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The Habit
NUTRITIONIST

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



Sandwiches

*All sandwiches are made with 70-Calorie Daves killer bread unless stated otherwise

01. BLT

2 slices of bread
3 slices Applegate turkey
2 slices of turkey bacon or bacon
lettuce, tomato and 1 tbsp light mayo
=31g Protein & 359 Calories

02. Turkey & Pesto

2 slices of bread
3 slices Applegate turkey
3 slices of THIN swiss cheese
1 tbsp pesto (=80 cal)
=34g Protein & 425 Calories

03. Fall Turkey Sammy

2 slices of bread
3 slices Applegate turkey
1 oz brie cheese
1/3 apple sliced thin
1 tsp honey
=29g Protein & 360 Calories

04. Tuna Melt

2 slices of bread
1 can of tuna
2 Velveeta cheese slices (=80 cal)
2 tbsp light mayo
chopped pickles and red onion
=32g Protein & 287 Calories

05. BLT Chicken Salad

*See Recipes
2 slices of bread
=42g Protein & 402 Calories

06. Greek Sammy

2 slices of bread
2 slices Applegate turkey
1 oz goat cheese
1-2 tbsp Taziki
Cucumber, arugula red onion, roasted red pepper
=30g Protein & 375 Calories

07. Egg Salad

3 hard boiled eggs
1/4 cup whipped non-fat cottage cheese
1 tsp dijon mustard
Dill, Chives, salt, pepper, garlic powder, red onion
=31g Protein & 402 Calories

08. Chopped Italian Salad

2 slices of Applegate turkey
2 slices salami
2 slices of ham
1 slice of provolone cheese
2-3 banana peppers, red onion, lettuce
1 tbsp light mayo, 2 tbsp red wine vinegar, 1 tsp olive oil, salt, pepper, Italian seasoning
=37g Protein & 483 Calories



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.

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09. Classic Chicken Salad

*See Recipe

2 Slices of bread

=26g Protein & 295 Calories

10. Grilled Cheese

2 slices of bread

3 Slices Velveeta Cheese

2 slices of Bacon

2-3 Slices of tomato

=34g Protein & 425 Calories

11. Lemon Dill Tuna Salad

*See Recipes

2 slices of bread

=27g Protein & 324 Calories

12. Southwest Chicken Salad

*See Recipe

2 slices of bread

=33g Protein & 421 Calories

13. Cranberry Apple Chicken Salad

*See Recipes

2 slices of bread

=29g Protein & 336 Calories

14. Curry Chicken Salad

*See Recipe

2 slices of bread

=29g Protein & 363 Calories

15. Chicken, Bacon Ranch Chicken salad

*See Recipe

2 slices of bread

=30g Protein & 330 Calories

16. Caprese Chicken Sandwich

Panera Ciabatta roll

4oz grilled chicken breast (Tyson)

1 oz Fresh mozzarella

Tomatoes, basil, arugula, balsamic glaze

=38g Protein & 57 Calories



Chicken Salad

SERVINGS: 3

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

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

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



Lemon Dill Tuna Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

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



Southwest Chicken Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

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



Cranberry Apple Chicken Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

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) craisins
- 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 craisins. 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

Ingredients

12 oz cooked shredded chicken
¾ 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!

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



Chicken Bacon Ranch Salad

SERVINGS: 5

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- 12 ounces, cooked and chopped
- 4 tbsp Buttermilk Ranch Dressing (Trader Joes)
- 1 cup cottage cheese (blended)
- 28 grams Cheddar Cheese (reduced fat)
- 2 tablespoons chives
- 3 pieces of bacon, cooked and crumbled

Directions

1. In a large mixing bowl, combine the chopped cooked chicken breast with the buttermilk ranch dressing. Mix until the chicken is well-coated. Stir in the cottage cheese and shredded cheddar cheese. Add the chopped chives and mix to distribute evenly through the salad. Lastly, sprinkle over the crumbled bacon pieces and gently fold into the salad to maintain some crunch. Serve this creamy and savory chicken salad on its own, over a bed of greens, or as a filling for a wrap. Enjoy!

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190 Calories | 24g Protein | 5g Carbs | 8g Fat

Sandwiches

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17. Chicken Caesar Wrap

3oz Grilled chicken breast
Romaine lettuce
1 tbsp Parmesan cheese
2 tbsp Bolthouse Caesar dressing
70-Calorie Mission Tortilla
=32g Protein & 275 Calories

18. Cranberry Turkey Wraps

4 slices of cooked turkey breast
2 tbsp cranberry sauce
1 oz goat cheese
Handful of baby spinach or mixed greens
70-Calorie Mission Tortilla
=22g Protein & 298 Calories

19. Buffalo Chicken Wrap

3oz grilled chicken breast
1 tbsp Primal Kitchen buffalo sauce
1/4 cup shredded lettuce
1/4 cup shredded carrots
0.5oz crumbled blue cheese or cheddar cheese
1 tbsp ranch or blue cheese dressing
70-Calorie Mission Tortilla
=34g Protein & 345 Calories

20. BBQ Chicken Wrap

3oz grilled chicken breast
2 tbsp low sugar BBQ sauce
1/4 cup coleslaw
1/4 cup shredded lettuce
1-2 tbsp Bolthouse ranch dressing (optional for dipping)
70-Calorie Mission Tortilla
=30g Protein & 355 Calories

21. Grilled Shrimp Rice Paper Wrap

6 Steamed Shrimp
2 rice paper wraps
Shredded carrots
Cucumber sliced into stripes
Lettuce
1-2 chopped green onions
Sweet Thai chili sauce
=18g Protein & 340 Calories

22. Asian Chicken Crunch Wrap

1 crispy chicken cutlet (170Cal Bare chicken cutlet macros calculated for)
1/4 cup shredded coleslaw mix
1/4 cup shredded carrots
1-2 tbsp sliced green onions
1 tbsp sriracha mayo or spicy mayo
1 tbsp chopped cilantro (optional)
1/2 tsp sesame seeds (optional for garnish)
70-Calorie Mission Tortilla
=25g Protein & 400 Calories

23. Taco Wrap

3oz ground turkey seasoned with taco seasoning
1/4 cup reduced fat shredded cheese (cheddar, Mexican blend, or your favorite)
2 tbsp salsa or diced tomatoes
1/4 avocado, sliced
Handful of shredded lettuce
1-2 tbsp light sour cream or Greek yogurt
70-Calorie Mission Tortilla
=38g Protein & 496 Calories

24. Bruschetta Chicken Wrap

3oz grilled chicken breast
1/4 cup diced tomatoes
1 tbsp fresh basil, chopped (or 1 tsp dried basil)
1 small clove garlic, minced
1 tbsp balsamic glaze
1 tsp olive oil
1/4 cup reduced fat shredded mozzarella
Handful of mixed greens or spinach
70-Calorie Mission Tortilla
=41g Protein & 395 Calories

25. Pizza Wrap

1/4 cup pizza/marinara sauce
1/4 cup reduced fat shredded mozzarella cheese
80 calories of Applegate turkey pepperoni
1 tbsp grated Parmesan cheese (optional)
Handful of fresh spinach
70-Calorie Mission Tortilla
=26g Protein & 310 Calories

Sandwiches

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26. Sausage & Peppers

*See Recipe

Hoagie Roll (=210 Cal)
=36g Protein & 545 Calories

27. Smoked Salmon Bagel

Daves killer bagel (= 260 cal)
2 tbsp Cream cheese
3oz Smoked salmon
Sliced red onion
capers
=30g Protein & 465 Calories

28. Grilled Chicken & Guacamole

3 oz Grilled chicken breast
100-calorie guacamole pack
2 Slices of pepper jack cheese
Whole wheat Roll (=190 cal)
=40g Protein & 586 Calories

29. Meatball Sub

4 Turkey Good & Gather Meatballs
1/4 Cup Marinara sauce
1 oz Mozzarella
Hoagie roll (= 210 cal)
=28g Protein & 465 Calories

30. Avocado & Turkey

3-4 slices of Sliced Turkey
1/2 of an avocado, mashed
Spinach
1 tbsp Honey mustard
2 Slices 70-calorie Daves Killer Bread
=28g Protein & 506 Calories

31. Roast Beef & Horseradish

3oz Sliced roast beef
arugula
1 tbsp horseradish sauce
Hamburger Roll
=25g Protein & 335 Calories

32. Spicy Tuna Melt

*See Recipe
2 Slices 70-calorie Daves Killer Bread
=45g Protein & 499 Calories

33. Turkey & Brie

3-4 Slices of Turkey breast
1 oz Brie
1 tbsp Fig jam
Arugula
2 slices 70-calorie Daves Killer Bread
=28g Protein & 385 Calories

34. Ham & Swiss

4 slices Reduced Sodium Ham
2 slices light Swiss cheese
1tbsp Dijon mustard
Pickles
2 slices 70-calorie Daves Killer Bread
=44g Protein & 490 Calories



Sausage & Peppers

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- 6 Bilinski Chicken sausages (80 calories each)
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow onion, thinly sliced
- 1 tbsp olive oil
- 1/2 cup marinara sauce
- 4 hoagie buns (210 calories each)
- 1 cup reduced-fat shredded mozzarella cheese (divided)

Directions

1. Heat a skillet over medium heat. Cut the chicken sausages in 1/2 long wise and cook them for 5-10 minutes, turning occasionally, until browned. Remove the sausages from the skillet and set aside.
2. In the same skillet, add 1 tbsp of olive oil. Once hot, add the sliced bell peppers and onions. Sauté for 6-8 minutes, stirring frequently, until the vegetables are soft and slightly caramelized. Season with salt and pepper to taste.
3. Once the onions are done add back the sausages and stir in the marinara sauce. Cook for another 2-3 minutes to heat through.
4. Slice each hoagie bun and lightly toast if desired.
5. Place 2 slivers of sausage in each bun.
6. Sprinkle 1/4 cup of reduced-fat mozzarella cheese over each sandwich.
7. For a gooey finish, place the assembled sandwiches under a broiler for 1-2 minutes until the cheese is melted and bubbly.



Spicy Tuna Melt

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 can of tuna, drained
- 1 tsp chopped jalapeños
- 1 oz light cheddar cheese, shredded or sliced
- 1 tbsp light mayo
- 1 tbsp sriracha mayo
- 2-3 pickle slices
- 2 slices Dave's Killer Bread (70 calories per slice)

Directions

1. In a small bowl, mix the drained tuna with light mayo and chopped jalapeños. Stir until well combined.
2. Spread the sriracha mayo on one side of each slice of bread.
3. Add the tuna to the bread and top the tuna with pickles and the light cheddar cheese.
4. Heat a skillet or griddle over medium heat.
5. Place the sandwich in the skillet, and cook for 3-4 minutes on each side, pressing gently with a spatula, until the bread is golden brown, and the cheese is melted.

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499 Calories | 45g Protein | 33g Carbs | 21g Fat

Sandwiches

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35. Veggie Burger

Morning Star Farms Grillers Veggie Burger (=150 cal & 16g P)

2 tbsp Hummus

Arugula

Tomato

Red onion

Hamburger Bun (=160 cal)

=25g Protein & 421 Calories

36. Falafel Pita

4 Falafel balls (=120 cal)

1-2 tbsp Hummus

Cucumber, Red onion & Tomato

1-2 tbsp Tzatziki sauce

100-Calorie Pita pocket

=13g Protein & 370 Calories

37. Grilled Veggie

*See Recipes

Panera ciabatta (= 240 cal)

=19g Protein & 544 Calories

38. PB&J

2 tbsp Peanut butter

1 tbsp lower sugar jelly

1 glass Fairlife Non-Fat Milk

2 slices 70-calorie Daves Killer Bread

=26g Protein & 445 Calories

39. Philly Cheesesteak

See Recipe

Ciabatta roll (=240 cal)

=34g Protein & 658 Calories

40. Pulled Pork

3.3 oz Good & Gather BBQ pulled pork

1/2 cup Coleslaw

Pickles

Hamburger Bun

=17g Protein & 555 Calories

41. Reuben

3-4 Slices of Corned beef

1/4 cup sauerkraut

2 slices light Swiss cheese

1 tbsp Light Thousand Island dressing

2 slices of 70-Calorie Rye bread

=30g Protein & 500 Calories

42. Chickpea Salad

*See Recipe

Pita Pocket (= 90 Cal)

=17g Protein & 354 Calories



Grilled Veggie

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 20
MIN

Ingredients

- 1 small zucchini, sliced and roasted
- 1/2 Small Eggplant, sliced and roasted
- 1 roasted red pepper from Jar
- 1 tbsp pesto
- 1 oz goat cheese
- 1-2 Pieces of fresh basil
- 1 tsp olive oil
- 1 Panera ciabatta roll (240 calories)

Directions

1. Preheat your oven to 400°F.
2. Slice the zucchini and eggplant into thin slices.
3. Place the veggies on a baking sheet, drizzle with 1 tsp of olive oil, and season with salt and pepper.
4. Roast for 15-20 minutes, flipping halfway through, until the veggies are tender and slightly browned.
5. Slice the ciabatta roll in half. If you prefer a toasted sandwich, toss in the oven for 2-3 minutes until golden brown.
6. Assemble the Sandwich: Spread 1 tablespoon of pesto evenly on the inside of the ciabatta roll.
7. Add the fresh basil, roasted zucchini, roasted egg plant and roasted red peppers on the bottom half of the roll.
8. Crumble the goat cheese over the veggies:
9. If you prefer your sandwich grilled, you can grill the assembled sandwich on a skillet over medium heat for 2-3 minutes on each side until the bread is crispy and the goat cheese softens (Optional).

*Use whatever is left from grilled veggies for another sandwich



Philly Cheesesteak

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

Ingredients

- 3 oz Trader Joe's thinly sliced shaved beef
- 1/4 cup sautéed onions
- 1/4 cup sautéed peppers
- 2 slice provolone cheese
- 1 ciabatta roll (240 calories)
- 1 tsp olive oil
- 1-2 tsp Worcester Sauce
- Salt & pepper to taste



Directions

- 1.Heat 1 tsp of olive oil in a skillet over medium heat.
- 2.Add the sliced onions and peppers, sautéing for 5-7 minutes until softened and slightly caramelized. Remove from the pan and set aside.
- 3.In the same skillet, spray pan with 0-Calorie spray and add the shaved beef to the pan. Cook for 2-3 minutes, stirring occasionally until browned. Season with salt, pepper & some Worcester sauce to taste.
- 4.Slice the ciabatta roll in half. If desired, lightly toast the roll in the skillet for 1-2 minutes until golden.
- 5.Layer the cooked beef on the bottom half of the roll.
- 6.Add the sautéed onions and peppers on top of the beef.
- 7.Place a slice of provolone cheese on top of the veggies.
- 8.If you'd like the cheese melted, place the assembled sandwich under a broiler for 1-2 minutes until the cheese is bubbly and melted.

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658 Calories | 34g Protein | 70g Carbs | 28g Fat



Chickpea Salad

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

1 (15-ounce) can chickpeas, drained, rinsed, and mashed
2 tbsp celery, minced
2 tbsp yellow or red onion, minced
1 tbsp parsley, chopped
2 tbsp light mayo
1 tbsp non-fat Greek Yogurt
1 tsp Dijon mustard
1 tbsp fresh lemon juice
Salt & pepper to taste
Leafy greens (lettuce, spinach, or arugula)
2 whole pita pocket (=90 Calories each)

Directions

1. In a medium bowl, mash the drained and rinsed chickpeas with a fork until mostly smooth with some texture.
2. Add the minced celery, onion, parsley, light mayo, Dijon mustard, and lemon juice to the mashed chickpeas.
3. Mix everything together until well combined.
4. Season with salt and pepper to taste.
5. Slice the pita pocket in half to create two halves that can be filled.
6. If desired, lightly toast the pita halves to add some crispness.
7. Open each pita half and stuff it with a portion of leafy greens (lettuce, spinach, or arugula).
8. Spoon the chickpea salad into the pita halves, filling them generously.

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354 Calories | 17g Protein | 56g Carbs | 8g Fat

Sandwiches

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43. Chicken Quesadilla

2 70-calorie tortillas
1 3.25oz cooked chicken breast (shredded or diced)
1.5 oz light shredded cheddar cheese
Taco Seasoning
1/4 cup diced bell peppers (optional)
1/4 cup diced onions (optional)
2 tbsp Salsa
=50g Protein & 472 Calories

44. Big Mac Wraps

1 70-calorie tortilla
2 oz raw ground beef
3 Slices Velveeta Cheese
Lettuce, onions, pickles
1 tbsp mac sauce (1 tbsp light mayo, 1/2 tbsp ketchup, pickles, 1/2 tbsp mustard & paprika)
=25g Protein & 340 Calories

45. Prosciutto & Burrata

4 Slices of Prosciutto
1 oz Burrata Cheese
Arugula
Balsamic Glaze
Italian Bread (=220 cal)
=26g Protein & 445 Calories

46. Turkey Burger

190 Cal Turkey Burger
100-Calorie pack guacamole
1 slice light Swiss
Lettuce & Onions
Hamburger Bun (=150 cal)
=39g Protein & 518 Calories

47. Tuscan Chicken Wrap

*See Recipes
70-Calorie Wrap
=40g Protein & 430 Calories

48. Gyro

2 oz Trader Joes Gyro Slices
1 oz Feta cheese
2 tbsp Taziki
Lettuce & Sliced Tomato
90-Calorie Pita Pocket
=28g Protein & 430 Calories

49. Patty Melt

*See Recipes
2 slices of 70-Calorie Rye bread
=22g Protein & 507 Calories

50. Italian Grilled Cheese

2 slices 70-calorie Daves Killer Bread
2 Slices Provolone Cheese
1 oz Mozzarella
2 slices of Prosciutto
1 tbsp Pesto (=80 cal or less)
1 tbsp light Butter
=28g Protein & 540 Calories



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.

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



Patty Melt

SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 5 MIN

Ingredients

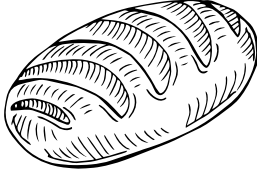
- 2 oz 90/10 ground beef
- 2 slices of 70-calorie rye bread
- 1/2 an onion, caramelized
- 1 tbsp light mayo
- 1 slice sharp cheddar cheese
- 2 tbsp light butter

Directions

1. Caramelize the Onion: Heat a small pan over medium-low heat. Add a small amount of the light butter (about 1/2 tbsp), and then add the sliced onion. Cook slowly, stirring occasionally, until the onion becomes soft, golden, and caramelized (about 10-15 minutes). Set aside.
2. Season the ground beef with salt and pepper. Form it into a small patty and cook in a non-stick pan over medium heat, about 3-4 minutes per side, until fully cooked. Remove from the pan and set aside.
3. Assemble the Patty Melt: Spread light mayo on one side of rye bread.
4. Add the sharp cheddar cheese on top of the mayo, then place the cooked beef patty, followed by the caramelized onions.
5. Cook the Sandwich:
6. Top with the second slice of bread. Add a bit more light butter to the pan if needed. Cook the patty melt on medium-low heat, pressing down gently with a spatula. Toast until the bread is golden brown and the cheese is melted, about 2-3 minutes per side.

To make sandwiches "skinnier" (lower in calories while still being satisfying), here are some simple swaps and tips!

1



Choose Lighter Breads

- Opt for low-calorie bread options such as 647 bread, bagel thins, sandwich thins, English muffin, whole grain thin-sliced bread, or even lettuce wraps.
- Swap out regular buns for a lighter option like Dave's Killer Thin-Sliced Bread or whole wheat tortillas.

2



Lean Protein Options

- Use leaner proteins like chicken breast, turkey breast, tuna in water, or low-fat & low-sodium deli meats.

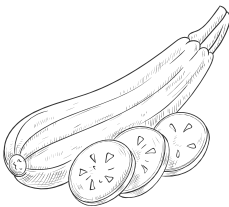
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Use Light or Reduced-Fat Condiments

- Swap full-fat mayo for light mayo, mustard, or Greek yogurt mixed with spices for a flavorful spread.
- Use condiments like hummus, avocado (in moderation), or mustard, which adds flavor without many calories.

4



Add More Vegetables

- Bulk up your sandwich with non-starchy veggies like lettuce, spinach, cucumber, tomato, roasted peppers, or zucchini. They add volume, fiber, and nutrients without many calories.

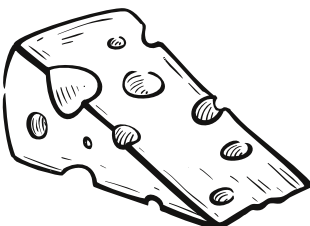
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Grill or Toast Without Butter

- Instead of grilling with butter, use a cooking spray or dry-toast the bread to reduce added fats.

6



Reduce Cheese or Choose Lower-Fat Options

- Use reduced-fat cheese or smaller portions of flavorful cheeses like sharp cheddar or feta.
- Use thin slices or grate the cheese to get a good flavor without overdoing the quantity.

FAQ

1. What services do you offer?

At Fuel and Form Nutrition, 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!

Next Steps to Your Healthier Self

1

Recipe Book & Meal Plan

Discover Delicious Convenience: Your 20-Minute Recipe Guide

- Dive into our quick and easy recipe guide that saves time and satisfies your cravings. Perfect for busy lifestyles, our 20-minute recipes are designed to make healthy eating a breeze.
 - Explore the recipe book [here!](#)

2

Personalized Meal Plan

Transform Your Health with a Customized Meal Plan

- Get a meal plan that's tailored specifically to your unique needs and goals. Whether you're looking to lose weight, gain muscle, or maintain a balanced diet, our personalized plans have got you covered.
 - Start your personalized journey [here!](#)

3

1300 Kcal Meal Plan

Enjoy Balanced Nutrition with Our 1300 Kcal Meal Plan

- Achieve your health goals with our carefully curated 1300 kcal meal plan, featuring a variety of delicious and nutrient-rich meals designed to fit your lifestyle.
 - Explore the plan [here!](#)

Thank You!



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!