

5 QUICK STARTER RECIPES

Hey everyone! Thanks for downloading this recipe guide—I really believe you'll love these meals as much as I do. They're fast to prepare and downright delicious. Eat them the night of or save them for lunch the next day.

I've included the recipes with helpful directions, as well as a **comprehensive grocery list** to make shopping a little easier. I like to keep everything on that list stocked in my kitchen so that I always have an answer to the question, *"What's for dinner?"*

Each of these recipes should take less than half an hour to prepare.
So what are you waiting for? Get cooking!



SHRIMP & ZUCCHINI SKEWERS WITH COUSCOUS

2 SERVINGS | 20 MINUTES



INGREDIENTS

½ cup Couscous (dry)
1 tsp Extra Virgin Olive Oil
½ Lemon (juiced, zested)
1 ½ tsps Cajun Seasoning
10 oz Shrimp (peeled, deveined)
1 Zucchini (large, thinly sliced lengthwise)
Sea Salt & Black Pepper (to taste)
4 Barbecue Skewers
1 tbsp Cilantro (chopped)

DIRECTIONS

- 01** Cook the couscous according to the package directions. Once it's finished cooking, fluff the couscous with a fork and set it aside.
- 02** In a bowl, toss together the oil, lemon juice, cajun seasoning, shrimp, and zucchini. Season with salt and pepper. Thread the shrimp and zucchini onto the skewers.
- 03** Warm a non-stick pan over medium-high heat. Add the skewers to the skillet and cook for three to four minutes per side or until cooked through.
- 04** Divide the skewers and couscous evenly between plates. Top with cilantro and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	322	Sugar	3g
Fat	4g	Protein	35g
Carbs	37g	Sodium	1021mg
Fiber	3g		

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two 10-inch shrimp skewers and ½ cup.

MORE FLAVOR

Add bell pepper and asparagus to the skewers.

NO CAJUN SEASONING

Use paprika and chili flakes instead.

NO COUSCOUS

Use quinoa instead.

CHICKEN & VEGGIE QUESADILLAS

2 SERVINGS | 15 MINUTES



INGREDIENTS

- 2 Whole Wheat Tortilla (large)
- 3 oz Cheddar Cheese (grated)
- 8 oz Chicken Breast, Cooked (shredded)
- ¼ cup Red Onion (thinly sliced)
- ⅓ cup Salsa
- 2 stalks Green Onion (chopped)
- ¼ cup Cilantro (chopped)
- ½ Jalapeno Pepper (thinly sliced, optional)

NUTRITION

AMOUNT PER SERVING

Calories	495	Sugar	4g
Fat	22g	Protein	49g
Carbs	26g	Sodium	901mg
Fiber	6g		

DIRECTIONS

- 01 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.
- 02 Add the shredded chicken breast to half the tortilla and top with red onion, salsa, green onion, cilantro, and jalapeno pepper.
- 03 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.

CHICKEN & ASPARAGUS PESTO PASTA

4 SERVINGS | 30 MINUTES



INGREDIENTS

8 ½ oz Chicken Breast
2 cups Asparagus (ends trimmed)
1 tbsp Extra Virgin Olive Oil
9 ¼ oz Chickpea Pasta (dry)
1 tbsp Pesto Lemon Juice
3 tbsps Parmigiano Reggiano (finely grated)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	456	Sugar	9g
Fat	19g	Protein	36g
Carbs	44g	Sodium	262mg
Fiber	12g		

DIRECTIONS

- 01** Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02** Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
- 03** Meanwhile, cook the pasta according to package instructions.
- 04** To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

DAIRY-FREE

Use nutritional yeast or plant-based cheese instead of parmesan.

ADDITIONAL TOPPINGS

Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.

SERVING SIZE

One serving is equal to approximately two cups.

SHRIMP TACOS WITH PINEAPPLE SALSA

2 SERVINGS | 20 MINUTES



INGREDIENTS

⅓ cup Pineapple (chopped)
1 ½ tsps Lime Juice
2 tsps Cilantro (chopped, plus extra for garnish)
Sea Salt & Black Pepper (to taste)
1 ½ tsps Mayonnaise
1 tsp Sriracha
8 oz Shrimp (peeled, deveined)
1 tsp Smoked Paprika
½ tsp Extra Virgin Olive Oil
4 Corn Tortilla (medium, warmed)

NUTRITION

AMOUNT PER SERVING

Calories	338	Sugar	3g
Fat	11g	Protein	25g
Carbs	33g	Sodium	271mg
Fiber	3g		

DIRECTIONS

- 01** In a bowl, mix together the pineapple, lime juice, cilantro, salt, and pepper. Set aside.
- 02** In another bowl, whisk together the mayonnaise and sriracha. Set aside.
- 03** Heat a pan over medium-high heat. Toss the shrimp with the paprika, oil, salt, and pepper. Sauté for two to three minutes, stirring occasionally, until cooked through.
- 04** Divide the shrimp and pineapple salsa evenly among the warmed tortillas. Drizzle with the spicy mayo and garnish with more cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two tacos.

ONE PAN MUSHROOM & BEEF NOODLES

2 SERVINGS | 30 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
1 Yellow Onion (small, diced)
2 cups Mushrooms (sliced)
Sea Salt & Black Pepper (to taste)
8 oz Extra Lean Ground Beef
1 tsp Italian Seasoning
¾ cup Beef Broth
1 cup Egg Noodles (dry)
¾ cup Parmigiano Reggiano (grated, plus more for garnish)
2 tbsps Parsley (chopped)

DIRECTIONS

- 01** Heat the oil in a large pan over medium heat. Add the onion and sauté for two to three minutes until softened.
- 02** Add the mushrooms and cook for five minutes. Season with salt and pepper.
- 03** Push the vegetables to the side of the pan and add the ground beef and Italian seasoning. Cook until browned, breaking it up as it cooks.
- 04** Add the broth and bring to a simmer. Add the noodles, stirring to combine. Cover and cook for ten minutes or until the noodles are cooked and most of the liquid is absorbed.
- 05** Add the parmesan cheese and stir to combine. Divide the pasta evenly into bowls or plates. Garnish with parsley and extra parmesan and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	397	Sugar	7g
Fat	19g	Protein	34g
Carbs	23g	Sodium	363mg
Fiber	3g		

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic and chili flakes.

GLUTEN- FREE

Use gluten-free noodles instead.

SERVING SIZE

One serving is approximately two cups.

YOUR GROCERY ESSENTIALS SHOPPING LIST

As promised, here's your comprehensive grocery shopping list. I recommend stocking up on the items below so you always have the essentials on hand. P.S. Did you know that cooking and eating at home can save over 50% vs dining out? Planning your meals and weekly grocery store list isn't just a time-saver—it's a money-saver!

Vegetables

- Crushed tomatoes (low sodium)
- Rotel tomatoes (or other spiced tomatoes)
- Diced tomatoes (low sodium)
- Artichoke hearts
- Green beans
- Green peas
- Steam-in-the-bag vegetable medleys

Proteins

- Applegate Farms chicken sausage
- Eggs
- Canned beans: black beans, red beans, pinto beans
- Water-packed tuna and salmon
- Boneless skinless chicken breast
- Ground turkey breast
- Lean ground beef (90% or higher)
- Lean stew meat
- Shrimp
- Fish filets such as salmon and tuna
- Garden Burger
- Veggie patties
- Turkey or center-cut bacon (preferably nitrate-free)

Fresh Produce

- Spinach/Lettuce/Arugula
- Onions
- Red and green bell peppers
- Cucumbers
- Celery
- Tomatoes
- Carrots
- Spinach
- Mushrooms
- Lemons
- Apples
- Oranges
- Berries
- Cilantro
- Avocado
- Frozen unsweetened fruits (berries, mangos, peaches, etc.)

Dairy

- Nonfat Greek yogurt (Siggi's)
- 1% or skim milk (if you are sensitive to dairy, use almond, rice, or soy milk)
- Reduced-fat cheese
- 1% or nonfat cottage cheese
- String cheese (try Sargento low fat or low sodium)
- Babybel or Laughing Cow cheese
- Light yogurt
- Low-fat cottage cheese

Convenience Produce

- Cherry tomatoes
- Pre-sliced carrots
- Baby carrots
- Pre-rinsed lettuce
- Pre-sliced mushrooms
- Hummus and single pack hummus
- Wholly Guacamole 100 calorie packs
- Pineapple chunks in their own juice
- No-sugar-added applesauce

Nuts & Seeds

- Nut butters such as peanut butter, almond butter, or sun butter
- Almonds, walnuts, pistachios, cashews, sunflower seeds, or pine nuts

Grains

- Whole wheat flour
- Quinoa
- Whole wheat pasta
- Couscous
- Brown rice and instant brown rice
- Whole wheat bread
- Pita bread
- Wraps
- Old fashioned oats

Herbs & Spices

- Basil
- Oregano
- Rosemary
- Thyme
- Cinnamon
- Nutmeg
- Chili powder
- Cayenne pepper
- Black pepper
- Lemon pepper
- Seasoning
- Low-sodium Cajun seasoning
- Italian herb blend
- Garlic powder
- Onion powder
- Sea salt
- Pure vanilla
- Unsweetened cocoa
- Garlic
- Red pepper flakes

Oils

- Olive oil
- Avocado oil

Sauces & Miscellaneous

- Salsa
- Bolthouse Farms dressings
- Tomato sauce
- Reduced-sodium chicken, beef, and/or vegetable broth
- Honey
- Agave
- Dijon Mustard
- Vinegar (red wine, apple cider, and balsamic)
- Hot sauce
- Worcestershire sauce
- Reduced-sodium soy sauce
- Butter (unsalted)
- Brummel and Brown butter



ABOUT KELLY DEVINE

Kelly Devine MS, RDN, LDN is a Registered Dietitian and the Maestro of Healthy Fun. She has dedicated her career to building practical strategies that make healthy living second nature, and that includes sharing creative recipes. She also offers Chicago-style one-on-one and group nutrition and weight-loss programs for participants of all ages.

Taking those first steps toward a healthier life can be challenging, but Kelly is here to help jumpstart your journey.

Ready to get healthy—and stay that way?

If you've struggled to stick to fad diets or eat nutritional meals regularly, Kelly's coaching services are an easy solution.

Get in touch with Kelly. She'll reveal how her Devine Nutrition classes can benefit you and work toward a personalized approach to healthy living

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