



MEAL	INGREDIENTS	INSTRUCTIONS
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**BEEFY CHILI SOUP**

4 (4 ounce) servings  
27 g protein  
13 g carb  
9 g fat

1 lb 93% lean ground beef  
1 (15 oz) can diced tomatoes  
1 cup kidney beans rinsed  
1 cup chicken broth  
2 stalks celery chopped  
10 baby carrots or 2 large carrots, chopped  
1 tbsp chili powder

In a large dutch oven on medium high heat, brown the ground beef. Drain. Return to heat and add chili powder. Stir until coated. Add all other ingredients. Turn heat to a low simmer. Close the lid and allow to heat another 10 minutes or until ready to serve. To keep from intaking too much liquid with your solid protein meal, use a slotted spoon to serve OR eat with a fork.

**BBQ BEEF FAJITAS**

4 (3 ounce) servings  
26 g protein  
7 g carb  
5 g fat

1 lb sirloin steak thinly sliced, cut into strips  
2 green bell peppers sliced  
2 tsp Montreal Steak® seasoning or other steak seasoning  
1 tsp liquid smoke  
3 tbsp barbecue sauce lowest sugar available

Prep ingredients by cutting thin sirloin into strips and slicing bell pepper. Season both with seasoning. Heat a large skillet to medium to medium high heat (in the middle). Start by placing thin steak strips in the skillet, not over crowing the pan. Cook an estimated three minutes per side. Remove and cook next batch if needed. Set steak strips aside and add bell peppers to the skillet. Saute until softened. Turn heat to medium low and add steak back. Add liquid smoke and barbecue sauce. Toss together for a minute or two and serve.

**EASY SUNDAY ONION MEATLOAF**

4 (3 ounce) servings  
29 g protein  
6 g carb  
12 g fat

1 lb 93% lean ground beef  
1/2 packet onion soup mix  
1 egg white  
1/2 cup grated parmesan cheese  
1/4 cup baby spinach, chopped  
2 tbsp ketchup

Preheat oven to 350F. In a medium mixing bowl add all ingredients. Combine well until fixture is well incorporated. Form meat into two smaller loaves and place in an 8x8 casserole dish. Bake for 40 to 45 minutes or until a meat thermometer reads 160F. Remove from oven and let cool slightly. Slice and serve. Can add a small amount of ketchup to your serving as desired, start with 2 tsp on the side and dip your fork in the ketchup, then the meatloaf, to get a small taste in each bite.

**ROASTED FISH AND VEGGIES**

4 (3 ounce) servings  
23 g protein  
7 g carb  
14 g fat

1 lb flounder, thawed if frozen  
1/2 cup low-fat grated parmesan cheese  
1/4 tsp each salt and pepper  
1 large yellow bell pepper, cut into strips  
1 cup cherry tomatoes  
1/4 cup chopped hazelnuts

Preheat oven to 400F. Place flounder on a baking sheet and coat all sides with grated parmesan cheese. Sprinkle with salt and pepper. Add chopped hazelnuts to the top of each fillet. Add yellow pepper and cherry tomatoes to the pan, surrounding the fish. Roast for 18-20 minutes or until fish is flakey and veggies are roasted. Serve immediately.

**NACHO CHICKEN CHILI**

6 (1 cup) servings  
18 g protein  
6 g carb  
3 g fat

1 lb chicken breast boneless skinless  
1 clove garlic minced  
1 bell pepper red or yellow, diced  
.5 can pinto beans rinsed  
1 cup salsa  
1 tbsp chili powder  
.5 tsp garlic powder  
1 tbsp cumin  
1 cups chicken broth  
1/2 tsp salt

**Slow Cooker** Add all the ingredients to the bottom of a slow cooker. Cook on low for 6 hours. Remove chicken from slow cooker to a cutting board and shred. Return to cooker. **Pressure Cooker** Add all the ingredient to the bottom of the pressure cooker. Cover and cook on high pressure for 12 minutes. Let pressure naturally release for 10 minutes and then release remaining pressure. Remove chicken from slow cooker to a cutting board and shred. Return to cooker.



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**SHEET PAN PORK AND ZUCCHINI**

4 (4 ounce) servings  
26 g protein  
4 g carb  
8 g fat

1 lb lean pork stew meat  
3 medium Zucchini Squash  
1 tsp olive oil  
1/4 tsp sea salt  
1/4 tsp black pepper  
1 tbsp Italian seasoning  
1 1/2 tsp paprika

Heat oven to 400F. Meanwhile, cut squash into 1 inch pieces. Mix all seasonings together in a small bowl: salt, pepper, Italian seasoning and paprika. Divide mixture in two. Spread pork with half the seasoning mixture. Toss zucchini and 1 tsp olive oil with remaining seasoning mixture. Place pork on one side of a sheet pan lined in foil (or baking stone). Place zucchini on other side. \*Note: this allows flexibility if your meat finishes cooking before vegetables and needs to be removed then returned to the oven. Bake for 20 minutes; turn and toss halfway through cooking. Remove from oven, let cool slightly and serve.

**INSTANT POT PORK TENDERLOIN WITH APPLES**

4 (3 ounce) servings  
23 g protein  
12 g carb  
7 g fat

1 lb lean pork tenderloin  
1/2 tsp salt  
1/2 tsp pepper  
1 tbsp olive oil  
1 medium yellow onion sliced  
2 tbsp apple cider vinegar  
1 tsp dijon mustard  
14 oz chicken broth  
1 tbsp dried rosemary crushed  
1 medium Fuji or Gala apple sliced

Pressure cooker to Saute Function. Season pork with salt and pepper. Add oil to pot. Brown both sides of pork. Add sliced onion and remove pork to a plate for the moment. Saute onion for 3 minutes. Stir occasionally. Stir in apple cider and dijon mustard until combined. Add chicken broth and scrape all browned bits from the bottom of the pot. Return pork to the pot. Add apple and rosemary. Hit cancel on the screen and then select "Stew" for 15 minutes. Allow to naturally release 10 minutes then open pot. Slice the pork and serve with the softened apple and onion.

**CHICKEN AND TOMATO SOUP**

6 (3 ounce) servings  
19 g protein  
14 g carb  
3 g fat

1 lb chicken breast  
1 zucchini diced  
1 small onion diced  
1 cup carrots diced  
1 clove garlic pressed or diced  
2 tsp Italian seasoning  
3.5 tbsp tomato paste  
1 can diced tomatoes  
10 oz riced cauliflower  
1 tsp basil dried  
2 wedges spreadable cheese ex: The Laughing Cow® parmesan cheese optional topping

To a pressure cooker add chicken, vegetables, seasonings, 2 tbsp tomato paste and diced tomatoes. Cook on poultry option or on high pressure for 15 minutes. Allow to naturally release 10 minutes. Remove chicken and shred. Return to the pot. Steam cauliflower per package instructions. Add to a small blender. To the blender add 1.5 tbsp tomato paste, 1 tsp dried basil, 2 wedges of spreadable cheese and 1/4 of liquid from the cooked chicken. Add the blended tomato mixture to the pot. Serve with grated parmesan cheese.

**GARLIC SHIMP & SPIRALIZED ZUCCHINI**

4 (3 ounce) servings  
14 g protein  
3 g carb  
2 g fat

2 cloves garlic, pressed or minced  
2 tsp olive oil  
2 tsp each sea salt and black pepper  
2 medium zucchini, spiralized  
1 lb bag frozen pre-cooked shrimp, thawed and tails removed

Heat skillet to medium high heat. Add olive oil and garlic. Cook for 1-2 minutes. Add shrimp and cook until heated through, about 2 minutes. Season with salt and pepper. Add zucchini noodles and toss to coat. Cook 3-4 minutes. Remove from heat and serve.