DONNA'S

24 Quick & Healthy Busy Mom RECIPES



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Hi

I'm Donna Savage, president and co-founder of Empower Fitness. Fifteen years ago, I set out on a journey with my husband Mike to create a company dedicated entirely to women's fitness and health. As a working mother, I understand how difficult it is to balance the demands of family and work and still find time to exercise and stay healthy.



Today, Mike and I remain committed to our vision of empowering women to be happy, healthy, and strong. That's why I'm so excited to share with you some of my favorite fast, lean, and clean recipes.

I hope you enjoy this book as it features some of my family's favorite recipes. More importantly, I hope you find happiness and success on your path to a healthier you and share that success with all of the women in your life. Enjoy!



Yours in health & happiness,
Donna

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BREAKFAST TO GO!

BREAKFAST EGG MUFFINS

Makes 12 servings
106 calories/serving



INGREDIENTS

3 cups cooked brown rice
1 cup turkey breakfast sausage, cooked and diced
1 cup reduced fat shredded cheese
2 eggs, beaten
4oz can diced green chiles
1/2 tbsp ground cumin
1/4 tsp garlic powder
1/8 tsp oregano
salt & pepper to taste

INSTRUCTIONS

Preheat oven to 400˚F. Coat 12 muffin cups with non-stick cooking spray. Combine all ingredients. Divide mixture evenly into muffin cups. Bake for 25-30 minutes. Store in fridge for grab-and-go breakfast!

CHOCOLATE PROTEIN BREAKFAST COOKIES

Makes 12 servings
128 calories/serving



INGREDIENTS

2 cups old fashioned oats
2 scoops vanilla protein powder
1/4 cup natural peanut butter
1/2 can unsweetened pumpkin
2 mashed ripe bananas
1 tsp vanilla extract
1 tsp baking soda
1 tbsp unsweetened cocoa powder
1/4 cup egg whites
1/4 cup honey or agave syrup (optional)

INSTRUCTIONS

Preheat oven to 350˚F. Mix everything together. Spoon onto greased cookie sheet. Makes approximately 12 cookies. Other mix-in ideas: chopped nuts, flaxseeds, dried fruit, unsweetened coconut, etc. Bake for 10-12 minutes. Store in fridge. Great for breakfast or an afternoon snack!

TROPICAL GREEN SMOOTHIES

Makes 6 servings
125 calories/serving



INGREDIENTS

1 pineapple, peeled, cored and cut in chunks
1 mango, peeled and cut in chunks
3 bananas, peeled and sliced
2 cups baby spinach
6 cups unsweetened vanilla almond milk
6 scoops vanilla protein powder
6 sandwich size zip-top bags

INSTRUCTIONS

Divide pineapple, mango, bananas and spinach into 6 bags. Place bags in freezer. Take a bag of frozen fruit and spinach from the freezer and blend with 1 cup almond milk and 1 scoop protein powder. Prep fruit ahead of time and enjoy a quick, refreshing smoothie that's ready in minutes!

SKIPPING BREAKFAST TO LOSE WEIGHT? **This can backfire and usually causes overeating later in the day. Studies show that people who consistently eat breakfast, consume fewer calories per day than breakfast skippers.**

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BREAKFAST TO GO!

PROTEIN PANCAKES

Makes 3 servings
132 calories/serving



INGREDIENTS

1 large ripe banana
1 cup egg whites
1 tsp cinnamon
1/2 cup old fashioned oats
1 scoop vanilla protein powder

INSTRUCTIONS

Add all ingredients to a blender. Cook on stove top in pan with non-stick cooking spray (same as regular pancakes). Makes approximately 12 pancakes. Serve with fresh fruit, syrup or nut butter and preserves. Keep a batch in fridge for up to a week and pop them in your toaster for a quick breakfast!

RED PEPPER GOAT CHEESE FRITTATA

Makes 6 servings
206 calories/serving



INGREDIENTS

8 large eggs
2 tbsp oregano
1/2 tsp salt
1/4 tsp black pepper
1 cup diced red pepper
1 bunch chopped scallions
1/2 cup crumbled goat cheese
2 tbsp olive oil

INSTRUCTIONS

Preheat broiler. Cook pepper and scallions with oil in ovenproof, nonstick skillet over medium heat, stirring constantly for 1 minute. Whisk eggs and seasonings together, pour over vegetables. Lift edges to allow uncooked egg to flow underneath. Dot with cheese. Put pan in oven on top rack. Broil until puffy and lightly golden, 2-3 minutes.

PBJ PROTEIN OATMEAL

Makes 1 serving
300 calories/serving



INGREDIENTS

1/3 cup old fashion oats
2/3 cup water
1/2 scoop vanilla protein powder
1/2 tsp vanilla extract
1 tbsp natural peanut butter
1 tbsp fruit preserves or jam

INSTRUCTIONS

Combine oats and water in a small saucepan. Bring to a boil. Reduce heat and let oatmeal simmer until 90% of the water is absorbed. Remove from heat. Whisk in protein powder and vanilla. Pour oatmeal into a bowl and top with peanut butter and jam or preserves.

YOUR KIDS NEED BREAKFAST EVEN MORE. **Growing bodies and developing brains need regular refueling. Studies show kids who skip breakfast are tardy or absent from school more often. Make breakfast a must for your kids so it becomes a lifetime habit.**

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BREAKFAST TO GO!

YOGURT PARFAIT

Makes 1 serving
268 calories/serving



INGREDIENTS

1 cup greek vanilla yogurt
1/4 cup granola
1/2 cup fresh or frozen fruit

INSTRUCTIONS

Layer yogurt, granola and fruit in a large glass. Repeat layers. Enjoy! Experiment with different fruits (mixed berries, mango/pineapple, etc.).

BAKED BLUEBERRY BANANA OATMEAL

Makes 6 servings
196 calories/serving



INGREDIENTS

2 ripe bananas, sliced
1-1/2 cups blueberries
1/4 cup honey or agave syrup
1 cup quick cooking oats
1/4 cup chopped walnuts
1/2 tsp baking powder
Pinch of salt
3/4 tsp cinnamon
1 cup almond milk
1 egg
1 tsp vanilla extract

INSTRUCTIONS

Preheat oven to 375˚F. Layer bananas and blueberries in a coated 9x9 glass baking dish. Drizzle with 1 tablespoon of honey. Cover with foil and bake for 15 minutes. Mix all dry ingredients together and sprinkle over fruit. Mix all wet ingredients together and pour as evenly as possible over oats. Bake for 20-30 minutes until golden brown.

MEXICAN EGG SCRAMBLE

Makes 1 serving
179 calories/serving



INGREDIENTS

3/4 cup egg whites
1/4 cup canned black beans, rinsed and drained
1 ounce, reduced fat cheddar cheese
2 tbsp salsa

INSTRUCTIONS

Scramble eggs with beans and cheese. Top with salsa.

BREAKFAST LITERALLY MEANS "BREAKING THE FAST". Your body is fasting all night which slows your metabolism. The sooner you break the fast by eating, the sooner your metabolism kicks into gear and starts burning calories again.

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LUNCH OR DINNER - FAMILY FAVORITES!

BAKED DIJON SALMON

Makes 4 servings
245 calories/serving



INGREDIENTS

4 salmon fillets
3 tbsp dijon mustard
1-1/2 tbsp honey
1/4 cup dry breadcrumbs
1/4 cup finely chopped pecans
4 tsp chopped parsley
Salt and pepper to taste
1 lemon for garnish

INSTRUCTIONS

Preheat oven to 400˚F. Stir together mustard and honey. Set aside. In another bowl, mix together bread crumbs, pecans and parsley. Brush each fillet with mustard/honey mixture. Sprinkle fillets with breadcrumb mixture. Bake 12-15 minutes until fish flakes easily with a fork. Season with salt, pepper and lemon.

EASY TACO CASSEROLE

Makes 8 servings
193 calories/serving



INGREDIENTS

1 lb ground turkey
1 cup chopped spinach
1 envelope taco seasoning
1/2 cup water
1 cup crushed tortilla chips
1 can vegetarian refried beans
1 cup reduced fat shredded cheese

INSTRUCTIONS

In large skillet, brown turkey, drain. Add spinach and cook for 1 - 2 minutes. Stir in taco seasoning, refried beans and water. Cook and stir for 3 minutes. Spread chips in a greased 9x9 baking dish. Spread meat/bean mixture over chips. Sprinkle with cheese. Bake uncovered at 350˚F for 15-20 minutes. Your kids will love it! Serve with extra tortilla chips and sour cream if desired.

OVEN BAKED CHICKEN FINGERS

Makes 6 servings
360 calories/serving



INGREDIENTS

6 boneless, skinless chicken breasts
1 cup Italian bread crumbs
2 tbsp grated Parmesan cheese
2 tbsp olive oil
1 garlic clove, minced

INSTRUCTIONS

Preheat oven to 350˚F. In a plastic bag, mix bread crumbs and Parmesan cheese; set aside. In a small bowl, combine garlic and oil. Flatten chicken to 1/2 inch thickness; cut into 1-inch wide strips. Brush chicken with oil; coat with crumb mixture. Place on a greased baking sheet. Bake for 20 minutes or until golden brown. Healthy chicken fingers for the whole family!

THE POWER OF PROTEIN. Include protein in every meal and snack to stabilize your blood sugar and keep you feeling fuller longer.

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LUNCH OR DINNER - FAMILY FAVORITES!

HEALTHY FRIED RICE

Makes 6 servings
172 calories/serving



INGREDIENTS

2 cups cooked brown rice
1 onion, chopped
3 garlic cloves, minced
2 tbsp olive oil
1 egg, beaten
2-3 cups chopped vegetables (anything will work, celery, carrots, peas, broccoli, peppers, etc.)
Low sodium soy sauce to taste
Pepper to taste (optional)

INSTRUCTIONS

Sauté garlic, onion and other vegetables in oil. Add rice. Add egg and mix until rice is thoroughly coated. Add soy sauce and pepper, cook for an additional 5-10 minutes. Better than Chinese take-out! Add some cooked shrimp, chicken or beef to make it a complete meal.

BUFFALO CAULIFLOWER BITES

Makes 6 servings
212 calories/serving



INGREDIENTS

1 cup water
1 cup flour
2 tsp garlic powder
6-1/2 cups of cauliflower florets
3/4 cup Frank's Red Hot Wings Sauce
1 tbsp melted unsalted butter

INSTRUCTIONS

Preheat oven to 450˚F. Lightly spray a large non-stick baking sheet. In a large bowl, combine water, flour and garlic powder. Toss cauliflower pieces in flour mixture until coated and place on baking sheet. Bake for 20 minutes. Combine hot sauce and butter in small bowl. Pour hot sauce mixture over cauliflower and continue baking for an additional 5 minutes. Serve with blue cheese or ranch if desired and celery sticks. A tasty crowd pleaser!

RATATOUILLE

Makes 6 servings
137 calories/serving



INGREDIENTS

1 large onion, chopped
3 garlic cloves, minced
2 zucchini, chopped
2 summer squash, chopped
1 medium eggplant, chopped
2 peppers (any color), chopped
28oz can diced tomatoes
1/4 tsp pepper
1 tsp oregano
1/2 tsp thyme
2 tbsp olive oil

INSTRUCTIONS

Sauté onions and garlic in oil for 2 minutes. Add eggplant, cook 5 minutes. Add peppers, cook 5 minutes. Add zucchini, cook 5 more minutes. Add seasonings and tomatoes. Cover and simmer for 30 minutes. Serve over pasta, rice or spaghetti squash! Toss cooked veggies in blender to make sauce more appealing to kids and husbands!

VEGETABLES RULE! **Vegetables should be included with every meal or snack. Start with veggies you and your family like then experiment with new ones prepared in different ways.**

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LUNCH OR DINNER - FAMILY FAVORITES!

VEGETABLE MAC & CHEESE

Makes 12 servings
227 calories/serving



INGREDIENTS

1-1/2 cups uncooked pasta
3 cups broccoli florets
2 cups cauliflower florets
3 large carrots, chopped
2 stalks of celery, chopped
1 onion, chopped
1/4 cup flour
1 cup lowfat milk
1 cup chicken broth
3 cups shredded cheese
1 tbsp olive oil
1 tbsp Dijon mustard
1/4 tsp salt
1/8 tsp pepper
1/4 tsp paprika

INSTRUCTIONS

Preheat oven to 350˚F. Cook pasta. Add broccoli, cauliflower, carrots and celery during last 6 minutes. Drain; transfer to greased 13x9 baking dish. Sauté onion until tender. Sprinkle with flour. Gradually stir in milk and broth. Bring to boil; cook and stir for 2 minutes. Stir in cheese, mustard, salt and pepper. Pour over pasta; stir to coat. Sprinkle with paprika. Bake uncovered for 15-20 minutes. Better than boxed mac & cheese!

TURKEY CHILI

Makes 12 servings
378 calories/serving



INGREDIENTS

2 pounds ground turkey
2 medium zucchini, chopped
1 medium red pepper, chopped
1 medium onion, chopped
2 tbsp minced garlic
1 can (15oz) kidney beans, drained
1 can (15oz) black beans, drained
1 can (15oz) garbanzo beans, drained
1 can (28oz) diced tomatoes, un-drained
Chili seasoning packet (or use: chili powder, paprika, oregano & ground pepper)

INSTRUCTIONS

Brown turkey, drain. Add cooked turkey and all other ingredients to crock pot. Cook on high for 2–3 hours or cook on low for 6–8 hours. Prep everything the night before and set up crock pot before heading off to work for a delicious mid-week dinner the whole family will love!

LENTIL SOUP

Makes 12 servings
92 calories/serving



INGREDIENTS

1 onion, diced
2 carrots, diced
2 stalks of celery, diced
2 cloves of garlic, minced
2 cups lentils, rinsed
1 tsp dried oregano
1 bay leaf
1 tsp dried basil
1 can (15oz) diced tomatoes
8 cups water or broth
1 cup chopped spinach
2 tbsp champagne vinegar
Salt & pepper to taste

INSTRUCTIONS

Add everything except spinach and vinegar to crock pot. Cook on high for 2–3 hours or cook on low for 6–8 hours. Add chopped spinach and vinegar just before serving. Season with salt and pepper as needed. Easy prep and lots of leftovers for lunches!

CHOOSE FOODS THAT YOU REALLY LOVE. **Remember, all foods can be eaten in moderation. The way you prepare your foods can make a huge difference in the number of calories you and your family consume.**

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GUILT-FREE DESSERTS OR SAVORY SNACKS!

NO BAKE PEANUT BUTTER BALLS

Makes 12 servings
236 calories/serving



INGREDIENTS

1 cup old fashioned oats
1/2 cup peanut butter (or other nut butter)
1/4 cup honey or agave
1/2 cup unsweetened coconut flakes
1/2 cup ground flaxseed
1/2 cup mini chocolate chips
1 tsp vanilla extract

INSTRUCTIONS

Mix everything together in a bowl until thoroughly incorporated. If mixture is too dry add a little almond milk. Let chill in the refrigerator for half an hour. Once chilled, roll into approximately 24 - 1/2 inch balls and enjoy! Store in an airtight container and keep refrigerated. Great after school snack for the kids!

MOCK APPLE PIE

Makes 12 servings
228 calories/serving



INGREDIENTS

1 box graham crackers
1 large jar (23oz) unsweetened applesauce
Cinnamon

INSTRUCTIONS

In an 8x8 baking dish, start with a layer of applesauce, then add a layer of crackers. Make as many layers as you like. End with a layer of apple sauce. Sprinkle with cinnamon. Refridgerate overnight. Slice and enjoy!

CHOCOLATE FROZEN BANANAS

Makes 4 servings
208 calories/serving



INGREDIENTS

2 ripe, firm bananas
1/2 cup dark chocolate chips
2 tbsp coconut oil
4 popsicle sticks
Granola, chopped nuts or sprinkles (optional)

INSTRUCTIONS

Cut bananas in half and insert stick into each half. Place them on baking sheet lined with parchment paper. Freeze for 15 minutes. Meanwhile, melt chocolate with oil in a Pyrex measuring cup in microwave (check it every 30 seconds). Stir until smooth. Roll each banana half in chocolate, then quickly sprinkle with your topping (if using). Freeze until chocolate sets, 30 minutes. Serve or freeze in an airtight container. Great after school snack!

SNACKING PREVENTS OVEREATING! **Eating a 100-200 calorie snack between meals will keep your energy level up and you will be less hungry at mealtime so you won't be ravenous when you sit down at the dinner table.**

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GUILT-FREE DESSERTS OR SAVORY SNACKS!

HUMMUS WITH VEGGIE STICKS

Makes 6 servings
114 calories/serving



INGREDIENTS

1 can (15oz) garbanzo beans, rinsed and drained
1/2 tsp ground cumin
1 tsp minced garlic
2 tsp chopped fresh parsley
2 tsp fresh lemon juice
2 tsp extra virgin olive oil
Pinch freshly ground black pepper
1/2 tsp sea salt
1 tbsp sesame tahini
1/4 cup water

INSTRUCTIONS

Combine all ingredients in a blender or food processor and puree until smooth. If hummus is too thick, add more water until it reaches desired consistency. Serve with assorted vegetable sticks. Great anytime snack!

KALE CHIPS

Makes 4 servings
36 calories/serving



INGREDIENTS

1 bunch kale
1 tbsp olive oil
1 tsp seasoned salt

INSTRUCTIONS

Preheat an oven to 350˚F. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner or paper towels. Drizzle or rub kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes. A tasty, crispy treat!

ROASTED CHICKPEAS

Makes 8 servings
155 calories/serving



INGREDIENTS

2 cans (15oz) garbanzo beans, rinsed, drained and dried thoroughly
2 tbsp olive oil to lightly coat
Sea salt and black pepper

INSTRUCTIONS

Preheat oven to 400˚F. Dry chickpeas by rolling them between layers of paper towels. Toss with salt, pepper and oil. Put them on a baking sheet in a single layer. Bake for 30-40 minutes until golden brown and crunchy. Toss them every 10 minutes during cooking. Cool completely before serving for more crunch. Store in an airtight container at room temperature. Have fun trying new seasoning combinations!

WATER SHOULD BE YOUR GO-TO BEVERAGE! **Aim for 1/2 your body weight in ounces, more if you exercise. Keeping your body adequately hydrated will prevent false feelings of hunger.**

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