

July 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



Crockpot Chicken Gyros

Makes 4 Servings

Cal: 550

P:42 F:20 C:52

Ingredients

For the chicken:

- 3 boneless skinless chicken breast
- 1 white onion sliced
- 3-4 cloves of garlic minced
- Juice of one lemon
- 1tbsp dried oregano
- 1tbsp dried dill
- 1tbsp dried parsley
- Salt and pepper

For the bread feel free to use pita bread or lavash bread!

Tzatziki:

- 1 cup plain no fat greek yogurt
- 2-3 mini cucumbers diced small
- 1-2 tbsp lemon juice
- 1tsp garlic powder
- 3-4 sprigs of fresh dill chopped
- Salt and pepper to taste

Toppings of choice:

- Tomatoes
- Red onion
- Olives
- Lettuce
- Feta
- Lemon juice

Directions

1. Add your chicken breast to the bottom of your crock pot. Slice your onion and mince your garlic and add that on top of your chicken.
2. In a small mixing bowl combine the juice of one lemon, oil, dried herbs, salt and pepper. Give that a whisk and add that to the top of your chicken.
3. Cover and cook on low for 6 hours.
4. Prepare your tzatziki by chopping up your fresh dill, and cucumber. Combine that with your greek yogurt, some lemon juice, your garlic powder, salt and pepper.
5. After the 6 hours, open up your crock pot, shred your chicken and assemble your gyros with the toppings of choice! Don't forget to add or dip your tzatziki!



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Summer Salmon Bowls

Estimated nutrition per serving;

(about 3 tacos)

Calories: 560

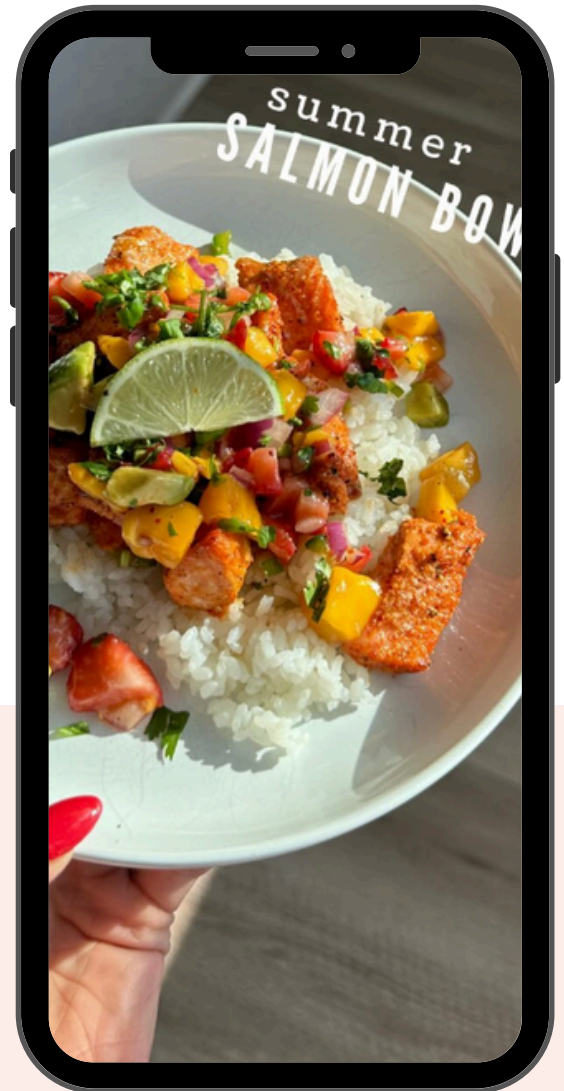
P:38 C:57 F:20

Ingredients

- 6-8oz wild salmon
- 1 tbsp honey
- 1 tsp olive oil
- 1/4 red onion chopped
- 1/2 avocado diced
- 1 cup chopped strawberries
- 1 cup chopped mango
- 2 cups cooked rice
- 1 tbsp fresh jalapeño finely chopped
- 1 juiced lime
- 2 tsp garlic powder
- 2 tsp smoked paprika
- 2 tsp tajin
- 1 tsp salt
- handful of fresh cilantro

Directions

1. Rinse and cook the rice according to the instructions on the package.
2. Pat your salmon dry, if there is skin on it, remove the skin. Cut your salmon into bite sized cubes and add them to a bowl. In your bowl combine a little olive oil, smoked paprika, tajin or any chili lime seasoning you have, garlic powder, salt and pepper and set aside which you prep your frust salsa.
3. For the salsa combine chopped strawberries, mango, avocado, red onion, Jalapeños (if you want some spice), cilantro, lime juice, honey and salt. Give that a good mix, taste it and season to your liking!
4. Set your salsa in the fridge while you cook your salmon. Preheat your air fryer to 400 degrees, lay your salmon bites in an even layer and air fry for 5-7 mins.
5. Once down make your bowls with your cooked rice, salmon bites and topped with your salsa and a little extra cilantro!



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Summer Skirt Steak Tacos

Estimated Nutrition per serving (about 3 tacos):
Calories: 510 P: 33g C: 49g F: 19g

Ingredients

- *1lb skirt steak
- 10 corn tortillas

Mango Salsa:

- 1 mango, diced
- 1 avocado, diced
- Half of a red onion, diced
- 1/2 cup fire roasted corn
- Handful of cilantro, chopped
- 1 lime, juiced and zested
- 1 tsp honey
- Salt and pepper to taste

Marinade:

- 1/4 cup olive oil
- 1 lime, juiced and zested
- 4 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder

Optional Toppings:

- Taco sauce mixed with Greek yogurt
- Low fat shredded mozzarella cheese

Directions

- *Pat your skirt steak dry using paper towels. Season both sides with salt and pepper. Rest 10 minutes to allow the salt to infuse and season the steak.
- After 10 minutes, add your steak to a ziplock bag and add in all of your marinade ingredients. Massage your steak, squeeze as much air as you can out of the bag and refrigerate for at least 30 minutes.
- While the steak is in the refrigerator, make your mango salsa by chopping up your onion, mango, avocado, and cilantro. Add to a bowl along with the corn, honey, juice of a lime, and the zest of the lime. Season with salt and pepper to taste. Add to the fridge until ready to eat!
- When you are ready to cook, heat a pan or preferably your grill to high heat.
- Place the steak on the grill. Grill 3-4 minutes per side over high heat with the lid open, or until the internal temperature registers 130°F. Remove from the grill and place on a cutting board. Rest 10 minutes, to allow the juices to settle and for the temperature to rise to 135°F.
- Thinly slice the steak against the grain, then layer into warmed tortillas, your mango salsa, and the optional taco cream! Enjoy!



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Freezer Ready Meal Prep Chicken Enchiladas

Makes 5 servings:

Estimated nutrition per serving:

Calories: 500

P: 35 C: 46 F: 15

Ingredients

- * 1tbsp evoo
- * 1 small yellow onion diced
- * 2 cloves garlic minced
- * 2 cups chopped rotisserie chicken
- * 3 cups low sodium chicken broth (for more protein use bone broth!)
- * 1 cup cottage cheese
- * 1/2 cup almond milk
- * 14 oz pasta of choice
- * 2 cups frozen mixed veggies (peas, corn, carrots)
- * 1/4 cup flour
- * 1 tsp dried thyme
- * Salt and pepper
- * Parm cheese and parsley for topping

Directions

1. In a large skillet or dutch oven heat your oil and add in your diced onion . Let that cook for 3-4 mins to soften and then add in your minced garlic for another 1 min.
2. Chop up your rotisserie chicken and add that in along with your salt, pepper, thyme and flour. Give that a stir and let that cook for about 2 mins. Once your chicken is warmed up add in your chicken broth, 1/2 cup of water and mix well to remove any clumps of the flour.
3. Add in your pasta and increase the heat to bring everything to a boil. Reduce the heat, cover and let that simmer for 8 mins or until the pasta is cooked and has absorbed majority of the liquid. Stir in your frozen vegetables for 2 mins so that they are heated through.
4. While the pasta is cooking blend together your cottage cheese and almond milk until smooth.
5. Remove the pot from the heat and stir in your cottage cheese mixture until its well combined. (sometimes i like to add in a little hot sauce at this point!)
5. Plate your pasta and top with parm cheese and fresh parsley!



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Drunken Chicken Noodles

(Makes 4-5 servings)

Calories: 500

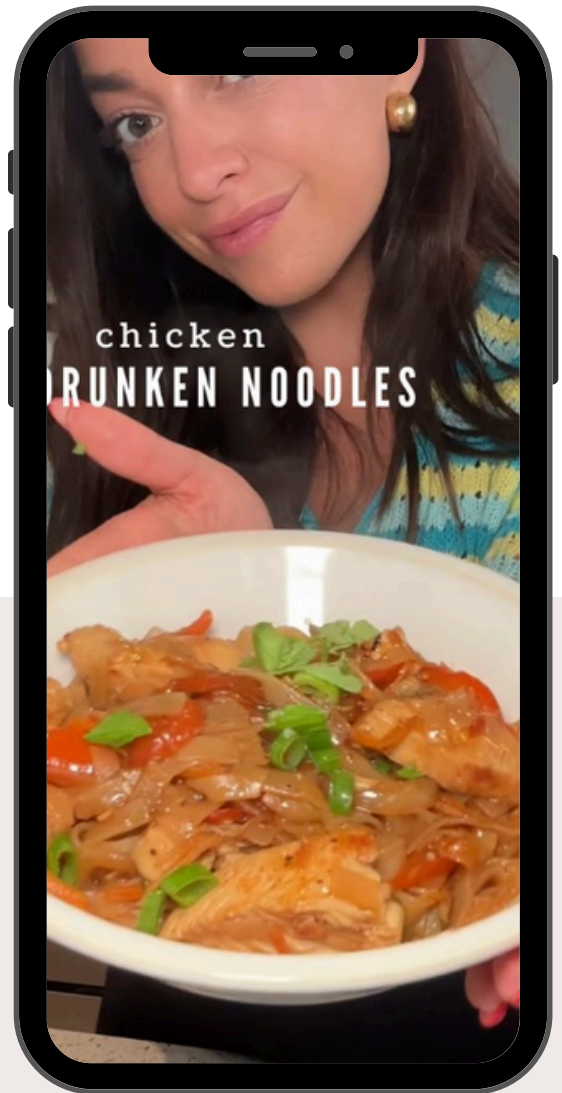
F: 15 P: 35 C: 48

Ingredients

- * 8 ounces rice noodles (wide noodles or pad Thai noodles)
 - * 1lb boneless skinless thin chicken breast
 - * 1 tsp evoo
 - * 3 cloves garlic, minced
 - * 1/2 tsp chili flakes
 - * 1 small onion thinly sliced
 - * 1 medium red bell pepper thinly sliced
 - * 1 cup shredded carrots
 - * 5-6 green onions thinly sliced
 - * 1 cup basil chopped
- For the sauce:
- * 3 tbsp low-sodium soy sauce
 - * 1 tbsp oyster sauce
 - * 1 tbsp fish sauce
 - * 1 tbsp honey
 - * 1/4 cup chicken bone broth
 - * 1 tsp chili oil

Directions

1. Cook your noodles according to package and then run cooked noodles under cold water, drain and gently pat dry with paper towel to dry them. Toss with the tiniest splash of olive oil. Set aside.
2. Mix sauce ingredients together in a small bowl (soy sauce, fish sauce, oyster sauce, chicken broth, honey and chili oil. Set aside.
3. Spray a large skillet with cooking spray and a little of your oil that you have left. Season chicken lightly with salt and pepper. Over medium-high heat, cook chicken until brown and cooked through, about 4 minutes per side
4. Remove chicken from skillet and set aside. In the same skillet, sauté garlic and chili flakes until just fragrant, about 30 seconds and then add in your thinly sliced onion and red bell pepper Sauté until just soft, about 5 minutes and then add in your carrots and diced green onion. (save some of your green onion for topping!)
5. Push veggies to the sides of the skillet. Add noodles to the center and sauté until just slightly browned, about 2-3 minutes.
6. Sliced your cooked chicken and add to the pan. Toss noodles, veggies, and chicken together in the skillet. Add in the sauce and continue to sauté for another couple of minutes, until the sauce has absorbed into the noodles and all ingredients are evenly distributed.
7. Remove from heat, then mix in the basil. Serve immediately with the rest of your green onion on top!



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Pesto Breakfast Pizza

Per serving:

Calories: 475

P: 32 C: 50 F: 15

Ingredients

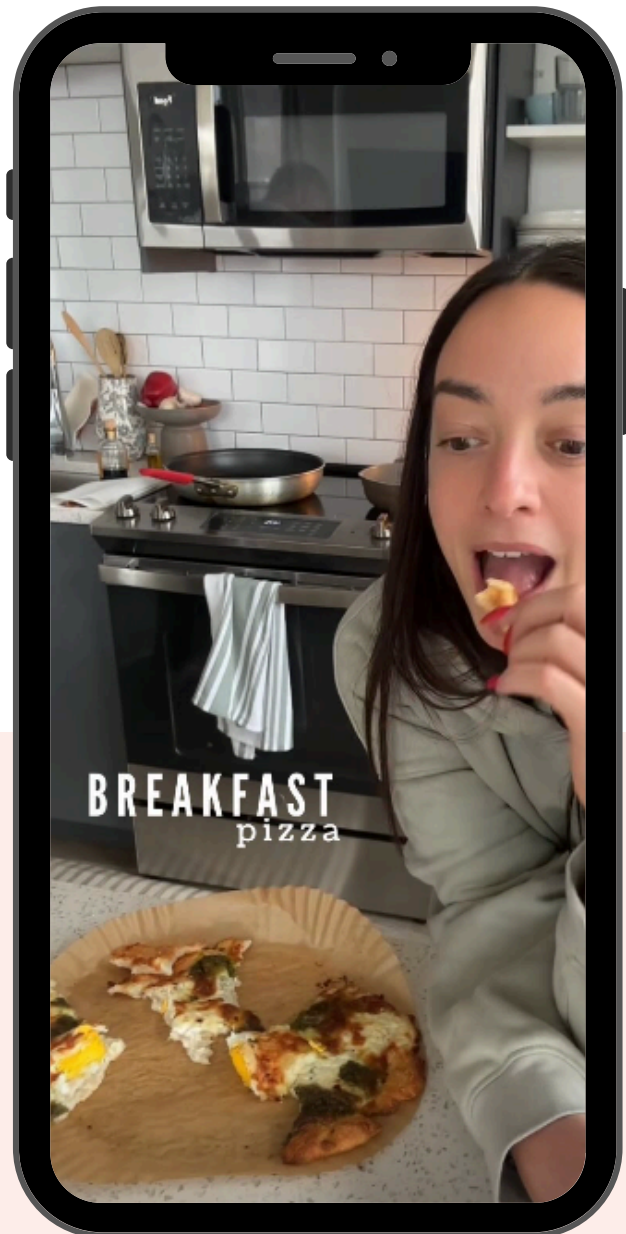
- For the dough-
- * 1/2 cup AP flour
- * 1/2 cup nonfat plain greek Yogurt
- * 1/2 tsp baking powder
- * 1 tsp salt

For toppings:

- * 1 egg
- * 1 tbsp pesto
- * 2 tbsp low fat cottage cheese
- * 2 tbsp low fat part skim shredded Motz cheese

Directions

- Preheat your oven to 400 degrees
- Combine all ingredients until dough forms, you will have to knead a little! Don't be alarmed if it's a little crumbly at first. Spread your dough out as thin as you can on top of some parchment paper
- Add all of your toppings besides the egg on top of your pizza. Season with a little garlic powder, crushed red pepper flakes and salt. Bake for 4 mins, take out crack the egg on top and bake for another 12 or less if you want your egg more runny!



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Philly Cheesesteak Pita Pockets

Estimated nutrition per serving:

Each serving gets 3 halves of a pita! So a full pita and a half = 3 pita pockets

Calories: 547 P: 39 C: 51 F: 20

Ingredients

- * 1 cup shredded part skim mozzarella cheese
- * 2 bell peppers sliced
- * 1 medium yellow onion sliced
- * 1 package of shaved steak
- * Handful of mushrooms sliced (optional)
- * 1 tsp evoo
- * 2 tsp Worcestershire sauce
- * Full pack of whole wheat pita bread (I love Aldi or trader joes brand!)
- Salt, pepper, garlic powder to taste :)

Directions

- Sliced your bell pepper, mushroom and onion
- Saute all of your veggies in a pan with a drizzle of olive oil until softened
- Once cooked to your liking remove veggies from the pan and add your steak into that same pan! Cook your steak to your liking. It cooks quick so keep a close eye on it
- Add your cooked veggies back into the pan along with a splash of Worcestershire. Season everything with a little salt, pepper and garlic powder.
- Give everything a good mix and then sprinkle in your cheese.
- Once cheese is melted, slice your pitas in half and fill them up!



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Summery Pesto Pasta

Makes 4 Servings

estimated nutrition per serving:

Calories: 550

P: 38g F: 20g C: 54g

Ingredients

- *2 cups dried pasta of choice
- *5-6 chicken sausage links (fully cooked)
- *1 zucchini diced
- *1 summer squash diced
- *1/2 cup pesto (I like the vegan pesto from trader joes!! Its lower in calories and fats)
- *2-4 cloves of garlic minced
- *1/2 fresh parm cheese grated and divided
- *1 yellow onion diced
- *1 tbsp Italian seasoning
- *1 tsp red pepper flakes
- *juice and zest of half of a lemon (other half for serving)
- *1 tbsp olive oil
- *fresh basil for serving



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Directions

1. Slice up your chicken sausage and dice your onion, zucchini and squash.
2. In a large pan drizzle some oil and add in your squash, onion and chicken sausage. When the squash starts to soften (around 3 mins) add in your minced garlic. Sprinkle in your italian seasoning and red pepper flakes. While that is all cooking together boil water and cook your noodles until al dente and then set aside 1/4-1/2 cup of pasta water.
3. Once your chicken sausage and zucchini is cooked to your liking. Add in your pesto, pasta water, lemon zest and half of a juice lemon. Mix that until its well combined.
4. Dump in your pasta give that another mix and let everything solidify together for 2 mins and serve!
5. Top your pasta with parm cheese, fresh basil and a lemon wedge!



Fish Taco Bowls

Makes 4 Servings

estimated nutrition per serving:

Calories: 464

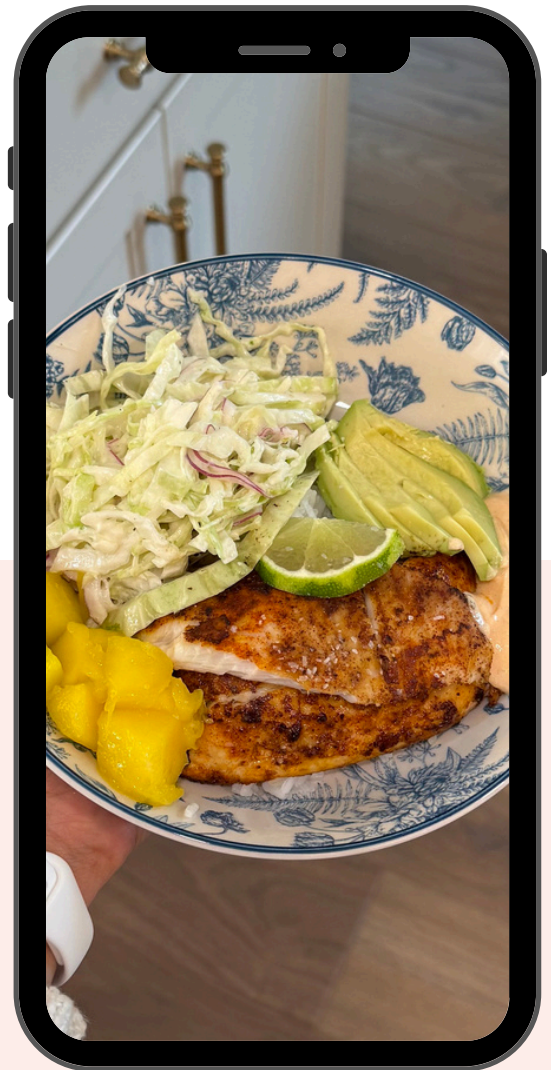
P: 34g F: 16g C: 45g

Ingredients

- *4 tilapia filets
- *1 mango
- *1 avocado
- *bag of coleslaw mix
- *1 cup plain greek yogurt
(divided)
- *1 tbsp lite mayo
- *2 limes
- *2 cups cooked rice
- *handful chopped cilantro
- *1 tbsp hot sauce

Directions

1. Pat the fish dry with paper towels and then season both sides with the cumin, chili powder, salt, and garlic powder and spray the top with cooking spray.
2. Cook in your air fryer at 400 for 12 mins flipping half way through (when you flip the fish make sure you spray the top again!).
3. While the fish is cooking, make the slaw by adding the coleslaw mix (shredded cabbage and carrots), cilantro, 3/4 of the greek yogurt and lime juice (about 2 tbsp) in a bowl and season to your liking - set aside (save a little of greek yogurt for the sauce!)
4. Whisk together 1/4 of the yogurt, mayo, hot sauce, and lime juice (about 1 tbsp) for the sauce until smooth.
5. Add your pre- cooked rice to your bowl and then arrange your diced mango, avocado, fish and slaw. Top with sauce and enjoy!!





BBQ Chicken Meatballs

Makes 3 servings:

Estimated Nutrition Per Serving:

Calories: 550

C:54 P:43 F:18

Ingredients

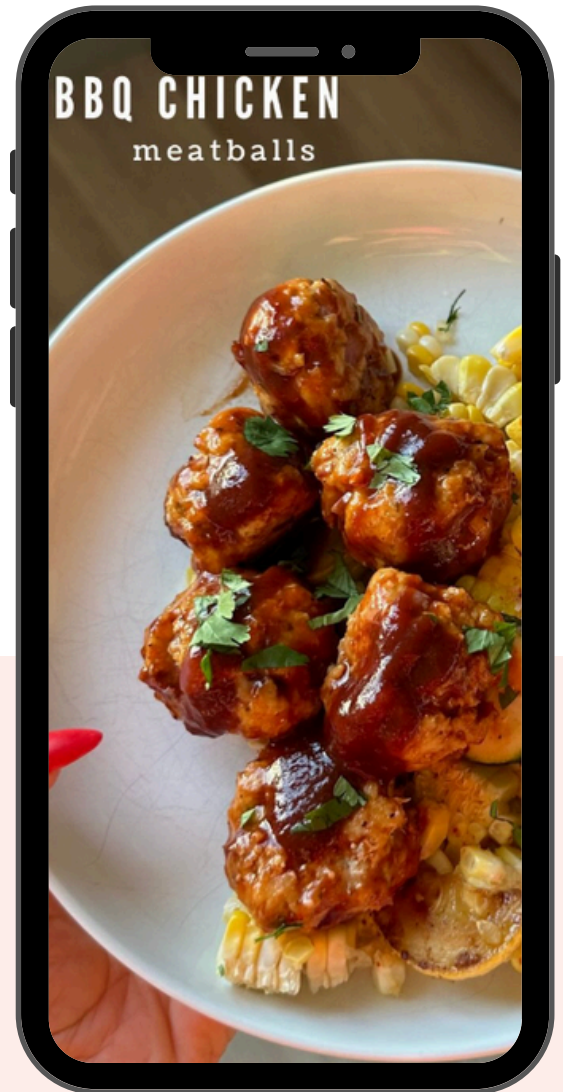
- *1 pound ground chicken
- *1/4 cup chopped red onion
- *1/4 cup panko
- *1 egg
- *1tbsp garlic powder
- *1tbsp onion powder
- *1tbsp cajun seasoning
- *3/4 cups of your fav bbq sauce

For serving:

- *zucchini +1tsp evoo (per serving 105g)
- *corn + 1tsp butter (per serving 105g)

Directions

1. Preheat your oven to 425 F. In a large bowl mix together your ground chicken, panko, diced red onion, garlic powder, onion powder, cajun seasoning, salt and pepper.
2. Roll golf ball sized meatballs and place them on your parchment lined baking sheet. (Should make 12-15 meatballs)
3. Bake for 20-25 mins flipping them halfway through.
4. While your meatballs are baking prepare your veggies to your preference. You can grill your corn with a little butter or pop it in the microwave. For your squash you can also grill it with a little oil or sauté it in your skillet! Season to your liking.
5. When meatballs are fully cooked toss them in your BBQ sauce.
6. Serve your meatballs with your cooked veggies and any leftover bbq sauce! :)



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Free Consult Call

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