



HEALTHY

*Holiday
Inspired*

ONE-DISH
MEALS



Welcome!

Ready to enjoy all the delicious tastes and treats of the season... but in a way that supports your health and fitness goals?!

Yes, it's absolutely possible... and in this guide, we'll show you how.

We've rounded up a dozen craveable holiday recipes that are jam-packed with healthy ingredients you can feel good about.

Plus: most of them are meal-prep friendly!

At Body Fixers, we help men and women transform their body and mind in record time. We will create a realistic action plan that works for you.

We help you focus on exercise, nutrition and lifestyle habits, all while providing you with around the clock accountability and support.

If you want to learn more about getting serious results, make sure to check out the last page of this guide for a special offer!

We hope this recipe booklet inspires your holiday meals this season.



Gavin Walsh

Body Fixers Head Coach



MORE INFO



This frittata looks as festive as it tastes!

(Serves 4)

INGREDIENTS

- 8 large eggs
- ½ cup (120 ml) milk (non-dairy)
- Sea salt and black pepper
- 4 slices of bacon, finely diced (nitrate-free)
- 1 small onion, diced
- 2 red bell peppers, diced
- 5 oz (140 g) package of baby spinach
- 4 oz (115 g) fresh goat cheese, crumbled (optional)

FESTIVE SPINACH & RED PEPPER

Frittata

INSTRUCTIONS

1. Preheat your oven to 375°F/190°C.
2. In a medium bowl, whisk together the eggs, milk, and about 1 tsp of sea salt and 1 tsp pepper, until smooth. Set aside.
3. Heat a 10-inch (25-cm) oven-safe nonstick skillet over medium heat. Place bacon in the skillet and cook, stirring frequently, for about 4-5 minutes (until browned).
4. Add the onion and peppers and cook for 5-8 minutes, until the onions start to become translucent. Stir in the spinach a little at a time, allowing it to wilt.
5. Lower the heat and pour in the eggs, stirring well to evenly distribute the ingredients. Sprinkle the top with goat cheese (optional).
6. Place the skillet in the oven and bake until the top is golden and the eggs are set, about 25 minutes. Remove from the oven and place the skillet on a cooling rack for 10 minutes. Slice and serve!



This oatmeal bake can serve double duty. Not only is it a satisfying breakfast but it also makes a hearty, delicious snack.

(Serves 8)

INGREDIENTS

- 2 cups (160 g) rolled oats
- ½ cup (60 g) pecans, roughly chopped
- 1 tsp pumpkin pie spice
- 1 tsp baking powder
- ½ tsp sea salt
- 1 egg
- 2 cups (480 ml) vanilla-flavored oat milk
- ¼ cup (60 ml) maple syrup
- 1 cup (150 g) fresh or frozen cranberries
- ½ cup (115 g) Greek yogurt

Nutty

CRANBERRY OATMEAL BAKE

INSTRUCTIONS

1. Preheat your oven to 375°F/190°C.
2. Place the oats, pecans, pumpkin pie spice, baking powder, and salt in a 9x9-inch (23x23 cm) baking dish. Set aside.
3. In a small mixing bowl, whisk together the egg, milk, and maple syrup. Pour the egg mixture over the oats and gently stir in the cranberries. Using the back of a spatula, press down to ensure all of the oats are coated with the egg mixture.
4. Place the pan in the oven and bake for 30-35 minutes, until the oatmeal turns golden brown and the oatmeal is set. Remove from the oven and let cool on a rack for 5 minutes.
5. Cut into 8 squares. Serve with a dollop of Greek yogurt. Enjoy!



*This one will quickly
become a family favorite.*

(Serves 10)

INGREDIENTS

- 3 cups (240 g) rolled oats
- 2 cups (240 g) of pecans and pistachios
- ¾ cup (60 g) shredded coconut
- 1 tsp sea salt
- 2 tsp pumpkin pie spice or cinnamon
- ¼ cup (60 ml) coconut oil, melted
- 1 Tbsp vanilla
- ⅓ cup (80 ml) maple syrup
- 1 cup (110 g) dried cranberries

HEALTHY HOLIDAY

Granola

INSTRUCTIONS

1. Preheat your oven to 250°F/120°C. Line a large baking sheet with parchment paper.
2. In a large bowl, combine the oats, nuts, coconut, salt, and pumpkin pie spice, mixing until well combined. Set aside.
3. In a small bowl, mix together the coconut oil, vanilla, and maple syrup. Drizzle the liquid over the oat mixture and stir until evenly combined.
4. Pour the mixture onto the baking sheet, spreading it out until it's in a single layer. Place in the oven and bake for 60 minutes, stirring every 15-20 minutes so it browns evenly.
5. Remove from the oven and let cool. Stir in the dried fruit, and store in an airtight container for up to 2 weeks.

SIMPLE SOLUTIONS

Incredible Results



Dan Before



Dan After

MORE INFO



This is a delicious and healthy way to use up leftovers.

(Makes 6 servings)

INGREDIENTS

- 1 Tbsp extra-virgin olive oil
- ½ yellow onion, chopped
- 2 medium carrots, diced
- 1 celery stalk, chopped thin
- ¼ tsp dried sage
- 2 big handfuls baby spinach
- 3 14-oz (396 g) cans chicken broth (low sodium)
- 2 15-oz cans (425 g) cannellini beans, drained and rinsed
- 3-4 cups (450-600 g) shredded cooked turkey (or chicken)
- 3-4 dashes of hot sauce (optional)

TURKEY & BEAN

Soup

INSTRUCTIONS

1. Heat the oil in a large soup pot over medium-high heat.
2. Add the onion and cook for about 3-4 minutes, stirring often. Add the carrot and celery and continue to cook for another 3-4 minutes.
3. Stir in the sage and cook for about 30 seconds, and then stir in the baby spinach and cook until wilted, 1-2 minutes.
4. Stir in the broth, cover, and turn up the heat to bring it to a boil.
5. Add the beans and turkey and cook for 15-20 minutes, stirring occasionally. If the mixture is thicker than you like, add ¼ cup (60 ml) of water at a time until you reach your desired consistency.
6. Taste and season to your liking, adding salt, pepper, and/or the optional hot sauce.
7. Serve hot.



You'll love this full-meal salad – and the dressing also makes a great marinade for salmon.

(Makes 4 servings)

SALAD INGREDIENTS

- 16 oz (450 g) broccoli florets, chopped into bite-size chunks
- ½ cup (60 g) raw chopped pecans
- ½ cup (80 g) finely chopped red onion
- ½ cup (55 g) goat cheese crumbles
- 1 cup (150 g) shredded chicken breast
- 1 cup (190 g) cooked brown rice
- ½ cup (55 g) dried cranberries or dried tart cherries, chopped

HOLIDAY CHICKEN & BROCCOLI

Salad



MAPLE-MUSTARD DRESSING INGREDIENTS

- ⅓ cup (80 ml) extra-virgin olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp Dijon mustard
- 1 Tbsp maple syrup (or honey)
- ½ tsp sea salt

INSTRUCTIONS

1. Place all the salad ingredients into a serving bowl. Set aside.
2. In a small bowl, whisk together all of the dressing ingredients. Mix until everything is blended and starts to emulsify. Pour the dressing over the salad, and toss until the ingredients are well coated.
3. Place the salad in the fridge for 30 minutes before serving.



Stuffed squash makes your lunch feel like a special occasion – and it's also meal-prep friendly.

(Makes 6 servings)

INGREDIENTS

- 3 medium acorn squash
- 2 Tbsp olive oil
- Sea salt and freshly ground pepper

FOR THE STUFFING

- 2 Tbsp olive oil
- 1 tsp dried sage
- 1 lb (450 g) turkey sausage
- 8 oz (225 g) mushrooms, sliced
- ½ yellow onion, chopped
- 1 clove garlic, minced
- ½ tsp sea salt
- ½ tsp ground black pepper
- 1½ cup (275 g) cooked quinoa
- ½ cup (110 g) full-fat plain yogurt
- 1 cup (115 g) goat cheese crumbles

Stuffed

ACORN SQUASH

PREP THE SQUASH

1. Preheat your oven to 400°F/200°C. Cut each squash in half and scoop out the seeds and fibrous center. Line a baking sheet with parchment paper and place the squash halves on it, cut side up.
2. Brush each half with olive oil and sprinkle with salt and pepper. Roast for 30 minutes and then flip each half over and continue to roast for 15 minutes or until very tender. Remove from the oven and lower the oven temperature to 350°F/177°C.

MAKE THE FILLING

1. While the squash is roasting, heat 1 Tbsp of oil in a large skillet over medium-high heat.
2. Add the sage and let cook, stirring constantly, for about 20-30 seconds before adding the sausage. Cook the sausage, breaking it up as it browns, for 10-12 minutes. Remove from the skillet and place in a bowl.
3. Add 1 Tbsp of olive oil to the skillet and add the mushrooms, onion, garlic, and salt. Cook, stirring frequently, until the onions are soft and the mushrooms begin to shrink, about 8-10 minutes.
4. Add the quinoa and yogurt to the skillet. Stir in half of the goat cheese until combined, and then add the sausage back in. Simmer for 5 minutes and remove from the stove.
5. By now your squash should be done. Flip each one cut-side-up and spoon an equal amount of filling into each half. Top the stuffed squash halves with the remaining goat cheese crumbles. Place back in the oven and bake for 15 minutes.
6. Serve and enjoy!



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Is there a dish more comforting than Shepherd's Pie? We don't think so! Here's a healthier take on a classic.

(Makes 4 servings)

TOPPING

- 3 cups (800 g) mashed sweet potato
- ¼ cup (60 ml) nondairy milk
- Sea salt and pepper, to taste

TURKEY FILLING

- 1 Tbsp olive oil
- 1 onion, diced
- 3 cups (540 g) leftover cooked veggies
- 2 Tbsp poultry seasoning
- Salt and pepper to taste
- 2 Tbsp arrowroot
- 2 cups (480 ml) chicken broth (or turkey stock)
- 2 cups (300 g) leftover turkey, chopped

Turkey

& SWEET POTATO SHEPHERD'S PIE

INSTRUCTIONS

1. Preheat your oven to 400°F/200°C.
2. In a medium bowl, mix together the mashed potato and milk. Season with sea salt and pepper and set aside.
3. Heat the olive oil in a large skillet over medium heat. Add onion and saute for 3-5 minutes until it starts to soften. Add the leftover veggies and saute for 5-7 minutes. Stir in the poultry seasoning and add salt and pepper to taste.
4. Whisk in the arrowroot and add the chicken broth or turkey stock and cook until it starts to thicken. Stir in the chopped turkey and cook until warmed through.
5. Place the turkey mixture in a casserole dish and top with the sweet potatoes, spreading them out in an even layer. Place in the oven and cook for 25-30 minutes, until the sweet potatoes start to brown and the casserole begins to bubble.
6. Remove from the oven and let sit for 5 minutes before serving.



This is a beanless chili – but feel free to add a can of black or pinto beans to boost the fiber (and nutrition!) content.

(Makes 8 servings)

INGREDIENTS

- 1 Tbsp olive oil
- ½ lb (680 g) ground beef or turkey
- Sea salt and black pepper
- 1 medium onion, diced
- 1 large red bell pepper, diced
- 4 cloves garlic, minced
- 2 jalapeno peppers, seeds removed and minced
- ¼ tsp sea salt
- 1 28 oz (794 g) can crushed tomatoes
- 1 14.5 oz (411 g) can fire-roasted diced tomatoes
- 1 15 oz (425 g) can pumpkin puree
- 1½ Tbsp chili powder
- ¾ tsp smoked paprika
- 1½ tsp cinnamon

SLOW COOKER PUMPKIN

Chili

INSTRUCTIONS

1. In a large skillet over medium-high heat, heat the olive oil. Add the beef or turkey and add a few sprinkles each of sea salt and pepper. Use a spatula or spoon to break up the lumps of meat to that it browns evenly.
2. Once it's mostly done, drain off some of the liquid and fat, and add the onions, peppers, garlic, and minced jalapeno. Cook for another couple of minutes, until the veggies begin to soften.
3. Transfer to a slow cooker and stir in the rest of the ingredients. Cook on low for 4-5 hours, stirring occasionally. Taste and adjust seasonings, and serve!





This meal is a classic for many reasons, but the best reason is because it tastes so great!

(Makes 4 servings)

INGREDIENTS

- 1½ lbs (680g) baby red potatoes, washed and cut in half
- 1 red bell pepper, chopped
- 2 large carrots, chopped
- ½ tsp dried thyme
- 3 Tbsp olive oil
- Sea salt and freshly ground pepper
- 1 cup (250 g) no-sugar-added applesauce
- ¼ cup (55 g) plain Greek yogurt
- 1-2 dashes of apple pie spice or cinnamon & nutmeg
- 1½ lb (680 g) pork tenderloin, cut into 4 pieces

PORK

Tenderloin

& POTATOES WITH APPLESAUCE

INSTRUCTIONS

1. Preheat the oven to 375°F/190°C. In a shallow baking dish, toss the potatoes, pepper, and carrots with the thyme, 2 Tbsp olive oil, salt, and pepper. Place in the oven and roast for about 20 minutes, until the potatoes start to become tender.
2. While it's cooking, mix together the applesauce, Greek yogurt, and spices in a small bowl. Set aside.
3. Season the pork with salt and pepper. Heat the remaining 1 Tbsp of olive oil in a large skillet over medium-high heat. Add the pork and sear on all sides until browned, 5-6 minutes.
4. Remove the baking dish from the oven and place the pork inside before returning the dish to the oven. Roast for 15-20 minutes, until a thermometer inserted into the center of a tenderloin registered 145°F/63°C.
5. Remove from the oven and place the pork on a cutting board. Let it rest for 5 minutes before slicing. Serve with the roasted vegetables and creamy applesauce.



Beware: these spicy lime-roasted nuts are dangerously craveable.

(Makes 8, 1/4-cup servings)

INGREDIENTS

- 2 cups (250 g) raw nuts (almonds, cashews, pecans, walnuts, pistachios, etc.)
- 1 Tbsp avocado oil
- 1 tsp chili powder
- ¼ tsp sea salt
- ½ Tbsp chopped fresh rosemary
- Juice of ½ small lime

Spicy

LIME-ROASTED NUTS

INSTRUCTIONS

1. Preheat your oven to 325°F/165°C and use parchment paper to line a rimmed baking sheet.
2. Place the nuts into a mixing bowl. In a separate small bowl, whisk together the oil, chili powder, salt, rosemary, and lime juice.
3. Pour the liquid over the nuts and mix until the nuts are evenly coated.
4. Spread the nuts onto the baking sheet and arrange in a single layer. Place in the oven and bake for 15 minutes, stirring them every 5 minutes so they don't burn.
5. Remove the pan from the oven and place on a cooling rack. Stir the nuts occasionally as they cool.
6. These will keep for a couple of weeks (if they last that long!), stored in an airtight container.

SIMPLE SOLUTIONS

Incredible Results



Sarah Before



Sarah After

MORE INFO



This recipe is tasty, but it's also a great jumping-off point for experimenting.

Instead of using almond flour, it's equally delicious using rolled oats. Try blitzing half of the rolled oats in a high-speed blender to create a crispy/crunchy texture.

Another idea: swap out the berries for diced apple!

(Makes 1-2 servings)

INGREDIENTS

- 2 Tbsp melted coconut oil or grass-fed butter
- 1½ cups (225 g) mixed berries (fresh or frozen), washed
- ⅓ cup (35 g) almond flour
- 1 Tbsp coconut sugar
- Dash (or two!) of cinnamon

HOLIDAY BERRY

Crumble

INSTRUCTIONS

1. Preheat your oven to 350°F/177°C. Grease a small baking dish with the coconut oil.
2. Add the berries to the baking dish. In a small bowl, mix together the almond flour, sugar, and cinnamon. Sprinkle over the berries. Place the baking dish in the oven and let bake for 15-20 minutes. Your crumble is done when the berries are bubbling and the top is browned.
3. Remove from the oven and let sit 15-20 minutes before serving.



Healthy Holiday EXTRAS



Say goodbye to sugary mixers and fruit juices with this healthier (but still delicious!) holiday-inspired drink recipe.

(Makes 1 serving)

INGREDIENTS

- 1.5 oz (45 ml) vodka
- 2 oz (60 ml) 100% pomegranate juice
- 3 oz (90 ml) club soda
- 4 ice cubes
- 3 mint leaves
- 2 tsps pomegranate arils

POMEGRANATE "CLEAN"

Cocktail

(OR MOCKTAIL!)

INSTRUCTIONS

1. In a mason jar, mix together the vodka, juice, club soda, and ice. Set aside.
2. In the bottom of a glass, muddle the mint leaves with 1 tsp of the pomegranate arils.
3. Strain the vodka mixture into the glass and garnish with the remaining 1 tsp of arils.

MOCKTAIL VERSION

1. Skip the vodka and add another 1.5 oz (45 ml) of club soda.



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Gavin Walsh

Founder & Head Coach

