



MEAL	INGREDIENTS	INSTRUCTIONS
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**AVOCADO CHICKEN SALAD**

6 servings (2.5 ounces)  
24 g protein  
2 g carb  
6 g fat

1 lb chicken breast, cooked and cubed  
1 small avocado, diced  
1/4 cup cilantro, chopped  
1 tsp each salt & pepper  
1 lime, juiced

Cook chicken using preferred method and dice. While the chicken is cooking, slice the avocado and chop the cilantro. When ready, chicken to large bowl. Add the avocado, cilantro, salt & pepper and lime juice. Toss ingredients, refrigerate.

**BARBECUE CHICKEN AND VEGGIES PACK**

4 servings (4 oz)  
26 g protein  
8 g carb  
1 g fat

1 lb boneless skinless chicken breasts, cut into 1/2-inch-thick slices  
1/4 tsp each salt and pepper  
1 red bell pepper, cut in strips  
1 green bell pepper, cut in strips  
4 tbsp low sugar barbecue sauce  
4 sheets foil

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.

**BUN-LESS COWBOY BURGERS**

4 servings (3.5 ounces)  
29 g protein  
6 g carb  
12 g fat

1 large onion, cut into slices  
3 tbsp steak sauce  
1 lb 93% lean ground beef  
1/4 tsp each salt and pepper  
4 slices reduced fat cheddar cheese  
2 roma tomatoes

Heat a nonstick skillet to medium high heat. Add sliced onions and cook on high for about 5 minutes. Turn the heat to medium low for another 5 minutes. Add steak sauce and stir. Let simmer until ready to use. Form the ground beef into 4 patties and season each side with salt and pepper. Preheat outdoor grill or grill pan on stovetop. Cook burgers about 5 minutes per side. Add cheese on the patties when there is one minute left to cook. Top cheeseburger patties with onions and tomatoes.

**CHICKEN MOZZARELLA BURGERS**

6 servings (2.75 ounces)  
18 g protein  
6 g carb  
10 g fat

1 lb ground chicken (or turkey)  
1/2 cup grated low fat parmesan cheese  
3/4 cup low sugar barbecue sauce  
1 tsp liquid smoke  
1 cup 2% shredded mozzarella cheese, divided

Heat grill to medium high. In a bowl mix ground chicken, grated parmesan cheese, 1/2 cup bbq sauce, liquid smoke and 1/2 cup mozzarella. Form into 6 patties. Grill burger patties for approx 6 minutes per side or until cooked through (internal temperature 165F). Top with remaining barbecue sauce and shredded mozzarella.

**CHICKEN WITH CHEESY VEGGIES FOIL PACK**

4 servings  
22 g protein  
8 g carb  
6 g fat

1 lb boneless skinless chicken breasts, cut into 1/2-inch-thick slices  
2 tsp Italian seasoning  
1 package frozen broccoli, cauliflower and carrot blend, thawed, drained  
4 oz reduced-fat cheddar, cut into 1/2-inch cubes

Spray 4 large sheets of foil with cooking spray; top with chicken, Italian seasoning and vegetables. Fold to close. Grill 15 min. or until chicken is done. Cut slits in foil to release steam before carefully opening packets. Top ingredients (still in packets) with cheese. Don't re-seal. Shut lid grill and allow to cook for 3 minutes. Remove (with tongs) and let cool before serving.

**FAJITA TURKEY BURGER**

4 servings  
22 g protein  
11 g carb  
4 g fat

1 lb lean ground turkey  
1 egg white  
1/2 cup grated reduced fat parmesan cheese  
1/2 tsp salt  
1/2 tsp pepper  
2 tbsp taco seasoning  
1 medium onion, sliced  
1 green bell pepper, sliced  
1 red bell pepper, sliced

Mix together ground turkey, grated parmesan cheese, egg white, salt & pepper and 1 tbsp taco seasoning. Heat the grill- and meanwhile, form the mixture into patties. Grill for about 4-5 minutes per side or until internal temperature reads 165 F. Meanwhile, add sliced onions and bell peppers to a skillet over medium high heat. Sprinkle another tbsp of taco seasoning to the mixture. Cook for about 5 minutes. Once burgers are cooked- remove from grill and top with bell peppers and onions. Serve with salsa or other toppings as desired.



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**CHICKEN PESTO SKEWERS**

4 servings  
25 g protein  
11 g carb  
8 g fat

3 tbsp jarred pesto  
1 lb boneless skinless chicken tenderloin, cut into 1 1/2 inch pieces  
2 cups cherry tomatoes  
12 leaves fresh basil, optional

Heat grill to medium high heat. Toss jarred pesto with chicken and tomatoes until coated. Thread chicken and tomatoes alternatively onto skewers, incorporating 3-4 leaves of fresh basil to each skewer. (If using wooden skewers, be sure to soak for 30 minutes before using). Grill about 5 minutes per side until chicken is done.

**EASY BBQ CHICKEN LEGS**

4 servings (3 ounces)  
26 g protein  
3 g carb  
13 g fat

1 lb chicken drumsticks  
1/2 cup barbecue sauce lowest sugar available  
1/4 tsp salt  
1/4 tsp pepper

Preheat broiler and line a rimmed cookie sheet with foil. Season drumsticks with salt and pepper and place on cookie sheet. Broil 4 inches from heat for about 10 minutes per side. Baste the chicken with bbq sauce and broil 5 more minutes. Transfer to a serving platter, allow to cool off slightly. Remove skin before consuming, Baste again lightly with sauce if desired.

**PESTO SHRIMP AND SQUASH**

4 servings (4 ounces)  
29 g protein  
3 g carb  
33 g fat

1 lb large shrimp, peeled and deveined  
2 tbsp Montreal steak seasoning, divided  
1 medium yellow squash, sliced  
1 medium zucchini squash, sliced  
1 tbsp jarred pesto  
1 roma tomato, sliced

Toss shrimp with 1 tbsp seasoning. Heat large skillet to medium high heat and cook, stirring occasionally. Meanwhile toss squash rounds with remaining 1 tbsp of seasoning. Remove shrimp to large bowl or dish and add squash to pan. Remove squash and add to bowl with shrimp. Add pesto sauce and toss. Serve with sliced tomatoes.

**CALIFORNIA COBB SALAD**

6 servings (4 ounces)  
23 g protein  
4 g carb  
7 g fat

**Salad** 1 lb chicken tenderloins  
1 tbsp chicken seasoning of choice  
2 eggs, hard boiled  
3 slices turkey bacon, diced and cooked  
1/2 cup cherry tomatoes, cut in half  
1 head head of romaine, washed and chopped  
**Dressing** 1 ripe avocado  
1/2 cup plain 0% fat Greek yogurt  
1 tbsp lemon juice  
1/4 tsp salt

Heat oven to 350 F. Toss chicken tenders with seasoning and bake for 20 minutes or until cooked through (internal temp of 165 F) Meanwhile, prepare other ingredients. In a large bowl add romaine dressing, cherry tomatoes, turkey bacon, and chopped boiled egg. Once chicken is cook, diced and add to bowl. In a separate bowl, combine ingredients for dressing. I used my Pampered Chef® Manual Food Processor but you could use a medium bowl and the back of a large fork or spoon to smash and mix the avocado. Add the dressing to the bowl (it will seem thick) and toss several times until coated. Serve.

**CAESARS BURGER**

4 servings  
33 g protein  
3 g carb  
10 g fat

1 lb lean ground beef  
2 cloves chopped garlic (or 1 tsp)  
2 tbsp grated parmesan cheese  
1 cup shredded  
2% mozzarella cheese, divided  
2 tbsp light Caesar dressing, divided

Heat grill to medium high heat. Combine ground beef, parmesan cheese, garlic, 1/2 cup shredded mozzarella cheese and 1 tbsp light caesar dressing. Form 4 patties. Grill about 12 minutes per side- or until desired doneness. Top with 1/4 tsp light Caesar on each patty and divided shredded mozzarella cheese.

**BASIL AND GARLIC GRILLED CHICKEN**

4 servings  
23 g protein  
0 g carb  
3 g fat

1 lb boneless, skinless chicken breasts  
1 bunch fresh basil leaves, chopped (about 4 tbsp)  
2 cloves garlic, pressed or minced  
5 sprays olive oil spray  
1/2 tsp salt & pepper and extra to taste

Heat an outdoor grill or indoor grill pan to medium heat. Meanwhile, combine the basil, garlic and 1/2 tsp each salt and pepper. Pat the chicken dry with a paper towel and spread basil mixture over both sides of chicken. Spray grill or grill pan with olive oil/cooking spray. Grill for 6 minutes per side or longer depending on thickness. Use a meat thermometer to ensure internal temperature is 165F.