



15-Minute Dinners for the Whole Family

Tanya Humphrey

<http://www.thefruitingvine.com>

Hi my name is Tanya, I am a Nutrition & Dietetic Technician Registered and a Certified LEAP Therapist (Lifestyle Eating & Performance Therapist). I am also the owner of The Fruiting Vine LLC. Improving the health of individuals and families is my number one priority. I have a passion for helping those with food sensitivities & food intolerance.

Dinner's can be tough, I get it! Trying to get a healthy meal on the table when running short on time and trying to please everyone's taste preferences can seem impossible right? That's exactly why I created this free recipe book for you. I am sharing five 15-minute healthy recipes. You can use these to feed your family. These can be on the table in 15 minutes or less.

This is just the beginning of what I have to offer. I would love to create a personalized meal plan just for you based on your taste preference and nutritional needs. Do you need quick meals ideas, specialized meals for IBS, or maybe you want recipes to help you lose weight? I can help! Eating healthy doesn't mean depriving yourself of enjoyable food.

For my clients and subscribers, I share no fuss recipes for health conscience individuals and families. You can find more information about me on my website or my [blog](#). I share a lot of information on [YouTube](#), [Facebook](#), [Twitter](#), or [Pinetrest](#).

Hey, don't forget if you make any of these recipes tag me and share your creations. I love seeing how your meals turn out.

Enjoy!

Tanya Humphrey BS, NDTR, CLT
The Fruiting Vine LLC
www.thefruitingvine.com

Fruits

- ☐ 5 Avocado
- ☐ 5 Fig
- ☐ 2 1/2 Lemon
- ☐ 1/3 cup Lemon Juice
- ☐ 2/3 Lime

Breakfast

- ☐ 2 1/2 tsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 1/2 tsps Chili Powder
- ☐ 2 1/2 tsps Cumin
- ☐ 1 1/4 tsps Garlic Powder
- ☐ 1 1/2 tsps Red Pepper Flakes
- ☐ 2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2/3 cup Sesame Seeds

Vegetables

- ☐ 10 cups Arugula
- ☐ 5 cups Bok Choy
- ☐ 2 1/2 cups Cherry Tomatoes
- ☐ 2 Cucumber
- ☐ 10 Garlic
- ☐ 2 1/2 tsps Ginger
- ☐ 20 cups Green Cabbage

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 2 1/2 cups Chickpeas
- ☐ 1 1/4 cups Diced Tomatoes
- ☐ 1 1/2 cups Organic Vegetable Broth
- ☐ 1 1/4 cups Quinoa

Bread, Fish, Meat & Cheese

- ☐ 1 1/2 lbs Chicken Breast
- ☐ 2 lbs Salmon Fillet
- ☐ 2 1/2 lbs Shrimp
- ☐ 2 1/2 Whole Wheat Pita

Condiments & Oils

- ☐ 1/3 cup Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 2 1/2 tsps Miso Paste
- ☐ 2 1/2 tsps Rice Vinegar
- ☐ 1/3 cup Sesame Oil

Cold

- ☐ 2/3 cup Unsweetened Coconut Yogurt



Arugula Salad with Salmon

5 servings
15 minutes

Ingredients

2 lbs Salmon Fillet
2/3 tsp Sea Salt
1/3 cup Extra Virgin Olive Oil
1/3 cup Lemon Juice
10 cups Arugula
1 1/4 Cucumber (sliced)
2 1/2 Avocado (sliced)
5 Fig (optional, quartered)

Directions

- 1 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 2 In a small bowl, mix the oil and lemon juice together.
- 3 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers: For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

More Flavor: Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings: More vegetables, nuts or seeds.



Pressure Cooker Mexican Quinoa & Black Beans

5 servings

15 minutes

Ingredients

2 cups Black Beans (cooked, rinsed)
1 1/2 cups Organic Vegetable Broth
1 1/4 cups Quinoa (uncooked)
1 1/4 cups Diced Tomatoes (from the can, drained)
2 1/2 tsp Chili Powder
2 1/2 tsp Cumin
1 1/4 tsp Garlic Powder
2/3 tsp Sea Salt
1/3 tsp Red Pepper Flakes
2/3 Lime (juiced)
2 1/2 Avocado (diced)

Directions

- 1 Combine the black beans, vegetable broth, quinoa, tomatoes, chili powder, cumin, garlic powder, salt and red pepper flakes in the pot of the pressure cooker and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and stir in the lime juice.
- 3 Divide between bowls and top with diced avocado. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of the quinoa mixture and 1/2 an avocado.

More Flavor: Add fresh garlic or onion, coriander or smoked paprika.

Additional Toppings: Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

More Vegetables: Add corn kernels, chopped leafy greens or bell pepper.

Cooking Time: If the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

No Canned Tomatoes: Use fresh tomatoes instead.



Chopped Salad Pitas

5 servings

10 minutes

Ingredients

2 1/2 cups Chickpeas (cooked)
2 1/2 cups Cherry Tomatoes (sliced into quarters)
2/3 Cucumber (chopped)
2/3 tsp Sea Salt
2 1/2 Whole Wheat Pita (halved)
2/3 cup Unsweetened Coconut Yogurt

Directions

- 1 In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
- 2 Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
- 3 Stuff the pita pockets with the chickpea mixture. Enjoy!

Notes

Leftovers: Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

Serving Size: Each serving equals one pita half stuffed with the chickpea mixture.

Gluten-Free: Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

More Flavor: Add lime juice, fresh herbs or spices.

Additional Toppings: Bell peppers, feta cheese, red onions and/or black olives.

No Chickpeas: Use marinated tofu, white beans, lentils, chicken breast or turkey instead.



Miso Ginger Chicken with Bok Choy

5 servings

15 minutes

Ingredients

1 1/2 lbs Chicken Breast (skinless, boneless)
5 cups Bok Choy
2 1/2 Garlic (clove, minced)
2 1/2 tbsps Ginger (peeled and grated)
2 1/2 tsps Maple Syrup
2 1/2 tbsps Miso Paste
2 1/2 tbsps Rice Vinegar
1/3 cup Sesame Oil
1/3 cup Sesame Seeds

Directions

- 1 Bring a pot of water to a boil. Reduce to a simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 minutes. Add bok choy about 2 to 3 minutes before the chicken is ready.
- 2 Meanwhile, add the garlic, ginger, maple syrup, miso, vinegar and sesame oil in a small mason jar. Cover with a lid and shake before serving.
- 3 Remove bok choy with a slotted spoon and transfer to plates. Then remove the chicken into a bowl and shred it using two forks. Transfer to plates. Drizzle the dressing ovetop and enjoy!

Notes

No Rice Vinegar: Use apple cider vinegar or lemon juice instead.

No Bok Choy: Use broccoli, broccolini, cauliflower or green beans instead and adjust cooking time accordingly.



15 Minute Shrimp & Cabbage Stir Fry

5 servings

15 minutes

Ingredients

1/3 cup Coconut Oil (divided)
2 1/2 lbs Shrimp (raw, peeled and deveined)
7 1/2 Garlic (cloves, minced)
2 1/2 Lemon (juiced)
1 1/4 tsps Red Pepper Flakes
20 cups Green Cabbage (finely sliced)
Sea Salt & Black Pepper (to taste)
1/3 cup Sesame Seeds

Directions

- 1 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 2 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 3 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs: Serve with brown rice or quinoa.

Leftovers: Store in an airtight container in the fridge up to 2 days.