



BBQ on Sticks

BRIDGET FAUTEUX

BBQ on Sticks

FIT NUTRITION CANADA

Who doesn't love anything on a stick lol enjoy! Tag me if you make these :)

Tandoori Paneer Skewers

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1/4 cup Plain Greek Yogurt
- 2 tbsps Tandoori Masala
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt (to taste)
- 12 ozs Paneer Cheese (cubed)
- 1 Orange Bell Pepper (medium, chopped)
- 4 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	366	Calcium	383mg
Fat	27g	Iron	0mg
Saturated	16g	Vitamin D	6IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	2g	Thiamine	0mg
Carbs	11g	Riboflavin	0mg
Fiber	2g	Niacin	0mg
Sugar	3g	Vitamin B6	0.1mg
Protein	24g	Folate	12µg
Cholesterol	78mg	Vitamin B12	0µg
Sodium	1279mg	Phosphoro...	11mg
Potassium	159mg	Magnesium	6mg
Vitamin A	171IU	Zinc	0mg
Vitamin C	86mg	Selenium	0µg

DIRECTIONS

- 01 Preheat the grill to medium-low heat.
- 02 In a large bowl, whisk together the yogurt, tandoori masala, oil, and salt. Add the paneer and toss until well coated.
- 03 Thread the paneer and bell peppers evenly onto the skewers.
- 04 Cook the skewers for four to five minutes per side, until browned. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one 12-inch skewer.

MORE FLAVOR

Let the paneer marinate in the yogurt sauce for two hours before grilling.

ADDITIONAL TOPPINGS

Top with lemon juice and chaat masala.

SERVE IT WITH

Serve over rice, with naan, grilled veggies, and/or a side salad.

Tandoori BBQ Chicken Skewers

5 SERVINGS 1 HOUR 25 MINUTES



INGREDIENTS

1 1/2 lbs Chicken Thighs (boneless, skinless, cut into 1-inch cubes)
Sea Salt & Black Pepper (to taste)
1 tbs Cumin
2 tsps Paprika
1 tsp Turmeric
1 tsp Coriander
1/2 tsp Cayenne Pepper
1/2 cup Plain Cow's Yogurt, Whole Milk
4 Garlic (cloves, minced)
1 1/2 tbsps Lemon Juice
5 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	195	Calcium	61mg
Fat	7g	Iron	3mg
Saturated	2g	Vitamin D	1IU
Trans	0g	Vitamin E	1mg
Polysat...	1g	Vitamin K	5µg
Monouns...	3g	Thiamine	0.1mg
Carbs	4g	Riboflavin	0.3mg
Fiber	1g	Niacin	8mg
Sugar	1g	Vitamin B6	0.7mg
Protein	28g	Folate	9µg
Cholesterol	131mg	Vitamin B12	0.9µg

DIRECTIONS

- 01 Season the chicken with salt and pepper.
- 02 In a large bowl, mix the spices with the yogurt, garlic, and lemon juice. Add the chicken and cover with plastic wrap. Place in the fridge to marinate for one hour.
- 03 Thread the chicken cubes onto the skewers. Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one 12-inch skewer.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

DAIRY-FREE

Use dairy-free yogurt.

ADDITIONAL TOPPINGS

Serve with fresh cilantro on top and some lemon zest.

SERVE IT WITH

Serve alongside rice, extra yogurt to dip in, and/or grilled veggies.

Sodium	144mg	Phosphoro...	292mg
Potassium	446mg	Magnesium	44mg
Vitamin A	577IU	Zinc	2mg
Vitamin C	3mg	Selenium	32µg

Mango Shrimp Skewers

4 SERVINGS 20 MINUTES



INGREDIENTS

- 8 Barbecue Skewers (10-inch, wood, soaked)
- 1 lb Shrimp (peeled, deveined)
- 2 Mango (peeled and cubed)
- 1 tbs Avocado Oil
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	231	Calcium	93mg
Fat	5g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	9µg
Monouns...	3g	Thiamine	0mg
Carbs	26g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	23g	Vitamin B6	0.2mg
Protein	24g	Folate	74µg
Cholesterol	183mg	Vitamin B12	0µg
Sodium	432mg	Phosphoro...	268mg
Potassium	597mg	Magnesium	57mg
Vitamin A	1857IU	Zinc	2mg
Vitamin C	65mg	Selenium	1µg

DIRECTIONS

- 01 Preheat oven to 450°F (230°C) or preheat grill.
- 02 Thread shrimp and mango evenly onto skewers.
- 03 Brush shrimp skewers with oil and season with salt.
- 04 Bake at 450°F (230°C) for five to seven minutes, until the shrimp are cooked through. Alternatively, place skewers on the grill and cook for two to three minutes per side.
- 05 Top with lime juice and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in a resealable container for up to three days.

SERVING SIZE

One serving is equal to approximately two skewers.

MORE FLAVOR

Season with garlic powder before cooking for extra flavor.

Grilled Cilantro Lime Pesto Shrimp

4 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Cilantro (tough stems removed)
1 cup Parsley (tough stems removed)
1 Garlic (clove, minced)
3 tbsps Lime Juice
2 tbsps Hemp Seeds
Sea Salt & Black Pepper (to taste)
1/3 cup Extra Virgin Olive Oil
1 lb Shrimp (peeled, deveined, tails removed)
4 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	313	Calcium	103mg
Fat	23g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	274µg
Monouns...	15g	Thiamine	0.1mg
Carbs	3g	Riboflavin	0mg
Fiber	1g	Niacin	1mg
Sugar	0g	Vitamin B6	0.1mg
Protein	25g	Folate	32µg
Cholesterol	183mg	Vitamin B12	0µg
Sodium	146mg	Phosphoro...	339mg
Potassium	481mg	Magnesium	84mg

DIRECTIONS

- 01 Add the cilantro, parsley, garlic, lime juice, hemp seeds, salt, and pepper to the food processor. Pulse to finely chop the cilantro and parsley. With the food processor running, stream in the olive oil. Blend for about a minute, scraping down the sides of the bowl as needed.
- 02 Add half of the sauce to a zipper-lock bag then add the shrimp. Marinate the shrimp for at least 15 minutes.
- 03 Shake off any excess marinade and pierce the shrimp onto the barbecue skewers. Discard the leftover marinade that was touching the shrimp.
- 04 Grill over medium-high heat for four to five minutes, flipping halfway through or until the shrimp are cooked through. Divide the shrimp skewers between plates and serve with the remaining sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one 12-inch skewer.

MORE FLAVOR

Add cumin or red pepper flakes to the pesto sauce.

NO PARSLEY

Use more cilantro instead.

NO HEMP SEEDS

Omit or use walnuts or pine nuts instead.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Vitamin A 1557IU Zinc 2mg
Vitamin C 25mg Selenium 0µg

Steak & Mushroom Kabobs

2 SERVINGS 50 MINUTES



INGREDIENTS

- 2 tbsps Coconut Aminos
- 2 tbsps Balsamic Vinegar
- 1 tbsp Avocado Oil
- 2 Garlic (clove, minced)
- 1/4 tsp Italian Seasoning
- 8 ozs Top Sirloin Steak (cut into cubes)
- 12 Cremini Mushrooms (medium, whole)
- 1/4 cup Red Onion (cut into chunks)
- 4 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	370	Calcium	46mg
Fat	24g	Iron	2mg
Saturated	7g	Vitamin D	8IU
Trans	0g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	2µg
Monouns...	12g	Thiamine	0.1mg
Carbs	12g	Riboflavin	0.5mg
Fiber	1g	Niacin	11mg
Sugar	8g	Vitamin B6	0.8mg
Protein	26g	Folate	35µg
Cholesterol	88mg	Vitamin B12	1.3µg
Sodium	338mg	Phosphoro...	312mg
Potassium	753mg	Magnesium	37mg
Vitamin A	1IU	Zinc	5mg

DIRECTIONS

- 01 In a zipper-lock bag or shallow bowl, combine the coconut aminos, balsamic vinegar, oil, garlic, and Italian seasoning. Add the steak and marinate for at least 30 minutes or up to overnight.
- 02 Assemble the skewers by piercing the steak, mushrooms, and red onions onto the barbecue skewers. Brush the skewers with some of the excess marinade to evenly coat the vegetables.
- 03 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes or until the steak is cooked to your liking and the vegetables are soft. Divide the skewers between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two 12-inch skewers.

MORE FLAVOR

Add other dried herbs and spices.

SERVE IT WITH

Salad, rice, cauliflower rice or other roasted or grilled vegetables.

MAKE IT VEGAN

Use tofu instead of steak.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Vitamin C 5mg Selenium 35µg

Steak & Bell Pepper Skewers

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1 Garlic (clove, minced)
- 2 tbsps Tamari
- 1 tbsp Avocado Oil
- 1 tbsp Rice Vinegar
- 1/4 tsp Ground Ginger
- 1/8 tsp Black Pepper
- 8 ozs Top Sirloin Steak (cut into cubes)
- 2 Green Bell Pepper (medium, cut into chunks)
- 1/2 cup Red Onion (cut into chunks)
- 4 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	359	Calcium	57mg
Fat	23g	Iron	3mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	11µg
Monouns...	12g	Thiamine	0.1mg
Carbs	11g	Riboflavin	0.2mg
Fiber	3g	Niacin	9mg
Sugar	5g	Vitamin B6	1.0mg
Protein	26g	Folate	35µg
Cholester...	88mg	Vitamin B12	1.3µg
Sodium	1069mg	Phosphoro...	267mg

DIRECTIONS

- 01 In a zipper-lock bag or shallow bowl, combine the garlic, tamari, oil, rice vinegar, ginger and black pepper. Add the steak and marinate for at least 30 minutes or up to overnight.
- 02 Assemble the skewers by piercing the steak, pepper, and onion onto the barbecue skewers.
- 03 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes or until the steak is cooked to your liking and the vegetables are tender-crisp. Divide the skewers between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two 8-inch skewers.

MORE FLAVOR

Brush the skewers with some of the excess marinade before grilling.

MAKE IT VEGAN

Use tofu instead of steak.

SERVE IT WITH

Rice, cauliflower rice, salad, pita bread, or other roasted or grilled vegetables.

NO TAMARI

Use soy sauce or coconut aminos instead.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Potassium	667mg	Magnesium	47mg
Vitamin A	442IU	Zinc	4mg
Vitamin C	99mg	Selenium	25µg

BBQ Maple Brussels Sprouts

4 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)
3 tbsps Maple Syrup
2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Dijon Mustard
1/2 tsp Sea Salt
8 Barbecue Skewers

DIRECTIONS

- 01 Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water.
- 02 In a large bowl, add the Brussels sprouts along with the maple syrup, oil, dijon mustard, and salt. Toss until well coated.
- 03 Pierce the Brussels sprouts onto the skewers.
- 04 Grill over medium-high heat for about four minutes per side, until tender and slightly charred. Serve onto plates and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	142	Calcium	52mg
Fat	7g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	160µg
Monouns...	5g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.3mg
Fiber	3g	Niacin	1mg
Sugar	11g	Vitamin B6	0.2mg
Protein	3g	Folate	54µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	381mg	Phosphoro...	61mg
Potassium	374mg	Magnesium	23mg
Vitamin A	664IU	Zinc	1mg
Vitamin C	75mg	Selenium	2µg

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two 12-inch skewers.

MORE FLAVOR

Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Grilled Lemon Dijon Tofu Skewers

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1/2 Lemon (juiced)
- 2 tbsps Avocado Oil
- 1 1/2 tbsps Dijon Mustard (divided)
- 2 tpsps Dried Chives
- 1/2 tsp Sea Salt
- 7 1/16 ozs Tofu (extra-firm, pressed and cut into large cubes)
- 1 Red Bell Pepper (cut into large chunks)
- 1 Yellow Bell Pepper (cut into large chunks)
- 1 cup Cherry Tomatoes
- 6 Barbecue Skewers
- 1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	301	Calcium	315mg
Fat	20g	Iron	3mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polysat...	5g	Vitamin K	12µg
Monouns...	11g	Thiamine	0.1mg
Carbs	21g	Riboflavin	0.3mg
Fiber	4g	Niacin	2mg
Sugar	12g	Vitamin B6	0.5mg
Protein	12g	Folate	74µg

DIRECTIONS

- 01 Combine the lemon juice, oil, 1/3 of the Dijon mustard, chives, and sea salt in a zipper-lock bag or shallow bowl. Add the tofu and gently toss until evenly coated. Refrigerate for at least 30 minutes or overnight.
- 02 Pierce the tofu, bell peppers, and tomatoes onto barbecue skewers.
- 03 In a small bowl combine the remaining Dijon mustard with the maple syrup.
- 04 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes until the vegetables are lightly charred or your desired doneness is reached. Brush with the Dijon maple sauce during the last few minutes of cooking. Divide skewers between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately three 8-inch skewers.

MORE FLAVOR

Add garlic or other fresh or dried herbs.

SERVE IT WITH

Rice, quinoa, salad, pita bread, or other roasted or grilled vegetables.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Cholesterol	0mg	Vitamin B12	0µg
Sodium	727mg	Phosphoro...	168mg
Potassium	665mg	Magnesium	65mg
Vitamin A	2716IU	Zinc	2mg
Vitamin C	262mg	Selenium	13µg

Steak & Potato Skewers

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1 1/2 tbsps Tamari
- 1 tbsp Avocado Oil
- 1 1/2 tpsps Dijon Mustard
- 3/4 tsp Chili Powder
- 1/4 tsp Oregano
- 8 ozs Top Sirloin Steak
- 2 cups Mini Potatoes
- 1 Red Bell Pepper (medium, cut into chunks)
- 4 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	451	Calcium	59mg
Fat	24g	Iron	4mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	9µg
Monouns...	12g	Thiamine	0.2mg
Carbs	31g	Riboflavin	0.2mg
Fiber	5g	Niacin	10mg
Sugar	4g	Vitamin B6	1.3mg
Protein	28g	Folate	65µg
Cholesterol	88mg	Vitamin B12	1.3µg
Sodium	893mg	Phosphoro...	327mg
Potassium	1163mg	Magnesium	72mg

DIRECTIONS

- 01 In a zipper-lock bag or shallow bowl, combine the tamari, oil, Dijon mustard, chili powder, and oregano. Add the steak and marinate for at least 30 minutes or up to overnight.
- 02 Meanwhile, boil the potatoes for about 15 minutes or until just tender. Let to potatoes rest until cool enough to handle.
- 03 Assemble the skewers by piercing the potatoes, steak, and bell pepper onto barbecue skewers. Brush the skewers with any of the excess marinade to coat the potatoes and peppers.
- 04 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes or until the steak is cooked to your liking. Divide the skewers between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two 12-inch skewers.

SERVE IT WITH

Salad or other roasted or grilled vegetables.

MAKE IT VEGAN

Use tofu instead of steak.

NO TAMARI

Use soy sauce or coconut aminos instead.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Vitamin A 2165IU Zinc 5mg
Vitamin C 106mg Selenium 26µg

Spiced Halloumi Kabobs

6 SERVINGS 10 MINUTES



INGREDIENTS

9 ozs Halloumi
3 Barbecue Skewers (cut in half)
1 1/2 tsps Avocado Oil
1 1/2 tsps Za'atar Spice
1/4 tsp Cayenne Pepper

NUTRITION

AMOUNT PER SERVING

Calories	178	Calcium	380mg
Fat	15g	Iron	0mg
Saturated	9g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	1g	Thiamine	0mg
Carbs	0g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	11g	Folate	0µg
Cholesterol	38mg	Vitamin B12	0µg
Sodium	562mg	Phosphoro...	0mg
Potassium	2mg	Magnesium	0mg
Vitamin A	31IU	Zinc	0mg
Vitamin C	2mg	Selenium	0µg

DIRECTIONS

- 01 Cut the halloumi into thick squares. Thread onto skewers and brush with oil. Sprinkle the za'atar and cayenne over the skewers, using your hands to ensure all pieces are coated.
- 02 Grill over medium-high heat for two to three minutes per side, until charred. Remove and let cool slightly. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one 6-inch skewer.

SERVE IT WITH

Over a salad, with rice and grilled vegetables, or with your favorite dipping sauce.

Tofu, Bell Pepper & Pineapple Skewers

5 SERVINGS 45 MINUTES



INGREDIENTS

2 tbsps Miso Paste
1 tbsp Extra Virgin Olive Oil
1 1/2 tbsps Tamari
1 1/2 tbsps Maple Syrup
1 1/4 lbs Tofu (extra firm, drained and pat dry)
1 Red Bell Pepper (medium, chopped)
3 cups Pineapple (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	204	Calcium	340mg
Fat	9g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	7µg
Monouns...	3g	Thiamine	0.2mg
Carbs	22g	Riboflavin	0.2mg
Fiber	3g	Niacin	1mg
Sugar	16g	Vitamin B6	0.3mg
Protein	13g	Folate	40µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	641mg	Phosphoro...	147mg
Potassium	329mg	Magnesium	58mg
Vitamin A	803IU	Zinc	2mg
Vitamin C	78mg	Selenium	15µg

DIRECTIONS

- 01 In a bowl, whisk together the miso, oil, tamari, and maple syrup. Add the tofu and gently toss until evenly coated. Cover and refrigerate for at least 30 minutes or overnight.
- 02 Add the tofu, bell pepper, and pineapple onto the barbecue skewers. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two 12-inch skewers.

ADDITIONAL TOPPINGS

Sprinkle sesame seeds over the tofu before grilling.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Steak Skewers with Pita & Hummus

4 SERVINGS 20 MINUTES



INGREDIENTS

1 lb Top Sirloin Steak (cut into 1-inch pieces)
1 Green Bell Pepper (medium, chopped)
1 cup Cherry Tomatoes
8 Barbecue Skewers
Sea Salt & Black Pepper (to taste)
2 Whole Wheat Pita (sliced in half)
1 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	485	Calcium	69mg
Fat	28g	Iron	4mg
Saturated	8g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polysat...	6g	Vitamin K	21µg
Monouns...	10g	Thiamine	0.3mg
Carbs	30g	Riboflavin	0.2mg
Fiber	6g	Niacin	9mg
Sugar	3g	Vitamin B6	0.9mg
Protein	31g	Folate	62µg
Cholesterol	88mg	Vitamin B12	1.3µg
Sodium	457mg	Phosphoro...	389mg
Potassium	737mg	Magnesium	98mg
Vitamin A	435IU	Zinc	6mg
Vitamin C	29mg	Selenium	42µg

DIRECTIONS

- 01 Pierce the steak, bell pepper, and tomatoes onto the barbecue skewers. Season with salt and pepper.
- 02 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached.
- 03 Serve the skewers with pita and hummus. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two 12-inch skewers, half a pita, and 1/4 cup of hummus.

GLUTEN-FREE

Use lettuce wraps instead of pita bread.

ADDITIONAL TOPPINGS

Add pickled veggies, lettuce, cilantro, parsley, red onion, or olives.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

NO HUMMUS

Use baba ganoush or tzatziki instead.

BBQ Steak Skewers with Chimichurri

8 SERVINGS 20 MINUTES



INGREDIENTS

1 1/4 cups Cilantro (stems removed)
1 1/4 cups Parsley (stems removed)
1 Garlic (clove)
2 tbsps Apple Cider Vinegar
2 tbsps Extra Virgin Olive Oil
1 1/2 tps Sea Salt (to taste, divided)
1 3/4 lbs Top Sirloin Steak (cut into 1-inch pieces)
3 cups Red Onion (chopped)
8 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	543	Calcium	109mg
Fat	35g	Iron	4mg
Saturated	12g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	335µg
Monouns...	17g	Thiamine	0.1mg
Carbs	13g	Riboflavin	0.2mg
Fiber	3g	Niacin	13mg
Sugar	5g	Vitamin B6	1.2mg
Protein	42g	Folate	77µg
Cholester...	155mg	Vitamin B12	2.2µg
Sodium	1005mg	Phosphoro...	409mg
Potassium	928mg	Magnesium	63mg

DIRECTIONS

- 01 In a food processor, combine the cilantro, parsley, garlic, apple cider vinegar, oil, and salt until your desired consistency is reached. Add more oil or water, if needed.
- 02 Pierce the steak and red onion onto the barbecue skewers. Season with salt.
- 03 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Scoop the chimichurri sauce over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one 13.5-inch (34 cm) skewer.

ADDITIONAL TOPPINGS

Serve with grilled corn on the cob, brown rice, quinoa, or a salad.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Vitamin A 1940IU Zinc 8mg
Vitamin C 36mg Selenium 44µg

Steak & Veggie Kabobs

5 SERVINGS 20 MINUTES



INGREDIENTS

1 3/4 lbs Top Sirloin Steak (cut into 1-inch pieces)
2 Green Bell Pepper (medium, chopped)
2 cups Cherry Tomatoes
2 cups Red Onion (chopped)
10 Barbecue Skewers
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	386	Calcium	65mg
Fat	23g	Iron	3mg
Saturated	9g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polysat...	1g	Vitamin K	11µg
Monouns...	10g	Thiamine	0.1mg
Carbs	10g	Riboflavin	0.2mg
Fiber	3g	Niacin	11mg
Sugar	5g	Vitamin B6	1.1mg
Protein	33g	Folate	43µg
Cholesterol	124mg	Vitamin B12	1.8µg
Sodium	88mg	Phosphoro...	330mg
Potassium	809mg	Magnesium	49mg
Vitamin A	674IU	Zinc	6mg
Vitamin C	51mg	Selenium	35µg

DIRECTIONS

- 01 Pierce the steak, green bell peppers, cherry tomatoes, and red onions onto the barbecue skewers. Season with salt and pepper.
- 02 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals two 13.5-inch (34 cm) skewers.

MORE FLAVOR

Add your choice of additional herbs and spices. Use a charcoal grill.

ADDITIONAL TOPPINGS

Serve with lettuce wraps, grilled corn on the cob or a side of mixed greens.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Shish Tawouk

6 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

10 ozs Chicken Breast (boneless, skinless, cubed)
1/2 cup Plain Greek Yogurt
2 tbsps Lemon Juice
1 tbsps Tomato Paste
1 1/2 tbsps Tawook Spice Blend
1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	75	Calcium	45mg
Fat	2g	Iron	0mg
Saturated	1g	Vitamin D	9IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	2g	Riboflavin	0.1mg
Fiber	0g	Niacin	5mg
Sugar	1g	Vitamin B6	0.4mg
Protein	13g	Folate	6µg
Cholesterol	37mg	Vitamin B12	0.1µg
Sodium	713mg	Phosphoro...	103mg
Potassium	190mg	Magnesium	15mg
Vitamin A	459IU	Zinc	0mg
Vitamin C	7mg	Selenium	11µg

DIRECTIONS

- 01 In a large bowl, combine all ingredients until well incorporated. Cover and refrigerate for at least one hour.
- 02 Slide the marinated chicken onto skewers.
- 03 Grill the skewers over medium-high heat for 10 to 15 minutes, or until cooked through. Flip halfway through for even cooking. Remove from the grill and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one skewer with 6 to 8 pieces of chicken.

MORE FLAVOR

Add garlic and/or olive oil to the marinade.

NO GREEK YOGURT

Use plain yogurt instead.

SERVE IT WITH

Toum (garlic sauce), pita, rice, mixed greens or roasted vegetables.

Veggie Skewers

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Cremini Mushrooms (halved)
1 cup Red Onion (chopped)
1 Red Bell Pepper (seeds removed, chopped)
2 tbsps Extra Virgin Olive Oil
4 Barbecue Skewers
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	87	Calcium	12mg
Fat	7g	Iron	0mg
Saturated	1g	Vitamin D	1IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	6µg
Monouns...	5g	Thiamine	0mg
Carbs	6g	Riboflavin	0.1mg
Fiber	1g	Niacin	1mg
Sugar	3g	Vitamin B6	0.1mg
Protein	1g	Folate	24µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	4mg	Phosphoro...	35mg
Potassium	178mg	Magnesium	9mg
Vitamin A	932IU	Zinc	0mg
Vitamin C	41mg	Selenium	2µg

DIRECTIONS

- 01 Toss the mushrooms, onion and bell pepper in a bowl with the oil until well coated.
- 02 Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
- 03 Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one skewer with 7 to 8 pieces.

MORE FLAVOR

Add your choice of dried herbs or spices.

Cumin Lamb Skewers

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Cumin Seed
2 tsps Fennel Seed
1 tsp Sea Salt
2 tsps Chili Powder
1 1/4 lbs Lamb Shoulder Chop (cut into 1-inch cubes, bones discarded)
2 tbsps Extra Virgin Olive Oil
4 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	310	Calcium	84mg
Fat	21g	Iron	4mg
Saturated	5g	Vitamin D	7IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	6µg
Monouns...	9g	Thiamine	0.1mg
Carbs	3g	Riboflavin	0.3mg
Fiber	1g	Niacin	6mg
Sugar	0g	Vitamin B6	0.1mg
Protein	30g	Folate	1µg
Cholesterol	83mg	Vitamin B12	3.6µg
Sodium	750mg	Phosphoro...	292mg
Potassium	553mg	Magnesium	47mg
Vitamin A	466IU	Zinc	5mg
Vitamin C	0mg	Selenium	11µg

DIRECTIONS

- 01 Coarsely grind the cumin seeds and fennel seeds in a spice grinder or with a mortar and pestle. Combine with salt and chili powder. Set aside.
- 02 In a large bowl, toss the lamb in olive oil. Add the spices and mix until well coated. Pierce the lamb onto the barbecue skewers.
- 03 Grill over medium heat for about four minutes per side, or until browned and cooked through. Sprinkle additional cumin and chili powder just before serving (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals one skewer with approximately 6 to 8 pieces.

MORE FLAVOR

Use a charcoal grill.

ADDITIONAL TOPPINGS

Serve with lime or lemon juice, lettuce wraps, pickled veggies, brown rice or flatbread.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Bacon-Wrapped Mushroom Skewers

6 SERVINGS 20 MINUTES



INGREDIENTS

9 White Button Mushrooms (large)
9 slices Bacon
3 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	171	Calcium	3mg
Fat	16g	Iron	0mg
Saturated	5g	Vitamin D	9IU
Trans	0g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	0µg
Monouns...	7g	Thiamine	0.1mg
Carbs	1g	Riboflavin	0.1mg
Fiber	0g	Niacin	3mg
Sugar	1g	Vitamin B6	0.1mg
Protein	7g	Folate	5µg
Cholesterol	28mg	Vitamin B12	0.2µg
Sodium	317mg	Phosphoro...	93mg
Potassium	170mg	Magnesium	8mg
Vitamin A	16IU	Zinc	1mg
Vitamin C	1mg	Selenium	11µg

DIRECTIONS

- 01 Wrap each mushroom with a slice of bacon, then pierce onto the barbecue skewers.
- 02 Grill over medium heat, turning frequently until cooked through, about 15 minutes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately half a skewer, or 1 1/2 bacon-covered mushrooms.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for 30 minutes before grilling.

Lamb Skewers with Avocado Sauce

4 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 lbs Lamb Loin (fat trimmed, chopped into 1-inch cubes)
3 tbsps Extra Virgin Olive Oil (divided)
4 Barbecue Skewers
1 1/2 tsps Sea Salt (divided)
1/2 Lemon (juiced)
1 Avocado (peeled, pitted)

NUTRITION

AMOUNT PER SERVING

Calories	414	Calcium	27mg
Fat	28g	Iron	4mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	17µg
Monouns...	16g	Thiamine	0.3mg
Carbs	5g	Riboflavin	0.5mg
Fiber	3g	Niacin	12mg
Sugar	0g	Vitamin B6	0.4mg
Protein	37g	Folate	83µg
Cholesterol	112mg	Vitamin B12	3.8µg
Sodium	1004mg	Phosphoro...	350mg
Potassium	719mg	Magnesium	61mg
Vitamin A	74IU	Zinc	6mg
Vitamin C	7mg	Selenium	40µg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with foil.
- 02 Toss the lamb in 1/3 of the oil and thread onto the skewers. Season with 1/3 of the salt. Transfer to the baking sheet and cook for 8 to 10 minutes or until cooked through.
- 03 Meanwhile, combine the remaining oil, salt, lemon juice and avocado in a food processor or blender. If needed, add a bit of water until your desired consistency is reached.
- 04 Divide the lamb skewers onto plates. Drizzle with avocado sauce and enjoy!

NOTES

LEFTOVERS

Refrigerate the lamb and avocado sauce in separate airtight containers for up to three days.

SERVING SIZE

One serving is equal to approximately one large lamb skewer and two tablespoons of avocado sauce.

NO LEMON JUICE

Use apple cider vinegar instead.

NO LAMB LOIN

Use beef, chicken or shrimp instead.

GRILL LOVER

Grill the lamb skewers over medium heat, rotating frequently for 7 to 8 minutes for medium-rare to medium.

BARBECUE SKEWERS

If your barbecue skewers are wooden, be sure to soak them before using.

Grilled Mediterranean Chicken Kabobs

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Lemon (juiced)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	251	Calcium	48mg
Fat	10g	Iron	1mg
Saturated	2g	Vitamin D	1IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	17µg
Monouns...	6g	Thiamine	0.2mg
Carbs	12g	Riboflavin	0.3mg
Fiber	3g	Niacin	12mg
Sugar	5g	Vitamin B6	1.2mg
Protein	28g	Folate	57µg
Cholesterol	82mg	Vitamin B12	0.2µg
Sodium	62mg	Phosphoro...	302mg

DIRECTIONS

- 01 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 02 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 03 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 04 Preheat the grill to medium heat.
- 05 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 06 Remove the kabobs from the grill and divide onto plates. Enjoy!

NOTES

LEFTOVERS

Store covered in an airtight container in the fridge up to three days.

SERVING SIZE

One serving is equal to approximately two kabobs.

SERVE THEM WITH

Rice, quinoa, grilled potatoes and/or tzatziki sauce. Add to leafy greens to make a salad.

VEGAN & VEGETARIAN

Omit the chicken and use marinated tofu or whole mushrooms instead.

WOODEN SKEWERS

If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Potassium	862mg	Magnesium	61mg
Vitamin A	860IU	Zinc	1mg
Vitamin C	112mg	Selenium	26µg

Spiced Salmon Kabobs

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Parsley (chopped)
1 tbsp Sesame Seeds
1/2 tsp Black Pepper
1/2 tsp Sea Salt
1/2 tsp Red Pepper Flakes
2 tbsps Maple Syrup
2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
1 1/4 lbs Salmon Fillet (sliced into 1 inch cubes)
2 Lemon (sliced into thin rounds)
8 Barbecue Skewers
6 cups Asparagus (woody ends trimmed off)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	348	Calcium	103mg
Fat	17g	Iron	6mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	120µg
Monouns...	8g	Thiamine	0.6mg
Carbs	17g	Riboflavin	1.0mg
Fiber	5g	Niacin	13mg

DIRECTIONS

- 01 Preheat grill to medium heat.
- 02 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 03 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 04 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 05 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

NOTES

ADD CARBS

Serve with quinoa, brown rice or sweet potato.

TIME SAVER

Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.

Sugar	10g	Vitamin B6	1.4mg
Protein	33g	Folate	150µg
Cholesterol	78mg	Vitamin B12	4.5µg
Sodium	364mg	Phosphoro...	406mg
Potassium	1177mg	Magnesium	83mg
Vitamin A	1834IU	Zinc	2mg
Vitamin C	23mg	Selenium	57µg

Pineapple Coconut Shrimp

4 SERVINGS 25 MINUTES



INGREDIENTS

3 Garlic (cloves, minced)
2 tbsps Extra Virgin Olive Oil
2 tbsps Red Wine Vinegar
2 tbsps Parsley (chopped)
1/2 tsp Sea Salt
2 lbs Shrimp (raw, peeled and de-veined)
4 cups Pineapple (diced into chunks)
2 tbsps Unsweetened Coconut Flakes
12 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	357	Calcium	174mg
Fat	10g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	36µg
Monouns...	5g	Thiamine	0.1mg
Carbs	23g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	16g	Vitamin B6	0.2mg
Protein	47g	Folate	33µg
Cholesterol	365mg	Vitamin B12	0µg
Sodium	570mg	Phosphoro...	504mg
Potassium	801mg	Magnesium	101mg
Vitamin A	256IU	Zinc	3mg

DIRECTIONS

- 01 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 02 Preheat grill to medium heat.
- 03 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 04 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

NOTES

NO PINEAPPLE

Use sliced lemon instead.

LIKES IT SPICY

Add cayenne pepper to the shrimp spice.

Vitamin C 82mg Selenium 0µg

Mango Chickpea Salad with Grilled Chicken Kabobs

4 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Chicken Breast
2 cups Chickpeas (cooked, drained and rinsed)
1 cup Frozen Edamame (thawed)
1/2 Cucumber (diced)
1 Mango (diced)
4 cups Arugula
1/2 cup Tahini
2 Lemon (juiced)
1/2 tsp Black Pepper
1 Garlic (clove, minced)
1/2 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	564	Calcium	253mg
Fat	24g	Iron	7mg
Saturated	3g	Vitamin D	1IU
Trans	0g	Vitamin E	2mg
Polyunsat...	9g	Vitamin K	46µg
Monouns...	8g	Thiamine	0.7mg
Carbs	49g	Riboflavin	0.5mg
Fiber	13g	Niacin	14mg
Sugar	18g	Vitamin B6	1.3mg
Protein	44g	Folate	364µg
Cholesterol	82mg	Vitamin B12	0.2µg

DIRECTIONS

- 01 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
- 02 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 03 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 04 Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
- 05 Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

NOTES

VEGANS & VEGETARIANS

Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

NO MANGO

Use diced pineapple or fresh blueberries instead.

NO ARUGULA

Use baby spinach, kale or mixed greens instead.

Sodium 101mg Phosphoro... 698mg
Potassium 1212mg Magnesium 150mg
Vitamin A 1618IU Zinc 4mg
Vitamin C 48mg Selenium 40µg

Spicy Pineapple Chicken Kabobs

4 SERVINGS 1 HOUR



INGREDIENTS

- 1 lb Chicken Breast
- 1 tbsp Tamari
- 2 tbsps Apple Cider Vinegar
- 2 Garlic (cloves, minced)
- 1 Lime (juiced)
- 1 tbsp Ginger (peeled and grated)
- 1/2 tsp Cayenne Pepper
- 12 Barbecue Skewers
- 1 Green Bell Pepper (sliced into large chunks)
- 1 Yellow Bell Pepper (sliced into large chunks)
- 1 cup Cherry Tomatoes
- 2 cups Pineapple (diced into large chunks)
- 1 cup Red Onion (sliced into large chunks)

DIRECTIONS

- 01 Cut your raw chicken breasts into large cubes. Create marinade by combining tamari, apple cider vinegar, garlic, lime juice, ginger and cayenne pepper in a bowl. Stir well. Place cubed chicken and marinade together in a ziploc baggie. Seal well and let marinate for at least two hours (the longer the better).
- 02 Create skewers by sliding on the chicken, green pepper, yellow pepper, cherry tomato, pineapple and red onion. Try to choose a pattern and stick to it. Set skewers aside until ready to grill.
- 03 Fire up the barbecue and turn heat to medium. Allow grill to heat up for at least 10 minutes. Scrape the grill then grease with some oil. Place skewers across the grill. Cook for 14 minutes, turning at the halfway point (after 7 minutes). Remove from grill after 14 minutes or when chicken is cooked through. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	229	Calcium	44mg
Fat	3g	Iron	1mg
Saturated	1g	Vitamin D	1IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	6µg
Monouns...	1g	Thiamine	0.2mg
Carbs	22g	Riboflavin	0.3mg

Fiber	3g	Niacin	12mg
Sugar	12g	Vitamin B6	1.3mg
Protein	28g	Folate	56µg
Cholesterol	82mg	Vitamin B12	0.2µg
Sodium	309mg	Phosphoro...	296mg
Potassium	809mg	Magnesium	63mg
Vitamin A	695IU	Zinc	1mg
Vitamin C	161mg	Selenium	26µg