



5 Easy Dinners for Every Condition

Make meal prep easy with mix-and-match recipes that will satisfy everyone at your dinner table! We'll show you how to master the cooking method and make suggestions for ingredients—all you have to do is decide what sounds most delicious.

We call it "technique cooking."

Want to know more? Read to the end to learn about more technique cooking recipes for every meal!

Let's get cooking!

7219 Hanover Pkwy, Ste. D
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One Pan Dinner

1. Protein picks

Place protein in the middle of a baking pan.

Beef	Pork
Catfish	Rainbow trout
Chicken	Salmon
Cod	Shrimp
Garbanzo beans	Sole
Halibut	Tilapia
Lamb	Tofu
	Tuna



2. Vegetable variety

Place chopped vegetables in the remaining area around the protein.

Asparagus	Mushroom
Broccoli	Onion
Butternut squash	Pepper
Carrots	Scallion
Cauliflower	Sweet potato
Celery	Tomato
Eggplant	White potato
Green plants	Yellow squash
Leek	Zucchini



3. Oil options

Drizzle 2 tbsp over the pan

Butter
Canola oil
Coconut oil
Corn oil
Ghee
Nut oil
Olive oil
Soybean oil
Sunflower oil
Vegetable oil



4. Season & spice

Basil	Lemon
Cardamom	Mustard
Cayenne	Nutmeg
Coriander	Oregano
Cumin	Paprika
Dill	Parsley
Garlic	Pepper
Ginger	Sesame
Honey	Turmeric



5. Bake and enjoy!

Bake until meat is cooked and vegetables are tender.



1. Preheat oven to 425°F.
2. Place protein in the middle of large sheet pan. Drizzle with oil and rub with desired seasonings.
3. Wash and evenly chop vegetables. Toss in oil and desired seasonings, then spread evenly onto remaining space on pan.
4. Bake (time varies) until protein is cooked and vegetables are tender.
5. Some proteins and vegetables do not cook at the same pace. For example, fish will cook much faster. Place your vegetables on the sheet pan and bake for 20 minutes. Then add the fish to the pan and continue to bake until fish is cooked through.

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Stir Fry Dinner

1. Oil for sauté

Grease fry pan.

Avocado oil
Butter
Canola oil
Coconut oil
Corn oil
Flaxseed oil
Ghee
Nut oil
Olive oil
Soybean oil
Vegetable oil



2. Veggie variety

Sauté your choice of vegetables.

Asparagus	Green beans
Bok choy	Mushroom
Broccoli	Onion
Brussels sprouts	Pepper
Butternut squash	Scallions
Carrots	Sweet potato
Cauliflower	Snap peas
Celery	Tomato
Eggplant	White potato
	Zucchini



3. Portion your protein

1 serving = 4oz

Beef
Chicken
Eggs
Garbanzo beans
Pork
Shrimp
Tofu



4. Season & spice

Basil	Ginger
Cardamom	Lemon
Cayenne pepper	Oregano
Coriander	Paprika
Cumin	Parsley
Dill	Pepper
Garlic	Sesame
	Turmeric



5. Stir-fry it up!

Serve plain or atop noodles, rice, or quinoa.



1. Heat a large skillet over medium- high heat and add 1-2 tbsp oil.
2. Add in aromatics, such as garlic or onion, to flavor oil. Sauté for about 1-2 minutes until fragrant.
3. Wash and evenly chop vegetables and place in skillet. Add harder vegetables first, as they take longer to cook.
4. Remove cooked vegetables from pan. Add more oil if needed, and sauté meat or meat substitute until cooked.
5. Add vegetables back in and top with sauces and seasonings.
6. Serve over rice, pasta, or quinoa.

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Crock Pot Dinner

1. Protein picks

serving size = 1 lb. per recipe

Beef	Lentils
Chicken	Lima beans
Garbanzo beans	Pinto beans
Green peas	Pork
Kidney beans	Turkey
	White beans



2. Add vegetables

Asparagus	Kale
Beets	Leek
Broccoli	Mushrooms
Brussels	Olive
Carrots	Onion
Cauliflower	Potato
Celery	Pumpkin
Chard	Spinach
Eggplant	Sweet potato
Green beans	Tomato
Green peas	White potato
Green pepper	Zucchini



3. Great grains

serving size = 1 cup dry per recipe

Amaranth
Barley
Buckwheat
Millet
Oat
Quinoa
Rice



4. Season & spice

Basil	Oregano
Cayenne	Paprika
Dill	Parsley
Garlic	Pepper
Ginger	Rosemary
Honey	Salt
Lemon	Sesame
Maple	Sugar
Mustard	Turmeric



5. Add flavor with fat

Avocado oil
Butter
Canola oil
Coconut oil
Corn oil
Flaxseed oil
Ghee
Nut oil
Olive oil
Soybean oil
Vegetable oil



6. Fill 'er up!

Add enough liquid to fill 3/4 of the pot and cover ingredients.

Beef stock
Chicken stock
Vegetable stock
Water



Cook on high for 3-5 hours until protein is fully cooked and vegetables are tender.

1. Add about 1 lb. of protein to slow cooker. Meat and beans will take longer to cook than seafood and tofu.
2. Add in vegetables of choice. Try to use fresh, robust vegetable varieties. Leafy greens and some frozen vegetables will wither away or become too mushy.
3. Add in about 1 cup of dry grains if desired. If using grains or dried beans, you will need to add several cups of liquid for cooking (2-4 cups).
4. Add seasonings and spices for flavor.
5. Typical cooking time on high is 3-4 hours and on low is 6-8 hours. Times will vary from recipe to recipe.

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Foil Packet Dinner

1. Protein picks

1 serving = 4 oz.
Place protein on a sheet of foil.

Beef	Salmon
Catfish	Sausage
Chicken	Scallop
Clam	Shrimp
Cod	Sole
Halibut	Tilapia
Pork	Tuna
Rainbow trout	Venison



2. Vegetable variety

1 serving = 1 cup raw
Add vegetables to the foil sheet.

Asparagus	Green pepper
Broccoli	Mushroom
Butternut squash	Onion
Carrots	Sweet potato
Cauliflower	Tomato
Celery	White potato
Eggplant	Zucchini



3. Oil options

1 serving = 1 tbsp.

Butter
Canola oil
Coconut oil
Corn oil
Ghee
Nut oil
Olive oil
Soybean oil
Sunflower oil
Vegetable oil



4. Season & spice

Basil	Lemon
Cardamom	Mustard
Cayenne pepper	Nutmeg
Coriander	Oregano
Cumin	Paprika
Dill	Parsley
Garlic	Pepper
Ginger	Sesame
Honey	Turmeric
Leek	



5. Cook and enjoy!

Wrap foil tightly while leaving some air around the food. Place on a baking sheet and bake!



1. Preheat oven to 400°F.
2. Season or marinate your choice of protein.
3. Wash, dry, and cut your vegetables.
4. Neatly arrange vegetables and protein on a large piece of foil (12" x 12"). Fold foil and seal tightly leaving some air in the foil pack.
5. Place on a sheet pan and bake. Cooking times will vary depending on ingredients used.

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Pasta Bowl Dinner

1. Pasta picks

Serving size: 2 -3 oz.

Chickpea pasta
Edamame pasta
Gluten free pasta
Quinoa pasta
Rice pasta
Spelt pasta
Sweet potato noodles
Wheat pasta
Zucchini noodles



2. Protein

Serving size: 2-3 oz.

Beef	Pork
Chicken	Salmon
Clam	Shrimp
Crab	Soybean
Garbanzo bean	Tilapia
Kidney bean	Tofu
Lamb	Turkey
Lentils	Kidney bean
Lima bean	White bean
Mung bean	
Pinto bean	



3. Vegetable additions

Asparagus	Green peppers
Broccoli	Mushrooms
Butternut squash	Onion
Carrot	Spinach
Cauliflower	Sweet potato
Cucumber	Zucchini
Eggplant	



4. Choose your cheese

American cheese
Cheddar cheese
Dairy free cheese
Goat cheese
Mozzarella cheese
Parmesan cheese



5. Sauce & season

Alfredo sauce
Pesto
Soy sauce
Tomato sauce

Lemon
Oils



Basil	Oregano
Cayenne pepper	Paprika
Cumin	Parsley
Dill	Pepper
Garlic	Rosemary
Ginger	Sesame seeds
Lemon	Turmeric
Lime	
Mint	



6. Combine & serve!



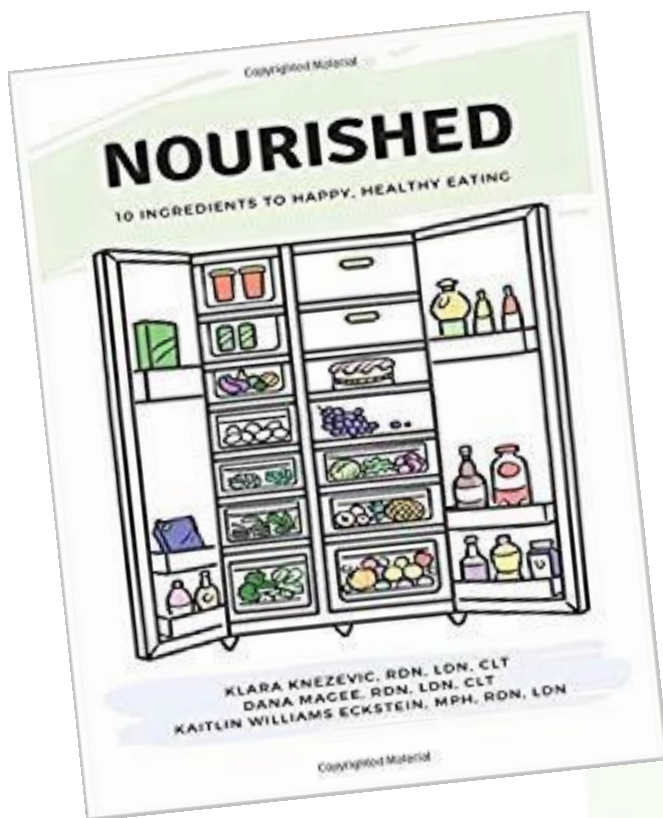
1. Prepare 2 oz of pasta per serving, according to package instructions. Alternatively, spiralize zucchini or sweet potato for a gluten free veggie noodle option.
2. To prepare your vegetables, heat oil in a non-stick skillet and sauté aromatics first to flavor the oil, then add in other vegetables. Alternatively, you can steam or roast your vegetables. Season to taste.
3. Prepare 2-3 oz of protein per serving.
4. Combine vegetables, protein, and pasta and flavor with your choice of sauces, cheeses, and seasonings.

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Like what you taste?



Talented dietitians at Rebecca Bitzer & Associates have authored *Nourished: 10 Ingredients to Happy, Healthy Eating* filled with helpful tips and tricks for making meal-time fun, easy, and delicious- no matter what your condition. Discover these meal ideas and more to fuel your busy lifestyle! Call to purchase today.

Interested in receiving individual counseling for your unique nutrition needs? Call or email to schedule an appointment with one of our knowledgeable dietitians today.

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