

Real Food & Real Life

For PLT Nutrition & Fitness



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Table of Contents

Patti Lawson's Story	3
Grilled Shrimp & Avocado Salad	4
Simple Salmon & Salad	4
Egg White Brekkie Bowl with Pork	5
Breakfast Sandwich	5
Sesame Chicken Rice Bowl	6
Asian Shrimp Rice Bowl	6
Taco Turkey Rice Bowl	7
Bison Burger & Chopped Salad	7
Avocado Toast	8
Taco Tuesday Steak & Eggs	8
Spicy Salsa Chicken Rice Bowl	9
Fire Roasted Tomato Chicken & Pasta	9
Turkey Taco Salad	10
Bison Burger Salad	10
Steak & Roasted Veggies	11
Sunday Family Dinner	11
Proats	12
Breakfast Rice Bowl	12
Egg Muffins	13
Lunchbox Brekkie	13
PLT Tips	14
Connect with PLT Nutrition & Fitness	15



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Patti Lawson's Story

"ALL MY LIFE I HAVE LOVED FOOD."

My mom loves to tell me that when I was a baby she would put me in my high chair and I would rub my feet together excitedly in anticipation of being fed!

Unfortunately, my love of food led me to be overweight throughout most of my life; I yo-yo dieted over the years always gaining back the weight over time and then some. It wasn't until I was almost 50 years old that I finally learned how to eat in a way that would not only have me lose over 60lbs but that would have me keep that weight off for life.

My personal journey led me down a path that has me now working to help others change their lives and it is a life I never could have dreamed of living. Paul Leonard, the founder of PLT, was instrumental in the latter part of my journey; he is a mentor and a dear friend and it is an honor to work side by side with him at PLT. Together, with our amazing team of coaches, it is our goal to help as many people as we can to become the best versions of themselves.

At PLT Nutrition & Fitness we work closely with our clients to not only guide them towards their goals but to educate them. We want them to move forward eventually on



their own with the tools needed to sustain their newfound habits that enable them to live a healthy life in a body they feel good in!

I hope you enjoy this simple collection of recipes/ideas. It's important to remember that your goals and your daily requirements are yours and yours alone and all of these recipes can easily be tweaked and adjusted to fit your needs. Use them as a guide, as suggestions, and hopefully, they inspire you to eat simple, basic food that is easy to prepare and easy to track as you work towards your goals.

Continuous Effort,

Patti Lawson



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Grilled Shrimp & Avocado Salad

9c/9f/21p



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This salad is a delicious low carb option for a light lunch or snack!

1. Grill or sauté 5oz peeled shrimp with or without seasoning (Old Bay seasoning is delicious!)
2. Serve over greens tossed with salt & pepper, a squeeze of lemon and a drizzle of olive oil (optional)
3. Top with 50g of chopped avocado & enjoy!

Simple Salmon & Salad

5c/14f/28p

1. Pan sear or broil 4oz of salmon without additional fat
2. Toss some greens or a bagged chopped salad with salt & pepper, a squeeze of lemon or a splash of flavor infused balsamic vinegar
3. Top salad with salmon and enjoy on it's own as shown or add a topping made from 1T sour cream with some Dijon mustard whisked into it

Skipping the oil will save greatly on fat; if using olive oil, be careful to measure accurately



Egg White Brekkie Bowl with Pork



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5c/16f/41/p



This high protein breakfast bowl can easily be tailored to whatever you have on hand. Leftover pork loin is one of my favorite proteins to add to breakfast; it's nice and lean and goes well with eggs!

1. Sauté spinach and toss in whatever veggies you have prepped or left over; roasted cauliflower is delicious with some baby tomatoes added too for color!
2. Whisk one whole egg with 135g egg whites, scramble into veggies until cooked through
3. Top with 30g sliced avocado, a half tablespoon of sour cream and hot sauce

Breakfast Sandwich

23c/13f/18p

This breakfast sandwich is made extra special with a little goat cheese spread on the bread! Two over easy eggs, some wilted fresh spinach and sliced yellow tomatoes (because they grew in my garden but any tomatoes will do!)

1. Prepare 2 eggs as desired; fried, poached, scrambled
2. Lightly sauté fresh spinach with salt until just wilted
3. Spread a baguette with 1oz goats cheese; add eggs, spinach and sliced yellow or red tomatoes



Sesame Chicken Rice Bowl

30c/5f/42p



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This quick stir fry is easy and quick to throw together especially if you have chicken & veggies already prepped! Even making from scratch, it's nice & quick! When purchasing bottled stir fry sauce, please be careful to look at the carb content and they do vary greatly.

1. Sauté 4oz sliced or cubed boneless chicken breast until cooked through and toss with sesame stir fry sauce
2. Steam or roast cauliflower and broccoli and add to chicken
3. Serve over 75g Jasmine rice and sprinkle with black or white sesame seeds

Asian Shrimp Rice Bowl

31c/2f/26p

Shrimp is quick to prepare and is a nice change up during the week!

1. Sauté 6 oz of peeled shrimp until cooked through with a tablespoon or 2 of bottled stir fry sauce of choice
2. Steam green beans or snow peas until crisp tender
3. Serve over 75g Jasmine rice

When shopping, please be careful to look at carb content of bottle sauces; they vary greatly.



Taco Turkey Rice Bowl

28c/7f/31p



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Sometimes we look in the fridge and we think there is nothing to eat (and we are the ones that do the cooking so there is no one to complain to!) and so we use what we have and hope for the best...this rice bowl was so pretty and so delicious I had to include it!

1. Brown extra lean ground turkey adding a packet of taco seasoning and 1/2c water when browned, simmer
2. Create your bowl with a base of 75g Jasmine rice or rice of choice and top with 4oz taco seasoned turkey
3. Add toppings such as chopped cilantro, diced tomatoes, 30g avocado or 1/2 of a mini guacamole cup and 1/2 tablespoon sour cream

Bison Burger & Chopped Salad

30c/15f/29p

Bison has approximately 25% fewer calories than beef and is lower in fat; it's an excellent choice for a delicious burger!

1. Grill or broil a 4oz bison burger and place on a toasted English muffin
2. Top burger with 1/2oz goats cheese and a drizzle of honey
3. Serve with a chopped salad (from a bag is great!) tossed with salt & pepper, a drizzle of olive oil and flavor infused balsamic vinegar



Avocado Toast

44c/15f/21p



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Needless to say, this recipe can be cut in half to save on carbs or fat if needed but as shown it's a delicious filling breakfast or lunch for sure!

1. Grill two slices panella bread (or bread of choice) in a pan with a drizzle of olive oil.
2. Top with mashed avocado (macros shown are for 30g) and sunny side up eggs.
3. Garnish with chopped cilantro and hot sauce too!

Taco Tuesday Steak & Eggs

20c/29f/38p

Leftover steak never looked so good! This twist on steak & eggs is delicious on Taco Tuesday or any day of the week!

1. Grill 2 small corn tortillas in a pan with no added fat
2. Cook 2 eggs any style; sunny side up, fried, poached, scrambled
3. Top tortillas with a light spread of sour cream, 4 oz sliced steak, eggs, chopped cilantro and hot sauce

There is no getting around the fact that steak is high in fat but it's also delicious and these tacos are a great brunch using up some nice leftover grilled steak!



Spicy Salsa Chicken Rice Bowl

28c/7f/33p



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Boneless, skinless chicken thighs are a great change up from breasts and they are especially delicious in slow cooker recipes or simmered stove top in a variety of ways. Brown them first with little to no added fat and then cook them until fall apart tender!

1. Brown 6 oz boneless/skinless chicken thighs and then simmer in spicy salsa style canned tomatoes until very tender and falling apart
2. Lightly steam broccoli
3. Serve chicken and broccoli over 75g Jasmine rice and top with chopped cilantro and 1/2 tablespoon sour cream

Fire Roasted Tomato Chicken & Pasta

47c/5f/43p

This simple delicious dish can be made with canned tomatoes or fresh and is yummy over zucchini noodles if you are looking for a lower carb option!

1. Sauté 4 oz boneless/skinless chicken breasts without added fat
2. Simmer chicken with the canned tomatoes and your spices of choice (fresh garlic is the bomb in this dish!)
3. Serve over pasta (macros shown are for 140g of cooked angel hair pasta)



Turkey Taco Salad

8c/7f/32p



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99% lean ground turkey can lack a little flavor but it's great when browned and then simmered with either taco seasoning or salsa verde!

1. Build a base for your salad starting with greens of your choice
2. Top with 4oz extra lean ground turkey that has been prepared with taco seasoning
3. Add additional toppings such as grape tomatoes, 30g avocado, 1/2 tablespoon sour cream

This salad can be higher carb by adding some tortilla chips and if you love cheese and have room for the fat some shredded cheddar would be perfect!

Bison Burger Salad

10c/20f/30p

Sometimes we cook burgers for dinner and we might have one left over...this is a great quick lunch or dinner to enjoy that left over bison burger!

1. Cook a sunny side up egg (or any style egg you love!)
2. Reheat (or serve cold) the bison burger and place on top of a bed of greens tossed with salt & pepper and lemon
3. Add sliced tomatoes and 30g avocado



Sunday Family Dinner

25c/4f/38p



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We can't always sit down with our family at dinner time because of hectic schedules but Sunday dinner was always a part of my life & something I continued when I was raising my own family; a roast chicken was always everyone's favorite...

1. Prepare roast chicken; breasts, whole chicken, thighs
2. Toss butternut squash and potatoes (I love Little Potato Company found in the fresh produce dept.) with a drizzle of olive oil and salt & pepper; roast in over until fork tender
3. Steam asparagus or roast with other squash and potatoes

Use whichever vegetables you & your family enjoy and make plenty to have leftover for the week!

Steak with Roasted Veggies & Potatoes

15c/36f/49p

Steak is always going to be a higher fat protein choice although some are much leaner than others!

The macros here are estimated and based on 8oz of New York Strip. The potatoes shown are Little Potato Company and can be found in the produce department of your grocery store.

1. Toss cauliflower, red peppers, broccoli and potatoes with a tablespoon of olive oil, salt & pepper
2. Roast vegetables in oven browned but soft
3. Grill or broil your steak to perfection and serve with roasted vegetables



Proats

48c/4.5f/35p



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Looking for a great boost to your protein intake for the day? Adding whey or casein protein powder to your morning oatmeal is fun!

1. Prepare oats with water as directed on box
2. Add a measured scoop of any flavor whey protein as the oats cook
3. Top with toppings of choice; shown are 30g banana and 20g blueberries

Macros shown are based on 60g of oats prepared with water and one measured scoop (30g) of True Nutrition Chocolate Whey Protein

Breakfast Rice Bowl

25c/9f/23p

As with so many 'bowl meals' you can get really creative with breakfast.

1. Start building your bowl with 75g Jasmine rice or rice of choice
2. Sauté fresh spinach just until wilted and toss in some grape tomatoes and any leftover veggies you have on hand
3. Add protein if desired; 3 oz pulled pork is shown, and add an egg cooked anyway you like!



Egg Muffins

2c/2f/9p each

17c/9f/22p as shown with toast & berries



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These egg white/egg muffins are super easy to make and the varieties are endless so you can get creative and make a new batch every few days with new ingredients. They are great to quickly warm and take to go on busy mornings and eaten on their own are a great low carb breakfast or snack idea!

1. Whisk together egg whites and 1 whole egg (weigh your whites for tracking purposes, I used 450g for 9 muffins)
2. Add fillings of choice; this is spinach, 100g Virginia ham, 150g baby tomatoes, and 40g goats cheese
3. Bake in a non-stick pan or use muffin liners at 350 until eggs are set; approx. 20-24min.

Macros shown are based on 2 muffins, 1 slice rye toast w/22g cream cheese and 20g blueberries

Lunchbox Brekkie

57c/29f/40p

I know what you're thinking, this isn't a recipe! This is simplicity at it's best and it's just plain old fun really. A PBJ....is there really anything better than a PBJ sometimes?? On a morning when you need to rush out the door and want something simple to maybe eat in the car plus a mid-morning office snack, this is great!

1. 2 hard boiled eggs
2. 170g of Greek vanilla yogurt + 20g blueberries
3. 2 slices bread + 2 T peanut butter + ½ T jam

Adjust ingredients to fit your plan, maybe just 1 egg, maybe you skip the jam, maybe you prefer a low carb bread choice, or maybe you have room for granola on your yogurt! What looks like a silly 'recipe' is really on point and satisfying!





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When following a nutrition plan, the number one key to success is to keep things simple. Often when people think about food prep they visualize intricate recipes prepared and lavishly displayed on IG and Pinterest....this needn't be your goal or your focus.

Prepare simple foods that you love in bulk so that you have everything you need at hand to meet your nutritional goals each week. Steer away from complicated recipes with many ingredients as much as you can as these recipes are very challenging to track. Simple is always best.

Visit our website to read our blog on food prep by clicking [HERE](#).

You will find many other informative blogs on our site, at PLT we strive to educate, guide, and support at all times.

If you are ready to make a change, if you have goals that you feel you are struggling to reach, please contact us via our website and we will be happy to provide you with everything you need to know to get started on your own journey!

Contact us by clicking [HERE](#).



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Paul Leonard
 Founder



Nutrition & Fitness

An ethical nutrition company.
 Committed to creating health
 partnerships with our clients.



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