



**Mel's 20-Minute or Less
Weekday Dinner Recipe Book**



Mel C. - RHN | 416.575.0870 |
melisa@melcannourish.com
<http://www.melcannourish.com>

Hello my friend and welcome to your **20-Minute or Less Weekday Dinner Recipe Book** designed to provide you with 10 healthy and delicious dinner recipes, personally selected by me, that will take you 20 minutes or less to create. No more racking your brain each night on what to make - I've got you covered right here. What's more? These recipes are kid-friendly which will serve helpful any day of the week.

Listen - I know and understand first-hand how busy and involved your career is ESPECIALLY with children. I've been there and the one thing I remember being such a chore in my corporate days was figuring out what to cook for dinner each night. This is such a pain point for most, if not all career moms, and THIS is why I am offering you this amazing and FREE recipe book.

You will find included 10 balanced recipes PLUS an itemized grocery list which will keep you super organized. A few tips:

SHOPPING TIPS

Before heading out to the grocery store, review the shopping list to see if there are any ingredients you already have on hand.

RECIPE TIPS

I created each recipe to serve 1 person so you can simply double, triple or quadruple to suit your family's needs. For extra ease, add lunch portions as well so that you get enough leftovers for the next day.

SUBSTITUTION TIPS

We are all biologically unique which means some of us have food allergies, intolerances or sensitivities. As such, be mindful of which ingredients you can't eat and substitute with other healthy options.

Friends - I truly hope you get some good use from these recipes and that they help balance your load and healthify your hustle. Post your creations and tag me @melcannourish - I'd LOVE to see them.

Yours #Healthifying,

Mel
Founder of mel can | nourish

Fruits

- 1/4 tsp Lemon Juice
- 1/3 Lime
- 1/3 tsp Lime Juice
- 1/4 Navel Orange

Seeds, Nuts & Spices

- 2/3 tsp Chili Powder
- 1/4 tsp Cumin
- 1 tsp Curry Powder
- 1/3 tsp Dried Basil
- 1 tsp Garam Masala
- 1/4 tsp Italian Seasoning
- 2/3 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1/8 tsp Turmeric
- 2 tbsps Walnuts

Vegetables

- 2 cups Asparagus
- 1 2/3 cups Baby Spinach
- 2 cups Broccoli
- 1/2 Carrot
- 1/3 cup Cilantro
- 6 Cremini Mushrooms
- 1/4 Cucumber
- 3 Garlic
- 1 tbsp Ginger
- 2 2/3 cups Green Cabbage
- 1/8 head Green Lettuce
- 1 1/2 stalks Green Onion
- 1/4 Jalapeno Pepper
- 1/8 Red Bell Pepper
- 3 tbsps Red Onion
- 1 Tomato
- 1/2 Yellow Onion
- 1/2 Yellow Potato

Boxed & Canned

- 57 grams Brown Rice Fettuccine
- 2/3 cup Brown Rice Fusilli
- 2/3 cup Canned Coconut Milk
- 1 tbsp Chicken Broth
- 2/3 cup Chickpeas
- 1/2 cup Diced Tomatoes
- 2 2/3 tbsps Salsa
- 1 1/3 tbsps Tomato Paste

Baking

- 1 tbsp Fancy Molasses

Bread, Fish, Meat & Cheese

- 61 grams Cheddar Cheese
- 113 grams Chicken Breast
- 113 grams Chicken Breast, Cooked
- 113 grams Extra Lean Ground Beef
- 151 grams Extra Lean Ground Turkey
- 43 grams Mozzarella Cheese
- 113 grams Salmon Fillet
- 113 grams Shrimp
- 227 grams Top Sirloin Steak
- 1 Whole Wheat Pita
- 1 Whole Wheat Tortilla

Condiments & Oils

- 1 1/3 tbsps Coconut Aminos
- 1 1/16 tbsps Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Pesto
- 1 1/2 tsps Red Wine Vinegar
- 1 1/2 tsps Tamari
- 2 tbsps Tomato Sauce

Other

- 1/2 cup Water



Chicken & Veggie Quesadillas

1 serving
15 minutes

Ingredients

- 1 Whole Wheat Tortilla (large)
- 43 grams Cheddar Cheese (grated)
- 113 grams Chicken Breast, Cooked (shredded)
- 2 tbsps Red Onion (thinly sliced)
- 2 2/3 tbsps Salsa
- 1 stalk Green Onion (chopped)
- 2 tbsps Cilantro (chopped)
- 1/4 Jalapeno Pepper (thinly sliced, optional)

Directions

- 1 Heat a large non-stick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
- 2 Add the shredded chicken breast to half the tortilla and top with red onion, salsa, green onion, cilantro, and jalapeno pepper.
- 3 Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

Leftovers: This is best enjoyed right after cooking.

Gluten-Free: Use a gluten-free tortilla.

Dairy-Free: Use a dairy-free cheese.

More Flavor: Season the chicken with chili powder, smoked paprika, and/or salt.

Additional Toppings: Sour cream, greek yogurt, salsa, or guacamole.

Serving Size: One serving is equal to one quesadilla.



House Salad

1 serving
10 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Red Wine Vinegar
- 1/8 head Green Lettuce (roughly chopped)
- 1/2 Tomato (medium, sliced)
- 1/4 Cucumber (sliced)

Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar: Use apple cider vinegar or white vinegar instead.

No Lettuce: Use spinach, kale or mixed greens instead.

More Toppings: Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

On-the-Go: Keep dressing in a separate container on the side. Add just before serving.



Pesto Shrimp Pasta

1 serving
20 minutes

Ingredients

57 grams Brown Rice Fettuccine
113 grams Shrimp (peeled, deveined)
1/16 tsp Sea Salt
1 1/3 tbsps Pesto

Directions

- 1 Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 2 Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 3 Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two cups.

More Flavor: Cook the shrimp with butter or oil instead of pasta water.

Additional Toppings: Red pepper flakes, fresh herbs, lemon juice.



Aloo Palak

1 serving
20 minutes

Ingredients

1/2 Yellow Potato (large, peeled, cut into small cubes)
1 1/2 tsps Coconut Oil
1/4 Yellow Onion (medium, chopped)
3/4 Garlic (clove, minced)
1/4 tsp Cumin
1/4 tsp Garam Masala
1/8 tsp Turmeric
1/16 tsp Sea Salt
1 1/2 cups Baby Spinach
2 tbsps Canned Coconut Milk
1/3 tsp Lime Juice

Directions

- 1 Boil the potatoes in salted water for five to seven minutes or until tender. Drain and set aside.
- 2 Heat the oil in a large pan. Add the onion and cook for about five minutes until the onions have softened. Add the garlic, cumin, garam masala, turmeric, and salt and cook for another minute until very fragrant.
- 3 Add the spinach and stir until wilted then add the coconut milk. Allow the coconut milk to come to a simmer then add the potatoes and stir to combine with the spinach. Add the lime juice.
- 4 Season with additional salt if needed. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add fresh ginger, red pepper flakes, chopped jalapeno, or serrano pepper.

No Lime Juice: Use lemon juice instead.



One Pan Steak, Asparagus & Mushrooms

1 serving

10 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil (divided)
227 grams Top Sirloin Steak
1/8 tsp Sea Salt (divided)
1 cup Asparagus (woody ends trimmed)
6 Cremini Mushrooms (sliced)

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 4 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.



Veggie Pita Pizza

1 serving

15 minutes

Ingredients

- 1 Whole Wheat Pita
- 2 tbsps Tomato Sauce
- 43 grams Mozzarella Cheese (grated)
- 2 tbsps Baby Spinach (chopped)
- 1 tbsp Red Onion (chopped)
- 1/2 Tomato (small, diced)
- 1/8 Red Bell Pepper (chopped)

Directions

- 1 Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper. Place the pita on the baking sheet and top with the tomato sauce, cheese, and vegetables. Place in the oven and bake for 10 minutes or until the cheese has melted and the pitas are warmed through.
- 2 Remove from the oven, slice, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one pita pizza.

Gluten-Free: Use a gluten-free pita or tortilla.

Dairy-Free: Use dairy-free cheese.

No Tomato Sauce: Use marinara sauce, pizza sauce or pesto instead.



Turkey & Cabbage Stir Fry

1 serving
20 minutes

Ingredients

- 151 grams Extra Lean Ground Turkey
- 1 tsp Coconut Oil
- 2 2/3 cups Green Cabbage (thinly sliced)
- 1/3 Carrot (large, julienned)
- 1 1/3 tbsps Water
- 1 1/3 tbsps Coconut Aminos
- 1/3 Lime (juiced, plus more for garnish)
- 1 Garlic (clove, minced)
- 1 tsp Ginger (fresh, minced or grated)
- 2 2/3 tbsps Cilantro (chopped)

Directions

- 1 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 2 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 3 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 4 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 5 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings: Top with additional cilantro.

No Turkey: Use ground chicken or pork instead.



Walnut Crusted Salmon with Asparagus

1 serving
20 minutes

Ingredients

2 tbsps Walnuts (very finely chopped)
1/2 stalk Green Onion (very finely chopped)
1/8 tsp Sea Salt
1/4 tsp Italian Seasoning
1/4 tsp Lemon Juice
1 1/2 tpsps Extra Virgin Olive Oil (divided)
113 grams Salmon Fillet
1 cup Asparagus (trimmed)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus: Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



Vegan Butter Chickpeas

1 serving
15 minutes

Ingredients

- 1 1/3 tbsps Water
- 1/3 Yellow Onion (large, chopped)
- 2/3 Garlic (clove, minced)
- 2 tsps Ginger (fresh, grated or minced)
- 1 1/3 tbsps Tomato Paste
- 1 tsp Curry Powder
- 2/3 tsp Garam Masala
- 2/3 tsp Paprika
- 2/3 tsp Chili Powder
- 1/8 tsp Sea Salt
- 2/3 cup Chickpeas (cooked, rinsed)
- 1/2 cup Canned Coconut Milk

Directions

- 1 Heat the water in a pot over medium heat. Add the onion, garlic, and ginger and bring to a simmer. Cook for three to five minutes or until the onions begin to soften. Stir in the tomato paste until incorporated.
- 2 Add the curry powder, garam masala, paprika, chili powder, and salt and cook for one to two minutes until fragrant. Add the chickpeas.
- 3 Stir in the coconut milk then bring the pot to a simmer and continue to cook for five to eight minutes or until the sauce has thickened slightly. Divide evenly between bowls, season with additional salt if needed, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 3/4 cup.

Additional Toppings: Fresh cilantro or red pepper flakes.

No Chickpeas: Use lentils or another bean instead.

More Vegetables: Add chopped cauliflower, peas, broccoli, baby spinach, and/or chopped kale.

Serve it With: Cauliflower rice, rice, quinoa, flatbread, or a side salad.



One Pot Cheeseburger Pasta

1 serving
20 minutes

Ingredients

1/8 tsp Extra Virgin Olive Oil
113 grams Extra Lean Ground Beef
1/8 Carrot (medium, finely diced)
1/3 tsp Dried Basil
1/16 tsp Sea Salt
1/2 cup Diced Tomatoes (with juices)
1/4 cup Water
2/3 cup Brown Rice Fusilli (dry)
19 grams Cheddar Cheese (shredded)

Directions

- 1 In a large pot or Dutch oven, heat the oil over medium heat. Add the ground beef, carrot, basil, and salt. Cook for five minutes, stirring often. Drain any excess oil.
- 2 Add the diced tomatoes, water, and brown rice fusilli. Stir until well combined and the fusilli is mostly submerged. Cover with a lid and cook for 10 to 12 minutes or until the pasta is cooked through.
- 3 Open the lid and stir the pasta again. Top with the shredded cheese and close the lid until melted. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 to 2 cups.

Dairy-Free: Use vegan cheese, nutritional yeast, or omit.

More Flavor: Add fresh basil, oregano, onion, and/or garlic.

Additional Toppings: Sliced green onions, chopped pickles, avocado and/or plain yogurt.

Make it Vegan: Use lentils instead of ground beef.

More Veggies: Stir in finely chopped spinach before topping with cheese.



Orange Chicken with Broccoli

1 serving
20 minutes

Ingredients

113 grams Chicken Breast (skinless, boneless)
3/4 tsp Coconut Oil
1 tbsp Chicken Broth
1/2 Garlic (cloves, minced)
1/4 Navel Orange (zested and juiced)
1 tbsp Fancy Molasses
1 1/2 tsps Tamari
1/8 tsp Red Pepper Flakes
2 cups Broccoli (chopped into florets)
1/3 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Sesame Seeds

Directions

- 1 Dice your chicken breasts into 1 inch cubes. Melt the coconut oil in a large skillet over medium heat. Add in the chicken and saute until cooked through and browned (about 10 minutes).
- 2 Meanwhile, in a small sauce pan stir together the chicken broth, garlic, orange zest, orange juice, molasses, tamari and red pepper flakes. Bring to a boil, then reduce to a simmer. Simmer for 10 minutes, then pour it into the skillet over the cooked chicken. Mix well to coat and let simmer while you prepare the rest.
- 3 Lightly steam your broccoli then toss in olive oil and sea salt and black pepper to taste.
- 4 Turn the heat off of the chicken (the sauce should be cooked down and thickened by now. If it isn't, simmer a bit longer). Divide the broccoli between bowls and top with the orange chicken. Sprinkle with sesame seeds and serve. Enjoy!

Notes

Prep Ahead: Mix the sauce up in a mason jar and store in the fridge until ready to cook. Steam the broccoli in advance and warm before serving.

Vegan & Vegetarian: Use chickpeas or tofu instead of chicken.

Leftovers: Keeps well in the fridge up to 3 days.

More Carbs: Serve with rice, quinoa or sweet potatoes.

Make It Faster: Buy pre-sliced chicken breast and pre-chopped broccoli florets (fresh or frozen) in the bag.