

# Sarah Manaresi's Kitchen



# WELCOME!

I'M JUST A MOMS TRYING  
TO FEED MY FAMILY GOOD  
AND NUTRITIOUS FOOD  
WITHOUT A LOT OF FUSS.  
HERE ARE SOME  
OF MY FAVORITE  
RECIPES. I HOPE YOU LOVE  
THEM AS MUCH AS I DO.

♥ SARAH







# SHOPPING LIST

# PRODUCE

1 container of fresh rosemary  
1 container of fresh sage  
1 container of fresh thyme  
1 large bunch of fresh Italian parsley  
1 large bunch of cilantro  
1 container of fresh basil  
1 container of fresh oregano  
3 large white onions  
1 head of garlic  
2 large red onions  
1 bag of carrots  
1 celery  
1 zucchini  
1 tomato  
2 roma tomatoes  
3 avocados  
5 red bell peppers  
1 yellow bell pepper  
1 orange bell pepper  
1 green bell pepper  
1 fresh ginger  
3 medium sweet potatoes

2 lemons  
5 limes  
4 medium peaches  
2 quarts of strawberries  
1 bunch of bananas  
1 apple  
1 small bunch of grapes  
1 fresh pineapple (or 8 oz canned chunks)  
1 orange or orange juice  
1 3-4 oz container of spinach leaves  
1 head of purple cabbage  
3-4 heads of romaine lettuce  
1 head of Bibb lettuce  
1 5 oz package of mixed greens



# PANTRY

Shakeology or protein powder  
olive oil  
pepper  
ground cumin  
salt  
sea salt or pink salt  
sugar  
vanilla extract  
BBQ sauce  
red wine vinegar  
1 reduced-sodium soy sauce  
1 sesame oil coconut oil or salted butter  
1 small container of mayonnaise  
spaghetti jar sauce if not making it  
non stick cooking spray  
2 28 ounce cans of crushed tomatoes  
(Hunts) 1 8 oz canned pineapple chunks (or  
1 fresh) 1 15 oz can of low-sodium  
Cannellini beans  
3 15 oz can of black beans  
1 15 oz can of corn kernels (or fresh)

32 oz of low-sodium chicken or vegetable  
broth  
1 14.5 ounce can of low-sodium diced  
tomatoes  
1 jar of salsa  
1 package of corn tortillas  
2 – 8 count whole wheat tortillas  
1 package of whole wheat pitas or flatbreads  
1 package of pitted dates  
1 package (1 cup worth) of your favorite dried  
fruit (apricots, prunes, figs, raisins,  
cranberries, blueberries, or cherries)  
1 small package of sliced raw almonds  
1 small package of walnuts  
1 box of golden raisins  
1 small container of honey roasted peanuts or  
cashews  
quinoa  
dry old fashioned rolled oats  
bamboo skewers

# MEAT

Eight, 3 ounce chicken thighs, boneless, skinless  
1-2 pounds of chicken breasts, boneless,  
skinless  
1-2 pounds of flank steak  
1 pound of turkey bacon  
1 Rotisserie chicken  
4 6 oz tuna filets (or fish of your choice)

# DAIRY AND COLD ITEMS

1 6 oz. container of non-fat Greek yogurt  
sour cream  
1 stick of salted butter or coconut oil  
1 package of Mozzarella cheese  
1 package of Sharp or Extra-Sharp Cheddar  
cheese  
4 oz of grated Parmesean cheese  
1 container of egg whites  
1 dozen eggs  
1 large container of nonfat plain yogurt  
1 container of orange juice or a fresh orange  
1 10 oz bag frozen corn  
4 oz feta or gorgonzola or blue cheese crumbles



# BREAKFAST



# EGG WHITE BREAKFAST BURRITO

---

ADAPTED FROM THIN KITCHEN COOKBOOK

Heat oil in medium nonstick skillet over medium-high heat.

Add bell peppers and onion; cook, stirring frequently, for 3 to 4 minutes or until soft.

Add eggs; cook, over medium heat, stirring frequently, for 2 to 3 minutes, or until eggs are set.

Top tortilla with egg mixture, turkey bacon, and pepper (if desired).

Roll tortilla burrito-style.

Serve with salsa.



- 1 Tbsp. olive oil
- 1 Tbsp. finely chopped red bell pepper
- 1 Tbsp. finely chopped yellow bell pepper
- 1 Tbsp. finely chopped green bell pepper
- 1 Tbsp. finely chopped red onion
- 3 large egg whites (1/3 cup)
- 1 (8-inch) whole wheat flour tortilla, warm
- 1 slice low-sodium turkey bacon, cooked, chopped
- Ground black pepper (to taste; optional)
- 2 Tbsp. fresh tomato salsa



# HOMEMADE ENERGY BARS

---

ADAPTED FROM TEAM BEACHBODY BLOG

Place dates, fruit, and nuts in a food processor. Pulse for 1 to 2 minutes; scrape sides of bowl.

Add Shakeology (or protein powder); process for 2 to 3 minutes, or until mixture becomes tiny crumbs that can come together to form a loose ball.

Line an 8 x 8-inch pan with cellophane. Press mixture into pan until flat. Cover tightly and refrigerate for 1 hour.

Cut into 12 bars. Store in refrigerator.

Tip: For additional flair add one or more of the following: ½ tsp. rum extract, ½ tsp. cinnamon, 1 Tbsp. raw honey or ½ tsp. vanilla extract



- 1 cup whole pitted dates (or prunes)
- 1 cup dried fruit (like apricots, prunes, figs, raisins, cranberries, blueberries, or cherries)
- 1 cup chopped nuts (or seeds) (like almonds, walnuts, cashews, sesame seeds, flax seeds, chia seeds, or sunflower seeds)
- 2 scoops Shakeology (or protein powder), any flavor

# SWEET POTATO EGG CUPS

---

ADAPTED FROM THIN KITCHEN COOKBOOK

Preheat oven to 375° F.

Lightly coat a twelve-cup muffin tin with spray. Set aside.

Squeeze moisture from sweet potatoes using a clean kitchen towel.

Combine sweet potatoes and 2 tsp. oil. Season with salt and pepper if desired. Divide evenly between prepared muffin cups; press sweet potato mixture into bottom and sides of muffin cups. Bake for 14 to 16 minutes, or until edges are golden brown. Set aside.

Heat remaining 1 tsp. oil in medium nonstick skillet over medium-high heat.

Add onions and broccoli; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Remove from heat. Set aside.



Nonstick cooking spray  
3 medium sweet potatoes, shredded  
3 tsp. olive oil, divided use  
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)  
1 medium onion, chopped  
1 cup broccoli florets, chopped  
12 large eggs  
¼ cup shredded cheddar cheese



# SWEET POTATO EGG CUPS CONTINUED

---

ADAPTED FROM THIN KITCHEN COOKBOOK

Place eggs in a large bowl; whisk to blend.

Add onion mixture; mix well.

Evenly pour egg mixture into muffin cups. Evenly sprinkle with cheese.

Bake for 15 to 18 minutes, or until a toothpick inserted into the center of cups comes out clean..



# VANILLA PEACH OVERNIGHT OATS

---

ADAPTED FROM TEAM BEACHBODY BLOG

Combine oats and Shakeology (or other protein powder) in a medium bowl; mix well.

Add water and extract; mix well. Soak, covered, in the refrigerator overnight.

In the morning, top with peach; serve immediately.

Tip: This breakfast can also be made in a one-pint Mason jar



½ cup dry old fashioned rolled oats  
1 scoop Vanilla Shakeology (or other protein powder)  
⅔ cup water  
½ tsp. pure vanilla extract  
1 medium peach, chopped



# VANILLA YOGURT BOWL

---

ADAPTED FROM TEAM BEACHBODY BLOG

Combine yogurt and Shakeology (OR other protein powder) in a small bowl; mix well.

Divide yogurt mixture evenly into two medium serving bowls.

Top each bowl evenly with strawberries, banana, and almonds.



- 1 cup nonfat plain yogurt
- 1 scoop Vanilla Shakeology (or other protein powder)
- 4 medium strawberries, chopped
- ½ medium banana, chopped
- 1 tsp. sliced raw almonds



# LUNCH



# BBQ CHICKEN FLATBREAD PIZZA

---

ADAPTED FROM TEAM BEACHBODY BLOG

Preheat oven to 350° F.

Place flatbreads on a large baking sheet.

Spread barbecue sauce evenly on flatbreads. Top flatbreads evenly with chicken, black beans, corn, onion, and cheese.

Bake for 5 to 8 minutes, or until cheese is melted.

Top evenly with cilantro and drizzle with lime juice. Serve immediately.

Recipe Tip: Look for barbecue sauce that has an ingredient list that does not contain artificial sweeteners, additives, or preservatives. There are many brands on the market that are sweetened with small amounts of honey, maple syrup, or molasses.



2 whole wheat flatbreads (or 6½-inch whole wheat pitas)

½ cup barbecue sauce, reduced-sugar

1½ cups shredded cooked chicken breast

½ cup canned black beans, drained, rinsed

½ cup corn kernels

½ medium red onion, chopped

½ cup shredded cheddar cheese

¼ cup finely chopped fresh cilantro

1 Tbsp. fresh lime juice



# CHICKEN WALDORF SALAD

---

ADAPTED FROM FOOD NETWORK

Serving suggestion: Baby greens, extra grapes, raisins and walnuts for garnish.

Coat the chopped apple with the lemon juice in a large bowl. Add the chicken, grapes, celery, raisins and walnuts, and gently combine.

In a small bowl, combine the yogurt, mayonnaise, orange juice and salt. Gently fold the dressing into the salad. Serve on a bed of greens, or use a whole wheat tortilla for a wrap.



Salad:

- 1 medium apple, unpeeled, chopped
- 2 cups diced cooked chicken (about 1 large breast)
- 1 cup red seedless grapes, halved
- 1 stalk celery, finely chopped
- 1/4 cup golden raisins
- 1/2 cup toasted walnuts, coarsely chopped

1 8 inch whole-grain tortilla per person

Dressing:

- 3/4 cup yogurt (preferably Greek non-fat)
- 1/4 cup mayonnaise
- Juice of 1/2 orange (about 1/4 cup)
- 1/4 teaspoon kosher salt

# QUINOA AND BLACK BEAN LETTUCE WRAPS

---

ADAPTED FROM FIXATE

Combine lime juice, cumin, and salt in a medium bowl; whisk to blend. Slowly add oil, while whisking constantly. Set aside.

Combine beans, vinegar, and pepper (if desired) in a medium bowl; mix well. Set aside.

Bring water to a boil in medium saucepan over high heat. Add quinoa. Reduce heat to medium-low; cook, covered, for 10 to 12 minutes, or until all water has been absorbed. Remove from heat. Cool for 15 to 30 minutes. Set aside.

Place cooled quinoa in a large bowl. Fluff with a fork. Add bell peppers, corn, cilantro, bean mixture, and dressing; toss gently to blend.



- 4 Bibb lettuce leaves
- 1/3 cup fresh lime juice
- 1 Tbsp. ground cumin
- 1 Tbsp. sea salt (or Himalayan salt)
- 1/3 cup olive oil
- 2 cans black beans, (15-oz. ea.) drained, rinsed
- 4½ tsp. red wine vinegar
- Ground black pepper (to taste; optional)
- 4 cups water
- 2 cups dry quinoa, rinsed
- 1 medium red bell pepper, finely chopped
- 1 medium orange bell pepper, finely chopped
- 1 medium yellow bell pepper, finely chopped
- 1 (10-oz.) bag frozen corn, thawed
- 1 small bunch fresh cilantro, finely chopped

# SEARED TUNA WITH VEGETABLES

---

ADAPTED FROM SARAH MANARESI'S KITCHEN

For fish:

Heat a grill pan on medium-high heat.

Rinse and pat dry the tuna. Lightly coat with olive oil and salt and pepper.

Sear tuna to desired doneness. Turn fish over half way. Spray with lemon juice for added flavor.

For vegetables:

Fill a pot with a steam basket with water. Bring water to a boil.

Chop the broccoli and carrots to bite sized pieces. Add to the steam basket until desired doneness (about 5-7 minutes). Season with salt and pepper.



4 6 oz Tuna filets (or any fish you like)

olive oil

salt

freshly ground black pepper

1/2 a head of broccoli

2 carrots

salt

freshly ground black pepper

lemon (optional)



# SPRING GREENS AND ROASTED CHICKEN SALAD

---

ADAPTED FROM SARAH MANARESI'S KITCHEN

Remove skin from the chicken, and shred the meat. Place greens in a bowl. Top with chicken, strawberries, cheese, and nuts. Drizzle with lemon juice and oil. Sprinkle with salt and pepper.



- 1 – 2 1/4 lb. purchased roasted chicken or leftovers, chilled
- 1 – 5 oz. package of mixed greens
- 2 cups of fresh sliced strawberries
- 4 oz of feta or gorgonzola or blue cheese, crumbled
- 1/2 cup honey-roasted cashews or peanuts
- 1 lemon, halved
- olive oil
- salt and pepper to taste



**DINNER**



# CHICKEN PARMESAN

---

ADAPTED FROM GIADA DE LAURENTIIS

Preheat the oven to 500 degrees F.

Stir the oil and herbs in a small bowl to blend. Season with salt and pepper. Brush both sides of the cutlets with the herb oil. Heat a large heavy oven-proof skillet over high heat. Add the cutlets and cook just until brown, about 2 minutes per side. Remove the skillet from the heat.

Spoon the marinara sauce over and around the cutlets. Sprinkle 1 teaspoon of the mozzarella over each cutlet, then sprinkle 2 teaspoons of the Parmesan over each. Bake until the cheese melts and the chicken is cooked through, about 3 to 5 minutes.



- 3 tablespoons olive oil
- 1 teaspoon chopped fresh rosemary leaves
- 1 teaspoon chopped fresh thyme leaves
- 1 teaspoon chopped fresh Italian parsley leaves
- Salt and freshly ground black pepper
- Eight 3-ounce chicken thigh cutlets, boneless, skinless
- 1/2 cup shredded mozzarella
- 16 teaspoons grated Parmesan
- Tomato Sauce, a double recipe follows, or purchased marinara sauce



# TOMATO SAUCE

ADAPTED FROM THE AMERICAN ITALIAN PASTA COMPANY



Heat olive oil in a large pot over medium-low heat.

Add onion and garlic and sauté until golden (about 8-10 minutes). Stir in tomatoes and water. Add in and stir salt, sugar, and pepper. Add in and stir all of the fresh herbs. Turn up heat and bring to a boil.

Lower heat and simmer for 20 minutes, stirring every 3-5 minutes. Any leftover sauce, wait until completely cooled before placing in Ziploc bags to freeze.

- 1.5 tbsp. olive oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 2 cans (28 oz each) crushed tomatoes (my favorite brand to use is Hunts)
- 1.25 cups of water
- 2 tsp. sugar (or a quarter cup of carrots)
- 1.5 tsp. salt
- ¼ tsp. of freshly ground pepper
- ¼ cup of fresh basil, chopped
- ¼ cup of fresh oregano, chopped
- ½ cup of fresh Italian parsley, chopped

# F A J I T A S

---

ADAPTED FROM SARAH MANARESI'S KITCHEN

Heat a grill pan to medium to high heat. Lightly coat (use a mist sprayer if you have one) the meat with olive oil. Season with salt and pepper. Cook the meat, flipping over half way through, to desired doneness. Medium is about 135-145 internal temperature. Make sure you let the meat rest for about 10 minutes; and be sure to slice against the grain of the meat!



1-2 pounds of flank steak  
1 tsp. olive oil salt, preferably pink or gray salt if you have it  
freshly ground pepper  
corn tortillas  
cheddar cheese  
sour cream

Fruit and Veggie Topping Suggestions:

tomatoes (or salsa)  
purple Cabbage  
romaine lettuce  
avocado  
lime juice  
grilled onions  
yellow/orange/red bell peppers

# CHARRED VEGGIES SALAD WITH AVOCADO - LIME DRESSING

---

ADAPTED FROM HELLO FRESH

Preheat the oven to 400 degrees.

Halve, peel, and slice the onion into wedges. Core, seed, and thinly slice the bell peppers. Toss the peppers and the onions on a baking sheet with a large drizzle of olive oil and season with salt and pepper. Place in the oven for 20 minutes, tossing halfway through cooking.

Core and dice the tomatoes. Pick the cilantro leaves, then finely chop the stems. Zest and halve the



2-3 Romaine lettuce hearts  
2 red bell peppers  
1 red onion  
2 limes  
2 avocados  
2 tbsp. of chopped cilantro leaves  
chopped stems of chopped cilantro leaves  
2 tbsp. of light sour cream  
2 Roma tomatoes  
1-2 tbsp. of olive oil

# CHARRED VEGGIES SALAD WITH AVOCADO - LIME DRESSING CONTINUED

---

ADAPTED FROM HELLO FRESH

Halve, pit, and cube the avocado. Place in a medium bowl with the lime zest, cilantro stems, and the juice of one lime. Mash together with a fork until completely smooth. Mix in 2 tablespoons of sour cream. Season with salt, pepper, and additional lime juice, if needed.

Heat the broiler to 500 degrees. Cook veggies for an additional 2-3 minutes, they are slightly charred. Toss the charred veggies into the romaine lettuce along with the tomatoes and cilantro leaves. Stir the avocado-lime dressing into the salad and toss until evenly coated.

Serve and enjoy!





# PINEAPPLE SKEWERS

---

ADAPTED FROM FIXATE

Place chicken in resealable plastic bag (or container); add soy sauce, oil, and ginger; seal bag and shake gently to mix. Refrigerate at least 30 minutes to marinate.

Preheat gas or charcoal grill on medium heat.

Place a piece of chicken, pineapple chunk, bell pepper, and onion onto a skewer. Repeat, so the skewer has two pieces of each ingredient. Repeat with seven remaining skewers. Discard marinade that contained chicken.

Grill skewers on covered grill for 4 to 5 minutes on each side, or until chicken is no longer pink in the middle.

Serve immediately.



- 8 bamboo skewers
- 1 lb. raw chicken breast, boneless, skinless, cut into 16 1-inch pieces
- 1/4 cup reduced-sodium soy sauce
- 2 tsp. sesame oil
- 2 tsp. grated fresh ginger
- 1 fresh pineapple or 1 (8-oz.) can pineapple chunks in juice, drained
- 1 medium red bell pepper, cut into 16 1-inch chunks large
- 1/2 red onion, cut into 16 1-inch chunks

# TUSCAN VEGETABLE SOUP

---

ADAPTED FROM ELLIE KRIEGER

In a small bowl mash half of the beans with a masher or the back of a spoon, and set aside.

Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 teaspoon of salt and 1/4 teaspoon of pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.

Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.

Serve topped with Parmesan, if desired.



- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed
- 1 tablespoon olive oil
- 1/2 large onion, diced (about 1 cup)
- 2 carrots, diced (about 1/2 cup)
- 2 stalks celery, diced, (about 1/2 cup)
- 1 small zucchini, diced (about 1 1/2 cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage leaves (or 1/2 teaspoon dried)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional

# Formula For Fitness with Sarah Manaresi

Sarah Manaresi is an Independent Beachbody Coach who helps others through her love of cooking and making strong and healthy families. She's lost 50 pounds herself after 21 years of obesity and wanted to pay her story forward. Her philosophy is that small changes every day can make one big change in the end. "If I can do it, anyone can!"

If you'd like to connect with Sarah, please email her at [smanaresi@sbcglobal.net](mailto:smanaresi@sbcglobal.net)

