

FAST AND EASY POT ROAST

SERVINGS: 5-6

INGREDIENTS:

3 lbs – beef chuck shoulder roast

2 tsp – extra-virgin olive oil

2 – onions, chopped

4 cups – baby carrots

4 – cloves of garlic, minced

1 tsp – salt

1 tsp – pepper

1 tbsp – dried thyme

2 tsp – dried rosemary

1 cup – of beef broth (low-sodium)

¼ cup – red wine

DIRECTIONS

- 1 Preheat oven to 350°F. Place a large oven-safe pot or Dutch oven over medium-high heat.
- 2 Add roast and brown on all sides.
- 3 Remove roast from pan and pour out liquid. Add olive oil, onions, and carrots. Rub roast on all sides with garlic, salt, pepper, thyme, and rosemary.
- 4 Cook until onions become translucent.
- 5 Return roast to pan, also adding broth or red wine. Cover tightly and simmer for 5 minutes.
- 6 Place pot/Dutch oven in the oven and roast for 2 to 3 hours. When cooked, the roast should pull apart easily with a fork.
- 7 Serve with your choice of veggies (optional)

APPROXIMATE MACROS PER SERVING: 520 CALORIES • 53 G PROTEIN • 14 G CARBS • 26 G FAT



SOUTHWESTERN CHICKEN QUESADILLAS

INGREDIENTS:

1/4 cup – hummus

10oz – raw chicken breast

4 small – 100-calorie multi-grain tortillas, or low carb wraps

1 – small avocado (sliced into 4 equal portions)

4 tbsp – goat cheese

1/2 cup – black beans

1/2 cup – chopped red onion

2 tbsp – minced garlic
fresh cilantro, chopped
pico de gallo or salsa of your choice
coconut oil spray

FOR SERVING

Add a dollop – of 0% fat Greek yogurt for extra protein (optional)

DIRECTIONS

- 1 Spray a nonstick skillet with coconut oil spray and set on medium-high heat.
- 2 Sear 1 tablespoon of minced garlic and chopped red onions in the skillet, then cook thinly cut chicken 12 to 15 minutes or until fully cooked.
- 3 Chop up fresh cilantro and remove the pit from the avocado and cut into thin slices.
- 4 Spread about 2 tablespoons (1/2 cup) hummus on each wheat tortilla.
- 5 On one side of the tortilla, add half of chopped chicken breast, black beans, one tablespoon goat cheese, a fourth portion of avocado and fresh cilantro.
- 6 Fold the quesadilla in half.
- 7 Spray a nonstick skillet with coconut oil and set on medium heat. Allow the skillet to heat up.
- 8 Add the uncooked quesadilla to the skillet and cook for about 2 minutes on each side. Be sure to press down on the quesadilla using a spatula so that it flattens out.
- 9 Remove from the skillet and enjoy with salsa of your choice and a scoop of Greek yogurt for added protein (optional)

APPROXIMATE MACROS PER SERVING: 250 CALORIES • 48G PROTEIN • 27G CARBOHYDRATES • 13G FAT



SALMON STACK

SERVINGS: 4

INGREDIENTS:

- | | |
|--|--|
| 2 – lemons, thinly sliced,
plus 1 lemon cut into
wedges for garnish | 1 – clove garlic |
| 20-30 – sprigs mixed fresh
herbs, plus 2 tablespoons
chopped, divided (basil,
thyme and rosemary) | ½ tsp – salt |
| | 1 tsp – pepper |
| | 2 tbsp – Dijon mustard |
| | 1.5 pound – center-cut
salmon, skinned |

DIRECTIONS

- 1 Preheat grill to medium-high.
- 2 Lay two 9-inch pieces of foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons. With the side of a chef's knife, mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 tablespoons chopped herbs. Spread the mixture over both sides of the salmon. Place the salmon on the herb sprigs.
- 3 Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 10-15 minutes. Wearing oven mitts, carefully transfer foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

APPROXIMATE MACROS PER SERVING: 212 CALORIES • 15G FAT • 1G CARBS • 23G PROTEIN



SUPREME PEPPERONI PIZZA

THIN-CRUST WHOLE-WHEAT PIZZA DOUGH INGREDIENTS:

¾ cup – plus 1 tablespoon
lukewarm water (105-115°F)

1 package – active dry yeast
(2 ¼ teaspoons)

1 tsp – sugar

1 cup – whole wheat pastry flour

1 cup – whole wheat all-
purpose flour

½ tsp – salt

2 tbsp – extra-virgin olive oil

2 tbsp – fine cornmeal

All-purpose flour for dusting

TOPPINGS INGREDIENTS

½ cup – prepared marinara sauce

½ cup – mini pepperoni slices,
or can substitute with 12 oz.
cooked chopped chicken

1 – red bell pepper, chopped finely

1 cup – shredded part-skim
mozzarella cheese

¼ cup – parmesan cheese

¼ cup – black olives, chopped

½ cup – chopped mushrooms,
chopped

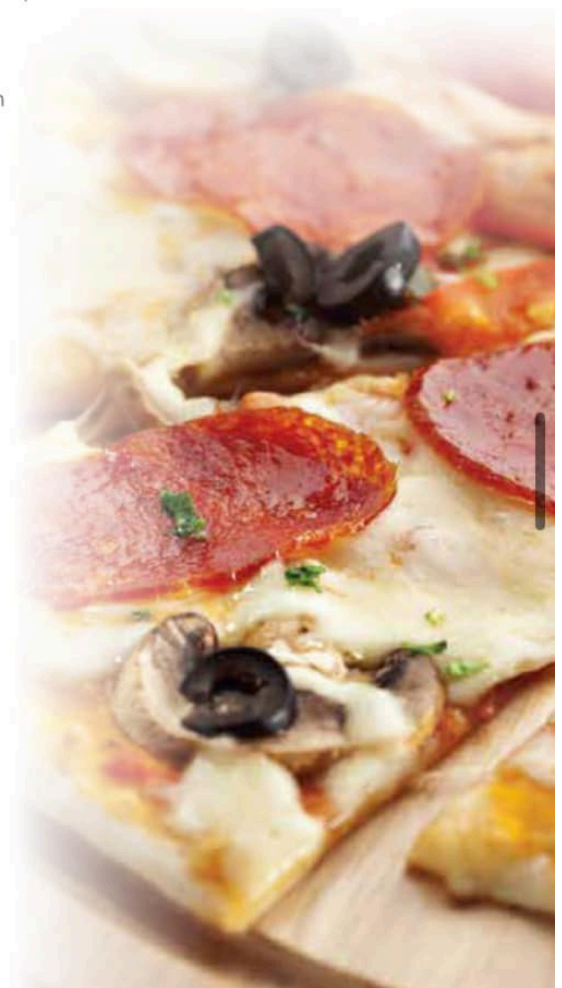
¼ cup – basil, chopped

DIRECTIONS

- 1 To prepare dough: Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, all-purpose flour and salt until the dough begins to come together.
- 2 Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (Alternatively, mix the dough in a food processor or in a stand mixer with a dough hook. Process or mix until it forms a ball.
- 3 Continue to process until the dough is smooth and elastic, about 1 minute more in a food processor or 3 to 4 minutes more on low speed in a stand mixer.) Place the dough in an oiled bowl and turn to coat the dough with oil to prevent sticking.
- 4 Cover with a clean kitchen towel; set aside in a warm, draft-free place until doubled in size, about 1 hour. Set your bowl of dough in your turned off oven to avoid excess moisture and help it rise.
- 5 Position rack in lower third of oven; preheat to 450°F. Brush oil over a large baking sheet. Sprinkle the baking sheet with cornmeal to coat evenly. Sprinkle flour over work surface. Roll out the dough to the size of the baking sheet and transfer to the baking sheet. Cover the dough with sauce.
- 6 Assemble and add all of your desired toppings and cheese. Bake until the crust is crispy and the cheese is melted and starting to brown, 15 to 20 minutes. Top off with some crushed chili peppers and fresh chopped basil for garnish. Enjoy!

APPROXIMATE MACROS PER SERVING:

378 CALORIES • 12G FAT • 47G CARBS • 18G PROTEIN



SALMON STACK

SERVINGS: 4

INGREDIENTS:

2 – lemons, thinly sliced,
plus 1 lemon cut into
wedges for garnish

20-30 – sprigs mixed fresh
herbs, plus 2 tablespoons
chopped, divided (basil,
thyme and rosemary)

1 – clove garlic

½ tsp – salt

1 tsp – pepper

2 tbsp – Dijon mustard

1.5 pound – center-cut
salmon, skinned

DIRECTIONS

- 1 Preheat grill to medium-high.
- 2 Lay two 9-inch pieces of foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons. With the side of a chef's knife, mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 tablespoons chopped herbs. Spread the mixture over both sides of the salmon. Place the salmon on the herb sprigs.
- 3 Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 10-15 minutes. Wearing oven mitts, carefully transfer foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

APPROXIMATE MACROS PER SERVING: 212 CALORIES • 15G FAT • 1G CARBS • 23G PROTEIN



QUICK CHICKEN CURRY

SERVINGS: 4

INGREDIENTS:

1 tbsp – coconut oil

1 – onion, chopped

2 tbsp – ginger, finely chopped

2 tsp – ground cumin

1 tsp – turmeric

1 tsp – mustard seeds

2 tsp – chili flakes

1 tsp – turmeric

3 – tomatoes, diced

1 can – reduced fat coconut milk

1 cup – Greek yogurt

1 lb – chicken breast,
sliced into strips

Sea salt to taste

DIRECTIONS

- 1 Add oil to a large saucepan over medium heat.
- 2 Add onion and cook until light golden brown, then add ginger, cumin, fennel, mustard, chili, and turmeric. Cook spices until they begin to sizzle and pop.
- 3 Add tomatoes, coconut milk, and Greek yogurt and bring to a simmer.
- 4 Add chicken and cook for about 10 minutes. Serve with lime wedge and cilantro.

APPROXIMATE MACROS PER SERVING: 322 CALORIES • 39 G PROTEIN • 10 G CARBS • 14 G FAT



SWEET & SOUR CHICKEN

SERVINGS: 4

INGREDIENTS:

MAIN DISH

- 1.25 pound** – chicken breast (cut into small cubes)
- 3** – egg whites
- 1 tbsp** – coconut oil

SAUCE

- $\frac{1}{2}$ cup** – tomato sauce
- 2 tbsp** – red chili garlic pepper sauce (sirracha)
- 3 tbsp** – rice vinegar
- 2 tbsp** – orange juice
- 1 tbsp** – low-sodium soy sauce or brags liquid aminos
- 1 tbsp** – minced garlic
- $\frac{1}{4}$ tsp** – cayenne pepper

GARNISH

- Fresh scallions or green onions, chopped
- Sesame seeds

DIRECTIONS

- 1 Chop chicken breast into cubes, add cayenne pepper.
- 2 In a separate bowl, beat egg whites and even coat egg white mixture on chicken breasts.
- 3 Over medium heat in a sauté pan add 1 tablespoon of coconut oil. Once melted, add in chicken and brown evenly. Only cook your chicken partially, so it can continue to cook in the sauce.
- 4 Empty the chicken out onto a plate and set the skillet back on the heat. Add the contents for the sauce to the pan and after the sauce begins to simmer, reduce the heat to medium-low and stir continuously. Toss in the browned chicken pieces and coat the pieces in the sauce. Cook for another 6 to 8 minutes, until sizzling.

APPROXIMATE MACROS PER SERVING: 315 CALORIES • 43G PROTEIN • 21G CARBS • 7G FAT



EGG SALAD SANDWICH WRAP

INGREDIENTS:

- 2** – hard-boiled eggs, chopped
- 2 tbsp** – plain Greek-style low-fat yogurt
- 2 tbsp** – chopped bell pepper

- $\frac{1}{4}$ tsp** – curry powder
- $\frac{1}{4}$ tsp** – salt
- $\frac{1}{4}$ tsp** – pepper
- 2 slices** – whole wheat wrap, toasted

- $\frac{1}{2}$ cup** – fresh spinach
- $\frac{1}{4}$ cup** – chopped pickles

DIRECTIONS

- 1 Combine eggs, yogurt, bell pepper, curry powder, salt, and pepper, pickles in a small bowl; stir well.
- 2 Place spinach on toasted wrap, top with egg salad.

APPROXIMATE MACROS PER SERVING: 410 CALORIES • 14G FAT • 22G PROTEIN • 51G CARBS



BURGER FOR BREAKFAST

SERVINGS: 4

INGREDIENTS:

1 – medium onion, halved and thinly sliced

1 – medium green bell pepper, thinly sliced

1 **tbsp** – extra-virgin olive oil

2 **tsp** – Italian seasoning, divided

$\frac{1}{4}$ **tsp** – freshly ground pepper

10 **ounces** – 93%-lean ground turkey

2 – links sweet or hot turkey sausage, casings removed

$\frac{1}{4}$ **cup** – fine, dry breadcrumbs

1 **tsp** – fennel seeds

$\frac{1}{2}$ **tsp** – garlic powder

4 – slices provolone cheese

4 – small whole-wheat hamburger buns, toasted

DIRECTIONS

- 1 Place a grill basket on one side of grill. Preheat to medium-high.
- 2 Toss onion, bell pepper, oil, 1 teaspoon Italian seasoning and pepper in a large bowl. Transfer to the preheated grill basket. Cook, stirring a few times, until the vegetables are soft, 12 to 15 minutes.
- 3 Meanwhile, combine ground turkey, sausage, breadcrumbs, fennel seeds, garlic powder and the remaining 1 teaspoon Italian seasoning in a medium bowl. Shape into four 4-inch patties.
- 4 Oil the grill rack (see Tip), place the burgers on it and cook for 4 minutes. Turn them over, top with the grilled vegetables and cheese; continue grilling until the burgers are cooked through and the cheese is melted, 4 to 6 minutes more. Serve on buns.



APPROXIMATE MACROS PER SERVING: 409 CALORIES • 18G FAT • 32G CARBS • 31G PROTEIN

BREAKFAST SCRAMBLE

INGREDIENTS:

3 **slices** – turkey bacon such as Jennie-O Extra Lean Turkey Bacon

1 $\frac{1}{2}$ – cups egg whites

$\frac{1}{4}$ **cup** – tomato, diced

$\frac{1}{4}$ **cup** – red onion, diced

$\frac{1}{4}$ – avocado, sliced

DIRECTIONS

- 1 In a skillet, add turkey bacon and cook until crispy and golden.
- 2 In a large bowl, combine egg whites, tomato, and onion. Microwave two minutes, stir, then cook two more minutes.
- 3 Top scramble with crumbled bacon, avocado and cheese.

APPROXIMATE PER SERVING: 521 CALORIES • 56 G PROTEIN • 40 G CARBS • 11 G FAT



CHICKEN BURRITO

SERVINGS: 1

INGREDIENTS:

6-8 oz – boneless and skinless chicken breast

1 cup – brown rice

½ cup – asparagus

½ cup – diced tomato

½ – avocado

½ cup – chopped onion

1 – whole wheat tortilla

1 tbsp – goat cheese

cilantro

DIRECTIONS

- 1 Broil chicken breast for about 7 minutes.
- 2 Cook brown rice according to package instructions.
- 3 Steam asparagus.
- 4 Dice chicken, asparagus, tomato, and avocado.
- 5 Put rice on wrap and top with chicken, veggies, and goat cheese.
- 6 Fold and serve with salsa and 0% fat Greek Yogurt

APPROXIMATE PER SERVING: 490 CALORIES • 37 G PROTEIN • 54 G CARBS • 15 G FAT



CITRUS SHRIMP WITH SAUTÉED VEGGIES

SERVINGS: 4

INGREDIENTS:

1 lb – raw shrimp, peeled

3 – large zucchinis, chopped

1 head – of bok choy, chopped

1 clove – garlic, minced

4 – medium carrots, cleaned and chopped

1 – medium onion, chopped

1 tbsp – coconut oil

2 tbsp – no-salt seasoning

1 tbsp – lemon pepper seasoning

SAUCE

3 tbsp – lemon juice

1 tbsp – apple cider vinegar
juice from ½ orange

DIRECTIONS

- 1 In a saute pan, add 1 tablespoon coconut oil and over medium-high heat, add 1 onion, chopped. Begin to caramelize for 5-8 minutes. Add 1 clove minced garlic.
- 2 Chop all veggies into ½ inch thick slices. Add veggies to sauté pan with caramelized onion and garlic. Cook for 7-10 minutes over medium-high heat.
- 3 Add peeled shrimp to veggies, add spices and cook on medium-high heat for about 6 minutes.
- 4 Whisk together sauce ingredients and drizzle over shrimp and veggies. Cook one more minute and serve immediately with fresh lemon wedges.

APPROXIMATE MACROS PER SERVING: 250 CALORIES • 42G PROTEIN • 16G CARBS • 7G FAT



CHICKEN NOODLE PHO

SERVINGS: 3

INGREDIENTS:

8 cups – no-salt added chicken broth

1 cup – water

1 lb – skinless chicken breast

4oz – brown rice noodles

2 tbsp – garlic paste

¾ cup – chopped onion

6 – carrots, cleaned and chopped

4 stalks – of celery

sea salt to taste

2 tbsp – coconut oil

SEASONINGS:

1 stick – of cinnamon

4-5 – opened green cardamom pods/seeds

1.5 tsp – fennel seeds

½ tbsp – lemongrass

UTENSILS:

Cheesecloth

String

GARNISH:

Jalapeno

basil

red onion

green onions

cilantro

bean sprouts

red pepper

lime

DIRECTIONS

- 1 Cut a cheesecloth into a square. Add seasonings to the cheesecloth and then tie a knot around the cheesecloth to secure the seasonings.
- 2 Slice yellow onion into thin pieces.
- 3 In a large soup pot add coconut oil and set on medium-high heat. Toss in onion and garlic paste. Sauté until the onions become brown.
- 4 Pour chicken broth and water into the pot and allow it to boil. Reduce heat so that it simmers and add the cheesecloth pouch with the seasonings. Cover and cook for approx. 30 minutes. Add sea salt for taste.
- 5 Boil water in a separate pot and toss in chicken breast. Cook for 6-8 minutes until the chicken has completely cooked, be careful not to overcook. Remove from the water and set aside. Once the chicken has somewhat cooled, pull the chicken apart into pieces.
- 6 In another pot, boil water and cook the brown rice noodles according to the instructions. Drain the noodles and set aside.
- 7 Add your portion of noodles and chicken to a bowl. Pour in the chicken broth, and add the garnish.

APPROXIMATE MACROS PER SERVING: 339 CALORIES • 31G CARBS • 2G FAT • 47G PROTEIN



SPICY ORANGE CHICKEN

SERVINGS: 5

INGREDIENTS:

2 lbs – chicken breast
(measured raw)

¼ cup – low sodium soy
sauce, or 4 tablespoons
Brags Liquid Aminos

½ cup – rice wine vinegar

3 tbsp – red pepper garlic sauce

¼ cup – organic, raw honey

2 tbsp – sugar free orange
marmalade

juice from 3 oranges

1 tbsp – tapioca starch

sesame seeds

green onions

spray coconut oil

DIRECTIONS

- 1 In a bowl, mix soy sauce or brags liquid aminos, rice vinegar, orange juice, orange marmalade, honey, red pepper sauce and tapioca starch. Set aside.
- 2 Chop chicken into small bite-size pieces.
- 3 Set a nonstick skillet on medium high heat and spray with coconut oil. Add the chicken and cook until it is about 90% finished.
- 4 Pour in the orange sauce and stir quickly. Reduce the heat, allow the sauce to thicken and continue stirring.
- 5 Garnish with sesame seeds and green onions. (optional)
- 6 Serve with brown rice or quinoa.

APPROXIMATE MACROS PER SERVING: 259 CALORIES • 42G PROTEIN • 17G CARBS • 2G FAT



AVOCADO-RANCH SALAD

SERVINGS: 4

INGREDIENTS:

1 – ripe avocado, halved and pitted, divided

½ cup – 0% fat Greek yogurt

2 tbsp – chopped fresh dill or 2 teaspoons dried

1 tbsp – white vinegar

½ tsp – garlic powder

¼ tsp – salt

¼ tsp – freshly ground pepper

1, 5 to 6 ounce – package baby spinach (about 8 cups)

1 – medium red bell pepper, sliced

1, 15 ounce – can chickpeas, rinsed

DIRECTIONS

- 1 Scoop 1 avocado half into a blender; add Greek yogurt, dill, vinegar, garlic powder, salt and pepper. Puree until smooth.
- 2 Cut the remaining avocado half into ½-inch chunks. Combine spinach, bell pepper and chickpeas in a large bowl. Add the dressing; toss to coat. Divide among 4 salad plates and top with the chopped avocado. Serve along side a grilled protein..

APPROXIMATE MACROS PER SERVING: 207 CALORIES • 9G FAT • 27G CARBS • 7G PROTEIN



HEALTHY BAKED FISH STICKS

INGREDIENTS:

1.5 lb – halibut (or firm white fish like cod or tilapia)

½ cup – gluten free wheat breadcrumbs

2 tbsp – almond flour

½ cup – whole grain flakes

¼ cup – grated parmesan

2 tbsp – Italian seasoning

1 tsp – lemon pepper seasoning

1 tbsp – cayenne pepper

1 – egg

1 – egg white

INGREDIENTS FOR LEMON DIPPING SAUCE: (OPTIONAL)

½ cup – 0% Greek yogurt

¼ cup – red onion chopped

2 tbsp – hot sauce

½ tsp – coriander

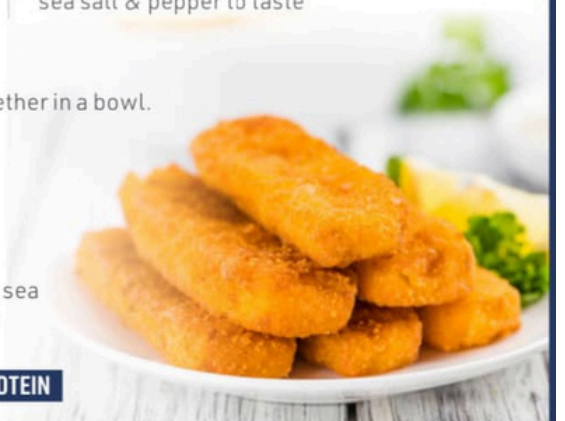
juice from ½ lemon

sea salt & pepper to taste

DIRECTIONS

- 1 Pre-heat your oven to 400F.
- 2 Cut fish into long filets.
- 3 Mix breadcrumbs, flakes, parmesan, Italian seasoning and cayenne together in a bowl.
- 4 Beat eggs together in a separate bowl.
- 5 Dip fish in the egg mixture, then the breadcrumbs. Place the pieces on a baking sheet or rack.
- 6 Bake for 15minutes, or until golden and crispy at 400F.
- 7 Mix all of the ingredients together for the dipping sauce and season with sea salt and pepper to taste. Serve along side your healthy baked fish sticks.

APPROXIMATE MACROS PER SERVING: 133 CALORIES • 9G CARBS • 3G FAT • 17G PROTEIN



TURKEY WRAP

SERVINGS: 1

INGREDIENTS:

6 oz – turkey breast

1 cup – lettuce

½ – avocado, sliced

½ – bell pepper

½ – tomato, sliced

1 – whole-wheat tortilla

black or green olives

DIRECTIONS

- 1 Cut turkey breast into strips and sauté in a nonstick skillet until no longer pink.
- 2 Layer spinach, turkey, avocado, peppers, and tomato onto tortilla. Fold and serve.

APPROXIMATE MACROS PER SERVING: 438 CALORIES • 58G PROTEIN • 30G CARBS • 10G FAT



CALIFORNIA COBB SALAD

SERVINGS: 2

CREAMY BLUE CHEESE DRESSING INGREDIENTS:

1/3 cup – low-fat mayonnaise

1/3 cup – buttermilk or nonfat milk

1/3 cup – nonfat plain yogurt

2 tbsp – tarragon vinegar

or white vinegar

1 tbsp – Dijon mustard

1/2 tsp – salt

1/2 tsp – freshly ground pepper

1/4 cup – crumbled blue cheese

SALAD INGREDIENTS:

8 – large eggs

6 cups – baby spinach

4 – strips of bacon, cooked
and crumbled

4 tbsp – Creamy Blue Cheese
Dressing, divided
filet mignon

1, 8 oz – can beets, rinsed and sliced

1 cup – shredded carrots

2 tbsp – chopped pecans, toasted

DIRECTIONS

- 1 To prepare dressing: Whisk mayonnaise, buttermilk (or milk), yogurt, vinegar, mustard, salt and pepper in a medium bowl until smooth. Add cheese and stir, mashing with a spoon until the cheese is incorporated.
- 2 To prepare salad: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low, cover and cook at the lowest simmer for 10 minutes. Pour off the hot water and run cold water over the eggs until they are completely cooled. Peel the eggs; discard 6 of the yolks. Chop the remaining yolks and whites.
- 3 Toss spinach and 2 tablespoons of the dressing in a large bowl. Divide between 2 plates. Top with the chopped eggs, bacon, beets, carrots and pecans. Drizzle with 2 more tablespoons dressing. (Refrigerate the extra dressing for up to 1 week.)

APPROXIMATE MACROS PER SERVING: 270 CALORIES • 12G FAT • 20G CARBS • 23G PROTEIN



STUFFED OATMEAL

SERVINGS: 1

INGREDIENTS:

1/2 cup – dry oatmeal

1/2 cup – water

1 tbsp – peanut butter (or
nut butter of choice)

2 scoops – whey protein powder
(flavor of choice)

1 tbsp – ground flaxseed

1/2 cup – berries

DIRECTIONS

- 1 Combine dry oatmeal and water in a medium bowl, and microwave 1 1/2 to 2 minutes.
- 2 Add nut butter, protein powder and flaxseed, and stir thoroughly. Top with berries of your choice.

APPROXIMATE PER SERVING: 549 CALORIES • 58 G PROTEIN • 53 G CARBS • 15 G FAT



TUNA SALAD

SERVINGS: UP TO 2

INGREDIENTS:

6 oz – of canned albacore tuna

1/3 cup – diced green onion

1 – chopped celery stalk

2 tbsp – chopped pickle relish

3 tbsp – Greek yogurt

2 tsp – Dijon mustard

1/2 tsp – chili flakes

Juice from half a lemon

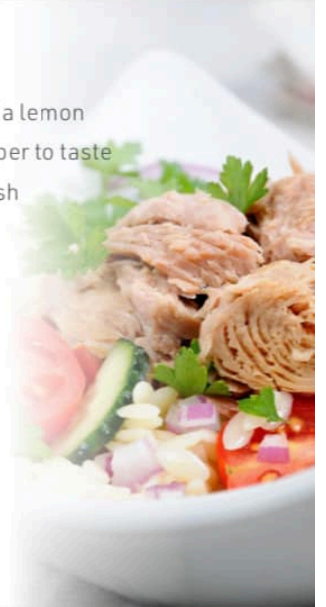
Sea salt & pepper to taste

Cilantro, garnish

DIRECTIONS

- 1 Drain excess water from canned tuna.
- 2 Combine all of the ingredients in a bowl and mash and mix with a fork.
- 3 Season to taste with sea salt & pepper.
- 4 Enjoy on top of a salad or in a wrap.

APPROXIMATE MACROS PER SERVING: 245 CALORIES • 22G PROTEIN • 10G CARBS • 15G FAT



10 MINUTE VEGGIE OMELET

INGREDIENTS:

Coconut oil spray

1/4 cup – chopped tomatoes

1 cup – fresh spinach leaves

1 cup – chopped broccoli

4 – large egg whites, beaten

2 tbsp – crumbled goat cheese

1/4 tsp – cayenne pepper

2 slices – Ezekiel Whole Grain
flour-less bread, toasted

DIRECTIONS

- 1 Heat a nonstick skillet on medium heat. Coat pan with coconut oil cooking spray. Add veggies and cayenne pepper, and sauté 4 minutes.
- 2 Pour in eggs over veggies in pan and sprinkle goat cheese. Cook 3 to 4 minutes; flip omelet and cook 2 minutes. Serve with toast.

APPROXIMATE MACROS PER SERVING: 390 CALORIES • 15G FAT • 25G PROTEIN • 35G CARBOHYDRATES



SPINACH CHICKEN

SERVINGS: 4

INGREDIENTS:

1 lb – ground chicken

1 – small onion, diced

2 cloves – of garlic, minced

1 – egg white

1 tbsp – extra
virgin olive oil

2 tbsp – tomato paste

½ cup – tomato sauce

1 cup – fresh chopped spinach

1 cup – fresh spinach

1 tbsp – Italian seasoning

3 tbsp – chopped Italian parsley

2 tbsp – fresh basil, chopped

pinch – of sea salt and black pepper

DIRECTIONS

- 1 Preheat your oven to 400 degrees F
- 2 In a medium skillet over medium heat, add the diced onion and the garlic and cook until the onion is translucent. Remove from the heat and cool slightly.
- 3 In a bowl combine the ground chicken, egg white, tomato paste, basil, chopped fresh spinach, parsley, onion and garlic in a large bowl. Season with salt and pepper and mix well. Form meatballs and roll into little balls, about 1 tablespoon of mixture per ball. Place the formed meatballs into a large baking pan about one inch apart.
- 4 Combine 1 tablespoon of olive oil and ½ cup of tomato sauce together in a small bowl and brush on top of each meatball. Bake for 20 minutes, or until golden brown. Top with fresh spinach leaves.

APPROXIMATE MACROS PER SERVING: 450 CALORIES • 30G PROTEIN • 35G CARBS • 18G FAT



LEMON DILL HALIBUT

SERVINGS: 2

INGREDIENTS:

¼ cup – lemon juice

½ tbsp – lemon zest

2 tbsp – Dijon mustard

1 tbsp – dried tarragon

1 – scallion, chopped

¼ tsp – pepper

2 tbsp – olive oil

2 tbsp – fresh chopped dill

2 – halibut filets (about 6 oz each)

Nonstick cooking spray

DIRECTIONS

- 1 Combine first six ingredients in a shallow dish. Stir in oil and whisk well.
- 2 Add halibut and turn to coat. Cover and refrigerate 30 minutes.
- 3 Coat a grill rack or pan with nonstick cooking spray and cook fish over high heat for 5 to 7 minutes per side. If using oven, broil for 7-9 minutes, or until golden looking. Serve with lemon wedges and on a bed of greens.

APPROXIMATE MACROS PER SERVING: 269 CALORIES • 33 G PROTEIN • 4 G CARBS • 10 G FAT



NOT SO GREEN SALAD

SERVINGS: 1

INGREDIENTS:

½ cup – cooked brown rice

1 cup – cooked green beans,
roughly chopped (3oz)

1 – ripe plum, thinly sliced (3 oz)

2 tbsp – (½ oz) chopped walnuts

1 – hard-cooked egg, sliced

1 tsp – sesame oil

2 tbsp – fresh lime juice

¼ tsp – kosher salt

Freshly ground black
pepper, to taste

DIRECTIONS

- 1 Combine rice, beans, plum, walnuts, and egg in a portable container.
- 2 Drizzle with sesame oil, lime juice, salt, and pepper; toss gently to combine. Refrigerate up to 2 days.

APPROXIMATE MACROS PER SERVING: 388 CALORIES • 20G FAT • 13G PROTEIN • 43G CARBS



LEMON BAKED CHICKEN

SERVINGS: 2

INGREDIENTS:

1 – fresh whole chicken

Olive oil

Salt and black pepper to taste

1 tsp – oregano

1 tbsp – lemon juice

4 sprigs – of rosemary

2 – parsnips, peeled and diced
(can substitute with carrots)

½ cup – brown rice

¼ cup – black beans,
drained and rinsed

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Rinse the chicken and pat dry with a paper towel.
- 3 Grease a baking tray and lightly brush chicken with olive oil. Season with salt, pepper, oregano, and lemon juice.
- 4 Place chicken on baking tray and bake until it browns, about 15 minutes, then reduce heat to 350°F. Cook for additional 20 minutes per pound of chicken.
- 5 Insert a meat thermometer into a thigh. The chicken is ready when it's in the 165 to 180 degree range. Remove from oven and allow to rest for 5 minutes.
- 6 While chicken cooks, bring an inch of water to a boil in a medium skillet over high heat, add parsnips, cover, and boil for 10 minutes. Mash with a fork.
- 7 Cook rice according to package instructions and combine with parsnips and beans. Serve alongside chicken.

APPROXIMATE MACROS PER SERVING: 353 CALORIES • 57 G PROTEIN • 97 G CARBS • 16 G FAT



PESTO CHICKEN

SERVINGS: 4

INGREDIENTS:

¼ cup – grated parmesan

¼ cup – pesto (pine nut
or walnut variety)

1 tbsp – olive oil

1 tsp – chili powder

1 pound – chicken tenders

½ cup – loosely packed
fresh basil leaves

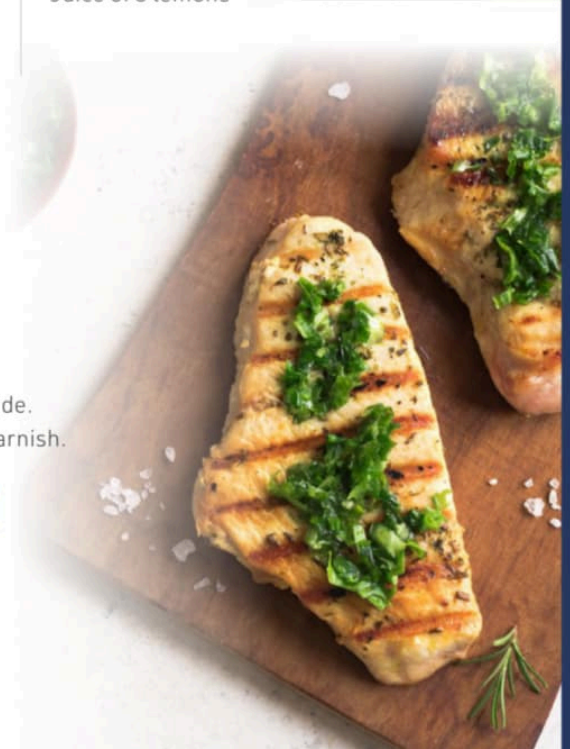
2 – scallions, sliced

Juice of 3 lemons

DIRECTIONS

- 1 Add chicken to a bowl and dress with ¼ pesto and juice of 3 lemons. Marinate in the refrigerator for 20 minutes or up to 1 hour.
- 2 Preheat grill to medium-high.
- 3 Meanwhile, chop basil and scallions and set aside.
- 4 Oil the grill rack. Remove the chicken from the marinade and grill until cooked through and no longer pink in the middle, about 2 minutes per side. Serve the chicken with pesto and add chopped basil and scallions for garnish.

APPROXIMATE PER SERVING: 168 CALORIES • 6G FAT • 3G CARBS • 24G PROTEIN



GRILLED MAHI

SERVINGS: 3

INGREDIENTS:

1 lb – Mahi Mahi filets

1½ tbsp – olive oil

Salt and pepper to taste

1 – lemon plus ½ lemon sliced

4 sprigs – of thyme

DIRECTIONS

- 1 Coat filets with salt, pepper, olive oil, lemon juice, and sprigs of thyme.
- 2 Let marinade for 15 minutes in refrigerator.
- 3 Cook on grill over medium heat, 6 minutes per side.
- 4 Remove fish from the grill, squeeze remaining lemon on top, and serve.

APPROXIMATE MACROS PER SERVING: 230 CALORIES • 37 G PROTEIN • 16 CARBS • 7 G FAT



PESTO PITA PIZZA

SERVINGS: 4

INGREDIENTS:

6 oz – chicken (cooked, diced)

1 – whole wheat pita bread

¼ cup – cucumber, diced

¼ cup – tomatoes, diced

½ cup – black olives, diced

½ cup – parmesan cheese

basil pesto

DIRECTIONS

- 1 Lightly toast pita bread in the oven.
- 2 Using your prepped chicken for the week, cut 6oz of chicken breast into cubes.
- 3 Smear pesto and begin assembling the pizza! Add veggies, olives, cheese and then chicken.
- 4 Place back into oven to melt cheese. 3-4 minutes

APPROXIMATE PER SERVING: 269 KCAL • 12G FAT • 12G CARB • 27G PROTEIN



50/50 MEATLOAF

SERVINGS: 8

INGREDIENTS:

2 tsp – olive oil

1 – medium sweet onion, chopped (2 cups)

1, 12 ounce – bottle dark or amber beer

1 tsp – dried thyme

1 tsp – dry mustard

2 tsp – tomato paste

¾ tsp – salt

½ tsp – freshly ground pepper

1 ½ pounds – 95%-lean ground beef

1 1/4 pounds – 93%-lean ground turkey

1 cup – whole-wheat breadcrumbs,

¼ cup – chopped fresh parsley

2 – large eggs, lightly beaten

1 – egg white, lightly beaten

DIRECTIONS

- 1 Preheat oven to 375°F. Coat an 8 ½-by-4 ½-inch loaf pan with cooking spray.
- 2 Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until translucent and starting to brown, about 5 minutes. Pour in beer and increase heat to high. Bring to a vigorous boil; cook until the liquid is quite syrupy and the mixture reduces to about ¾ cup, 8 to 10 minutes. Transfer to a large bowl. Stir in thyme, dry mustard, salt and pepper. Let cool for 10 minutes.
- 3 Add beef, turkey, breadcrumbs, parsley, egg and egg white to the onion mixture. With clean hands, mix thoroughly and transfer to the prepared pan.
- 4 Bake the meatloaf until an instant-read thermometer registers 160°F when inserted into the center, about 1 hour 20 minutes. Let rest for 5 minutes; drain accumulated liquid from the pan and slice.

APPROXIMATE MACROS PER SERVING: 259 CALORIES • 9G FAT • 10G CARBS • 31G PROTEIN



GRILLED STEAK SALAD

SERVINGS: 4

INGREDIENTS:

1 tbsp – minced garlic

3 tsp – extra-virgin olive oil, divided

½ tsp – salt, divided

2 – boneless strip (top loin) steaks, trimmed (about 1 ¼ pounds)

1 – large ear corn, husked

1 cup – Romaine lettuce, chopped

2 – medium tomatoes, chopped

1 – small orange or red bell pepper, diced

2 tbsp – chopped fresh basil

2 tbsp – balsamic vinegar

¼ cup – cilantro

½ – avocado (optional)

DIRECTIONS

- 1 Spray a nonstick skillet with coconut oil spray and set on medium-high heat.
- 2 Sear 1 tablespoon of minced garlic and chopped red onions in the skillet, then cook thinly cut chicken 12 to 15 minutes or until fully cooked.
- 3 Chop up fresh cilantro and remove the pit from the avocado and cut into thin slices.
- 4 Spread about 2 tablespoons (⅓ cup) hummus on each wheat tortilla.
- 5 On one side of the tortilla, add half of chopped chicken breast, black beans, one tablespoon goat cheese, a fourth portion of avocado and fresh cilantro.
- 6 Fold the quesadilla in half.
- 7 Spray a nonstick skillet with coconut oil and set on medium heat. Allow the skillet to heat up.
- 8 Add the uncooked quesadilla to the skillet and cook for about 2 minutes on each side. Be sure to press down on the quesadilla using a spatula so that it flattens out.
- 9 Remove from the skillet and enjoy with salsa of your choice and a scoop of Greek yogurt for added protein.(optional)

APPROXIMATE MACROS PER SERVING: 250 CALORIES • 48G PROTEIN • 27G CARBOHYDRATES • 13G FAT



BAKED CRISPY

SERVINGS: UP TO 2

INGREDIENTS:

2 – green plantains (cannot be ripe)

1 tbsp – coconut oil

DIRECTIONS

- 1 Shake the pan or flip the chips after 10 minutes and spray with coconut oil.
Bake them for another 10 minutes or until they are brown.
- 2 For the last minute, turn the oven to broil which should help to brown the remaining chips. Careful not to burn.

APPROXIMATE MACROS PER SERVING: 281 CALORIES • 2G PROTEIN • 57G CARBS • 8G FAT



MARINADED CHICKEN FAJITAS

SERVINGS: 2

INGREDIENTS:

½ cup – fresh orange juice

2 – chipotles (from a can of chipotles in adobo sauce), or use just 1 for milder heat

2 – garlic cloves, coarsely chopped

¾ tsp – salt plus extra for the vegetables

½ tsp – freshly ground black pepper

½ tsp – dried oregano

1 lb – boneless, skinless chicken breasts, cut cross-wise into ½-inch slices.

1 – medium onion, cut into thin rounds

2 – medium bell peppers (any color you like), cut into strips

Cooking spray

4, 8 inch – whole-wheat tortillas

1 – avocado, pitted, peeled, and finely chopped, for serving

¼ cup – fat-free Greek yogurt

½ cup – chopped cilantro

1 – lime, cut into 8 wedges, for serving

DIRECTIONS

- 1 Using a blender, food processor, or immersion blender, puree the orange juice, chipotles, garlic, salt, pepper, and oregano until smooth. In a large resealable plastic bag, combine the chicken and the marinade. Refrigerate for at least 30 minutes or overnight.
- 2 Preheat the broiler. Spray a rimmed baking sheet with cooking spray.
- 3 Lift the chicken out of the marinade, letting any excess drip off. Arrange the chicken on one half of the prepared baking sheet. Place the onions and peppers on the other side of the baking sheet, season with extra salt, and spray lightly with cooking spray. Broil until the chicken is cooked through and the vegetables are browned in spots, 5 to 7 minutes.
- 4 Meanwhile, heat a medium cast-iron skillet over medium-high heat. Add the tortillas, one at a time, and warm on both sides, about 10 seconds per side. Serve the chicken and vegetables wrapped in the tortillas. If you like, top with avocado and yogurt and place lime wedges on the side.
- 5 Serve the chicken and vegetables wrapped in the tortillas. If you like, top with avocado and yogurt and place lime wedges on the side.

APPROXIMATE MACROS PER SERVING:

572 CALORIES • 58 G PROTEIN • 80 G CARBS • 6 G FAT



BREAKFAST SANDWICH

INGREDIENTS FOR 3 TACOS:

1/2 – bell pepper, sliced

2 slices – center cut ham

2 – eggs

1/2 cup – spinach leaves

1/2 cup – almond milk

1/2 cup – reduced fat shredded cheese

1 tbsp – salsa (optional)

pepper for taste

DIRECTIONS

- 1 Cook ham in a non stick skilled on medium heat, and set aside.
- 2 Saute sliced peppers lightly.
- 3 Beat eggs in a bowl with a fork while peppers cook
- 4 Add milk to eggs and scramble in the pan until done.
- 5 Build your sandwich with bacon, eggs, and spinach.
- 6 Top with cheese, pepper and salsa for taste.

APPROXIMATE MACROS PER SERVING: 460 CALORIES • 22G FAT • 42G PROTEIN • 25G CARB



CHICKEN PIZZA

SERVINGS: 1

INGREDIENTS FOR 3 TACOS:

6 oz – grilled chicken breast, cut into 1/2-inch cubes

1/2 tbsp – low-sodium hot wing sauce, divided

10 oz – whole-wheat pizza crust (slice off 1/3 the thickness; you can eyeball the measurement)

1 – large tomato (or 2 small Roma or plum tomatoes), cut into 1/4-inch-thick slices

1 1/2 tbsp – reduced-fat feta cheese, crumbled

DIRECTIONS

- 1 Preheat oven to 450°F.
- 2 Toss chicken in 1/2 tbsp sauce. Place pizza crust on a baking sheet and lay the tomato slices evenly over it to cover the crust. Top evenly with chicken, then sprinkle cheese over everything. Drizzle remaining sauce over top.
- 3 Cook pizza until crust is lightly crisped and toppings are hot, about 8 to 10 minutes.

APPROXIMATE MACROS PER SERVING: 475 CALORIES • 55 G PROTEIN • 35 G CARBS • 13 G FAT



STREET CHICKEN TACOS

SERVINGS: 2

INGREDIENTS:

2 – tomatoes, chopped

8 ounces – boneless, skinless chicken breast, finely chopped

¼ tsp – salt

¼ tsp – freshly ground pepper

2 tsp – coconut oil, divided

½ cup – finely chopped white onion

2 cloves – garlic, minced

1 – small jalapeño pepper, seeded and minced

2 tsp – lime juice, plus lime wedges for garnish

2 tsp – chopped fresh cilantro

2 – scallions, chopped

6 – small corn tortillas, heated

1 – head of romaine lettuce, chopped

DIRECTIONS

- 1 Heat a medium skillet over high heat until very hot. Add tomatoes and cook, turning occasionally with tongs, until charred on all sides, 8 to 10 minutes. Transfer to a plate to cool slightly. Cut the tomatoes in half crosswise; squeeze to discard seeds. Remove cores and chop the remaining pulp and skin.
- 2 Cut chicken into 1-inch chunks; sprinkle with salt and pepper. Add 1 teaspoon oil to the pan and heat over high heat until very hot. Add the chicken and cook, stirring occasionally, until it is browned and no longer pink in the middle, 3 to 5 minutes. Transfer to a plate.
- 3 Reduce the heat to medium and add the remaining 1 teaspoon oil. Add onion and cook, stirring, until softened, about 2 minutes. Add garlic and jalapeño and cook, stirring, until fragrant, about 30 seconds. Add lime juice, the chicken and tomatoes. Cook, stirring, until heated through, 1 to 2 minutes.
- 4 Stir in cilantro and scallions. Divide the chicken mixture among tortillas. Serve with lime wedges, cilantro and lettuce.

APPROXIMATE MACROS PER SERVING: 297 CALORIES • 9G FAT • 27G CARBS • 27G PROTEIN



POST LIFT STEAK

SERVINGS: 1

INGREDIENTS:

3 1/4-inch-thick – red onion slices (whole slices, no individual rings)

6 oz – trimmed top round steak

1/2 lb – asparagus spears, washed and trimmed

Olive oil spray

Salt and pepper to taste

2 tsp – balsamic vinegar

1 tsp – extra-virgin olive oil

2 tsp – turkey bacon bits, nitrate-free

1 tbsp – reduced-fat blue cheese. (optional)

DIRECTIONS

- 1 Preheat grill to high. Lightly mist the onion slices, steak, and asparagus on both sides with cooking spray, and season with salt and pepper.
- 2 Place onion slices side-by-side on grill and cook 3 minutes. Flip onions.
- 3 Add steak and asparagus. Grill, flipping each item once, until onion is tender, steak reaches desired doneness, and asparagus is crisp yet tender (3 to 8 minutes).
- 4 Meanwhile, mix the balsamic and oil until combined.
- 5 Place the spears across the center of a dinner plate and top with steak.
- 6 Separate onion into individual rings and pile them on top. Drizzle balsamic mixture over plate, then sprinkle bacon and cheese evenly on top. (optional)

APPROXIMATE MACROS PER SERVING: 376 CALORIES • 45 G PROTEIN • 13 G CARBS • 16 G FAT



BBQ TURKEY MEATLOAF

SERVINGS: 8

INGREDIENTS:

2 ½ lbs—extra-lean ground turkey

½ cup—zucchini, finely chopped

1 cup—spinach, finely chopped

1—onion, minced

1—clove garlic, minced

2 tbsp—tomato paste

2 tbsp—dijon mustard

½ cup—BBQ sauce (low-sugar variety)

2—eggs

1 cup—gluten free, whole wheat bread crumbs

DIRECTIONS

- 1 Preheat oven to 425°F.
- 2 Put all ingredients together in a large bowl and mix well with your hands.
- 3 On 2 baking sheets lined with foil, spray with cooking olive oil spray. Fill pans with meatloaf mixture and press down firmly. Cook for approximately 35 to 45 minutes or until food reaches 135°F, as measured with a meat thermometer.
- 4 Remove from oven and let sit for at least 5 minutes to set and cool. Serve with a tablespoon of BBQ on top.

APPROXIMATE MACROS PER SERVING: 312 CALORIES • 30 G PROTEIN • 17 G CARBS • 13 G FAT



STEAK BURRITOS

SERVINGS: 4

INGREDIENTS:

½ cup – prepared fresh salsa

¼ cup – mashed avocado

½ cup – water

¼ cup – brown or white rice,
preferably brown

1 tbsp – taco seasoning

1, 15 oz – can black beans,
preferably low-sodium, rinsed

12 oz – strip steak, trimmed and
thinly sliced crosswise

¼ tsp – freshly ground pepper

1 tbsp – coconut oil

4 8-inch – tortillas, preferably
whole-wheat low carb

½ cup – shredded sharp
Cheddar cheese

2 tbsp – coarsely chopped
fresh cilantro

DIRECTIONS

- 1 Add salsa to pre-cooked brown rice, reduce heat to a simmer, cover and cook for 5 minutes. Stir in beans, return to a simmer and cook, uncovered, stirring occasionally, until the rice is tender and most of the liquid is absorbed, about 5 minutes more.
- 2 Meanwhile, sprinkle steak with pepper and taco seasoning. Heat oil in a large skillet over medium-high heat. Add steak and cook, stirring occasionally, until browned and cooked through, 3 to 5 minutes.
- 3 To assemble, divide the steak among the tortillas and top with equal amounts of cheese, guacamole, cilantro and the rice mixture. Roll each tortilla up into a burrito. Enjoy!

APPROXIMATE MACROS PER SERVING: 471 CALORIES • 16G FAT • 49G CARBS • 31G PROTEIN



GREEK YOGURT SHRIMP WRAPS

SERVINGS: 2

INGREDIENTS:

2—tortillas

3 oz—low-fat, plain Greek yogurt

1 tbsp—cayenne pepper

2 tbsp—lime juice

½ cup—cilantro, chopped

3 tsp—extra-virgin olive oil

¼ head—cabbage, thinly sliced

½ lb—shrimp, peeled and deveined

Salt and black pepper to taste

DIRECTIONS

- 1 In a bowl, mix yogurt, cayenne, lime juice, and cilantro.
- 2 Heat olive oil in a nonstick skillet over medium-high heat. Add cabbage and cook for 4 minutes or until the cabbage is just barely wilted.
- 3 Remove cabbage from skillet, add shrimp, and cook for 3 to 4 minutes. Season with cayenne pepper, and add salt and black pepper to taste.
- 4 Heat tortillas over medium heat in a dry skillet or in a toaster oven.
- 5 Layer wrap with cabbage, shrimp, and yogurt mix

APPROXIMATE MACROS PER SERVING: 474 CALORIES • 37 G PROTEIN • 50 G CARBS • 18 G FAT



TURKEY CHILI

SERVINGS: 8

INGREDIENTS:

6 ounces – hot turkey
Italian sausage

1 – chopped onion

1 cup – chopped red bell pepper

4 – garlic cloves, minced

1 pound – ground turkey

1 – jalapeño pepper, chopped

3 tbsp – chili powder

2 tbsp – brown sugar

1 tbsp – ground cumin

3 tbsp – tomato paste

2 tsp – dried oregano

½ tsp – freshly ground
black pepper

1 tsp – salt

2 – bay leaves

1 cup – brewed coffee

2, 28 oz cans – no-salt-added
whole tomatoes, undrained
and coarsely chopped

2, 15 oz cans – no-salt-added
kidney beans, drained

1 can – black beans

1 can – pinto beans

½ cup (2 ounces) – shredded
reduced-fat sharp
cheddar cheese

DIRECTIONS

- 1 Heat a large Dutch oven over medium-high heat. Remove casings from sausage. Add sausage, onion, and the next 4 ingredients (onion through jalapeño) to pan; cook 8 minutes or until sausage and turkey are browned, stirring to crumble.
- 2 Add chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in wine, tomatoes, and kidney beans; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
- 3 Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with cheddar cheese and chopped green onions.

APPROXIMATE MACROS PER SERVING: 286 CALORIES • 7.5G FAT • 22.4G PROTEIN • 28.5G CARBS



NEW FAVORITE FILET

SERVINGS: 4

INGREDIENTS:

5—large shallots, peeled and halved

3 tsp—extra-virgin olive oil, divided

1 tbsp—coarsely chopped fresh thyme

½ tsp—kosher salt

½ tsp—freshly ground pepper

4, 4 oz—filet mignon or sirloin steaks

1 ¼—inches thick, trimmed

¾ cup—red wine

1, 14-ounce—can reduced-sodium beef broth

1 tsp—olive oil

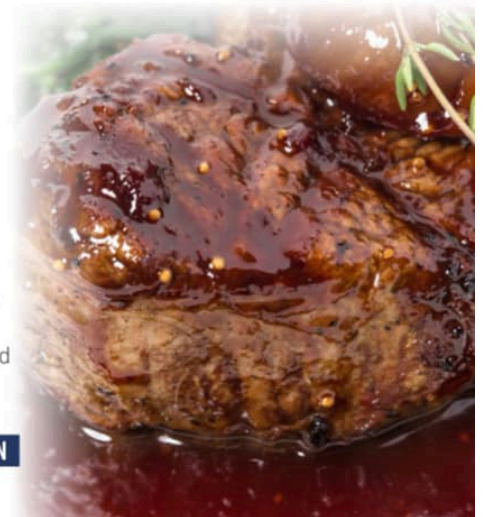
1 tsp—all-purpose flour

1 tsp—tomato paste

DIRECTIONS

- 1 Preheat oven to 425°F.
- 2 Toss shallots with 1 teaspoon oil in a small baking pan. Roast until beginning to brown, about 25 minutes.
- 3 Meanwhile, combine thyme, salt and pepper in a small bowl; rub the mixture all over steaks. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the steaks and cook, adjusting the heat as necessary to prevent burning, 4 to 6 minutes per side for medium-rare. Transfer to a plate; tent with foil to keep warm.
- 4 Add wine to the pan and cook for 1 minute. Add broth and bring to a boil; continue cooking until the liquid is reduced by about half, 10 to 12 minutes.
- 5 Combine butter and flour in a small bowl. Stir tomato paste into the pan until dissolved, then add the butter-flour paste in small bits, breaking up any lumps with a wooden spoon, until it's dissolved. Add the roasted shallots and steaks to the pan along with any accumulated juices. Turn to coat and cook until heated through, 1 to 2 minutes. Serve the steaks with the remaining sauce in the pan.

APPROXIMATE MACROS PER SERVING: 359 CALORIES • 12G FAT • 23G CARBS • 28G PROTEIN



VEGGIE QUINOA CAKES

SERVINGS: 2

INGREDIENTS:

1/2 cup – cooked quinoa

1/4 cup – chopped carrots

1/2 cup – chopped spinach

1/4 cup – whole wheat flour

1 – egg

1 – egg white

juice of 2 lemons

2 tsp – baking powder

Pinch – of sea salt and pepper

DIRECTIONS

- 1 In a bowl, add the following ingredients: flour, baking powder, lemon juice, egg, egg white, quinoa and a pinch of sea salt and pepper.
- 2 Mix well into a batter and add the chopped carrots and spinach.
- 3 Place a non-stick frying pan on medium heat, and grease with spray coconut oil.
- 4 Scoop 1-2 tbsp of batter and place the batter in the center of the pan.
- 5 Cook the quinoa cakes golden brown for 1 to 2 minutes on both sides, or until they are cooked to your liking. 6. Serve hummus or salsa.

APPROXIMATE MACROS PER SERVING: 356 CALORIES • 21G PROTEIN • 48G CARBS • 10G FAT



ON THE GO WRAPS

SERVINGS: 4

INGREDIENTS:

1 cup – corn kernels, fresh

1/2 cup – chopped fresh tomato

1/4 cup – chopped sun-dried tomatoes in olive oil

1 tbsp – red-wine vinegar or balsamic vinegar

8 – thin slices low-sodium deli turkey (about 8 ounces)

4, 8 inch – whole-wheat tortillas

2 cups – chopped romaine lettuce

DIRECTIONS

- 1 Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
- 2 Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

APPROXIMATE PER SERVING: 321 CALORIES • 12G FAT • 35G CARBS • 19G PROTEIN



BALSAMIC CHICKEN AND VEGGIES

SERVINGS: 4

INGREDIENTS:

3 tbsp – olive oil

5 tbsp – balsamic vinegar

1 tbsp – honey

¼ tsp – crushed
red pepper

2 tbsp – olive oil

1 pound – chicken breast

12 ounces – fresh asparagus,
trimmed and cut into
2-inch pieces

1 head – of fresh kale, chopped

1 cup – shredded carrot

2 – small tomatoes, seeded
and chopped

DIRECTIONS

- 1 In a small bowl, stir together salad dressing, balsamic vinegar, honey, and crushed red pepper. Set aside.
- 2 In a large skillet, heat oil over medium-high heat. Add chicken; cook for 5 to 6 minutes or until chicken is tender and no longer pink, turning once. Add half of the dressing mixture to skillet; turn chicken to coat.
- 3 Transfer chicken to a serving platter; cover and keep warm.
- 4 Add asparagus, carrots and kale to skillet. Sauté for 4-5 minutes.
- 5 Stir remaining dressing mixture; add to skillet. Cook and stir for 1 minute, scraping up browned bits from bottom of skillet. Drizzle the dressing mixture over chicken and vegetables. Garnish with chopped tomato.

APPROXIMATE MACROS PER SERVING: 269 KCAL • 12G FAT • 12G CARB • 27G PROTEIN



TEX-MEX TURKEY TACOS

SERVINGS: 4

INGREDIENTS FOR 3 TACOS:

6 oz – ground turkey

1 – bell pepper, chopped

½ – onion chopped

3 – corn tortillas

choice of raw veggie

¼ – cup roasted corn

fresh cilantro

½ cup – black beans, drained
juice from 2 limes

¼ – avocado, mashed

3 tbsp – 0% fat Greek yogurt

SEASONINGS FOR GROUND TURKEY:

Cumin

Chipotle chili pepper

Cayenne pepper

Garlic paste

DIRECTIONS

- 1 Set a non-stick skillet on medium to high heat, add 1 tablespoon coconut oil, bell pepper and onion and sauté on high heat for 5 minutes.
- 2 Add ground turkey and seasonings to pan. Cook until crispy and golden brown. Add black beans and roasted corn.
- 3 Prepare the avocado-lime Greek yogurt sauce. Add lime juice, mashed avocado and Greek yogurt. Mix together and set aside.
- 4 Chop up veggies, limes and fresh cilantro.
- 5 Warm your corn tortillas in the oven or the microwave for about 30 seconds.
- 6 Build your taco.

APPROXIMATE MACROS PER SERVING: 510 CALORIES • 58G PROTEIN • 35G CARBS • 17G FAT



SUPREME PEPPERONI PIZZA

THIN-CRUST WHOLE-WHEAT PIZZA DOUGH INGREDIENTS:

¾ cup – plus 1 tablespoon
lukewarm water (105-115°F)

1 package – active dry yeast
(2 ¼ teaspoons)

1 tsp – sugar

1 cup – whole wheat pastry flour

1 cup – whole wheat all-
purpose flour

½ tsp – salt

2 tbsp – extra-virgin olive oil

2 tbsp – fine cornmeal

All-purpose flour for dusting

TOPPINGS INGREDIENTS

½ cup – prepared marinara sauce

½ cup – mini pepperoni slices,
or can substitute with 12 oz.
cooked chopped chicken

1 – red bell pepper, chopped finely

1 cup – shredded part-skim
mozzarella cheese

¼ cup – parmesan cheese

¼ cup – black olives, chopped

½ cup – chopped mushrooms,
chopped

¼ cup – basil, chopped

DIRECTIONS

- 1 To prepare dough: Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, all-purpose flour and salt until the dough begins to come together.
- 2 Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (Alternatively, mix the dough in a food processor or in a stand mixer with a dough hook. Process or mix until it forms a ball.)
- 3 Continue to process until the dough is smooth and elastic, about 1 minute more in a food processor or 3 to 4 minutes more on low speed in a stand mixer.) Place the dough in an oiled bowl and turn to coat the dough with oil to prevent sticking.
- 4 Cover with a clean kitchen towel; set aside in a warm, draft-free place until doubled in size, about 1 hour. Set your bowl of dough in your turned off oven to avoid excess moisture and help it rise.
- 5 Position rack in lower third of oven; preheat to 450°F. Brush oil over a large baking sheet. Sprinkle the baking sheet with cornmeal to coat evenly. Sprinkle flour over work surface. Roll out the dough to the size of the baking sheet and transfer to the baking sheet. Cover the dough with sauce.
- 6 Assemble and add all of your desired toppings and cheese. Bake until the crust is crispy and the cheese is melted and starting to brown, 15 to 20 minutes. Top off with some crushed chili peppers and fresh chopped basil for garnish. Enjoy!

APPROXIMATE MACROS PER SERVING:

378 CALORIES • 12G FAT • 47G CARBS • 18G PROTEIN

