

## GRILLED SALMON WITH OLIVE TAPENADE

1 pound uncooked Atlantic salmon fillets, 4 (1/4 pound) skinless  
 1/4 tsp table salt  
 1/8 tsp black pepper  
 8 medium olives, kalamata, pitted  
 1/4 cup sun-dried tomatoes (without oil), chopped  
 3 Tbsp basil, fresh, chopped  
 2 Tbsp pine nuts

Spray a nonstick ridged grill pan with nonstick spray and set over medium-high heat. Sprinkle the salmon with the salt and pepper. Place the salmon on the pan and cook until just opaque in the center, about 4 minutes on each side.

Meanwhile, to make the tapenade, put the remaining ingredients in a mini-food processor and process until chopped.

Top the salmon evenly with the tapenade. Yields 1 salmon fillet and 2 1/2 tablespoons tapenade per serving.



## ROLLED SKIRT STEAK WITH BROCCOLI RABE

1 pound skirt steak, cut into 4 pieces  
 2 tablespoon extra-virgin olive oil  
 2 garlic cloves, chopped  
 1 bunch broccoli rabe, trimmed  
 1/4 cup crumbled goat cheese  
 salt and pepper to taste

Put 1 tablespoon olive oil and garlic in a large skillet over medium-high heat. When heated, add broccoli rabe. Sauté, tossing regularly, for 5 minutes or until bright green and tender.

Preheat the oven to 350 degrees. In a separate dish rub the skirt steak with 1 tablespoon of olive oil and season with salt and pepper. Place the broccoli rabe on the steak and then sprinkle with cheese. Roll up the steaks and place on a baking sheet. Cook for about 20 mins or until steaks are cooked to your desired doneness.

**Sabrina A. Sarabella, M.S.**

## COCONUT SHRIMP

1/2 cup coconut milk  
1/2 cup shredded coconut  
8 large shrimp, peeled and deveined  
1 tablespoon coconut oil

Place coconut milk and shredded coconut into separate bowls. Dip shrimp into coconut milk bowl and then dip into coconut bowl to be sure whole shrimp is covered in coconut flakes. In small skillet, heat coconut oil to medium-high. Place in skillet and lightly brown both sides until shrimp is cooked, about 3 to 5 minutes.



## CAJUN BAKED PORK CHOPS

Two 6-ounce center-cut loin pork chops  
1 tablespoon Cajun seasoning

Preheat oven to 350 degrees F. Rub Cajun seasonings into pork chops. Arrange pork chops into a baking dish and bake for 30 minutes or until meat is fully cooked.

Sabrina A. Sarabella, M.S.

Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI  
E: [sabrina@sabrinasarabella.com](mailto:sabrina@sabrinasarabella.com) | [www.sabrinasarabella.com](http://www.sabrinasarabella.com) | [www.dailycupoffitness.com](http://www.dailycupoffitness.com)



## CHICKEN WITH MUSHROOMS AND RED WINE

3 tablespoons olive oil  
 4 pieces chicken cutlets  
 1/2 tsp freshly ground black pepper  
 1/2 tsp sea salt  
 1 large yellow onion  
 1/2 cup mushrooms, sliced  
 1 large bell pepper, cut into 1" pieces  
 24 oz of fire roasted diced tomatoes  
 1/2 bottle of cabernet sauvignon  
 pinch of sea salt  
 1 tsp of red pepper flakes  
 3 garlic cloves, minced

In a large skillet, heat oil over medium high heat. Season chicken with sea salt and freshly ground black pepper. Add chicken to pan and brown on both sides.

Remove chicken and place on paper towels to drain.

Add onions and mushrooms to the hot pan and sauté until onions are slightly translucent, about 5 minutes.

Add remaining ingredients and stir well. Return chicken to the pan and bring to a boil. Once boiling, reduce heat, cover and simmer for about 40 mins so that alcohol is burned off and chicken is tender.

## BACON WRAPPED ASPARAGUS

1 bunch of asparagus, stalks ends trimmed off  
 12 slices of lower sodium bacon cut in half (can also be turkey bacon)  
 1 tablespoon extra virgin olive oil  
 Pepper to taste

Preheat your oven to 400 degrees F. Wrap a half of slice of bacon around the asparagus and place on a baking sheet lined in aluminum foil. Drizzle or mist olive oil over the asparagus and bake for 15 minutes. Flip asparagus over and then cook for another 10-15 min or until bacon is fully cooked.

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## ROASTED BUTTERNUT SQUASH

1 butternut squash, seeded and sliced  
2 red onions, peeled and sliced thin  
1T coconut oil melted  
sea salt and freshly ground black pepper, to taste (optional)

Preheat oven to 400° F. On a baking sheet with parchment paper spread squash, onion and drizzle with coconut oil. Toss lightly to coat all pieces with oil.

Place baking sheet in the oven and bake for 35-40 minutes, or until squash is tender. Season with sea salt and black pepper if desired.

## STRAWBERRY SPINACH SALAD

2 bunches spinach, rinsed thoroughly  
4 cups sliced strawberries  
1/4 cup crumbled blue cheese or goat cheese (optional)  
1/4 cup chopped walnuts  
1/2 avocado chopped into cubes  
2 tablespoon balsamic or raspberry vinegar  
2 tablespoons extra virgin olive oil

Add all ingredients into a large bowl. Mix all ingredients together and toss the salad until all ingredients are well mixed. Serve immediately.

## KALE SALAD

2 bunches kale, stems removed, washed and dried  
1/4 cup olive oil  
1 tablespoon apple cider vinegar  
1 tablespoon fresh squeezed lemon juice  
1/2 teaspoon sea salt  
1 pinch black pepper

Whisk together all ingredients except the kale in small bowl. Place the Kale in a large mixing bowl and then massage the dressing into the kale until it is well coated. Serve and enjoy.

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## CHOCOLATE MOUSSE

1 can coconut milk, full-fat unscented  
1/4 cup unsweetened cocoa powder  
1/2 tsp vanilla  
Stevia drops to taste (optional)

After refrigerating coconut milk overnight empty the contents into a bowl (it should be thick) . Add the coco powder, vanilla and optional stevia and whisk with a fork until well mixed.

## PEANUT BUTTER HEARTS

1 cup peanut or almond butter  
1 large egg  
1 tsp vanilla  
1 tsp baking soda  
1 1/2 tsp liquid stevia or 1/2 cup of sugar

Preheat oven to 350 F. In a bowl combine the peanut or almond butter, add the egg, vanilla, baking soda and sugar/stevia. Spoon cookies onto a parchment paper lined cookie sheets and shape with hands like a heart. Bake for 12-15 minutes or until golden brown.

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Clinical Nutritionist | NASM Certified Personal Trainer | Stott Pilates® | ACE, Spinning, CYI  
F E: [sabrina@sabrinasarabella.com](mailto:sabrina@sabrinasarabella.com) | [www.sabrinasarabella.com](http://www.sabrinasarabella.com) | [www.dailycupoffitness.com](http://www.dailycupoffitness.com)



## HEART COOKIES

2 cups blanched almond flour  
1 egg  
2 teaspoons unsalted butter or coconut oil  
1 teaspoon vanilla extract  
1/2 teaspoon sea salt  
1/2 teaspoon baking soda  
1/4 cup honey or agave nectar

In a large bowl combine the flour, salt and baking soda. In a separate bowl combine the rest of the ingredients. Mix the wet ingredients into the dry ingredients. Roll the mixture into a large ball and place the dough on parchment paper and refrigerate for an hour.

Preheat oven to 325 degrees F. Roll out the chilled dough to about 1/4 inch thickness. Use a heart shaped cookie cutter to make cookies and place on a baking sheet. Cook for 9-12 minutes or until slightly golden brown.

Remove from oven and let cool. Top with frosting.

## PROTEIN FROSTING

1 cup vanilla or strawberry whey protein powder  
1 cup plain greek yogurt  
1 pack of stevia (optional)

Mix all ingredients together in a bowl so that they mixed thoroughly together and smooth. Spread frosting on cooled cookies.

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I hope you enjoy these recipes I put together for you. If you try any of them please let me know how you like them!

In Health and Happiness,

*Sabrina*

[www.SabrinaSarabella.com](http://www.SabrinaSarabella.com)

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Instagram and Twitter @Sabrinafitness

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