

# 6 Recipes for the grill



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## 6 Recipes for the Grill

It is burning hot here right now. I try to use my oven as little as possible during the summer. If you are wanting to use your grill more, give these recipes a try. Bonus for some of these recipes, they can be dumped in a baggie and placed in your freezer. Put in the fridge the night before you want to grill them. So easy! All of the recipes are s meals as written, except for the grilled chicken with peach salsa.



This trim healthy mama e meal is perfect for summer with fresh local peaches. You can adjust the heat of this meal to what is perfect for your family. I add more heat to my bowl and so does my hubby. One of the teens in our home is really sensitive to heat so we make things with a little heat but that is all they can handle.

## Grilled Chicken with Peach Salsa

### Ingredients

- 4 Med Peaches, peeled and sliced, grilled and chopped
- 1 T Finely Diced Jalapeno
- 1 Chipotle Pepper, finely diced
- 1 T Lime Juice
- 1/4 C Finely Diced Purple Onion
- 1/2 t Ground Cumin
- 1/2 t Chili Powder
- 1/2 t Salt
- 1/4 t Black Pepper
- 1/3 C Chopped Cilantro
- 1 T Brown Sugar Sub

- 4 Chicken Breasts If you have large chicken breasts, you only need 2. Butterfly them so they grill evenly.
- 2 T Olive Oil
- 2 T White Wine Vinegar
- 2 T Bragg's Liquid Aminos
- 3 T Brown Sugar Sub
- 1/2 T Dijon Mustard
- 1 t Salt
- 1/2 t Black Pepper
- 1 t Minced Garlic
- 1/2 t Chili Powder
- 1/2 t Ground Cumin

## Instructions

1. Put your grilled and diced peaches in a bowl.
2. Add the next 10 ingredients, all the way to the chicken breasts to the same bowl.
3. Gently stir to combine and store in the fridge.
4. If needed butterfly your chicken. Combine the marinade ingredients in a gallon size baggie. Add your chicken breasts. Store in the fridge until ready to grill.
5. Grill the chicken breasts until they are cooked through but don't overcook them.
6. Allow the chicken to cool for a few minutes. Slice the chicken.
7. Lay your chicken breasts on top of some cooked brown rice. Top with the peach salsa.

## Hobo Packs

**This recipe is more of an idea with countless possible variations. This is a recipe we make pretty much every time we go camping. It is almost always slightly different. Use whatever veggies you have available at the moment. In the picture below I used a frozen veggie mix I bought from Costco and some broccoli. The salmon is a frozen filet from Aldi. You can go Italian with Italian seasonings, some marinara and add some mozzarella cheese and parmesan cheese after you packet has cooked. You can go the same route and give it a Mexican flair. I love when I make these because my teens are responsible to assemble their own. I cook them on the grill and then cleanup is minimal.**



# THM Hobo Packs

## Ingredients

- 1-2 Lb Meat of Choice
- 1-2 Lb Vegetables of choice
- 1-4 tsp Olive Oil

*Seasonings: Salt, Pepper, Minced Garlic, Creole Seasoning, Lemon Pepper, Smoked Paprika, Etc. and foil*

## Instructions

1. Put your ingredients on a double layer of aluminum foil.
2. Cook on a grill or in a fire until done. Make sure you flip so they don't burn.
3. Check their doneness after about 15 minutes. Cook and flip until the hobo packs are cooked through.
4. Serve hot.



These pork chops are a nice break from having grilled chicken. When I make these, my family eats every bite. I like to grill extra for a meal later in the week or I freeze to be enjoyed later. I learned that if I grill extra, I need to make sure that I go ahead and put away the extra pork chops. I like to grill zucchini as one of the sides for these pork chops. So easy and my family like them too.

## Grilled Pork Chops

### Ingredients

- 5 Pork Chops
- 2 T Smoked Paprika
- 1 t Garlic Powder
- 1 t Onion Powder
- 1 t Salt
- 1 t Mustard Powder
- 1/2 t Black Pepper

### Instructions

1. Mix your dry ingredients together
2. Sprinkle the spice mixture on one side of the pork chops.
3. Place your pork chops on a hot grill. Sprinkle the rest of the seasoning on top of the pork chops.
4. Grill until cooked through., turning frequently.



## The Best Grilled Shrimp

Shrimp cooks so fast. Have everything ready to go before you put them on the grill. My family loves shrimp and I try to plan it in our menu a couple times a month. This grilled recipe was a hit with them.

### Ingredients

- 1 Lb Raw Deveined Shrimp, thawed Mine still had the shell on, I unshelled right to the tail
- 1/4 C Olive Oil
- 1/4 C Lemon Juice
- 1 T Minced Garlic
- 1 t Dried Parsley
- 1/2 T Bragg's Liquid Aminos
- 1/2 t Salt

### Instructions

1. Mix marinade together (everything but the shrimp)
2. Add thawed shrimp to marinade. Toss to coat.
3. Skewer your shrimp
4. Cook on your hot grill over medium heat for 2-3 minutes.
5. Flip and cook for 2-3 more minutes.
6. Serve hot.



## Cilantro Lime Chicken

**This is one of my family's favorite chicken recipes. This can also be made ahead and frozen. Thaw in the fridge overnight and grill the next day.**

Olive Oil

- 1/3 C Lime juice
- 3/4 C Chopped Cilantro
- 1 T Minced Garlic
- 1 t Salt
- 1/2 t Black Pepper
- 1 t Ground Cumin

### Instructions

1. Put everything into a freezer baggie, except chicken and squish around. Add chicken and squish around again and freeze or allow to marinate for a few hours.
2. Thaw and cook on your grill, turning a few times until they are cooked through.



## Low Carb Mexican Sliders

### Ingredients

- 2 lb Ground Beef
- 1 t Salt
- 1/2 t Black Pepper
- 1 t Chili Powder
- 1/2 t Ground Cumin
- 1/2 t Onion Powder
- 1/2 t Garlic Powder
- 1/2 t Smoked Paprika
- 1 T Finely Diced Jalapeno, optional
- Bun of Choice

*Toppings of choice: Diced Onion, Chopped Cilantro, Diced Avocado, Pickled Jalapeno, Diced Tomatoes, Queso or Sliced Cheese*

### Instructions

1. Mix the hamburger meat with the seasonings.
2. Form the meat into small patties. We make a small indentation in the middle to help with shrinkage.
3. Grill or cook until done to your preferred tastes.
4. Prepare your bread.
5. Add your slider and desired toppings.