



DINNER MADE SIMPLE

20 COMPLETE DINNER RECIPES



PROTEIN + VEGETABLES + PLANNED CARBS

NUTRITION

STRENGTH

A STRONGER YOU

HOW TO USE THIS GUIDE

Each recipe makes one dinner and gives a starting portion. The meals vary the main protein, vegetables, seasonings and cooking style so dinner feels different from lunch.

Use the Rzone Nutrition Template that fits your training schedule. Include a planned favorable carbohydrate when it fits your day; beans, lentils, grains, potatoes and fruit all contribute carbohydrate. Protein portions are generally designed around 20-30 grams, but exact amounts vary.

Cooking times are estimates. Check meat, poultry and fish with a food thermometer; follow package directions for prepared foods. Weights, brands and sauces change nutrition. Adjust portions to your own needs and guidance.

SHOPPING AND PORTION RESOURCES

For photographed product options, use the Protein Finds and Great Carb Finds guides. Check current labels for serving size, protein, sodium and ingredients.

MORE RZONE NUTRITION RESOURCES

rzonefitness.com/nutrition-support/

rzonefitness.com/nutrition-templates/

rzonefitness.com/nutrition-visual-guides/



PROTEIN + VEGETABLES + PLANNED CARB

01 LEMON HERB COD WITH POTATOES

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

5 oz cod; 1 medium potato, cubed; 1 1/2 cups asparagus; 1 tsp olive oil; lemon, parsley and garlic.

METHOD

- 01 Roast potato at 425 F for 20-25 minutes until tender.
- 02 Season cod and bake at 400 F until the center reaches 145 F, about 10-15 minutes.
- 03 Roast or steam asparagus; serve with cod, potato and lemon.



PROTEIN + VEGETABLES

02 TURKEY MEATBALLS AND ZUCCHINI NOODLES

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

5 oz lean ground turkey; 2 cups zucchini noodles; 1/2 cup no-sugar-added tomato sauce; 1 tbsp grated Parmesan; garlic and basil.

METHOD

- 01 Mix turkey with garlic and basil; shape into small meatballs.
- 02 Bake at 400 F until the centers reach 165 F, about 15-20 minutes. Warm sauce.
- 03 Saute zucchini noodles briefly; top with meatballs, sauce and Parmesan.



PROTEIN + VEGETABLES + PLANNED CARB

03 GINGER SHRIMP RICE BOWL

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

5 oz peeled shrimp; 2/3 cup cooked brown rice; 1 1/2 cups snap peas; 1 tsp olive oil; ginger, garlic and lime.

METHOD

- 01 Warm the cooked rice and steam snap peas until crisp-tender.
- 02 Saute shrimp with oil, ginger and garlic until opaque and cooked through.
- 03 Serve over rice with snap peas and a squeeze of lime.



PROTEIN + VEGETABLES + PLANNED CARB

04 CHICKEN FAJITA AND BLACK BEAN SKILLET

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

4 oz cooked chicken breast; 2/3 cup rinsed black beans; 1 cup peppers and onions; 1 cup lettuce; fajita spices and salsa.

METHOD

- 01 Cook seasoned chicken until its center reaches 165 F; rest and slice.
- 02 Saute peppers and onions until tender. Warm the rinsed beans.
- 03 Combine chicken, beans and vegetables; top with salsa and lettuce.



PROTEIN + VEGETABLES + PLANNED CARB

05 BEEF, BROCCOLI AND MUSHROOM STIR-FRY

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

4 oz cooked lean beef strips; 1 1/2 cups broccoli; 1/2 cup mushrooms; 2/3 cup cooked brown rice; 1 tsp oil; garlic and ginger.

METHOD

- 01 Cook beef in a hot skillet to at least 145 F; rest 3 minutes.
- 02 Stir-fry broccoli and mushrooms with oil, ginger and garlic.
- 03 Serve over warmed rice; add a small splash of reduced-sodium soy sauce if desired.



PROTEIN + VEGETABLES + PLANNED CARB

06 SALMON, QUINOA AND BRUSSELS SPROUTS

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

4 oz cooked salmon; 3/4 cup cooked quinoa; 1 1/2 cups Brussels sprouts; 1 tsp olive oil; lemon and pepper.

METHOD

- 01 Halve Brussels sprouts and roast at 425 F for 20-25 minutes.
- 02 Bake salmon at 400 F until it reaches 145 F.
- 03 Warm quinoa and plate with salmon and vegetables; finish with lemon.



PROTEIN + VEGETABLES + PLANNED CARB

07 TURKEY AND BEAN CHILI

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

5 oz lean ground turkey; 2/3 cup rinsed kidney or black beans; 3/4 cup crushed tomatoes; 1 cup peppers and onions; chili spices.

METHOD

- 01 Brown turkey in a pot until it reaches 165 F.
- 02 Add vegetables, beans, tomatoes and chili spices; simmer 15 minutes.
- 03 Serve with a large side of mixed greens; add avocado if it fits your fat portion.



PROTEIN + VEGETABLES + PLANNED CARB

08 LEMON CHICKEN ORZO WITH SPINACH

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

4 oz cooked chicken breast; 3/4 cup cooked whole-wheat orzo; 1 1/2 cups spinach; 1 tsp olive oil; lemon and garlic.

METHOD

- 01 Cook chicken to 165 F; rest and slice. Cook orzo as directed.
- 02 Wilt spinach with olive oil and garlic in a skillet.
- 03 Toss orzo, spinach and chicken with lemon zest and juice.



PROTEIN + VEGETABLES + PLANNED CARB

09 GARLIC SHRIMP AND WHITE BEANS

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

5 oz shrimp; 2/3 cup rinsed white beans; 1 cup cherry tomatoes; 1 cup spinach; 1 tsp olive oil; garlic and parsley.

METHOD

- 01 Sauté garlic and tomatoes in olive oil until softened.
- 02 Add shrimp and cook until opaque and cooked through; stir in spinach.
- 03 Warm the beans in the skillet and finish with parsley and lemon.



PROTEIN + VEGETABLES + PLANNED CARB

10 PORK TENDERLOIN WITH WILD RICE

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

4 oz cooked pork tenderloin; 2/3 cup cooked wild rice blend; 1 1/2 cups carrots; 1 tsp olive oil; rosemary and pepper.

METHOD

- 01** Roast carrots at 425 F until tender, about 20 minutes.
- 02** Cook pork tenderloin to 145 F; rest 3 minutes before slicing.
- 03** Serve with warmed wild rice and roasted carrots.



PROTEIN + VEGETABLES + PLANNED CARB

11 SESAME TUNA WITH GREEN BEANS

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

4 oz tuna steak; 2/3 cup cooked brown rice; 1 1/2 cups green beans; sesame seeds, ginger and lime.

METHOD

- 01 Warm rice and steam green beans.
- 02 Sear tuna to 145 F for a fully cooked serving; rest briefly.
- 03 Slice tuna and serve with beans, rice, sesame and lime.



PROTEIN + VEGETABLES + PLANNED CARB

12 CHICKEN KEBABS WITH QUINOA SALAD

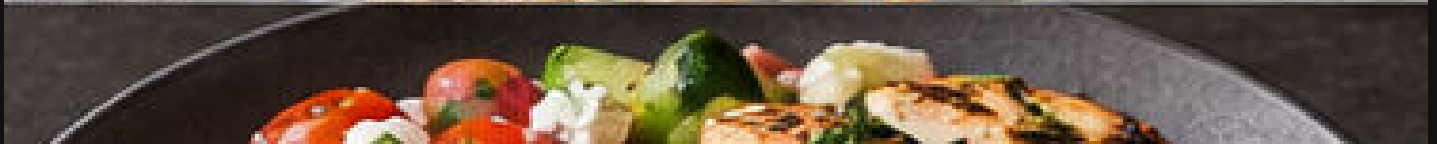
1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

4 oz cooked chicken kebab pieces; 3/4 cup cooked quinoa; 1 cup cucumber and tomato; parsley, lemon and 1 tsp olive oil.

METHOD

- 01 Cook chicken kebabs until the centers reach 165 F.
- 02 Toss quinoa with cucumber, tomato, parsley, olive oil and lemon.
- 03 Serve the kebabs over the quinoa salad.



PROTEIN + VEGETABLES + PLANNED CARB

13 GINGER TOFU AND SOBA NOODLES

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

6 oz extra-firm tofu; 3/4 cup cooked buckwheat soba; 1 1/2 cups broccoli and carrots; 1 tsp oil; ginger and garlic.

METHOD

- 01 Press tofu, cube it, and brown on all sides in a skillet.
- 02 Cook soba as directed; stir-fry broccoli and carrots.
- 03 Toss together with ginger, garlic and a small splash of reduced-sodium soy sauce.



PROTEIN + VEGETABLES + PLANNED CARB

14 TURKEY STUFFED PEPPER

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

5 oz lean ground turkey; 1 large bell pepper; 2/3 cup cooked brown rice; 1/2 cup tomato sauce; onion and oregano.

METHOD

- 01** Brown turkey until it reaches 165 F; mix with rice, onion and sauce.
- 02** Fill pepper halves and bake at 375 F for 20-25 minutes until tender.
- 03** Serve with a side salad; check sauce labels for added sugar and sodium.



PROTEIN + VEGETABLES + FRUIT

15 BEEF LETTUCE WRAPS WITH CITRUS

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

4 oz cooked lean ground beef; 3 large lettuce leaves; 1 cup shredded carrots and peppers; 1 small orange; lime, cilantro and cumin.

METHOD

- 01 Brown beef with cumin until it reaches 160 F.
- 02 Spoon beef and vegetables into lettuce leaves.
- 03 Finish with lime and cilantro; serve the orange on the side.



PROTEIN + VEGETABLES + PLANNED CARB

16 SALMON AND WARM LENTIL SALAD

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

4 oz cooked salmon; 2/3 cup cooked lentils; 1 1/2 cups arugula and cucumber; 1 tsp olive oil; lemon.

METHOD

- 01 Bake salmon to 145 F.
- 02 Warm lentils; toss arugula and cucumber with oil and lemon.
- 03 Plate the salmon over the lentils and greens.



PROTEIN + VEGETABLES + PLANNED CARB

17 GREEK CHICKEN AND CHICKPEA PLATE

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

4 oz cooked chicken breast; 2/3 cup rinsed chickpeas; 1 1/2 cups cucumber, tomato and greens; 1 tbsp feta; oregano and lemon.

METHOD

- 01 Cook chicken to 165 F; rest and slice.
- 02 Rinse chickpeas and chop the vegetables.
- 03 Plate together with feta, oregano and lemon; add a measured olive-oil dressing if desired.



PROTEIN + VEGETABLES + FRUIT

18 SHRIMP, AVOCADO AND MANGO SALAD

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

5 oz cooked shrimp; 2 cups mixed greens; 1/2 cup diced mango; 1/4 avocado; cucumber, red onion and lime.

METHOD

- 01 Cook shrimp until opaque and cooked through; chill if desired.
- 02 Toss greens, cucumber and onion with lime juice.
- 03 Top with shrimp, measured mango and avocado.



PROTEIN + VEGETABLES + FRUIT

19 TURKEY BURGER, CAULIFLOWER AND APPLE

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

5 oz lean ground turkey patty; 1 1/2 cups cauliflower florets; 1 small apple; 1 tsp olive oil; garlic and paprika.

METHOD

- 01 Roast cauliflower with oil and paprika at 425 F until browned.
- 02 Cook turkey patty to 165 F; rest briefly.
- 03 Serve with cauliflower and sliced apple.



PROTEIN + VEGETABLES

20 WHITE FISH WITH TOMATO-OLIVE SAUCE

1 SERVING | PREP 10 MIN | COOK ABOUT 15-25 MIN

INGREDIENTS

5 oz cod or other white fish; 1 cup green beans; 1/2 cup crushed tomatoes; 1 tbsp chopped olives; 1 tsp olive oil; garlic.

METHOD

- 01 Bake fish until the center reaches 145 F.
- 02 Simmer tomatoes, olives and garlic in a small pan; steam green beans.
- 03 Spoon sauce over fish and serve alongside the beans.

MORE NUTRITION TOOLS & RESOURCES

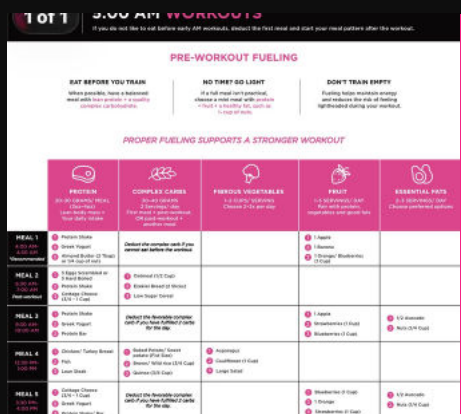
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