



MEAL	INGREDIENTS	INSTRUCTIONS
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**HONEY MUSTARD BBQ MEATBALLS**

4 servings  
8 g protein  
6 g carb  
4 g fat

16 precooked turkey meatballs, frozen (increase as needed)  
1/4 cup barbecue sauce (lowest sugar you can find)  
3 tbsp honey mustard mustard, not dressing

Cook turkey meatballs according to package directions. Toss with barbecue sauce and honey mustard. Taste and adjust mustard and bbq sauce to preference.

**MARINARA MEAT SAUCE AND GREEN BEANS**

4 servings  
25 g protein  
8 g carb  
11 g fat

1 lb 93% lean ground beef or turkey  
1.5 cups marinara sauce (lowest sugar available)  
1 can low sodium green beans

Brown the ground meat. Drain. Stir in marinara sauce and heat. Heat green beans according to package directions. Serve marinara meat sauce over green beans.

**TACO CHILI**

4 servings  
36 g protein  
7 g carb  
6 g fat

1 lb 93% lean ground beef (or ground turkey)  
1 packet ranch seasoning  
1 packet taco seasoning  
1 (10 oz) can diced green chiles and tomatoes (ex: Rotel)  
1 (15 oz) can black beans, drained and rinsed

**Stove Top** In the bottom of a large stockpot, brown the ground beef or turkey and drain. Add ranch and taco seasoning packets and stir to combine. Stir in tomatoes and black beans. Turn heat to low and let simmer 10 minutes. Serve. (Optional toppings: Greek Yogurt in place of sour cream, 2% shredded cheddar cheese or sliced, canned jalapenos) **Instant Pot** Select Saute function on the Instant Pot. Add 1 tsp olive oil and ground beef (or turkey). Brown and drain. Add ranch and taco seasoning to the meat and stir. Add tomatoes/chiles and black beans. Add a half cup of water to keep liquid content high enough for pressure cooking. Place lid on the pot and move valve to the sealed position. Select high pressure for 3 minutes. Allow to release 10 minutes. Move valve to venting position, keeping face away and covering with kitchen towel if needed. Use a slotted spoon to scoop chili into bowls and maintain a thick chili which fills up the post-op pouch on a smaller portion and maintains fullness longer.

**QUICK TURKEY VEGETABLE SOUP**

4 servings  
25 g protein  
11 g carb  
8 g fat

Amy's Organic® Chunky Vegetable Soup  
1 pound 93% lean ground turkey

Brown the ground turkey. Drain if needed. Add vegetable soup and heat. Use a slotted spoon to serve for a more dense and filling bowl of soup. (This soup does have peas and corn which typically is not recommended. Overall carb content is low and turkey increases protein for a "in a pinch" dinner.)

**SLOPPY JOE BOWL**

4 servings  
24 g protein  
7 g carb  
8 g fat

1 lb 93% lean ground beef/turkey  
1 cup reduced sugar ketchup  
1/4 tsp salt  
1/4 tsp pepper  
1 steamer bag of broccoli

Heat medium skillet on medium high heat. Brown turkey/beef. Drain. Meanwhile microwave steamer bag per instructions. Drain. Add ketchup, salt and pepper to meat. Stir and heat another 2 minutes. Scoop broccoli into bowl and top with sloppy joe meat. Let cool and serve.

**PORK AND BANANA PEPPERS**

6 servings  
23 g protein  
3 g carb  
4 g fat

1.5 lbs lean pork tenderloin, trimmed of fat  
1 package dry ranch seasoning  
1/2 cup jarred banana peppers

Place pork tenderloin in the bottom of a slow cooker. Add ranch seasoning packet and toss to coat. Add banana peppers and a good splash of the liquid from the jar. Cook on low for 8 hours and serve.



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**BBQ PORK OR CHICKEN WITH CARROTS**

6 servings  
21 g protein  
2 g carb  
2 g fat

1.5 lbs lean pork tenderloin or chicken  
2 tbsp grill seasoning of choice ex: McCormick's Montreal Steak  
1/2 cup beef broth (or chicken broth)  
1/3 cup barbecue sauce lowest sugar available, more for serving

**Instant Pot** Trim tenderloin of fat and tendons if needed. Spread seasoning evenly over meat. Add and spread barbecue sauce. Add broth to bottom of the cooker. Place seasoned meat on trivet in bottom of pressure cooker. Close the venting valve and put cooker on high pressure for 20 minutes. (For chicken reduce to 8 minutes, longer if frozen). Allow the cooker to naturally release for 15 minutes. Remove from pot to cutting board and shred.  
**Slow Cooker** Add ingredients to slow cooker and cook on low for 4-6 hours.

**ITALIAN ZUCCHINI STEW**

4 servings  
27 g protein  
14 g carb  
11 g fat

1 lb 93% lean ground turkey  
1 cup chopped onion  
2 tsp dried minced garlic  
1/2 tsp salt  
1/2 tsp pepper  
2 medium zucchini, roughly chopped  
14.5 oz diced tomatoes  
1/2 cup reduced fat grated parmesan cheese

Heat a large stockpot to medium high heat. Add ground beef, onion, minced garlic and salt and pepper. Sauté until meat is brown and onion is translucent. Add zucchini and canned tomatoes. Bring to a simmer, then cover and reduce to low heat. Cook approximately 10 minutes, stirring occasionally and checking the zucchini doesn't become too soft. Add zucchini and canned tomatoes. Bring to a simmer, then cover and reduce to low heat. Cook approximately 10 minutes, stirring occasionally and checking the zucchini doesn't become too soft. Remove from heat and add parmesan. Let cool slightly and serve. Remove from heat and add parmesan. Let cool slightly and serve.

**LEMON ROSEMARY CHICKEN THIGHS**

4 servings  
31 g protein  
2 g carb  
6 g fat

2 lemons- 1 zested and juiced & 1 thinly sliced  
1 tbsp dijon mustard  
2 cloves garlic, minced or pressed  
1 lbs boneless, skinless chicken thighs  
4 sprigs fresh rosemary OR 1 tbsp dried rosemary

Preheat oven to 425F. In a small bowl, whisk the lemon zest, lemon juice, mustard and garlic; season with salt and pepper. On a rimmed baking sheet, toss the chicken, rosemary and sliced lemon with the mustard mixture. Arrange the chicken in a single layer and spread lemons over the top. Roast for 20-25 minutes or until internal temperature reads 165 F.

**CROCKPOT CLASSIC MEATLOAF**

4 servings  
33 g protein  
14 g carb  
12 g fat

1 lb 93% lean ground beef  
1 package onion soup mix  
1 egg  
2/3 cup grated parmesan cheese reduced fat  
1/4 tsp salt  
1/4 tsp pepper  
4 tbsp ketchup lowest sugar available, divided  
Foil

In a large mixing bowl combine all ingredients but only half the ketchup (2 tbsp reserved for topping later). Use hand or spoon to mix well until incorporated. Transfer to the bottom of a slow cooker. Use hands to form into the shape of a loaf. Transfer to the bottom of a slow cooker. Use hands to form into the shape of a loaf. Make two foil balls to wedge on both long sides of the meatloaf to help keep its shape. Make two foil balls to wedge on both long sides of the meatloaf to help keep its shape. Set the slow cooker for low heat, six hours. When finished, top with additional ketchup if desired (no more than 2 tablespoons). Sliced meatloaf and serve with green beans or creamy mashed cauliflower.

**ALMOND CRUSTED PORK CHOP**

4 servings  
28 g protein  
13 g carb  
19 g fat \*higher fat recipe with almonds and parmesan crust

4 (4 ounce) boneless pork chops  
1/4 cup dijon mustard  
1/2 cup grated reduced fat parmesan cheese  
1/2 cup almonds chopped finely

Heat oven to 400F. Line a baking sheet in foil. Lay out three plates. To each plate add each of the remaining ingredients: dijon mustard, parmesan cheese, chopped almonds. Working with one pork chop at a time, place a layer of mustard, then press into grated cheese and then a layer of chopped almonds. Place on baking sheet. Move to oven. Bake for approximately 13 minutes. Check for an internal temperature of 140-145 to prevent overcooking. Serve with a non-starchy vegetable.