (lemon pepper) salt and parsley.

Cook on grill for 10-15 min per side.

Wendy's Chicken Seasoning**Ingredients**

Chicken wings/ pieces

1 tsp sea salt

1 tsp smoked paprika

1 tsp garlic powder

1 tsp onion powder

2 tbsp baking powder

**Directions**

Pat chicken pieces dry with paper towel.

Mix spices and baking powder in a small bowl.

Lay chicken in seasoning one at a time and press on seasoning.

Bake in oven at 400 until chicken is cooked.

Banana Protein Pancakes

Ingredients

- 1 banana
- 1 egg (or flax egg)
- 1 1/2 scoops of plain or vanilla protein
- 1-2 teaspoons of cinnamon



Directions

Mix in blender, pour onto pan to make pancakes. Those four ingredients make 3-4 decent sized pancakes.

Plain Greek Yogurt With Stevia Or Protein Powder

Ingredients

Plain greek yogurt

Stevia Or Protein Powder

Fruit(optional)



Directions

Simple desert which pretty much all protein. Either mix plain Greek yogurt with stevia or use a flavored protein powder and mix it in. You can add fruit if you would like as well.

This is so simple and tastes delish. Definitely one of my favorites!

Celeste's Chicken Paillard with Olive Tapenade

Ingredients

Chicken

Directions

Pound chicken flat and grill

Add tapenade

Ingredients

3 cloves garlic, peeled

1 cup pitted olives

2 tbsp. capers

3 tbsp. chopped fresh parsley

2 tbsp. lemon juice

2 tbsp. olive oil

Salt and pepper to taste

Directions for Tapenade

Place the garlic cloves into a blender or food processor; pulse to mince.

Add the olives, capers, parsley, lemon juice, and olive oil Blend until everything is finely chopped. Season to taste with salt and pepper.



Celeste's One Pot 2 Meals

Ingredients

Chicken or beef roast
Vegetables
Soup stock

Directions

I often cook a chicken or beef roast in the oven with roasted veggies. The first night I have the chicken/ beef and veggies and then use the same pot with the chicken carcass and leftovers to boil with soup stock.

Once boiled enough drain the stock. Add back in any leftover meat, and new veggies or other soup ingredients. Boil till veggies are cooked. Vola soup and meal #2! Usually lunch the next day!

