

# 15 Min Express Cooking Guide: The Best Recipes To Keep Fit



With our busy lives, finding time to cook a nutritious meal can often be a challenge. But worry not! In this express cooking guide, we bring you a curated list of the best recipes that you can whip up in just 15 minutes. These quick,

hassle-free meals are not only delicious but also designed to help you maintain a fit lifestyle. Let's dive in!

## 1. Zesty Quinoa Salad



**Cook Eat Fit: 15 min. express cooking guide. The best recipes to keep fit.** by Ani Sedrakyan (Kindle Edition)

★★★★☆ 4 out of 5

Language : English



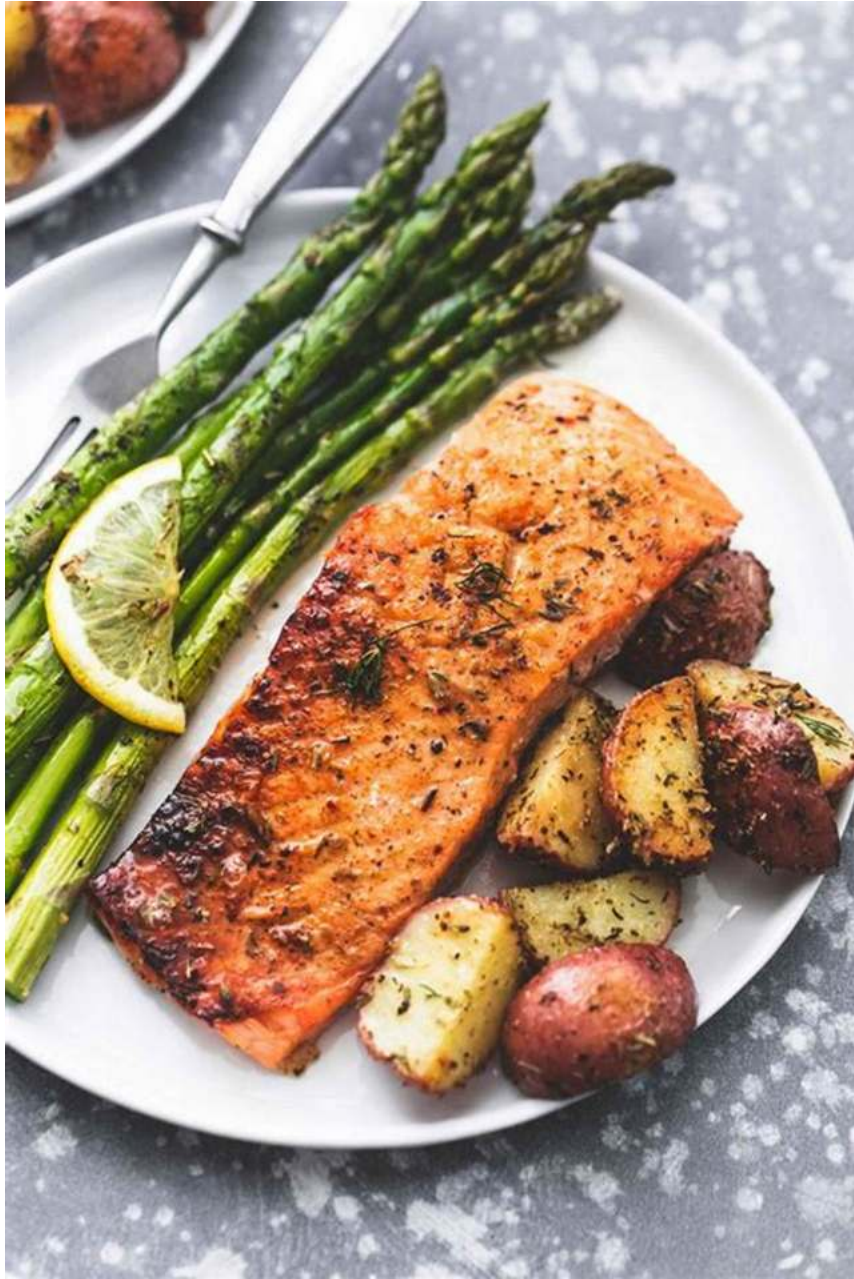
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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 93 pages  
Lending : Enabled



This zesty quinoa salad combines nutrient-rich quinoa with refreshing veggies and a tangy dressing. It's packed with protein, fiber, and essential vitamins, making it a great option for a quick and guilt-free meal.

## 2. Grilled Salmon with Lemon Asparagus





For seafood lovers, this grilled salmon with lemon asparagus recipe is a must-try. Salmon is an excellent source of omega-3 fatty acids, while asparagus provides a kick of Vitamins A and C. This dish is not only delicious but also heart-healthy.

### **3. Spicy Chickpea Curry**



If you enjoy a flavor-packed, vegan dish, this spicy chickpea curry will hit the spot. Chickpeas are loaded with protein and fiber, making them a perfect choice for vegetarians and vegans. This curry is easy to make and will keep you feeling satisfied for hours.

#### **4. Stir-Fried Chicken with Veggies**





For a protein-packed meal, try this stir-fried chicken with veggies recipe. It's a flavorful combination of lean chicken and a variety of colorful vegetables, providing you with essential nutrients while keeping the calories in check.

## **5. Quinoa Stuffed Bell Peppers**



Bell peppers are not only vibrant and delicious but also a great source of Vitamin C. This quinoa stuffed bell peppers recipe adds a healthy twist to a classic dish. Quinoa, black beans, and corn make this recipe a wholesome vegetarian option.

## **6. Mediterranean Tuna Salad**



This Mediterranean tuna salad is perfect for those seeking a light yet satisfying meal. Packed with essential fatty acids, tuna adds a flavorful touch to this salad. Fresh veggies and a zesty lemon dressing complete the dish, making it a perfect option for a quick lunch or dinner.

## **7. Asian Shrimp Stir-Fry**





Indulge in the flavors of Asia with this delightful shrimp stir-fry. Shrimps are low in calories and high in protein, making them an excellent choice for weight-conscious individuals. Combine them with colorful veggies and a tangy sauce for a lip-smacking dish.

## **8. Caprese Chicken Skillet**



If you're a fan of Italian flavors and crave a satisfying protein-rich meal, this caprese chicken skillet is just for you. Juicy chicken breasts, ripe tomatoes, and fresh mozzarella come together to create a delicious and healthy dish that can be prepared in no time.

## **9. Teriyaki Tofu Stir-Fry**



Tofu is a versatile and protein-packed ingredient that can be enjoyed by vegetarians and meat-eaters alike. This teriyaki tofu stir-fry is a perfect example of the endless possibilities with tofu. Combined with a savory teriyaki sauce and colorful vegetables, this dish is sure to impress.

## **10. Mexican Quinoa Bowl**



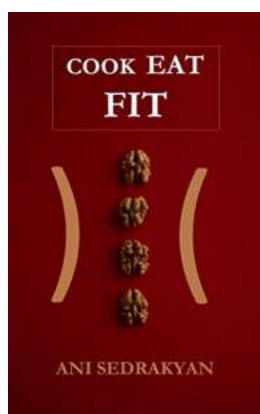


Spice up your mealtime with this flavor-packed Mexican quinoa bowl. Quinoa, black beans, avocado, and a variety of Mexican-inspired flavors come together to create a satisfying and healthy dish. This recipe is not only easy but also packed with essential nutrients.

In this express cooking guide, we have shared 10 delicious and nutritious recipes that can be prepared in just 15 minutes. These quick and easy meals are perfect

for those leading a busy lifestyle but still wanting to maintain a fit and healthy routine. Whether you're a meat lover or a vegetarian, there's a recipe on this list to suit your taste buds.

So, why compromise on your health when you can whip up these amazing recipes in no time? Try them out, and enjoy delicious meals that will keep you on track with your fitness goals.



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This book is for You if:

- You have busy life.
- You like to eat quality and tasty food.
- Keeping in shape is important for you. Or maybe you would like to lose weight.
- Sometimes you have only 15 minutes to have break or dinner.

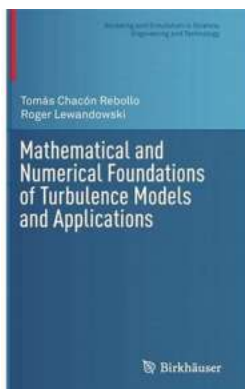
- You are not fan of cooking as me, and still would like to have the best meal and experience.
- You don't mind to have easy cooking guide and start 15 min. cooking practice for yourself and your beloved ones.
- You would like to know more easy hints to keep fit.
- Value the best and exclusive recipes you will have due to this book and some of them will include in your menu.
- You would like to make a surprise to your family and friends by cooking interesting dishes, they will love.

HAVE A GOOD MOOD, COOK, EAT, KEEP FIT!



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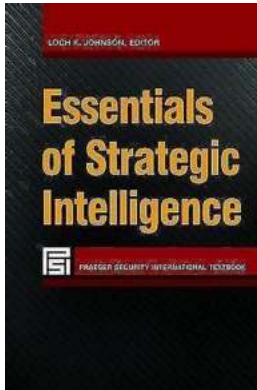
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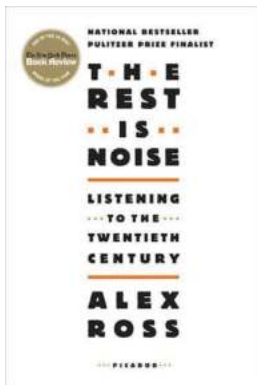
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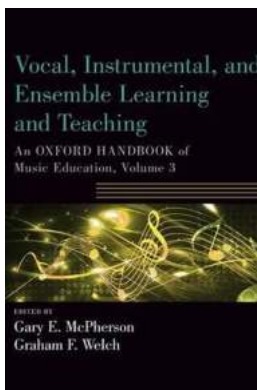
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