

HEALTHY 

Holiday Inspired

ONE-DISH MEALS



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Hello!

Ready to enjoy all the delicious tastes and treats of the season... but in a way that supports your health and fitness goals?!

Yes, it's absolutely possible... and in this ebook, we'll show you how.

We've rounded up a dozen craveable holiday recipes that are jam-packed with healthy ingredients you can feel good about.

Plus: most of them are meal-prep friendly!

At Tighten Up, we help Women and Men over 30 lose body fat and gain muscle to live a more confident, happier and healthier life.

We have a proven program that's helped hundreds of women and men just like you reach their goals and enjoy the process.

If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer!

We hope this recipe booklet inspires your holiday meals this season.

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Julie Griffiths

p: 0418 263 786

e: jewelz@tightenup.com.au





This frittata looks as festive as it tastes!

(Serves 4)

INGREDIENTS

- 8 large eggs
- ½ cup milk
- Sea salt and black pepper
- 4 slices of bacon, finely diced
- 1 small onion, diced
- 2 red capsicum, diced
- 140g baby spinach
- 115 g fresh goat's cheese, crumbled (optional)

FESTIVE

Frittata

INSTRUCTIONS

1. Preheat your oven to 190°C.
2. In a medium bowl, whisk together the eggs, milk, and about 1 tsp of salt and pepper each, until smooth. Set aside.
3. Heat a 25-cm oven-safe nonstick frypan over medium heat. Place bacon in the frypan and cook, stirring frequently, for about 4-5 minutes until browned.
4. Add the onion and capsicum and cook for 5-8 minutes, until the onions start to become translucent. Stir in the spinach a little at a time, allowing it to wilt.
5. Lower the heat and pour in the eggs, stirring well to evenly distribute the ingredients. Sprinkle the top with goat's cheese (optional).
6. Place the skillet in the oven and bake until the top is golden and the eggs are set, about 25 minutes. Remove from the oven and place the frypan on a cooling rack for 10 minutes. Slice and serve!



This oatmeal bake can serve double duty. Not only is it a satisfying breakfast but it also makes a hearty, delicious snack.

(Serves 8)

INGREDIENTS

- 2 cups rolled oats
- ½ cup pecans, roughly chopped
- 1 tsp pumpkin pie spice
- 1 tsp baking powder
- ½ tsp sea salt
- 1 egg
- 2 cups vanilla-flavoured oat milk
- ¼ cup maple syrup
- 1 cup fresh or frozen cranberries
- ½ cup Greek yoghurt to serve

Nutty

CRANBERRY OATMEAL BAKE

INSTRUCTIONS

1. Preheat your oven to 190°C.
2. Place the oats, pecans, pumpkin pie spice, baking powder, and salt in a 23x23 cm baking dish. Set aside.
3. In a small mixing bowl, whisk together the egg, milk, and maple syrup. Pour the egg mixture over the oats and gently stir in the cranberries. Using the back of a spatula, press down to ensure all of the oats are coated with the egg mixture.
4. Place the pan in the oven and bake for 30-35 minutes, until the oatmeal turns golden brown and the oatmeal is set. Remove from the oven and let cool on a rack for 5 minutes.
5. Cut into 8 squares. Serve with a dollop of Greek yogurt. Enjoy!



*This one will quickly
become a family favourite.*

(Serves 10)

INGREDIENTS

- 3 cups rolled oats
- 2 cups of pecans and pistachios
- 60g shredded coconut
- 1 tsp sea salt
- 2 tsp pumpkin pie spice or cinnamon
- ¼ cup coconut oil, melted
- 1 tbsp vanilla
- ⅓ cup maple syrup
- 1 cup dried cranberries

HEALTHY HOLIDAY

Granola

INSTRUCTIONS

1. Preheat your oven to 120°C. Line a large baking sheet with baking paper.
2. In a large bowl, combine the oats, nuts, coconut, salt, and spice, mixing until well combined. Set aside.
3. In a small bowl, mix together the coconut oil, vanilla, and maple syrup. Drizzle the liquid over the oat mixture and stir until evenly combined.
4. Pour the mixture onto the baking sheet, spreading it out until it's in a single layer. Place in the oven and bake for 60 minutes, stirring every 15-20 minutes so it browns evenly.
5. Remove from the oven and let cool. Stir in the cranberries, and store in an airtight container for up to 2 weeks.



TURKEY & BEAN

Soup

This is a delicious and healthy way to use up leftovers.

(Makes 6 servings)

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 1 small brown onion, chopped
- 2 medium carrots, diced
- 1 celery stalk, chopped thin
- ¼ tsp dried sage
- 2 big handfuls baby spinach
- 400g chicken broth
- 425 g cannellini beans, drained and rinsed
- 450-600g shredded cooked turkey (or chicken)
- 3-4 dashes of hot sauce (optional)

INSTRUCTIONS

1. Heat the oil in a large soup pot over medium-high heat.
2. Add the onion and cook for about 3-4 minutes, stirring often. Add the carrots and celery and continue to cook for another 3-4 minutes.
3. Stir in the sage and cook for about 30 seconds, and then stir in the baby spinach and cook until wilted, 1-2 minutes.
4. Stir in the broth, cover, and turn up the heat to bring it to a boil.
5. Add the beans and turkey and cook for 15-20 minutes, stirring occasionally. If the mixture is thicker than you like, add ¼ cup of water at a time until you reach your desired consistency.
6. Taste and season to your liking, adding salt, pepper, and/or the optional hot sauce.
7. Serve hot.



You'll love this full-meal salad – and the dressing also makes a great marinade for salmon.

(Makes 4 servings)

SALAD INGREDIENTS

- 450 g broccoli florets, chopped into bite-size chunks
- ½ cup pecans, chopped
- ½ cup red onion, finely chopped
- ½ cup goat's cheese, crumbled
- 150g chicken breast, shredded, cooked
- 1 cup brown rice, cooked
- ⅓ cup dried cranberries, chopped

HOLIDAY CHICKEN & BROCCOLI

Salad

MAPLE-MUSTARD DRESSING INGREDIENTS

- 80 ml extra-virgin olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp maple syrup (or honey)
- ½ tsp sea salt

INSTRUCTIONS

1. Place all the salad ingredients into a serving bowl. Set aside.
2. In a small bowl, whisk together all of the dressing ingredients. Mix until everything is blended and starts to emulsify. Pour the dressing over the salad, and toss until the ingredients are well coated.
3. Place the salad in the fridge for 30 minutes before serving.



Stuffed Pumpkin makes your lunch feel like a special occasion – and it's also meal-prep friendly.

(Makes 6 servings)

INGREDIENTS

- 3 small - medium butternut pumpkins
- 2 tbsp olive oil
- Sea salt and freshly ground pepper

FOR THE STUFFING

- 2 tbsp olive oil
- 1 tsp dried sage
- 500g turkey or chicken mince
- 225g mushrooms, sliced
- ½ brown onion, chopped
- 1 clove garlic, minced
- ½ tsp sea salt
- ½ tsp ground black pepper
- 1½ cup quinoa, cooked
- ½ cup plain yoghurt
- 1 cup goat's cheese crumbles

Stuffed

BUTTERNUT PUMPKIN

PREP THE PUMPKIN

1. Preheat your oven to 200°C. Cut each pumpkin in half and scoop out the seeds and fibrous centre. Line a baking sheet with baking paper and place the pumpkin halves on it, cut side up.
2. Brush each half with olive oil and sprinkle with salt and pepper. Roast for 30 minutes and then flip each half over and continue to roast for another 15 minutes or until very tender. Remove from the oven and lower the oven temperature to 180°C.

MAKE THE FILLING

1. While the pumpkin is roasting, heat 1 tbsp of oil in a large frypan over medium-high heat.
2. Add the sage and let cook, stirring constantly, for about 20-30 seconds before adding the mince. Cook the mince, breaking it up as it browns, for 10-12 minutes. Remove from the pan and place in a bowl.
3. Add 1 tbsp of olive oil to the pan and add the mushrooms, onion, garlic, and salt. Cook, stirring frequently, until the onions are soft and the mushrooms begin to shrink, about 8-10 minutes. Set aside.
4. Add the quinoa and yoghurt to the pan. Stir in half of the goat's cheese until combined, and then add the meat mixture back in. Simmer for 5 minutes and remove from the stove.
5. Flip each pumpkin cut-side-up and spoon an equal amount of filling into each half. Top the stuffed pumpkin halves with the remaining goat cheese crumbles. Place back in the oven and bake for 15 minutes.
6. Serve and enjoy!



Is there a dish more comforting than Shepherd's Pie? We don't think so! Here's a healthier take on a classic.

(Makes 4 servings)

TOPPING

- 800g sweet potato, mashed
- ¼ cup milk
- Sea salt and pepper, to taste

TURKEY FILLING

- 1 tbsp olive oil
- 1 onion, diced
- 3 cups leftover cooked veggies
- 2 tbsp all-purpose seasoning
- Salt and pepper to taste
- 2 tbsp cornstarch
- 500ml chicken broth or stock
- 300g turkey mince (or chicken)

Turkey

& SWEET POTATO SHEPHERD'S PIE

INSTRUCTIONS

1. Preheat your oven to 200°C.
2. In a medium bowl, mix together the mashed potato and milk. Season with sea salt and pepper and set aside.
3. Heat the olive oil in a large frypan over medium heat. Add onion and sauté for 3-5 minutes until it starts to soften. Add the veggies and sauté for 5-7 minutes. Stir in the all-purpose seasoning and add salt and pepper to taste.
4. Whisk in the cornstarch and add the chicken broth and cook until it starts to thicken. Stir in the turkey and cook until warmed through.
5. Place the turkey mixture in a casserole dish and top with the sweet potatoes, spreading them out in an even layer. Place in the oven and cook for 25-30 minutes, until the sweet potatoes start to brown and the casserole begins to bubble.
6. Remove from the oven and let sit for 5 minutes before serving.



SLOW COOKER PUMPKIN

Chilli

This is a beanless chilli – but feel free to add a can of black or pinto beans to boost the fibre content.

(Makes 8 servings)

INGREDIENTS

- 1 tbsp olive oil
- 750g beef or turkey mince
- 1 medium onion, diced
- 1 large red capsicum, diced
- 4 cloves garlic, minced
- 2 jalapeno peppers, seeds removed and minced
- ¼ tsp sea salt
- 800g can crushed tomatoes
- 400g can fire-roasted diced tomatoes (or regular)
- 425 g can pumpkin puree
- 1½ tbsp chilli powder
- ¾ tsp smoked paprika
- 1½ tsp cinnamon

INSTRUCTIONS

1. In a large frypan over medium-high heat, heat the olive oil. Add the beef or turkey mince and add a few sprinkles each of salt and pepper. Break up the lumps of meat so that it browns evenly.
2. Once it's mostly done, drain off some of the liquid and fat, and add the onions, capsicum, garlic, and minced jalapeno. Cook for another couple of minutes, until the veggies begin to soften.
3. Transfer to a slow cooker and stir in the rest of the ingredients. If using beans, add here. Cook on low for 4-5 hours, stirring occasionally.
4. Taste and adjust seasonings, and serve!



PORK

Tenderloin & POTATOES WITH APPLESAUCE

This meal is a classic for many reasons, but the best reason is because it tastes so great!

(Makes 4 servings)

INGREDIENTS

- 680g pork tenderloin, cut into 4 pieces
- 700g baby red potatoes, washed and cut in half
- 1 red capsicum, chopped
- 2 large carrots, chopped
- ½ tsp dried thyme
- 3 tbsp olive oil
- 1 cup applesauce
- ¼ cup plain Greek yoghurt
- 1-2 dashes of cinnamon & nutmeg

INSTRUCTIONS

1. Preheat the oven to 190°C. In a shallow baking dish, toss the potatoes, capsicum, and carrots with the thyme, 2 tbsp olive oil, salt, and pepper. Place in the oven and roast for about 20 minutes, until the potatoes start to become tender.
2. While it's cooking, mix together the applesauce, Greek yogurt, and spices in a small bowl. Set aside.
3. Season the pork with salt and pepper. Heat the remaining olive oil in a large frypan over medium-high heat. Add the pork and sear on all sides until browned, 5-6 minutes.
4. Remove the baking dish from the oven and place the pork inside before returning the dish to the oven. Roast for 15-20 minutes.
5. Remove from the oven and place the pork on a cutting board. Let it rest for 5 minutes before slicing. Serve with the roasted vegetables and creamy applesauce.



Beware: these spicy lime-roasted nuts are dangerously addictive.

(Makes 8, 1/4-cup servings)

INGREDIENTS

- 2 cups raw nuts of choice (almonds, cashews, pecans, walnuts, pistachios, etc.)
- 1 tbsp avocado oil
- 1 tsp chili powder
- ¼ tsp sea salt
- ½ tbsp chopped fresh rosemary
- Juice of ½ small lime

Spicy

LIME-ROASTED NUTS

INSTRUCTIONS

1. Preheat your oven to 165°C and use baking paper to line a rimmed baking tray.
2. Place the nuts into a mixing bowl. In a separate small bowl, whisk together the oil, chili powder, salt, rosemary, and lime juice.
3. Pour the liquid over the nuts and mix until the nuts are evenly coated.
4. Spread the nuts onto the baking tray and arrange in a single layer. Place in the oven and bake for 15 minutes, stirring them every 5 minutes so they don't burn.
5. Remove the tray from the oven and place on a cooling rack. Stir the nuts occasionally as they cool.
6. These will keep for a couple of weeks (if they last that long!), stored in an airtight container.



This recipe is tasty, but it's also a great jumping-off point for experimenting.

Instead of using almond flour, it's equally delicious using rolled oats. Try blitzing half of the rolled oats in a high-speed blender to create a crispy/crunchy texture.

Another idea: swap out the berries for diced apple!

(Makes 1-2 servings)

INGREDIENTS

- 2 tbsp melted coconut oil or butter
- 1½ cups mixed berries (fresh or frozen), washed
- ⅓ cup almond flour
- 1 tbsp coconut sugar
- Dash (or two!) of cinnamon

HOLIDAY BERRY

Crumble

INSTRUCTIONS

1. Preheat your oven to 180°C. Grease a small baking dish with the coconut oil.
2. Add the berries to the baking dish. In a small bowl, mix together the almond flour, sugar, and cinnamon. Sprinkle over the berries. Place the baking dish in the oven and let bake for 15-20 minutes. Your crumble is done when the berries are bubbling and the top is browned.
3. Remove from the oven and let sit 15-20 minutes before serving.

Healthy Holiday EXTRAS



Say goodbye to sugary mixers and fruit juices with this healthier (but still delicious!) holiday-inspired drink recipe.

(Makes 1 serving)

INGREDIENTS

- 45 ml vodka
- 60 ml 100% pomegranate juice
- 90ml soda water
- 4 ice cubes
- 3 mint leaves
- 2 tsps pomegranate seeds

POMEGRANATE

Cocktail

(OR MOCKTAIL!)

INSTRUCTIONS

1. In a mason jar, mix together the vodka, juice, soda water, and ice. Set aside.
2. In the bottom of a glass, muddle the mint leaves with 1 tsp of the pomegranate seeds.
3. Strain the vodka mixture into the glass and garnish with the remaining 1 tsp of seeds.

MOCKTAIL VERSION

1. Skip the vodka and add another 45 ml of soda water



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Julie Griffiths

p: 0418 263 786

e: jewelz@tightenup.com.au

