



10 HEALTHY DINNER RECIPES

for people who love to eat

Includes paleo, gluten-free, and vegan options.

by KRISTEN STEVENS
Author of *The Endless Meal*



Hi, I'm Kristen!

For as long as I can remember, I've been in the kitchen. I was one of those strange kids who would ask for cookbooks for Christmas. By the time I was a teenager, I was buying myself all the kitchen gadgets I thought I'd need for when I finally got a kitchen to call my very own. Today I still ask for cookbooks for Christmas and have compiled a collection of kitchen gadgets larger than I care to admit.

Back in 2011, I started the food blog [The Endless Meal](#) as a place to share my recipes with my friends and family. I never would have imagined that a few years later over a million people would visit the site each month looking for recipes.

I appreciate each and every time you visit TEM that I wanted to share this cookbook with you as a way to say thanks.

So THANK YOU for signing up to be a part of the newsletter crew, for reading The Endless Meal, and for all your support. You are awesome!



What makes these recipes healthy?

Different people have different definitions of what healthy means. For some, being healthy means avoiding all animal products and eating a diet rich in vegetables and whole grains. For others it means avoiding all grains, legumes and refined sugar. Or maybe for you it means eating a low-carb diet.

To help you quickly and easily decide which of these recipes are right for you, I have added some information to each of the recipes.

- Labels under each of the recipe titles to let you know if the recipe is Whole30, paleo, gluten-free, low-carb, vegan, or vegetarian.
- A nutritional label with each recipe.
- Easy substitutions within some of the recipes to help you match the appropriate ingredient to your diet.

Do I have to sacrifice flavor for health?

No! I firmly believe that healthy recipes should taste great too. All of these recipes I make for myself and my family on a regular basis and they are our favorites.

Are these recipes easy to make?

Yes! All of the recipes here are easy to make. Most involve only a few steps and are simple enough to make as a weeknight meal.

sweet potato chili with chickpeas

vegan + gluten-free + refined sugar-free



Nutrition Facts

Serving Size is 3 cups

Serves 6

Amount Per Serving

Calories 359

% Daily Value*

Total Fat 6.4g **10%**

Saturated Fat 0.8g

Cholesterol 0mg **0%**

Sodium 676.7mg **28%**

Total Carbohydrate 69.9g **23%**

Dietary Fiber 13.9g **56%**

Sugars 20g

Protein 12.8g **26%**

Vitamin A 43% Vitamin C 127%

Calcium 18% Iron 29%

SWEET POTATO CHILI WITH CHICKPEAS

Prep time: 5 mins | Cook time: 40 mins | Total time: 45 mins | Serves: 6

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, minced
- 2 medium sweet potatoes, diced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 2 bell peppers, diced
- 4 cloves of garlic, minced
- ¼ cup of chili powder
- 2 teaspoons each: oregano and cumin
- 10 drops of [liquid smoke](#)
- 28-ounce can crushed tomatoes
- 3 cups vegetable stock or water
- 2 tablespoons [coconut sugar](#) or honey
- 2 15-ounce cans of chickpeas, drained and rinsed
- 2 cups frozen corn
- Salt and pepper, to taste

INSTRUCTIONS

1. Heat the oil in a large pot over medium-high heat. Add the onion and let it cook for 5 minutes. Chop the sweet potatoes, carrots, celery, peppers, and garlic and add them to the pot as you finish cutting them.
2. Add the chili powder, oregano, cumin, and liquid smoke and mix well. Pour in the crushed tomatoes and stock. Add the [coconut sugar](#) and bring the pot to a boil. Reduce the heat and simmer for 15 minutes.
3. Add the chickpeas and corn to the pot and let them warm. Season to taste with salt and pepper.

cashew coconut Thai Salmon Curry

Whole30 + gluten-free + sugar-free



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Nutrition Facts

Serving Size is 1 piece of salmon and ¼ of the sauce.

Serves 4

Amount Per Serving

Calories 385

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 10.9g

Cholesterol 72.3mg **24%**

Sodium 712.9mg **30%**

Total Carbohydrate 8.8g **3%**

Dietary Fiber 0.9g **4%**

Sugars 1.5g

Protein 35.8g **72%**

Vitamin A 10% Vitamin C 4%

Calcium 3% Iron 14%

CASHEW COCONUT SALMON CURRY

Prep time: 10 mins | Cook time: 8 mins | Total time: 18 mins | Serves: 4

INGREDIENTS

- 1 tablespoon coconut oil
- 4 salmon fillets, skin removed
- Toasted or spicy cashews and some cilantro, to serve

CASHEW COCONUT CURRY SAUCE

- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup canned coconut milk
- 4 tablespoons cashews butter
- Juice from $\frac{1}{2}$ lime
- 2 tablespoons [red curry paste](#)
- 1 tablespoon each: fish sauce and [coco aminos](#) (can sub soy sauce)
- 2 teaspoons grated ginger
- $\frac{1}{4}$ teaspoon salt (omit if using soy sauce)
- 2 garlic cloves, minced
- Optional: 1 tablespoon honey

INSTRUCTIONS

1. Heat the oil in a large pot over medium-high heat. Add the onion and let it cook for 5 minutes. Chop the sweet potatoes, carrots, celery, peppers, and garlic and add them to the pot as you finish cutting them.
2. Add the chili powder, oregano, cumin, and liquid smoke and mix well. Pour in the crushed tomatoes and stock. Add the [coconut sugar](#) and bring the pot to a boil. Reduce the heat and simmer for 15 minutes.
3. Add the chickpeas and corn to the pot and let them warm. Season to taste with salt and pepper.

Spanish Chicken Bake

with Manzanilla Olives from Spain

Whole30 + gluten-free + sugar-free



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Nutrition Facts

Serving Size 2 chicken thighs + ¼ of the veggies.

Serves 4

Amount Per Serving

Calories 622

% Daily Value*

Total Fat 32g 49%

Saturated Fat 8.6g

Cholesterol 305.1mg 102%

Sodium 1137.6mg 47%

Total Carbohydrate 14.1g 5%

Dietary Fiber 5.1g 20%

Sugars 4.1g

Protein 67.9g 136%

Vitamin A 15% Vitamin C 157%

Calcium 12% Iron 34%

SPANISH CHICKEN BAKE WITH KALE AND OLIVES

Prep time: 15 mins | Cook time: 40 mins | Total time: 55 mins | Serves: 4

INGREDIENTS

- 2 cups pimiento-stuffed olives, divided
- 1 tablespoon olive oil
- 5 ounces Spanish chorizo, thinly sliced
- 4 garlic cloves, smashed
- 2 red bell peppers, thinly slices
- 1 medium Spanish onion, sliced
- 1 sprig of rosemary
- 2 cups of torn kale leaves, packed
- 8 bone-in chicken thighs
- 1 tablespoon Spanish paprika
- 1 teaspoon each: salt and pepper

NOTES

Try to make sure a bunch of the kale is on top and not stuck under the chicken or veggies. The kale that is on top will get deliciously crispy in the oven.

INSTRUCTIONS

1. Preheat the oven to 420 degrees. Coarsely chop 1 ½ cups of the olives.
2. Heat the olive oil in a large, ovenproof skillet over medium-high heat. Add the 1 1/2 cups of chopped olives,, the chorizo, garlic, red peppers, onion, and rosemary and cook just until the veggies begin to soften, about 5 minutes. Add the kale to the skillet and let it wilt.
3. Add the chicken thighs to the skillet, nestling them between the veggies. Sprinkle the top of the chicken with the Spanish paprika, salt, and pepper.
4. Put the skillet into your oven and cook for 40 minutes, or until the chicken has reached an internal temperature of 165 degrees Fahrenheit.
5. Sprinkle the remaining ½ cup of olives around the skillet and serve right away.

Creamy Coconut lime shrimp

paleo + gluten-free + sugar-free



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Nutrition Facts

Serving Size is 1/4 of the recipe.

Serves 4

Amount Per Serving

Calories 373

% Daily Value*

Total Fat 25.2g **39%**

Saturated Fat 21.7g

Cholesterol 182.5mg **61%**

Sodium 472.4mg **20%**

Total Carbohydrate 16.2g **5%**

Dietary Fiber 0.4g **1%**

Sugars 9.8g

Protein 25.7g **51%**

Vitamin A 0% Vitamin C 24%

Calcium 10% Iron 23%

CREAMY COCONUT LIME SHRIMP

Prep time: 5 mins | Cook time: 10 mins | Total time: 15 mins | Serves: 4

INGREDIENTS

- 1 tablespoon coconut oil
- 1 tablespoon each: minced garlic and minced ginger
- 1 14-ounce can coconut milk
- Juice of 3 limes (a generous 1/3 cup)
- 2 tablespoons honey
- 1 tablespoon each: sriracha and soy sauce (gluten-free, if needed. Sub [coco aminos](#) for paleo)
- 1 lb. peeled shrimp
- 1/4 cup minced cilantro

INSTRUCTIONS

1. Heat the coconut oil over medium-high heat in a large frying pan. Add the garlic and ginger and cook for 1 minute.
2. Add the coconut milk, lime juice, honey, sriracha, and soy sauce to the pan and bring it to a boil. Let it boil, stirring several times, until the sauce begins to thicken, about 5 minutes. Reduce the heat so the sauce is simmering gently.
3. Add the shrimp to the pan and let them cook for 5 minutes.
4. Remove the pan from the heat and stir in the cilantro.

The BEST Easy eggplant parmesan

gluten-free + vegetarian



Nutrition Facts

Serving Size one 3-inch square.

Serves 6

Amount Per Serving

Calories 373

% Daily Value*

Total Fat 14.4g 22%

Saturated Fat 3.7g

Cholesterol 22.4mg 7%

Sodium 1491mg 62%

Total Carbohydrate 39.7g 13%

Dietary Fiber 16g 64%

Sugars 23.3g

Protein 28.2g 56%

Vitamin A 11% Vitamin C 55%

Calcium 76% Iron 15%

EASY EGGPLANT PARMESAN

Prep time: 10 mins | Cook time: 45 mins | Total time: 55 mins | Serves: 6

INGREDIENTS

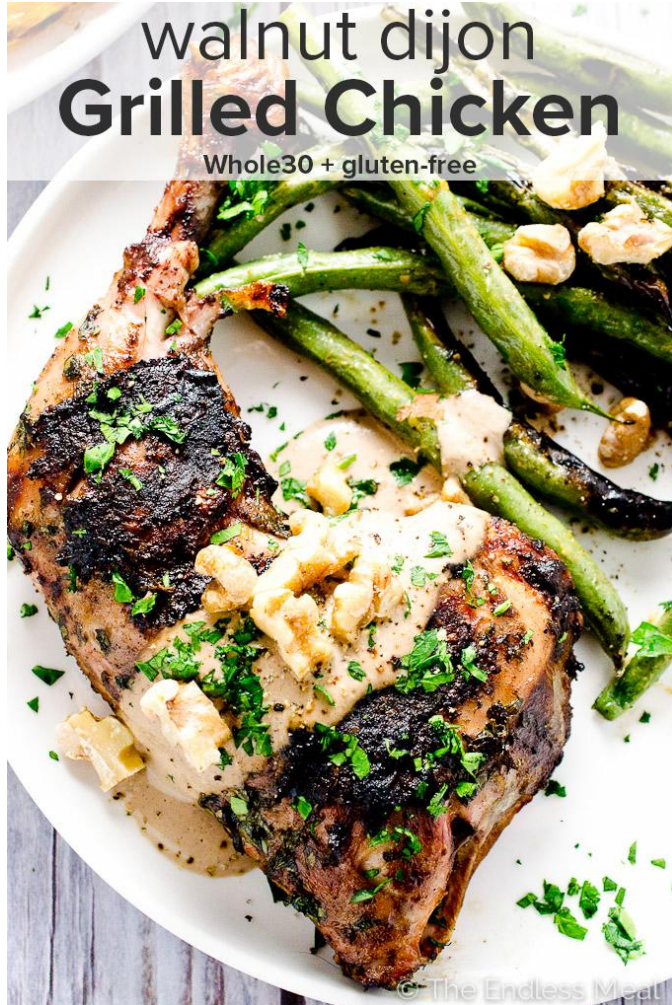
- 4 medium eggplants
- 4 tablespoons olive oil, divided
- 2 teaspoons sea salt, divided
- 1 medium onion, miced
- 4 large garlic cloves, minced
- 1 5-ounce can tomato paste
- 1 28-ounce can crushed tomatoes
- 2 teaspoons honey
- 3 ounces (about 1 1/2 cups) grated parmesan cheese (vegetarian, if needed)
- 12 ounces grated mozzarella cheese (about 3 cups)
- Minced basil, for garnish

INSTRUCTIONS

1. Preheat your oven to 420 degrees. Line 2 baking sheets with [parchment paper](#).
2. Cut the tops off the eggplants then cut them into 1/2" thick slices. Lay them on the baking sheets, drizzle them with 2 tablespoons of the olive oil and sprinkle them 1 teaspoon of salt. Roast in the oven for 25 minutes.
3. While the eggplants are cooking, heat the remaining 2 tablespoons of oil in a medium-sized pot. Add the onion and cook until it is translucent, about 5 minutes. Add the garlic and tomato paste and cook for 3-4 minutes, or until the tomato paste begins to smell fragrant. Add the crushed tomatoes and honey and bring to a boil. Reduce the heat, cover the pot, and simmer until the eggplants are cooked.
4. Spread 1 cup of the sauce in a 9"x9" pan. Add a layer of eggplants, top with 1 cup of sauce and 1/3 of both the cheeses. Repeat 2 more times so that you have 3 layers.
5. Put the pan into the oven and bake until the eggplant parmesan is bubbly and the cheese starts to brown, about 20 minutes. Remove the pan from the oven and let it rest for at least 15 minutes (or up to 30 minutes) before cutting into it.

walnut dijon Grilled Chicken

Whole30 + gluten-free



Nutrition Facts

Serving Size is one chicken leg and ¼ of the sauce and beans.

Serves 4

Amount Per Serving

Calories 462

% Daily Value*

Total Fat 22g 34%

Saturated Fat 3.9g

Cholesterol 241.2mg 80%

Sodium 1329.7mg 55%

Total Carbohydrate 7.8g 3%

Dietary Fiber 2.7g 11%

Sugars 3.3g

Protein 54.4g 109%

Vitamin A 3% Vitamin C 17%

Calcium 7% Iron 19%

GRILLED MUSTARD CHICKEN WITH CREAMY WALNUT SAUCE

Prep time: 10 mins | Cook time: 20 mins | Total time: 30 mins | Serves: 4

INGREDIENTS

- 1/2 cup toasted walnuts
- 1/2 cup water
- 1 1/2 tablespoons dijon mustard
- 1 small clove garlic
- 1/4 teaspoon balsamic vinegar
- Salt and pepper, to taste

FOR THE MUSTARD CHICKEN:

- 4 chicken legs
- 2 tablespoons dijon mustard
- 1/2 teaspoon sea salt
- 2 tablespoons finely minced parsley
- 1 tablespoon finely minced thyme
- Chopped walnuts, black pepper and parsley, to garnish

FOR THE GREEN BEANS:

- 4 handfuls of green beans
- 1 teaspoon olive oil
- 1/4 teaspoon sea salt
- 1 teaspoon dijon mustard

INSTRUCTIONS

1. Preheat the grill to medium low.
2. Place all of the walnut cream sauce ingredients in a blender and blend on high until it everything is smooth and creamy. Season to taste with salt and pepper.
3. Rub the chicken legs evenly with the mustard. Sprinkle the chicken with sea salt, parsley and thyme. Place the chicken legs skin side up on the bbq and let then grill for 15 minutes. Flip the chicken legs over and let them cook for another 5-8 minutes, or until the chicken reaches an internal temperature of 165 degrees.
4. Toss the green beans with the olive oil and sea salt. Pop them on the grill once the chicken has been on for 15 minutes. Let them grill for 5-8 minutes, or until they are tender but still crisp and they have many have grill marks on them. Toss the mustard and serve immediately.
5. To serve: Drizzle the chicken with the walnut mustard sauce and sprinkle some chopped walnuts over top and the green beans on the side.

healthier creamy TORTELLINI SOUP

vegetarian + easily vegan & gluten-free



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Nutrition Facts

Serving Size is 1 $\frac{2}{3}$ cups.

Serves 6

Amount Per Serving

Calories	413
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% Daily Value*

Total Fat 16.8g	26%
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Saturated Fat 4.5g

Cholesterol 28.6mg	10%
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Sodium 733.4mg	31%
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Total Carbohydrate 51.7g	17%
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Dietary Fiber 5.3g **21%**

Sugars 11.1g

Protein 18.1g	36%
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Vitamin A	10%	Vitamin C	39%
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Calcium	18%	Iron	27%
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HEALTHIER CREAMY TORTELLINI SOUP

Prep time: 10 mins | Cook time: 25 mins | Total time: 25 mins | Serves: 6

INGREDIENTS

- 1 tablespoon avocado oil
- 1 medium onion, minced
- 3 garlic cloves, minced
- 1 teaspoon Italian seasoning
- 4 tablespoons tomato paste
- 1 28-ounce can of diced tomatoes
- 4 cups stock (see notes)
- 12 ounces (about 3 generous cups) of refrigerated tortellini (use gluten-free or vegan ravioli, if needed)
- 4 tablespoons cashew butter + 1 cup warm water
- Sea salt and pepper, to taste
- 5 ounces baby spinach

INSTRUCTIONS

1. Heat the oil in a large soup pot over medium-high heat. Add the onion and cook until it's translucent, about 3 minutes. Add the garlic and Italian seasoning and cook for 1 minute.
2. Push the onions to the side of the pot and add the tomato paste to the center. Let it cook for 3 minutes, or until it begins to smell sweet. Add the diced tomatoes and stock to the pot and scrape any stuck on bits off the bottom of the pot. Season to taste with salt.
3. Bring the pot to a boil then add the tortellini and let it cook for 6 minutes.
4. Mix the cashew butter and water together then add it to the pot. Let it thicken the soup. Taste and season (if needed) with a little more salt and pepper. Stir the spinach into the soup.



Nutrition Facts

Serving Size is 6 ounces of salmon.
Serves 4

Amount Per Serving

Calories 314

% Daily Value*

Total Fat 11.8g **18%**

Saturated Fat 1.9g

Cholesterol 86.9mg **29%**

Sodium 350.6mg **15%**

Total Carbohydrate 14.7g **5%**

Dietary Fiber 0.2g **1%**

Sugars 13.5g

Protein 38.8g **78%**

Vitamin A 6% Vitamin C 1%

Calcium 3% Iron 5%

Nutritional information is calculated with low-sodium soy sauce and 1 teaspoon of sesame seeds.

SLOW BAKED ASIAN SALMON

Prep time: 10 mins | Cook time: 40 mins | Total time: 50 mins | Serves: 4

INGREDIENTS

- 1 1/2 lb. salmon fillet
- 3 tablespoons honey
- 2 tablespoons soy sauce (gluten-free or [coco aminos](#), as needed)
- 1 tablespoon sesame oil
- 1 1" piece of ginger, very finely minced
- 1 garlic clove, very finely minced
- Optional: 1 finely chopped red chili

For garnish: toasted sesame seeds and sliced green onions

INSTRUCTIONS

1. Preheat your oven to 200 degrees Fahrenheit.
2. Lay a piece of aluminum foil that is large enough to wrap the salmon in on a baking sheet. Place the salmon on top.
3. In a small bowl mix together the honey, soy sauce, sesame oil, ginger and garlic. Pour the glaze over the salmon and wrap the aluminum foil loosely around the salmon.
4. Bake in the preheated oven for about 40 minutes, or until the salmon flakes easily with a fork. Another way to check for doneness is to insert an instant read thermometer into the thickest part of the salmon. You want the temperature to be 140 degrees fahrenheit (60 degrees Celsius).
5. Serve the salmon with some sesame seeds and green onions sprinkled over the top.

Chicken Cabbage

easy stir fry recipe

Whole30 + low-carb + dairy-free



The Endless Meal

Nutrition Facts

Serving Size 4 slices of chicken and ¼ of the cabbage and veggies.

Serves 4

Amount Per Serving

Calories 359

% Daily Value*

Total Fat 16.8g **26%**

Saturated Fat 2.8g

Cholesterol 127mg **42%**

Sodium 703.6mg **29%**

Total Carbohydrate 10.5g **4%**

Dietary Fiber 2.3g **9%**

Sugars 7.1g

Protein 39.8g **80%**

Vitamin A 7% Vitamin C 141%

Calcium 5% Iron 8%

CHICKEN CABBAGE STIR FRY

Prep time: 5 mins | Cook time: 20 mins | Total time: 25 mins | Serves: 4

INGREDIENTS

THE CHICKEN

- 4 chicken breasts
- 1 tablespoon oil
- ½ teaspoon each: salt and pepper (see notes)
- 2 tablespoons each: mayonnaise and coco aminos (can sub soy sauce)

THE CABBAGE STIR FRY:

- 1 tablespoon oil
- 3 cups cabbage
- 1 red pepper, sliced
- 1 small head of broccoli, cut into florets
- 2 tablespoons coco aminos (can sub soy sauce)

Note: Omit the salt if you're using soy sauce rather than coco aminos.

INSTRUCTIONS

1. Cut the chicken breasts into 4 strips each. Heat the oil in a large frying pan over medium-high heat. Add the chicken and sear for 5 minutes on each side, or until no longer pink in the middle.
2. While the chicken is cooking, chop the veggies. In a medium-sized bowl, mix together the mayonnaise and coco aminos. When the chicken is cooked, add it to the bowl and toss to coat.
3. Add the remaining tablespoon of oil to the pan along with the cabbage, red pepper, and broccoli. Cook for 2-3 minutes, or until the veggies just barely start to soften. Add the coco amino and cook, stirring a few times, for another 3 minutes.
4. Divide the cabbage stir fry between 4 plates and top with the chicken. Drizzle any sauce left in the bowl over the cabbage.

easy homemade spaghetti sauce recipe

sugar-free + gluten-free + paleo



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Nutrition Facts

Serving Size is 1 cup.
Serves 8

Amount Per Serving

Calories 209

% Daily Value*

Total Fat 5.6g 9%

Saturated Fat 2g

Cholesterol 67.8mg 23%

Sodium 553.2mg 23%

Total Carbohydrate 13.2g 4%

Dietary Fiber 3g 12%

Sugars 7.5g

Protein 27.6g 55%

Vitamin A 2% Vitamin C 25%

Calcium 6% Iron 27%

Nutritional information is calculated with 1 teaspoon of salt.

HOMEMADE SPAGHETTI SAUCE

Prep time: 5 mins | Cook time: 30 mins | Total time: 35 mins | Serves: 8

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, very finely minced
- 3 garlic cloves, finely minced
- 1 5.5-ounce can tomato paste
- 2 lbs. lean ground beef
- 1 28-ounce can crushed tomatoes
- 2 teaspoons Italian seasoning
- Salt and pepper, to taste

INSTRUCTIONS

1. Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until it begins to soften, about 3 minutes. Reduce the heat to medium and continue to cook, stirring occasionally, until it is well caramelized, about 10 minutes more. Add the garlic and stir then push everything to the side of the pot.
2. Add the tomato paste to the pot and let it cook until it darkens and becomes sweet smelling, about 3-4 minutes. Add the ground beef and cook until it is no longer pink.
3. Add the crushed tomatoes and Italian seasoning and bring the pot to a simmer. Season to taste with salt and pepper.

An after dinner treat for you

One of my family's favorite treats is peanut butter banana ice cream. It's a super simple recipe that is made by blending frozen bananas with peanut butter in your food processor or high-powered blender. If you add some cocoa powder (like in [this recipe](#)) then it turns into healthy chocolate ice cream.

This recipe is best eaten right after you make it. Enjoy!



Nutrition Facts			
Serving Size is 1/2 cup. Serves 4			
Amount Per Serving			
Calories	201		
% Daily Value*			
Total Fat 8.7g	13%		
Saturated Fat 1.8g			
Cholesterol 0mg	0%		
Sodium 69.9mg	3%		
Total Carbohydrate 30.5g	10%		
Dietary Fiber 3.9g 15%			
Sugars 16.1g			
Protein 4.9g	10%		
Vitamin A	0%	Vitamin C	17%
Calcium	1%	Iron	3%
Nutritional information is calculated without the optional chocolate chips.			

PEANUT BUTTER BANANA ICE CREAM

Prep time: 5 mins | Cook time: 0 mins | Total time: 5 mins | Serves: 4

INGREDIENTS

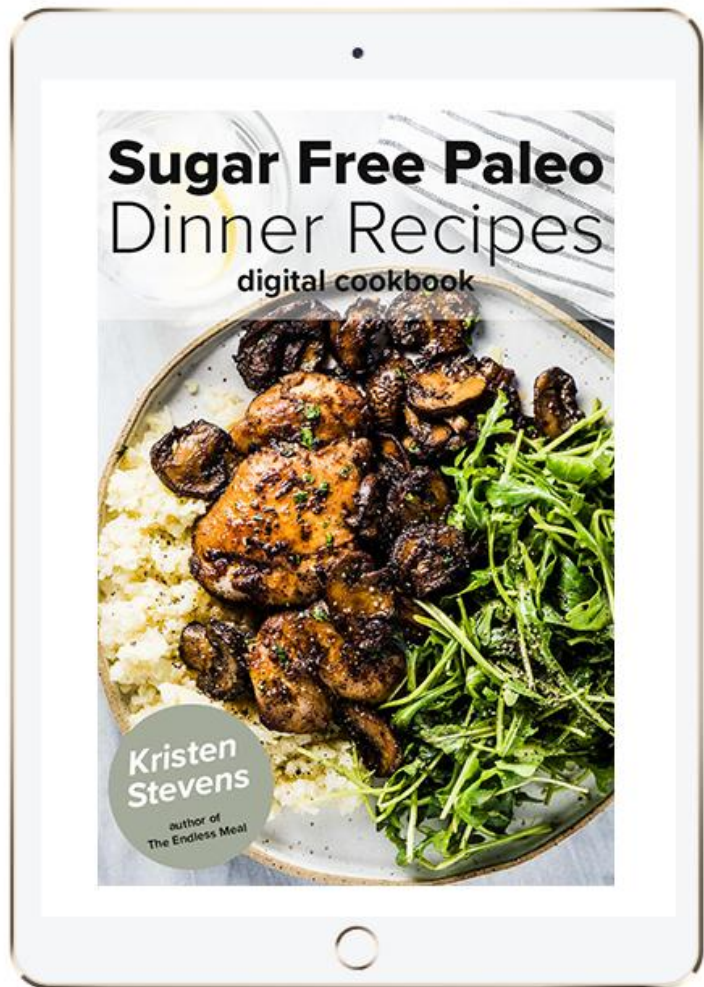
- 4 ripe, frozen bananas, peeled
- 1/4 cup all-natural salted peanut butter
- Optional: chocolate chips, to serve

NOTES

1. If you are using a high-powered blender, use the tamper to push the bananas into the blades.
2. If you're using a food processor, you may need to add a tablespoon or two of milk. Dairy-free milk works great.
3. To make a single serving, use 1 banana + 1 tablespoon of peanut butter.

INSTRUCTIONS

1. Place the bananas and peanut butter in your high-powered blender or food processor. (See notes) Blend on high, scraping down the edges, until the ice cream is very creamy, about 2-3 minutes.
2. Best served right away.



Still hungry?

You'll find more than 30 fresh new recipes in our cookbook. Like the title says, all the recipes are sugar-free paleo dinner recipes. They're easy to make, healthy, and delicious.

As the super awesome blog subscriber that you are, you get 30% off your purchase with the code **WELCOME**.

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THANK YOU FOR READING!

Thank you for reading our Healthy Dinner Recipes cookbook. I truly hope that you found this book helped you and your family.

If you want more easy to make and healthy recipes, make sure to check out our blog The Endless Meal. We have hundreds of [PALEO](#), [GLUTEN-FREE](#), [WHOLE30](#), [LOW-CARB](#), [VEGAN](#), and [VEGETARIAN](#) recipes for you to try!

If you would like to get clean eating recipes and updates on social media, be sure to follow us on:

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Have a happy, healthy day!

Kristen Stevens & the team at The Endless Meal