

AUGUST 2025

Liza Marie Fit

Monthly Recipe Drop

10 of My Flavor Packed and Healthy Recipes to Help Keep You On Track and Reaching Your Goals This Month!



LIZA
Marie Fit



Butter Lime Chicken

Makes 4 Servings

Cal: 550

P:42 F:20 C:52

Ingredients

For the chicken:

3 boneless skinless chicken breast

3 tbsp butter

1-2 juiced limes

1/2 tbsp chili powder

1/2 tbsp smoked paprika

1/2 tbsp garlic powder

Salt and pepper to taste

3 cloves minced garlic

Sides I used:

2 zucchini diced

3 large sweet potatoes diced

1 1/2 cup frozen corn

1/2 tbsp evoo

For serving:

Fresh chopped cilantro!

Directions

1. Peel and dice your sweet potato and add to a pan with a little drizzle of olive oil. (make sure you dice in smaller chunks so it cooks through quicker! Sometimes i like to microwave my chunks for 2 mins to soften them up and speed up the cook.) Once your sweet potato starts to soften add in chopped zucchini and your corn. Season everything with salt and pepper and sauté until the zucchini and sweet potato is cooked to your liking.
2. While the veggies are cooking slice your chicken breast into strips and season with chili powder, garlic powder, paprika and salt and pepper.
3. Remove the veggies from the pan once finished and in that same pan add in your seasoned chicken. Cook on one side for 3 mins and flip. When you flip add in the juice of one lime, lime zest from half of a lime, your butter and minced garlic. I like to add in the whole limes your juiced as well to the pan to release any extra juice!
4. Cook your chicken strips for another 2 min and then give everything a good mix. Let that sit in your pan for another 1 min once its well combined and then add in your chopped cilantro.
5. Plate your veggies and then add your butter lime chicken on top or on the side! Top with extra lime juice and cilantro and enjoy :)



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Sticky Steak Stir Fry

Nutrition Per Serving including 1/2 cup white rice and 1/2 cup stir fry veggies:
Calories: 536 C:51g P:37g F:20g

Ingredients

For steak:

- 8oz flank steak,
- 2tbsp corn starch
- 1 tsp soy sauce
- 1/4 cup evoo

Sauce:

- (Combine in a small pot and bring to a simmer)
- 1-2 garlic cloves minced
- 1/4 cup water
- 2tbsp soy sauce or coconut aminos
- 3 tbsp brown sugar
- 1Tbsp hoisin sauce
- 1tsp sesame oil
- Red pepper flakes
- 1 tsp ginger paste

Directions

1. cut steak into strips and combine with corn starch and 1 tsp soy sauce, let marinade while you bring your sauce to a boil
2. Combine all your sauce ingredients in a small pot and bring to a simmer. Remove from heat.
3. Heat your oil in a wok or a pan. Once hot add your beef for 30 seconds on both sides. Remove from pan, pat with a paper towel and remove grease from pan.
4. Add your sauce to the pan and bring it back to a simmer, once hot add your beef in and toss for 30 seconds.
- 5. Serve with, rice, stir fry veggies, green onion and sesame seeds!





Thai Chicken Wraps

Estimated Nutrition Per serving:

Calories 400

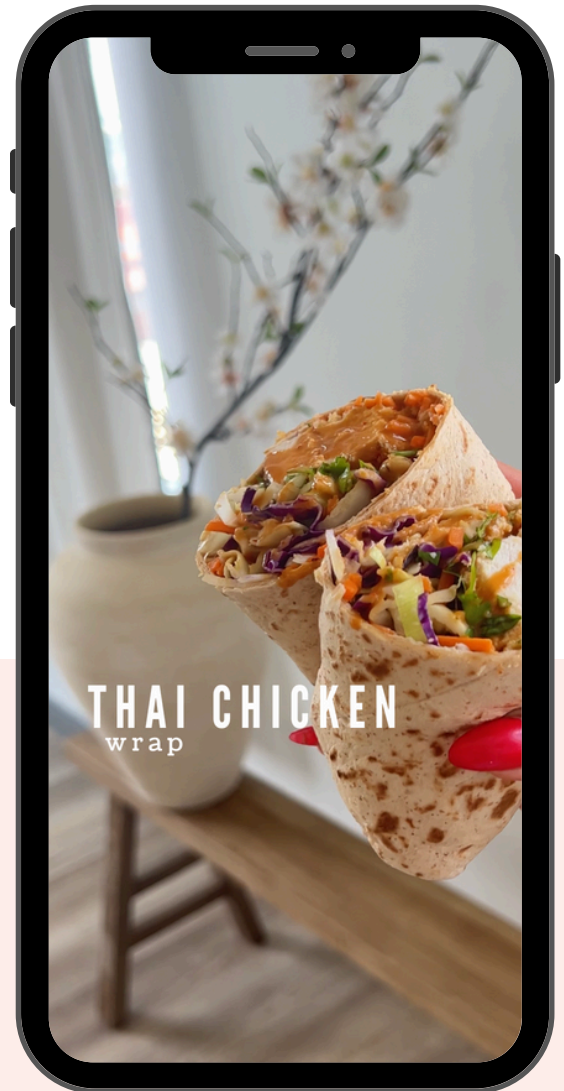
P: 34 C: 33 F: 10

Ingredients

- 1 Banderita wrap
- 5 oz chicken breast
- 1 egg
- 1/2 cup panko
- 1/4 cup shredded carrots
- 1/4 cup cabbage
- 1 tbsp peanuts, cilantro, green onion
- Ingredients for peanut sauce:
 - 1 tbsp PB Fit (could also use peanut butter)
 - Note: For the rest of these ingredients I kinda just eyeball and taste:
 - Coconut aminos or soy sauce
 - Sriracha
 - Sugar free maple syrup
 - Sesame oil
 - Rice vinegar (or any vinegar lol)
 - Salt, pepper, garlic powder

Directions

- In a bowl combine panko, with garlic powder, smoked paprika, salt and pepper. In a separate bowl crack and whisk an egg.
- Pat your chicken dry, butterfly it and season with salt, pepper, smoked paprika.
- First drench your chicken in the egg wash and then thoroughly coat in the panko.
- Add your chicken to your air fryer, spray the top with cooking spray and fry at 390°F for 8 minutes on each side!
- As your chicken is cooking you are going to get your ingredients and sauce ready. Mix all your sauce ingredients together to the consistency of your liking.
- Roughly chop up your peanuts, green onion and cilantro.
- Time to assemble, in this order: tortilla, sauce, shredded carrots, chicken, sauce, green onion, cilantro, cashews (Note: "cashews" mentioned here, but not in ingredients list), cabbage, more sauce and roll!
- If you have more sauce leftover that for you to dip or pour on top!



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Sloppy Joe Bowls

Makes 4 servings!

Estimated nutrition per serving:

Cals: 530 P: 38 C:52 F: 19g

Ingredients

Sweet potato slices:

- * 1 large sweet potato thinly sliced
- * 1tbsp coconut oil
- * 21 seasoning salute from trader joes is my fav seasoning on sweet potatoes! If you don't have that salt and pep will do!

Toppings:

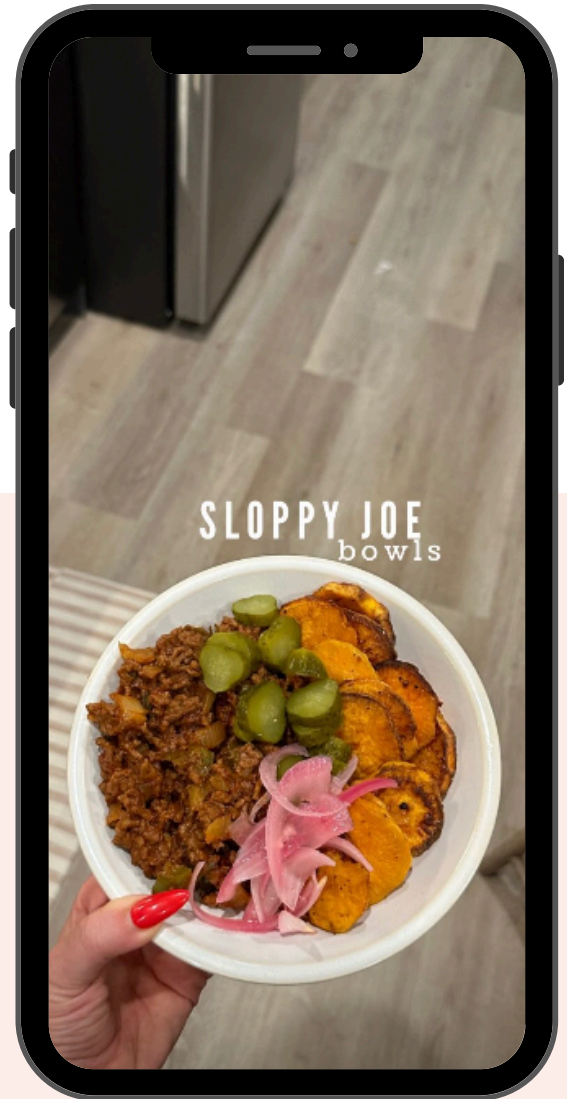
- * Pickles
- * Pickled red onions

Sloppy Joe mix:

- * 1lb lean ground beef
- * 1 diced yellow onion
- * 1 diced green bell pepper
- * 1 tsp dijon
- * 1 tsp yellow mustard
- * 2 tbsp coconut aminos or soy sauce
- * 2 tbsp ketchup
- * 1-2 tbsp tomato paste
- * 2 tsp chili powder
- * Salt and pepper
- * 1 splash vinegar (I used rice but would prefer apple cider!)

Directions

1. Preheat your air fryer for 400 degree. Mix together your sweet potatoes, oil and seasoning and air fry at 400 for 10-12 mins shaking halfway through.
2. While that is doing its thing; add in a drizzle of evoo to a hot pan and add in your onions and bell pepper.. cook until softened. About 3 mins
3. Add in your ground beef and move it around the pan until its cooked through and then add all the other ingredients. Stir to combine
4. Taste to make sure its to your liking! If you like your sloppys a little more saucy add in some more ketchup and tomato paste.
5. Serve in a bowl with your sliced sweet potatoes, pickles and picked onions! (The pickled onions make it!! If you can - don't skimp out on it!)





Ground Turkey Taco Skillet

Estimated nutrition:

Makes 4 servings:

Per serving:

490 cal

C: 53 P: 39 F: 19

Ingredients

- * 14 ounces sweet potato, peeled and diced
- * 1 pound 93% lean ground turkey
- * 1/4 cup chopped onion
- * 1 cup salsa
- * 3/4 cups canned black beans rinsed and drained
- * 1 packet taco seasoning
- * 1/2 cup chicken broth
- * 3/4 cup light mozzarella cheese For topping:
- * Taco yogurt sauce (greek yogurt mixed with taco sauce, hot sauce and lime juice)
- * Jalapeños
- * Cilantro
- * Pickled red onions

Directions

- * Spray a large skillet over high heat with oil and brown the turkey with your diced onion
- * Cook breaking the meat up until the turkey is cooked through, about 5 minutes.
- * Push the meat to the side, spray the other side with oil and Add the sweet potato, black beans, if you want another veggie (I had mushrooms in my fridge so I used those! Zucchini is also good in this!) and stir with the chicken broth.
- * Add in your taco seasoning and salsa
- * Mix and cover, cook low 12 to 14 minutes or until the sweet potato is tender. For the last 5 mins sprinkle with some cheese!
- * Serve with toppings of your choice!



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Caprese Turkey Burgers

Makes 4-5 burgers

Per burger:

Calories: 300

P: 20 C: 26 F: 11

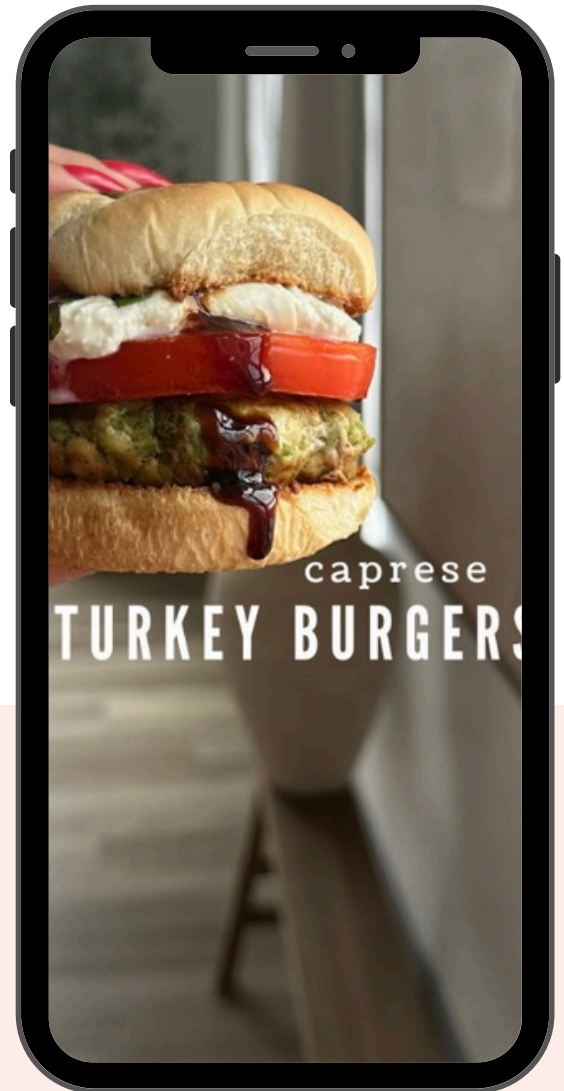
I normally eat two burgers!

Ingredients

- *1lb lean ground turkey
- *a large tomato
- *burrata (you can also use fresh motz!)
- *2tbsp pesto (I use the kale one from trader joes!)
- *whole wheat buns
- *balsamic glaze
- *2 cloves of garlic
- *fresh basil

Directions

1. Make your turkey burgers. Combine your ground turkey, minced garlic, pesto, a little salt and pepper and mold into how ever many burgers you are making. This recipe makes 4-5 burgers. I like to make my turkey burgers about 1/2 inch thick.
2. On medium-high heat spray a little cooking oil in your pan and cook for 4 mins on each side. I find cooking the patties for more than a total of 8 minutes will dry out the meat. My little chef tip for you: don't press down on your burgers!! It'll remove all those yummy juices and dry them out.
3. While your burgers are cooking get your toppings ready. Slice your tomato (after your slice your tomato, sprinkle a little salt on top and if you want to be fancy like me try sprinkling a little truffle salt!), slice your burrata (per burger gets 1oz, and chop up your fresh basil. If you choose to toast your buns now would be the time to do so.
4. Assemble your burgers with your patties, tomato slice, burrata, fresh basil and do not forget about that balsamic drizzle!



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Turkey Pesto Meatball Bake

(Makes 4 servings and 14-16 meatballs)

Per serving:

Calores: 550

P: 41g C: 53g F:20g

Ingredients

- * 1/2 tbsp olive oil
- * 1lb lean ground turkey
- * 2 cloves garlic minced
- * 1/4 cup finely diced red onion
- * 10 oz orzo raw weight
- * 1/4 cup pesto (I use trader joes vegan!)
- * 2 cups low sodium chicken stock or water
- * 1/2 cup part skim motz cheese
- * 1 tbsp fresh oregano
- * 1 tsp red pepper flakes
- * 2 tbsp fresh basil for topping
- * Salt and pepper to taste
- * Bunch of asparagus

Directions

1. Set your oven to 350
2. In a bowl, combine the ground turkey, pesto, garlic, red onion, oregano, motz cheese, red pepper flakes and salt and pepper. Roll into small balls.
3. Place a large oven-safe skillet over medium heat and add the olive oil and your meatballs.
4. Allow meatballs to brown slightly on all sides. We aren't cooking them thoroughly yet, just browning the outsides for some golden color. About 2 mins per side
5. Add in the dry orzo and chicken stock (or water). You want your liquid to be double the amount of dry orzo! So say you are using 1 cup dry orzo then use 2 cups liquid!
6. Chop your asparagus into chunks and add that in as well.
7. Cover, place into the oven and cook for 20-25 minutes or until the water is fully absorbed and orzo is cooked.
8. Remove from oven, top with fresh basil and serve!



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Chicken Parm Wraps

Estimated Nutrition Per serving:

Calories 450

P: 38 C: 33 F: 18

Ingredients

- * 1 egg (or 1 serving of liquid egg whites)
- * 1/2 cup breadcrumbs
- * 2/3 cup low fat mozzarella cheese
- * 1 carb counter la banderita wrap (or wrap of choice!)
- * 1/2 cup marinara sauce
- * 3oz chicken breast
- * 1 tsp garlic powder
- * 1 tsp parm cheese
- * 1 tsp Italian seasoning
- * 3-4 leaves fresh basil

Directions

1. In a bowl combine breadcrumbs, with garlic powder, Italian seasoning parm cheese, salt and pepper. In a separate bowl crack and whisk an egg
2. Pat your chicken dry, slice it in half (pound it out if you'd like) and season with salt and pepper
3. First drench your chicken in the egg wash and then thoroughly coat in the breadcrumb mixture
4. Add your chicken to your air fryer, spray the top with cooking spray and fry at 390 for 7-8 mins on each side!
5. To assemble first add a thin layer of sauce, then your chicken, then cheese, basil and repeat that process until you used all of your chicken leaving aside a sprinkle of your cheese! Roll it on up.
6. Once its all rolled up spray a warmed up skillet with cooking spray and add your remaining cheese to the skillet. Add your wrap seam side down directly on top of the cheese and let that coat the seam to give it that crunchy cheese shell. Toast the other side of your wrap once the seam is cooked to your liking.
7. If you have more sauce leftover that is for you to dip or pour on top!! Top with fresh basil and Enjoyyyy



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Sheet Pan Hawaiian Chicken

Estimated Nutrition Per serving:

Calories 540

P: 41 C: 56 F: 20

Ingredients

- Avocado oil drizzle
- 1/2 roughly chopped Red onion
- 1/2 cup Sugar-Free BBQ Sauce
- 1 cup chopped pineapple
- 1 red and 1 yellow bell pepper chopped
- 1/2 cup cooked rice
- 3 thinly sliced chicken breast chopped into pieces

toppings:

* Lime juice

* Sesame seeds

* Cilantro

Chili lime sauce: (optional)

(I store this in my fridge to use for a few weeks!)

- 1/2 cup plain greek yogurt
- 1 tbsp light mayo
- 1-2 tbsp hot sauce
- half of a lime juiced
- 1 tsp chili powder

Directions

- 1. Preheat oven to 350 degrees and prepare a baking sheet by lining with parchment paper and spraying with avocado oil spray.
- 2. Season chicken breast with salt, pepper (I also like to use the chili lime seasoning from trader joes!) and avocado oil and add to a mixing bowl.
- 3. Next add diced bell peppers, red onion and BBQ sauce to chicken. Coat thoroughly.
- 4. Bake in the oven for 20 minutes then remove sheet pan and add pineapple chunks before returning to oven for 10-15 more minutes or until chicken reaches an internal temperature of 165 degrees.
- 5. Remove sheet pan from oven and squeeze lime juice over sheet pan. Add cilantro and sesame seeds to garnish.
- 6. Serve over rice with my chili lime sauce if you choose!



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Air Fried Banana Smores

Estimated Nutrition Per serving:

Calories 350

P: 20 C: 25 F: 8

Ingredients

- 1 tbsp mini Marshmallows
- 2.5 tsps Dark chocolate chips, dairy free
- 1/2 Graham cracker
- Small Peanut butter drizzle
- 1/2 scoop protein powder
- 1/2 cup Greek yogurt
- 1 banana



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Directions

- 1. Cut the stems off of your banana and then slice your banana down the center.
- 2. Stuff your banana with chocolate chips, marshmallows crushed graham crackers and a small peanut butter drizzle (leave a few graham cracker crumbs and chocolate chips for your yogurt!)
- 3. Air fry your banana for 7 mins at 400 degrees.
- 4. While your banana is in the air fryer mix your yogurt and protein powder together.
- 5. Highly recommend scooping your banana out with a fork and dipping it into the yogurt mixture!!

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