



Under \$4 Meals

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Hi beautiful,

I am Anais, your fitness and health coach! I am so excited that you are getting my Under \$4 Healthy and Delicious recipes.

I have been a fitness coach for almost 8 years and have found that the key for a successful training program is to have a nutritious meal plan that supports body functions and life goals.

But how to achieve it? I believe it is by getting to know what a nutritious meal is and looks like!

As a health coach, my goal is to educate you who is feeling restricted and following trendy diets for what you heard that may be good. But is it?

For example, one of the biggest myths is that eating healthy is expensive! The truth? Eating healthy can be simple, affordable, and most of all delicious. It also doesn't need to contain special ingredients from a health food store.

The following 5 meals are created thinking of you! I know you are a busy woman who wants to improve your eating habits without feeling overwhelmed. I also know that food is part of who you are, so eating healthy cannot make you feel like restricting those foods that make you, YOU.

Here what the costs per meal:

Meal: Spicy Coconut Lentil Soup

Cost: \$2.50 per serving

Meal: Rice, Beef & Spinach

Cost: \$2.23 per serving

Meal: Scrambled Eggs with Peppers and Kale

Cost: \$3.25 per serving

Meal: Chopped Salad Pitas

Cost: \$1.79 per serving

Meal: Lemon Butter Penne with Broccoli

Cost: \$3.58 per serving

Enjoy these recipes and please share with me pictures of your meals! Can't wait to keep helping you to achieve a healthy relationship with food, one broccoli at a time!



Note: The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

Your Coach,
Anais



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Spicy Coconut Lentil Soup

4 servings

40 minutes

Ingredients

- 1/2 cup Brown Basmati Rice (uncooked)
- 1/2 cup Dry Lentils (uncooked)
- 1/4 cup Unsweetened Shredded Coconut
- 2 tsps Smoked Paprika
- 1 tsp Chili Powder
- 1/4 tsp Turmeric (ground)
- 1 tsp Cumin (ground)
- 1/2 tsp Sea Salt
- 7 cups Water
- 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Rinsing the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 2 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 to 2 cups of soup.

Meal Prep: This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

Leftovers: Store in the fridge for up to 5 days. Freeze for up to 3 months.

Likes it Creamy: Swap out some of the water for coconut milk.

Likes it Really Spicy: Add cayenne pepper.

No Smoked Paprika: Use regular paprika.

More Veggies: Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.



Rice, Beef & Spinach

4 servings

20 minutes

Ingredients

- 1 cup Jasmine Rice
- 1 lb Extra Lean Ground Beef
- 4 cups Baby Spinach (packed)
- 1 tbsp Tamari

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add fresh garlic or ginger to the beef with the spinach.

Additional Toppings: Hot sauce, sesame seeds, sliced green onions and/or cilantro.

No Tamari: Use soy sauce or coconut aminos instead.

No Beef: Use ground chicken, turkey or pork instead.

No Jasmine Rice: Use brown rice, quinoa or cauliflower rice instead.



Lemon Butter Penne with Broccoli

2 servings

20 minutes

Ingredients

- 1 cup Brown Rice Penne (uncooked)
- 3 cups Broccoli (sliced into florets)
- 2 tbsps Butter
- 1/2 Lemon (juiced)
- 1/3 cup Hemp Seeds
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Fill a medium-sized pot with water and bring to a boil. Add the pasta and cook as per the directions on the package.
- 2 In the last two minutes of cooking the pasta, add the broccoli to the pasta water. Drain the pasta and broccoli, then return it to the pot.
- 3 Add the butter, lemon juice, and hemp seeds to the pasta and broccoli. Stir well to coat. Season with sea salt and black pepper, divide between plates and enjoy!

Notes

More Protein: Use chickpea or a bean-based pasta, or top with sliced chicken breast.

Dairy-Free: Use olive oil instead of butter.



Chopped Salad Pitais

2 servings

10 minutes

Ingredients

- 1 cup Chickpeas (cooked)
- 1 cup Cherry Tomatoes (sliced into quarters)
- 1/4 Cucumber (chopped)
- 1/4 tsp Sea Salt
- 1 Whole Wheat Pita (halved)
- 1/4 cup Unsweetened Coconut Yogurt

Directions

- 1 In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
- 2 Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
- 3 Stuff the pita pockets with the chickpea mixture. Enjoy!

Notes

Leftovers: Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

Serving Size: Each serving equals one pita half stuffed with the chickpea mixture.

Gluten-Free: Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

More Flavor: Add lime juice, fresh herbs or spices.

Additional Toppings: Bell peppers, feta cheese, red onions and/or black olives.

No Chickpeas: Use marinated tofu, white beans, lentils, chicken breast or turkey instead.



Scrambled Eggs with Peppers & Kale

2 servings

15 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
1 Red Bell Pepper (sliced)
2 cups Kale Leaves (chopped)
6 Egg
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

Notes

More Carbs: Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free: Use mashed tofu instead of eggs.