



**FAST &  
FLAVORFUL:  
40+ RECIPES  
READY IN 20  
MINUTES OR  
LESS**



# BBQ Chicken Pizza

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

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## Ingredients

- 1 store-bought pizza dough  
(macro include pillsbury classic pizza crust)
- 9 oz leftover shredded chicken
- 3/4 cup BBQ sauce (low-sugar preferred)
- 1 cup low fat shredded mozzarella cheese
- 1/4 cup red onion, thinly sliced
- Olive oil (optional for brushing the crust)
- Fresh cilantro (optional for garnish)

## Directions

1. Preheat oven to 425°F (or follow dough package instructions).
2. Roll out the store-bought pizza dough on a baking sheet. If desired, brush the edges with a bit of olive oil.
3. Assemble the pizza: Spread BBQ sauce evenly over the dough.
4. Toss the shredded chicken in a little BBQ sauce, then spread it over the pizza.
5. Top with sliced red onions and light mozzarella cheese on top.
6. Bake for 12-15 minutes or until the crust is golden and the cheese is melted.
7. Garnish with cilantro if desired, slice, and enjoy!

*370 Calories | 25g Protein | 37g Carbs | 7g Fat*



# Buffalo Chicken Stuffed Sweet Potato

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 45 MIN

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## Ingredients

4 Sweet potatoes  
1 lb Chicken breast  
¼–½ cup Franks red hot sauce  
4 pieces of bacon (make sure 2 pieces of bacon = 80 calories or less per serving)  
¼ cup plain Greek yogurt  
1 serving of reduced fat cheddar  
¼ cup cottage cheese, whipped  
Scallions

## Directions

1. Bake the sweet potatoes: Preheat the oven and bake until soft. Once done, cut each potato in half and scoop out the insides. Mix the sweet potato with cinnamon, then measure out 4 ounces and place it back into the potato shells. Store the extra 4 ounces in Tupperware for later.
2. Prepare the chicken: Use leftover shredded crockpot chicken. Toss the shredded chicken with hot sauce, yogurt, cottage cheese and cheese.
3. Cook the bacon: While the sweet potatoes bake, either bake or pan-fry the bacon until crispy.
4. Assemble: Divide the chicken mixture evenly among the sweet potato halves. Top with crumbled bacon and chopped scallions.

*398 Calories | 35g Protein | 47g Carbs | 8g Fat*



# Chicken Salad

SERVINGS: 3

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

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## Ingredients

2 cups shredded crockpot chicken  
¼ cup light mayonnaise  
¼ cup whipped non fat cottage cheese  
½ cup celery, chopped  
¼ cup red onion, diced  
1 tablespoon lemon juice  
Salt and pepper to taste

## Directions

1. Combine the mayonnaise, whipped cottage cheese, and lemon juice in a bowl.
2. Combine ingredients: Add the shredded chicken, celery, and red onion to the bowl. Stir until everything is well mixed.
3. Season with salt and pepper to taste.

\*\* To make it more \*yum\* add

- 1 tablespoon dijon mustard
- 1/2 cup sliced grapes
- 1/4 cup slivered almonds optional
- 1 tablespoon fresh chopped dill

*154 Calories | 20g Protein | 5g Carbs | 5g Fat* \*For original recipe



# Salsa Verde Soup

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

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## Ingredients

2 cups shredded cooked chicken  
1 can (15 oz) cannellini beans,  
drained and rinsed  
32 oz bone broth  
1/2 tbsp coconut oil  
1 tbsp salt (plus more to taste)  
1 cup diced onion  
4 cloves garlic, minced  
2 tsp cumin  
1 tsp oregano  
2 dried bay leaves  
2 cans (4 oz each) hot green chiles  
16 oz salsa verde  
Juice of 1 lime  
For garnish: lime wedges, cilantro,  
avocado

## Directions

- 1.Heat coconut oil in a large pot over medium-high heat. Add onion and garlic. Cook for 2-3 minutes until tender.
- 2.Combine Ingredients: Stir in cumin, oregano, bay leaves, green chiles, salsa verde, cannellini beans, and bone broth. Bring to a boil, then reduce heat and simmer for 15 minutes.
- 3.Add Chicken: Stir in shredded cooked chicken and cook for an additional 5 minutes until heated through. Add lime juice.
- 4.Serve: Garnish with lime wedges, cilantro, and avocado

395 Calories | 42g Protein | 40g Carbs | 4.5g Fat



# Chicken Alfredo Bake

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 25 MIN

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## Ingredients

3 cups shredded crockpot chicken  
16 oz pasta (penne, rotini, or your choice)  
1 jar (15 oz) Rao's or Primal Kitchen Alfredo sauce  
1 cup Low fat shredded mozzarella cheese  
½ cup grated Parmesan cheese  
1/2 tbsp olive oil  
1 cup spinach or broccoli  
Salt and pepper, to taste  
1 tsp garlic powder  
1 tsp Italian seasoning  
Fresh parsley, for garnish

## Directions

1. Preheat the oven to 375°F. Boil the pasta according to package instructions until al dente. Drain and set aside.
2. Sauté vegetables: In a skillet, heat olive oil over medium heat. Add spinach or broccoli, season with salt, pepper, and garlic powder, and cook until tender. Set aside.
3. Mix the bake: In a large bowl, combine shredded chicken, pasta, Rao's Alfredo sauce, Italian seasoning, mozzarella, Parmesan cheese and cooked veggies. Stir until well mixed.
4. Transfer the mixture into a greased baking dish. Top with extra mozzarella and Parmesan if desired. Bake for 20–25 minutes, or until the cheese is melted and bubbly.
5. Remove from the oven and garnish with fresh parsley. Serve hot.

*460 Calories | 28g Protein | 41g Carbs | 20g Fat*



# Chicken Pot Pie

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

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## Ingredients

2 cups shredded crockpot chicken  
3 cups bone broth  
2 Tablespoons light butter  
½ cup onions, finely diced  
½ cup celery, finely diced  
½ cup carrots, finely diced  
2 cloves garlic, minced  
¼ cup flour  
½ cup Light unsweetened coconut milk or non-fat milk  
1 chicken bouillon cube  
2 teaspoon Worcestershire sauce  
1 cup frozen peas  
½ teaspoon EACH: Onion Powder, Dry Thyme, Dry Rosemary  
¼ teaspoon ground sage  
6 Pillsbury Grands Biscuits

## Directions

- 1.Preheat Oven:** Preheat the oven to 375°F
- 2.Sauté Vegetables:** In a large oven-safe pot or Dutch oven, heat light butter over medium heat. Add onions, celery, carrots, and garlic. Sauté for 4-5 minutes until softened.
- 3.Add Seasonings:** Stir in onion powder, thyme, rosemary, and sage. Cook for 1 minute.
- 4.Make Roux:** Sprinkle in the flour, stir, and cook for 1 minute.
- 5.Add Broth:** Gradually whisk in the chicken broth. Add the bouillon cube and soy sauce. Bring to a simmer and cook for 5 minutes, stirring occasionally.
- 6.Finish Soup:** Stir in the shredded chicken, almond milk, and frozen peas. Let it simmer for another 5 minutes until slightly thickened.
- 7.Add Biscuits:** Top the soup with Pillsbury biscuits, evenly spaced. Place the pot in the oven.
- 8.Bake:** Bake for 15-18 minutes, or until the biscuits are golden brown on top and cooked through.

440 Calories | 29g Protein | 47g Carbs | 13g Fat



# Ground Turkey & Butternut Squash Skillet

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

## Ingredients

1 lb 93/7 Ground Turkey  
2 garlic cloves, minced  
1 shallot, diced  
1 orange bell pepper, diced  
1 green bell pepper, diced  
1/2 cup frozen corn  
1 1/2 cup frozen butternut squash  
1/2 cup bone broth  
1 Tbsp dijon mustard  
1/2 cup tomato sauce or crushed tomatoes  
1 tbsp tomato paste  
1 tsp of oregano  
1/8 tsp crushed red pepper flakes  
Salt & Pepper  
Fresh Parsley

## Directions

1. Heat skillet over medium-high heat and spray with non-stick spray.
2. Add in your ground turkey and cook, stirring well and breaking it apart with a wooden spoon until it is small crumbles. Cook until browned about 5-7 minutes.
3. When the turkey is almost cooked through using that same skillet, add in onion, garlic, bell peppers, butternut squash and corn. Cook until slightly tender crisp.
4. Pour in the broth, add Dijon mustard, tomato paste and tomato sauce. Cover and simmer for 10 minutes.
5. Add in oregano, crushed red pepper flakes, sea salt and black pepper to your taste.
6. Garnish with fresh parsley and serve with cooked brown rice or quinoa.

*394 Calories | 28g Protein | 49g Carbs | 13g Fat*



# Taco Pasta

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

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## Ingredients

1 lb 93/7 Ground Turkey  
1 packet low sodium taco seasoning  
3 garlic cloves, minced  
1 cup salsa  
8 oz uncooked semolina pasta  
1 green bell pepper, diced  
1.5 cups bone broth  
1/2 onion, chopped  
1 cup non-fat milk  
3/4 cup non fat cottage cheese  
1 tbsp tomato paste  
Parsley

## Directions

1. **Cook Turkey:** In a large skillet, brown 1 lb of ground turkey over medium heat until fully cooked. Drain excess fat if necessary.
2. **Sauté Veggies:** Add 3 minced garlic cloves, 1 diced green bell pepper, and 1/2 chopped onion. Cook until veggies are soft, about 3-4 minutes.
3. **Add Seasoning & Salsa:** Stir in 1 packet of low-sodium taco seasoning, 1 tbsp tomato paste, and 1 cup of salsa. Mix well.
4. **Add Pasta & Broth:** Pour in 1.5 cups of bone broth and 8 oz uncooked pasta. Stir to combine. Cover and simmer for 10-12 minutes, stirring occasionally, until pasta is cooked through.
5. **Make Creamy:** Reduce heat to low and stir in 1 cup non-fat milk and 3/4 cup non-fat cottage cheese. Cook for another 2-3 minutes until the sauce is creamy.
6. **Finish:** Garnish with fresh parsley and serve warm!

*444 Calories | 47g Protein | 52g Carbs | 3g Fat*



# Tortellini Caesar Pasta Salad

SERVINGS: 3

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

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## Ingredients

- 1 package spinach tortellini
- 2-3 Breaded Chicken Cutlets Baked
- 1-2 cups Chopped Romaine lettuce
- 21g Croutons
- Dressing:
  - 3/4 cup non fat cottage cheese
  - 1 tbsp capers
  - 1/4 cup Parmesan cheese
  - 1/2 lemon juice
  - 1 tbsp of water
  - 2 cloves of garlic
  - salt and pepper

## Directions

1. Bring a pot of salted water to a boil. Add the spinach tortellini and cook according to package instructions (usually about 3-5 minutes). Drain and set aside to cool.
2. If you haven't already, bake/air fry the breaded chicken cutlets at 375°F for 20-25 minutes, or until fully cooked and golden brown. Let them cool slightly, then slice into strips or bite-sized pieces.
3. While the tortellini and chicken are cooling, chop the romaine lettuce into bite-sized pieces and set aside.
4. Make the Dressing: In a blender combine the cottage cheese, capers, Parmesan cheese, lemon juice, water, and minced garlic. Blend until smooth and creamy. Add salt and pepper to taste, blending again to mix.
5. Assemble the Salad: In a large bowl, combine the cooked tortellini, chopped romaine lettuce, and sliced chicken. Pour the creamy caper dressing over the salad and toss to coat evenly.
6. Sprinkle the croutons on top just before serving for added crunch.
7. Serve the pasta salad chilled or at room temperature

519 Calories | 33g Protein | 60g Carbs | 20g Fat



# Orzo Lemon Shrimp

SERVINGS: 3

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

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## Ingredients

1 lb Shrimp  
1 Shallot, minced  
2-3 cloves of garlic  
4oz dry orzo  
2-2.5 cups bone broth  
1/4 cup lite unsweetened coconut milk  
zest from 1 lemon  
juice from 1/2 lemon  
1 bunch asparagus, chopped into 1-inch pieces  
1/4 cup parmesan cheese  
salt, pepper, chili flakes, smoked paprika to taste  
Zero-calorie spray (for cooking shrimp)

## Directions

1. Spray a large pan with zero-calorie spray and heat over medium. Season shrimp with salt, pepper, and smoked paprika. Cook for 2-3 minutes per side until pink, then set aside.
2. In the same pan, spray again if needed. Sauté the minced shallot for 1-2 minutes, then add garlic and cook for 30 seconds until fragrant.
3. Stir in the orzo and toast for 1 minute. Add 2 cups of bone broth and bring to a simmer. Cook, stirring occasionally, for 8-10 minutes until the orzo is tender, adding more broth if needed.
4. In the last 3-4 minutes, stir in the chopped asparagus and cook until tender.
5. Stir in the coconut milk, lemon juice, lemon zest, and parmesan cheese. Add the cooked shrimp back in and add chili flakes.

*324 Calories | 30g Protein | 41g Carbs | 5g Fat*



# Tuscan Salmon

SERVINGS: 3

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

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## Ingredients

- 3-4oz Salmon Filets
- 1 yellow onion, chopped
- 3 garlic cloves, chopped
- 1/4 cup sundried tomato, chopped
- 1/2 bag of spinach
- 1 can cannellini beans. drained
- 2/3 cup Lite unsweetened coconut milk
- Salt & Pepper
- Zero-calorie spray

\*Calculated for 1 filet = 160 Calories

## Directions

1. Heat a large skillet over medium heat and spray with zero-calorie spray. Add the chopped onions and cook for 3-4 minutes until softened. Add the garlic and cook for 30 seconds until fragrant.
2. Push the onions and garlic to the side of the pan. Season the salmon with salt and pepper, then place the fillets in the pan. Cook for 3-4 minutes per side until the salmon is browned and cooked through.
3. Lower the heat and pour in the coconut milk, stirring to combine with the onions and garlic. Add the sun-dried tomatoes, spinach, and cannellini beans. Stir gently and let the spinach wilt and the sauce thicken for 2-3 minutes.
4. Once Spinach is wilted serve and enjoy.

*385 Calories | 32g Protein | 33g Carbs | 13g Fat*



# Eggplant Parm Boats

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 40 MIN

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## Ingredients

2 eggplants  
1 tbsp. extra virgin olive oil  
14 oz. (400g) extra lean ground beef  
1 medium yellow onion, chopped  
2 garlic, minced  
1 cup (200g) can of chopped tomatoes  
2 tbsp. tomato paste  
1 tsp. dried rosemary  
½ cup (50g) cheddar cheese, grated

## Directions

Preheat oven to 400°F (200°C).

Cut each eggplant in half lengthwise. Using a knife, cut the flesh of each eggplant in a cross-hatch pattern; be careful not to cut through the skin. Place the eggplant halves on a baking tray, flesh side up. Drizzle with olive oil and season with salt and pepper. Then, bake for about 30 minutes until soft.

In the meantime, prepare the beef marinara sauce. Heat a dry, non-stick pan over medium-high heat and cook the ground beef for 5-6 minutes until browned. Add onion and garlic, and cook for another 3-4 minutes.

Next, add the chopped tomatoes, tomato paste, and rosemary, then bring to a boil and reduce heat to low. Continue simmering until the eggplant is ready, which should take around 20 minutes.

Remove the eggplant from the oven, and scoop out the center, leaving enough meat inside the skin to hold its shape. Chop the removed flesh, and add to the beef, mixing well.

Spread ¼ of the beef marinara sauce over each eggplant half, and sprinkle each with cheese.

Place the stuffed eggplant back into the oven, and continue to cook for about 10 more minutes until lightly browned.

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*362 Calories | 27g Protein | 24g Carbs | 18g Fat*



# Crispy Baked Cod

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

## Ingredients

- 1 lb. (450g) baby potatoes
- 2 cod fillets (8 oz./230g each)
- ½ lemon, juiced
- 2 garlic cloves, minced
- 1 tsp. paprika
- 1 tsp. oregano
- 1 tsp. turmeric
- 2 + ½ tbsp. all purpose gluten-free flour
- 3 tbsp. extra virgin olive oil
- 1 cup (150g) frozen spinach
- 4 tsp. unsweetened almond milk
- ½ cup (45g) bread crumbs
- ¼ cup (25g) Parmigiano Reggiano

## Directions

Cook potatoes according to the instructions on the packaging.

Rinse the fish and pat dry. Drizzle with lemon, then season with salt, black ground pepper, and one minced garlic clove. Sprinkle spices; paprika, oregano, and turmeric, then coat in 2 tablespoons of flour.

Prepare the spinach layer. Then heat 1 tablespoon of olive oil in a frying pan. Add a second garlic clove and fry for 2-3 minutes until fragrant. Add the spinach and stir for about 4-5 minutes until wilted.

Next, add the milk, season with salt and pepper, then heat for 2-3 minutes. Add half a tablespoon of flour and mix well.

Mix the bread crumbs, parmesan, and 2 tablespoons of olive oil in a small bowl.

Arrange the fish on a baking tray greased with olive oil. Top the fish with a layer of spinach and sprinkle with the breadcrumb mix.

Bake in the preheated oven for 20 minutes. Serve with baby potatoes.

388 Calories | 27g Protein | 30g Carbs | 11g Fat



# Acai Bowl

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

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## Ingredients

2 tbsp. acai powder  
1 cup (160g) frozen mango  
1 medium banana  
½ cup (50g) frozen blueberries  
½ cup (120ml) unsweetened  
almond milk  
4 tbsp. vanilla whey protein  
powder

## Directions

Place all ingredients into a powerful high-speed blender and blitz until smooth, adding more milk or water as needed.

Pour the frozen smoothie into a bowl and top it with your favorite toppings.

*373 Calories | 22g Protein | 65g Carbs | 5g Fat*



# Banana Pudding Overnight Oats

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

## Ingredients

- 1/4 cup oats
- 1/2 cup non-fat milk
- 1 banana
- 7 grams sugar free cheesecake JELLO mix
- 1/2 cup non-fat cottage cheese
- 4 tbsp reduced fat cool whip
- 8 tiny TATES snickerdoodle cookie\*

\*Can sub the cookie for any wafer/cookie =  
75 calories

## Directions

- 1.Layer the Oats: In the bottom of a small jar or Tupperware, mix 1/4 cup oats with 1/4 cup of non-fat milk. This will form the base.
- 2.Blend the Cheesecake Mixture: In a blender, combine the cottage cheese, JELLO mix, 1/2 banana, and the remaining 1/4 cup of milk. Blend until smooth.
- 3.Build the Layers:
- 4.Add half of the remaining banana, sliced, on top of the oat layer.
- 5.Spoon the cheesecake mixture over the banana slices.
- 6.Add 2 tablespoons of Cool Whip as the next layer.
- 7.Add the crushed or whole Snickerdoodle cookies on top.
- 8.Cover and refrigerate overnight (or at least 4 hours).

*440 Calories | 25g Protein | 68.5g Carbs | 8.5g Fat*



# Pancake Bowl

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

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## Ingredients

### Pancake Base:

1/2 cup Kodiak pancake mix

1/2 banana, mashed

2 scoops collagen powder

1/4 cup egg whites

### Toppings:

Fresh strawberries

Fresh blueberries

PB2 powder (peanut butter powder)

Sugar-free syrup Instructions:

## Directions

1. **Combine & Mix:** In a microwave-safe bowl, whisk together the Kodiak pancake mix, mashed banana, collagen powder, and egg whites.
2. Microwave the mixture on high for 1:30, or until cooked through. The consistency should be fluffy and set.
3. While the pancake "cooks", mix your desired amount of PB2 powder with sugar-free syrup to create a drizzle.
4. Once the pancake is cooked, top it with fresh strawberries, blueberries, and your PB2 drizzle. Enjoy your warm and protein-packed breakfast bowl!

*470 Calories | 46g Protein*



# BLT Chicken Salad

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

## Ingredients

12 oz cooked and shredded chicken breast  
6 pieces bacon, cooked and crumbled  
1.5 servings reduced-fat mozzarella, shredded  
1/2 cup cherry tomatoes, halved  
Dressing:  
5.3 oz non-fat plain Greek yogurt  
2 tbsp light mayo  
1 tbsp capers  
juice from 1/2 a lemon  
1-2 tbsp of water if needed to thin dressing  
Salt, pepper, garlic powder

## Directions

1. In a large bowl, combine the shredded chicken, crumbled bacon, mozzarella, and cherry tomatoes.
2. Make the Dressing: In a small bowl, whisk together the Greek yogurt, light mayo, capers, lemon juice, salt, pepper, and garlic powder. Add 1-2 tbsp of water if needed to reach your desired consistency.
3. Assemble the Salad: Pour the dressing over the chicken mixture and toss until everything is well-coated.
4. Enjoy as is, or serve on lettuce wraps or with pretzels for a crunch.

262 Calories | 36g Protein | 6g Carbs | 11g Fat



# Burger Bowl

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

## Ingredients

- 1 lb 93/7 ground beef
- 1 onion, chopped
- 1 bell pepper, chopped
- 4 servings of Alexia Sweet potato fries

### Sauce:

- 1/2 cup Ketchup
- 1 tbsp lemon juice (can use water)
- 1 tbsp Dijon mustard
- 1 tbsp Worcestershire sauce
- 1 tsp vinegar (apple cider or red wine)
- 1 tbsp light brown sugar
- Salt & pepper to taste

### Serve with:

- Pickles
- Chopped lettuce
- pickled red onions
- tomato

## Directions

1. Follow the instructions on the Alexia Sweet Potato Fries package to bake them, usually around 20–25 minutes.
2. While the fries are baking, heat a skillet over medium heat. Add the chopped onion and bell pepper, cooking for 3–4 minutes until softened.
3. Add the ground beef to the skillet with the onions and peppers. Season with salt and pepper. Cook until the beef is browned and fully cooked through, breaking it apart with a spatula, about 6–8 minutes.
4. In a small bowl, whisk together the ketchup, lemon juice, Dijon mustard, Worcestershire sauce, vinegar, light brown sugar, and a pinch of salt and pepper. Adjust seasoning as needed.
5. In bowls, add a bed of chopped lettuce. Top with the ground beef mixture, pickles, pickled red onions, and tomato slices. Drizzle with the homemade sauce.
6. Serve the burger bowls alongside the sweet potato fries.

433 Calories | 26g Protein | 53g Carbs | 13g Fat

\*Macros do not include  
Special sauce:

Ketchup  
light mayo  
chopped dill pickles or relish



# Pumpkin Silly (Soup/Chili)

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

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## Ingredients

1 lb 93/7 ground turkey 3 cloves of garlic, chopped 1/2 onion, chopped 1 bell pepper, chopped 2 tbsp tomato paste 1 can of pumpkin puree 1 can of cannellini beans 3 cups bone broth 1 package frozen butternut squash Saly, pepper, chili powder, chili powder, garlic powder, cumin & sage leaf

## Directions

- 1.Sauté Veggies: Spray a large pot with zero-calorie cooking spray. Sauté the onion and bell pepper for 3-4 minutes.
- 2.Add ground turkey, cooking until browned (about 6-8 minutes).
- 3.Stir in garlic and tomato paste, cooking for 2 minutes.
- 4.Combine: Add pumpkin puree, beans, and bone broth. Season with salt, pepper, chili powder, garlic powder, and cumin.
- 5.Let it simmer on low for 10 minutes, stirring occasionally.
- 6.After 10 minutes add the butternut squash and simmer for another 10 minutes
- 7.Top with chopped sage

*391 Calories | 38g Protein | 42g Carbs | 9g Fat*



# Chocolate Protein Mousse Recipe

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

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## Ingredients

- 7g sugar-free cheesecake JELL-O mix
- ½ cup non-fat cottage cheese
- 2 tbsp reduced-fat Cool Whip
- 2 tbsp cocoa powder
- 1 tbsp chocolate chips
- Raspberries for topping
- Optional: non-fat milk (if mixture is too thick)

## Directions

1. Blend the cottage cheese until smooth.
2. In a bowl, fold in the cheesecake JELL-O mix, Cool Whip, and cocoa powder into the blended cottage cheese. Stir gently until well combined.
3. If the mixture is too thick, add a splash of non-fat milk to adjust the consistency.
4. Fold in the chocolate chips.
5. Serve the mousse in a bowl and top with fresh raspberries.

*287 Calories | 18g Protein | 39g Carbs | 9g Fat*



# Baked Feta Butternut Squash with Chicken Sausage and Orzo

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

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## Ingredients

- 6 cups butternut squash, cubed
- 1 (6 oz) chunk of feta cheese
- Salt and pepper, to taste
- 1-2 tsp red pepper flakes, to taste
- 3 cloves garlic, chopped
- 120 grams uncooked orzo
- 5 cooked chicken sausages (80 calories each)
- Fresh sage, chopped (about 2 tbsp)
- 2 tbsp hot honey

## Directions

1. Preheat the oven to 375°F
2. Roast Squash, Feta, and Garlic: Place the butternut squash cubes, feta chunk, and chopped garlic on a baking sheet (feta in the middle). Season with salt, pepper, and red pepper flakes. Roast for 25-30 minutes, or until the squash is tender, the garlic is golden, and the feta is lightly browned.
3. While the squash and feta are roasting, cook the orzo according to package directions. Drain and set aside.
4. Place the cooked chicken sausages on a separate baking sheet and bake alongside the squash during the last 10 minutes, or until golden. Cut up sausage once done.
5. In the baking dish/pan, mix together the roasted squash, crumbled feta, sliced sausage, orzo, chopped sage, and roasted garlic.
6. Drizzle hot honey over the mixture and gently toss to coat.

*470 Calories | 29g Protein | 62.5g Carbs | 15.5g Fat*



# Sausage Broccoli Alfredo

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

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## Ingredients

- 1 Box Semolina Pasta (Bionaturae)
- 8 cups Broccoli
- 10 Chicken Sausage's (80 Calories each)
- 1 Jar Primal Kitchen Alfredo Sauce
- 1/2 cup Parmesan Cheese

## Directions

1. In a large pot, bring salted water to a boil. Add 1 box of semolina pasta and cook according to package instructions until al dente. Drain and set aside.
2. Preheat your oven to 400°F. Place 10 chicken sausages (1 used, Bilinski) on a baking sheet. Bake for 15 minutes or until lightly browned. Once done, remove from the oven and cut them lengthwise, then into bite-sized pieces.
3. In a separate pot, bring water to a boil. Add 8 cups of broccoli florets and cook until they are tender but still semi-firm, about 3-4 minutes. Drain and set aside.
4. In the same large pot you used to cook the pasta, combine the cooked pasta, baked sausage pieces, and boiled broccoli.
5. Pour in 1 jar of Primal Kitchen Alfredo sauce and toss everything together until evenly coated.
6. Sprinkle 1/2 cup of Parmesan cheese over the mixture and toss again until combined.

*498 Calories | 37g Protein | 57g Carbs | 15g Fat*



# Pumpkin Pancakes

SERVINGS: 1

PREPPING TIME: 1 MIN

COOKING TIME: 5 MIN

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## Ingredients

- 1/3 cup Kodiak Pumpkin Mix
- 1 Scoop of Collagen
- 1 Egg White
- 6g Mini chocolate chips
- Splash of water (if needed)

## Directions

1. In a bowl, combine the Kodiak Pumpkin Mix and collagen.
2. Add the egg white and mix until the batter is smooth and well combined. If the batter is too thick, add a splash of water to reach your desired consistency.
3. Gently fold in the mini chocolate chips.
4. Heat a non-stick skillet or griddle over medium heat.
5. Pour batter onto the skillet.
6. Cook for about 2-3 minutes on each side, until golden brown and cooked through.
7. Enjoy with some Sugar free syrup and cool whip.

*268 Calories | 27g Protein | 34g Carbs | 3g Fat*



# Miso Chicken

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

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## Ingredients

- 16 oz Chicken Breast
- 4 tbsp Miso Paste
- 60 ml Light Soy Sauce
- 1 tbsp Honey
- 1 tsp Sesame Oil
- 1 tbsp Rice Vinegar
- Cooked Rice (quantity as needed for serving)
- Scallions, Shallot, Cilantro, Garlic: Chopped (quantities adjusted to taste)
- 1-2 tsp Chili Crunch Oil

## Directions

1. Combine miso, soy sauce, honey, and sesame oil to marinate the chicken. Let it sit for at least 30 minutes.
2. Cook the chicken in a grill pan on medium high heat.
3. Prepare a onion salad with chopped scallions, shallot, cilantro and garlic.
4. Heat the chili crunch oil and drizzle it over the salad just before serving.
5. Serve the miso chicken over the fried rice and top with the onion crunch salad.

*167 Calories | 21g Protein | 10g Carbs | 4.5g Fat*

*Chicken w/1/2 the crunch salad 360 Calories | 23g Protein | 22g Carbs | 9g Fat*



# French Onion Chicken

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

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## Ingredients

- Chicken Breast: 20 oz, cut into thin cutlets
- Olive Oil: 3 teaspoons
- White Onion: 1 cup, chopped
- Mushrooms: 1 container (8 oz), sliced
- Bone Broth: 2 cups
- Arrowroot Flour: 1 tablespoons
- Light Soy Sauce: 2 tablespoons
- Garlic: 10 grams, crushed

## Directions

1. Heat olive oil in a medium pan over medium-high heat. Season chicken with 1/2 French onion soup packet and sear the sliced chicken until golden brown with 1 tsp of oil, then set aside.
2. In the same pan, add 2 tsp of oil, and cook the onions until almost caramelized (use more oil if needed). Stir in garlic and mushrooms, cooking until softened.
3. Add the chicken to the pot. Add bone broth, soy sauce and rest of seasoning, bringing everything to a gentle simmer.
4. Make a slurry by whisking arrowroot flour with a bit of water, then stir this into the simmering to thicken.
5. Let everything simmer for 20 minutes, allowing it to thicken and the flavors to meld.
6. Serve your French Onion Chicken over rice!

*209 Calories | 31g Protein | 9g Carbs | 4g Fat*



# Lasagna Soup

SERVINGS: 7

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

---

## Ingredients

- 1 lb 93/7 ground beef
- Salt and freshly ground black pepper, to taste
- 1 yellow onion, chopped
- 1 tsp of olive oil\* (used spray bottle)
- 1 tbsp minced garlic
- 2 Tablespoons tomato paste
- 24 oz marinara sauce
- 1/4 teaspoon red pepper flakes
- 1 Tablespoons fresh parsley
- 1/2 teaspoon dried oregano leaves
- 1 teaspoon dried basil
- 4 cups bone broth
- 1 package instant lasagna sheets
- 1 package of frozen chopped spinach
- 1/2 cup lite unsweetened coconut milk

## Directions

1. **Brown the Beef:** In a large pot, sauté chopped onion and garlic in olive oil. Once translucent add the beef and cook until the meat is browned. Season with salt and pepper.
2. **Add Tomato Paste:** Add tomato paste and mix until beef and onions are evenly coated.
3. **Pour in Marinara and Spices:** Add marinara sauce, red pepper flakes, parsley, oregano, and basil. Mix well.
4. **Simmer with Broth:** Pour in the bone broth and bring the mixture to a simmer.
5. **Incorporate Pasta and Spinach:** Break the lasagna sheets into the pot and let boil for 15 minutes. After 10 minutes add the frozen spinach.
6. **Finish with Coconut Milk:** Stir in coconut milk for creaminess and heat through.
7. **Continue to boil** until pasta is cooked through.

*479 Calories | 33.5g Protein | 48g Carbs | 17g Fat*



## Southwest Chicken Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

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### Ingredients

- 2 cups shredded rotisserie chicken
- 1/2 cup black beans, drained and rinsed
- 1/3 cup corn kernels (you can use fresh, frozen, or canned)
- 4 Slices of bacon, chopped
- 1/2 red onion, thinly sliced
- 1/2 cup reduced fat cheddar cheese
- 1/4 cup fresh cilantro, chopped
- 2 Limes, Juices
- 1/4 Cup Non-fat Greek Yogurt
- 3 tbsp Salsa
- 1-2 tbsp Taco seasoning
- Salt & Pepper

### Directions

1. Heat a skillet over medium heat. Cook the bacon until crispy. Transfer to a paper towel-lined plate to drain excess grease.
2. Once bacon is cooked and dry, chop into small pieces.
3. If the rotisserie chicken isn't shredded, shred it using two forks.
4. In a large bowl, combine shredded chicken, black beans, corn, bacon, red onion, cheddar cheese, and fresh cilantro.
5. Make the Dressing: In a small bowl, whisk together the lime juice, Greek yogurt, salsa, taco seasoning, salt, and pepper until smooth. Adjust seasonings to taste.
6. Pour the dressing over the salad mixture and toss until everything is evenly coated.

*281 Calories | 27g Protein | 13g Carbs | 14g Fat*



# Lemon Dill Tuna Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

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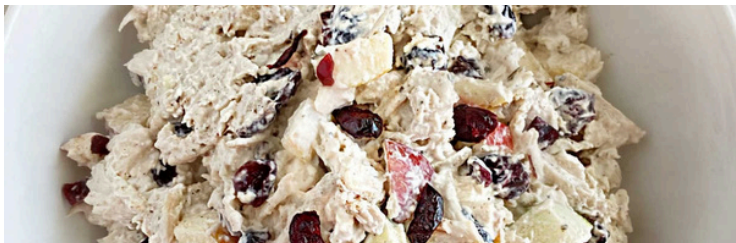
## Ingredients

- 3 cans of Tuna
- 1/4 cup Red onion, chopped
- 1/4 cup celery, chopped
- 2-3 tbsp dill
- 1/4 cup non-fat Greek yogurt (You can do 1/2 mayo 1/2 Greek yogurt)
- 1/2 of a lemon zest 1 lemon, juiced
- 1 tsp apple cider vinegar
- 1 tsp Dijon mustard
- Salt & pepper

## Directions

1. Drain the tuna thoroughly and place it in a large mixing bowl.
2. Chop the red onion, celery, and dill.
3. In a small bowl, whisk together the Greek yogurt, lemon zest, lemon juice, apple cider vinegar, Dijon mustard, salt, and pepper until well combined.
4. Add the chopped red onion, celery, and dill to the tuna. Pour the dressing over the mixture.
5. Use a fork to break up the tuna and thoroughly mix everything together. Taste and adjust seasoning if needed.
6. Enjoy immediately as a sandwich, lettuce wrap, or on crackers.

184 Calories | 21g Protein | 6g Carbs | 6g Fat



# Cranberry Apple Chicken Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

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## Ingredients

- 12 oz cooked Shredded Chicken
- 3/4 granny smith apple, diced into cubes
- 1/2 red onion, diced
- 2-3 celery sticks, chopped
- 1 jalapeno, chopped
- 1.3oz less sugar (ocean spray) raisins
- 1 tbsp mayo
- 90 grams non-fat Greek Yogurt
- 1 tbsp apple cider vinegar
- Salt, pepper, garlic powder (to taste)

## Directions

1. In a large salad bowl, combine the shredded chicken, red onion, jalapeno, celery, apple and raisins. Toss everything together to mix well. In a separate bowl, whisk together Greek yogurt, mayo, apple cider vinegar, salt, pepper and garlic powder. Pour the Dressing over the salad. Toss the salad to evenly coat all the ingredients with the dressing. Divide the Chicken Salad and serve on your favorite bread!

*196 Calories | 22.5g Protein | 15.5g Carbs | 6g Fat*



# Curry Chicken Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

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## Ingredients

12 oz cooked shredded chicken  
¼ granny smith apple, diced into cubes  
40 grams of yellow raisins, chopped  
2-3 celery sticks, chopped  
2-3 scallions, chopped  
2 tbsp light mayo  
1/3 cup non-fat Greek yogurt  
1 ounce of cashews, chopped  
1 tbsp apple cider vinegar  
Salt, pepper, cumin and turmeric  
(season to taste)

## Directions

1. In a large salad bowl, combine the shredded chicken, celery, apple and raisins. Toss everything together to mix well. In a separate bowl, whisk together Greek yogurt, mayo, apple cider vinegar, salt, pepper, cumin and turmeric. Pour the Dressing over the salad. Toss the salad to evenly coat all the ingredients with the dressing. Add in the chopped cashews for a crunch and enjoy!

223 Calories | 23g Protein | 16.5g Carbs | 7.5g Fat



# Tuscan Wrap

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

## Ingredients

4 oz raw chicken breast  
1/2 tsp paprika  
1/2 tsp oregano  
1/4 tsp onion salt  
1/4 tsp garlic powder  
1 tbsp lemon juice  
25g sun-dried tomatoes (chopped)  
45g Philadelphia Light Cream Cheese  
24g light shredded mozzarella  
1 handful chopped spinach  
1 70-calorie wrap

## Directions

1. Cut the chicken into cubes and season the raw chicken breast with paprika, oregano, onion salt, and garlic powder. Heat a non-stick pan over medium heat, then cook the chicken. Squeeze lemon juice over the chicken once it's cooked.
2. In a bowl, mix together the sun-dried tomatoes, cream cheese, mozzarella, and chopped spinach until well combined.
3. Add the cubed chicken to the mixture and stir to evenly combine all ingredients.
4. Lay your 70-calorie wrap flat, spread the mixture evenly in the center, and fold the wrap tightly around the filling.
5. If desired, lightly toast the wrap in a pan for 1-2 minutes on each side until golden and slightly crispy.

480 Calories | 45g Protein | 30g Carbs | 20g Fat



# Stove Top Blended Cottage Cheese Cinnamon Apple

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

## Ingredients

- $\frac{3}{4}$  cup cottage cheese
- 4g JELLO cheesecake powder (or any cheesecake-flavored powder)
- $\frac{1}{2}$  apple, cut into cubes
- $\frac{1}{4}$  cup oats
- 1 tsp vanilla bean extract
- 1 tsp cinnamon
- 2 tsp light brown sugar
- Pinch of salt
- 0-calorie cooking spray
- Water (for caramelizing apples)

*\*To make 2 days of meal prep, simply double the recipe and use a whole apple.*

## Directions

1. Prepare the Cottage Cheese Layer: In a bowl, use a food processor or hand mixer to whip  $\frac{3}{4}$  cup of cottage cheese with 4g of JELLO cheesecake powder until smooth and creamy. Set aside.
2. Cook the Apples: Spray a pan with 0-calorie cooking spray and heat over medium.
3. Add the apple cubes to the pan and cook, stirring occasionally. Caramelizing the apples may take longer than 5-10 minutes, so be patient and cook until the apples are golden and soft.
4. Add a splash of water occasionally to prevent sticking and help the apples soften.
5. Stir in  $\frac{1}{4}$  cup oats (about 10 min in), then toss with 1 tsp vanilla bean extract, 1-2 tsp cinnamon, 1-2 tsp light brown sugar, and a pinch of salt. Cook for another 2 minutes until everything is well combined and the oats soften.
6. In a jar or small bowl, layer the bottom with the apple-oat mixture.
7. Top with the whipped cottage cheese mixture, then add a final layer of the apple-oat topping.
8. Sprinkle with a dash more cinnamon for extra flavor.

290 Calories | 23.5g Protein | 42g Carbs | 4.5g Fat



# High Fiber Blended Cottage Cheese Cinnamon Apple

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

## Ingredients

- ¾ cup cottage cheese
- 4g JELLO cheesecake powder (or any cheesecake-flavored powder)
- ½ apple, cut into cubes
- 2 tbsp chia seeds
- 2 tbsp water
- 1 tsp vanilla bean extract
- 1 tsp cinnamon
- 1 tsp light brown sugar
- Pinch of salt
- 0-calorie cooking spray

*\*To make 2 days of meal prep, simply double the recipe and use a whole apple.*

## Directions

1. Prepare the Cottage Cheese Layer: In a bowl, use a food processor or hand mixer to whip ¾ cup of cottage cheese with 4g of JELLO cheesecake powder until smooth and creamy. Set aside.
2. Soak the Chia Seeds: In a jar or Tupperware container, mix 2 tbsp of chia seeds with 2 tbsp of water.
3. Stir well, cover, and refrigerate for 1-2 hours until the mixture forms a gel-like consistency.
4. Air-Fry the Apples: Spray the air fryer basket with 0-calorie cooking spray and add the apple cubes.
5. Cook for about 10 minutes, or until the apples are tender and slightly caramelized, shaking the basket halfway through.
6. Once done, toss the apples with 1 tsp cinnamon, 1 tsp light brown sugar, 1 tsp vanilla bean extract, and a pinch of salt.
7. Assemble the Jar: In the jar or Tupperware, layer the chia pudding at the bottom.
8. Add the whipped cottage cheese mixture on top of the chia layer.
9. Finish with the caramelized apples as the final layer.
10. Sprinkle a dash more cinnamon on top if desired.

341 Calories | 27g Protein | 38g Carbs | 9.5g Fat / 15g Fiber



# Big Mac Meatballs

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

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## Ingredients

### Meatballs:

- 1 lb 90/10 Ground beef
- 1 Egg
- 1/4 cup Breadcrumbs
- 56g Reduced fat shredded Cheddar cheese
- 2 tbsp Ketchup
- 1/4 cup onion, finely chopped

### Mac Sauce:

- 2 tbsp Mayo (sub light mayo for less calories)
- 1 tbsp Ketchup
- 2 tsp Dijon Mustard
- 1 tbsp Relish
- Splash of water

## Directions

1. Preheat your oven to 375°F and line a baking sheet with aluminum foil for easy cleanup.
2. In a large mixing bowl, combine the ground beef, egg, breadcrumbs, cheddar cheese, ketchup, and chopped onion. Mix until evenly combined.
3. Form Meatballs: Roll the mixture into 16 1-inch balls and place them on the foil-lined baking sheet, leaving a little space between each.
4. Bake the meatballs in the preheated oven for 15–20 minutes, or until fully cooked and lightly browned.
5. While the meatballs bake, whisk together the mayo, ketchup, Dijon mustard, relish, and a splash of water in a small bowl. Adjust the consistency with more water if needed.
6. Serve the meatballs over a bed of shredded lettuce, with sliced tomatoes and pickles on the side. Drizzle the special sauce over the meatballs and enjoy with a side of Alexia fries for the perfect Big Mac-inspired meal.

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*Meatballs: 290 Calories | 30g Protein | 7g Carbs | 15.5g Fat*

*Mac Sauce: 70 Calories | 1g Protein | 3g Carbs | 6g Fat*

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# Bacon & Leak Egg Bites

SERVINGS: 12

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

## Ingredients

- 5 Whole Eggs
- 6 Egg Whites
- 1/2 cup Nonfat Cottage Cheese
- 1 Cup Leak, Chopped
- 6 Slices of Bacon (can sub turkey bacon)
- 1 Pillsbury Dough Sheet
- Salt & Pepper

## Directions

1. Preheat your oven to 375°F. Lightly grease a muffin tin or line it with non-stick spray.
2. Roll out the Pillsbury dough sheet on a clean surface. Cut it into 12 squares large enough to line the bottoms of the muffin cups. Gently press one square into the bottom of each muffin cup.
3. In a skillet (or oven), cook the bacon until crispy. Remove and crumble into small pieces. Set aside.
4. In a large mixing bowl, whisk together the whole eggs, egg whites, and nonfat cottage cheese until smooth. Stir in the chopped leeks, crumbled bacon, salt, and pepper.
5. Spoon the egg mixture evenly into each muffin cup, filling about 3/4 full. The dough should remain at the bottom of each cup.
6. Bake: Place the muffin tin in the preheated oven and bake for 20 minutes, or until the egg mixture is set and the tops are lightly golden.
7. Allow the mini quiches to cool for a few minutes before carefully removing them from the tin.

93 Calories | 10g Protein | 4g Carbs | 3.5g Fat (Per Quiche)



# Creamy White Bean & Lemon Shrimp Soup

SERVINGS: 5

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

## Ingredients

- Olive oil spray
- Mirepoix: 1 cup diced celery, onion, and carrots
- 5 cups bone broth
- 1 can cannellini beans, drained and rinsed
- 1/4 cup raw rice
- 2 lemons (juice only)
- 2 whole eggs
- 9 oz raw shrimp, peeled and deveined
- 1/4 cup chopped leeks (optional, leftover from a prior recipe)
- Fresh parsley, chopped (for garnish)
- Fresh dill, chopped (for garnish)
- Salt and pepper, to taste

## Directions

1. Spray a large pot with olive oil spray and heat over medium heat. Add the mirepoix (celery, onion, and carrots) along with the chopped leeks (if using). Sauté for 5-7 minutes until softened and fragrant.
2. Pour in the bone broth and stir in the raw rice. Bring to a boil, then reduce to a simmer. Cover and cook for about 10-15 minutes, or until the rice is tender.
3. Stir in the cannellini beans and add the raw shrimp directly to the pot. Simmer for 3-5 minutes, or until the shrimp turn pink and opaque.
4. Prepare the Egg-Lemon Mixture (Avgolemono Style): In a medium bowl, whisk together the eggs and the juice of 2 lemons. Slowly add 1/2 cup of the hot soup broth to the egg mixture while whisking constantly (to temper the eggs and prevent curdling).
5. Slowly pour the tempered egg-lemon mixture back into the pot while stirring continuously. The soup will become creamy and velvety without the need for cream.
6. Stir in fresh parsley and dill, adjusting the seasoning with salt and pepper to taste.

228 Calories | 23.5g Protein | 26.5g Carbs | 4g Fat



# One Pot Garlic Parmesan Chicken

SERVINGS: 4

PREPPING TIME: 1 MIN

COOKING TIME: 15 MIN

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## Ingredients

- 1 lb chicken breast, cubed
- 1 steam-easy bag of red potatoes
- 1 Birdseye bag of frozen garlic cauliflower rice
- 56g reduced-fat cheddar cheese
- ¼ cup Sweet Baby Ray's Garlic Parmesan Marinade
- Seasonings for chicken: garlic salt, paprika, oregano, and Italian soffrito or seasoning blend
- 0-calorie cooking spray

## Directions

1. Spray a large skillet or pan with 0-calorie cooking spray and heat over medium heat. Add the cubed chicken and season with garlic salt, paprika, oregano, and Italian seasoning. Cook, stirring occasionally, until the chicken is 99% done (about 6-8 minutes).
2. While the chicken cooks, microwave the bag of red potatoes according to the package instructions. Once cooked, cut the potatoes into quarters.
3. Add the cooked quartered potatoes and frozen garlic cauliflower rice to the skillet with the chicken. Stir everything together and cook for 2-3 minutes, until the cauliflower rice is heated through.
4. Pour the Sweet Baby Ray's Garlic Parmesan Marinade over the mixture and sprinkle the cheddar cheese evenly over the top.
5. Reduce the heat to low, cover the skillet, and let everything simmer for 5 minutes, allowing the cheese to melt and the flavors to meld.
6. Serve and Enjoy

*358 Calories | 30g Protein | 33g Carbs | 11.5g Fat*



# Sausage & Cannellini Beans

SERVINGS: 3

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

## Ingredients

5 chicken sausage links (each sausage calculated at 120 calories)

- 1-2 tsp cooking oil
- 1/2 small yellow onion, diced
- 2 cloves of garlic, minced
- 1 15oz. cans cannellini beans, drained
- 1/2 tsp salt
- 1/2 tsp dried oregano
- 1/4 tsp smoked paprika
- 1/4 tsp freshly cracked black pepper
- 1 cup bone broth
- 2 cups spinach, roughly chopped
- 1/4 cup parmesan cheese

## Directions

- 1.Slice the chicken sausage into round medallions, about 1/4-1/2 inch thick.
- 2.Heat a large skillet over medium heat and add the sliced chicken sausage. Brown the sausage on both sides (about 1-2 minutes per side).
- 3.Once browned, remove the sausage from the skillet and set it aside on a plate.
- 4.In the same skillet, add the remaining 1 tsp of oil, along with the diced onion and minced garlic.
- 5.Sauté for about 3 minutes, or until the onion is translucent and the garlic is fragrant.
- 6.Add the drained cannellini beans (do not rinse them), salt, oregano, smoked paprika, and black pepper to the skillet.
- 7.Pour in the bone broth and gently stir to combine.
- 8.Bring the mixture to a simmer and cook for 4-5 minutes, allowing the flavors to meld and the sauce to thicken slightly.
- 9.Stir in the chopped spinach, letting the heat wilt the leaves.
- 10.Return the browned chicken sausage to the skillet and gently stir to combine everything.
- 11.Finish by sprinkling 1/4 cup of parmesan cheese on top, allowing it to melt into the dish.

417 Calories | 38g Protein | 32g Carbs | 16g Fat



## Butternut squash soup

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 40 MIN

### Ingredients

- 1 head of garlic
- 1 whole onion
- 7 cups of butternut squash (peeled and cubed)
- 1 tbsp fresh thyme (or 1 tsp dried thyme)
- 1 tbsp fresh sage (or 1 tsp dried sage)
- Salt and pepper to taste
- 1 cup cannellini beans (drained and rinsed)
- 3 cups bone broth

### Directions

- 1.Preheat your oven to 400°F
- 2.Slice the top off the garlic head. Place the garlic, whole onion (peeled), and cubed butternut squash on a baking sheet. Drizzle with olive oil spray and season with thyme, sage, salt, and pepper.
- 3.Roast for 30-40 minutes or until the vegetables are tender and slightly caramelized, stirring halfway through.
- 4.Once roasted, squeeze the roasted garlic cloves out of their skins.
- 5.In a blender or food processor, combine the roasted vegetables, garlic, cannellini beans, and bone broth. Blend until smooth and creamy. You may need to do this in batches depending on the size of your blender.
- 6.Taste and liquid and/or seasoning with more salt, pepper, or herbs if desired.
- 7.Pour the soup into bowls and garnish with a little Greek yogurt or reduced fat sour cream.

285 Calories | 17g Protein | 62g Carbs | 1g Fat



# Pasta Fagioli

SERVINGS: 5

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

## Ingredients

- 1 can crushed tomatoes
- 5 chicken sausage links (80 calories each), sliced
- 1 package of spinach
- 1 tbsp tomato paste
- 5 cups bone broth
- 1 can cannellini beans, rinsed and drained
- 3 cloves of garlic, minced
- 4 slices of bacon, chopped
- 2 carrots, diced 1 onion, diced
- 2 celery stalks, diced
- 5 oz raw ditalini pasta
- Bay Leaf
- 1/4 cup parmesan cheese
- Italian Seasoning, Salt & Pepper

## Directions

1. In a large pot, cook the chopped bacon over medium heat until crispy. Remove and set aside. In the same pot, brown the chicken sausage slices. Set them aside with the bacon.
2. Using the left-over bacon fat, sauté the diced carrots, onion, and celery until softened, about 5-7 minutes. Add the minced garlic and cook for another minute.
3. Stir the bacon back into the pot, then add the tomato paste, Italian seasoning, salt, and pepper. Cook for 1-2 minutes until the tomato paste is well incorporated.
4. Stir in the crushed tomatoes and bone broth. Bring the mixture to a gentle simmer, add the cannellini beans and 1-2 bay leaves.
5. Add the ditalini pasta directly to the soup and let it cook until tender, about 8-10 minutes. Stir occasionally to prevent sticking.
6. Once the pasta is cooked, stir in the spinach, bacon, and chicken sausage. Let it simmer for 2-3 minutes, just until the spinach wilts.
7. Add 1/4 cup parmesan cheese and salt and pepper as needed.

353 Calories | 33g Protein | 43g Carbs | 5g Fat



# Chicken Parm Meatballs

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

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## Ingredients

- 1 cup favorite jarred tomato sauce
- 1 lb ground chicken
- 1 serving breadcrumbs (panko or Italian-style, based on serving size)
- 1 egg
- 1/4 cup Parmesan cheese
- Italian seasonings (to taste)

## Directions

- 1.Preheat the oven to 375°F.
- 2.In a bowl, combine ground chicken, breadcrumbs, egg, Parmesan cheese, and Italian seasonings. Form the mixture into meatballs.
- 3.Place the meatballs on a baking sheet and bake for 20-25 minutes, or until fully cooked.
- 4.Transfer the cooked meatballs to a pan and add tomato sauce. Let them simmer in the sauce for 5-10 minutes.
- 5.Top with a little more Parmesan cheese and fresh basil, if available.
- 6.Serve the meatballs over pasta. Enjoy!

295 Calories | 23.5g Protein | 13g Carbs | 18g Fat



# White Bean Chicken Chili

SERVINGS: 5

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

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## Ingredients

- 1 lb shredded chicken (I used 1.25 lbs of chicken breast, cooked in a crockpot, and shredded it)
- 1 small onion, chopped
- 1 jalapeño, chopped
- 1 (15-oz) can cannellini beans, drained
- 1 (7-oz) can chopped green chiles
- 3 cups bone broth
- 1/2–1 cup nonfat cottage cheese (or substitute with Greek yogurt)
- 1 1/3 cups frozen corn
- 2 Limes
- Cilantro

## Directions

1. Spray a pot with 0-calorie cooking spray and heat over medium. Add the chopped onion and jalapeño. Sauté until soft and fragrant, about 3–4 minutes.
2. Mash 1/4 cup of the cannellini beans with a fork to create a thicker texture.
3. Add the bone broth, mashed beans, green chiles, and the remaining cannellini beans to the pot. Stir to combine.
4. Stir in the shredded chicken and bring the mixture to a boil.
5. Once boiling, reduce the heat to a simmer and add the frozen corn. Cook for 5–7 minutes.
6. Stir in the cottage cheese (or Greek yogurt) until fully incorporated.
7. Add juice from 2 limes and season with your favorite spices (cumin, paprika, garlic powder, chili powder salt, pepper) to taste.
8. Let simmer for another 5 minutes to allow the flavors to meld together.
9. Top with cilantro

*310 Calories | 35g Protein | 32g Carbs | 5g Fat | 6g Fiber*



# Sausage & Peppers Bake

SERVINGS: 5

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

## Ingredients

- 10 chicken sausage links (80-calorie Bilinski's pre-cooked or similar)
- 1 large onion, sliced
- 2 bell peppers, sliced (any color)
- 1 bag cauliflower rice (plain or with onions and peppers)
- 12 slices thin provolone cheese
- 1 (15 oz) can diced tomatoes
- 3-4 oz shiitake mushrooms (optional)

## Directions

- 1.Preheat your oven to 350°F (175°C).
  - 2.In a large pan, spray with non-stick spray and sauté the sliced onions over medium-low heat until soft and caramelized. Set aside.
  - 3.Sauté the bell peppers and mushrooms (if using) in the same pan until softened (re-spray). Set aside.
  - 4.Since the sausage is pre-cooked, you can simply chop it into bite-sized pieces. For a different texture, bake the sausage in the oven until slightly crisp, then chop into pieces.
  - 5.In a large baking pan, layer the ingredients: Start with the cauliflower rice as the base. Add the cooked sausage, caramelized onions, sautéed peppers, mushrooms, and diced tomatoes.
  - 6.Mix everything together evenly.
  - 7.Top with an even layer of provolone cheese slices.
  - 8.Place the baking pan in the oven and bake for 15 minutes, or until the cheese is melted and bubbly.
  - 9.Remove from the oven and let it cool slightly before serving.
- Enjoy

309 Calories | 36g Protein | 20g Carbs | 13g Fat



# Lemon Chicken Sausage Orzo

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

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## Ingredients

- 1 cup orzo (raw)
- 2 1/2 cups bone broth
- 8 chicken sausage links (Bilinakis), sliced
- Juice of 1 lemon
- Zest from 1 lemon
- 1 bag of spinach
- 3.5 oz feta cheese, crumbled
- Salt, to taste
- Red pepper flakes, to taste
- 

## Directions

1. **Brown the Sausage:** If desired, lightly spray a large pan with 0-calorie cooking spray and heat over medium heat. Add the sliced, cooked chicken sausage to the pan and sauté for 2-3 minutes until browned. (This step is optional, as the sausage I use is already cooked.)
2. **Toast the Orzo:** Add the raw orzo to the pan with the sausage and toast for 2-3 minutes, stirring occasionally, until lightly golden.
3. **Add the Broth:** Pour in the bone broth, bring to a simmer, then cover and reduce the heat to low. Let it cook for 10-15 minutes, or until the orzo is tender and the liquid is absorbed.
4. **Once the orzo is cooked,** stir in the spinach, lemon juice, and lemon zest. Season with salt and red pepper flakes to taste.
5. **Sprinkle crumbled feta cheese over the top before serving.** Enjoy!

444 Calories | 44g Protein | 39g Carbs | 12.5g Fat



# Greek Chicken Salad

SERVINGS: 5

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

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## Ingredients

- 1 lb chicken breast – cooked & shredded (crockpot works great, or sub rotisserie/canned chicken)
- 5 pepperoncini peppers – chopped
- 3 forkfuls of banana peppers – chopped
- 6 kalamata olives – chopped
- 1/2 cucumber – diced
- 1/2 red bell pepper – diced
- 1/2 red onion – diced
- 1.2 oz feta cheese – crumbled

### Dressing:

- 5.3 oz non-fat Greek yogurt (single-serve cup)
- Juice of 1.5 lemons
- Onion powder – to taste
- Salt – to taste
- Garlic powder – to taste
- Dill – to taste
- Parsley – to taste

## Directions

1. In a large bowl, combine the shredded chicken, chopped pepperoncinis, banana peppers, olives, cucumber, bell pepper, red onion, and feta cheese.
2. In a separate bowl, whisk together the Greek yogurt, lemon juice, and seasonings (onion powder, salt, garlic powder, dill, parsley) until smooth.
3. Pour the dressing over the salad and mix until well combined.
4. Enjoy on its own, in a pita, or over a salad!

175 Calories | 21.5g Protein | 11g Carbs | 6g Fat



# Pepperoni Pizza Pan

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

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## Ingredients

- 1 lb 93/7 lean ground turkey
- 1 bag cauliflower rice (mine had peppers & onions, but any will do)
- Veggies of choice (I planned to use peppers & mushrooms but swapped for ½ bag frozen chopped spinach)
- ½ onion, chopped
- 1 tbsp minced garlic
- 1 tbsp Italian seasoning
- 1 tbsp tomato paste
- 16 oz jar pizza sauce
- 1 cup reduced-fat mozzarella cheese
- 1 serving of Turkey Pepperoni (The one I used Boar's Head. 1 serving = 70 Calories)
- Black olives (optional)

## Directions

1. In a large pot, cook the ground turkey over medium heat until almost fully cooked.
2. Season with Italian seasoning, then add garlic, onion, and veggies. Stir and let cook for a few minutes.
3. Stir in the tomato paste and pizza sauce, mixing everything well. Let simmer for 5–7 minutes.
4. Once everything is heated through, top with mozzarella cheese and pepperoni (and black olives). Cover the pot and let the cheese melt.
5. Serve hot and enjoy!

### Meal Prep Tip:

1. If meal prepping, leave out the cheese and pepperoni when cooking.
2. Divide the mixture into containers.
3. When ready to eat, top with cheese and pepperoni before microwaving so it melts perfectly!

175 Calories | 36g Protein | 21g Carbs | 20g Fat



# Chicken Fajita Pasta

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

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## Ingredients

- 1.25 lb chicken breast, sliced into thin strips
- 1 bell pepper, sliced into slivers
- 1/2 onion, sliced into slivers
- 8 oz uncooked pasta (your choice)
- ½ cup bone broth
- 1½ cups non-fat cottage cheese, blended until smooth
- 1–2 tbsp taco seasoning
- Salt & pepper to taste

## Directions

1. Cook pasta according to package instructions. Drain and set aside.
2. Cook the Chicken: In a nonstick pan over medium heat, cook the chicken strips until 90% cooked.
3. Add the sliced bell pepper and onion to the pan with the chicken.
4. Season with taco seasoning and cook until veggies are tender.
5. Pour in the bone broth, stirring to help coat the chicken and veggies with seasoning.
6. Let it simmer for 1–2 minutes to slightly thicken.
7. Combine Everything: Add the cooked pasta to the pan.
8. Pour in the blended cottage cheese and mix well until everything is evenly coated.
9. Let it cook for another 2–3 minute until the sauce is warmed through.
10. Taste and adjust seasoning if needed.

445 Calories | 44g Protein | 53g Carbs | 5g Fat



INSTAGRAM  
@THE.HABIT.NUTRITIONIST

# FAQ

## 1. What services do you offer?

I provide personalized meal plans, 3-month nutritional coaching, and a range of recipe cookbooks tailored to support your health and wellness journey. Whether you're looking to lose weight, improve energy levels, or eat a balanced diet, my services are designed to meet your unique needs.

## 2. What is Nutrition Coaching?

Nutrition Coaching is a one-on-one session with me (certified nutritionist) to assess your current eating habits, health goals, and any specific concerns. The goal is to create a personalized program that suits your lifestyle and supports your health objectives.

## 3. What if I have a busy schedule & don't have time to cook?

No problem! I will work with you to create a plan that fits your lifestyle. We can focus on quick, easy-to-make meals, recommend healthy store-bought options, or guide you through meal prepping strategies to save time during the week. You'll also get tips for balanced on-the-go snacks and how to make smart choices when eating out, so you can stay on track even with a busy schedule.

## 4. How much support comes with nutrition coaching?

You'll receive weekly FaceTime check-ins, along with unlimited communication via text, calls, or emails to ensure you stay on track. I'm here to support you every step of the way, answer any questions, and provide guidance whenever you need it.

## 5. What happens after 3 months of coaching?

After your initial 3-month program, I offer an affordable ongoing program that ranges from \$10-\$100 a month, depending on the level of support you want. We'll discuss your options before your 3 months come to an end to find the best fit for you moving forward.

## 6. How are your meal plans personalized?

My meal plans are crafted based on YOUR dietary preferences, goals, and lifestyle. I consider factors such as food intolerances, activity levels, and nutritional needs to ensure each plan is suitable for you. You'll receive balanced, nutritious meals crafted from my own recipes that are easy to prepare and enjoyable to eat. No boring chicken & rice meals!

## 7. How do I know which service is right for me?

I offer a FREE 15-minute initial consultation where we discuss your health goals, dietary preferences, and any specific needs you may have. Based on this, I will recommend the most suitable plan for you. [Book Now!](#)

## 8. How Do I Get Started with Your Services?

Getting started is easy! Book a free consult call or Simply head over to the [Services](#) section on my website, choose the service that best fits your needs, and book a consultation. I'll guide you from there!

# Thank You!

The Habit  
NUTRITIONIST

Fuel your body, transform your mind—one habit at a time.

## **Encouragement & Staying Committed to Healthy Eating**

Healthy eating isn't about strict limitations or depriving yourself of the foods you love. It's about feeling great, having more energy, and improving your overall health and well-being.

Celebrate each choice that brings you closer to your wellness goals, and remember that consistency, not perfection, is key. Embrace every small step as progress on your journey toward a balanced and nutritious lifestyle.

Remember, every healthy choice you make is a victory for a healthier, happier you!

Love,

*Coach Rachel*



Scan to Book a Free Call!

Email: [support@thehabitnutritionist.com](mailto:support@thehabitnutritionist.com)