



## Chicken Chili

### INGREDIENTS

- 1 pound lean ground chicken cooked
- 1 can tomato sauce
- 1 can kidney beans drained and rinsed
- 2 fresh tomatoes chopped (or sub with 2 cans of Rotel)
- 2 Tbsp chili powder
- 1 Tbsp minced garlic
- 1.5 Cups water

Optional Toppings: Non-fat Greek yogurt, avocado, cilantro

### DIRECTIONS

1. Place all ingredients in a slow cooker and simmer on low for 6-8 hours.

NOTES: 4 SERVINGS TOTAL



## Chicken Crust Pizza

### INGREDIENTS

- 2 chicken breasts~10 oz total, thawed and flattened as thin as possible. Use a kitchen mallet and cover chicken in zip lock to flatten.
- 1/4 cup pizza sauce
- 1 Tbsp Italian seasoning
- 1 Tbsp Garlic powder
- 8 oz shredded Italian cheese or Vegan Cheese
- 2 Bell peppers chopped
- 1 Onion chopped
- Any additional veggies of your choice (broccoli, asparagus, spinach, etc)
- 8 oz pepperoni or chicken sausage

### DIRECTIONS

1. Preheat oven at 400 degrees F.
2. Place flattened/thawed chicken on greased cookie sheet. (Sprinkle pan with corn starch and garlic powder if you prefer a little extra crust flavor) Connect the edges of the flattened chicken breasts creating a crust.
3. Sprinkle the top of chicken with seasonings. Bake for 15-20 minutes until crust/Chicken breast is cooked
4. While chicken is cooking, saute the veggies and chicken sausage.
5. Remove Chicken from oven. Spread pizza sauce over chicken, followed by veggie toppings and finally cheese.
6. Place back in oven and cook until cheese is melted.
7. Remove, slice and serve!

NOTES: 4 SERVINGS TOTAL



## Chicken Tortilla Soup

### INGREDIENTS

- 2-3 chicken breasts
- 1 Cup onion diced
- 4 fresh tomatoes diced (or 2 cans Rotel)
- 2 Cups Chicken broth
- 1 can chopped chilis (optional)
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp garlic powder
- 1 cup frozen corn
- 1/2 Cup green pepper diced

Optional Toppings: tortilla chips, cilantro, non-fat plain Greek yogurt, avocado sliced

### DIRECTIONS

1. Add chicken, onion, tomatoes, broth, chilies, seasonings, and cook on low for 8 hours.
2. Add corn & green peppers and shred chicken cooking on high for an additional 30 minutes until simmered throughout.

NOTES: 4 SERVINGS TOTAL



## Chicken Veggie Balsamic Bowl

### INGREDIENTS

- 1 Cup broccoli cut
- 1 onion chopped
- 2 red bell peppers diced
- 1 Tbsp minced garlic
- 1/4 tsp red pepper flakes
- 1/4 tsp black pepper
- 1/3 Cup balsamic vinegar
- 1 can diced tomatoes drained OR 2 fresh tomatoes diced
- 4 boneless skinless chicken breasts cut into strips

### DIRECTIONS

1. Preheat large skillet with lightly sprayed olive oil.
2. Add onion, peppers, and broccoli and saute for about 10 min until veggies begin to soften.
3. Add 2 Tbsp water and mix well.
4. Add minced garlic, red pepper, and black pepper and stir for one minute.
5. Add the sliced chicken breast strips and turn often to cook through.
6. Pour the balsamic vinegar and tomatoes into mixture and bring to a boil.
7. Reduce heat to low and simmer for 20 minutes.
8. Stir and divide into 4 portions and serve!

NOTES: 4 SERVINGS TOTAL



## Ginger Turkey Meatballs

### INGREDIENTS

- 1 pound lean ground turkey
- 1/2 Cup finely chopped almonds
- 3 egg whites
- 3 tsp minced garlic
- 1/4 tsp ground ginger
- 1 tsp rice vinegar

### DIRECTIONS

1. Preheat oven to 400 degrees F.
2. In a mixing bowl, combine all ingredients and mix with a fork.
3. Form Mixture into 1-inch meatballs
4. Place the meatballs on a foil or parchment paper lined baking sheet greased lightly with olive oil.
5. Bake for 10-15 min until cooked through.

Serve with any veggies of your choice! These are very high in protein and low carb. They're great to make ahead of time and freeze to store.

NOTES: 4 SERVINGS TOTAL



## Italian Rice Balls over Zucchini Noodles

### INGREDIENTS

- 1 whole egg
  - 1 1/2 Cups cooked instant rice
  - 1/2 Cup grated Parmesan cheese
  - 2 Tbsp flour
  - 1 Tbsp Italian Seasoning
  - 1 Tbsp Garlic Powder
  - pinch of salt and pepper
  - 4 medium zucchinis spiralized
  - 1 Tbsp olive oil
  - 1 Tbsp minced garlic
  - 1 Cup pasta sauce
- (Or 2 Tbsp pesto sauce-your choice)

### DIRECTIONS

1. Preheat oven at 350 degrees F.
2. In a medium bowl, whisk egg
3. Add cooked rice, cheese, flour, Italian seasoning, garlic powder, and salt/pepper and mix all together.
4. Form the mixture into 1.5" balls with your hands. (Dampen hands if needed b/c it's sticky)
5. Place the balls (~12 total) on a greased cookie sheet.
6. Bake for 25 min or until golden brown.
7. While Rice balls are baking, prepare zucchini if not already prepared.
8. Heat 1 Tbsp olive oil in large skillet and add garlic. Next add zucchini and simmer on low stirring occasionally until the rice balls are finished.
9. Top the zucchini with rice balls and

optional sauce and enjoy!

NOTES: 4 SERVINGS TOTAL



## Italian Stuffed Zucchini Boats

### INGREDIENTS

- 4 large zucchinis washed
- 1 pound lean ground beef or turkey
- 1 large onion diced
- 1 Tbsp minced garlic
- 2 Cups chopped tomatoes
- 1 1/2 Cups cooked brown rice
- 1 Tbsp Italian seasoning
- 6 Oz shredded Swiss cheese (your choice)

### DIRECTIONS

1. Preheat oven at 425 degrees F.
2. Grease cookie sheet lightly with olive oil.
3. Boil 4 cups water in large pot.
4. While waiting on water to boil, cut the zucchini in half lengthwise and scrape the center/seeds out and set aside.
5. In a skillet, sautee the garlic, onion, and ground beef until meat is cooked all the way through.
6. Add remaining ingredients (tomatoes, cooked rice, Italian seasoning, & leftover zucchini that was scraped out) and simmer on low
7. Add Zucchini boats to boiling water and cook approx. 5 minutes.
8. Remove boats from water and fill with meat mixture topping with cheese.
9. Bake zucchini boats 5-10 min until cheese is melted. Serve 1-2 boats per person!

NOTES: 6-8 SERVINGS TOTAL



## Lemon Garlic Salmon

### INGREDIENTS

- 4 salmon breasts with skin removed
- 2 Tbsp minced garlic
- 2 Tbsp freshly chopped Parsley
- 1/3 Cup lemon juice
- 4 bundles asparagus (cut off woody ends)
- 1 lemon sliced for garnish
- salt and pepper to taste
- olive oil cooking spray

### DIRECTIONS

1. Preheat oven to broil 450 degrees F
2. Line cookie sheet with aluminum foil and arrange oven shelf to second to top
3. Spritz foil with olive oil for non stick
4. Place salmon on cookie sheet and rub evenly with garlic and parsley.
5. Drizzle lemon juice over evenly.
6. Finish with sprinkled salt and pepper to taste.
7. Arrange asparagus around salmon in a single layer and place lemon slices over the salmon and asparagus.
8. Broil for 8-10 min (until salmon is cooked to your liking.)

NOTES: 4 SERVINGS TOTAL





## Pesto Zucchini Zoodles with Chicken

### INGREDIENTS

- 4 medium zucchinis
- 2 Tbsp minced garlic
- 2 Tbsp olive oil
- 2 Tbsp Italian Seasoning
- 2 8 oz chicken breasts

COOKED and thinly sliced

- 1-2 Tbsp Basil Pesto
- salt and pepper to taste

### DIRECTIONS

1. Wash Zucchini and spiralize. If you don't have a spiralizer, use a vegetable peeler and thinly slice.
2. Preheat skillet with olive oil. Once warm, brown minced garlic and sauté until brown.
3. Add zucchini and sauté until soft (10-15 min)
4. Add Italian seasoning and mix well.
5. Add the cooked/sliced chicken to mix.
6. Top with Basil pesto and optional salt/pepper & serve.

NOTES: 4 SERVINGS TOTAL



## Pork and Peaches

### INGREDIENTS

- 2 pounds plain pork tenderloin
- 3 peaches cut into thin wedges
- 1/2 Cup dry white wine
- 1/2 Cup water
- 1/3 Cup brown sugar (or stevia substitute)
- 1 lemon (peeled with a zester)
- 1 tsp dry mustard
- 1/2 tsp chopped fresh rosemary
- 2 Cups cooked brown rice
- 24 spears asparagus
- 2 Tbsp Mrs Dash seasoning

### DIRECTIONS

1. Cut ends off asparagus, wash, dry and set aside in a bowl. Lightly spritz olive oil and toss in 1 Tbsp Mrs Dash. Steam or grill until done.
2. Heat grill to medium heat. If no grill, you can use your oven and bake at 400 degrees for approx. 20 min or until pork is cooked through)
3. Sprinkle remaining 1 Tbsp Mrs Days over pork. Grill pork for approx. 5 min on each side until marked but not cooked through.
4. Combine remaining ingredients for peach sauce (except mustard, rosemary and rice) in a saucepan. Cook over medium heat covered for 8-10 min.
5. Take half the juice from saucepan and put into separate bowl. Whisk in the mustard & rosemary. Add this juice drizzled over pork and continue grilling for about 15 min until cooked through.
6. Keep remaining liquid & peaches in saucepan until it thickens up. Slice pork and serve with cooked rice and peaches.

NOTES: 4 SERVINGS TOTAL



## Tuna Salad on Lettuce Cups

### INGREDIENTS

- 16 oz chunk white tuna with water drained
- 1/4 Cup non-fat Greek yogurt
- 1 Tbsp Lemon Pepper Seasoning
- 2 sweet pickles chopped finely
- 8 Lettuce cups (2/serving)
- 1/2 lime

### DIRECTIONS

1. Drain water from tuna and place in small bowl.
2. Add the yogurt, lemon pepper, & chopped pickles, Squeeze lime juice into mixture and blend well.
3. Scoop 1/4 Cup and serve on 2 lettuce cups.

Store any leftovers in airtight container in fridge. This makes a super easy lunch for multiple days!

Serve with any veggies of your choice!

NOTES: 4 SERVINGS TOTAL



## Turkey Meatloaf

### INGREDIENTS

- 1 pound lean ground Turkey
- 1 zucchini grated
- 1 Cup instant oatmeal
- 1/4 Cup Almond Milk
- 1 Tbsp Italian Seasoning
- 2 Tbsp soy sauce (low sodium)
- 2 egg whites (~1/4 cup)
- 2 Tbsp minced garlic
- dash of salt and pepper
- Optional BBQ sauce for garnish

### DIRECTIONS

1. Preheat Oven to 350 degrees F.
2. Lightly grease 1 quart loaf pan with olive oil spray.
3. In a large bowl, mix all ingredients with a fork.
4. Using hands, shape the mixture into a loaf and place into loaf pan.
5. Cover with foil and bake for 40 minutes.
6. Remove foil and bake for an additional 10 minutes until top is golden brown. (Times may vary)
7. Slice and serve warm with BBQ sauce drizzled lightly on top.
8. Serve with steamed veggies of your choice for complete meal!

NOTES: 4 SERVINGS TOTAL



## Turkey Veggie Burgers

### INGREDIENTS

- 1 pound lean ground turkey
- 1 egg
- 1 can black beans (rinsed and drained)
- 2 Tbsp BBQ sauce
- 1 cup chopped kale or spinach

Garnish with  
pineapple/parsley/tomato/  
your choice!

Choose your bun wisely. I  
prefer whole wheat buns,  
never white!

### DIRECTIONS

1. Put all ingredients in a mixing bowl and mix well. Mash with a fork so the beans are mashed.
2. Form the mixture into 8 balls. (Wrap the other 4 in Saran Wrap and freeze for later)
3. Spray skillet with olive oil and heat to medium.
4. Add the balls into the skillet and press into patties.
5. Cook on each side until cooked through. (rec. temp for turkey is 170)
6. Serve with or without bun. Try wrapping in lettuce for low carb option.

Serve with any veggies of your choice!

NOTES: 8 SERVINGS TOTAL (4 SAVED FOR LATER)



## Vegan Sweet Kale Wrap

### INGREDIENTS

- 1 Cup finely chopped kale
- 2 Cups of mango cut into cubes (~2 mangos)
- 4 Tbsp balsamic vinegar
- 2 Tbsp olive oil
- 4 Whole wheat tortillas
- 1/3 Cup hummus
- 1 Avocado sliced

### DIRECTIONS

1. In a small bowl, toss together the kale, mango, vinegar, oil and season with tiny dash of salt and pepper if preferred. (You can always add additional veggies such as cucumbers, tomatoes, carrots, etc.)
2. Spread the tortillas with hummus and top with salad mixture. Add the sliced avocados evenly among the 4 tortillas.
3. If not Vegan—feel free to add diced chicken for more protein.
4. Roll the wraps and enjoy!

NOTES: 4 SERVINGS TOTAL