



WEEK ONE

WEEK 1

BREAKFAST

LUNCH

SNACK

DINNER

MON

Greek Yogurt and Berries

Open Faced Egg Salad Sandwich

Grapes & String Cheese/Turkey Sliced Rollups

Spaghetti Squash

TUE

Ham & Egg Scramble

LEFTOVERS
Spaghetti Squash

Apple with Powdered Peanut Butter and Cinnamon

Grilled Salmon Tacos

WED

Waffle

LEFTOVERS
Taco Bowl

Light Popcorn & Turkey Jerky

Greek Chicken Gyro With French Fries

THU

Smoothie

Greek Salad

LEFTOVERS
Chicken Gyro

Poke Bowl

FRI

Breakfast Tacos

Hamburger and Fries

Poke Lettuce Wraps

Chicken Noodle Soup

SAT

Avocado Toast

Cobb Salad

Hummus, Tzatziki and Vegetables

Enchiladas

SUN

Frittata

LEFTOVERS
Enchiladas

Greek Yogurt and Berries

Hamburger and Fries



BREAKFAST



GREEK YOGURT AND BERRIES

INGREDIENTS

- 12 oz Two Good Vanilla Yogurt
- 1 cup Strawberries
- ¼ Cup Granola

Tips:

1. Chobani Zero Sugar is another great yogurt option.
2. If strawberries aren't your jam, swap out for any other fruit.
3. Skip the granola and triple your berries!



1 Serving

YOGURT PARTFAIT	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Yogurt, Two Good - 12oz	120	6	3	18
Granola, 1/4 cup	117	20	3	3
Strawberries	24	6	0	1
	261	32	6	22



HAM AND EGG SCRAMMBLE

INGREDIENTS

- 2 Eggs
- ½ Cup Diced Ham
- Olive Oil Spray
- Salt & Pepper
- Onions
- Peppers

DIRECTIONS

1. In a large nonstick skillet over medium high heat, spray with olive oil.
2. Add the onion and cook until clear.
3. Stir in the ham as well and bell peppers.
4. Cook, stirring until the mixture is hot.
5. Add the eggs, season to taste with salt and pepper, and cook.
6. Once the eggs start to turn white around the edges, stir the eggs to scramble.
7. Continue to cook and stir until the eggs are cooked to your preference.
8. Serve immediately.

1 Serving

HAM AND EGG SCRAMMBLE	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Mixed Vegetables	38	5	1	3
Eggs, 2 large	143	1	10	13
Diced Ham, 1/2 cup	60	2	2	9
Olive Oil, 1 gram	9	0	1	0
	250	8	14	25



PROTEIN WAFFLE

3 SERVINGS

INGREDIENTS

- .5 cup Egg Whites
- 2 cups 2% Cottage Cheese
- 2 cups Ground Rolled Oats
- ½ tsp Vanilla Extract
- 1 tsp Cinnamon
- Salt
- Olive Oil Spray

DIRECTIONS

1. Preheat a waffle iron to medium-high heat.
2. Lightly spray oil the top and bottom of the waffle iron.
3. Grind oats into flour.
4. Combine eggs, cottage cheese, ground oats, vanilla, cinnamon and salt in blender until smooth.
5. Pour a scant 1/2 cup of the egg mixture into the waffle iron, close gently and cook until golden brown and crisp, about 4-5 minutes.
6. Serve immediately!

Tip: Top with Sugar Free Syrup or Fresh Fruit!



1 Servings

PROTEIN WAFFLE	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Cottage cheese, 2%	63	3	2	8
Olive Oil, 1 gram	9	0	1	0
Egg Whites	23	0	0	5
Rolled Oats	205	37	4	7
	300	40	6	20



TROPICAL SMOOTHIE

INGREDIENTS

- 1 Orange
- ½ Cup Frozen Mango
- 8 oz Vanilla Two Goods Greek Yogurt
- 2 tbsps. Canned Light Coconut Milk
- 1 Cup Ice
- ½ tsp Vanilla Extract

DIRECTIONS

1. Peel orange, then place all ingredients into a powerful blender that can handle pulp.
2. Blend or pulse on high until smooth
3. Serve immediately.!

1 Serving

TROPICAL SMOOTHIE	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Two Good - Yogurt, Vanilla, 8 oz	80	4	2	12
Orange	62	15	0	1
Frozen Mango, 1/2 cup	68	0	17	0
Canned Coconut - Light, 2 tbsps	19	2	2	0
	229	21	21	13



PEANUT BUTTER PROTEIN SMOOTHIE

INGREDIENTS

- 1 tbsp Powdered Peanut Butter
- 1 Serving Chocolate Protein Powder
- 8 oz Vanilla Two Good Greek Yogurt
- 1 Cup Ice
- ½ tsp Vanilla Extract

DIRECTIONS

1. Place all ingredients into a blender.
2. Blend or pulse on high until smooth.
3. Serve immediately!

1 Serving

PEANUT BUTTER PROTEIN SMOOTHIE	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Two Good - Yogurt, Vanilla, 8 oz	80	4	2	12
Chocolate Protein Powder, 1 scoop	120	3	1	24
Peanut Butter Powder, 2 tbsps	70	5	2	8
	270	12	5	44



BREAKFAST TACO

INGREDIENTS

- 1 Egg
- ½ White Potato
- Salt
- Pepper
- Spray Oil
- 1 Low Calorie Tortilla
- 1 Cheese Wedge
- Cilantro
- Salsa
- Onion
- Peppers



Tip: Laughing Cow is a "Cheese Wedge" that you can find in most grocery stores.

1 Serving

BREAKFAST TACO	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Egg, 1 large	72	0	5	6
White Potato, 1/2 medium	55	13	0	2
Olive Oil, 1 gram	9	0	1	0
50 Cal Tortilla	50	3	2	5
Cheese Wedge, 1 Wedge	30	1	2	2
Mixed Vegetables	15	2	0	2
	231	19	10	17



AVOCADO TOAST

INGREDIENTS

- 1 Egg
- ¼ Avocado
- Salt & Pepper
- 1 Slice of Light Bread (<50 calories)
- 1 Cheese Wedge
- 2 Slices of Ham
- Spray Olive Oil



Tip: Sarah Lee offers a "Light Bread" that you can find in most grocery stores.



1 Serving

AVOCADO TOAST	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Egg, 1 large	72	0	5	6
Avocado, 1/4	59	3	5	1
Light Bread, 1 slice	45	9	1	3
Cheese Wedge, 1 Wedge	30	1	1.5	2
Deli Ham, 2 slices	59	0	2	9
Olive Oil, 1 gram	9	0	1	0
	274	13	16	21



FRITTATA

INGREDIENTS

- ½ Cup Egg Whites
- 1 oz Goat Cheese
- Salt & Pepper To Taste
- ½ tsp Dried Oregano
- Olive Oil Spray
- ¼ cup Button Mushrooms
- ½ cup Spinach
- ¼ cup Onion

DIRECTIONS

1. Caramelize onions on the skillet with spray oil. Once done set aside.
2. Chop the mushrooms and sauté them on a skillet with spray oil, salt and pepper. Once done set aside.
3. Wash the spinach leaves and sauté them on the skillet with spray oil. Sauté for few minutes until the leaves release water. Sprinkle some salt and mix well. Once done set aside with other veggies.
4. With the skillet hot and empty, pour egg whites evenly into the skillet. If needed use some spray oil, but there is likely enough still on the skillet.
5. Sprinkle the mushroom, spinach and onions top. Add the seasoning.
6. Slice Goat Cheese and place it around the top of frittata.
7. Close it with a lid and keep it on low heat.
8. Once the eggs are fully cooked slide the frittata onto a plate.

1 Serving

FRITTATA	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Olive Oil, 1 gram	9	0	1	0
Egg Whites, 1/2 cup	70	0	0	14
Goat Cheese, 1 oz	80	2	6	4
Mixed Vegetables	38	5	1	3
	197	7	8	21

LUNCH



OPEN FACED EGG SALAD SANDWHICH

INGREDIENTS

- 2 Hard Boiled Eggs
- 2 tbsp of Light Mayonnaise
- 1 tsp of Mustard
- Salt & Pepper
- 2 Slices of Bread (<50 calories)
- 2 Cheese Wedges
- Lettuce
- Onion

DIRECTIONS

1. Hard boil two eggs.
 1. Boil eggs for 8-12 minutes.
2. Once eggs are cool, peel them, slice them up and put them in a small bowl.
3. Add Light Mayonnaise, Mustard, Salt, Pepper and Mix.
4. Toast two slices of bread.
5. Spread one wedge of Havarti cheese on each piece of toasted bread.
6. Add egg mixture to the top of the toast.

1 Serving

EGG SALAD SANDWHICH	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Light Bread, 1 slice	90	19	1	6
Cheese Wedge, 2 triangles	60	2	3	4
Mixed Vegetables	15	3	1	2
Eggs, 2 large	143	1	10	13
Mayonnaise, Light, 2 tbsp	70	2	7	0
	378	27	22	25



SLOW COOKER TACO CHICKEN

4 SERVINGS

INGREDIENTS

- 24 oz Chicken Breast, Boneless, Skinless
- 2 cups Salsa
- 1 oz Packet Taco Seasoning
- Garnish with Cilantro

DIRECTIONS

A recipe we all know and love because it's so easy and so delicious!

1. Put chicken breasts in slow cooker.
2. Pour in salsa and add taco seasoning mix.
3. Stir to mix salsa with seasoning and coat chicken.
4. Leave in slow cooker on high for 3.5 to 4 hours or on low 6 - 7 hours.
5. Shred cooked chicken.

1 Serving

TACO CHICKEN	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Chicken, 6 ounces	150	2	3	33
Salsa, 1/2 cup	18	9	2	4
	168	11	5	37



TACO CHICKEN BOWL

1 SERVING

INGREDIENTS

- Taco Chicken (Recipe)
- 2 cups Lettuce
- ¼ cup Black Beans
- ¼ cup White Rice
- Olives
- Onions
- Tomatoes
- ¼ Avocado

DIRECTIONS

Get wild. Layer taco meat, beans, rice and your favorite topping such as lettuce, avocado, pico de gallo, fresh lime, fresh cilantro.

Tip: Mix siracha/hot sauce with plain Greek yogurt for a “sour cream” topping.



1 Serving

TACO CHICKEN BOWL	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Taco Chicken (*See Recipe)	168	2	3	33
Mixed Vegetables	38	5	1	3
Black beans, 1/4 cup	55	10	0	4
White Rice, 1/4 cup	45	10	0	1
Avocado, 1/4 medium	60	3	5	1
	366	30	9	42



TURKEY BURGER V1.0

INGREDIENTS

- 1 lb 99% FF Ground Turkey
- Burger Seasoning
- Light Mayo
- Mustard
- Reduced Sugar Ketchup
- 100 Cal Burger Bun
- Cheese Wedge
- Lettuce
- Red Onion
- Tomato
- Pickles

DIRECTIONS

1. Preheat the grill to 350-450 degrees.
2. In a bowl combine burger seasoning and ground turkey
3. 1 pound makes four patties.
4. Place the turkey burgers on the grill and cook for five minutes, covered, until nice grill marks form.
5. Flip and continue to cook, covered, for 3-5 minutes more, until the burgers are cooked through.

1 Serving

TURKEY BURGER V1.0	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Ground Turkey - 99% FF	120	0	1	26
Low Sugar Ketchup	10	1	0	0
Mayonnaise, Light, 1 tbsp	35	1	3	0
Cheese Wedge - Light	30	1	2	2
Multi-Grain Thin Bun, 1 bun	100	21	2	4
Mixed Vegetables	15	2	0	1
	310	25	6	31



TURKEY BURGERS V2.0

4 SERVINGS

INGREDIENTS

Burger

- 16 ounces 99% Fat Free Ground Turkey
- 4 tbs Breadcrumbs
- 1 Egg
- 2 tbsp Worcestershire Sauce
- ½ tsp Black Pepper
- 2 teaspoons Dijon Mustard
- Cheese Wedge
- Sandwich Thin

Toppings

- Mustard
- Low Sugar Ketchup
- Low Calorie Mayo
- Tomato
- Avocado
- Onion
- Lettuce
- Pickles

DIRECTIONS

1. Preheat the grill to 350-450 degrees.
2. In a bowl combine breadcrumbs, egg, Worcestershire, pepper, dijon and ground turkey.
3. Make four patties.
4. Place the turkey burgers on the grill and cook for five minutes, covered, until nice grill marks form.
5. Flip and continue to cook, covered, for 3-5 minutes more, until the burgers are cooked through.

Tip: This recipe is great with the secret sauce



TURKEY BURGERS V2.0

1 SERVING

MACROS

1 Serving

TURKEY BURGER V2.0	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Ground Turkey - 99% FF	120	0	1	26
Italian Bread Crumbs	40	8	0	1
Egg	18	0	1	2
Mayonnaise, Light, 1 tbsp	35	1	3	0
Cheese Wedge - Light	30	1	2	2
Mixed Vegetables	15	2	0	1
Multi-Grain Thin Bun, 1 bun	100	21	2	4
	358	32	7	34





FRENCH FRIES

INGREDIENTS

- Olive Oil Spray
- 4 oz White Potato
- Paprika
- Garlic Powder
- Salt
- Pepper

DIRECTIONS

1. Preheat the air fryer 380°F.
2. Toss sliced potatoes in a bowl with the olive oil, paprika and garlic powder. Season with salt and pepper and toss to coat.
3. Place the potato wedges in the basket of the air fryer, without over crowding the pan. Cook for 8 minutes, then use tongs to flip and cook for an additional 5-7 minutes.
4. Remove and enjoy!

1 Serving

FRENCH FRIES	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Olive Oil, 1 gram	9	0	1	0
White - Potato, 1 medium	110	26	0	3
	119	26	1	3



Tip: Serve with the homemade ranch dressing



HOMEMADE RANCH DRESSING

12 SERVINGS

INGREDIENTS

- 20 oz Fat Free Greek yogurt
- 2 tsp Garlic Powder
- 4 tsp Onion Powder
- 4 tbsp minced Fresh Dill
- 4 tbsp minced Fresh Parsley
- 4 tsp Vinegar
- Salt and Pepper

DIRECTIONS

1. Mix it all together and put it in a jar.
2. Refrigerate!

1 Serving

RANCH DRESSING	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Greek Yogurt 0%	31	2	0	5



Tip: Bolthouse Farms is a comparable salad dressing available at most grocery stores.



HAMBURGER SALAD

INGREDIENTS

- 4 oz Ground Turkey
- 1 tsp Burger Seasoning
- ¼ cup Cheddar Cheese
- Olive Oil Spray
- Iceberg lettuce
- Tomato
- Red Onion
- Secret Hamburger Sauce

DIRECTIONS

1. Heat large skillet over medium-high heat.
2. Spray skillet with Olive Oil Spray and add Ground Turkey to the hot pan. Break it into small pieces.
3. Add Burger Seasoning.
4. Finish browning. The Ground Turkey is done when there are no signs of pink.

1 Serving

HAMBURGER SALAD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Ground Turkey - 99% FF, 4 oz	120	0	1	26
Shredded Cheddar Cheese	110	2	9	6
Mixed Vegetables	38	5	1	3
Olive Oil, 1 gram	9	0	1	0
	277	7	12	35



HAMBURGER SECRET SAUCE

12 SERVINGS

INGREDIENTS

- 2.5 cups Low Fat Greek yogurt
- ¼ cup Dijon Mustard
- ¼ cup Low Sugar Ketchup
- 4 tbsp Minced Pickles
- 2 tbsp Worcestershire Sauce

DIRECTIONS

1. Mix it all together and put it in a jar.
2. Refrigerate!

1 Serving

HAMBURGER SAUCE	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Greek Yogurt 0%	31	2	0	5
Ketchup Low Sugar	3	0	0	0
	35	2	0	5



GREEK SALAD

INGREDIENTS

- 4oz Grilled Chicken Breast
- 1 oz Feta
- 2 tbsp Greek Dressing
- Oregano
- Romaine/Iceberg/Spinach
- Red Onion
- Tomato
- Cucumbers
- Olives

- Tip: Use left over chicken from Greek Chicken Dinner Recipe



1 Serving

GREEK SALAD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Grilled Chicken, 4 ounce	100	1	2	22
Feta, 1 ounces	33	1	3	2
*Homemade - Greek Dressing , 2 Tbsps	65	0	7	0
Mixed Vegetables	38	3	0	1
Olives, 5 pieces	25	1	3	0
	261	6	15	25



HOMEMADE GREEK DRESSING

15 SERVINGS

INGREDIENTS

- 1/3 cup Red Wine Vinegar
- 1/2 cup Olive Oil
- 1 Lemon, juiced
- 1 tsp Dijon Mustard
- 2 Garlic Cloves, minced
- 1/2 tsp Dried Oregano
- 1/4 tsp Salt
- 1/4 tsp Black Pepper

DIRECTIONS

1. Mix it all together and put it in a jar.
2. Refrigerate!

1 Serving

GREEK DRESSING	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Olive Oil	64	0	7	0
Lemon	1	0	0	0
	65	0	7	0



COBB SALAD

INGREDIENTS

- 2 Hard Boiled Eggs
- 3 oz Rotisserie Chicken
- 2 tbsp Bolthouse Blue Cheese Dressing
- 2 Slices of Turkey Bacon
- Romaine/Iceberg/Spinach
- Red Onion
- Tomato
- Avocado

- Tip: Try adding Greek yogurt, milk or vinegar to your favorite salad dressing to make one serving go a little further. Adding stevia or seasonings can spice it up too.



1 Serving

COBB SALAD	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Eggs, 2 large	143	1	10	13
Turkey Bacon, 2 slices	81	1	6	6
Mixed Vegetables	38	5	1	3
Rotisserie Chicken	120	1	3	22
Bolthouse Blue Cheese (2 tbsp)	50	2	4	2
Corn, 1/4 cup	32	7	1	1
	464	17	25	47



SNACKS



APPLES AND PEANUT BUTTER

INGREDIENTS

- 1 Apple
- Cinnamon
- 4 tbsps Powdered Peanut Butter
- 4 tbsps Water
- Stevia

DIRECTIONS

1. Slice the apples and place them on a plate
2. In a small bowl mix Powdered Peanut Butter (PBFit), water, cinnamon and stevia.
3. To get a syrup like texture you may need to add more water.
4. Drizzle sauce over the apples or use the sauce as a dip.

Tip: Dust the sliced apples with spray butter and cinnamon and bake at 400 degrees for 15 minutes (flipping once). Serve drizzled with peanut butter sauce.



1 Serving

APPLES & PB	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Apple	95	25	0	1
Powdered Peanut Butter, 4 tbsps	140	10	4	16
	235	53	11	44



TURKEY, CHEESE, GRAPES

1 Serving

SNACK	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Sliced Turkey	50	1	1	10
String Cheese, NonFat, 2 sticks	80	2	0	18
Grapes	52	14	0	1
	182	17	1	29

TURKEY JERKY & POPCORN

1 Serving

SNACK	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Turkey Jerky, 2 oz	160	10	2	26
Light Popcorn, 2 cups	77	8	5	1
	237	18	7	27

HUMMUS, TZATIKI & VEGATABLES

1 Serving

SNACK	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Hummus, 2 tbsp	70	4	5	2
Tzatziki, 2 tbsp	30	2	2	1
Mixed Vegetables	38	5	1	3
	138	11	8	6



DINNER



SPAGHETTI SQUASH

4 SERVINGS

INGREDIENTS

- 1 Spaghetti Squash
- 1 lb. 99% Fat Free Ground Turkey
- 3 Cloves Garlic – Minced
- ¼ Cup Chopped Onion
- ¼ Cup Parmesan
- ROA's Sauce
Tomato Basil or Marinara
- Garlic Salt & Pepper
- Spray Olive Oil

DIRECTIONS

Spaghetti Squash:

1. Preheat oven to 400 degrees F.
2. Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing.
3. Spray the inside of the squash with olive oil and sprinkle with garlic salt and pepper.
4. Place the spaghetti squash cut side down on a cookie sheet.
5. Roast for 30-40 minutes or until lightly browned on the outside. "Fork tender", but still a little bit firm. Timing varies based on the size of the squash.
6. Remove from the oven and flip the squash so the cut side is up.
7. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.

Spaghetti Sauce:

1. Heat large pot to medium high heat, spray with olive oil. Add onion and garlic and cook for 3-5 minutes.
2. Add ground turkey. Cook for 8-10 minutes – until no longer pink.
3. Add ROA marinara sauce and let simmer. An hour is best, but you can serve once hot.

Optional additions: Basil, Italian seasoning, crushed red pepper flakes, red wine vinegar.



SPAGHETTI SQUASH



MACROS

1 Serving

SPAGHETTI SQUASH	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Olive Oil, 1 gram	9	0	1	0
Spaghetti squash, 2 cups	55	13	1	1
Ground Turkey - 99%, 3 oz	90	0	1	20
Rao Spaghetti Sauce, 1/2 Cup	80	6	5	2
Parmesan, 2 tbsp	40	0	3	4
	274	19	11	27





SPAGHETTI SQUASH

THE CROCKPOT VERSION

1. Rinse squash and place in slow cooker. Jab with a sharp knife about 15 times around the entire squash.
2. Pour water around it. Cover and cook on low for 5 1/2 hours or on high for 3 1/2 hours.
3. Using two forks (or whatever method you feel most comfortable with), remove the squash from slow cooker. Be careful! It will be very hot!
4. Cut the ends off and then cut the squash in half lengthwise.
5. Using a large spoon, scoop the seeds out of the squash and discard.
6. Use a fork to scrape the noodle-like strands from the shell of the squash. Once you have removed all the "noodles", discard the shell of the squash.



CHICKEN NOODLE SOUP

4 SERVINGS

INGREDIENTS

- 1 Rotisserie Chicken or 3 Cooked and Shredded or Cubed Chicken Breasts
- 12 cups Chicken Broth
- 1 Medium Sized Onion, Diced
- 5 Celery Stalks, Sliced
- 5 Carrots, Peeled and Diced
- ½ Cup Sweet Green Peas
- ¼ Cup Fresh Parsley, Chopped
- 1 tsp, Thyme
- 1 tsp, Salt
- ¾ tsp, Pepper
- Egg Noodle Pasta

DIRECTIONS

1. In a large saucepan or Dutch oven, sauté the onions, carrots and celery in spray oil. and about 2 tbsps. of water for 10 minutes or until slightly softened (about half cooked) over medium/high heat.
2. Remove from heat for about 1 minute and add the chicken broth, thyme, salt and pepper.
3. Bring to a boil.
4. Add the chicken, parsley and peas, reduce heat to low and simmer for 5 minutes.

Tips/Alternatives:

To avoid the pasta soaking up all the soup/liquid, I recommend cooking the pasta separately from the soup in another pot and adding the amount of pasta you want to your serving bowl.



CHICKEN NOODLE SOUP



MACROS

1 Serving

CHICKEN NOODLE SOUP	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Chicken Broth	45	3	2	6
Mixed Vegetables	38	5	1	3
Egg Noodle Pasta	61	20	2	4
Rotisserie Chicken	120	1	3	22
	264	29	7	35



GRILLED FISH TACOS

4 SERVINGS

INGREDIENTS

- | | |
|--|--|
| <ul style="list-style-type: none">• 1 lb. Fish fillets (salmon, halibut, cod)• ½ cup finely diced pineapple or mango• ¼ cup finely diced red onion | <ul style="list-style-type: none">• 2 tbsp chopped cilantro• 1 tbsp finely diced jalapeno• ½ - 1 tsp Tajin seasoning salt or Creole seasoning (for blackened)• Low Calorie Tortillas (~50 Calories)• Olive Oil spray |
|--|--|

DIRECTIONS

Filet with skin on:

1. Rinse fish, pat dry and set filets, skin side down on a plate.
2. Lightly spray with avocado oil and season with the Tajin salt or Creole seasoning to lightly cover the fish.
3. Heat Grill to 350-450 degrees
4. Place fish on grill, skin side down at cook for 6-10 minutes depending on thickness of filets and temperature of the grill.

Filet with no skin:

1. Tear off a section of tinfoil large enough to place your fish on and fold into a "tent" or "boat".
2. Lightly spray the tinfoil surface where your fish will be placed with avocado oil
3. Rinse fish, pat dry and set filets on foil/avocado oil.
4. Season fish with the Tajin salt or Creole seasoning to lightly cover fish.
5. Fold up the foil lengthwise and pinch the ends together to create a "boat" that will steam the fish. Be sure there is some room between the fish and the top of your foil packet.
6. Place on grill, skin side down at cook for 6-10 minutes depending on thickness of filets and temperature of the grill.



GRILLED FISH TACOS



Tip: Spray the tortillas with a little oil and heat them in a skillet.

MACROS

1 Serving

SALMON TACOS	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Salmon, 4 ounces	100	0	1	21
Mango, 1/4 cup	25	6	0	0
50 Cal Tortillas, 2 Tortillas	100	6	4	10
Olive Oil, 1 gram	9	0	1	0
	234	12	6	31



GREEK CHICKEN KABOBS

8 SERVINGS

INGREDIENTS

- 2 lbs. Chicken Breast
- 3 tbsp Non Fat Plain Greek Yogurt
- 3 tbsp Lemon Juice
- 1 ½ tbsp Dried Oregano
- 4 Cups Cooked Rice
- 1 tsp Salt
- ½ tsp Pepper
- 1 tbsp Olive Oil
- 3 tsps. Minced Garlic
- Cucumber Salad (See Recipe)

DIRECTIONS

- Combine all the above ingredients into a bowl or a gallon size sealable plastic bag.
- Marinade for 6-12 hours.

If using a grill:

- Skewer the chicken.
- Heat the grill to high.
- Spray the grill with cooking spray.
- Cook skewered chicken 2 minutes per side for a total of 6-8 minutes .
- Remove from heat and let rest.

If using a pan:

- Spray cooking surface with cooking spray.
- Remove chicken from marinade and fry, stirring/flipping occasionally on medium/high heat until chicken is cooked through and tender (about 6-8 minutes).

1 Serving

GREEK CHICKEN KABOBS	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Grilled Chicken, 4 ounce	100	1	2	22
Greek Yogurt, Nonfat	3	0	0	0
Lemon	1	0	0	0
Olive Oil	10	0	1	0
White Rice	40	9	0	1
	154	10	3	23



POKE BOWL

4 SERVINGS

INGREDIENTS

POKE:

- 1 LB Sashimi Grade Ahi Tuna - Diced into ½ Inch Cubes
- ⅓ cup Sweet Onion, Diced
- ¼ cup Green Onion, Thinly Sliced
- 2 tbsp Oyster Sauce
- 1 ½ tsps Ginger, Minced
- 1 tsp Sesame Seeds
- 1 tsp Sesame Oil
- ½ tsp Ground Sea Salt
- 2 tbsp Soy Sauce

BOWL:

- ½ Cup of Rice
- Avocado
- Edamame Beans
- Diced Pineapple
- Kimchi
- Cucumber
- Wakame (Seaweed Salad)

DIRECTIONS

1. Mix all ingredients into a bowl.
2. Gently toss in the Ahi, covering the fish with the mixture.
3. Refrigerate until ready to eat (we find that making the dish 12-18 hours in advance of serving brings out the boldest flavors and gives the fish time to soak in the marinade).
4. Serve with rice, avocado, edamame beans, diced pineapple, kimchi, sliced cucumber and wakame (seaweed salad).
5. Store leftovers in an airtight container in the fridge for leftovers later.





POKE BOWL



MACROS

1 Serving

POKE BOWL	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Mixed Fruit/Vegetables	38	5	1	3
Sesame Seeds, 1 tsp	17	0	2	1
Oil - Sesame, 1 tsp	40	0	5	0
White Rice (Cooked), 01/2 cup	103	23	0	2
Ahi Tuna Sashimi, 4 oz	120	0	1	27
Avocado - 2 slices	48	3	4	1
Edamame, 1/4 cup	50	5	2	4
	416	36	15	38





ENCHILADAS

8 SERVINGS

INGREDIENTS

- 2 lb. Ground Turkey or Chicken
- 1 tsp Pepper
- 1 Medium Onion - Diced
- 2-4 tbsps of Water
- 1 Can Corn (drained)
- Low Carb Tortillas
- 1 Can Black Beans (rinsed and drained)
- 1 Bag of Mexican or Southwest Salad mix
- 1 28 oz Can Green Enchilada Sauce
- 12 Cheese Wedges
- (1) 16 oz Can Green Enchilada Sauce
- Avocados
- ½ tsp Tajin Salt
- Low Calorie Sour cream
- 1 tsp Salt
- Spray Olive Oil or Avocado Oil

DIRECTIONS

Corn Directions:

1. Spray a medium sized pan with olive or avocado oil.
2. Heat pan over medium/high heat.
3. Drain water from corn and add to the pan, spreading the corn into a thin layer on the cooking surface.
4. Spray the top of the corn with olive or avocado oil.
5. Evenly sprinkle the tajin salt onto the corn.
6. Let the corn "roast" on the pan for 2 minutes before stirring. After stirring, spread out the corn evenly on the pan again and let roast for 2 minutes or so more. The goal is to char part of the corn and cook in the flavors of the salt.





DIRECTIONS

ENCHILADAS (CONT.)

Turkey/Chicken Directions

- Spray a separate medium to large size Dutch oven/saucepan with olive or avocado oil.
- Heat pan over medium/high heat.
- Add the onions and sauté in a similar fashion to how the corn was roasted.
- After about 4 minutes, add the ground turkey, salt, pepper and 2-4 tbsps. of Water.
- Stirring constantly, cook the meat until no longer pink (about 4-5 minutes)
- Remove from heat and drain excess water.
- Place the Dutch oven/saucepan back on the cooking surface over medium heat
- Add the small can of enchilada sauce, roasted corn and black beans.
- Bring to a boil.
- Cover and reduce heat to low.
- Simmer for 5 minutes.

Stuffing the Tortillas

- The recipe will make about 12 enchiladas. I recommend heating up 6 tortillas at a time in the microwave for 20-30 seconds wrapped in a damp paper towel). Depending on the size of your baking dishes, you may end up using 2, so plan accordingly with the next steps.
- Open the large can of enchilada sauce and pour $\frac{1}{2}$ of the sauce evenly into the bottom of your baking pan(s). Keep the remaining $\frac{1}{2}$ of the can of sauce to spread onto the top of the enchiladas once they're in the pan.
- Spread an individual cheese wedge onto the middle portion of the tortilla
- Scoop about $\frac{1}{2}$ cup of the protein, corn, bean and onion mixture onto the tortilla and fold/roll the tortillas so your filling doesn't fall out.
- Place the filled/rolled tortillas in the baking dish with the seam side down.
- Repeat until the pan is full.
- Drizzle the rest of the enchilada sauce on top of the tortillas.
- Cover with foil.
- Bake for 45 minutes at 350.
- Garnish with the salad, avocados and sour cream.



ENCHILADAS (CONT.)



Tip: Mix siracha/hot sauce with plain Greek yogurt for a “sour cream” topping.

MACROS

1 Serving

ENCHILADAS	CALORIES	CARBS (g)	FAT (g)	PROTEIN (g)
Ground Turkey - 99% FF	80	0	1	17
Mixed Vegetables	38	5	1	3
Corn	15	3	0	1
50 Cal Tortilla	50	3	2	5
Green Enchilada Sauce	17	2	1	0
Cheese Wedge - Light	30	1	2	2
Avocado - 2 slices	48	3	4	1
Olive Oil	9	0	1	0
Sour Cream, Low Fat	30	3	0	2
	317	20	12	31



THE GREAT POTATO DEBATE!



	113g SWEET POTATO	113g WHITE POTATO
CALORIES	98	104
CARBS	20g	24g
FAT	.1g	.2g
PROTEIN	1.8g	2.4g
FIBER	3.4g	2.4g
VITAMIN A	804mg (89%)	1mcg (1%)
VITAMIN C	3mg (3%)	14mg (16%)
POTASSIUM	382mg (8%)	617mg (13%)
MAGNESIUM	28g (7%)	31G (8%)

It's true, sweet potatoes pack a punch when it comes to vitamins and nutrients, but so does their white potato bestie. If white potatoes are your jam, enjoy guilt free!



THE GREAT RICE DEBATE!



	1 Cup BROWN RICE	1 Cup WHITE RICE
CALORIES	219	242
CARBS	53.2g	45.8g
FAT	1.62g	.4g
PROTEIN	4.5g	4.4g
FIBER	3.5g	.6g
IRON	1.03mg	0.071mg
MAGNESIUM	85.8mg	24.2mg
POTASSIUM	84mg	55mg

Well, well, well their macronutrients are similar!
Brown rice does provide a higher amount of fiber, nutrients, and antioxidants, however if you love white rice, go for it!



PROTEIN SWAPS

ANIMAL/FISH

ITEM	SERVING PROTEIN CALORIES		
Chicken Breast	3oz	28g	140
Egg	3oz	6g	70
Ham	3oz	14g	140
Lobster	3oz	16g	75
Salmon	3oz	22g	155
Scallops	3oz	14g	75
Shrimp	3oz	20g	100
Steak	3oz	26g	158
Tuna	3oz	22g	100
Turkey	3oz	25g	135

BEANS/LEGUMES

ITEM	SERVING PROTEIN CALORIES		
Black Beans	1/2 cup	8g	115
Chickpeas	1/2 cup	7g	135
Edamame	1/2 cup	9g	95
Green Peas	1/2 cup	4g	60
Kidney Beans	1/2 cup	8g	110
Peanuts	1oz	12g	120
Nut butter	1Tbsp	7g	188

DAIRY

ITEM	SERVING PROTEIN CALORIES		
Cheddar	1oz	7g	110
Cottage Cheese	4oz	14g	80
Greek Yogurt	6oz	18g	100
Milk 1%	8oz	8g	100
Regular Yogurt	1 cup	11g	100

GRAINS

ITEM	SERVING PROTEIN CALORIES		
Barley cooked	1/2 cup	6g	160
Quinoa cooked	1/2cup	4g	111
Rice cooked	1/2cup	4g	120
Whole grain bread	2 slices	10g	170

NUTS/SEEDS

ITEM	SERVING PROTEIN CALORIES		
Almonds	1oz	6g	163
Cashews	1oz	4g	162
Chia Seeds	1oz	5g	140
Flaxseed	1oz	6g	140
Pistachio	1oz	6g	161
Pumpkin Seeds	1oz	9g	160
Soy Nuts	1oz	12g	120
Sunflower Seeds	1oz	6g	140
Walnuts	1oz	4g	185

FRUITS/VEGGIES

ITEM	SERVING PROTEIN CALORIES		
Apricot	1/2 cup	1g	40
Asparagus	1 cup	4.3g	30
Avocado	1/2 fruit	2g	150
Broccoli	1 cup	3.7g	30
Brussels Sprouts	1 cup	4g	40
Cantaloupe	1 cup	1.5g	60
Mushrooms	1 cup	4g	15
Spinach	1/2cup	1g	7