

MARCH 2025

Liza Marie Fit: March's Must-Have Recipes

10 of My Most Popular & Flavor-Packed Recipes to Keep You
Feeling Strong, Satisfied & On Track!



LIZA



Un Stuffed Cabbage Soup

This makes 6 servings

Estimated Nutrition per serving:

Cals: 500 P:39 C:52 F:18

Ingredients

- 1 lb. extra lean ground beef I used 96% lean
- 1 medium yellow onion
- 3 garlic cloves
- 5 cups chopped green cabbage about half of a medium sized head
- 4 cups 32 oz. low-sodium beef broth
- 1 can tomato sauce + 1 can crushed fire roasted tomatoes
- 1 cup shredded carrots
- 2 dried bay leaves
- 3 tbsp. packed brown sugar
- 1 tsp. salt
- 1/2 tsp. dried oregano leaves
- 1/2 tsp. ground black pepper
- 2 cups cooked rice
- 1 tbsp. lemon juice
- Few tbsps of parm cheese for serving & parsley for garnish

Directions

- In a large soup pot, add the beef and place over medium-high heat. Break it apart with a wooden spoon. Add the onion. Cook about 8 minutes until the beef is brown, stirring occasionally.
- Add in the garlic and cook for another min.
- Add the cabbage, beef broth, tomato sauce, crushed tomatoes, carrots, bay leaves, brown sugar, salt, oregano, and pepper. If you want it more broth-y add in some extra water! 4. Bring to a boil. Then, reduce the heat to simmer and cover the pot.
- Remove the pot from the heat. Stir in the lemon juice. Let the soup rest uncovered for 10 minutes to thicken up before serving. Remove the bay leaves before serving.
- Add your cooked rice to a bowl and spoon in your soup. Top your soup with your parm cheese and fresh parsley
- Chef tip: at step 3 you could also add in your uncooked rice and let it cook for 30 mins until the rice has cooked through but I always meal prep this and I don't like when the rice gets overcooked as im reheating!



LM

[Watch it here!](#)



If you like this, you'll LOVE the customized meal plans included in Liza Marie Fit Online Coaching.
[Click here for a free consultation call with my team to learn more!](#)

Meatball Sliders

(Makes 12)

Estimated Nutrition Per Slider:

Calories: 190 C: 17 F:10 P: 11g

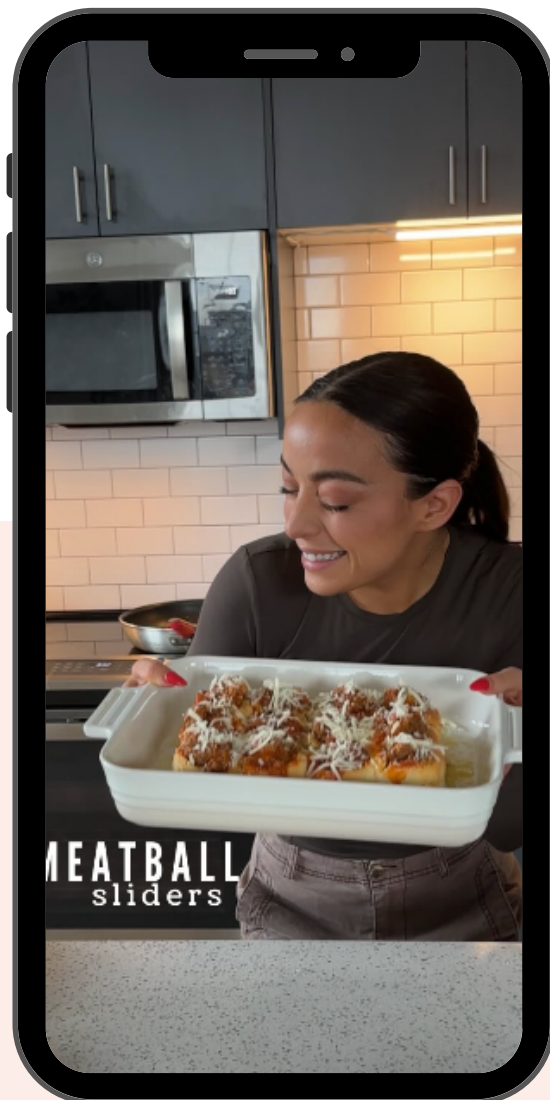
Ingredients

- * 1 to 1 ½ cups of your favorite marinara sauce
- * 12 Hawaiian Rolls
- * 1/2 chopped white onion+ 2tbsp garlic minced + 1 tsp red pepper flakes (Optional but adds flavor to your sauce!)
- * 1/2 cup shredded low fat mozzarella cheese
 - * Meat balls of choice or make your own!

- 🍴Ingredients to make your own:
- 1lb lean ground beef -1/4 cup Parmesan cheese -1 teaspoon minced fresh garlic -1/2 cup italian bread crumbs -1 egg -1 tablespoons flat leaf parsley chopped
 - -salt+pepper

Directions

1. Heat up a pot and add in your onion, garlic and red pepper flakes for 2-3 mins (optional) Pour your marinara sauce and 1/2 cup of water into the pot and bring to a simmer.
2. You can make your own meatballs or buy your favorite store bought! If you are using pre cooked meatballs add them to your simmering marinara sauce until they are warm inside. I made my own so I will walk you through the steps I took! To cut down on calories a bit you can buy chicken or turkey meatballs!
3. To make your own meatballs: add all the ingredients together in a bowl and form your meatballs! Don't make them too big because you want these to fit inside your dinner rolls!
4. Heat a large pot or skillet and sear meatballs using 1 tbsp of evoo. Turn the meatballs about 3 times and cook them 2 minutes per side once browned on all sides add to your marinara sauce for around 20-30 mins.
5. Preheat oven to 370° F. Butter a 9x13 dish and then place the whole slab of Hawaiian rolls at the bottom. I like to keep them all together so that you can tear them apart! Cut out a square in each roll to fit your meatballs. Place a meatball in each roll with a little extra sauce. Sprinkle mozzarella on top.
6. Stir together the butter, Italian seasoning, garlic powder. Pour butter mixture over the top of your rolls.
 - 7. Bake for 15 mins and ENJOY :)



If you like this, you'll LOVE the customized meal plans included in Liza Marie Fit Online Coaching. [Click here for a free consultation call with my team to learn more!](#)



Bruschetta Chicken Skillet

Per serving with 1 cup cooked rice included
in these macros:
calories: 536
P: 39 C: 52 F:19

Ingredients

- 4 chicken breast sliced into strips
- 1 tbsp evoo
- 2 teaspoon Italian seasoning
- 1 teaspoon salt+pepper
- 1 cup grape tomatoes sliced
- 2 garlic cloves minced
- 1-2 tbsp balsamic vinegar
- 1 cup part skim shredded mozzarella cheese
- ¼ cup fresh basil
- 2 tbsp fresh pesto
- 2 tablespoon balsamic glaze
- rice or potatoes for serving!

Directions

- Preheat oven to 400°.
- Cut your chicken breast into strips and sprinkle it with the Italian seasoning, pepper and salt, using your hands to press the seasoning into the chicken.
- Heat 1 tablespoon oil in an oven-safe skillet over medium-high heat. Place the chicken into the skillet and sear it for 3 mins then flip it over and sear it for 2 minutes; remove the skillet from the heat.
- Add the tomatoes pesto and garlic to the skillet then drizzle everything with the balsamic vinegar. Place the skillet in the oven and bake the chicken for 10-12 mins.
- Remove the skillet, then add the mozzarella cheese. Place the skillet back into the oven and set your oven to BROIL. Broil the chicken for 2-3 minutes or until the cheese is melted.
- Remove the skillet and sprinkle everything with fresh basil. Drizzle the chicken with the balsamic glaze and enjoy!
- I like to serve mine over rice or air fried sliced potatoes!



LM

[Watch it here!](#)



If you like this, you'll LOVE the customized meal plans included in Liza Marie Fit Online Coaching.
[Click here for a free consultation call with my team to learn more!](#)



Chicken + Broccoli Stuffed Shells

Estimated Nutrition:
Per serving:
Calores: 575

Ingredients

- 1 box Jumbo Shells
- 2 cups cooked chicken (a rotisserie chicken works great for this recipe)
- salt and pepper to taste
- 1 bag (12 ounces) frozen broccoli florets steamed then chopped
- 1 cup shredded Mozzarella cheese
- 1/2 cup shredded Parmesan cheese
- 1/4 cup milk use skim for low-fat
- 1 cup cottage cheese
- 1 tsp garlic powder

Directions

- Cook your shells until al dente and then run under cold water to stop the cooking on the noodle.
- Steam your broccoli in the microwave
- Preheat your oven to 350 degrees.
- Cut up your cooked chicken and your broccoli. Add to a bowl and mix.
- Combine your cottage cheese, garlic powder, parm cheese and a good splash of almond milk to your blender and blend until smooth. Salt and pepper to your liking.
- Stuff your shells with your broccoli and chicken mixture and lay them in an even layer in an oven safe dish and top with mozzarella cheese. If you have shells leftover cover your first layer of shells with half of your cottage cheese mixture and then repeat that process right on top by stuffing the rest of your shells, sprinkling cheese and then pouring the rest of your cottage cheese mixture.
- Cover with foil and bake for 20 mins and then uncover for 10 mins



LM

[Watch it here!](#)



If you like this, you'll LOVE the customized meal plans included in Liza Marie Fit Online Coaching.
[Click here for a free consultation call with my team to learn more!](#)



Orange Chicken Meatball Bowls

Estimated nutrition per serving:
(Makes around 3 servings)
These macros include 7 meatballs with the sauce,
2/3 cup veggie and 2/3 cup of brown rice!
Calories: 536. P: 36 F: 19 C: 53g

Ingredients

- full pack of trader joes chicken meatballs
- 2 cloves garlic
- 1 tbsp soy sauce
- 1/2 tsp ginger
- 1/2 cup orange juice
- 1tsp orange zest
- 2 tbsp honey
- 2 tbsp rice vinegar
- 1/4 tsp chili flakes
- 1 tbsp corn starch
- 2 tbsp water

Directions

- Preheat your air fryer to 390 and cook your meatballs for 7 mins
- While meatballs are cooking make your sauce! Whisk the orange juice, minced garlic, orange zest, rice vinegar, honey, soy sauce and red pepper flakes together in a bowl.
- Pour the sauce into a small saucepan (if you juiced fresh oranges add those oranges in for some extra flavor!) and bring it to a boil over medium-high heat. While the sauce heats, whisk the cornstarch and water together in a small bowl. Once boiling, add the cornstarch and water mixture to the saucepan. The sauce will begin to thicken!
- Take your meatballs out of the air fryer and toss them in your sauce! Remove from heat and top with green onion and sesame seeds!
- Assemble your bowls with rice, veggie of choice (I use stir fry veggies) and your meatballs! Top with extra orange slices, green onion, and sesame seeds if desired!



LM

[Watch it here!](#)



If you like this, you'll LOVE the customized meal plans included in Liza Marie Fit Online Coaching.
[Click here for a free consultation call with my team to learn more!](#)



Chimichurri Steak Wraps

Estimated nutrition per serving:

Calories: 530

P: 40 C: 48 F: 20

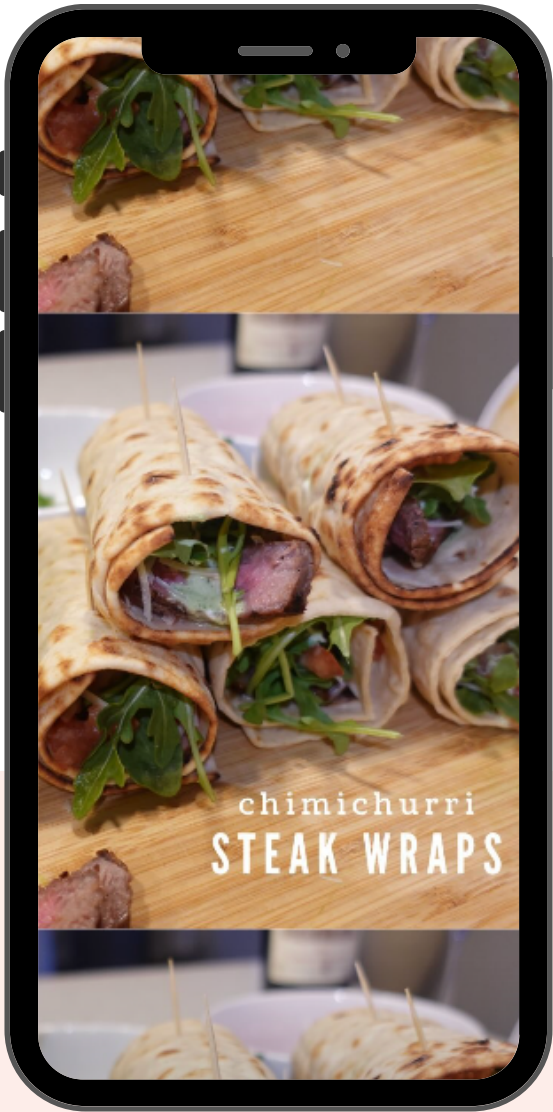
Ingredients

For the “aioli”

- - 1 cup plain greek yogurt
- - 1/2 tbsp evoo
- - 1/2 lime juiced
- - 1/4 cup white vin
- - 1 bunch of cilantro + parsley chopped
- - 3 cloves minced garlic
- - 1 tsp oregano
- - Few pickled jalapeños chopped
(throw in a splash of the liquid from the jar as well!!!)
- - 1tsp salt + pepper

For the wraps: (for one serving)

- 60g ny strip steak
- 1/4 cup of diced tomato
- 1 tbsp parm cheese
- 1 full lavash bread (makes two roll up wraps)
- handful of arugula
- few tbsp of your aioli



LM

[Watch it here!](#)

Directions

1. Make your chimichurri sauce by either mixing or blending together your greek yogurt, lime juice, vinegar, evoo, garlic, oregano, jalapeños, cilantro, parsley, salt and pepper! (make sure your chop everything very finely!) blend until smooth and its the consistency you want! If you want it more runny add in either a splash of lime juice, or vinegar
2. Season your steak with salt and pepper and sear it in a skillet with a tiny drizzle of oil. Cook to your preference. I like a medium rare so I do around 3-4 mins per side with the pan scorching hot. Let your steak rest for around 8 mins!
3. Dice your tomato and start assembling your wraps!
4. First lay down some of your chimichurri, then thinly sliced steak, parmesan, tomato, arugula and then a little bit more of your sauce. Roll it up and enjoy!



If you like this, you'll LOVE the customized meal plans included in Liza Marie Fit Online Coaching.
[Click here for a free consultation call with my team to learn more!](#)



Spicy Peanut Chicken Stir Fry

4 total servings

Estimated nutrition per serving:

(Includes 1/2 cup of rice)

Cals: 540

P:44 C: 52 F:16g

Ingredients

- Ingredients:
- * 1lb boneless skinless chicken breast
- * 2 cups cooked rice
- * Either the trader joes stir fry veggies (these are found in the produce section or 2 bags of frozen stir fry veggies (no sauce)
- * 1 cup pb fit
- * 1/2 cup water
- * Dash of cinnamon
- * 2 tbsp sugar free maple syrup
- * 1/4 cup soy sauce or coconut aminos
- * Anywhere from 1-3tbsp red curry paste
- * 2 cloves of garlic minced
- * 1/4 tsp pepper flakes

For topping: 2tbsp chopped peanuts, Green onion

Directions

1. Season your chicken with salt and pepper and heat up a skillet with a little of your olive oil. Once your pan is hot cook your chicken breast in your skillet for 5 mins per side or until your chicken is fully cooked. Remove the chicken from your pan and let it rest covered.
2. While your chicken is cooking add your frozen veggies or if you are using the trader joes ones to your microwave and cook according to the package.
3. To make the sauce, in a small bowl mix the powdered pb, water, cinnamon, syrup, soy sauce, minced garlic, red pepper flakes and your curry paste together. (you can control the heat with your curry paste here! a little goes a long way)
4. Slice your chicken into strips and add them back into your pan along with your softened veggies on low heat. Add in your peanut mixture and give that a good mix. Once everything is warmed and well combined it is time to eat!
5. Serve with a side of rice and top with your green onion and chopped peanuts!



LM

[Watch it here!](#)



If you like this, you'll LOVE the customized meal plans included in Liza Marie Fit Online Coaching.
[Click here for a free consultation call with my team to learn more!](#)



Lemon Cream Shrimp Pasta

Makes 4 servings!

Per serving estimated nutrition

Calories: 470

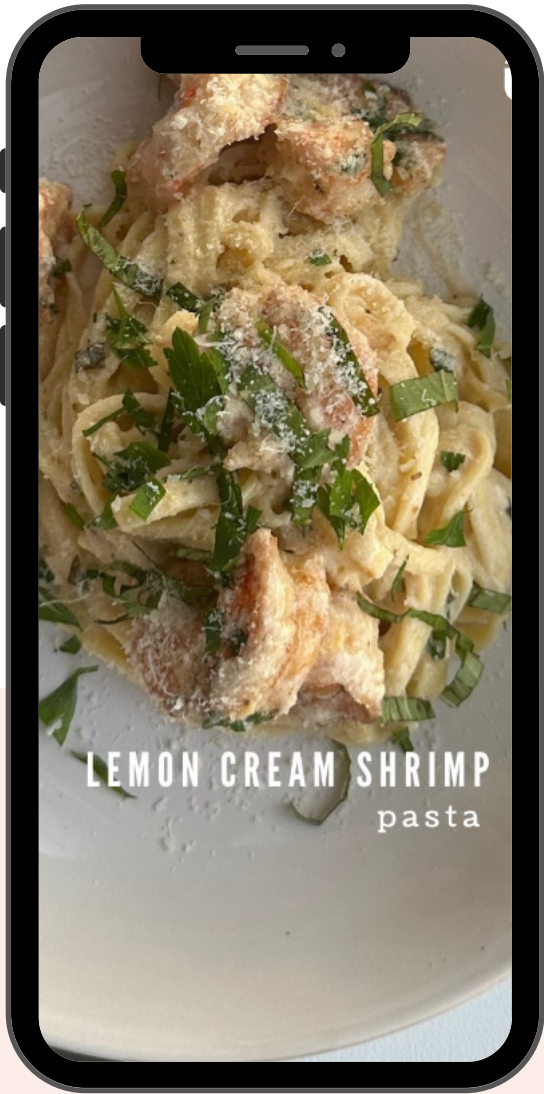
P: 35g C: 43g F: 17g

Ingredients

- * 1 tbsp evoo
- * 1 lb shrimp
- * 1 tbsp all purpose flour
- * 1 cup low fat cottage cheese
- * 1.5 tbsp butter
- * 3 cloves minced garlic
- * 2 tbsp parm cheese
- * Salt, pepper, garlic powder
- * 1/4 cup Al milk
- * Fresh basil + parsley
- * 1/2 lemon
- * Box of pasta

Directions

1. Boil water and cook your noodles. Set aside 1/4 cup pasta water before you strain your noodles.
2. Season your shrimp on both sides with salt, pepper and garlic powder.
3. In a medium sauce pan heat up your oil and cook your shrimp until done. (about 3 mins per side) Remove from pan and let rest while we make the sauce.
4. To a blender add your cottage cheese, almond milk, and 1 tsp garlic powder, 1tbsp parm cheese. Blend until smooth.
5. In the same sauce pan you cooked your shrimp in melt your butter and add your minced garlic, lemon zest, and lemon juice. Once that's all bubbling, lower the heat and add in your flour. Stir that well to thicken everything up. It should be a paste like consistency. Add in your cottage cheese mixture, and a few tbsp of your pasta water and give that a good mix (Make sure your pan is on the lowest heat!! when it's too hot that's when the cottage cheese sauce starts to separate) Add your shrimp and your pasta into the sauce mix well.
6. Plate your pasta with fresh basil, parsley and parm cheese!



LM

[Watch it here!](#)



If you like this, you'll LOVE the customized meal plans included in Liza Marie Fit Online Coaching.
[Click here for a free consultation call with my team to learn more!](#)



Garlicky Chicken Bake

Estimated nutrition per serving:

Calories: 550

P: 40 C: 54g F: 20g

Ingredients

- * 1 1/2 lb boneless, skinless chicken thighs
- * 1 lemon
- * 4 cloves of garlic minced
- * 1 tsp Worcestershire sauce
- * 2 tbsp evoo
- * 10 ounces sugar snap peas
- * 1 cup of frozen peas
- * 3 large potatoes cubes (or im using mini potatoes!)
- * 2 green onions (separate the white from the greens)
- * 4 fresh thyme sprigs
- * 1/2 cup parm cheese or pecorino

Directions

1. Heat oven to 475F. Season your chicken with salt and pepper on both sides and set aside.
2. In a small bowl grate the lemon zest off of your lemon, whisk in half of your garlic. Add in your Worcestershire sauce, a pinch of salt and pepper and half of your olive oil.
3. Cube your potatoes and in a shallow casserole dish toss together the snap peas, peas, potatoes, whites of your green onion, thyme, the other half of your garlic, salt and the rest of your oil. Press everything into an even layer and lay your chicken on top. Spoon half of the garlic and lemon mixture over your chicken and sprinkle with your parm cheese.
4. Roast until the chicken is browned and the potatoes are tender (about 25-30 mins).
5. While the chicken is roasting add your lemon juice, a tbsp of warm cheese, and the greens from your green onion to the rest of the garlic mixture.
6. When ready to eat, serve your chicken with that garlic and lemon mixture on top!



LM

[Watch it here!](#)



If you like this, you'll LOVE the customized meal plans included in Liza Marie Fit Online Coaching. [Click here for a free consultation call with my team to learn more!](#)



Un-Stuffed Pepper Casserole

Make 6 per servings!!

Estimated Nutrition Per Serving:

Calories: 464

C: 44 P: 36 F: 16

Ingredients

- * 1 1/2 lb lean ground beef
- * 1/2 cup yellow onion diced
- * 2 bell peppers (any color) diced
- * 3 cloves minced garlic
- * 1 tbsp Worcestershire sauce
- * 1 tsp smoked paprika
- * 2 tsp Italian seasoning
- * 1 tsp garlic powder
- * 14 oz can diced tomatoes undrained
- * 2 tbsp tomato paste 1 cup beef broth
- * 3-4 cups cooked rice (I used white rice)
- * 1 cup shredded lite mozzarella cheese
- * Parsley for garnish

Directions

1. Make sure your rice is cooked and ready to go! Preheat the oven to 375F. Spray a 9×13 casserole dish with nonstick cooking spray and set aside.
2. In a large skillet, cook and brown the meat. Season your meat with paprika, Italian seasoning, salt, pepper and garlic powder.
3. Add the diced peppers and onion then stir and cook for 5 minutes until the vegetables soften.
4. Add in the garlic, Worcestershire, diced tomatoes undrained, tomato paste, beef broth and a little more salt and pepper to taste.
5. In your casserole dish press in your rice in an even layer. Pour the meat mixture into the prepared baking dish. Top with cheese, cover with aluminum foil then bake for about 30 minutes.
6. Garnish with fresh parsley and enjoy!

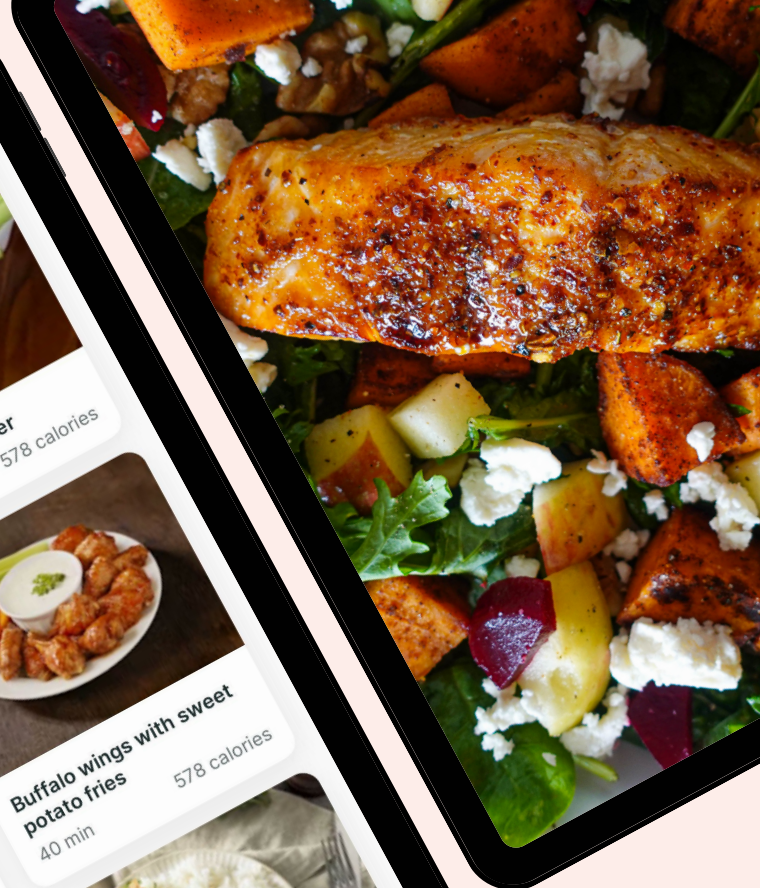
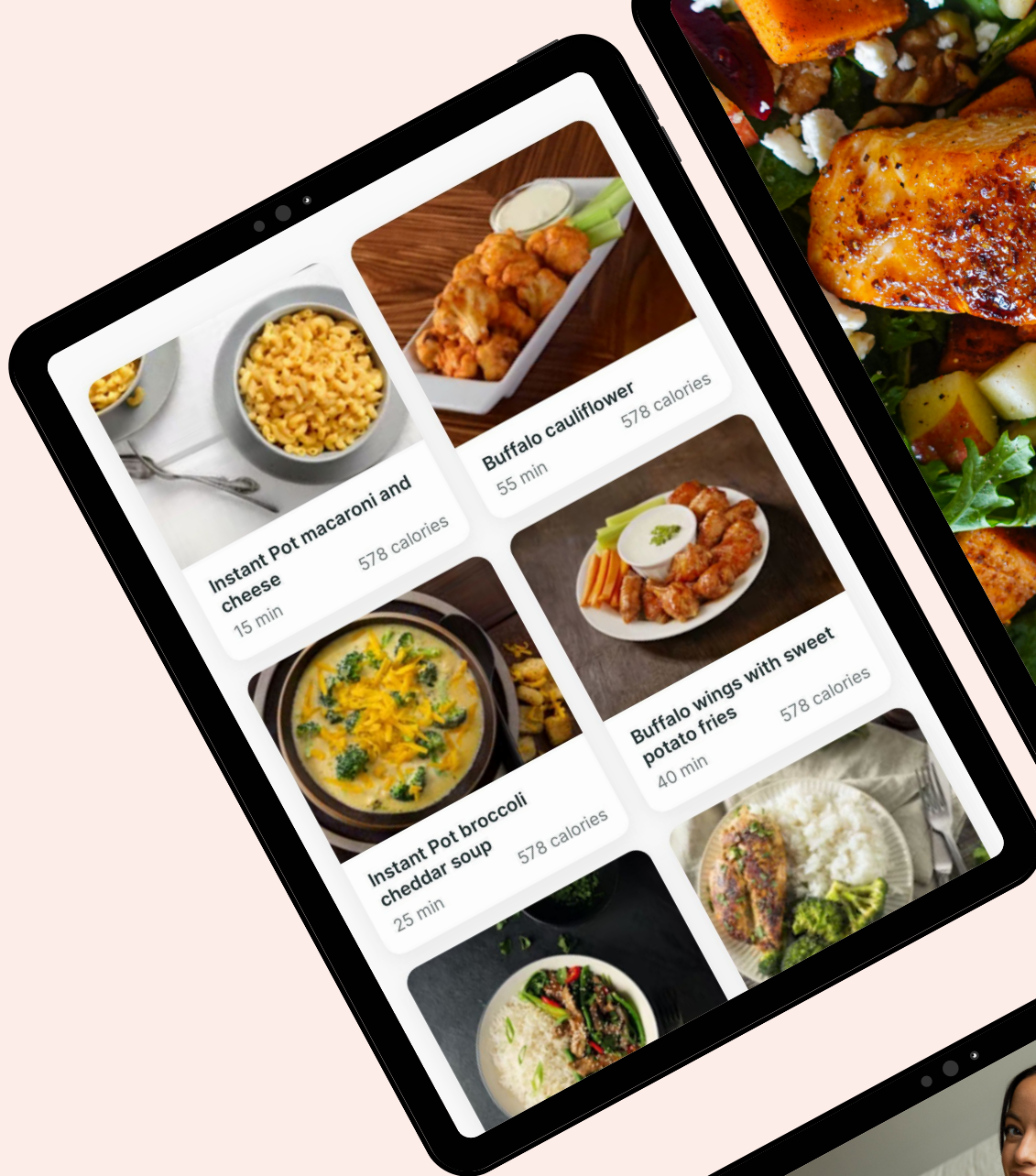


LM

[Watch it here!](#)



If you like this, you'll LOVE the customized meal plans included in Liza Marie Fit Online Coaching.
[Click here for a free consultation call with my team to learn more!](#)



LIZA

Loving these recipes?

Connect with my team to learn more about personalized meal plans or online weight loss programs built specifically to meet your goals!

[FREE CONSULTATION CALL](#)

