



175lb Recipe Guide & Cook Book

175lb Six Week
Transformation
challenge

42
RECIPES



INTRODUCTION

WELCOME to our transformation challenge. We couldn't be more excited to have you here!

This meal plan is carefully put together to ensure that you will see maximal results in weight loss AND have variety for all of your meals for these upcoming 6 weeks. The diet is flexible but rigid, because it's key to eliminate poor eating habits before moderating and automating.

As a reminder, this is all part of our complete transformation process towards what would be a complete lifestyle change that consists of three parts.

This is the first part, **Transformation**.

After that, comes step two, **Habit Formation**.

Then step three, **Identity Association**.

*If it's not on the meal plan or recipe book in its exact portions, you **cannot** have it*

Ingredients are color coded:



FAT



CARBS



PROTEIN



VEGGIE S



RECIPE GUIDE



Breakfast (14 RECIPES)

- Page 6 - Quinoa Egg White Breakfast Wrap
- Page 7 - Turkey and Sweet Potato Hash
- Page 8 - Protein Blueberry Banana Pancakes
- Page 9 - Tomato Egg Cups
- Page 10 - High Protein Epic Beef Wrap
- Page 11 - High Protein Epic Chicken Wrap
- Page 12 - High Protein Epic Tuna Salad Wrap
- Page 13 - Spicy Sriracha Tuna Wraps
- Page 14 - Breakfast Wonton Cups
- Page 15 - Lemon Chicken Salad Sandwich
- Page 16 - Skinny Southwestern Salad
- Page 17 - Chicken-Mushroom Shish Kabobs and Red Quinoa Salad with Edamame
- Page 18 - Egg White Chicken Omelette
- Page 19 - Protein Oatmeal



Lunch (14 RECIPES)

- Page 21 - Turkey Mozzarella Zucchini Boats
- Page 22 - Pan-Fried Cod with Orange and Swiss Chard
- Page 23 - Easy One Pan Mediterranean Cod
- Page 24 - Healthy Turkey Lettuce Wraps
- Page 25 - Turmeric Ginger Grilled Chicken
- Page 26 - Sheet Pan Roasted Garlic & Herb Chicken and Veggies
- Page 27 - Sheet Pan Sesame Chicken and Veggies
- Page 28 - One Pan Blackened Cod, Sweet Potatoes, and Zucchini
- Page 29 - Lemon Basil Chicken
- Page 30 - Easy Poached Fish in Tomato Basil Sauce
- Page 31 - Healthy Chicken Parmesan
- Page 32 - Baked Honey Sriracha Lime Salmon
- Page 33 - Mustard Pork Tenderloin with Grilled Vegetables in Foil
- Page 34 - Sun Dried Tomato Pesto Chicken Rolls



Dinner (14 RECIPES)

- Page 36 - Chicken Zoodle Soup
- Page 37 - Healthy Classic Chicken Salad
- Page 38 - Honey Shrimp and Broccoli
- Page 39 - Hummus Crusted Chicken and Summer Veggies
- Page 40 - Crockpot Chicken White Bean Soup
- Page 41 - Crockpot Chicken Cacciatore
- Page 42 - Crockpot Peppered Turkey Chili
- Page 43 - Eggplant and Sweet Potato Lasagna
- Page 44 - Salmon Veracruzana
- Page 45 - Shrimp and Grits
- Page 46 - Creamy Beef Stroganoff
- Page 47 - Chicken Quinoa Salad
- Page 48 - Protein Pepperoni Pizza
- Page 49 - Healthy BBQ Pizza



APPROVED CONDIMENTS & SPICES

Pink Himalayan Sea Salt
Black Pepper
Red Pepper Flakes
Chili Powder
Cayenne Pepper Powder
Garlic Powder
Paprika
Smoked Paprika
Cumin
Ground Cumin
Oregano
Coriander
Majoram
Dried Bay Leaves
Dried Sage
Cilantro
Basil
Turmeric
Vinegar
Low Sodium Soy Sauce
Hot Sauce
Sriracha
Mustard
Lemon Juice

Before beginning the meal plan and making any of the recipes, you **MUST** purchase a food scale and be ready to weigh everything out in its exact portions.

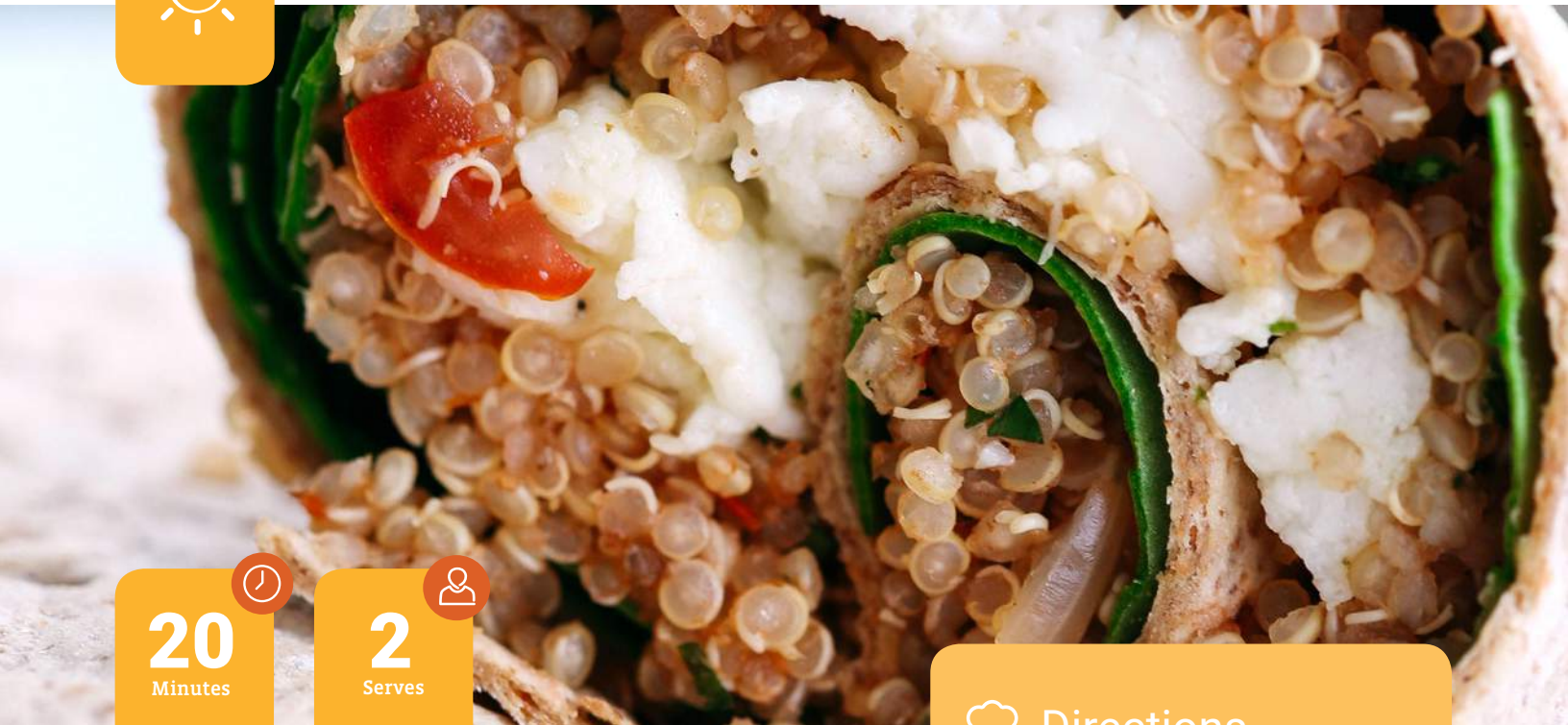


Breakfast



14 delicious recipes to start your day right - fueling you for your day.

- 6 - Quinoa Egg White Breakfast Wrap
- 7 - Turkey and Sweet Potato Hash
- 8 - Protein Blueberry Banana Pancakes
- 9 - Tomato Egg Cups
- 10 - High Protein Epic Beef Wrap
- 11 - High Protein Epic Chicken Wrap
- 12 - High Protein Epic Tuna Salad Wrap
- 13 - Spicy Sriracha Tuna Wraps
- 14 - Breakfast Wonton Cups
- 15 - Lemon Chicken Salad Sandwich
- 16 - Skinny Southwestern Salad
- 17 - Chicken-Mushroom Shish Kabobs and Red Quinoa Salad with Edamame
- 18 - Egg White Chicken Omelette
- 19 - Protein Oatmeal



20
Minutes

2
Serves

Directions

1. To make the quinoa, add a ½ cup of water to a small saucepan and thoroughly rinse the quinoa. Add the rinsed quinoa to the saucepan and bring to a boil, cover and reduce heat and simmer for about 13 minutes. Remove from heat, keeping quinoa covered, and allow it to sit for about 5 minutes then fluff quinoa with a fork.
2. Mix in cumin, salsa and cilantro with the quinoa and set aside.
3. Spray a nonstick skillet with cooking spray over medium heat and add egg whites, stirring frequently until eggs are set, about 2 to 3 minutes.
4. Top tortilla with spinach leaves, quinoa, scrambled egg whites and cheese. Tightly roll up tortilla, slice and enjoy!

Quinoa Egg White Breakfast Wrap



Ingredients

- ½ Cup of Uncooked Quinoa
- 4 Small Low Carb Taco Tortillas or 2 Large Low Carb Burrito Tortillas
- ½ Teaspoon of Cumin
- ¼ Cup of Salsa
- 1 Tablespoon of Cilantro — Chopped
- 2 Cups of Baby Spinach
- ¼ Cup of Fat-Free Mozzarella
- 1 ½ Cup of Egg Whites
- Salt — To Taste
- Pepper — To Taste

To Serve:
1 Serving of Vegetable.

Calories: 360 Fat: 1.5g Carbs: 47.5g Protein: 39.5g



20
Minutes

2
Serves

Directions

1. Bring a large pot of water to a boil and cut sweet potato into small cubes. Once water is boiling, add sweet potatoes and cook for about 5 minutes, until softened. Drain sweet potatoes in a colander and set aside
2. Drizzle olive oil in a large nonstick skillet and saute onion and garlic until fragrant, about 3 minutes. Add ground turkey and cook until crumbled and brown; do not drain any excess liquid.
3. Next add sweet potatoes, zucchini, bell pepper, cumin, smoked paprika, chili powder and sea salt, mixing well, and cook until potatoes are slightly caramelized and crispy, about 5 minutes.
4. Top with fresh parsley, serve with a side of vegetables and enjoy!

Turkey and Sweet Potato Hash



Ingredients

- 1 ½ lb of 99% Lean Fat-Free Ground Turkey
- 3 Cups of Sweet Potatoes — Peeled and Cubed
- 1 Yellow Onion — Chopped
- 1 Clove of Garlic — Minced
- 1 Zucchini — Diced
- 1 Red Bell Pepper — Chopped
- 1 Teaspoon of Ground Cumin
- 1 Teaspoon of Smoked Paprika
- ½ Teaspoon of Chili Powder
- ½ Teaspoon of Sea Salt
- 1 Teaspoon of Fresh Parsley Finely-Chopped

To Serve: Add 1 Vegetable.

Calories: 336 Fat: 1.5g Carbs: 35.5g Protein: 45g



15
Minutes

1
Serves

Directions

1. In a mixing bowl, combine egg, banana, protein powder, and flour together until mixed well
2. Add blueberries to the mixture and stir until blueberries are evenly distributed
3. Coat skillet with cooking spray over medium heat
4. Add desired amount of batter for the size of your pancake. Cook until pancakes are cooked through, flipping once.
5. Serve with or separately with a serving of vegetables!

Protein Blueberry Banana Pancakes

C P V

Ingredients

- 2 Egg Whites
- 1 Banana
- 1 Scoop of Protein Powder
- 1 Tablespoon of Almond Flour
- ¼ Cup of Blueberries

To Serve:

Add 1 Vegetable.

Calories: **377** Fat: **4.5g** Carbs: **46g** Protein: **38g**



10
Minutes

1
Serves



Tomato Egg Cups



Ingredients

- 3 Medium Tomatoes
- 6 Egg Whites
- ¼ Cup of Cooked Boneless Skinless
- Chicken Breast — Diced into ½ Inch Pieces

To Serve:

- 2 Slices of Whole Wheat Toast
- 1 Serving of Vegetables

Directions

1. Preheat the oven to 350.
2. Dice up the cooked chicken breast into ½ inch pieces.
3. Cut the tops off the tomatoes.
4. Take a teaspoon and scoop out the insides of the tomato, being careful not to puncture the sides.
5. Pour two egg whites and spread the diced chicken evenly into each tomato.
6. Place in a small baking dish with olive oil sprayed on.
7. Bake for about 20-25 minutes, or until the egg white is cooked to your liking.
8. Serve with 2 slices of toast and 1 side of vegetables!



15

Minutes



2

Serves



Directions

1. Spray a skillet with nonstick spray.
2. Scramble egg whites (with salt & pepper, if using) over medium heat until desired doneness.
3. While egg whites are cooking, dice up red pepper, green pepper and onion.
4. When egg whites are done, remove from pan and cover.
5. Add ground beef and taco seasoning to skillet.
6. Cook beef until done.
7. Lay burrito or tortilla on a plate.
8. Layer scrambled eggs, peppers, onion, ground beef and then finish off with a sprinkle of cheese.
9. Wrap up and enjoy with a serving of a fruit - 1 Medium Fruit or 1 ½ Cup of Berries!

High Protein Epic Beef Wrap



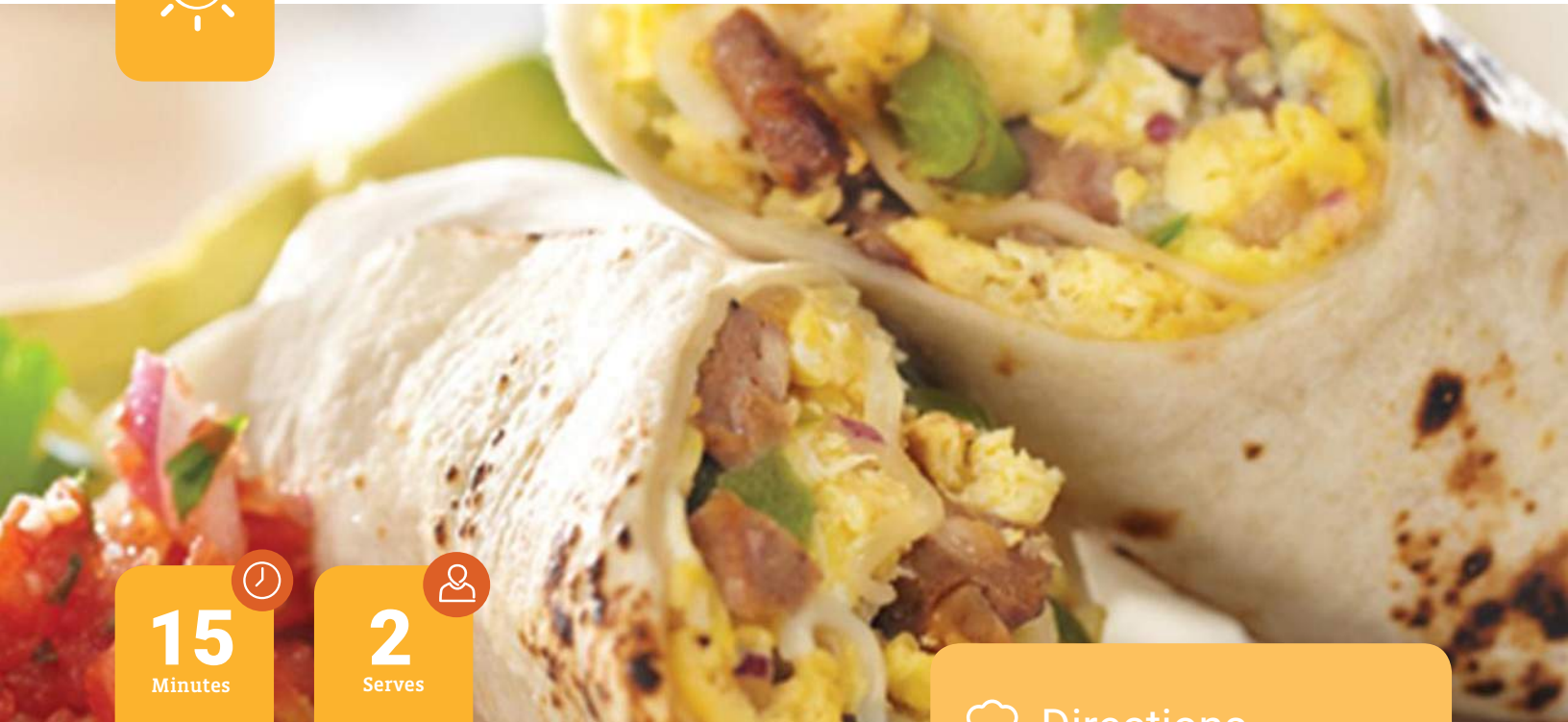
Ingredients

- 4 Small Low Carb Taco Tortillas — or 2
- Large Low Carb Burrito Tortillas
- ¾ Cup of Egg Whites
- 6 oz of 96% Lean Ground Beef
- ½ Cup of Fat-Free Mozzarella
- ½ Green Pepper — Diced
- ½ Red Pepper — Diced
- ½ Small Onion — Diced
- 1½ Tablespoons of Taco Seasoning
- Salt — To Taste
- Pepper — To Taste

To Serve:

- 2 Slices of Whole Wheat Toast
- 1 Serving of Vegetables

Calories: 370g Fat: 3g Carbs: 38g Protein: 47g



15

Minutes

2

Serves

High Protein Epic Chicken Wrap



Ingredients

- 4 Small Low Carb Taco Tortillas — or 2 Large Low Carb Burrito Tortillas
- $\frac{3}{4}$ Cup of Egg Whites
- 6 oz of Boneless Skinless Chicken Breast, Diced Into $\frac{1}{2}$ Inch Pieces
- $\frac{1}{2}$ Cup of Shredded Fat-Free Mozzarella
- $\frac{1}{2}$ Green Pepper — Diced
- $\frac{1}{2}$ Red Pepper — Diced
- $\frac{1}{2}$ Small Onion — Diced
- $1\frac{1}{2}$ Tablespoons of Taco Seasoning
- Salt and Pepper — To Taste

To Serve:

1 Medium Fruit — or $1\frac{1}{2}$ Cup of Berries

Directions

1. Spray a skillet with nonstick spray.
2. Scramble egg whites (with salt & pepper, if using) over medium heat until desired doneness.
3. While egg whites are cooking, dice up red pepper, green pepper and onion.
4. When egg whites are done, remove from pan and cover.
5. Add diced chicken breast and taco seasoning to skillet.
6. Cook chicken until done.
7. Lay burrito or tortilla on a plate.
8. Layer scrambled eggs, peppers, onion, chicken and then finish off with a sprinkle of cheese.
9. Wrap up and enjoy with a serving of a fruit - 1 Medium Fruit or $1\frac{1}{2}$ Cup of Berries!

Calories: **358** Fat: **2g** Carbs: **38g** Protein: **47g**



15

Minutes

2

Serves

Directions

1. Add ½ Cup of Greek Yogurt, Parsley, Onion, Lemon Zest, Lemon Juice, Salt to mixing bowl with tuna.
2. Lay burrito or tortilla on a plate.
3. Layer peppers, onion, tuna salad and then finish off with a sprinkle of cheese.
4. Wrap up and enjoy with a serving of a fruit - 1 Medium Fruit or 1 ½ Cup of Berries!

High Protein Epic Tuna Salad Wrap



Ingredients

- 4 Small Low Carb Taco Tortillas —or 2 Large Low Carb Burrito Tortillas
- 1 Can of Tuna
- ½ Cup of Plain Fat-Free Greek Yogurt
- ½ Cup of Shredded Fat-Free Mozzarella
- ½ Green Pepper — Diced
- ½ Red Pepper — Diced
- ½ Small Onion — Diced
- ¼ Cup of Chopped Parsley
- Zest of Lemon
- Juice of ½ Lemon
- 2 Tablespoons of Lemon Pepper Spice
- Salt and Papper — To Taste

To Serve:

1 Medium Fruit — or 1 ½ Cup of Berries

Calories: **389** Fat: **1g** Carbs: **47g** Protein: **48g**



15

Minutes

2

Serves

Directions

1. Add ½ Cup of Greek Yogurt, Sriracha, Onion, Salt, and Pepper to mixing bowl with tuna.
2. Lay burrito or tortilla on a plate.
3. Layer the lettuce, tuna salad, tomatoes, peppers, spinach onto the wrap and sprinkle a little bit of cheese.
4. Wrap up and enjoy with a serving of a fruit - 1 Medium Fruit or 1 ½ Cup of Berries!

Spicy Siracha Tuna Wrap



Ingredients

- 4 Small Low Carb Taco Tortillas — or 2 Large Low Carb Burrito Tortillas
- 1 Can of Tuna
- ½ Cup of Plain Fat-Free Greek Yogurt
- ½ Cup of Shredded Fat-Free Mozzarella
- 2 Tablespoons of Sriracha
- ½ Green Pepper — Diced
- ½ Red Pepper — Diced
- 2 Romaine Lettuce Leaves
- ¼ Cup of Onion — Diced
- ½ Small Tomato — Sliced
- ¼ Cup of Raw Spinach
- Salt and Pepper — To Taste

To Serve:

1 Medium Fruit — or 1 ½ Cup of Berries

Calories: 370 Fat: 0.5g Carbs: 45g Protein: 46g



15

Minutes

2

Serves

Directions

1. Preheat oven to 350 degrees.
2. Spray your muffin pan with non-stick spray.
3. Line each cup with 2 wonton wrappers like pictured.
4. Fill each cup with $\frac{1}{2}$ tablespoons of greek yogurt cream cheese, 1 oz of chicken, 1 egg white, and a little bit of shredded mozzarella.
5. Bake for 15-20 minutes or until egg whites are fully set. Let cool for a few minutes before lifting them out.
6. Serve with 3 wonton cups at a time with a side of veggies

Breakfast Wonton Cups



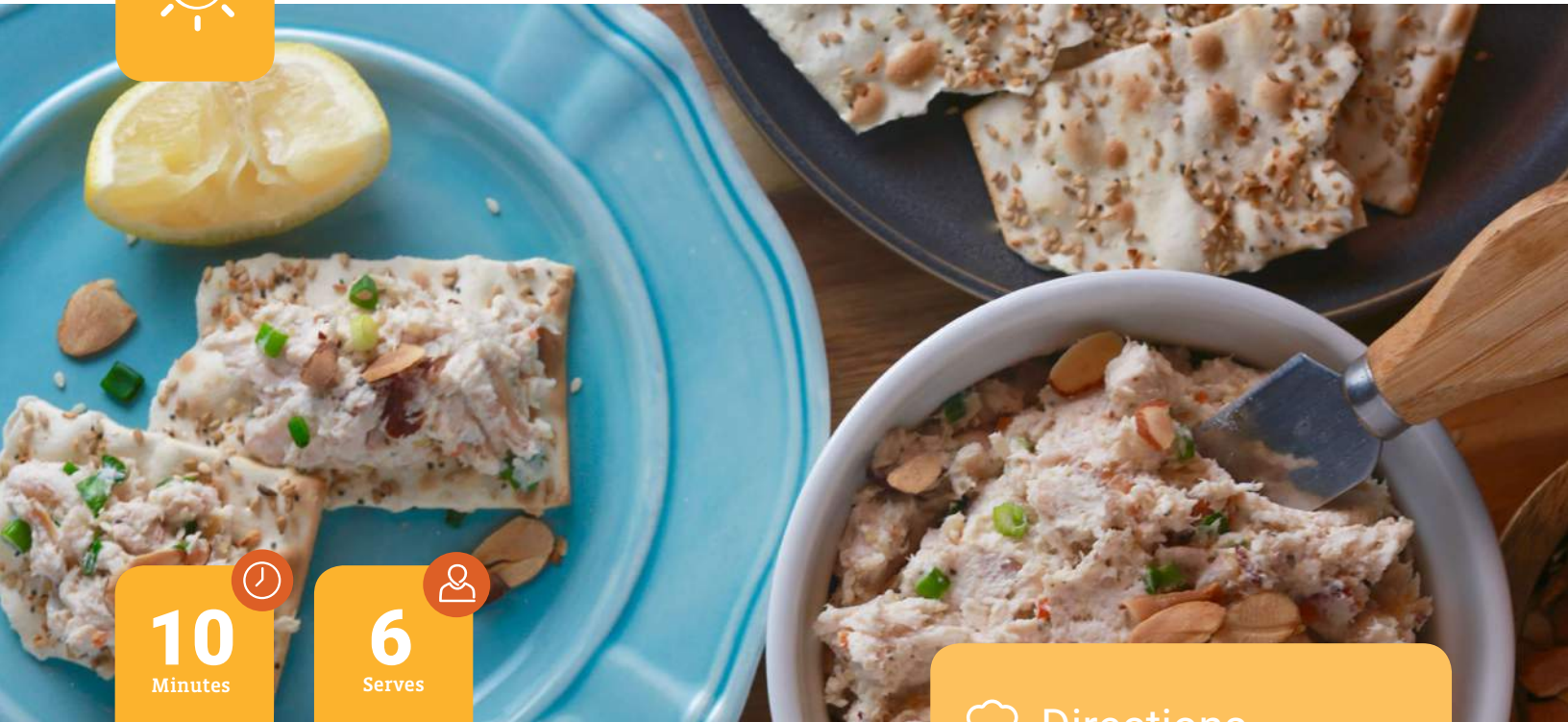
Ingredients

- 18 Wonton Wrappers
- 9 oz of Boneless Skinless Chicken Breast
 - Diced Into $\frac{1}{2}$ Inch Pieces
- 9 Egg Whites
- 4.5 Tablespoons Greek Cream Cheese
- $\frac{1}{2}$ Cup of Shredded Fat-Free Mozzarella

To Serve:

1 Serving of Vegetables

Calories: 385 Fat: 5g Carbs: 39.5g Protein: 45.5g



10

Minutes

6

Serves

Directions

1. Preheat Oven to 425 degrees and line a baking sheet with foil.
2. Liberally season the chicken breasts with Lemon Pepper and place in oven to bake for 25-35 minutes depending on the thickness of the chicken breasts.
3. While the chicken is baking, toast the sliced Almonds on a skillet with olive oil cooking spray. It only takes about 5 minutes, and they can burn easily. Set aside to cool.
4. Chop the Parsley and Green Onion. Zest the 1 lemon, then chop it in half to prepare for the ½ Lemon Juice.
5. Once the chicken is done baking, let rest for 10 minutes.
6. Shred or cube the chicken breast and add it to a large mixing bowl.
7. Add 1 Cup of Greek Yogurt, Parsley, Green Onion, Toasted Almonds, Lemon Zest, Lemon Juice, Salt to mixing bowl with chicken.
8. Mix until well combined. Serve on toasted whole grain bread with a side of vegetables.

Lemon Chicken Salad



Ingredients

- 1 ½ lbs of Boneless Skinless Chicken Breast (3 Pieces)
- 1 ½ Cup of Plain Fat-Free Greek Yogurt
- ¼ Cup of Chopped Parsley
- ⅓ Cup of Green Onion
- ¼ Cup of Toasted Almonds — Sliced
- Zest of Lemon
- Juice of ½ Lemon
- 2 Tablespoons of Lemon Pepper Spice
- Salt — To Taste
- Pepper — To Taste

To Serve:

1 Serving of Vegetables

Calories: 359 Fat: 6.5g Carbs: 35g Protein: 39.5g



30
Minutes

4
Serves

Directions

For Skinny Salsa Ranch

1. Place all ingredients in a glass jar and use a hand blender to blend until incorporated.
2. Chill for at least 30 minutes.

For Skinny Southwestern Salad

1. Chop the romaine into bite-sized pieces and layer into the bottom of a wide bowl.
2. Prep veggies, and chop chicken breast into 1/2"-1" pieces.
3. Layer cheese, black beans, tomatoes, chicken, corn, and red onion on top of the lettuce, then sprinkle with cilantro.
4. Place the baked corn chips around the side of the bowl, or if you are meal prepping in small containers, put these in a baggie on the side.
5. Right before serving, toss the salad with the skinny salsa ranch. Enjoy!

Skinny Southwestern Salad **C P V**

Ingredients

For Skinny Salsa Ranch

- 1/2 Cup Light Sour Cream
- 1/4 Cup Lowfat Buttermilk
- 1/4 Cup of Salsa
- 1.5 Tablespoons of Dry Ranch Mix

For Skinny Southwestern Salad

- 2 Hearts of Romaine Lettuce — Washed
- 1/2 Cup Shredded Fat Free Cheese
- 1/2 Cup of Black Beans — Rinsed
- 1 Cup of Cherry Tomatoes
- 1 lbs of Boneless Skinless Chicken Breast — Diced Into 1/2 Inch Pieces
- 1/2 Cup of Canned Corn — Drained
- 1/4 Cup of Red Onion — Finely Diced
- 1/4 Cup of Cilantro — Finely Diced (optional)
- 12 Baked & Seasoned Tortilla Chips
- 8 oz of Skinny Salsa Ranch

Calories: **360** Fat: **9.5g** Carbs: **30g** Protein: **38.5g**



30

Minutes

4

Serves

Directions

1. In a deep pot add quinoa and water. Bring it to a boil over medium heat and boil about 15–20 minutes. Drain and set aside.
2. Wash mushrooms and toss in a bowl or a tray. Season with salt, black pepper and garlic powder. Set aside.
3. spray coconut oil spray in a non-stick grill pan and preheat over medium high heat. Cut chicken breasts into cubes. Season with salt, smoked paprika, garlic and onion powder. Mix with your hands or spatula.
4. Thread chicken cubes and seasoned mushrooms alternately onto wooden skewers. Cook 3–4 minutes per side.
5. Transfer cooked quinoa in a large bowl. Grate carrot and add in the bowl with edamame and chopped red onions. Mix well.
6. Serve everything into containers with lime and mini peppers.

Chicken-Mushroom Shish Kabobs and Red Quinoa Salad with Edamame



Ingredients

- 6 Cups of Crimini Mushrooms
- 1 ¼ lbs of Boneless Skinless Chicken Breast
- ½ Cup of Dry Red Quinoa
- 1 Cup of Edamame
- 1 Large Carrot
- ½ Cup of Chopped Red Onion
- ½ Lime Coconut Oil Spray

To Serve:

1 Serving of Peppers

Calories: 380 Fat: 4.5g Carbs: 37g Protein: 48g



10

Minutes

1

Serves

Directions

1. Season the egg whites with oregano, basil, a pinch of sea salt and black pepper.
2. In a pan, heat the balsamic vinegar and pan fry the sliced onions and garlic.
3. Add the sliced tomatoes and chicken.
4. Once all of the ingredients are almost cooked, pour over the egg mix and allow to cook for 3-5 minutes.
5. Sprinkle over the cheese and finish under the grill for 2-3 minutes, so that the omelette is bubbling.
6. Serve with 2 slices of toast and serving of vegetables to enjoy!

Egg White Chicken Omelette



Ingredients

- 4 Egg Whites
- ¼ Cup of Boneless Skinless Chicken Breast — Cooked
- 1 Teaspoon of Oregano
- 1 Teaspoon of Basil
- 1 Clove of Garlic — Minced
- 5 Cherry Tomatoes — Sliced
- ¼ Cup of Raw Spinach
- 1 Teaspoon of Balsamic Vinegar
- 2 Tablespoons of Red Onion — Sliced
- 2 Tablespoons of Fat Free Mozzarella

To Serve:

- 2 Slice of Whole Wheat Bread
- 1 Serving of Veggies

Calories: 356 Fat: 4.5g Carbs: 41.5g Protein: 37.5g



10

Minutes



1

Serves



Protein Oatmeal



Ingredients

- ½ Cup of Dry Oats
- 1 Scoop of Protein Powder
- 1 Cup of Water
- ½ Tablespoon of Ground Flaxseed
- 1 Teaspoon of Cinnamon
- ½ of a Banana — Sliced

To Serve:

1 Serving of Vegetables

Directions

1. Microwave the oats for the suggested amount of time.
2. Mix the scoop of protein powder together in with the oatmeal until it's uniform throughout.
3. Layer the flaxseed, cinnamon, and banana and enjoy with a serving of veggies on the side!

Calories: 397 Fat: 5g Carbs: 55g Protein: 33g

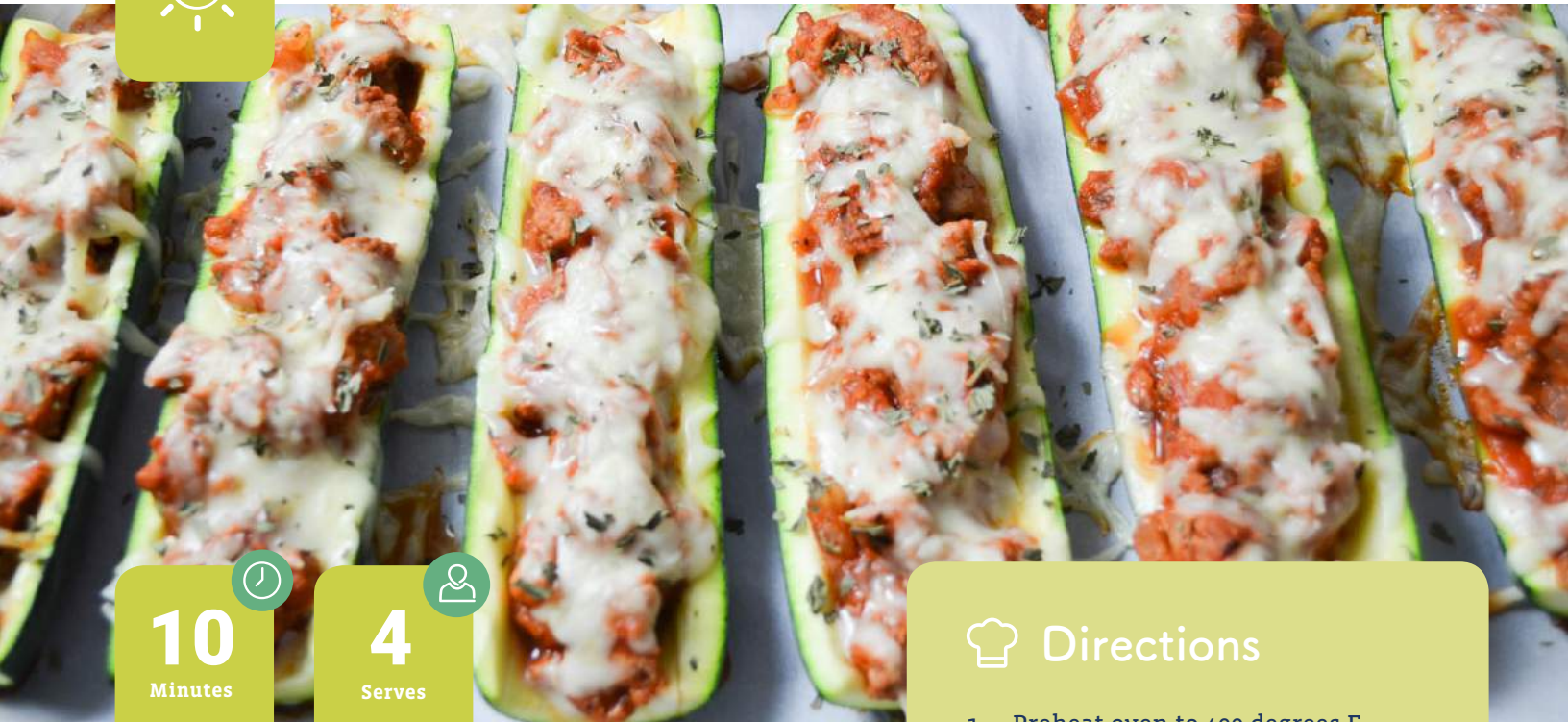


Lunch



14 Refreshing and empowering recipes that are quick and delicious, filling and fueling you throughout the day.

- 21 - Turkey Mozzarella Zucchini Boats
- 22 - Pan-Fried Cod with Orange and Swiss Chard
- 23 - Easy One Pan Mediterranean Cod
- 24 - Healthy Turkey Lettuce Wraps
- 25 - Turmeric Ginger Grilled Chicken
- 26 - Sheet Pan Roasted Garlic & Herb Chicken and Veggies
- 27 - Sheet Pan Sesame Chicken and Veggies
- 28 - One Pan Blackened Cod, Sweet Potatoes, and Zucchini
- 29 - Lemon Basil Chicken
- 30 - Easy Poached Fish in Tomato Basil Sauce
- 31 - Healthy Chicken Parmesan
- 32 - Baked Honey Sriracha Lime Salmon
- 33 - Mustard Pork Tenderloin with Grilled Vegetables in Foil
- 35 - Sun Dried Tomato Pesto Chicken Rolls



10

Minutes

4

Serves

Turkey Mozzarella Zucchini Boats



Ingredients

- 4 Medium Zucchini
- 1 lb of 99% Lean Fat-Free Ground Turkey
- 1/4 Teaspoon of Salt
- 1/4 Teaspoon of Black Pepper
- 2 Cloves of Garlic — Minced
- 1 Cup of Pasta Sauce
- 3/4 Cup of Shredded Mozzarella Cheese
- *Optional* Sliced Fresh Basil for Topping

To Serve:

- 1 Serving of Vegetables
- 1 Serving of Fat

Calories: 458 Fat: 20.5g Carbs: 23.5g Protein: 45g

Directions

1. Preheat oven to 400 degrees F. Spray a 9x13 inch baking dish with cooking spray.
2. Place a large non-stick skillet over medium-high heat. Add the turkey and break it apart with a spoon. Add the salt and pepper. Cook for 8 to 10 minutes, until turkey is cooked through. Stir occasionally and break down the turkey into small chunks.
3. Reduce the heat to low. Add the garlic to the turkey. Cook 1 minute stirring often. Add the pasta sauce. Cook 3 minutes, stirring occasionally.
4. As the turkey cooks, cut the zucchini in half, lengthwise. Use a spoon to scoop the seeds and center out of each zucchini half, leaving a 1/4 inch thick zucchini boat.
5. Place the zucchini in the baking dish cut-side up.
6. Spoon the turkey mixture into the zucchini boats. Press the mixture down into the zucchini using the back of the spoon.
7. Sprinkle the zucchini evenly with the mozzarella cheese.
8. Cover the baking dish with foil. Bake for 35 minutes. Sprinkle with fresh basil and serve with veggies and fat!



10

Minutes

4

Serves

Directions

1. Season each cod fillet on both sides with salt, pepper.
2. In a large sauté pan, spray the pan with olive oil over medium heat. Add the cod and pan-fry until browned and fully cooked, about 3 to 4 minutes on each side.
3. Remove the cod from the pan and drain all but leave a layer of spray. Add the onion and orange, and sauté until the onion is tender, 4 to 5 minutes. Stir in the parsley and Swiss chard, and cook until tender, 3 to 4 minutes more.
4. Transfer each piece of cod to a plate and divide the onion, orange and Swiss chard mixture evenly among the plates. Garnish with more parsley. Enjoy with a serving of fat!

Pan-Fried Cod with Orange and Swiss Chard

F P V

Ingredients

- 1 ½ lbs of Cod
- 1 Cup of All-Purpose Flour
- 1 Red Onion — Thinly Sliced
- 1 Orange — Halved and Thinly sliced
- ¼ Cup of Fresh Parsley — Chopped, Plus More for Garnish
- 2 ½ Cups of Swiss Chard — Chopped
- Salt — To Taste
- Pepper — To Taste

To Serve:

1 Serving of Fat

Calories: **475** Fat: **18.5g** Carbs: **37g** Protein: **40g**



15

Minutes



4

Serves



Easy One Pan Mediterranean Cod



Ingredients

- 1 ½ lbs of Cod
- 1 Small Onion — Sliced
- 2 Cups of Fennel — Sliced
- 3 Large Cloves of Garlic — Chopped
- 14.5 oz Can of Diced Tomato
- 1 Cup of Fresh Tomatoes — Diced
- 2 Cups of Kale — Shredded
- ½ Cup of Water
- Pinch of Crushed Red Pepper
- ½ Teaspoon of Dried Oregano
- ¼ Teaspoon of Salt
- ¼ Teaspoon of Black Pepper
- *Optional* ¼ Teaspoon of Fennel Seeds
- *Optional* 1 Teaspoon of Orange Zest

Directions

1. Cover a large skillet (ideally with high sides) with olive oil spray over medium heat, cook onion, fennel, and garlic for 8 minutes, season with salt and pepper (about 1/4 tsp of each). Add canned diced tomato, fresh tomato, kale, and water. Stir well and cook for 12 minutes. Add crushed red pepper, fresh oregano, and olives.
2. Prepare fish, season with salt, pepper, orange zest and fennel seeds (optional). Nestle fish into kale tomato stewing mixture. Cover pan and cook for 10 minutes.
3. Remove from heat, and finish with fennel fronds, more fresh oregano, and more orange zest.
4. Serve immediately with a serving of vegetables and fat.

To Serve:

- 1 Serving of Vegetables
- 1 Serving of Fat

Calories: **459** Fat: **18.5g** Carbs: **31g** Protein: **42g**



10

Minutes

6

Serves

Healthy Turkey Lettuce Wraps

F P V

Ingredients

- 1 ¾ lbs of Fat-Free Lean Ground Turkey
- 1 Clove of Garlic — Minced
- ⅛ Teaspoon of Ground Ginger
- 4 Green Onions — Thinly Sliced
- 8 oz Can of Sliced Water Chestnuts — Drained and Coarsely Chopped
- 3 Tablespoons of Hoisin Sauce
- 2 Tablespoons of Lower-Sodium Soy Sauce
- 1 Tablespoons Rice Vinegar
- 2 Teaspoons of Roasted Red Chili Paste
- Pinch of Salt
- 12 Boston Lettuce Leaves

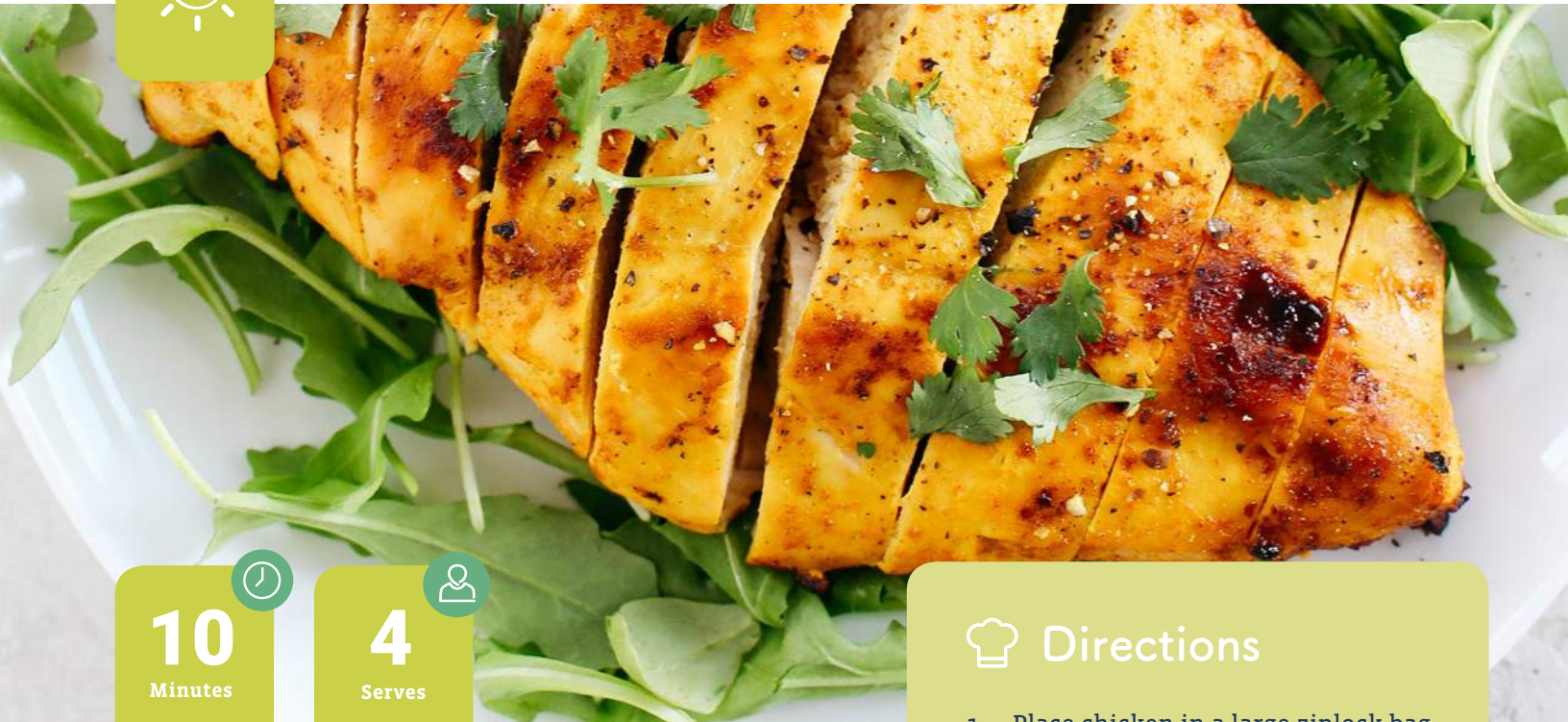
To Serve:

- 1 Serving of Vegetables
- 1 Serving of Fat

Directions

1. Spray a layer of olive oil in a large nonstick skillet over medium-high heat. Add turkey, garlic and ginger to the pan and cook for about 6 minutes or until turkey is browned. Stir to crumble.
2. Combine turkey mixture, onions and chopped water chestnuts in a large bowl, stirring well, and set aside.
3. Meanwhile in a small bowl, whisk together hoisin, soy sauce, rice vinegar and roasted red chili paste and drizzle over the turkey mixture. Toss to coat completely.
4. Add about ¼ cup turkey mixture to each lettuce leaf, serve with a serving of vegetables and fat and enjoy!

Calories: **459** Fat: **18.5g** Carbs: **31g** Protein: **42g**



10

Minutes

4

Serves

Turmeric Ginger Grilled Chicken

F P V

Ingredients

- 1 lb of Boneless Skinless Chicken Breasts (4 Pieces)
- ½ Cup of Canned Coconut Milk
- 1 Tablespoon of Olive Oil
- 2 Cloves of Garlic
- 1 Teaspoon of Turmeric
- 1 Tablespoon of Ginger Grated
- 1 Teaspoon of Ground Coriander
- ½ Teaspoon of Cumin
- ½ Teaspoon of Salt
- 1 Tablespoon of Fresh Lime Juice

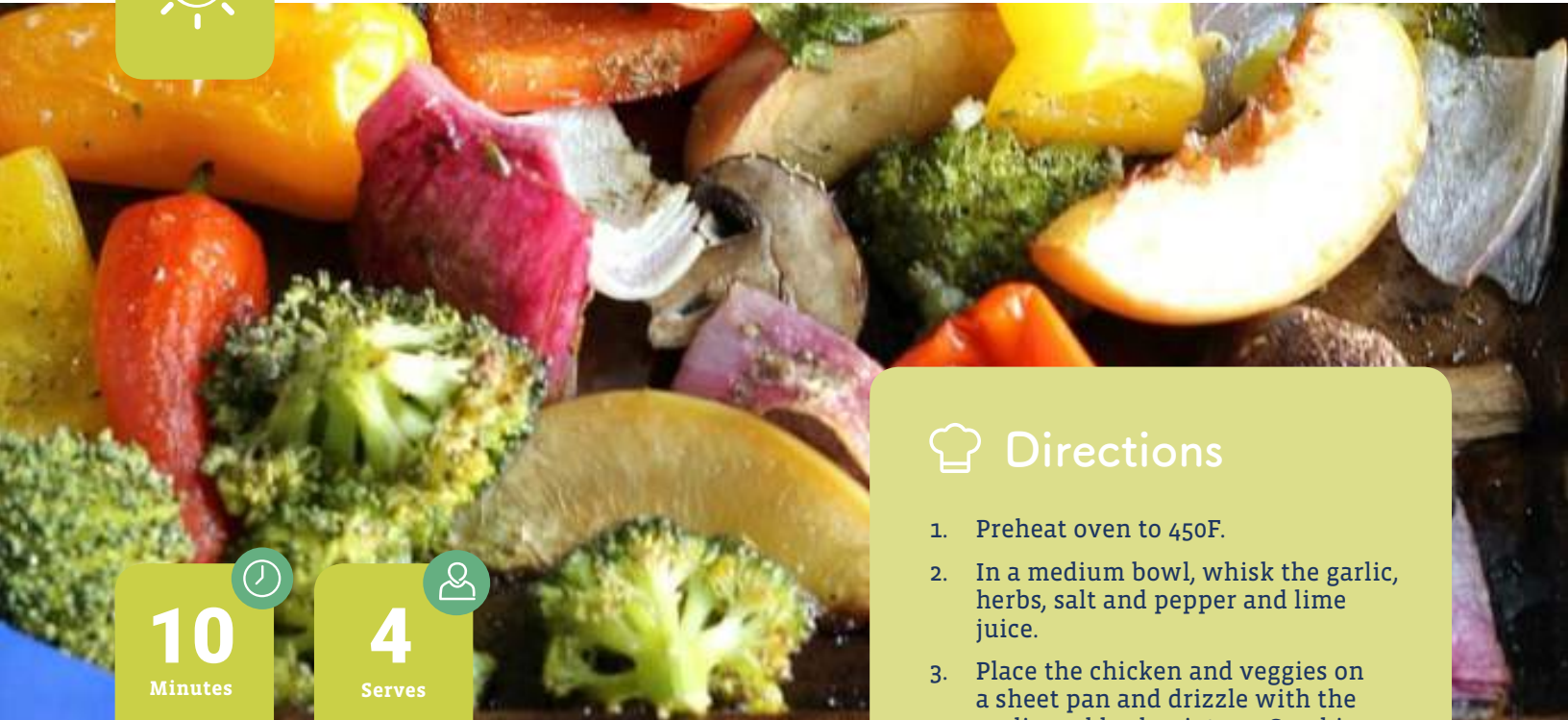
To Serve:

- 1 Serving of Vegetables
- 1 Serving of Fat

Calories: **461** Fat: **29g** Carbs: **16g** Protein: **34g**

Directions

1. Place chicken in a large ziplock bag or bowl.
2. To make the marinade, whisk together coconut milk, olive oil, garlic, turmeric, ginger, coriander, cumin, salt and lime juice until combined. Pour marinade over top of chicken until completely coated and seal.
3. Marinate chicken in the fridge for at least an hour, but best overnight.
4. Pre-heat grill on medium-high heat, making sure to lightly spray with olive oil spray to avoid sticking. Grill chicken, covered, for about 5-6 minutes on each side until cooked through and juices run clear.
5. Top with additional lime juice if desired and serve with a serving of vegetables and fat, enjoy!



10

Minutes

4

Serves

Directions

1. Preheat oven to 450F.
2. In a medium bowl, whisk the garlic, herbs, salt and pepper and lime juice.
3. Place the chicken and veggies on a sheet pan and drizzle with the garlic and herb mixture. Combine with hands until all the chicken and veggies are coated.
4. Bake for 20-22 minutes or until the chicken and veggies are cooked through.
5. Enjoy with a serving of Fat!

Sheet Pan Roasted Garlic & Herb Chicken and Veggies



Ingredients

- 1 ¾ lbs of Boneless Skinless Chicken Breasts — Cut Into 1 Inch Pieces
- 2 Cups of Broccoli Florets
- 1 Large Zucchini — Cut into 1 Inch Pieces
- 1 Medium Onion — Cut Into 1 Inch Pieces
- 1 Bell Pepper Any Color — Cut Into 1 Inch Pieces
- 1 Cup of Grape Tomatoes — Cut Into 1 Inch Pieces

To Serve:

1 Serving of Fat

(Garlic & Herb Marinade)

- 2 Tablespoons of Olive Oil
- 4 Cloves of Garlic (Crushed or Finely Chopped)
- 2 Tablespoons of Lightly Dried Parsley, Chive or Basil
- 2 Tablespoons of Lightly Dried Cilantro
- 1 Teaspoon of Chili Pepper Flakes
- Salt
- Ground Black Pepper
- Lime Juice
- *Optional* 1 Teaspoon of Ginger

Calories: **484** Fat: **27.5g** Carbs: **20g** Protein: **39g**



10

Minutes



4

Serves



Directions

1. Preheat oven to 400 degrees F.
2. To make the sauce: In a small saucepan, heat soy sauce, sweet chili sauce, honey, garlic and ginger on medium heat and bring to a boil. Turn down heat and allow sauce to simmer, whisking occasionally, until sauce is thick and bubbly. Remove from heat.
3. Spread chicken and chopped veggies on a baking sheet sprayed with PAM cooking spray and season with salt and pepper. Drizzle half the sauce over the chicken and veggies (reserving the other half for later) and toss to combine. Bake in the oven for about 20 minutes, tossing halfway through, and continue cooking until veggies are tender and chicken is cooked through.
4. Drizzle remaining sauce over top and sprinkle with sesame seeds and green onions. Enjoy with a serving of fat!

Sheet Pan Sesame Chicken and Veggies



Ingredients

- 1 ½ lbs of Boneless Skinless Chicken Breasts — Cut Into 1 Inch Pieces
- 2 Cups of Broccoli Florets
- 1 Cup of Snap Peas
- 2 Bell Pepper Any Color — Cut Into 1 Inch Pieces
- Salt — To Taste
- Pepper — To Taste

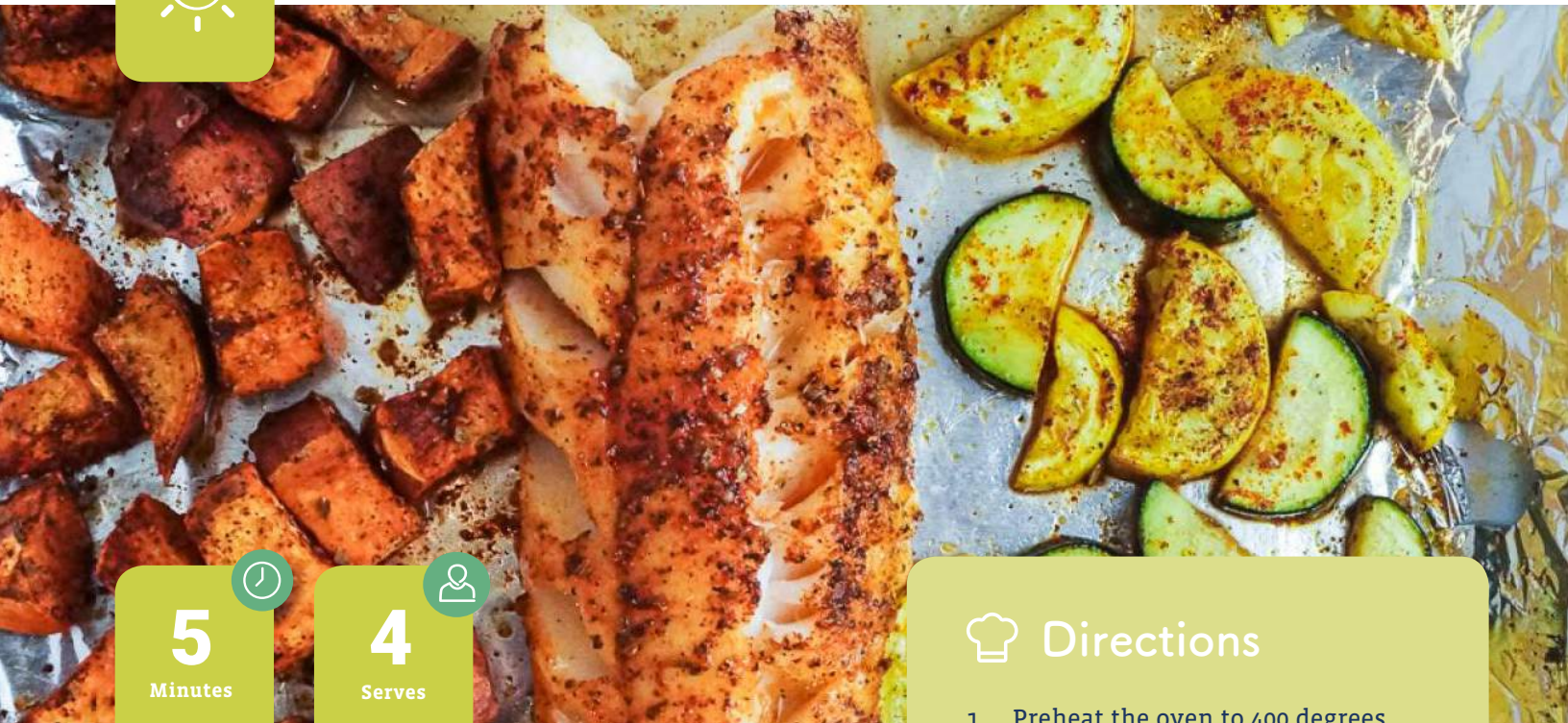
To Serve:

1 Serving of Fat

Ingredients (Sesame Sauce):

- ¼ Cup of Lower-Sodium Soy Sauce
- 1 Tablespoon of Sweet Chili Sauce
- 2 Tablespoons of Honey
- 2 Cloves Garlic
- 1 Teaspoon of Fresh Ginger

Calories: **476** Fat: **21g** Carbs: **26.5g** Protein: **45g**



5

Minutes



4

Serves

 Directions

1. Preheat the oven to 400 degrees.
2. Mix together all the spices to create the blackening season. You could also use store-bought blackening seasoning if you prefer.
3. Toss the sweet potatoes with olive oil spray and about half of the blackening seasoning.
4. Cover a baking sheet with foil and spray with cooking spray. Spread the potatoes on the baking sheet in one layer and place in the oven. Cook for 20 minutes..
5. After 20 minutes, push the sweet potatoes to one side of the baking sheet and add the fish, zucchini, and summer squash. Sprinkle with blackening seasoning. Return to oven and cook for 8-10 minutes until fish is flaky and cooked through.
6. Serve with a serving of vegetables and fat!

One Pan Blackened Cod, Sweet Potatoes, and Zucchini

 Ingredients

- 1 ¾ lbs of Cod
- 1 Tablespoon of Paprika
- 1 Tablespoon of Smoked Paprika
- ½ Teaspoon of Cumin
- ½ Teaspoon of Oregano
- ½ Teaspoon of Garlic Powder
- ½ Teaspoon of Salt
- ½ Teaspoon of Coriander
- ½ Teaspoon of Black Pepper
- ½ Teaspoon of Cayenne Pepper
- 3 Sweet Potatoes Chopped
- 1 Zucchini Chopped
- 1 Summer Squash Chopped

To Serve:

- 1 Serving of Vegetables
- 1 Serving of Fat

Calories: **483** Fat: **19g** Carbs: **40g** Protein: **38g**



15

Minutes



4

Serves



Lemon Basil Chicken

F P V

Ingredients

- 1 ½ lb of Boneless Skinless Chicken Breasts — Cut Into ¾ Inch Pieces
- 1/2 Large Yellow Onion — or 1 Cup of Finely Chopped Yellow Onion
- 4 Cloves of Garlic — Minced
- 2 Tablespoons of Low-Sodium Soy Sauce
- 1/4 Teaspoon of Ground Black Pepper
- 5 Cups of Loosely Packed Raw Baby Spinach
- 1 Tablespoon of Lemon Zest
- 2 Tablespoon of Freshly Squeezed Lemon Juice
- 2 Cups of Fresh Basil Leaves
- Dash of Salt
- Dash of Pepper

To Serve:

1 Serving of Vegetables

1 Serving of Fat

Directions

1. In a large skillet, spray a layer of olive oil over medium.
2. Once hot, add the onion and cook, stirring often, until softened, about 4 minutes.
3. Add the garlic and cook until fragrant, about 30 additional seconds.
4. Add the chicken, increase the heat to medium high, and let cook for 3 minutes, browning all sides.
5. Stir in the soy sauce and black pepper. Let cook until the chicken is completely cooked through, about 3 minutes longer.
6. Stir in the spinach a few handfuls at a time, letting the heat of the pan wilt it as you go.
7. Stir in the lemon zest, lemon juice, and basil. Cook and stir just until the basil is wilted, about 1 additional minute.
8. Taste and season with additional salt or pepper as desired and serve with 1 serving of vegetables and fat!

Calories: **247** Fat: **4.5g** Carbs: **11.5g** Protein: **40g**



15

Minutes

4

Serves

Easy Poached Fish in Tomato Basil Sauce

F P V

Ingredients

- 1 ½ lbs of White Fish Fillets (Cod, Halibut, Catfish, Mahi-mahi)
- 2 Cups of Cherry Tomatoes — Cut in Half
- 2 Cloves of Garlic — Finely Sliced
- 1 Cup of Chicken Broth
- ½ Teaspoon of Salt
- ½ Teaspoon of Ground Black Pepper
- ¼ Cup of Fresh Basil Leaves — Finely Chopped (plus more for garnish)

To Serve:

- 1 Serving of Vegetables
- 1 Serving of Fat

Directions

1. Place the tomatoes, garlic, salt and pepper in a saute pan set over medium heat; cook for 5 minutes, or until the tomatoes start to turn soft and start to blister.
2. Add the chicken broth, fish fillets and chopped basil. Cover and simmer for 20 to 25 minutes, until the fish is fully cooked.
3. Sprinkle with an additional handful of chopped basil and serve with 1 serving of vegetables.

Calories: **452** Fat: **20g** Carbs: **23g** Protein: **45g**



10

Minutes

4

Serves

Healthy Chicken Parmesan

F P V

Ingredients

- 1 lb of Boneless Skinless Chicken Breast —
- Pounded to ½ Inch Thickness (4 Pieces)
- ¾ Cup of Whole Wheat Panko Breadcrumbs
- ½ Cup of Fat-Free Mozzarella
- ¼ Teaspoon of Garlic Powder
- ¼ Teaspoon of Black Pepper
- 2 Egg Whites
- ½ Cup of Tomato Sauce
- Fresh Basil — Thinly Sliced or Chopped

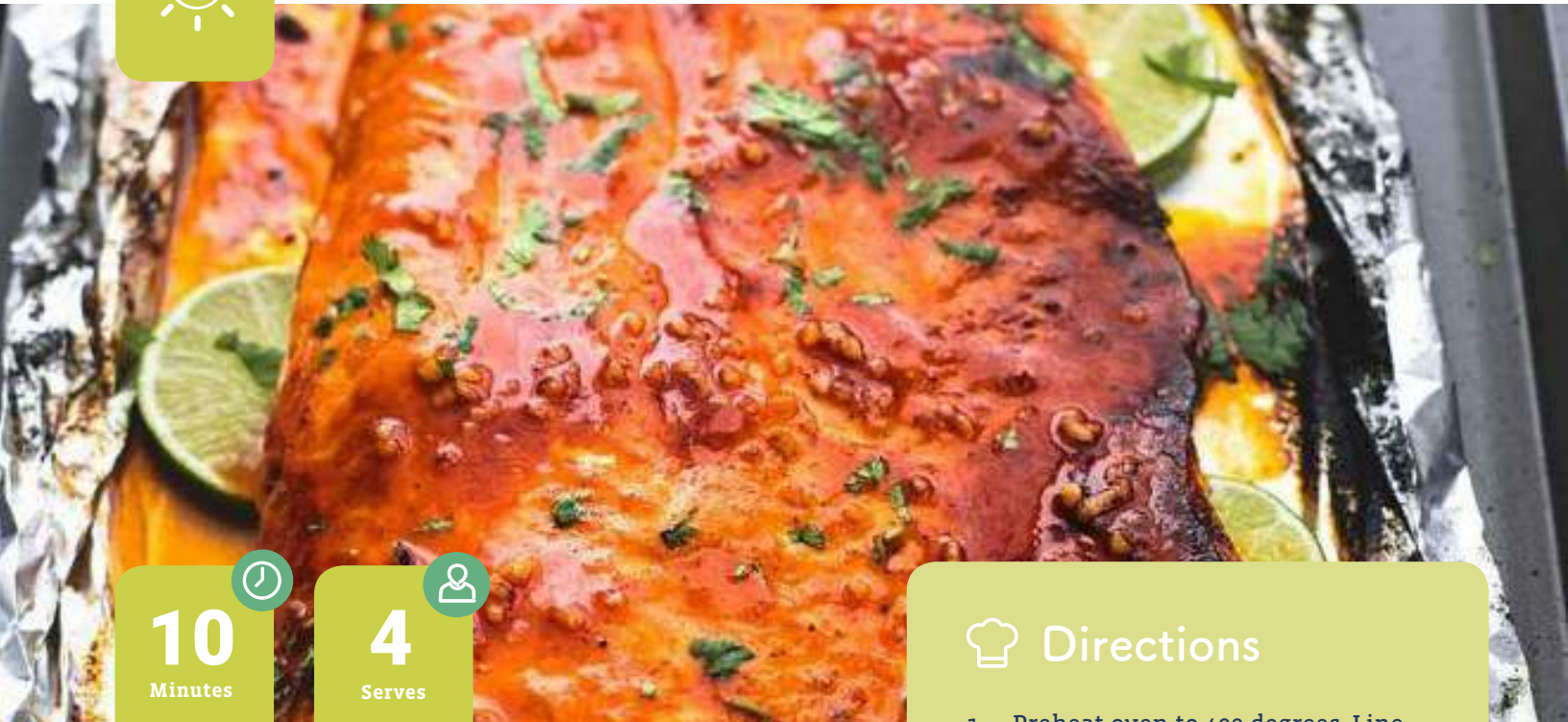
To Serve:

- 1 Serving of Vegetables
- 1 Serving of Fat

Directions

1. Preheat your oven to 400 degrees. Lightly coat a baking sheet with cooking spray.
2. In a wide, shallow bowl (a pie dish works well), combine the whole wheat Panko breadcrumbs, ¼ cup of mozzarella, garlic powder, and pepper.
3. Dip one chicken at a time into the egg whites, then the breadcrumbs, gently patting the chicken as needed so that the crumbs stick to all sides. Place on the prepared baking sheet. Lightly coat the tops of the chicken with baking spray.
4. Bake until the chicken is cooked through (internal temperature of 165 degrees F) and the crumbs are brown, for about 15 minutes.
5. Remove from the oven, spoon 2 tablespoons of tomato sauce over each piece of chicken, and top with the remainder of mozzarella.
6. Return to the oven and bake until the cheese is melted, about 3-5 additional minutes. Sprinkle with basil and enjoy immediately with a serving of veggies on the side and fat, enjoy!

Calories: **464** Fat: **20g** Carbs: **29g** Protein: **42g**



10

Minutes

4

Serves

Baked Honey Sriracha Lime Salmon

F P V

Ingredients

- 1 ½ lb of Salmon
- 1 Teaspoon of Salt
- ¼ Teaspoon of Pepper
- 1 Tablespoons of Butter
- ⅓ Cup of Honey
- ⅓ Cup of Sriracha
- 2 Limes (One Juiced, One for Slicing)
- 2 Tablespoons of Low Sodium Soy Sauce
- 1 Teaspoon of Garlic — Minced
- 1 Tablespoon of Cilantro — Freshly Chopped

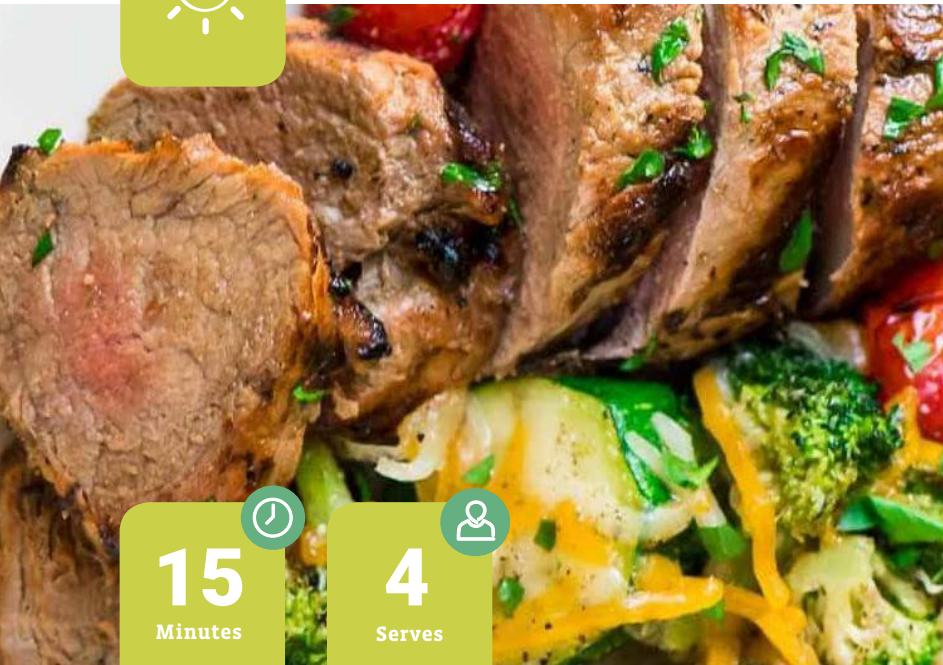
To Serve:

1 Serving of Vegetables

Directions

1. Preheat oven to 400 degrees. Line a baking sheet with foil, grease lightly, and lay salmon on top. Season salmon with salt and pepper to taste. Slice one lime thinly, and slide them under the edges of the salmon.
2. In a medium saucepan over medium-high heat, melt butter. Stir in honey, sriracha sauce, juice of one lime, soy sauce, and garlic. Bring to a boil, then reduce to medium heat and cook for 3-4 minutes longer.
3. Pour 2/3 of the sauce over the salmon (save rest for later) and use a spoon to make sure the sauce covers all of the salmon evenly.
4. Fold the edges of the foil up around the salmon so the sauce doesn't spill out everywhere (the foil doesn't need to completely cover the salmon).
5. Bake for 15 minutes, then switch to broil and cook another 4-5 minutes until the very edges of the salmon begin to char slightly - watch carefully so the whole salmon doesn't burn
6. Top salmon with reserved sauce and chopped cilantro and serve with 1 serving of vegetables.

Calories: **456** Fat: **16.5g** Carbs: **39g** Protein: **40g**



15

Minutes

4

Serves

Mustard Pork Tenderloin with Grilled Vegetables in Foil



Ingredients

- 1 lb of Pork Tenderloin — Trimmed of Excess Fat
- 3 Cloves of Garlic — Minced
- 2 Tablespoons of Pure Maple Syrup
- ¼ Cup of Apple Cider Vinegar
- 3 Tablespoons of Dijon Mustard
- 1 Tablespoon of Olive Oil
- 1 Teaspoon of Salt
- 1/2 Teaspoon of Black Pepper

For Vegetable Foil Packet

- 3/4 lb of Broccoli — Cut Into Florets
- 2 Cups of Cherry Tomatoes — Grape Tomatoes
- 1 Medium Zucchini — Or Summer Squash
- 2 Tablespoons of Extra Virgin Olive Oil
- 1 Teaspoon of Garlic Powder
- 1/2 Teaspoon of Salt
- 1/4 Teaspoon of Black Pepper
- ½ Cup of Fat-Free Mozzarella

Directions

1. Place pork in a large ziploc bag. In a bowl, whisk together garlic, apple cider vinegar, maple syrup, mustard, olive oil, salt, and pepper.
2. Seal the bag tightly, then “squish” the bag to marinate pork. Place in the refrigerator for 2 hours to 1 day, turning occasionally. Let sit in room temperature 30 minutes before grilling.
3. Assemble the vegetable packets: Tear off four, 12-inch squares of aluminum foil and arrange in an assembly line. Place the broccoli, tomatoes, and zucchini in a large bowl, drizzle with olive oil, then sprinkle with garlic powder, salt, and pepper. Toss to coat. Spoon 1/4 of the mixture into the center of each foil square, then seal the squares by pulling opposite sides of each square up so that they touch, then folding them over and over each other so that you create a packet. Fold the ends of the foil inward to seal the pouch.
4. When ready to cook, preheat the grill to medium (about 350 degrees F). Brush the grill with oil.
5. Remove the pork from the marinade, shake off excess. Discard the marinade and bag.
6. Cover and cook, turning once every two minutes, until the internal temperature reaches 140 degrees F, 12 to 15 minutes. 7.
7. Remove the tenderloin to a plate, cover, and let rest for 10 minutes before slicing.
8. Just before removing the pork from the grill, add the vegetable packets to the grill, also over medium heat. Cover the grill and let the packets cook for 10 minutes, until the broccoli is crisp tender. While the vegetables are still hot, sprinkle with mozzarella cheese. Serve hot with sliced pork

Calories: **438** Fat: **20g** Carbs: **21.5g** Protein: **43g**



10

Minutes

6

Serves

Sun Dried Tomato Pesto Chicken Rolls



Ingredients

- 1 lb of Boneless Skinless Chicken Breast — Pounded to ¼ Inch Thickness
- ½ Cup of Whole Wheat Panko Breadcrumbs
- ¼ Cup of Fat-Free Mozzarella
- 2 Tablespoons of Flaxseed Meal
- 1 Teaspoon of Dried Oregano
- ½ Teaspoon of Garlic Powder
- 2 Egg and Water
- 14.5 oz Canned Crushed Tomatoes
- Salt — To Taste
- Pepper — To Taste

For Pesto

- 8.5 oz of Sun-Dried Tomatoes (In Oil, Not Drained)
- 3 Cloves of Garlic
- 1 Cup of Parmesan Cheese
- 1 Cup of Packed Basil Leaves
- ¼ Teaspoon of Salt
- ¼ Teaspoon of Pepper

Directions

For Pesto

1. To make the pesto, in the bowl of a food processor add sun dried tomatoes (with the oil), garlic, parmesan cheese, basil leaves and salt/pepper and pulse until finely chopped. Set aside.

For Rolls

1. Preheat oven to 375 degrees F.
2. Using the flat side of a meat tenderizer, flatten chicken to ¼-in. thickness and season with a little salt and pepper. Spread a thin layer of pesto over the chicken and sprinkle a little shredded mozzarella in the center. Roll up and secure with toothpicks.
3. In a shallow dish, combine bread crumbs, flaxseed meal, oregano and garlic powder. In a separate shallow bowl, whisk together eggs and water until frothy. Dip chicken into egg mixtures and press into bread crumb mixture, coating both sides.
4. Transfer chicken seam side down to a casserole dish or baking sheet coated with cooking spray and repeat with remaining chicken breasts. Bake, uncovered, at 375 for 30 to 35 minutes, or until juices run clear.
5. While the chicken is baking, in a small saucepan mix together 1 cup of the remaining pesto along with crushed tomatoes and salt/pepper. Bring to a boil then reduce heat and simmer for about 15 minutes.
6. Once chicken is done baking, remove and top each piece with 2 Tablespoons of pesto marinara and sprinkle a little bit of mozzarella cheese and place back in the oven for an additional 5 minutes, until cheese has melted. Top with fresh basil.
7. Serve with a serving of vegetables on the side and enjoy!

Calories: **453** Fat: **17g** Carbs: **29g** Protein: **42g**

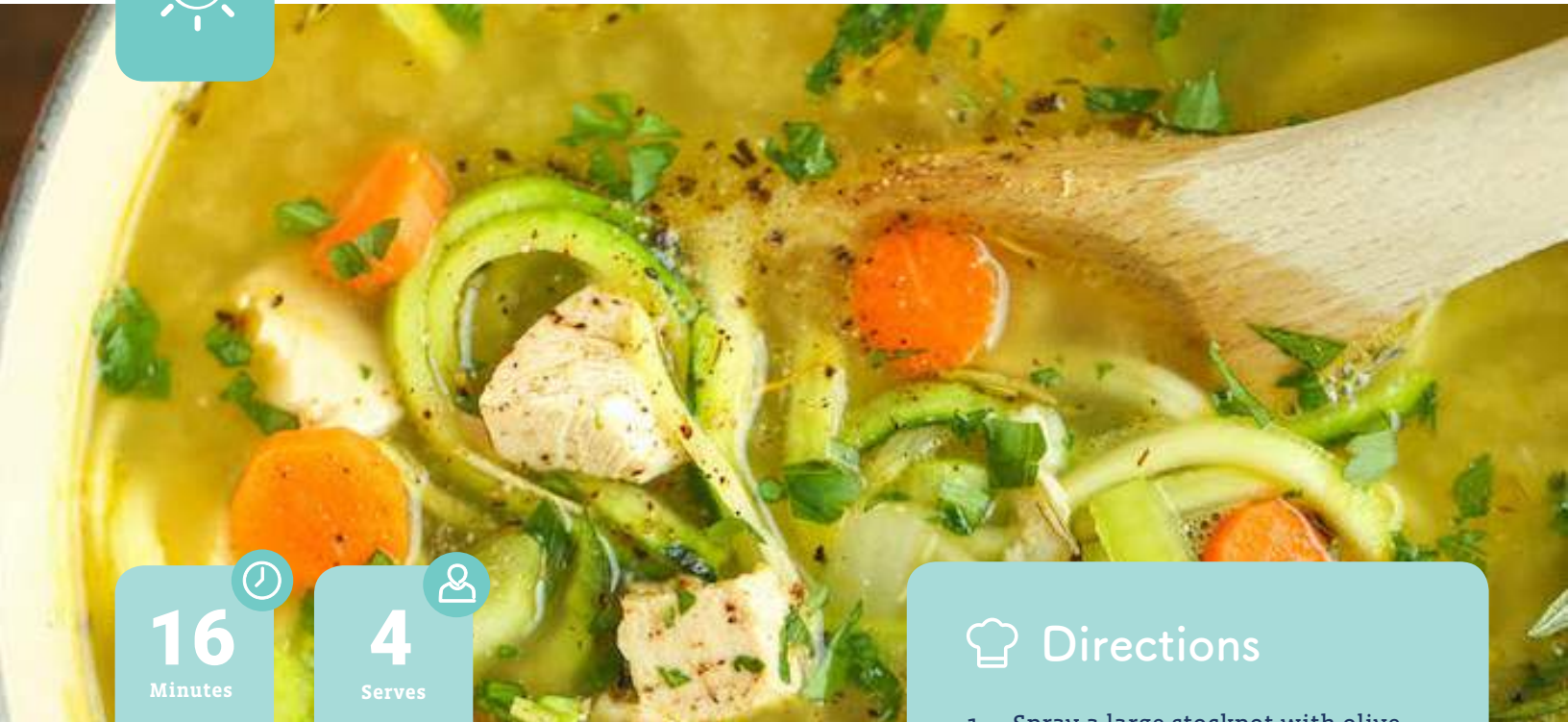


Dinner



14 Delicious dinner recipes to conclude your day, replenish your needs, and keep you full until morning.

- 38 - Chicken Zoodle Soup
- 39 - Healthy Classic Chicken Salad
- 40 - Honey Shrimp and Broccoli
- 41 - Hummus Crusted Chicken and Summer Veggies
- 42 - Crockpot Chicken White Bean Soup
- 43 - Crockpot Chicken Cacciatore
- 44 - Crockpot Peppered Turkey Chili
- 45 - Eggplant and Sweet Potato Lasagna
- 46 - Salmon Veracruzana
- 47 - Shrimp and Grits
- 48 - Creamy Beef Stroganoff
- 49 - Chicken Quinoa Salad
- 50 - Protein Pepperoni Pizza
- 51 - Healthy BBQ Pizza



16

Minutes

4

Serves

Directions

1. Spray a large stockpot with olive oil spray over medium heat. Season chicken with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes.
2. Spray the stockpot with a little olive oil once again. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme and rosemary until fragrant, about 1 minute.
3. Whisk in chicken broth, bay leaf and 2 cups water; bring to a boil. Stir in zucchini noodles; reduce heat and simmer until zucchini is tender, about 3-5 minutes. Stir in lemon juice; season with salt and pepper, to taste.
4. Serve immediately with a serving of vegetables, garnished with rosemary and parsley, if desired.

Chicken Zoodle Soup

C P V

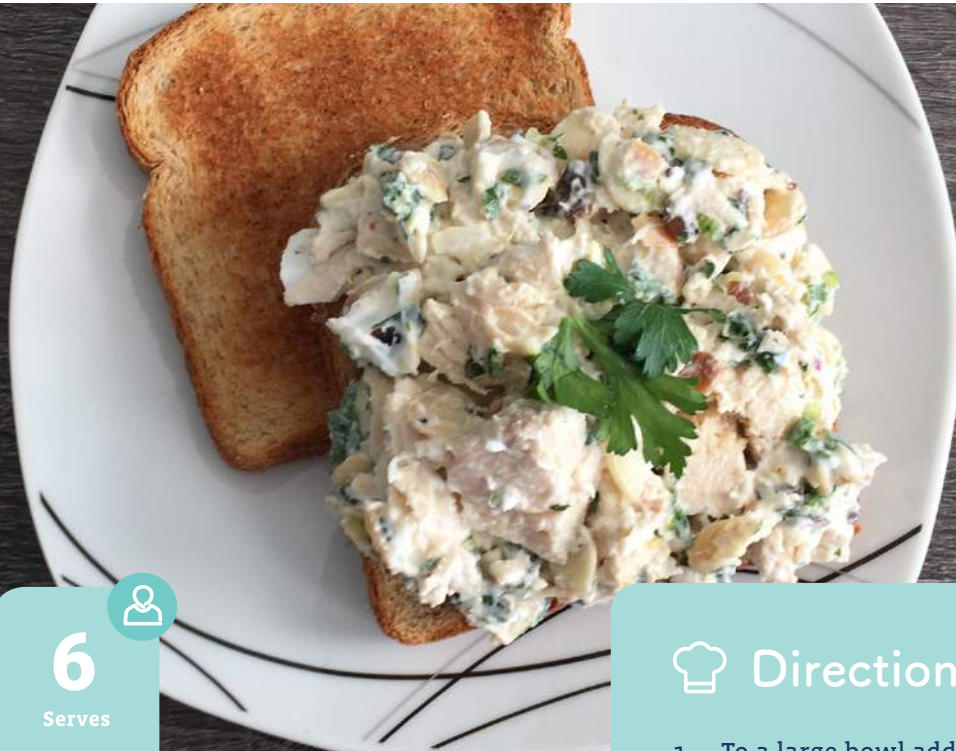
Ingredients

- 1 ½ lb of Boneless Skinless Chicken Breasts — Cut Into 1-Inch Pieces
- 4 Cloves of Garlic — Minced
- 2 Onions — Diced
- 3 Carrots — Peeled and Diced
- 4 Stalks of Celery — Diced
- ½ Teaspoon of Dried Thyme
- ½ Teaspoon of Dried Rosemary
- 8 Cups of Chicken Broth
- 2 lb of Zucchini — Spiralized
- 4 Tablespoon of Lemon Juice
- 1 Sprig of Rosemary
- 4 Tablespoon of Chopped Parsley Leaves
- Salt — To Taste
- Black Pepper — To Taste

To Serve:

1 Serving of Vegetables

Calories: **362** Fat: **4g** Carbs: **30.5g** Protein: **51g**



5

Minutes

6

Serves

Healthy Classic Chicken Salad



Ingredients

- 2 lbs of Boneless Skinless Chicken Breasts — Cooked and Shredded
- 1 ½ Cups of Red Grapes — Halved
- ½ Cup of Chopped Pecans
- ⅓ Cup of Green Onions — Diced
- 1 Cup of Plain 0% Greek Yogurt
- ¼ Cup of Dijon Mustard
- ½ Teaspoon of Dried Sage
- ½ Teaspoon of Smoked Paprika
- ¼ Teaspoon of Garlic Powder
- 2 Tablespoons of Fresh Lemon Juice
- Salt & Pepper

To Serve:

1 Serving of Carbohydrates

Directions

1. To a large bowl add shredded chicken, red grapes, pecans, and green onions.
2. In a small bowl add yogurt, mustard, sage, smoked paprika, garlic powder, lemon juice, salt, and pepper. Whisk together.
3. Add the liquid mixture to the chicken dish.
4. Stir everything together until it is completely combined.
5. Serve with a serving of Carbs!

Calories: **364** Fat: **8g** Carbs: **33g** Protein: **40g**



18

Minutes

4

Serves

Directions

1. For Broccoli: Heat water in a large stock pot until boiling. While water is heating, set up a large bowl of ice water. Once water boils, add the broccoli and a pinch of salt and stir.
2. Boil for 3 minutes, then strain and dump into ice bath. Spoon to transfer broccoli straight from boiling water to ice water. Once broccoli has completely cooled, strain it to remove any excess moisture.
3. For Shrimp: Heat a large sauté pan over high heat, spray the pan with olive oil, garlic and walnuts and stir pan until garlic is lightly toasted, then add onions and season lightly with salt and pepper.
4. Lay shrimp out on a paper towel and season with salt and pepper.
5. Remove pan to burner, add shrimp, seasoned side down, to the pan and cook for 2 minutes. Then, turn shrimp and add honey to the pan.
6. Cook 2-3 minutes longer or until shrimp are done to your liking.
7. Toss shrimp one last time, set up a bed of broccoli, serve shrimp on top and garnish with Sambal.

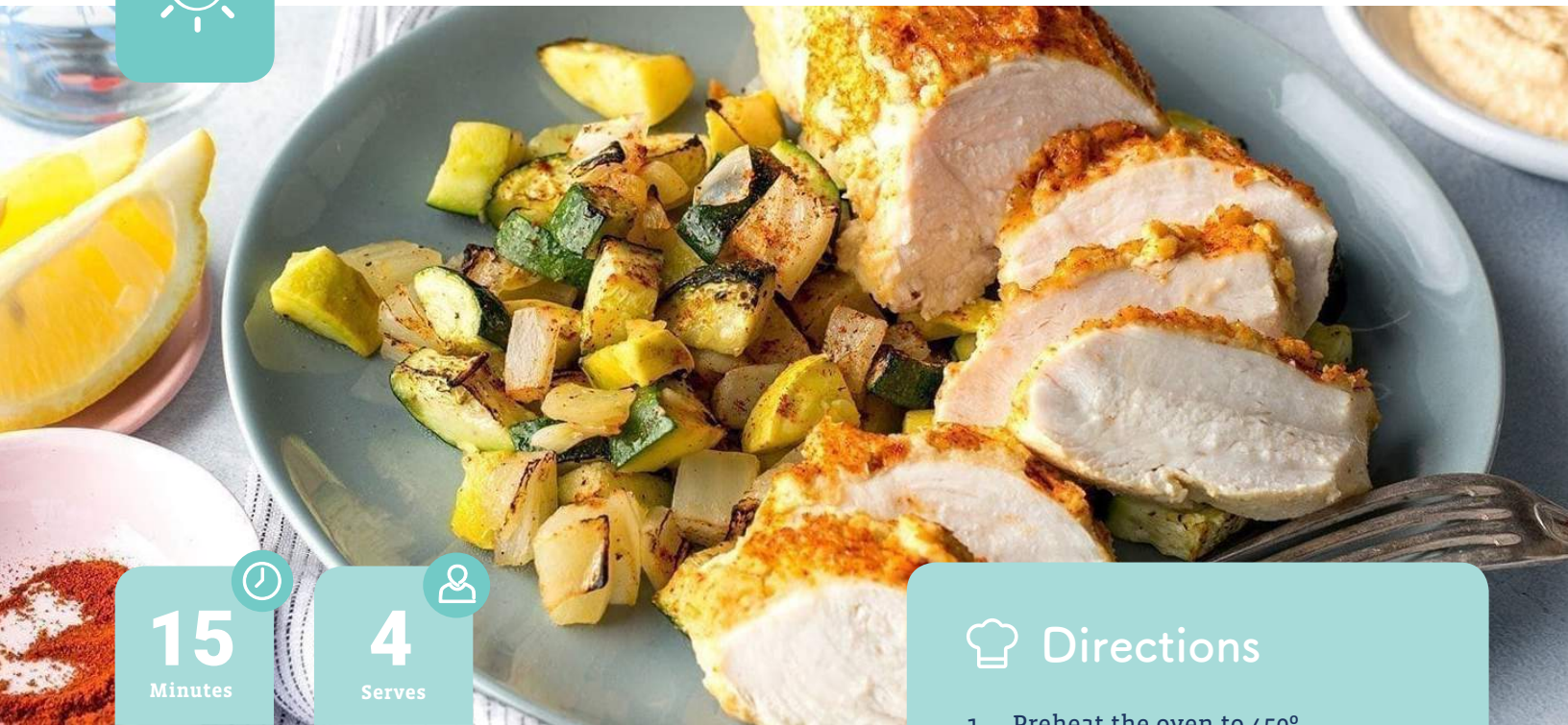
Honey Shrimp and Broccoli

C P V

Ingredients

- 2 lbs of Shrimp — Peeled and Deveined
- 3 Onions — Diced
- 2 lbs of Broccoli — Cut Into Large Florets
- 1 Tablespoon of Honey
- 10 Cloves of Garlic — Minced
- ¼ Cup of Walnuts
- Salt — To Taste
- Pepper — To Taste
- Sambal Chili Paste

Calories: **373** Fat: **9g** Carbs: **30g** Protein: **54g**



15

Minutes

4

Serves

Directions

1. Preheat the oven to 450°.
2. Spray a large baking dish with cooking spray.
3. In a large bowl, toss the zucchini, squash, onion, garlic, olive oil, and white wine together until everything is coated with the oil-wine mixture. Season with salt and pepper.
4. Place all of the vegetables on the bottom of the baking dish in an even layer. Lay the four chicken breasts over the vegetables. Spread the hummus evenly on top of the chicken. Sprinkle the chicken with paprika.
5. Bake for 25-30 minutes, until the chicken is fully cooked and the vegetables are tender. Serve with a serving of carbs on the side, and enjoy!

Hummus Crusted Chicken and Summer Veggies

C P V

Ingredients

- 1 lb of Boneless Skinless Chicken Breasts (4 Pieces)
- 1 Zucchini — Chopped
- 1 Yellow Squash — Chopped
- 1 Onion — Chopped
- 1 Clove of Garlic — Minced
- ½ Cup of Hummus
- ½ Tablespoon of Olive Oil
- 1 Tablespoon of Dry White Wine
- 1 Teaspoon of Paprika
- Salt — To Taste
- Pepper — To Taste

To Serve:

1 Serving of Carbohydrates

Calories: **357** Fat: **9g** Carbs: **37g** Protein: **32g**



10

Minutes

4

Serves

Directions

1. In a crockpot, combine the chicken, broth, carrots, celery, onion, beans, bay leaves, ½ teaspoon of salt, and ½ teaspoon of pepper.
2. Use spoon to stir everything around.
3. Cover and cook until the beans and vegetables are tender and the chicken is cooked through, on low for 7-8 hours or on high for 4-5 hours.
4. 20 minutes before serving, discard bay leaves and shred the chicken with 2 forks.
5. Serve with a side of veggies!

Crockpot Chicken White Bean Soup

C P V

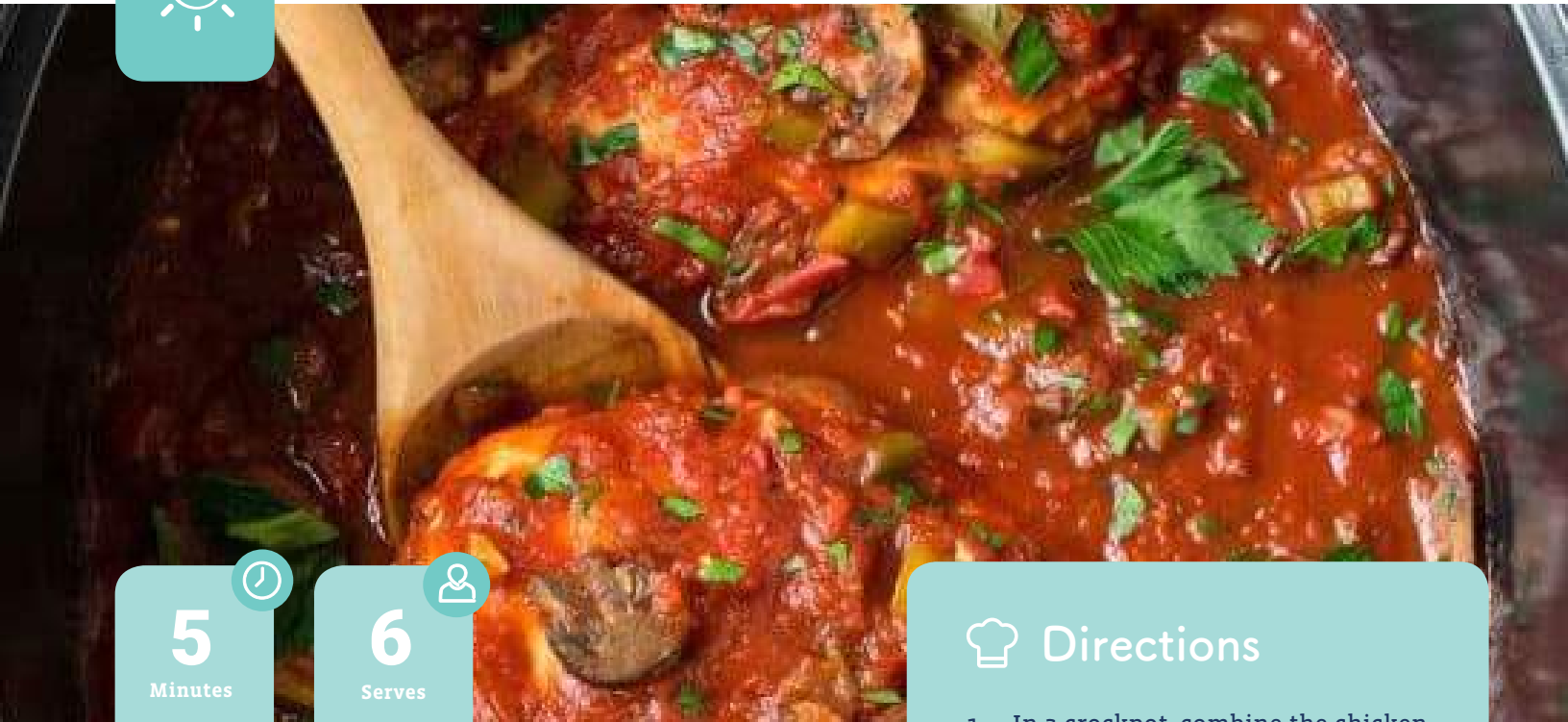
Ingredients

- 1 lb of Boneless Skinless Chicken Breasts (4 Pieces)
- 8 Cup of Chicken Broth
- 4 Carrots
- 2 Stalks of Celery — Chopped
- 1 Onion — Chopped
- ½ Cup of Dried Navy Beans
- 2 Dried Bay Leaves
- ½ Cup of Orzo
- Salt — To Taste
- Pepper — To Taste

To Serve:

1 Serving of Vegetables

Calories: **369** Fat: **4.5g** Carbs: **43.5g** Protein: **38.5g**



5

Minutes

6

Serves

Directions

1. In a crockpot, combine the chicken, stock, tomato paste, onion, red pepper flakes, oregano, mushrooms, garlic, tomatoes, squash and ½ teaspoon of salt, and ½ teaspoon of pepper.
2. Use a spoon to stir everything around.
3. Cover and cook until vegetables are tender and the chicken is cooked through, on low for 7-8 hours or high for 4-5 hours.
4. 20 minutes before serving, shred the chicken with 2 forks.
5. Serve with a side of carbs!

Crockpot Chicken Cacciatore



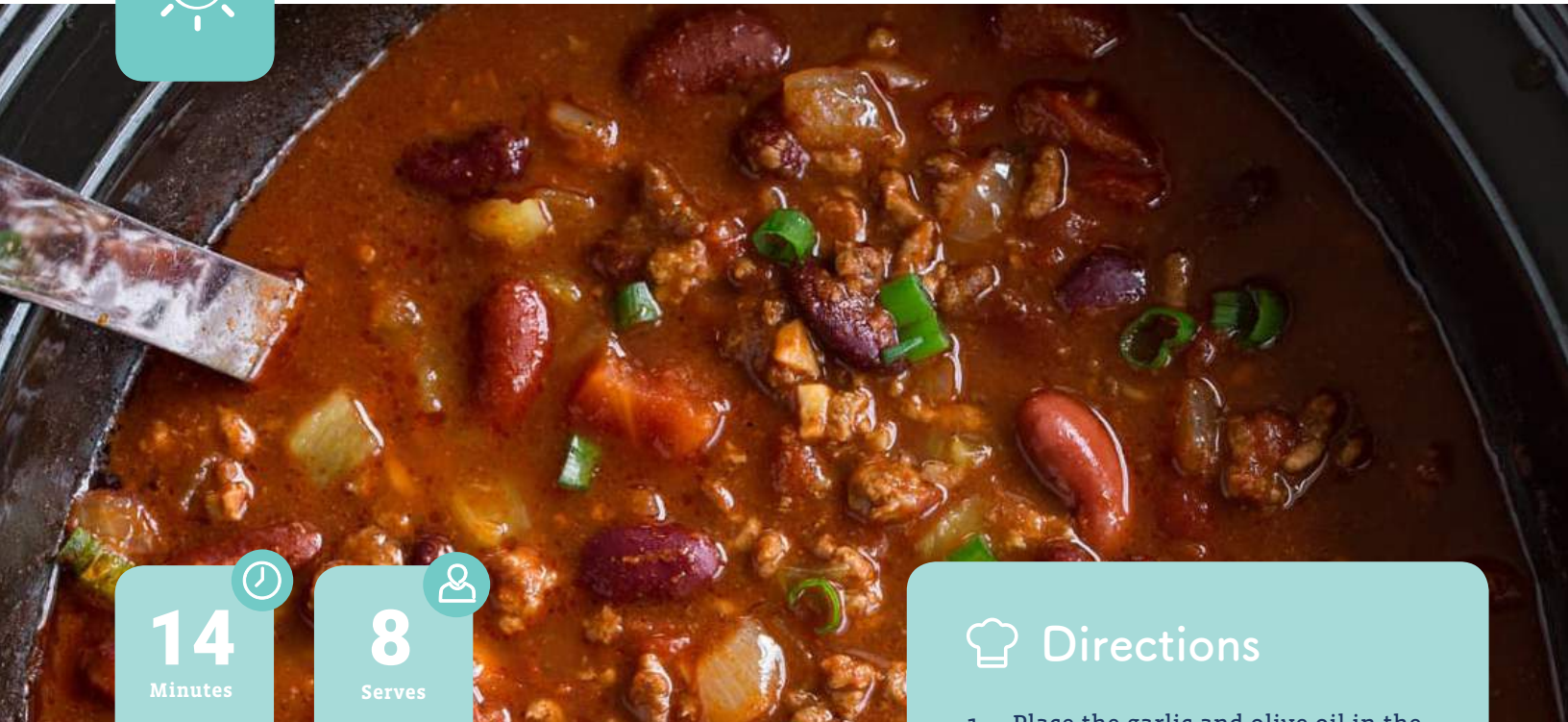
Ingredients

- 2 lbs of Boneless Skinless Chicken Breasts
- ¼ Cup of Tomato Paste
- 1 Large Onion — Minced
- ¼ Teaspoon of Red Pepper Flakes
- 1 ½ Teaspoon of of Dried Oregano
- 2 lbs of Mushrooms — Quartered if Large
- 3 Cloves of Garlic — Minced
- 1 Can of Diced Tomatoes — Drained
- ½ Cup of Chicken Stock
- Spaghetti Squash
- ½ Teaspoon of Salt
- ½ Teaspoon of Pepper

To Serve:

1 Serving of Carbohydrates

Calories: **393.5** Fat: **5.5g** Carbs: **43g** Protein: **43g**



14

Minutes

8

Serves

Crockpot Peppered Turkey Chili



Ingredients

- 2 lbs of 99% Lean Fat-Free Ground Turkey
- 1 Onion — Large Dice
- 3 Zucchini — Large Dice
- 3 Poblano Peppers — Large Dice
- 2 Green Bell Peppers — Large Dice
- 2 Red Bell Peppers — Large Dice
- 6 Chiles — Large Dice
- 1 Bulb Garlic — Peeled and Smashed
- ½ Cup of Chili Powder
- 2 Tablespoons of Ground Cumin
- 56 oz of Canned Crushed Tomatoes
- 6 oz of Canned Tomato Paste
- 3 Tablespoon of Olive Oil
- 2 Tablespoons of Salt

Directions

1. Place the garlic and olive oil in the bottom of the crockpot. (Make Sure you use a Crockpot Liner)
2. Add turkey and break in to chunks with a spoon. Add salt, chili powder, ground cumin and garlic.
3. Combine onions, peppers, chiles and zucchini in a large bowls and toss until mixed well.
4. Pour veggie mixture over turkey.
5. Pour tomatoes over turkey and veggies and stir lightly to combine.
6. Cook on high for 8-10 hours.
7. Allow to cool for a bit, stir to incorporate all ingredients and break up turkey further. Enjoy!"

Calories: **358** Fat: **7.5g** Carbs: **37.5g** Protein: **35g**



18

Minutes

4

Serves

Eggplant and Sweet Potato Lasagna



Ingredients

- 1 lb of 96% Lean Ground Beef
- 1 Small Eggplant
- 1 Large Sweet Potato
- 1 Can of Fire Roasted Tomatoes — or Diced Tomatoes
- ½ Red Onion — Diced
- 2 Cloves of Garlic — Diced
- 2 Cup of Baby Spinach
- 1 Cup of Fat-Free Mozzarella
- Dash of Black Pepper
- Dash of Sea Salt

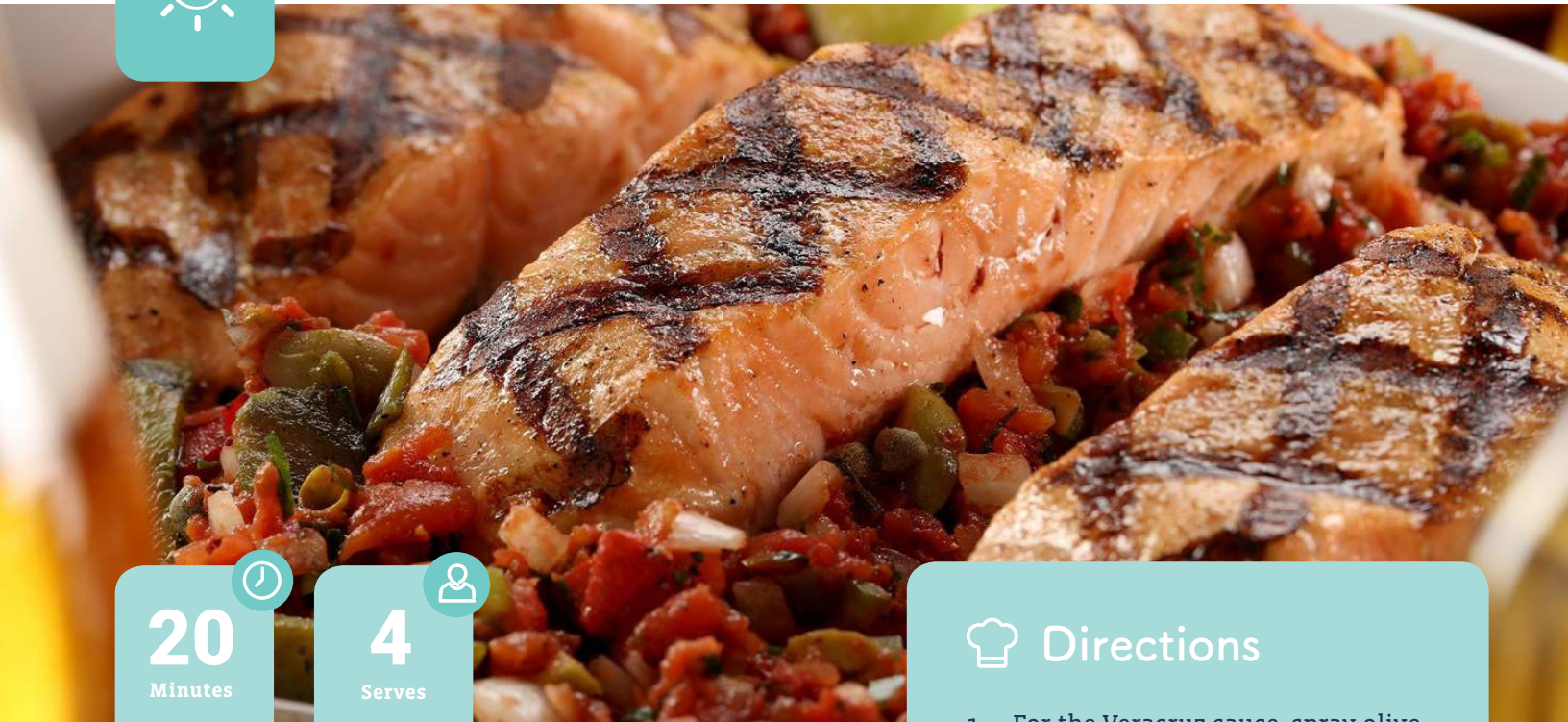
To Serve:

1 Serving of Vegetables

Calories: **357** Fat: **7g** Carbs: **29g** Protein: **44.5g**

Directions

1. Place your onions and garlic in a skillet over medium heat. Sauté until onions are translucent. Add in the ground beef and cook until browned.
2. Add in your fire-roasted tomatoes and mix together well. Cook on medium heat for about 5-10 minutes. While the meat sauce is cooking, peel and slice your eggplant and sweet potato into thin slices. Then place your eggplant slices in the bottom of a baking dish, covering the bottom and slightly overlapping.
3. Then start layering. Layer 2: Meat sauce Layer 3: Baby Spinach Layer 4: Sweet Potato (covering the spinach and slightly overlapping) Layer 5: Meat Sauce Layer 6: Baby Spinach Layer 7: Eggplant (covering the spinach and slightly overlapping) Layer 8: Meat Sauce Layer 9: Baby Spinach Layer 10: Sweet Potato (covering the spinach and slightly overlapping) Layer 11: Fresh Mozzarella Cheese.
4. Bake covered at 400 degrees F for 45 minutes or until the cheese is slightly browned on the edges and the sweet potato is cooked through. Let stand for 10 minutes before cutting and digging in. Serve with a side of veggies, enjoy”



20

Minutes

4

Serves

Directions

Salmon Veracruzana

C P V

Ingredients

- 1 lb of Skinned Salmon
- Onion — Diced
- 4 Cloves of Garlic — Minced
- 3 Medium Tomatoes — Diced
- ½ Cup of Pitted Green Olives — Sliced in Half
- ⅓ Cup of Capers in Brine — Drained
- ½ Teaspoon of Oregano
- ¼ Teaspoon of Marjoram
- 1 Bay Leaf
- ½ Teaspoon of Salt
- 2 Tablespoons of Cilantro — Minced
- Lime Wedges

To Serve:

- ½ Serving of Carbohydrates
- 1 Serving of Vegetables

1. For the Veracruz sauce, spray olive oil in a pot, fry the onions and garlic until soft and translucent. Add the tomatoes, olives, capers, oregano, marjoram and bay leaf.
2. Cook over medium high heat for 20 minutes to reduce the amount of liquid and concentrate the flavors. Taste it and add salt as needed.
3. To get the fish crisp and brown on the outside, you need to get the surface very dry, use paper towels to dry off pan. Start heating a pan over medium high heat.
4. When the pan is very hot, lightly salt and pepper both sides of the fish. Spray a bit of oil to the pan and swirl to coat. Put the fish into the pan and do not touch until it starts turning brown around the edges and no longer sticks to the pan. Gently flip and brown the other side.
5. When it's cooked, plate the fish. Stir the minced cilantro into the sauce. Cover the fish with the Veracruz sauce and garnish with some spare cilantro leaves and a wedge of lime.
6. Serve dish with a serving of vegetables and ½ serving of carbs!

Calories: **388** Fat: **18g** Carbs: **27.5g** Protein: **29g**



20

Minutes

8

Serves

Directions

1. Add the 8 cups of water and better than bouillon to a pot and bring to a boil. When boiling, turn down and whisk in the grits until smooth.
2. Preheat the oven to 425.
3. When grits are done stir together the 4 cups of grits, marinara sauce, eggs and cheese.
4. Pour this into a pie pan and bake for 1 hour.
5. Let sit for 20 min when done.
6. Spray olive oil into pan, sauté the shrimp until pink.
7. Put shrimp in a bowl and toss with basil, salt and pepper.
8. Top the pie with the shrimp mixture and serve with a serving of veggies.

Shrimp and Grits

G P V

Ingredients

- 2 Cups of Corn Meal
- 8 Cups of Water
- 2 Tablespoons of Better than Bouillon
- 28 oz of Marinara Sauce
- ½ Cup of Mozzarella Cheese
- 5 Egg Whites
- 2 lbs of Medium Raw Shrimp
- Fresh Basil
- Salt — To Taste
- Pepper — To Taste

To Serve:

1 Serving of Vegetables

Calories: **360** Fat: **6g** Carbs: **41.5g** Protein: **35g**



20

Minutes

4

Serves

Creamy Beef Stroganoff



Ingredients

- 1 lb of Extra Lean Stew Beef — Diced
- 2 ½ Cups of Mushrooms — Sliced
- 1 Cup of Water
- 1 Onion — Sliced
- 3 Cloves of Garlic
- 6 Cups of Cauliflower — Cut
- *Optional* 1 Teaspoon of Whole Worcestershire Sauce
- Salt — To Taste

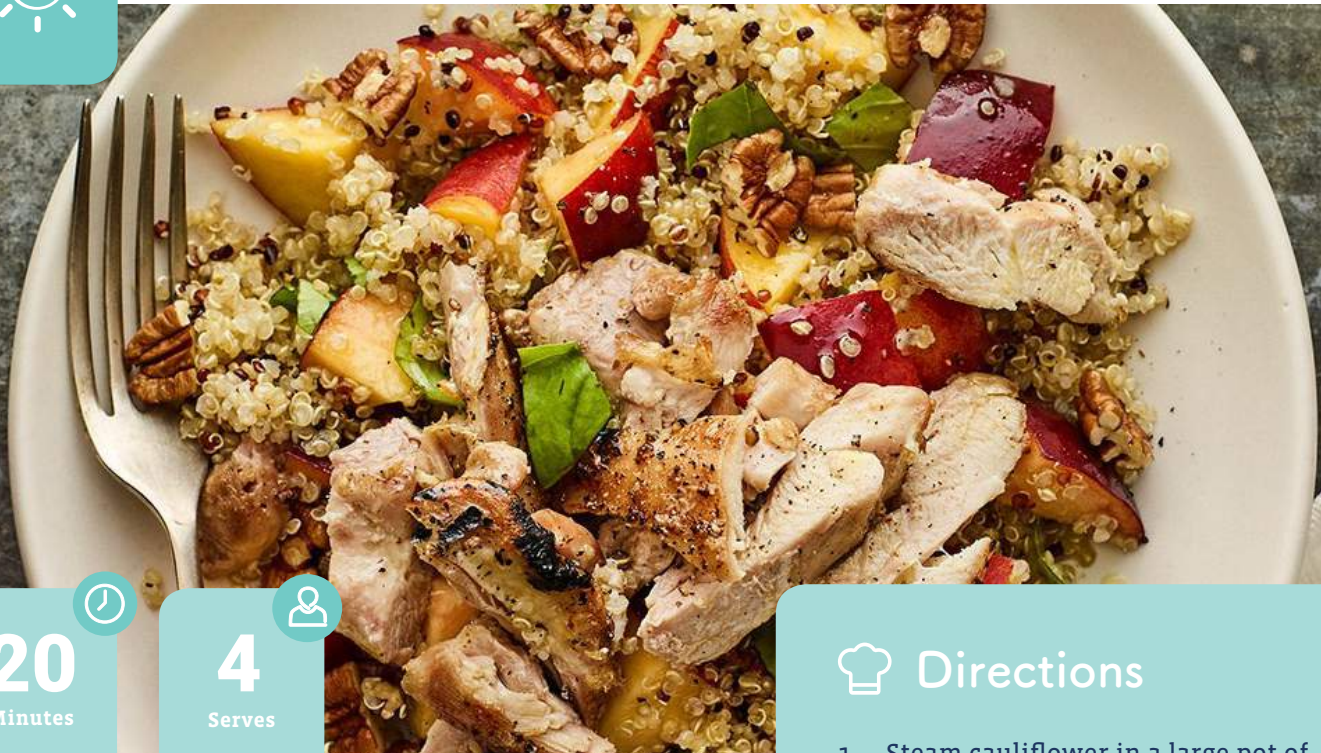
To Serve:

1 Serving of Cooked Whole Wheat Pasta

Directions

1. Steam cauliflower in a large pot of water over high heat. Cook until cauliflower is completely soft.
2. While you wait for the cauliflower to soften, switch crockpot to high. Once the base is hot, add your onions and beef to the pot to start browning the meat and sautéing the onions. Salt to taste.
3. Turn crockpot down to low. Add mushrooms and water.
4. Drain your cauliflower and put it in a food processor with the garlic. The cauliflower should be soft enough to puree without adding any liquids.
5. Empty the cauliflower into the crockpot with the rest of your stew. The cauliflower creates the creamy texture and takes on the flavor of the beef, mushrooms and onion.
6. Add a teaspoon of Worcestershire sauce and stir the pot until all ingredients are well combined.
7. Leave on low for 5 - 8 hours up to 1 day!
8. Serve with one serving of whole wheat pasta!

Calories: **355** Fat: **7g** Carbs: **39g** Protein: **34g**



20

Minutes

4

Serves

Chicken Quinoa Salad



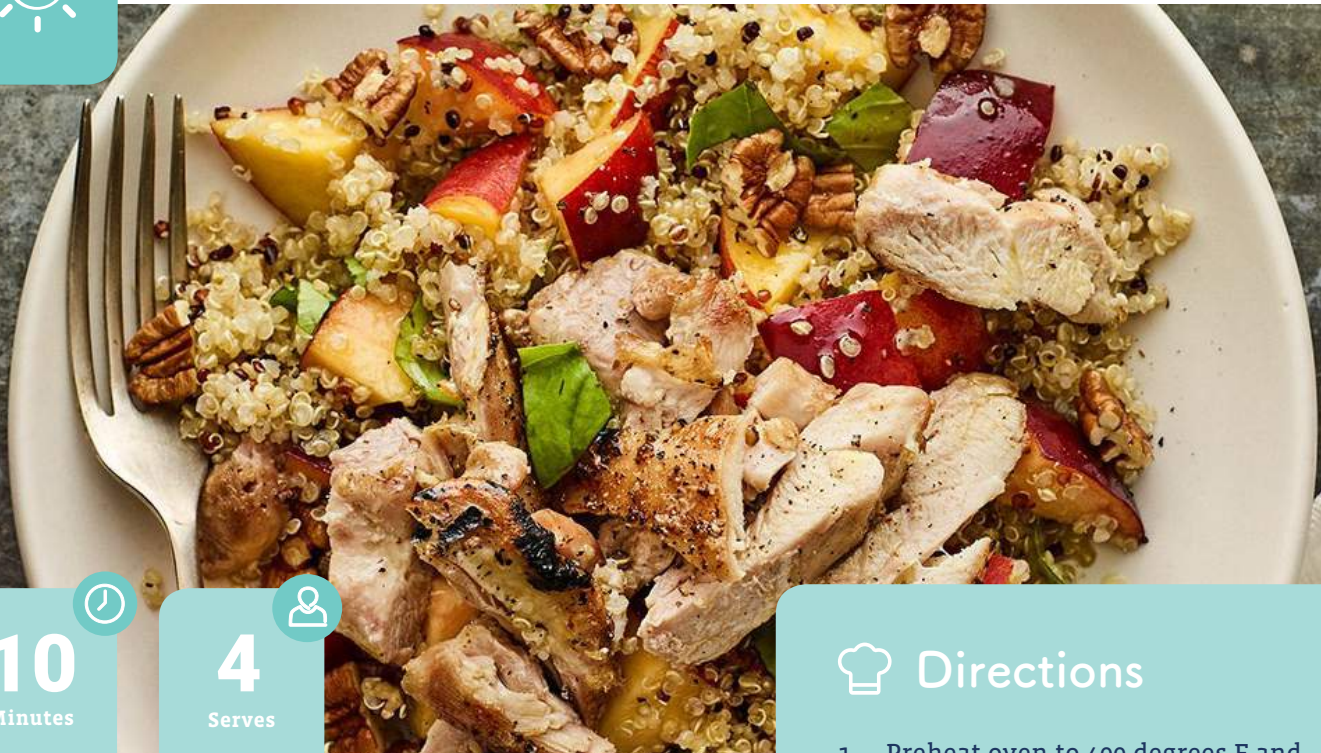
Ingredients

- 1 ½ lbs of Boneless Skinless Chicken Breast
- 2 Cups of Water
- ⅓ Cup of Dry Quinoa
- 2 Cups of Butternut Squash
- 4 Celery Stalks
- 5 Scallions
- ½ Cup of Pomegranate Seeds
- 2 Limes

Directions

1. Steam cauliflower in a large pot of water over high heat. Cook until cauliflower is completely soft. Preheat non-stick skillet over medium high heat. Spray olive oil. Wash chicken breasts with cold water, cut into cubes, season with salt. Toss in the pan and cook 5 minutes per side until golden brown.
2. In a medium saucepan add 2 cups of water and add ⅓ cup of quinoa. Bring it to a boil and cook until tender. Drain when it is ready.
3. Preheat oven to 350°F/175°C. Cut the butternut squash into cubes. Toss 2 cups of them in an oven safe tray and spray with coconut oil spray (or any kind of oil but coconut oil gives a nice flavor). Sprinkle salt. Bake 20 minutes.
4. Chop celery stalks, scallions, and cut pomegranate carefully.
5. Transfer cooked quinoa in a large bowl, add chopped celery stalks, scallions, baked butternut squash, pomegranate seeds and chicken.
6. Mix well and serve into containers.

Calories: **350** Fat: **6g** Carbs: **32.5g** Protein: **41.5g**



10

Minutes

4

Serves

Protein Pepperoni Pizza

C P V

Ingredients

- 4 Flatout Italian Light Flatbread — or Lower Carb/Calorie Tortilla/Flatbread
- 1 Cup of Tomato Paste
- 2 Cups of Fat-Free Shredded Mozzarella
- 136 Slices of Turkey Pepperoni (8 Servings)

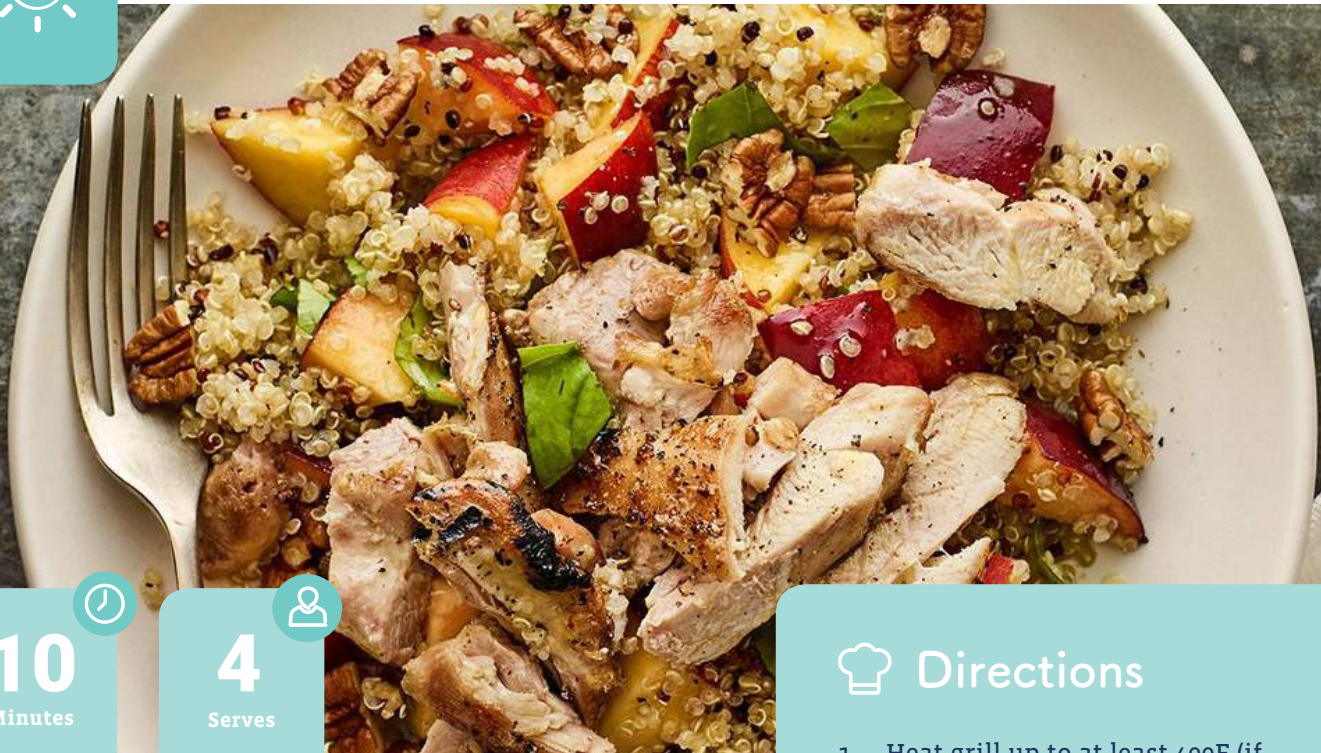
To Serve:

1 Serving of Vegetables

Directions

1. Preheat oven to 400 degrees F and line a baking sheet with parchment paper or aluminum foil.
2. Heat two pans or a griddle over medium-high heat.
3. Spread 8 Tbsp of tomato paste over 4 Flatouts (2 Tbsp each). You'll be adding more sauce so take it easy.
4. Top each Flatout with ½ cup of shredded mozzarella and fully cover in pepperoni. You can add other toppings and seasonings at this point.
5. Cook each side until golden brown. Remove from heat.
6. Spread 8 Tbsp of tomato paste (2 Tbsp each) over the top of all pizzas.
7. Place your creation on the baking sheet and bake for 5-7 minutes or until the cheese has fully melted. Be careful not to burn your Flatouts at this point.
8. Enjoy with a serving of veggies!

Calories: **368** Fat: **8.25g** Carbs: **28.5g** Protein: **45g**



10

Minutes

4

Serves

Healthy BBQ Pizza

C P V

Ingredients

- 1 Tablespoon of Almond Meal or Corn Meal
- ¾ lb of Wheat Pizza Dough (store-bought)
- ¾ lb of Cooked Chicken Breasts
- ⅔ Cup of Low Calorie BBQ Sauce
- ⅓ Cup of Red Onion
- ¾ Cup of Fat Free Mozzarella
- Pepper To Taste
- Fresh Cilantro for Garnish
- Green Onion for Garnish
- Grated Parmesan for Garnish

To Serve:

1 Serving of Vegetables

Directions

1. Heat grill up to at least 400F (if using the oven, pre-heat to 410F).
2. Spray a cast iron skillet with a little olive oil, then pat it dry with a cloth but don't completely wipe off the oil.
3. Dust the inside of the skillet with almond or cornmeal to prevent sticking when baking. Add the raw wheat pizza dough to the skillet and spread it out, using your fingers to make the outside crust slightly thicker (if desired of course).
4. Add the remaining ingredients to the pizza.
5. Spray the outside crust with a little olive oil before placing on the grill or oven. Grill for about 15 minutes until the outside crust is golden brown and crispy.
6. Slice, garnish and enjoy with a side of veggies!

Calories: **470** Fat: **7g** Carbs: **43g** Protein: **43g**