

Your
Healthy
COOKBOOK

Discover 100 healthy meal prep recipes designed to simplify your life and nourish your body. Dive into a collection curated for taste, health, and convenience. Perfect for anyone looking to embrace a healthier lifestyle with ease.

Rachel Palumbo



HEALTHY MEAL PREP

GRAB YOUR BRO S

by Rachel Palumbo



Fuel & Form Nutrition

FUEL YOUR BODY. TRANSFORM YOUR MIND.

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COOKBOOK

HEALTHY MEAL PREP



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One Pot Lemon Chicken



Ingredients

- 1 lb of chicken pounded thin
- ½ cup reduced sodium chicken broth
- ¼ cup lite unsweetened coconut milk
- 1 packet Italian seasoning
- 1 tsp of arrowroot
- Juice from 1-2 lemons
- Zero-calorie olive oil spray
- 2 cups chopped spinach.
- ½ lemon cut into slivers

Nutritional Breakdown

Servings:	4
Kcal:	170
Carbs:	5 g
Protein:	31 g
Fats:	5 g

Directions

- Coat 1 lb of chicken with 1 tbsp of arrowroot and 1 packet of Italian seasoning (place in a Tupperware or bag and shake)
- Heat a large non-stick skillet on medium high heat and spray with zero-calorie olive oil spray.
- Pan fry the chicken making sure to get a light golden crust on both sides (about 2-4 min each side). Once you achieved the crust on both sides, remove. (You may have to repeat process a few times)
- Once the chicken is cooked, place aside. In the same skillet add chicken broth making sure to break up the burnt pieces in the pan from frying the chicken.
- Mix 1 tsp of arrowroot with 2 tsp of water and add mixture to the chicken broth. Continue to mix until you see the broth thicken.
- Once you see the broth thicken, add coconut milk, and the juice from 1 lemon (can add more lemon juice).
- Turn the heat to medium and add the chicken back to the skillet. Let the chicken simmer for about 5 minutes.
- After 5 minutes flip chicken and add chopped spinach and lemon slices. Let it cook another 5 minutes or until spinach is wilted.
- Remove and enjoy.



*One Pot
Lemon
Chicken*

Cheesy Chili Lime Chicken

Ingredients

- 1 lb of shredded chicken
- 2 pieces of garlic, chopped
- 1 jalapeno, chopped
- 1 cup almond milk
- 1/4 cup lite unsweetened coconut milk
- 2 oz reduced fat cream cheese
- 1-4 oz can green chilies
- 1/2 tsp cumin
- 1/2 tsp onion powder
- 1 tsp garlic powder
- 1/2 paprika
- 1/2 chili powder
- 1/2 cup fat free cheese
- 1 tbsp arrowroot
- 1 tbsp water
- Zero calorie spray oil
- Fresh cilantro

Directions

- Prepare chicken: You can purchase shredded chicken or place 1 pound of chicken in an instant pot with chicken broth and set on pressure cook for 10 minutes.
- Heat a skillet on medium-high heat. Spray the pan with zero calorie olive oil spray.
- Add chopped garlic, onions and sauté for 1 minute
- In the same pan add almond milk, coconut milk, cream cheese, green chilies, cheese and whisk until smooth and
- combined.
- Once combined let boil more about 2-3 minutes. Take 1 tbsp of arrowroot and mix with 1 tbsp of water.
- Add arrowroot mixture to the cheese sauce. Continue to whisk until the sauce starts to thicken.
- Once the sauce is thickened add the spices, mix and remove from heat.
- When the chicken is finished, shred in a separate bowl. The sauce mixture makes about 3 cups and for 1 pound of chicken you only need 1 cup.
- Add 1 cup of sauce to the shredded chicken and combine. Top with chopped cilantro. (For extra cheese top with 1/2 cup fat free cheddar cheese (calories not calculated for extra cheese)

Nutritional Breakdown

Servings:	4
Kcal:	163.5
Carbs:	2.5 g
Protein:	26 g
Fats:	5 g

Butter Chicken



Ingredients

- 1 lb of chicken cut into cubes
- Salt & Pepper to taste
- 2 tsp paprika
- 2 tsp garam masala
- 1/4 tsp cinnamon
- 1 tsp cumin
- ½-1 tsp of ground ginger or ginger paste
- 1 tsp ground turmeric
- 1 red onion, diced
- 2 garlic cloves, diced
- 1 14.5 oz can of diced tomatoes
- 2/3 cup lite unsweetened coconut milk
- 1 tbsp arrowroot powder
- Zero-calorie olive oil spray

Nutritional Breakdown

Servings:	4
Kcal:	223
Carbs:	15.5 g
Protein:	24.5 g
Fats:	5.5 g

Directions

- In a large saucepan over medium heat spray with zero calorie olive oil spray & add diced chicken. Sprinkle chicken with salt, pepper, turmeric, cumin, cinnamon, 1 tsp of garam masala, 1 tsp paprika
- Cook the chicken until it is 90% done and then remove from pan. Respray pan with zero-calorie spray; Add minced garlic & diced red onion.
- Once the onion is lightly browned, add the chicken back.
- Add the can of tomatoes, coconut milk & reduce the heat to low, allowing the mixture to come down to a simmer.
- Use an immersion blender to blend the ingredients so they are a smoother texture.
- Add 1 tsp of garam masala and 1 tsp of paprika. Mix the arrowroot powder with 1 tbsp of water and then add it to the saucepan & mix to combine.
- Simmer for 5-10 minutes. (If you want to get the sauce thicker/more evaporated add another tbsp of arrowroot/water mixture and continue to simmer on low for another 10 min).



*Butter
Chicken*

Creamy Salmon

Ingredients

- 4 oz salmon
- 1 clove garlic chopped
- 1/4 cup yellow onion chopped
- 1/4 cup low sodium vegetable broth
- 1/4 tsp red pepper flakes
- Salt and pepper to taste
- 6 pieces of cherry tomatoes cut in halves (optional)
- 1-2 cups spinach
- 1/3 cup light unsweetened coconut milk/almond milk
- 1 tsp arrowroot
- 2 tsp water
- 2 tbsp lemon juice
- 1 tsp parsley

Directions

- Season the salmon with salt and pepper.
- Heat a skillet on medium-high heat. Spray the pan with zero-calorie olive oil spray.
- Fry the salmon skin-side down for about 5 minutes, about 3/4-way cooked. Remove from pan and set aside.
- Spray the pan again with zero-calorie olive oil spray and add the garlic and onions. Cook until the onions are slightly translucent and softened.
- Add a 1/4 cup of vegetable broth and bring to the boil over medium-high heat. Make sure to scrape down the sides and base of the pan with a spoon. Stir in some salt, red pepper flakes and pepper.
- Add the cherry tomato halves and cook for about another 5 minutes, until the cherry tomatoes are soft when you press them.
- Add the spinach and cook until wilted. This will only take a minute or two.
- Add the coconut milk and bring back to the boil.
- Mix one teaspoon of arrowroot with two teaspoons of water. Add the arrowroot mixture to the coconut milk, stirring constantly until the sauce thickens.
- Add the lemon juice and parsley and continue to stir.
- Add the salmon back to the pan (skin-side up) and sprinkle with (optional) one teaspoon of nutritional yeast. Cook for a further 1 – 2 minutes, until the salmon is cooked through.

Nutritional Breakdown

Servings:	1
Kcal:	361
Carbs:	19 g
Protein:	27 g
Fats:	14 g

Ramen Soup Bowl



Ingredients

- 1 lb. 96% lean ground beef
- 1 tbsp sesame oil
- 1 package shirataki noodles
- 3 hard-boiled eggs
- 3 scallion stalks
- 3-4 oz shiitake mushrooms
- 1/2 cup bean sprouts
- 4 cups low-sodium vegetable broth
- 4-5 cloves of garlic chopped
- 1 inch ginger minced
- 1/3 cup yellow onion chopped
- Salt & pepper to taste
- 3-4tbs Low sodium Soy sauce
- 2tbs thai sweet chili sauce
- Hot sauce (optional)

Nutritional Breakdown

Servings: 4-6
Kcal: 193
Carbs: 10 g
Protein: 20 g
Fats: 8 g

Directions

- Make the meatballs: combine the lean beef with 1tbs of soy sauce, 1tbs thai sweet chili sauce and 2 pieces of garlic chopped. Roll into 1/2-inch balls and pan fry with a non-stick pan on medium heat.
- Spray pan with zero calorie cooking spray, make sure to flip meatballs half-way through to cook the meatballs thoroughly.
- While the meatballs are cooking; boil eggs and prepare the shirataki noodles according to package instructions.
- When the meatballs, eggs, and noodles are done. Heat a large pot on medium heat and add sesame oil.
- Sauté garlic and onions for about 5 minutes. After 5 minutes add mushrooms, bean sprouts, 2 tbs soy sauce, shirataki noodles, 1 tbs sweet chili sauce and mix for another 2-3 minutes. After 2-3 minutes add meatballs and mix.
- Add 4 cups low sodium vegetable broth and 1 cup of water. Bring broth up to a boil and let it simmer for 5-10 minutes.
- Add chopped scallion, eggs and hot sauce (to taste).



Shrimp Pad Thai

Ingredients

- 4 oz raw uncooked shrimp
- 2 oz asian creations brown rice noodles
- 1 tbsp reduced sodium soy sauce
- 2 tbsp trader joe's spicy peanut vinaigrette
- 1 tbsp coconut aminos
- ½ cup shredded cabbage
- 2 sliced green onions to garnish
- 1/4 tsp red pepper flakes (optional)
- 0.5 oz crushed peanuts (optional)

Nutritional Breakdown

Servings:	1
Kcal:	400
Carbs:	60 g
Protein:	23 g
Fats:	6 g

Directions

- The first thing you will want to do is boil the noodles according to the directions on the package. While the noodles are cooking heat a small skillet on medium-high heat.
- Spray the skillet with zero-calorie cooking spray.
- Add the shrimp to the hot skillet and stir fry. When the shrimp almost cooked add the seasonings (soy sauce, peanut vinaigrette and coconut aminos) to make the sauce.
- Bring the sauce up to a boil and stir in the cooked noodles. Add the shredded cabbage for extra crunch.
- Reduce the heat to low and simmer for 2 minutes.
- Remove from the heat. Scatter over sliced green onion for extra crunch and if you want some added spice simply sprinkle with red pepper flakes to taste.

recipe calculated without crushed peanuts

Tuna Casserole



Ingredients

- 1 can of tuna – drained
- 1 cup of cauliflower
- 1 tbsp of arrowroot
- 1 cup of almond milk
- 1 tbsp Worcestershire sauce
- 2 oz of banza chickpea pasta
- 42 grams of fat free cheddar cheese
- 42 grams of fat free mozzarella cheese
- 2 cloves of garlic
- 1 tbsp chopped yellow onion
- ½ tbsp of olive oil
- Parsley
- 1/4 cup panko breadcrumbs

Nutritional Breakdown

Servings:	1
Kcal:	653
Carbs:	57 g
Protein:	84 g
Fats:	15 g

Directions

- Cook the pasta to al dente according to the package directions; set aside.
- Bring a pot of salted water up to a boil. Add the cauliflower and cook until fork-tender, about 5 minutes; drain and set aside.
- Add the oil to a medium pot over medium-high heat. Add the onion, garlic and cook until softened, but not browned, about 5 minutes.
- Gradually whisk in the almond milk before you add all the almond milk. Mix arrowroot with 1 tbsp of water and then whisk into the pot. Pour the arrowroot and almond milk mixture into the pan and whisk until it starts to thicken. Stir in the worcestershire sauce, salt, and black pepper. Bring to gentle boil, stirring constantly, and then remove from heat.
- Whisk in the cheese until smooth. Stir in the pasta, cauliflower, tuna, and parsley. Taste and add additional salt and black pepper as desired.
- Preheat the broiler baking dish. Pour the pasta mixture into a baking dish and sprinkle panko breadcrumbs on top.
- Broil until the top get a little color



*Tuna
Casserole*

Meatloaf

Ingredients

- 2 lbs chop meat
- 4 cloves of garlic
- 1/2 onion chopped
- 1/2 cup SF BBQ sauce
- 2 slices of defrosted Udie's GF bread soaked in about 1/2 cup almond milk 1 egg
- Salt and pepper

SWEET POTATO TOPPING

- 1 lb of sweet potatoes cut into cubes and steamed
- 1/4 cup almond milk
- 1 tbsp vegan butter
- Salt
- 1 onion cut into slivers to caramelize
- Zero-calories cooking spray
- 45 grams of FF cheddar cheese 2-3 scallions stalks chopped

Directions

- Preheat oven to 375 degrees.
- Combine all meatloaf ingredients and mix well (including the left-over almond milk from the bread).
- Bake the meatloaf in an 8X8 baking pan for about 25 minutes. After 25 minutes drain the excess fat. Place back in the oven for another 10-15 minutes.
- While the meatloaf is baking make the toppings. Steam sweet potatoes (I used an Instant Pot). Once your sweet potatoes are done add butter, salt, almond milk and combine thoroughly
- To caramelize the onions heat a non-stick pan on medium high heat. Spray with zero-calorie olive oil spray.
- Add the onions and continually stir until onions turn "caramelized". (Spray onions if they start to stick to the pan).
- Add a pinch of salt and remove from heat when the onions have softened and turned brown.
- Once everything is prepared you're going assemble your meatloaf.
- Place a thin layer of the sweet potatoes (I only used about 3/4), add 28 grams of cheese, caramelized onions and top with rest of the cheese.
- Broil or bake to get the top crispy. If you broil keep an eye out because it will burn easily.
- Top with chopped scallions and enjoy

Nutritional Breakdown

Servings: 8 (w sweet potato)

Kcal: 337

Carbs: 18.5 g

Protein: 23 g

Fats: 24.5 g

Servings: 8 (w/out sweet potato)

Kcal: 318

Carbs: 5.5 g

Protein: 20 g

Fats: 23 g

Fish Stew

Ingredients

- 1 lb of firm white fish like halibut, cod seabass (get a thick cut)
- 2 tablespoons olive oil
- 1 onion- finely diced
- 1 cup carrot, diced
- 1 red bell pepper, diced
- 4 garlic cloves- rough chopped 1/2 jalapeno, finely diced
- 1 tablespoon tomato paste
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1 cup low sodium fish or chicken stock
- 1 cup of diced tomatoes (preferably fresh)
- 1 12-14 ounce can lite unsweetened coconut milk
- ½ cup chopped cilantro, scallions or Italian parsley
- Lime juice
- Salt and pepper to taste

Directions

- Rinse and pat dry the fish. Cut fish into “2-inch” cubes and place them in a bowl.
- Season with salt, zest from half a lime and 1 tablespoon lime juice. Make sure to coat all pieces, then set aside.
- In a large pan, heat the oil over medium high heat. Add onion and a dash of salt and sauté 2-3 minutes.
- Turn heat down to medium, add carrot, bell pepper, garlic and jalapeno and cook 4-5 minutes. Add tomato paste, spices, stock and mix and bring to a simmer.
- Add the tomatoes and cover and simmer gently on medium low for 5 minutes or until carrots have softened.
- Add the coconut milk and taste. Sason with more salt if necessary.
- Place the fish in the stew and simmer gently until it’s cooked through, about 4-6 minutes.
- Spoon the broth over the fish and cook for another 5 minutes. Taste and adjust with salt and more lime juice if necessary.

Nutritional Breakdown

Servings:	4
Kcal:	257
Carbs:	15.5 g
Protein:	15.5 g
Fats:	8 g



Cheesy Zucchini Tots

Ingredients

- 2 zucchini shredded
- 1 whole eggs
- 3/4 cup fat free cheddar cheese
- 3/4 cup reduced fat cheddar cheese
- 1/2 Panko breadcrumbs
- 1/4 cup onion very finely chopped
- Salt and pepper to taste

Nutritional Breakdown

Servings: 14
Kcal: 42 (per tot)
Carbs: 4 g
Protein: 4 g
Fats: 1 g

Directions

- Shred 2 zucchini in a bowl and add salt. Toss to combine and let stand for 20 minutes. After 20 minutes transfer zucchini to a dish towel and squeeze out the excess liquid.
- After the zucchini is drained add the rest of the ingredients and mix to combine
- Using a tablespoon scoop and form the mixture. Place on a Plate and put in the freezer for about 10 minutes
- After 10 minutes place formed tots on a baking sheet with parchment paper. Make sure to spray thoroughly with non-stick spray.
- Bake at 375 degrees for about 20 minutes or until the tops are lightly browned. (You can also use an airfryer).

Salsa Verde Chicken



Ingredients

- 1 lb of Chicken breast pounded thinly
- 1 tbsp arrowroot
- 1 tbsp garlic powder
- 1 tbsp chili powder
- salt
- ½ cup low sodium chicken broth
- ½ cup salsa verde
- 1/3 cup light unsweetened coconut milk (can substitute with almond milk)
- Juice from 1 lime
- Cilantro
- Zero calorie olive oil spray

Nutritional Breakdown

Servings:	4
Kcal:	161
Carbs:	5.5 g
Protein:	30 g
Fats:	4 g

Directions

- Heat a large skillet on medium high heat.
- In the meantime prepare the chicken. Season both sides of the chicken with garlic powder, chili powder and salt.
- After the chicken is seasoned you want to now sprinkle and pat the chicken with arrowroot. Divide the tablespoon evenly amongst both sides. Tip – the chicken doesn't need to be completely coated only sprinkles.
- Pan sear chicken on both sides for about 2-3 minute then remove and place on a plate. You are going to repeat this process with all the chicken.
- Using the same pan add vegetable broth, salsa verde, coconut milk. Mix to combine and then return the chicken back to the pan.
- Let the chicken simmer for about 5-10 minutes.
- Squeeze juice from 1 lime and sprinkle with cilantro.



*Salza Verde
Chicken*

Stuffed Poblano Pepper

Ingredients

- 1 poblano pepper
- 5 oz shredded chicken (can use leftover from crockpot)
- 1.5 oz goat cheese
- 1 jalapeno diced
- 1/4 red onion
- Juice from ½-1 lime
- Small bunch cilantro
- Salt and pepper to taste
- Paprika
- ½ tbsp Olive oil

Nutritional Breakdown

Servings:	1
Kcal:	387
Carbs:	17 g
Protein:	40 g
Fats:	15 g

Directions

- Heat grill pan on Medium high heat and brush grill pan with ½ tbsp of olive oil.
- Cut the poblano pepper in half and remove seeds & wash.
- Side starts to get some black grill marks. This is about 8-10 minutes each side
- In the meantime, prepare your chicken.
- Take prepared chicken (or can make fresh shredded chicken) and mix with chicken, goat cheese, jalapeno, red onion, lime juice, cilantro, salt, pepper, paprika and set aside.
- When both sides of the pepper has black grill marks and the pepper has softened remove from heat.
- Stuff each side of the poblano pepper with the chicken mixture.
- Top with some cilantro and lime juice.
- *To make fresh shredded chicken: I used an instant pot. Place chicken at the bottom of the instant pot, add chicken broth and pressure cook for 10 minutes.

Indian Chicken



Ingredients

- 1 lb of chicken thighs
- 1 tbsp olive oil
- Juice from ½ lemon
- 1/4 tsp chili powder
- 1/2 tsp of cumin
- 1/8 tsp turmeric
- 1/4 tsp paprika
- Red food color
- 3 gloves chopped garlic 1/4 tsp garlic powder
- Salt and pepper to taste

Nutritional Breakdown

Servings:	4
Kcal:	200
Carbs:	2.5 g
Protein:	21 g
Fats:	11.5 g

Directions

- Mix and let marinate for at least 2 hours in the refrigerator.
- When chicken is done marinating, grill.



*Indian
Chicken*

Spinach Quiche

Ingredients

- 8 whole eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen spinach, thawed and squeezed dry
- 2 green onions chopped
- 1/2 cup almond milk
- Salt and pepper to taste
- 1/2 cup fat-free feta (optional)

Nutritional Breakdown

Servings:	12
Kcal:	61
Carbs:	2 g
Protein:	6 g
Fats:	3 g

Directions

- Preheat oven to 325 degrees.
- In a large bowl beat the eggs and almond milk together. Then fold in the other ingredients.
- Divide the egg mixture into muffin tins. Bake 30-45 minutes, or until the eggs are set.
- Remove from oven and let set before eating.

Tandoori Chicken



Ingredients

- 1 lb of chicken
- 1/3 cup – I just a combination of reduced fat sour cream and fat free Greek yogurt. You can use just sour cream or just Greek Yogurt
- Juice from ½ lime
- 1 tbsp olive oil
- 1 tbsp cumin
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp coriander
- 1 tsp ginger paste
- Salt & pepper
- 1/4 tsp cayenne pepper/chili powder

Nutritional Breakdown

Servings:	4
Kcal:	191
Carbs:	3 g
Protein:	25.5 g
Fats:	8 g

Directions

- Mix everything together and let the chicken marinate for at least 1 hour in the refrigerator.
- When chicken is done marinating, grill.



*Tandoori
Chicken*

One Pot Chicken Parm

Ingredients

- 1 lb of chicken pounded thin
- 2 cups panko breadcrumbs seasoned
- 2 eggs and 1 egg white beaten
- zero-calorie olive oil spray
- 2 cups tomato sauce
- 4 tbsp parmesan cheese

Nutritional Breakdown

Servings:	4
Kcal:	392
Carbs:	38 g
Protein:	35.5 g
Fats:	9 g

Directions

- Heat a large skillet on medium high heat.
- Take the chicken and dip first into the egg mixture and then panko.
- Spray pan with zero-calorie spray and pan fry the chicken.
- Pan fry chicken for about 3-5 minutes each side so it has a golden brown crust. (Chicken should be 90% cooked) .
- Remove chicken and set aside (repeat process until all chicken is cooked).
- Once all chicken is cooked aside. Using the same pan add the tomato sauce and let it come to a low boil. Once the sauce is boiling put the chicken back into the pan and let simmer on low for about 5-10 minutes.
- Once the chicken is done cooking sprinkle with parmesan cheese.

Lemon Garlic Shrimp



Ingredients


- 1 serving of Shrimp (Usually 4 oz uncooked, raw and deshelled)
- 2 Cloves of garlic, minced
- 1 Lemon
- 1 tsp Fresh rosemary, chopped ½ tsp Parsley
- ½ tsp Paprika
- Salt & pepper to taste
- 1/4 tsp Red pepper flakes (optional)
- ½ tbsp olive oil

Nutritional Breakdown

Servings:	4
Kcal:	150
Carbs:	2 g
Protein:	17 g
Fats:	6 g

Directions

- Heat a pan on medium-high heat, add olive oil.
- Add the garlic and rosemary and sauté for a minute.
- Add the shrimp and sauté. When the shrimp is pink on one side flip them and sprinkle over all the herbs and spices. Squeeze the juice of ½ a lemon over the shrimp.
- Continue to cook and stir for about another 3 – 5 minutes, allowing some of the lemon juice to evaporate.
- Once shrimp is cooked through serve and enjoy.



Lemon
Garlic
Shrimp

Balsamic Chicken

Ingredients

- 1.5 lbs of chicken breast, pounded thin
- 1/4 cup balsamic dressing
- 1 tbsp olive oil
- 1 tbsp Italian seasoning
- 2 tsp garlic powder
- 1 tsp of honey

Nutritional Breakdown

Servings: 6
Kcal: 153
Carbs: 3 g
Protein: 26 g
Fats: 4 g

Directions

- Mix everything (but chicken) together in a bowl.
- Add chicken breast to the marinade.
- Refrigerate and marinate 4-6 hours or overnight for best results.
- Grill or Bake.

Chicken Marsala



Ingredients

- 1 lb of chicken pounded Thin
- 1 tbsp parmesan cheese
- 1 tbsp arrow root
- Salt and pepper
- 1 cup chopped mushrooms
- 3-4 cloves of garlic chopped
- ½ yellow onion diced
- ½ cup reduced sodium chicken/beef broth
- ¼ cup lite unsweetened coconut milk
- Zero-calorie olive oil spray

Nutritional Breakdown

Servings:	4
Kcal:	191
Carbs:	9 g
Protein:	26 g
Fats:	5 g

Directions

- Coat 1 lb of chicken with 1 tbsp of arrowroot and 1 packet of Italian seasoning (place in a Tupperware or bag and shake)
- Heat a large non-stick skillet on medium high heat and spray with zero-calorie olive oil spray.
- Pan fry the chicken making sure to get a light golden crust on both sides (about 2-4 min each side). Once you achieved the crust on both sides, remove. (You may have to repeat process a few times).
- Once the chicken is cooked, place aside.
- In the same pan you just cooked the chicken respray with the zero-calorie olive oil spray and add garlic, onions and mushrooms. Sauté for about 3-4 minutes.
- Add chicken broth and bring to a boil for about 2 minutes.
- Turn heat to medium and add coconut milk.
- Mix 1 tsp of arrowroot with 2 tsp of water and add it to the chicken broth. Continue to mix until you see the broth thicken.



*Chicken
Marsala*

Baked Oatmeal

Ingredients

- ½ banana
- ⅔ cup oats
- ¾ cup almond milk
- 1 tsp sugar-free syrup
- 1 tsp baking powder
- 1 scoop chocolate protein powder
- 1 tbsp SF (sugar-free) chocolate chips
- 1 tsp chia seeds
- Pinch of salt

Directions

- Add all the ingredients to a food processor and blend until smooth.
- Pour into an oven-safe baking dish.
- Bake at 375 degrees Fahrenheit for 40 minutes.

Nutritional Breakdown

Servings:	1
Kcal:	453
Carbs:	55 g
Sugar:	17 g
Protein:	33 g
Fats:	12 g

Crockpot Tuscan Chicken



Ingredients

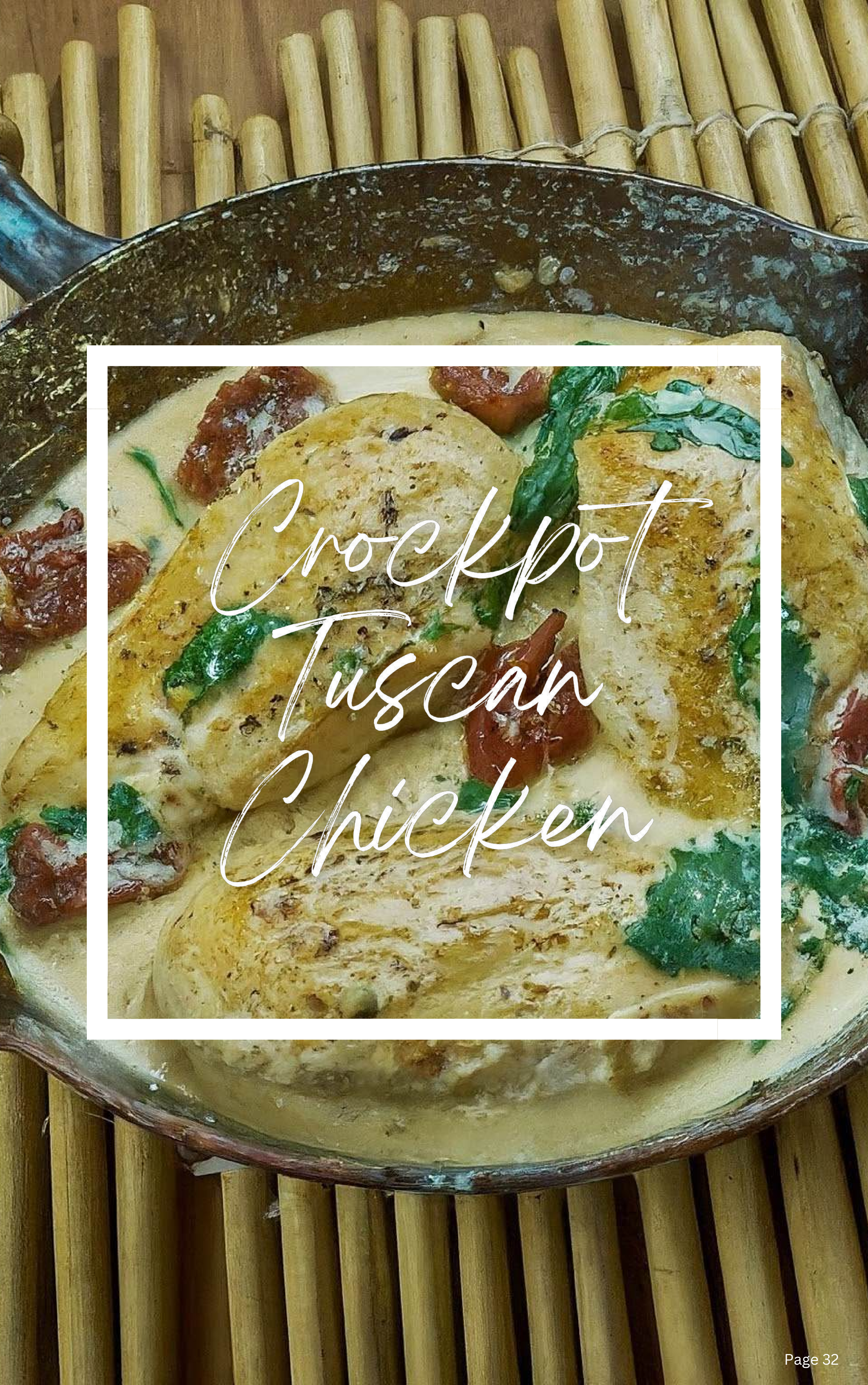
- 1 lb chicken breast
- 1/2 cup bone broth
- 1/2 cup light unsweetened coconut milk
- 2-3 tbsp sundried tomato
- 1/4 cup parmesan or nutritional yeast
- Spinach (2-3 handfuls)
- 3-4 cloves of garlic
- Italian seasoning
- Salt
- Pepper

Nutritional Breakdown

Servings:	4
Kcal:	180
Carbs:	6 g
Protein:	30 g
Fats:	7 g

Directions

- Layer chicken at the bottom of the crockpot
- Add chopped garlic, Italian seasoning, salt, pepper, sundried
- tomato and bone broth
- Cook on high for 4-5 hours or low for 7-8
- When done remove chicken and add coconut milk, cheese and spinach return chicken back and your done!



Crockpot
Tuscan
Chicken

Southwest Soup

Ingredients

- 1 lb 93% lean ground turkey
- 1/2 red onion finely chopped
- 1/2 bell pepper finely chopped
- 4 garlic cloves minced
- ¾ cup RAW Bob's Red Mill brown lentils or 1 cup of cooked lentils
- 2 1/2 cups low-sodium vegetable broth
- 1 can petite diced tomatoes 15 oz.
- 1 can diced green chilies 4 oz.
- 2 Tsp taco seasoning
- 2 Tsp dried oregano
- 2 cups reduced-fat cheddar cheese
- 1/4 cup chopped fresh cilantro for topping
- Salt and pepper to taste

Directions

- Add all ingredients, except cheese and cilantro, to your Instant Pot.
- Set to manual and cook on high pressure for 15 minutes.
- Allow pressure to naturally release for 15 minutes, then release remaining pressure.
- Remove the cover and stir in half of the cheese.
- Sprinkle the remaining cheese over the top and replace the cover.
- Allow to stand for 5 minutes. Sprinkle with cilantro and serve. Enjoy!
- (If using the crockpot set on low setting for about 5-7 hours)

Nutritional Breakdown

Servings:	4
Kcal:	336
Carbs:	38 g
Protein:	44 g
Fats:	9 g

Sloppy Joe Skillet



Ingredients

- 1 lb 93% ground beef
- 1 tbsp vegan butter
- 2 tbsp cream cheese
- 1 tsp chili powder
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp pepper
- 1/4 tsp red pepper flakes
- ½ green bell pepper or 1 jalapeno minced
- 1/3 cup yellow onion minced
- 3 garlic cloves minced
- 3 tbsp tomato paste
- 1 tbsp greek yogurt
- 1 tbsp worcestershire sauce
- 1/4 cup water
- 1 cup shredded cheese (fat-free)

Nutritional Breakdown

Servings: 6
Kcal: 262
Carbs: 6 g
Protein: 26 g
Fats: 15 g

Directions

- Heat a large skillet on medium high heat and melt the butter. Over medium high heat add your ground beef and cook.
- After about 5 minutes add your spices (chili powder, onion powder, garlic powder, salt, pepper, red pepper flakes). With a spatula make sure to break up the beef.
- When the beef is browned remove it from the skillet with a strainer and set aside leaving the oil from the beef remaining in the skillet.
- Add the chopped green pepper, onion, garlic, and cook until fragrant.
- Add your beef back to the skillet. Now add your remaining ingredients, Worcestershire sauce, tomato paste, Greek yogurt, and water.
- Reduce heat to low and cover and simmer for about 5 minutes.
- After 5 minutes stir in your 2 tablespoons of cream cheese this will thicken the mixture and then add your cheese.
- Cover and let cook for another 2-4 minutes or just until cheese is melted.



*Sloppy Joe
Skillet*

Cashew Chicken

Ingredients

- 1 1/2 lbs of chicken
- Salt & Pepper
- 1/4 cup arrowroot
- 3 tsp olive oil
- 1/4 cup low sodium soy sauce(or coconut aminos)
- 1/2 cup chicken bone broth
- 1 tbsp minced garlic
- 1 tsp honey
- 1 tbsp hoisin sauce
- 1 tsp sesame oil
- 1/4 cup unsalted cashews
smashed + extra 1/4 cup unsalted
cashews smashed to top

Nutritional Breakdown

Servings:	4
Kcal:	212
Carbs:	10 g
Protein:	28 g
Fats:	6 g

Directions

- Cut your chicken breast into one inch pieces. Salt and pepper the chicken.
- Toss the chicken with the arrowroot in a ziplock bag or tupperware .
- Add 1 tsp of olive oil to a wok or large skillet over medium high heat. Once the oil gets to the smoking point then add the chicken in a single layer in batches.
- Cook each side until golden brown. (I did 3 batches).
- In a small bowl whisk the soy sauce, chicken bone broth, garlic, honey, hoisin and sesame oil.
- Add sauce to the pan with the crushed cashews. Toss until the sauce has thickened.
- Add the extra 1/4 cup unsalted cashews smashed to top when done.

Asian Style Turkey Meatballs



Ingredients

- 1 lb 93% lean ground turkey
- 2 tbs low sodium soy sauce
- 6 tbs Sugar-free teriyaki
- 1/2 zucchini - shredded
- 1 tbs arrowroot
- 1/4 shallot – finely diced
- 3 cloves of garlic, chopped
- Chopped scallions (optional)

Nutritional Breakdown

Servings:	4
Kcal:	205
Carbs:	25 g
Protein:	24 g
Fats:	11 g

Directions

- In a bowl, combine ground turkey, soy sauce, 4 tbs of teriyaki sauce, shallot, garlic, zucchini and mix thoroughly.
- Heat a large pan on medium heat and spray with non-stick cooking spray.
- Take your combined meat and roll them into balls about 1 inch in size.
- Place your turkey meatballs into your pan, make sure to cook thoroughly and flip to brown both sides.
- Once the meatballs have finished cooking remove from the pan.
- Place 2 tbs of teriyaki sauce in the same pan that you just cooked the meatballs in.
- In a small cup combine 1 tbs of arrowroot with 2 tbs of water making sure to break up the arrowroot.
- Turn your pan up to medium high heat, set the teriyaki sauce in pan to boiling, add the arrowroot water mixture and continue to mix until you see it thicken.
- Add the meatballs back making sure to coat all sides with the sauce.
- Remove from heat and add chopped scallions (optional).



*Asian Style
Turkey
Meatballs*

Quiche Recipe

Ingredients

- 4 slices turkey bacon
- 1 cup Onions, chopped
- 2 cups Spinach, chopped
- 8 Eggs
- 1/2 cup Almond milk
- 1/2 cup fat-free cheese
- 28g sun-dried tomatoes chopped
- 2 scallions stalks diced
- Salt and pepper to taste
- Zero-calorie cooking spray
- 12 Muffin tins

Directions

- Preheat the oven to 365°F.
- Cook turkey bacon in the microwave (or you can skillet/air fryer). Place turkey bacon on a plate and cover with a paper towel. Cook for 1 min on high - check and cook another 30-60 sec. for desired crispness.
- In a medium non-stick pan, spray with zero-calorie cooking spray and sauté onions for about 3 minutes. Add sun-dried tomatoes and spinach and sauté for another 3-5 minutes until the spinach is wilted.
- Beat the 8 eggs together in a large bowl with the almond milk. Add salt, pepper, the sautéed onion, spinach, sun-dried tomato, and crumble the turkey bacon, making sure to mix evenly.
- Spray the muffin tins with non-stick spray. Pour the egg mixture into muffin tins. Top with the fat-free cheese, and chopped scallion.
- Bake for about 30-45 minutes or until the eggs are set.

Nutritional Breakdown

Servings:	14
Kcal:	64
Carbs:	3 g
Protein:	6 g
Fats:	3 g

French Toast Sticks



Ingredients

- 2 egg whites
- 1/4 cup almond milk
- 2 slices ezekiel bread
- Cinnamon
- 1/4 tsp vanilla extract
- 1/4 cup sugar-free syrup

Nutritional Breakdown

Servings:	1
Kcal:	238
Carbs:	34 g
Protein:	14 g
Fats:	4 g

Directions

- Beat 2 egg whites with 1/4 cup almond milk, cinnamon, and vanilla extract.
- Slice 2 slices of Ezekiel bread into 3 parts making 6 slivers/"sticks".
- Heat a non-stick skillet on medium heat and spray a pan with non-stick spray.
- Dunk the sticks into the egg mixture making sure to flip to coat both sides.
- Pan fry on both sides; remove and add extra cinnamon and sugar-free syrup.



*French
Toast Sticks*

Mexican Zucchini Chicken

Ingredients

- 1 lb chicken breasts, cut into cubes about 1 inch
- 1 medium onion, finely chopped
- 1 large garlic clove, minced
- 1 1/2 bell pepper, all colors, chopped
- 1 cup corn, frozen or fresh
- 1-2 jalapenos, chopped
- 2 large zucchini, diced
- 1 cup low-sodium black beans, drained & rinsed
- 1 can or 14 oz low sodium diced tomatoes, not drained
- 1 tbsp taco seasoning or homemade taco seasoning
- 1 tsp cumin, divided
- Salt & pepper, to taste
- 4 oz reduced fat Mexican-style cheese
- 3-4 stalks green onions, chopped
- 1/2 cup cilantro, chopped
- Zero-calorie olive oil spray

Directions

- Preheat a large skillet on medium - low heat and spray with zero-calorie olive oil spray.
- Add onion, garlic, bell pepper, and jalapeno; sauté for 3 minutes, stirring occasionally.
- Move vegetables to the side of the skillet and add chicken.
- Sprinkle with 1/2 tsp cumin, salt, and black pepper. Cook for about 5 minutes, stirring occasionally.
- Add corn, beans, tomatoes, zucchini, taco seasoning, and remaining cumin.
- Stir, cover, and cook on low medium for 10 minutes.
- Sprinkle with cheese, cover, and cook for a few minutes until cheese has melted.
- Top with green onion and cilantro.

Nutritional Breakdown

Servings:	4
Kcal:	369
Carbs:	32 g
Protein:	40 g
Fats:	11 g

Chicken Fajitas



Ingredients

- 2 lb chicken breast
- 1 cup low-sodium chicken broth
- ½ can diced tomatoes (14.5 oz)
- 1 green bell pepper, sliced
- 1 yellow onion, sliced
- 1-2 chili powder tbsp
- 3 tbsp fajita seasoning
- 1 tsp salt
- 1 tsp pepper
- 1 lime
- 1 tbsp honey

Nutritional Breakdown

Servings: 6
Kcal: 213
Carbs: 6 g
Protein: 18.5 g
Fats: 5 g

Directions

- First add chicken broth to the crockpot followed by the chicken breasts.
- Add the diced tomatoes, bell pepper, onion, garlic and seasonings - chili powder, fajita seasoning, cumin, salt, and pepper.
- Add the freshly squeezed lime juice, honey, and mix.
- Set the crockpot on the low setting and cook the chicken for about 6-8 hours.
- Once the chicken is done, shred. Have with a low carb tortilla or rice.



*Chicken
Fajitas*

Buffalo Chicken Stuffed Sweet Potato

Ingredients

- 4 sweet potatoes
- 1 lb chicken breast
- 1 tbsp garlic powder
- 1/4- 1/2 cup Franks red hot sauce
- 4 pieces of bacon
- Scallions
- 2/3 cup plain greek yogurt
- 1 serving of reduced fat cheddar
- Cinnamon
- Salt

Nutritional Breakdown

Servings:	5
Kcal:	392
Carbs:	33 g
Protein:	41 g
Fats:	10 g

Directions

- Mix with cinnamon, salt and mix.
- Measure out 4 ounces of sweet potato and place back into the potato shell. You will have 4 oz leftovers that will go into tupperware.
- While the potatoes are baking - bake chicken until shreddable.
- Season chicken with salt, pepper and garlic powder.
- Bake for at least 45 min. But make sure is shreddable.
- While potatoes & chicken are cooking either bake or pan fry bacon.
- Once the chicken is done and shredded, toss with hot sauce, yogurt and cheese and mix.
- Divide chicken mixture by 5 and place an even amount onto each sweet potato. Top with crumbled bacon and chopped scallions.

Stuffed Chicken



Ingredients

- 4 - 5 oz size chicken breast that you will be able to slice in order to stuff (the size can vary)
- 3/4 chopped bell pepper (any color)
- Medium size head of broccoli, de-stemmed and chopped
- ½ cup fat free cheddar cheese
- 2 oz reduced fat cream cheese
- Toothpicks
- Paprika
- Packet of Italian seasoning

Nutritional Breakdown

Servings:	4
Kcal:	275
Carbs:	10 g
Protein:	40 g
Fats:	6 g

Directions

- Preheat oven to 400 degrees.
- Combine the chopped pepper, broccoli, cream cheese and cheddar cheese and mix together until it is molded together. (I microwaved it for 15 seconds to soften the cream cheese).
- Take your chicken breast and cut an indent 3/4 of the way through so you can stuff the chicken breast.
- Take the “stuffing” ingredients and stuff 4 chicken breast.
- Use the toothpicks to hold the stuffing inside the sliced chicken breast.
- Heat a large pan on medium-high heat – spray with zero-calorie spray.
- Pan fry the stuffed chicken for about 2 minutes on each side just to get a golden crust.
- Place on a baking pan and bake for about 25-30 min or until chicken is fully cooked.



*Stuffed
Chicken*

Greek Chicken

Ingredients

- Zero-calorie olive oil spray
- 1.5 lbs boneless chicken breast
- 60g of kalamata olives pitted
- 1 red onion diced into slices
- 2-3 garlic cloves chopped
- 3 tbs red wine vinegar
- 1 tsp agave/honey/SF syrup
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp parsley
- Salt and pepper to taste
- Fat-free feta cheese (optional)

Nutritional Breakdown

Servings:	5
Kcal:	243
Carbs:	12 g
Protein:	29 g
Fats:	8 g

Directions

- Spray a nonstick pan with zero-calorie olive oil spray. Heat the large skillet over medium-high. Sprinkle the chicken with salt and pepper, then place in the hot pan. Brown the chicken on both sides, then once browned, transfer the chicken to the slow cooker.
- Place the peppers, olives, and onions on the bottom of the slow cooker and then place the chicken on top.
- In a small bowl or measuring cup, whisk together the red wine vinegar, garlic, honey, oregano, and thyme. Pour over the chicken.
- Cover and cook for 3-4 hours on high or 6-8 hours on low, or until the chicken is cooked through. Sprinkle with fat-free feta and fresh herbs.

Crockpot Mexican Chicken



Ingredients

- 1.5-2 lb of chicken
- Salsa (amount is up to your preference, I use about 1/4 of a jar)
- 1 can diced tomatoes with jalapeno pepper
- 1 packet of taco or fajita seasoning

Nutritional Breakdown

Servings:	6-8
Kcal:	210
Carbs:	9 g
Protein:	33 g
Fats:	4 g

Directions

- Place all ingredients in the crockpot.
- Set the crockpot on low setting and leave for 6-8 hours.



*Crockpot
Mexican
Chicken*

Open Stuffed Pepper

Ingredients

- 1 lb 93% lean ground beef
- 1 packet of taco seasoning
- 1 cup cooked jasmine rice
- 2 tbsp reduced-fat sour cream
- 1/4 cup diced tomatoes with jalapenos
- 1 serving of Velveeta cheese
- 2-3 green bell peppers

Directions

- In a large skillet on medium-high heat, spray the pan with non-stick spray. Add the ground beef and brown.
- In the meantime, cut the bell peppers in half, remove the stem and wash. Place in a microwave-safe bowl and microwave on high for 4 minutes.
- When the meat is no longer pink, add the taco seasoning and mix thoroughly.
- Add sour cream, diced tomatoes, and cheese, cooked rice and mix everything.
- Once thoroughly mixed add to the cooked pepper. If you want, you can then bake the pepper for extra crispness. (This is optional).

Nutritional Breakdown

Servings:	4
Kcal:	222
Carbs:	7 g
Protein:	25.5 g
Fats:	9.5 g

Honey Garlic Chicken Thighs



Ingredients


- 2 tbsp low sodium soy sauce
- 1 tbsp of chicken thighs
- 2-3 tbsp of honey (I only use 2 just fine; 1-2 times)
- Juice from 2 limes
- 1 tsp garlic powder
- 2 tsp sriracha
- 2 tbsp rice vinegar
- 1 tsp of Arrowroot
- 2 tsp fresh grated ginger
- 2 cloves chopped garlic

Nutritional Breakdown

Servings:	4
Kcal:	232
Carbs:	9 g
Protein:	17 g
Fats:	14 g

Directions

- Whisk all ingredients together (except chicken) or place them in a food processor and blend.
- Pour marinade over chicken and let marinate for at least 1 hour in the refrigerator.
- Remove chicken marinate from fridge and grill.
- With the left-over marinade pour into a small saucepan. (Heat pan over medium-high heat.)
- Once the marinade starts to boil mix 1 tsp of arrowroot with 1 tsp of water and combine to the marinade.
- Continue to mix until sauce starts to thicken and bring down to a simmer.
- Drizzle marinade over cooked chicken and top with some fresh cilantro.



*Honey
Garlic
Chicken
Thighs*

Tip Top Chicken

Ingredients

- 2 lbs chicken breast
- 2 cups of cherry tomatoes
- 1 packet of Italian seasoning
- 1 tsp garlic powder
- Handful of fresh basil
- ½ cup reduced-fat feta cheese
- Zero-calorie olive oil spray

Nutritional Breakdown

Servings:	8
Kcal:	165
Carbs:	4 g
Protein:	26.5 g
Fats:	4 g

Directions

- Preheat oven to 375 degrees.
- In an oven-safe dish, place the chicken in the center. Place the cherry tomatoes on top/on the side of the chicken in the same dish.
- Season the chicken and tomatoes with Italian seasoning, paprika, and garlic powder.
- Bake for about 40 minutes or until chicken is cooked through.
- Once the chicken is cooked, take 2 forks and shred the chicken and crush the tomatoes.
- Once chicken is shredded mix thoroughly.
- Add fresh basil, feta cheese, and mix to combine.

Halibut with Zucchini Noodles



Ingredients

- 6 ounces of halibut (Sea Bass, Cod, Scallops, Shrimp)
- 1 garlic clove, smashed
- 1/2 tablespoons olive oil
- Salt and pepper to taste
- 1/2 tbsp olive oil for noodles
- 1/2 shallot, sliced thin
- 2 garlic cloves, rough chopped
- 8 ounces zucchini noodles (zoodles – fresh not frozen)
- 2 teaspoons lemon zest
- 1 tbsp chopped Italian parsley
- 1 tablespoon lemon juice (more to taste)

Nutritional Breakdown

Servings:	1
Kcal:	334
Carbs:	11 g
Protein:	17 g
Fats:	34 g

Directions

- Heat 1/2 tbsp of oil in a pan over medium heat and add 1 smashed garlic clove and swirl to infuse garlic into the oil.
- Before adding the fish to the pan make sure to pat the fish dry.
- Season both sides of the fish with salt and pepper and pan fry the fish for about 3-5 minutes on each side (once the fish is in the oil do not keep flipping it/moving it. Let it develop a crust) Once the fish is cooked remove and set aside (make sure to cover it to keep it warm still).
- In the same skillet, heat 1/2 tbsp of oil over medium heat and add chopped shallots, garlic and sauté until about 3 minutes.
- Add zucchini noodles and season with salt and pepper.
- Sauté until noodles soften, about 3-4 minutes.
- Toss in lemon zest, fresh parsley and a squeeze of lemon.
- Taste for salt and lemon and adjust if necessary. Divide among two bowls and top with the halibut.



*Halibut with
Zucchini
Noodles*

Chipotle Chicken

Ingredients

- 1 lb chicken
- 1 small yellow onion diced into rings
- 2 tbsp chipotle seasoning
- 2 hefty tbs of can chopped green chilies ole paso
- 3 cloves of garlic
- 1/4 cup OJ
- 1 cup chicken broth (no added salt)
- 1/2 cup lime juice
- 2 tsp oregano
- Salt and pepper
- ½ cup loosely packed cilantro

Nutritional Breakdown

Servings:	4
Kcal:	169
Carbs:	8 g
Protein:	20 g
Fats:	4 g

Directions

- Add chicken to the bottom of the crockpot or Instant Pot.
- In a small bowl add diced onion and all other ingredients. Pour ingredients in the bowl into your crockpot or Instant Pot and mix well (if using an Instant Pot make sure you have enough liquid, so it doesn't burn).
- Set crockpot on low and leave for about 6-8 hours. (If using an Instant Pot set on pressure cook for about 10 minutes).

Chipotle Seasoned Salmon



Ingredients

- 4 oz of salmon, skin on
- 1 tsp Chipotle powder
- 1 tsp chili lime seasoning (TRADER JOE'S)
- 1/2 tsp garlic powder
- 1/4 tsp paprika
- 1/8 tsp onion powder
- 1/4 tsp parsley/cilantro
- Zero calorie olive oil spray

Nutritional Breakdown

Servings: 1
Kcal: 205
Carbs: 5 g
Protein: 24 g
Fats: 9 g

Directions

- Heat a pan on medium-high heat.
- Pat the seasonings onto the skin-less side of the salmon.
- Spray the pan with zero-calorie olive oil spray.
- Sear the salmon skin-side down for about 3 minutes.
- Flip the salmon and cook for another 2 - 3 minutes, or until salmon is fully cooked.
- Add a squeeze lime juice over the salmon.



*Chipotle
Seasoned
Salmon*

Chicken Thighs with Roasted Veggies

Ingredients

- 1 lb chicken thighs
- Reduced fat cheddar cheese
- Onion
- Garlic
- Zucchini
- Mushrooms
- Salt
- Pepper
- Smoked Paprika
- Cayenne Pepper
- Franks red hot sauce

Nutritional Breakdown

Servings: 4
Kcal: 232
Carbs: 9 g
Protein: 18 g
Fats: 14 g

Directions

- Season chicken thighs on both sides with Salt, pepper, smoked paprika and cayenne pepper
- Air fry at 350 for 15 min or bake.
- Chop the Onions, garlic, zucchini, mushrooms -add into a pan and cook for about 15 min
- Once done add franks red hot sauce on top and 1 serving of reduced fat cheddar cheese
- Mix together.

Beef Chili



Ingredients

- lbs 93/7 lean ground beef
- 1 packet of chili seasoning
- 1-14.5 oz cans of petite diced tomatoes with habaneros
- 1-14.5 oz can of petite diced tomatoes
- 1 cup reduced sodium vegetable or beef broth
- 1 cup cooked black beans
- 2-3 diced chipotle peppers (optional)

Nutritional Breakdown

Servings:	4
Kcal:	273
Carbs:	19 g
Protein:	27 g
Fats:	9.5 g

Directions

- Heat a large non-stick skillet/pan on medium heat. Add your ground beef and begin to brown. (Pan needs to be big enough because we will be adding everything to it).
- When the beef is 90% cooked, season with 1 packet of chili seasoning and mix.
- After the meat and seasoning are combined add the rest of the ingredients.
- Bring your pan to a boil for about 2 minutes and then reduce heat to a simmer.
- Let the chili cook for about 30-45 minutes.

A close-up photograph of a bowl of beef chili. The chili is dark red and contains chunks of beef and beans. It is topped with a generous amount of shredded yellow and orange cheese and chopped green onions. The bowl is white with a brown rim. The background is blurred, showing a wooden surface and a glass.

Beef Chili

Chicken Parm Meatballs

Ingredients

- 4 sweet potatoes
- 1 tbsp chicken breast
- 1/4- 1/2 cup Franks red hot sauce
- 4 pieces of bacon
- Scallions
- 2/3 cup plain greek yogurt
- 1 serving of reduced fat cheddar
- Cinnamon
- Salt

Nutritional Breakdown

Servings:	4
Kcal:	203
Carbs:	7 g
Protein:	31 g
Fats:	6 g

Directions

- Mix ground chicken together with breadcrumbs, egg and parmesan cheese.
- Form into 16 1-inch balls.
- Bake for about 20 min (or cooked through) on 375 degrees
- When the meatballs are done set aside.
- Heat 1.5 cups of tomato sauce in a frying pan on medium heat.
- Add the meatballs to the sauce.
- Let boil for about 5 minutes.
- Sprinkle with more parmesan cheese.

Peanut Zoodle



Ingredients

- 2 tbs peanut butter
- 2 tbs gluten free low sodium soy sauce
- 1 juice of a lime
- 1 tsp honey/agave
- ½ tsp grater ginger
- zero-calorie oil spray
- 5 oz chicken cut into cubes
- 3 oz matchstick carrots
- ¼ green pepper thinly sliced or 100 grams Bok choy
- 3 cups fresh not frozen zucchini spirals
- salt and pepper to taste

Nutritional Breakdown

Servings:	1
Kcal:	520
Carbs:	38 g
Protein:	44 g
Fats:	20 g

Directions

- To make the sauce: add the peanut butter, soy sauce, lime juice, honey, and ginger to a bowl and whisk together. Set aside.
- Heat a non-stick pan on medium heat and spray with zero-calorie olive oil spray.
- Add the cubed chicken and season with a pinch of salt and pepper.
- Sauté the chicken until cooked through and no longer pink in the middle. Remove from the pan and set aside.
- Spray the same pan again with zero-calorie olive oil spray.
- Add the carrots and diced pepper. Sauté for about 4 - 5 minutes and then add the spiralized zucchini. Season with a little salt and pepper.
- Continue to sauté for another 3 minutes and then add the chicken and peanut sauce.
- Once everything is mixed, well coated with sauce and hot remove from the heat and enjoy!



*Peanut
Zoodle*

Chicken Marsala Meatballs

Ingredients

- 2 lb 95-97% ground chicken
- 1/2 cup breadcrumbs
- 1 egg
- 1/4 cup nutritional yeast
- 1/4 cup baby spinach, chopped fine
- 1 tsp Salt
- 1/2 tsp red pepper flake
- 8 oz cremini mushrooms, sliced
- Shallot, minced
- 1 tbsp Arrowroot
- 1 cup low sodium chicken broth

Directions

- In a bowl, combine and mix egg, breadcrumbs, nutritional yeast, baby spinach, shallot, and salt and red pepper flakes.
- Once ingredients are well mixed, fold in Ground Chicken. DO NOT OVER MIX...it will make for tough meatballs.
- In your pressure cooker, put chicken broth and sliced mushrooms. Using a cookie scoop, divide into 24 meatballs and place in pressure cooker.
- Cook on High or 8 min with a 5 min natural release.
- In a separate measuring cup, whisk 1 tbsp of water and arrowroot. Carefully, stir in arrowroot mixture into pot coating every meatball and thicken the sauce.

Nutritional Breakdown

Servings:	6
Kcal:	299
Carbs:	21 g
Protein:	37 g
Fats:	8 g

Mac and Cheese



Ingredients

- 8 oz barilla protein plus elbow pasta
- 1 ½ cup cooked butternut squash - cubed ½"
- ½ cup almond milk
- ¼ cup vegetable broth
- 1 tbs arrowroot
- ½ onion - sliced
- 9 velveeta slices
- ½ cup fat-free cheese
- 3 tbs nutritional yeast
- 2 tbs panko breadcrumbs (optional)
- Salt & pepper for seasoning
- Zero-calorie olive oil spray

Nutritional Breakdown

Servings:	6-8
Kcal:	225
Carbs:	16 g
Protein:	22 g
Fats:	7 g

Directions

- Preheat oven to 400°F.
- Boil pasta as per package instructions; simultaneously, boil cubed butternut squash for 12-15 minutes until tender.
- Caramelize sliced onions in a non-stick pan with zero-calorie olive oil spray for 15 minutes.
- Mix almond milk with onions, then stir in vegetable broth and arrowroot to thicken. Simmer for 1-2 minutes and set aside.
- Drain cooked pasta and squash.
- In a food processor, blend the cooked squash, caramelized onion mixture, and nutritional yeast until smooth.
- Combine the squash sauce with pasta and Velveeta and fat-free cheese in a pot, stirring until the cheese melts.
- Transfer to a baking dish, top with 1 tbsp nutritional yeast and breadcrumbs.
- Bake for about 15 minutes or until crispy on top. Enjoy!



*Mac and
Cheese*

Lemon Kale Chicken

Ingredients

- 1.5 lbs chicken
- Kale
- ¼ cup raw rice
- 1 lemon
- ¾ cup Lite unsweetened coconut milk
- 1 onion, chopped
- 3 cloves of garlic, chopped
- ¾ cup bone broth

Nutritional Breakdown

Servings:	6
Kcal:	216
Carbs:	12 g
Protein:	28.5 g
Fats:	5 g

Directions

- Season Chicken with Italian seasoning, smoked paprika ,salt ,pepper, garlic powder.
- Preheat oven to 375 - make sure the pan you will be using is oven safe because after cooking on stove top it'll go into the oven.
- In a skillet add 1 tbsp light butter (= 50 calories) or ½ a tbsp of olive oil and pan fry the seasoning chicken on medium high for about 5-7 minutes.
- Remove chicken and set aside. Add the onion and garlic and saute for 5 minutes.
- Add the rice, lemon juice, chicken broth and coconut milk - mix to combine.
- Add chopped Kale and let it wilt down. Once wilted add the chicken back to the pan (add in more chicken broth if it looks like it needs). Bake for about 20 minutes.

Jalapeno Crema



Ingredients

- ½ cup non-fat Greek yogurt
- 1 jalapeno
- ½ cup loose bunch cilantro
- ¼ cup lime juice
- 1 clove of garlic
- 1.2 oz avocado
- Salt (to taste)

Nutritional Breakdown

Servings: 2 tbsp
Kcal: 38.5
Carbs: 3 g
Protein: 3.5 g
Fats: 2 g

Directions

- Combine all ingredients in a food processor and blend until smooth.

A bowl of vibrant green Jalapeno Crema dip is the central focus, garnished with a slice of jalapeno and fresh cilantro. The dip is served in a white ceramic bowl. In the background, a lime is sliced in half, and a small white bowl contains golden-brown tortilla chips. The entire scene is set against a light grey, textured surface.

*Jalapeno
Crema*

Taco Casserole

Ingredients

- 1 lb 93/7 ground beef
- 6 corn tortillas
- 1 onion, chopped
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 1 tbsp taco seasoning
- 1 can low sodium black beans, drained and rinsed
- 1 can of corn, drained
- 1 jar of salsa
- 2 jalapeños, seeded & chopped
- 1 cup reduced fat free cheddar
- Cheese, shredded
- Toppings: tomato, cilantro, lettuce, reduced fat sour cream, and avocado.

Nutritional Breakdown

Servings:	6
Kcal:	330
Carbs:	34 g
Protein:	27 g
Fats:	10 g

Directions

- Preheat oven to 350 degrees.
- Heat skillet on medium-high heat and spray with non-stick spray. Add the beef and cook making sure to break it up. Stir in 1/2 the chopped onion with the seasonings.
- On the bottom of a 9x12 baking dish spoon the beef mixture on to the the bottom and make sure to use a spoon with holes so it drains the excess fat.
- Layer with black beans, corn, salsa, jalapenos, onion & 1 cup of cheese.
- Layer the corn tortillas on top. Cover the dish with foil and bake for 15 minutes.

Endive Empanadas



Ingredients

- Endive leaf (or romaine)
- 10 oz 96/4 lean ground beef
- ½ yellow onion
- 4-6 spanish olives chopped
- 1 tbsp tomato paste
- ¼ cup tomato sauce with chilis
- 1 packet of sazon goya
- 1 tbsp olive oil
- 1 lime
- Cotija cheese (optional)

Nutritional Breakdown

Servings:	2
Kcal:	263
Carbs:	9 g
Protein:	31 g
Fats:	10 g

Directions

- Heat olive oil on medium-high heat in a skillet. Cook the ground beef until browned, breaking up the meat as you go.
- Add chopped onions and garlic to the meat. Cook until onions are translucent, about 5 minutes.
- Mix in tomato paste, tomato sauce, olives, sazon goya, and juice from the lime. Reduce heat to medium-low, cover, and let thicken for 15-20 minutes.
- Prepare the endive or romaine leaves while the beef mixture thickens.
- Once ready, spoon the beef mixture onto the leaves and garnish with Cotija cheese if desired.



*Endive
Empanadas*

Chicken Milanese

Ingredients

- 1 lb of chicken (each cutlet was 4oz)
- 1/4 cup of cheese
- 3/4 cup of breadcrumbs
- 1 egg and 1 egg white
- 1.5 tbsp of olive oil
- Tomato
- Red Onion
- Arugula
- Balsamic Glaze

Nutritional Breakdown

Servings:	4
Kcal:	343
Carbs:	31.5 g
Protein:	34.5 g
Fats:	10 g

Directions

- Place the chicken cutlets between two sheets of plastic wrap or parchment paper. Using a meat mallet or rolling pin, gently pound each cutlet to an even thickness.
- Season the Chicken: Season both sides of the chicken cutlets with salt and pepper to taste.
- On a plate or shallow dish, place the cheese & breadcrumbs. In a bowl, whisk together the egg and egg white.
- Coat the Chicken: Dip each chicken cutlet into the egg mixture then breadcrumb mixture, making sure it's evenly coated.
- Heat the Olive Oil: In a large skillet, heat the olive oil over medium-high heat.
- Cook the Chicken: Carefully add the breaded chicken cutlets to the hot skillet. Cook for about 3-4 minutes on each side or until they are golden brown.
- Serve: Once the chicken is cooked through and has a crispy, golden crust, remove and top with arugula salad.

Cilantro Lime Jasmine Rice



Ingredients

- Jasmine rice
- Salt
- Juice from 1-2 Limes
- Chopped cilantro

Nutritional Breakdown

Servings: 1
Kcal: 200
Carbs: 45 g
Protein: 4 g
Fats: 2 g

Directions

- Cook rice according to package instructions.
- Once rice is done, add salt, lime juice, and chopped cilantro and mix. Adjust flavorings to taste.



*Cilantro
Lime
Jasmine
Rice*

Egg White, Feta, Pesto Breakfast Wrap

Ingredients

- ½ cup egg whites
- 1 cup spinach
- 30 grams sundried tomatoes
- 1 whole wheat wrap/flat bread
- 30g of feta cheese
- 1 tbsp pesto

Nutritional Breakdown

Servings:	1
Kcal:	421
Carbs:	30 g
Protein:	31 g
Fats:	23 g

Directions

- Heat a non-stick skillet over medium heat.
- Spray the skillet with cooking spray.
- Add the fresh spinach leaves to the skillet and cook until wilted, about 1-2 minutes. Remove the spinach from the skillet and set aside.
- In the same skillet, pour the egg whites and season with salt and pepper to taste.
- Cook the egg whites, stirring occasionally, until they are fully cooked and set, about 2-3 minutes.
- While your egg whites are cooking, add 1 tbsp pesto, the cooked spinach and sundried tomatoes to the wrap.
- Once the egg whites are cooked, place them on one side of the wrap.
- Top the egg whites crumbled feta cheese.
- Fold the sides of the tortilla over the filling, then roll it up tightly to form a wrap.
- If you have time place the wrap back onto your skillet and brown both sides
- Serve immediately and enjoy your delicious and nutritious egg white spinach breakfast wrap!

Chocolate Muffins



Ingredients

- 1/4 cup gluten-free flour
- 1 scoop chocolate protein powder
- 1/2 box of chocolate powdered sugar-free pudding mix
- 1 egg
- 2 ripe bananas, mashed
- 2 tbs evaporated milk
- 3/4 tsp baking powder
- 1/4 cup yogurt
- 1/4 tsp peanut butter in the middle of muffin

Nutritional Breakdown

Servings:	10
Kcal:	79
Carbs:	23 g
Protein:	4 g
Fats:	3 g

Directions

- Preheat oven to 350 degrees Fahrenheit.
- Mash the bananas in a large bowl.
- In a separate bowl, mix the dry ingredients: gluten-free flour, chocolate protein powder, baking powder, and pudding mix.
- To the mashed bananas, add the egg, evaporated milk, and yogurt and combine.
- Mix the dry ingredients into the wet mixture until well combined.
- In a muffin tray, scoop about 1 tbsp of the mixture to cover the bottom, add 1/4 tsp of peanut butter, then cover with 1-2 tablespoons of the muffin mixture.
- Repeat to make about 10 muffins.
- Bake for 15-20 minutes or until a toothpick inserted comes out clean.



*Chocolate
Muffins*

Sheet Pan Sausage

Ingredients

- 5 lean chicken sausages (around 110 calories each)
- 1 package of trimmed and halved brussels sprouts
- 2 large potatoes or sweet potatoes, quartered
- 1 tablespoon of olive oil
- Salt & pepper

Glaze

- 2 tbsp SF syrup
- 1 tbsp dijon Mustard
- 1 tsp chili flakes
- 1-2 tbsp Water
- 1 tbsp olive oil

Directions

- Season Chicken with Italian seasoning, smoked paprika ,salt ,pepper, garlic powder.
- Preheat oven to 375 - make sure the pan you will be using is oven safe because after cooking on stove top it'll go into the oven.
- In a skillet add 1 tbsp light butter (= 50 calories) or ½ a tbsp of olive oil and pan fry the seasoning chicken on medium high for about 5-7 minutes.
- Remove chicken and set aside. Add the onion and garlic and saute for 5 minutes.
- Add the rice, lemon juice, chicken broth and coconut milk - mix to combine.
- Add chopped Kale and let it wilt down. Once wilted add the chicken back to the pan (add in more chicken broth if it looks like it needs). Bake for about 20 minutes.

Nutritional Breakdown

Servings:	4
Kcal:	304
Carbs:	27 g
Protein:	20 g
Fats:	15 g

Avocado Crema



Ingredients

- 1 avocado
- 2 tbs of water
- A handful of cilantro
- Juice from 1-2 limes
- 2-3 tbs of fat-free greek yogurt

Nutritional Breakdown

Servings: 2 tbsp
Kcal: 53
Carbs: 3 g
Protein: 1 g
Fats: 4 g

Directions

- Combine all ingredients in a food processor and blend until smooth.



*Avocado
Crema*

Southwest Chicken Salad

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, juice
- 1/4 cup non-fat greek yogurt
- 3 tbsp salsa
- 1-2 tbsp taco seasoning
- Salt & pepper

Directions

- In a large salad bowl, combine the shredded rotisserie chicken, black beans, corn, chopped bacon, thinly sliced red onion, reduced-fat cheddar cheese, and fresh cilantro. Toss everything together to mix well.
- In a separate bowl, whisk together the freshly squeezed lime juice, Greek yogurt, salsa, and taco seasoning. Start with 1 tablespoon of taco seasoning and adjust to taste. Season with salt and pepper as needed.
- Pour the Lime Yogurt Dressing over the salad. Toss the salad to evenly coat all the ingredients with the dressing.
- Divide the Southwest Chicken Salad into 4-5 servings. Enjoy

Nutritional Breakdown

Servings:	5
Kcal:	286
Carbs:	13 g
Protein:	27 g
Fats:	14 g

Homemade Pesto



Ingredients

- ½ cup walnuts
- 1.5 oz avocado
- ¼ cup Parmesan cheese
- 1 clove of garlic
- 1 cup basil (loosely packed)
- Zero-calorie olive oil spray
- 1 tbsp lemon juice

Nutritional Breakdown

Servings: 4-6
Kcal: 147
Carbs: 4 g
Protein: 6 g
Fats: 14 g

Directions

- Add all the ingredients to a food processor and blend until smooth. (If you prefer a smoother pesto, add one tablespoon of water and ½ a tablespoon of olive oil.)



Chicken Tortellini Soup

Ingredients

- 1 tbsp light butter
- 1 tbsp olive oil
- 3 stalks of celery, chopped
- 3-4 cloves of garlic, chopped
- 2 carrots, chopped
- 3 cups of bone broth
- 1 can lite unsweetened coconut milk
- 1 package of tortellini
- 1 lb of chicken shredded
- 2 cups frozen spinach
- 1/4 cup flour
- 1 tbsp italian seasoning
- 2 tsp onion powder
- Salt and pepper

Directions

- In a large pot over medium heat, melt butter and oil.
- Once butter is melted saute the celery, garlic and carrots
- After 5 -minutes season with salt, pepper, onion powder and italian seasoning.
- Once veggies are soft add the flour and stir until everything is combined
- Add the chicken broth. Add in the coconut milk. Add the frozen spinach and cooked shredded chicken.
- Turn heat up to a boil and then add the gnocchi. Let boil for 4-5 minutes. Serve and enjoy.

Nutritional Breakdown

Servings:	6
Kcal:	449
Carbs:	39 g
Protein:	33 g
Fats:	15.5 g

Caesar Salad



Ingredients

- 5 oz grilled chicken, cut into cubes
- 1 hard-boiled egg
- 3 tbsp Bolthouse Caesar dressing
- 2 tbsp almond slivers
- 1 cup Parmesan cheese
- 5 cups Romaine lettuce
- 1/4 of a red onion cut into slivers

Nutritional Breakdown

Servings: 1
Kcal: 419
Carbs: 17 g
Protein: 45 g
Fats: 18 g

Directions

- Rinse, dry and chop or tear the romaine lettuce into bite-sized pieces.
- Place in a large serving bowl and sprinkle with shredded Parmesan cheese and the rest of the ingredients.
- Drizzle with Caesar dressing and toss gently until lettuce is evenly coated.



Roman Style Chicken

Ingredients

- 2 lbs raw boneless skinless chicken thighs
- 4 bell peppers, sliced
- 1 onion, sliced
- 1 15oz can of no sodium diced tomato
- 2 garlic cloves, minced
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp dried thyme
- 2 slices pre-cooked turkey bacon, diced
- 3 tsp capers

Directions

- In a 9×13 disposable aluminum pan, place sliced peppers and onions on the bottom of the pan. Add diced tomato to pan.
- In a single layer, place chicken thighs on top of peppers and onions. Sprinkle remaining spices over the chicken thighs.
- Add diced turkey bacon and capers on top. Cover with Foil and Place in freezer.
- From Frozen, 425°, cook 45 min cover & 20 min uncovered or until chicken is cooked to an internal temperature of 165°.

Nutritional Breakdown

Servings:	5
Kcal:	336
Carbs:	16.5 g
Protein:	33 g
Fats:	8 g

Mocha Protein shake



Ingredients


- 1 tbsp unsweetened cocoa powder
- 1 scoop vanilla (or chocolate) protein powder
- 1/2 cup brewed cold coffee
- 1 cup unsweetened almond milk
- 1-2 cups ice

Nutritional Breakdown

Servings:	1
Kcal:	165
Carbs:	6 g
Protein:	26 g
Fats:	4 g

Directions

- Add all ingredients into a blender and blend on high until the desired consistency is reached.
- If the smoothie is too thick or thin for your liking, adjust the ice or almond milk to taste.

A photograph of two glasses filled with a thick, brown mocha protein shake. The glasses are set on a grey, textured cloth. A single nut is visible on the cloth in the foreground. The background is a plain, light-colored wall. The text 'Mocha Protein shake' is overlaid in a white, cursive font on the right-hand glass.

*Mocha
Protein
shake*

Banana and Coffee Overnight Oats

Ingredients

- 1 banana
- $\frac{3}{4}$ cup low fat milk (plus 2 tablespoons)
- $\frac{1}{2}$ cup strong coffee
- 2 dates, pitted and pre-soaked
- 2 tablespoons cocoa powder
- $\frac{1}{2}$ cup rolled oats
- $1\frac{1}{2}$ tablespoons chia seeds
- A pinch of sea salt
- $\frac{1}{2}$ cup fresh blueberries

Nutritional Breakdown

Servings:	2
Kcal:	375
Carbs:	72 g
Protein:	13 g
Fats:	7.1 g

Directions

- Add the banana, milk, coffee, dates, cocoa powder and salt to a blender jug and blend on high for 2 minutes until smooth.
- Add the oats and chia seeds to a 2 half pint mason jars and pour over the banana mixture. Stir until evenly combined.
- Cover with a lid and refrigerate overnight.
- Before serving your oats, stir it again and add 2 tablespoons of milk before adding the blue berries.

Tuscan Chicken



Ingredients

- 1 lb of chicken pounded thin & cut into bite-size pieces
- 3/4 cup chicken broth
- 1/2 cup coconut milk
- 1 packet Italian seasoning
- 1 tbsp arrowroot
- 2 tbsp red pepper flakes
- Zero-calorie olive oil spray
- 2 tsp of Parmesan cheese
- 2 cups chopped spinach
- 2 tbsp of roasted red peppers

Nutritional Breakdown

Servings:	4
Kcal:	178
Carbs:	5.5 g
Protein:	31 g
Fats:	5.5 g

Directions

- Coat 1 lb of chicken with 1 tbsp of arrowroot and a packet of Italian seasoning.
- Heat a large non-stick skillet on medium-high heat and spray with zero-calorie olive oil spray.
- Pan fry the chicken making sure to get a light golden crust on both sides (about 2-4 minutes each side). Once achieved, remove from the skillet.
- Add chicken broth to the skillet, making sure to scrape up the burnt pieces from frying the chicken.
- Mix 1 tbsp of arrowroot with 2 tbsp of water and add to the skillet to thicken the broth. Continue to mix until you see the broth thicken.
- Once thickened, add coconut milk and roasted red peppers.
- Turn the heat to medium and add the chicken back. Let it simmer for about 5 minutes.
- Add chopped spinach, red pepper flakes, and Parmesan cheese. Let it cook another 5 minutes or until spinach is wilted.
- Remove and enjoy!



*Tuscan
Chicken*

Curry Chicken Salad

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 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

- 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!

Nutritional Breakdown

Servings:	4
Kcal:	223
Carbs:	16.5 g
Protein:	23 g
Fats:	7.6 g

Chimichurri Chicken



Ingredients

- 2 lb of thin skinless boneless chicken breast – pounded thin
- 1/4 cup olive oil
- A bunch of fresh cilantro, chopped super fine
- A bunch of fresh parsley, chopped super fine
- 1/4 green bell pepper chopped finely
- 1/4 red onion chopped finely
- 2-3 cloves of garlic diced
- Oregano
- Garlic powder
- Paprika
- Onion powder
- Salt

Nutritional Breakdown

Servings:	8
Kcal:	221
Carbs:	2 g
Protein:	25 g
Fats:	12 g

Directions

- Season both sides of the chicken with oregano, paprika, garlic powder, onion powder, and salt.
- Place chicken in a large Tupperware.
- Add the rest of your ingredients to the Tupperware and coat chicken evenly.
- Marinate for at least 1 hour.
- Heat a grill pan on medium heat and grill chicken for about 2-3 minutes on each side or until fully cooked.
- (Best results if marinated for 4-6 hours).



Chimichurri

Chicken

Hashbrown Quiche

Ingredients

- 4 whole eggs
- 10 egg whites
- 1/2 cup almond milk
- 2 cups broccoli, chopped
- 1 red onion, diced
- 3 servings of sliced hash browns
- 4 slices of bacon
- 1 tbsp Mrs. Dash seasoning
- Wax paper

Nutritional Breakdown

Servings:	8
Kcal:	103
Carbs:	5 g
Protein:	9 g
Fats:	5 g

Directions

- Cook in microwave for 1 min or until heated through.
- Preheat oven to 325°. Cook the bacon until desired texture.
- Place a piece of wax paper on the bottom of a baking dish (9x13).
- Bake the hash browns until slightly browned (20-30 min).
- In a large bowl beat the eggs and almond milk together. Then fold in the other ingredients.
- Once the bacons and hash browns are done – spray the hash browns with non-stick spray and pour the egg mixture on top.
- Crumble bacon on top of the eggs and bake for about 35-40 minutes or until eggs are set.

Ground Turkey Taco



Ingredients

- 1 lb ground turkey
- 1/2 chopped onion
- 1-2 cloves garlic, chopped
- 1 packet low-sodium taco seasoning
- Water

Nutritional Breakdown

Servings:	4
Kcal:	171
Carbs:	3 g
Protein:	21 g
Fats:	8 g

Directions

- Cook turkey over medium heat. Once the meat starts to brown, add your garlic and onion.
- Continue to cook until meat is no longer pink; drain.
- Add packet of seasoning and follow directions on the packet for how much water.
- Bring to a boil. Reduce heat; simmer, uncovered, until the water is evaporated, about 15 minutes.
- You can skip some steps and just use the taco seasoning packet over the turkey.



Healthy Granola

Ingredients

- ½ cup oats
- ⅓ cup sliced almonds
- 2 tablespoons sunflower seeds
- 1 tablespoon flax seeds
- 2 tablespoon shredded coconut
- 2 tablespoons honey
- 1 teaspoon ground cinnamon
- 1 teaspoon coconut oil

Directions

- Mix all ingredients very well in a bowl.
- Toast this mixture in a non-stick pan on the stove at medium heat, stirring consistently for 3-5 minutes.
- Let the granola cool off and serve with fruit and yogurt/milk of choice.

Nutritional Breakdown

Servings:	6
Kcal:	237
Carbs:	27 g
Protein:	7.1 g
Fats:	13 g

Strawberry Overnight Oats



z

Ingredients

- ½ cup oats
- ½ scoop vanilla protein powder
- ¾ cup almond milk
- ¼ package of SF Cheesecake pudding by JELLO
- ½ cup greek yogurt or light and fit two good yogurt
- ½ cup strawberries
- 1 tsp chia seeds

Nutritional Breakdown

Servings: 1
Kcal: 379
Carbs: 40 g
Sugar: 6 g
Protein: 29 g
Fats: 9 g

Directions

- Place all ingredients in a mason jar, mix well, and leave overnight in the refrigerator.



Garlic Parmesan Chicken

Ingredients

- 1 lbs of chicken thighs (or breast)
- Juice from 1 large lemon
- ¼ cup parmesan cheese
- 2 tsp honey
- 4 cloves of garlic, chopped
- Onion powder
- Paprika
- Oregano
- Chili flakes
- Salt & pepper

Nutritional Breakdown

Servings:	4
Kcal:	226
Carbs:	4.5 g
Protein:	19 g
Fats:	15.5 g

Directions

- Whisk all ingredients together (except chicken) remove 1-2 tbsp of marinade.
- Pour marinade over chicken and let marinate for at least 60 min in the refrigerator.
- Once done marinating remove from fridge and grill.
- When done cooking drizzle leftover marinade on cooked chicken.

Cinnamon Top Crunch Smoothie

Ingredients

- 1 scoop vanilla protein
- 1/2 cup cinnamon toast crunch cereal
- Dash of cinnamon
- Fairlife fat-free milk (or milk of choice)
- Ice

Nutritional Breakdown

Servings:	1
Kcal:	285
Carbs:	26 g
Protein:	38 g
Fats:	3 g

Directions

Blend all the ingredients in a food processor and serve.



Shakshuka

Ingredients

- 1 tablespoon olive oil
- ½ red onion, finely chopped
- 1 clove garlic, finely chopped
- ½ teaspoon ground cumin
- ½ pound tomatoes, cut in half
- 4 medium eggs
- ¼ cup baby spinach, finely chopped
- Salt and pepper to taste

Nutritional Breakdown

Servings:	2
Kcal:	234
Carbs:	11 g
Protein:	13 g
Fats:	16 g

Directions

- Preheat the oven to 400°F.
- Heat a large oven safe skillet over medium heat. Add the onion and sauté for 5 minutes until lightly golden and soft.
- Add the garlic, cumin, salt, and pepper and cook for another minute
- Stir in the tomatoes and transfer to the oven and cook for 10 minutes
- Remove the skillet from the oven and make 4 small wells and crack in the eggs.
- Bake for 8-10 minutes until the white is cooked.
- Add the spinach and cook for another 2 minutes before serving.

Caffe Latte

Ingredients

- 1 cup iced coffee
- 1/3 cup chocolate oat milk
- 3/4 Premier Protein Caffè Latte protein shake

Nutritional Breakdown

Servings:	1
Kcal:	160
Carbs:	11 g
Protein:	21 g
Fats:	3 g

Directions

Blend all the ingredients in a food processor and serve.



Spiced Yogurt and Egg Skillet

Ingredients

- 1 tablespoon Extra Virgin olive oil
- 6 oz onion, diced
- ½ cup chickpeas drained and rinsed
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 2 cups kale leaves, thinly sliced
- 2 large eggs
- ¼ cup full fat yogurt
- 1 tablespoon mint, diced
- 1 tablespoon parsley, diced
- 1 lemon, juiced
- ½ cup sundried tomatoes, thinly sliced
- Sea salt and ground pepper to taste

Nutritional Breakdown

Servings:	2
Kcal:	306
Carbs:	33 g
Protein:	15 g
Fats:	15 g

Directions

- Using a large skillet over medium-low heat, add the extra virgin olive oil, shallot, sundried tomatoes, and garbanzo beans. Sprinkle with ½ cumin and coriander, and cook for 2-3 minutes, tossing occasionally.
- Add the sliced kale, cook for 1 minute until it starts turning darker. Add the remaining spice and seasoning.
- Hollow out three spots for the eggs. Crack the eggs into the hollows and cook for 5-7 minutes or until the white has fully firmed up.
- Add the Greek yogurt around the egg just before they have finished cooking. Switch off the heat and set the skillet aside.
- Top with the diced herbs, lemon juice, and if necessary, adjust the seasoning again.

Choco Protein Power Smoothie

Ingredients

- 1 scoop chocolate protein
- 2 dates
- 1 tbsp peanut butter
- 1/2 frozen banana
- 2 tsp unsweetened cocoa powder
- Almond milk
- Ice

Directions

Blend all the ingredients in a food processor and serve.

Nutritional Breakdown

Servings:	1
Kcal:	388
Carbs:	42 g
Protein:	30 g
Fats:	12 g



Smoked Paprika Paella with Cod

Ingredients

- 1 tablespoon olive oil
- 1 onion, peeled and finely chopped
- 2 cloves garlic, finely chopped
- 1 cups basmati rice
- 2 teaspoon ground turmeric
- 2 teaspoons smoked paprika
- 2 cups vegetable broth
- 1 large bell pepper, deseeded and chopped
- 1 large zucchinis, chopped
- 1 cup frozen peas
- 0.8 pounds cod loins, skinless and cut into 2-inch pieces
- 3 tablespoons fresh parsley, roughly chopped
- 1 tablespoon lemon juice
- Sea salt and black pepper to taste

Directions

- Heat the oil in a non-stick frying pan over medium-high heat. Fry the onions for 2 minutes or until they are softened. Add the garlic and cook for another minute.
- Add the rice and spices, give it a quick stir, then pour in the vegetable broth and bell pepper. Cover the pan with a lid, lower the heat, and let it simmer for 20 minutes.
- Stir in the baby marrow, cover the pan again, and cook for 10 minutes.
- Add the peas and cod, and cook for an additional 10 minutes until the rice has softened and all the liquid has been absorbed.
- Sprinkle with parsley and serve hot.

Nutritional Breakdown

Servings:	2
Kcal:	772
Carbs:	113 g
Protein:	62 g
Fats:	9.6 g

Mixed Berry Smoothie

Ingredients

- 1 scoop vanilla protein
- 1 cup frozen berries
- 1/2 cup non-fat Greek yogurt
- 1 cup almond milk

Nutritional Breakdown

Servings:	1
Kcal:	280
Carbs:	28 g
Protein:	36 g
Fats:	4 g

Directions

Blend all the ingredients in a food processor and serve.



Steak Fajita Bowl

Ingredients

- ½ pound skirt steak
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, finely chopped
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- ½ teaspoon garlic powder
- Salt and ground pepper to taste
- ⅓ red pepper, deseeded and thinly sliced
- ⅓ green pepper, deseeded and thinly sliced
- ⅓ red onion, peeled and thinly sliced
- 0.25-pound mushrooms, thinly sliced
- 1 cup baby spinach, destemmed
- 1 jalapeno, deseeded thinly sliced
- ¼ cup cilantro, finely chopped
- 1 tablespoon lime juice
- ½ cup dry quinoa
- ½ cup vegetable stock
- ½ cup water

Directions

- Marinate the steak with your chosen ingredients, cover, and refrigerate for an hour.
- Heat a griddle pan until smoking, cook the steak for 4 minutes on each side, then let it rest covered for 10 minutes before slicing.
- In a skillet, sauté peppers, onions, mushrooms, jalapeno, and spinach in olive oil; season with lime juice, salt, and pepper.
- Rinse quinoa under cold water, then cook in a mix of vegetable stock and water until the liquid is absorbed.
- Let the quinoa stand covered for 5 minutes after cooking.
- Serve by dividing quinoa into bowls, topped with steak and vegetables, garnished with chopped cilantro.

Nutritional Breakdown

Servings:	2
Kcal:	347
Carbs:	20 g
Protein:	40 g
Fats:	16 g

Banana Nut Smoothie

Ingredients

- 1 scoop vanilla protein
- 1 cup almond milk
- 1 frozen banana
- 1 tbsp peanut butter
- 1 tbsp PB Fit

Nutritional Breakdown

Servings:	1
Kcal:	381
Carbs:	38 g
Protein:	34 g
Fats:	13 g

Directions

Blend all the ingredients in a food processor and serve.



Ground Chicken Teriyaki

Ingredients

- 1 lb ground chicken
- 2 ½ cups broccoli finely chopped
- 2 carrots finely chopped
- 2 cloves of garlic
- Onion powder – eyeball about 2-3 tsps
- 1-2 stalks of scallions chopped

For the Sauce:

- 1/4 cup low sodium soy sauce
- 1/4 cup G Hughes sugar-free teriyaki sauce
- 1/3 cup water
- 2 tbs rice vinegar or apple cider vinegar
- 1 clove of garlic minced
- 1 tsp of ground ginger
- 1 tbs arrowroot
- 2 tbs warm water

Directions

- Make the sauce: Combine soy sauce, water, teriyaki sauce, vinegar, garlic, and ginger in a saucepan over medium/high heat.
- Mix arrowroot and water in a measuring cup. Mix it thoroughly to make it like a paste.
- Combine the arrowroot mixture to the saucepan and continue to mix until you see it thicken.
- Bring it to low heat while you prepare your chicken.
- Prepare your chicken: In a large skillet over medium high heat, spray the pan with zero-calorie cooking spray and add ground chicken, onion powder, and garlic.
- Cook until chicken crumbles and is no longer pink. Then add your chopped broccoli and carrots and stir well.
- Once your ground chicken is cooked add the sauce mixture to your pan. Stir and let chicken for another 5-10 minutes. Add chopped scallion and sesame seeds.

Nutritional Breakdown

Servings:	4
Kcal:	200
Carbs:	12 g
Protein:	20 g
Fats:	7 g

French Onion Chicken Soup



Ingredients

- Chicken Breast: 16 oz, sliced
- Olive Oil: 2 teaspoons
- White Onion: 1 cup, chopped
- Mushrooms: 1 container (8 oz), sliced
- Bone Broth: 2 cups
- Arrowroot Flour: 2.5 tablespoons
- Light Soy Sauce: 2 tablespoons
- Garlic: 10 grams, crushed

Nutritional Breakdown

Servings:	4
Kcal:	227
Carbs:	13 g
Protein:	33.6 g
Fats:	5 g

Directions

- Heat olive oil in a medium pot 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.
- In the same pot, add another tsp of oil, and cook the onions until almost caramelized (use more oil if needed). Stir in garlic and mushrooms, cooking until softened.
- Add the chicken to the pot. Add bone broth, soy sauce and rest of seasoning, bringing everything to a gentle simmer.
- Make a slurry by whisking arrowroot flour with a bit of water, then stir this into the simmering soup to thicken.
- Let the soup simmer for 20 minutes, allowing it to thicken and the flavors to meld.
- Serve your French Onion Chicken Soup hot, enjoying the rich flavors and hearty texture!

A close-up photograph of a white bowl filled with French Onion Chicken Soup. The soup has a rich, golden-brown broth. A large, golden-brown bread crouton is prominently placed in the center, topped with a thick layer of melted, bubbly cheese. The background is a dark, textured surface.

*French
Onion
Chicken
Soup*

Sesame White Fish

Ingredients

- 1 red chili, finely chopped
- ½ cup coconut milk
- 1 tablespoon fresh cilantro, roughly chopped
- 1 garlic clove, finely chopped
- 3 inches fresh ginger, finely grated
- 0.44 pounds white fish fillets, skin off
- 1 lime, juiced
- 2 teaspoons white sesame seeds
- 0.26 pounds snap peas, halved lengthways
- 0.26 pounds baby corn, cut into ½-inch pieces
- 2 tablespoons tamari
- 0.26 pounds broccoli florets

Directions

- Preheat the oven to 445°F and line a baking tray with non-stick paper.
- Take a baking tray lined with non-stick paper and place the fish on it, season with sea salt and black pepper. Bake for 10-15 minutes until the fish is cooked.
- Heat a large frying pan over medium-high heat. Add broccoli, baby corn, and snap peas, and cook for 3-4 minutes until golden. Add garlic, ginger, and chili and cook for 2 minutes.
- Add coconut milk, tamari, and half of the cilantro. Cook for 2-3 minutes until most liquid evaporates and the vegetables soften. Squeeze in the lime juice and adjust the seasoning if necessary.
- Serve hot.

Nutritional Breakdown

Servings:	2
Kcal:	220
Carbs:	23 g
Protein:	25 g
Fats:	4.5 g

Lasagna Soup



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

- **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.
- **Add Tomato Paste:** Add tomato paste and mix until beef and onions are evenly coated.
- **Pour in Marinara and Spices:** Add marinara sauce, red pepper flakes, parsley, oregano, and basil. Mix well.
- **Simmer with Broth:** Pour in the bone broth and bring the mixture to a simmer.
- **Incorporate Pasta and Spinach:** Break the lasagna sheets into the pot and let boil for 15 minutes. After 10 minutes add the frozen spinach.
- **Finish with Coconut Milk:** Stir in coconut milk for creaminess and heat through.
- Continue to boil until pasta is cooked through.

Nutritional Breakdown

Servings:	6
Kcal:	511
Carbs:	63 g
Protein:	14 g
Fats:	35 g



*Lasagna
Soup*

Spiced Honey Shrimp with Sweet Potato

Ingredients

- ½ pound raw, peeled, and deveined shrimp
- 1 teaspoon freshly ginger, finely grated
- 1 clove garlic, peeled and finely grated
- 1 tablespoon honey
- 1 tablespoons soy sauce
- A pinch of dried red pepper flakes
- ½ teaspoon chilli oil
- A pinch of black pepper
- 1 teaspoon sesame seeds
- 1 pound cauliflower, cut into florets
- 4.5oz sweet potato, peeled and cut into cubes
- ¼ cup vegetable broth
- 1 cup edamame beans, shelled
- 1 cup spinach
- 1 teaspoon coconut oil

Directions

- Whisk together ginger, garlic, honey, soy sauce, pepper flakes, chili oil, and black pepper in a small bowl. Add the shrimp and toss it well to coat.
- Heat a large non-stick skillet over medium-high heat. Add coconut oil and spread the shrimp in an even layer. Cook for 3-5 minutes until the shrimp becomes opaque and fully cooked. Once done, remove from the heat, sprinkle with sesame seeds, and set aside.
- add sweet potato and cauliflower in a large pot with enough cold water to cover them by 1 inch. Cook over high heat for 15 minutes until the vegetables are tender but not falling apart.
- Strain the vegetables well and return them to the pot along with coconut milk and vegetable broth. Mash the vegetables until smooth using a potato masher.
- Heat a non-stick frying pan over medium-high heat. Add olive oil and edamame, and cook for 3 minutes, then add spinach, cover, and steam for 1 minute. Remove from heat.
- Serve hot.

Nutritional Breakdown

Servings:	2
Kcal:	423
Carbs:	50 g
Protein:	35 g
Fats:	10 g

Big Mac Casserole

Ingredients

- 2-3 cups Frozen Tater Tots

For the Burger Meat:

- 2 lbs lean ground beef
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1.5 tsp salt
- ½ tsp pepper

Remaining Ingredients:

- 1 cup shredded cheddar cheese
- 1 cup cherry tomatoes halved
- 1.5 cups shredded lettuce
- ½ cup dill pickle chips
- ½ cup diced white onion

Directions

- Preheat Oven: Set to 375°F to ensure it's ready for baking.
- Sauté: In a skillet, lightly fry onions and garlic to bring out their flavors.
- Brown Beef: Add the ground beef to the skillet, seasoning with spices until fully cooked.
- Layer Tater Tots: Arrange a layer of frozen tater tots in the bottom of a 9x13 inch baking dish, covering the surface evenly.
- Add Beef: Spread the cooked beef evenly over the tater tot layer.
- Cheese Topping: Cover the beef with a generous layer of cheese and bake for 15 minutes, or until the cheese is bubbly and golden.
- Prepare Sauce: While the casserole bakes, mix up the Big Mac sauce for topping.
- Garnish and Serve: Once baked, add fresh lettuce, tomato slices, pickles, and chopped onions on top, then drizzle with the sauce before serving.

Big Mac sauce ingredients (just mix together):

- ½ cup plain non-fat Greek yogurt, sub mayo for dairy free
- 2 tsp yellow mustard
- 2 tsp pickle relish
- 2 tsp ketchup
- 1 tsp coconut aminos
- ½ tsp salt
- ½ tsp paprika

Nutritional Breakdown

Servings:	8
Kcal:	501
Carbs:	28 g
Protein:	35 g
Fats:	28.7 g



*Big Mac
Casserole*

Cranberry Apple Chicken Salad

Ingredients

- 12 oz cooked shredded chicken
- $\frac{3}{4}$ granny smith apple, diced into cubes
- $\frac{1}{2}$ red onion, diced
- 2-3 celery sticks, chopped
- 1 jalapeno, chopped
- 1.3 oz 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

- 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!

Nutritional Breakdown

Servings:	4
Kcal:	196
Carbs:	15.5 g
Protein:	22.6 g
Fats:	6 g

Pepperoni Pinwheel



Ingredients

- 1 large flour tortilla
- 2 tablespoons pizza sauce
- 1/4 cup shredded mozzarella cheese
- 1/4 cup sliced pepperoni
- 1/2 tablespoon chopped fresh basil (optional)
- Olive oil or cooking spray

Nutritional Breakdown

Servings:	6
Kcal:	75
Carbs:	6 g
Protein:	3 g
Fats:	4 g

Directions

- Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
- Lay out the tortilla on a clean work surface.
- Spread pizza sauce evenly over the tortilla, leaving a small border around the edges.
- Sprinkle shredded mozzarella cheese over the sauce, covering the entire surface of the tortilla.
- Arrange sliced pepperoni over the cheese layer.
- If using, sprinkle chopped fresh basil over the pepperoni.
- Starting from one end, tightly roll up the tortilla into a log shape.
- Using a sharp knife, slice the rolled tortilla into 1-inch thick pinwheels.
- Place the pinwheels on the prepared baking sheet, seam side down.
- Lightly brush the tops of the pinwheels with olive oil or spray with cooking spray.
- Air fry until the pinwheels are golden brown and the cheese is melted and bubbly.



*Pepperoni
Pinwheel*

Lentil Bolognese

Ingredients

- 1 tablespoon olive oil
- 1.5 oz carrot, finely chopped
- 1.5 oz red bell pepper, deseeded and finely chopped
- 1 teaspoon garlic powder
- 2 teaspoon onion powder
- 2 tablespoons tomato paste
- 1 oz walnuts, finely chopped
- 3.5 oz dry red lentils, soaked and rinsed
- 11 oz chopped tomatoes
- 2 teaspoon dry oregano
- 2 teaspoon dry basil
- 1 cup vegetable stock
- 1 cup water
- 3.5 oz kidney beans
- 2 teaspoon brown sugar
- 1 teaspoon white wine vinegar
- 1 teaspoon sea salt

Directions

- Heat olive oil in a pot over medium heat. Add in carrots and red pepper and cook for 5 minutes until softened. Add the tomato paste and walnuts, and cook for 2 minutes.
- Add lentils, tomatoes, oregano, basil, vegetable stock and water and stir to combine. Bring the mixture to a boil, then cover with a lid, lower the temperature and allow to simmer for 20 minutes, occasionally stirring until the lentils have softened and the sauce thickens. Add the kidney beans and cook for another 10 minutes. If necessary, add a few more tablespoons of water if the mixture is too thick.
- Bring a pot of water to a boil. Add the salt and spaghetti and cook, often stirring, for 7 minutes. Strain using a colander.
- Serve the Bolognese sauce over cooked spaghetti.

Nutritional Breakdown

Servings:	2
Kcal:	361
Carbs:	43 g
Protein:	14 g
Fats:	17 g

Cornflake Chicken Fingers



Ingredients

- 1 lb (450g) boneless, skinless chicken breasts, cut into strips
- 2 cups cornflakes, crushed
- 1/2 cup all-purpose flour
- 2 eggs
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Cooking spray or olive oil, for coating

Nutritional Breakdown

Servings:	4
Kcal:	369
Carbs:	37.5 g
Protein:	32.6 g
Fats:	8.95 g

Directions

- **Prep Oven & Baking Sheet:** Heat your oven to 400°F (200°C). Use parchment or foil to line a baking sheet, then grease lightly.
- **Mix Coating:** In a bowl, mix crushed cornflakes, garlic powder, paprika, salt, and pepper.
- **Ready Flour & Eggs:** Place flour in one bowl. In another, beat eggs.
- **Coat Chicken:** Dredge chicken in flour, dip in eggs, then coat with cornflake mix. Place on baking sheet.
- **Bake:** Spray or brush chicken with oil. Bake for 15-20 mins until crispy.
- **Cool & Serve:** Let cool slightly, then serve with your choice of sauce.



*Cornflake
Chicken
Fingers*

Korean Bulgogi

Ingredients

- 9 oz rump steak, thinly sliced
- 1½ tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- ½ tablespoon sesame oil
- 1 clove of garlic, finely chopped
- ½ teaspoon ground black pepper
- 1 tablespoon pear puree
- 1 teaspoon sesame seeds
- ½ cup red cabbage, thinly sliced
- ½ pear, thinly sliced
- ½ cup broccoli, steamed
- 2 eggs, boiled
- 1 teaspoon sesame seeds
- ½ spring onion, thinly sliced diagonally

Directions

- Make the sauce by mixing the marinade ingredients and adding the beef. Mix well until evenly coated and set aside to marinate.
- Heat a non-stick frying pan over medium-high heat, add the coconut oil and beef, and fry for 4-6 minutes until slightly browned on both sides.
- Heat a large wok with medium-high heat. Add the coconut oil, remove the steak from the marinade and add it to the hot pan. Cook for 2 minutes until it starts to caramelize, then turn and cook for another 2 minutes. Add a few tablespoons of the marinade and cook for 2 minutes until the sauce has thickened slightly and the beef is evenly coated. Remove from the heat and stir in the sesame seeds.
- Mix the cabbage and pear with a pinch of salt and pepper, then add it to the bowl. Add the broccoli, spring onion and poached egg and serve.

Nutritional Breakdown

Servings:	2
Kcal:	232
Carbs:	25 g
Protein:	5.4 g
Fats:	4.8 g

Miso Chicken with Fried Rice



Ingredients

- 12 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 tsp Chili Crunch Oil

Nutritional Breakdown

Servings:	1
Kcal:	423
Carbs:	57 g
Protein:	32 g
Fats:	6.6 g

Directions

- Combine miso, soy sauce, honey, and sesame oil to marinate the chicken. Let it sit for at least 30 minutes.
- Cook the chicken in a preheated oven at 375°F (190°C) until the internal temperature reaches 165°F (75°C).
- For the fried rice, use the same pan to sauté finely chopped scallions, shallot, and garlic; then stir in the cooked rice, seasoning with soy sauce and rice vinegar.
- Prepare a salad with your choice of fresh veggies and cilantro.
- Heat the chili crunch oil and drizzle it over the salad just before serving.
- Serve the miso chicken over the fried rice and top with the dressed salad.



Baked Cod with Rocket Pesto

Ingredients

- 11 oz cod fillets
- 1 teaspoon coconut oil
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 5.5 oz sweet potato, cut into 1-inch cubes
- 1 teaspoon coconut oil
- 1 clove of garlic, finely chopped
- 1 teaspoon dried rosemary
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 cup green beans, tops removed
- 0.5 oz rocket leaves
- 1 tablespoon basil leaves
- 1 clove of garlic, finely chopped
- ¼ cup cashew nuts
- 2 tablespoons olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Directions

- Preheat the oven to 400°F.
- Add the sweet potato, garlic, coconut oil and seasoning to a baking tray and mix until coated. Roast for 25 minutes until golden and fork-tender. Remove once done.
- Take the fish fillets and pat them with a paper towel to absorb excess water. Season the fish on both sides with sea salt and pepper. Cut the fish into 2 pieces per fillet and put them on a lined baking tray. Add the coconut oil and bake for 13-14 minutes until soft and flaky.
- To make the pesto add all the ingredients to a food processor and blend. Taste and adjust the seasoning if necessary.
- Bring a pot of salted water to a boil. Once boiling, add the green beans and blanch for 2-3 minutes until soft but tender. Drain and place the beans in a bowl filled with ice water to stop the cooking process.
- When serving, place the sweet potato and green beans on a plate, and add the fish and spoon over a few teaspoons of pesto. Serve hot.

Nutritional Breakdown

Servings:	2
Kcal:	565
Carbs:	25.5 g
Protein:	40.7 g
Fats:	34.8 g

Taco Pasta



Ingredients

- 1 lb lean ground turkey
- 1 onion diced
- 1 clove garlic
- 1 green pepper diced
- 2 tbsp taco seasoning
- 1 tbsp tomato paste
- 1 cup salsa
- 1 1/2 cup low sodium bone broth
- 1 cup water
- 1 cup milk (fat-free)
- 8 ounces pasta
- 1 cup reduced fat cheddar cheese, grated
- ½ cup cottage cheese
- Parsley or cilantro to garnish

Nutritional Breakdown

Servings:	6
Kcal:	590
Carbs:	59 g
Protein:	56 g
Fats:	15 g

Directions

- In a medium skillet, cook down ground turkey till no longer pink.
- Add onions, green pepper and garlic. Cook 2-3 minutes on medium heat.
- Add in taco seasoning, tomato paste and salsa. Combine well.
- Add in liquids. Bring to a boil, toss in pasta and reduce heat slightly. It should still be bubbling.
- Cover and cook till pasta is almost cooked through, about 8 minutes.
- Add in cheese, mix and cook for an additional minute or two.
- Remove and top with herbs. Enjoy!



Kung Pow Chicken

Ingredients

- 4.5 oz cauliflower, cut into florets
- 14 oz chicken breast, cut into 1-inch cubes
- 1 teaspoon olive oil
- ½ tablespoon corn starch
- 1 tablespoon vegetable stock
- ½ tablespoon tamari
- ½ teaspoon sriracha
- ¾ teaspoon balsamic vinegar
- ¾ teaspoon hoisin sauce
- ¼ teaspoon coconut sugar
- ½ clove garlic, finely chopped
- ¼ cup uncooked basmati rice
- ½ cup water
- 1 tablespoon spring onion, thinly sliced diagonally
- 2 tablespoons peanuts, roughly chopped

Directions

- Preheat the oven to 400°F and line a baking tray with non-stick paper.
- Toss the chicken, cauliflower, olive oil and corn starch together in a bowl. Transfer to the lined baking tray and roast for 20 minutes, turning halfway through, until golden brown and crispy. Remove from the oven and set aside until needed.
- Place the rice and water in a pot over medium-high heat and bring the water to a simmer. Cover with a lid, turn the temperature to medium-low and leave to cook for 12 minutes. Do not lift the lid before then.
- Remove from the heat and leave the rice to stand for 5-10 minutes covered. Remove the lid and use a fork to fluff the rice.
- To make the sauce, mix all the sauce ingredients in a small pot over medium-high heat and allow it to cook for 5 minutes.
- Pour the sauce over the chicken and cauliflower and toss until evenly coated.
- Spoon some rice into the bottom of a serving bowl, top with chicken and cauliflower, and then finish with spring onion and peanuts.

Nutritional Breakdown

Servings:	2
Kcal:	127
Carbs:	24 g
Protein:	3.6 g
Fats:	2.5 g

Dill Chicken



Ingredients

- Chicken breast, raw, skinless: 16 ounces
- Olive oil: 1 tablespoon
- Fresh dill weed: 1 cup sprigs
- Lemon juice: from 1 lemon
- Paprika: 2 teaspoons
- Fat-free feta cheese: 1 ounce

Nutritional Breakdown

Servings:	4
Kcal:	183
Carbs:	1 g
Protein:	30 g
Fats:	5 g

Directions

- Marinate the chicken breast with lemon juice, chopped fresh dill, paprika, salt, and black pepper.
- Heat olive oil in a skillet over medium-high heat. Add the marinated chicken and cook until golden brown on both sides.
- Crumble feta cheese over the cooked chicken and serve with a side of greens or your choice of vegetables.
- Enjoy a zesty, herbaceous meal that's both flavorful and light!



*Dill
Chicken*

Chicken with Poblano Chili Pepper

Ingredients

- 12oz skinless chicken breasts
- Sea salt and black pepper to taste
- 1 tablespoon olive oil
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 large poblano peppers, roasted, peeled, and seeded
- 1 cup plain yogurt
- 2 tablespoons monk fruit sweetener
- 1 teaspoon ground coriander
- 7oz spinach

Nutritional Breakdown

Servings:	2
Kcal:	242
Carbs:	29 g
Protein:	8.6 g
Fats:	12 g

Directions

- Preheat your oven to 400°F. Roast the poblano peppers in the oven until the skin is charred. Place them in a bowl, cover with plastic wrap, and let them steam for 10 minutes.
- Season the chicken breasts with salt, black pepper, cumin, smoked paprika, garlic powder, and onion powder—heat olive oil in a large skillet over medium-high heat. Cook the seasoned chicken breasts for 10-15 minutes on each side or until they turn golden brown and are cooked through.
- Peel off the skin from the roasted peppers, remove seeds, and chop them roughly. Combine roasted poblano peppers, Greek yogurt, monk fruit sweetener, honey, ground coriander, salt, and black pepper in a blender. Blend until smooth.
- Pour the sauce over the cooked chicken in the skillet. Simmer for 5 minutes, letting the sauce thicken slightly.
- Spoon the chicken and sauce over your preferred starch.

Bacon Ranch Chicken Salad



Ingredients

- Chicken Breast: 12 ounces, cooked and chopped
- Buttermilk Ranch Dressing: 4 tablespoons
- Cottage Cheese (reduced fat, 2%): 1 cup
- Cheddar Cheese (reduced fat): 28 grams, shredded
- Chives: 2 tablespoons, chopped
- Bacon: 3 pieces, cooked and crumbled

Nutritional Breakdown

Servings:	1
Kcal:	423
Carbs:	57 g
Protein:	32 g
Fats:	6.6 g

Directions

- 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!



*Bacon
Ranch
Chicken
Salad*

Breakfast Tacos

Ingredients

- 1 tablespoon coconut oil
- 1 pound ground beef
- ½ red onion, finely chopped
- 1 clove garlic, finely chopped
- 1 teaspoon ancho chili powder
- 1 teaspoon smoked paprika
- 2 jalapeno peppers, finely chopped
- ½ cup orange juice
- ¼ cup water
- 1 cup pineapple chunks
- ¼ cup cilantro, finely chopped
- ¼ cup basil, finely chopped
- 1 lime, juiced
- 3 corn or flour tortillas, warmed
- 6 eggs,
- 1 avocado, sliced
- ¼ cup feta cheese, for serving

Directions

- Using a large skillet, heat the coconut oil over high heat. Add the onion and ground beef, cook, often stirring and breaking up the meat until the meat has browned.
- Add the garlic, chili powder, paprika, salt, jalapeno peppers, orange juice, ¼ cup water, and half the pineapple. Reduce to medium heat and cook for 15 minutes until the sauce has thickened.
- Remove the skillet from the heat and add the cilantro.
- Combine the remaining pineapple, basil, lime juice, and a pinch of salt.
- For the fried eggs, heat a non-stick frying pan on medium heat and add some coconut oil. Crack the eggs into the pan. Cook until the tops of the whites have firmed up, but the yolk is still runny.
- When they're ready, season with salt and pepper and remove from the heat; using a spatula take the egg out of the pan. Place on a plate when done.
- To serve, divide the fried eggs among tortillas and top with the pork mix. Add the pineapple-basil-salsa, avocado, and feta cheese.

Nutritional Breakdown

Servings:	6
Kcal:	474
Carbs:	24 g
Protein:	30 g
Fats:	29 g

Chicken Bacon Ranch Meatballs



Ingredients

- Ground Chicken: 16 oz
- Egg: 1 large
- Chicken Bacon: 4 slices, cooked and finely chopped
- Panko Breadcrumbs: 1/2 cup
- Scallions: 1 cup, finely chopped
- Reduced-Fat Mexican Cheese: 56 g, shredded
- Trader Joe's Ranch Dressing: for topping

Nutritional Breakdown

Servings:	4
Kcal:	378
Carbs:	14 g
Protein:	32.3 g
Fats:	22 g

Directions

- Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
- In a large bowl, mix the ground chicken with the chopped chicken bacon, panko breadcrumbs, scallions, and shredded cheese. Crack in the egg and mix until well combined.
- Roll the mixture into meatballs and place them on the baking sheet.
- Bake in the oven for 20-25 minutes or until the meatballs are cooked through.
- Once cooked, drizzle with Trader Joe's Ranch Dressing before serving. Enjoy!



*Chicken
Bacon
Ranch
Meatballs*

Red Curry Chicken Meatballs

Ingredients

- 9 oz ground chicken
- 1 spring onion, thinly sliced
- 1 clove of garlic, finely chopped
- 1 teaspoon soy sauce
- 1 tablespoon sesame oil
- ¼ yellow onion, finely chopped
- 1 red pepper, deseeded and thinly sliced
- 1 cm fresh ginger, peeled and finely grated
- 1 tablespoon Thai red curry paste
- 7 fl oz of unsweetened, light coconut milk
- 1 teaspoon soy sauce
- 1 teaspoon fish sauce
- 1 tablespoon coriander, finely chopped
- 1 teaspoon lime juice

Directions

- Preheat the oven to 430°F and line a baking tray with non-stick paper.
- In a mixing bowl, add the chicken, spring onion, garlic and soy sauce and mix until combined. Roll the mix into tablespoon-sized balls and evenly place them on the baking tray. Transfer the baking tray to the oven and cook for 15-17 minutes until firm and crisp. Remove from the oven and set aside.
- Heat the sesame oil in a frying pan over medium heat. Add the onion, red pepper and ginger and cook for 8 minutes until they have softened and turned fragrant.
- Add the curry paste and cook for 1 minute, then add the coconut milk, soy sauce and fish sauce. Stir and bring the mixture to a boil. Add the meatballs into the sauce and cook for 5-10 minutes until the sauce starts to thicken. Remove from the heat and stir in the lime juice and cilantro.
- Serve the meatballs and sauce over your choice of starch.

Nutritional Breakdown

Servings:	2
Kcal:	482.7
Carbs:	33.2 g
Protein:	33.9 g
Fats:	25 g

Lemon Dill Tuna Salad

Ingredients

- 3 cans of tuna
 - 1/4 cup red onion
 - 1/4 cup celery
 - 2-3 tbsp dill 1/4 cup greek yogurt
 - 1 tbsp mayo
 - 1/2 of a lemon zest
 - 1 lemon, juiced
 - 1 tsp apple cider vinegar
 - 1 tsp dijon mustard
- Salt & pepper

Nutritional Breakdown

Servings:	4
Kcal:	141
Carbs:	7 g
Protein:	20.5 g
Fats:	4 g

Directions

Mix all the ingredients and have on a salad or on sourdough.