



MEAL	INGREDIENTS	INSTRUCTIONS
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ROSEMARY TOMATO BEEF SKILLET

4 servings
26 g protein
4 g carb
10 g fat

1/2 cup diced onion
1 lb 93% lean ground beef
2 tsp dried rosemary
1/2 lemon juice and zest
1 cup cherry tomatoes halved
1/2 cup reduced fat feta cheese crumbles

In a large nonstick skillet on medium high heat, saute diced onion for one minute. Add ground beef and brown. Drain and return to low heat. Add rosemary, lemon juice and cherry tomatoes. Stir and cook for 2 more minutes. Sprinkle in feta cheese and serve.

TACO SALAD

4 servings
27 g protein
10 g carb
11 g fat

1 lb 93% lean ground turkey
2 tbsp taco seasoning
1/2 cup water
2 cups Bibb lettuce washed and torn
2 cups salsa of choice
1/2 cup 0% fat, plain Greek yogurt instead of sour cream
1/4 cup 2% shredded cheddar cheese

Brown the ground turkey. Drain. Stir in taco seasoning and water and turn heat to low. Divide lettuce among plates (or mason jars if making salad jars for lunches, but add lettuce last). Top with taco meat, salsa, Greek yogurt and cheese. (For mason jars layers: salsa, lettuce, taco meat, cheese and yogurt. If you prefer warm taco meat on your salad store separately to heat before tossing with salad).

ASIAN CHICKEN BOWL

4 servings
36 g protein
7 g carb
6 g fat

1 lb Chicken Breast, Chopped into 1 inch pieces
1 bag Cabbage Slaw (cabbage, carrots, etc)
1/4 cup peanuts
1/2 cup light Asian salad dressing

After cutting up chicken, place in a bowl and add 1/4 cup dressing. Turn to coat and let marinade 30 minutes. Heat a skillet to medium high heat, spray with cooking spray and add chicken. While chicken is cooking, put cabbage slaw in a mixing bowl and add peanuts. Add remaining dressing and toss together. Continue cooking chicken and turn occasionally until done. Serve on top off cabbage slaw.

ROTISSERIE CHICKEN, GREEN BEANS

3 ounces rotisserie chicken:
20 g protein
0 g carb
5 g fat

Rotisserie chicken
Frozen green beans

Enough said ;)

AIR FRYER BURGERS

4 servings
23 g protein
9 g carb
1 g fat

1 lb 93% lean ground beef
Montreal steak seasoning© or seasoning of choice

Add desired amount of seasoning per your preference to your burgers. My personal is about 1 tbsp per patty. Mix seasoning well into the meat. Divide into burgers or sliders. Place in basket of air fryer and select burger setting. If no burger setting, set the temperature to 360 for 16 minutes. Flip halfway through. Serve with low calorie condiments (mustard, tomatoes, lettuce, etc)

MARINATED TURKEY/ PORK TENDERLOIN

6 servings
23 g protein
0 g carb
3 g fat

Pre-flavored turkey or pork tenderloin (often comes in rotisserie, cracked pepper, bbq, lemon pepper, etc)

Can cook in a variety of methods. Add a can of chicken broth and use pressure cooker for 5-6 minutes. Grill for 20-25 minutes, bake for 30-35 minutes or add to a slow cooker for 4-6 hours. Serve with bag of steamer veggies or sliced tomato or steamed carrots, etc.



MEAL	INGREDIENTS	INSTRUCTIONS
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KIELBASA AND SWEET PEPPERS SKILLET

4 servings
16 g protein
11 g carb
9 g fat

1 turkey kielbasa sausage sliced
2 cups mini sweet bell peppers seeded and quartered
1 small yellow onion sliced

Heat a large skillet to medium heat. Meanwhile, slice the turkey sausage, peppers and onions. Add just the peppers and onions to the skillet first. Saute about 3 minutes. Add turkey sausage to the skillet, cook until heated through, stirring occasionally. This will be about 5-8 minutes. Remove from heat and serve.

CHICKEN/TUNA/EGG SALAD ON CUCUMBERS

varies

Shredded chicken, canned tuna or chopped boiled egg
Light mayo
Salt and Pepper
Dijon or Yellow Mustard
Splash of pickle juice
**any variation you like!*

Mix up ingredients for chicken/egg/tuna salad and serve on cucumber slices or other raw veggie for crunch. Examples: mini sweet peppers, snow peas, lettuce leaf

INSTANT POT PESTO CHICKEN

4 servings
24 g protein
1 g carb
8 g fat

1 lb boneless, skinless chicken breast
1 cup chicken broth
1/4 tsp salt
1/4 tsp pepper
3 tbsp fresh pesto, can use jarred pesto

Pour chicken broth into bottom of pressure cooker. Season both sides of chicken breast with salt and pepper. Spread pesto over both sides of chicken and add to bottom of the pot. Close the valve to the sealed position. Select high pressure for 4 minutes if using fresh chicken, 10 minutes if using frozen chicken. *For two pounds of chicken select 5 minutes. Allow to naturally release for 10 minutes. Then switch valve to open, being cautious to allow steam out if need. Open the lid and check temperature of chicken has reach 160F. Remove from pot. Slice and serve.

FOIL PACK DINNERS

4 servings
26 g protein
8 g carb
1 g fat

Meat of choice (chicken, shrimp, thinly sliced steak)
Veggies of choice (bell pepper, zucchini, tomatoes)
Seasoning of choice
Sauce or cheese if using

Example foil pack - chicken, bell peppers, barbecue seasoning and barbecue sauce.

Heat grill to medium heat. Close lid until ready to use. Spray 4 large sheets of foil with cooking spray; top with chicken, salt and pepper, vegetables and barbecue sauce. Fold foil to close packets. Place packets on the grill for 18-20 minutes or until chicken is done (165F). Cut slits in foil to release steam before carefully opening packets. Remove (with tongs) and let cool before serving.

ALMOND DIJON CHICKEN BAKE

4 servings
36 g protein
7 g carb
6 g fat

1 lb boneless skinless chicken breast
1/2 cup dijon mustard
1/2 cup Greek Yogurt plain, 0% fat
1/4 cup almonds chopped

Preheat oven to 375. Using kitchen shears, remove any unwanted parts of chicken and cut in half if very thick (shortens cooking time). In a medium bowl combine Greek yogurt and Dijon chicken. Dip each chicken breast into the mixture and move to a baking dish. Repeat until all are coated. Sprinkle almonds over each chicken breast. Use the back of a spoon to press down slightly. Bake for 20 minutes or until internal temp reads 165F.

VARIATION OF GRILLED CHICKEN

1 lb boneless, skinless chicken breasts
Seasoning or sauce of choice (*Honey Mustard, Barbecue, Asian Dressing, Buffalo Sauce, Taco/Fajita seasoning, Fresh pesto*)

Heat an indoor grill pan to medium heat. Meanwhile, coat chicken with seasoning or condiment of choice. Grill on each side for 9-10 minutes or until internal temperature reach 160F.