

Week 1

Day 1

- Breakfast: Spinach & Mushroom Crustless Quiche
- Healthy Snack of Choice
- Lunch: 10 Minute Chicken Caesar Lettuce Wraps with 1 cup grapes
- Healthy Snack of Choice
- Dinner: Instant Pot (or Stovetop) Sesame Garlic Chicken with Easy Cilantro Lime Rice

Day 2

- Breakfast: Make Ahead Freezer Smoothie Packs
- Healthy Snack of Choice
- Lunch: 2 Chicken Bacon Ranch Egg Rolls with 1 serving whole grain chips
- Healthy Snack of Choice
- Dinner: "Noodle-Less" Zucchini Crockpot Lasagna with 15 Minute Garlic Parmesan Breadsticks (1 almond flour version or 2 oat flour version)

Day 3

- Breakfast: [Leftovers] Spinach & Mushroom Crustless Quiche
- Healthy Snack of Choice
- Lunch: [Leftovers] 10 Minute Chicken Caesar Lettuce Wraps with medium pear
- Healthy Snack of Choice
- Dinner: Veggie Packed Pizza Turkey Burgers with Parmesan Garlic Asparagus Fries

Day 4

- Breakfast: Bacon, Egg, and Cheese Sandwiches
- Healthy Snack of Choice
- Lunch: [Leftovers] 2 Chicken Bacon Ranch Egg Rolls with 1 cup strawberries
- Healthy Snack of Choice
- Dinner: [Leftovers] Instant Pot (or Stovetop) Sesame Garlic Chicken with Easy Cilantro Lime Rice

Day 5

- Breakfast: [Leftovers] Make Ahead Freezer Smoothie Packs
- Healthy Snack of Choice
- Lunch: Mediterranean Chicken Salad
- Healthy Snack of Choice
- Dinner: [Leftovers] "Noodle-Less" Zucchini Crockpot Lasagna with 15 Minute Garlic Parmesan Breadsticks (1 almond flour version or 2 oat flour version)

Day 6

- Breakfast: [Leftovers] Bacon, Egg, and Cheese Sandwiches
- Healthy Snack of Choice
- Lunch: 15 Minute Flatbread Pizza
- Healthy Snack of Choice
- Dinner: [Leftovers] Veggie Packed Pizza Turkey Burgers with Parmesan Garlic Asparagus Fries

Day 7

- Breakfast: Protein Pancake Mix
- Healthy Snack of Choice
- Lunch: [Leftovers] Mediterranean Chicken Salad
- Healthy Snack of Choice
- Dinner: Avocado Cream Sauce Zoodles with Chili Lime Shrimp
- Healthy Dessert of Choice

Spinach & Mushroom Crustless Quiche

Serves 6

Estimated cook time: 45-55 Minutes

Ingredients

1 (8 oz) pkg	Mushrooms [1]
1 (10 oz) box	Frozen spinach, thawed [2]
5	Large eggs [3]
1 cup	Almond milk
1/2 cup	Feta cheese [4]
1/4 cup	Parmesan, grated
1/2 cup	Shredded mozzarella
Pinch	Salt & pepper to taste

[1] or vegetable of choice

[2] or 8 oz fresh baby spinach

[3] or 1 cup egg whites, or any combination of whites/whole eggs equaling one cup

[4] or cheese of choice

Preheat the oven to 350 degrees. Spray a 9-inch pie dish with non-stick spray. Rinse any dirt or debris from the mushrooms (or whatever vegetable you are using), and slice or dice thinly. Add to a large skillet and season with salt and pepper. Sauté over medium high heat for about 1-2 minutes.

Meanwhile, thaw spinach in the microwave (or overnight in the fridge.) Squeeze the excess moisture from the thawed spinach. If using fresh spinach, simply add spinach to the skillet with the mushrooms along with 1/4 cup water. Cover skillet and let spinach wilt down before sautéing and cooking off the excess moisture.

Cook spinach with the mushrooms (or veggie of choice), and sauté until veggies are soft and moisture has evaporated. Place the sautéed mushrooms and spinach in the pie plate, followed by the crumbled feta.

In a medium bowl, whisk together eggs, milk, and Parmesan cheese. Season lightly with pepper. Pour the egg mixture over the vegetables in the pie dish. Top with the shredded mozzarella.

Bake for 45-55 minutes, or until the top is golden brown. Cut into six slices and serve.

Nutritional Info

Servings	6
Calories per Serving	244
Fat	15 g
Carbohydrates	5 g
Fiber	1 g
Protein	21 g

10 Minute Chicken Caesar Lettuce Wraps

Serves 4

Estimated cook time: 10-15 minutes

Ingredients

8-16 pieces Romaine lettuce [1]

2 cups Cooked chicken breast, diced or shredded[2]

1 cup Grated Parmesan cheese

[1] about 2 heads romaine lettuce

[2] I used my crockpot shredded chicken. You can also use grilled chicken, or rotisserie chicken.

Caesar Dressing:

1 cup Plain Greek yogurt

1/2 cup Grated Parmesan cheese

2 tbs Lemon juice

2 tsp Minced garlic

1 tsp Worcestershire Sauce

1 1/2 tsp Dijon mustard

1/4 tsp Salt and pepper (or to taste)

To Make the Parmesan Crisps:

Microwave: Tear a large piece of parchment paper (a size that will fit in your microwave). Form parmesan into 4 even mounds on the plate (1/4 cup parmesan for each), and microwave for 60-90 seconds, or until the parmesan melts and starts to 'bake' into a crisp, enough to crumble. Let cool.

Oven: Preheat oven to 400 degrees. Line a baking pan with foil or parchment paper and spray with cooking spray. Form parmesan into 4 even mounds on the baking pan (1/4 cup parmesan for each), and bake for 3-5, or until the parmesan melts and starts to bake into a crisp. Let cool.

Dressing: Whisk everything for the dressing together in a small bowl until combined. Season to taste.

To Make the Wraps: While parmesan crisps are cooking, wash and dry lettuce leaves. Lay eight lettuce leaves out to fill, (or double them up, using a total of 16. I like to use two pieces of romaine per wrap, especially if they are torn or smaller to make sure the filling is well supported). Divide chicken among lettuce leaves, 1/4 cup per lettuce leaf. Drizzle about 3 tbs Caesar dressing over each lettuce wrap, and crumble 1/2 of each of the parmesan crisps over each. Enjoy!

Nutritional Info

Servings	4
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Calories per Serving	258
Fat	14 g
Carbohydrates	3 g
Fiber	0 g
Protein	34 g

Instant Pot (or Stovetop) Sesame Garlic Chicken

Serves 6

Estimated cook time: 15-20 Minutes

Ingredients

1.5 lbs Chicken, cut into bite size pieces or 1.5 lbs shrimp

Sauce:

1/2 cup Orange juice (or juice from one orange)

1/4 cup Low sodium soy sauce

1 tbs Minced garlic

1/4 cup Sweetener of choice [1]

1 tbs Sesame oil [2]

1 tbs Rice wine vinegar [3]

[1] I like honey or coconut sugar for this recipe

[2] or oil of choice

[3] or apple cider vinegar

Cornstarch Slurry:

2 tbs Water

2 tbs Cornstarch [4]

[4] or arrowroot powder

Optional Garnish:

- 1/4 tsp Red pepper flakes
- 2 Green onions, sliced
- 1 tbs Sesame seeds

Instant Pot:

Add all ingredients to the pressure cooker except the cornstarch slurry and toppings. Add 1/4 cup water. Stir well to combine.

Close the lid and make sure the pressure cooker is sealed. Set the pressure cooker to high pressure for 5 minutes, followed by a 10 minute natural release. Turn off the heat. Release the remaining pressure. Open the lid. Select the Sauté function, on low.

Mix cornstarch with water in a small bowl until it is dissolved. Add the mixture to the Instant Pot and gently stir to combine. Cook on Sauté until the sauce thickens, stirring gently, about 5 minutes. (Note: Sauce will thicken further as it cools).

Serve over rice or cauliflower rice, and garnish with red pepper flakes, green onions, and sesame seeds if desired.

Stovetop:

To make the sauce: Add orange juice, garlic, soy sauce, sweetener, the rest of the sesame oil, and vinegar to a small bowl. Add to the pan with the chicken and bring to a gentle simmer.

To cook the chicken: Set a nonstick skillet on medium heat. Spray with cooking spray and add chicken (or shrimp) and 1/2 tbs sesame oil and cook until chicken is just cooked on the outside stirring occasionally, about 3-4 minutes. (The chicken won't be cooked through at this point, just browned on the outside. It will continue to cook through with the sauce.)

While chicken is starting to cook, make the cornstarch slurry: Mix cornstarch with water in the same small bowl used to make the sauce, whisking until cornstarch is dissolved, then add to the skillet.

Reduce the heat to low and add cornstarch slurry. Quickly stir so the sauce thickens. Toss chicken in the sauce until evenly coated. Continue to cook for an additional 1-2 minutes or until chicken is cooked through and sauce is thickened to your liking. (Note: Sauce will thicken further as it cools).

Serve over rice or cauliflower rice, and garnish with red pepper flakes, green onions, and sesame seeds if desired.

Nutritional Info

Servings	6
Calories per Serving	146
Fat	4 g
Carbohydrates	6 g
Fiber	0 g
Protein	23 g

Easy Cilantro Lime Rice- 3 Ways

Serves 4

Estimated cook time: 5-15 Minutes

Ingredients

Rice or Quinoa

- 1 cup Dry rice or quinoa of choice [1]
- 1 cup Water
- 1 cup Milk of choice
- 1 Lime, zested
- 1 tsp Lime juice
- 1 tbs Fresh cilantro, minced
- 1/2 tsp Salt (or to taste)

[1] If using instant or quick cooking rice, follow directions for cooking on the package and follow the ingredients and method for the cauliflower rice rather than regular rice. There would be too much liquid otherwise.

Cauliflower Rice

- 1 lb Cauliflower rice (fresh or frozen)
- 1/4 cup Almond milk or Milk of choice
- 1 Lime, zested
- 1 tsp Lime juice
- 1 tbs Fresh cilantro, minced

1/2 tsp Salt (or to taste)

Spray a large sauté pan with cooking spray and warm over medium heat. Sauté cauliflower rice in the pan for about 3-4 minutes if using fresh, or 5-6 minutes if using frozen, or until cauliflower rice is cooked through and tender. Remove from heat.

Add the milk, lime zest, lime juice, and cilantro to the pan. Season with salt and adjust seasonings as desired. Enjoy!

Traditional Rice or Quinoa:

Rinse rice or quinoa under cold water until water runs clear. (This removes some of the starch from the rice so it isn't too sticky.)

Combine the rice, milk, water, and pinch of salt in a small saucepan. Bring to a simmer and cook partially covered on medium/low heat until liquid is absorbed, about 12-15 minutes.

Remove the pan from the heat. Fluff the rice with a fork and stir in the lime zest, lime juice, and cilantro. Season with salt and adjust seasonings as desired.

Nutritional Info

Rice or Quinoa

Servings	4
Calories per Serving	128
Fat	3 g
Carbohydrates	21 g
Fiber	3 g
Protein	5 g

Cauliflower Rice

Servings	4
Calories per Serving	35
Fat	0 g
Carbohydrates	5 g
Fiber	3 g
Protein	3 g

Make Ahead Freezer Smoothie Packs

Serves 1

Estimated cook time: 5 Minutes

Ingredients

- 2 cups Plain Greek yogurt
- 2-4 tbs Stevia or sweetener of choice (to taste)
- 2 large Bananas, sliced into disks [1]
- 4 cups Frozen strawberries [2]
- 4 cups Unsweetened almond milk (or low fat milk of choice)

[1] You could swap out bananas with another fruit such as sliced peaches, mango, pineapple, or additional berries.

[2] Or berries of choice. I recommend frozen berries because they will not stick together when frozen unlike fresh berries. For fresh berries, spread them out individually on a baking sheet pan and freeze for a few hours before adding to the smoothie packs.

Directions: Mix yogurt and sweetener in a small bowl and spread evenly into an ice cube tray. Freeze yogurt for at least 4 hours, or more.

After the yogurt has frozen, begin making your smoothie packs. Start by placing half of each banana and 1 cup of berries into a ziplock bag, along with four of the frozen yogurt cubes. Seal each bag and place into the freezer until ready to use.

To make a smoothie, add 1 cup milk to a blender, followed by the ingredients for one of the smoothie packs. Blend until smooth. Enjoy!

Nutritional Info

Servings (1 pack per serving)	4
Calories per Serving	185
Fat	3 g
Carbohydrates	31 g
Fiber	6 g
Protein	12 g

Chicken Bacon Ranch Egg Rolls

Serves 4 (2 egg rolls each)

Estimated cook time: 25-30 minutes

Ingredients

- 2.5 tsp Hidden Valley Ranch Dry Seasoning Mix
- 1/2 cup Plain non-fat Greek yogurt OR 1/2 cup low fat sour cream
- 1 cup Chicken breast, cooked and shredded
- 4 Slices center cut bacon
- 8 Egg roll wrappers
- 1 Egg white
- 1/2 cup Reduced fat shredded cheddar cheese

Preheat oven to 375 degrees. Line a baking sheet with foil, and spray with non-stick spray. In a small bowl, combine ranch mix and Greek yogurt (or sour cream). Cook bacon according to package directions, (I microwave mine on a paper towel for 2-4 minutes, until crispy). Crumble the bacon. In a medium bowl, combine the chicken, ranch/yogurt mix, and crumbled bacon. Stir until well mixed.

Lay out your egg roll wrappers on baking sheet and divide filling between them. Fold ends of egg roll wrappers in, and tuck and roll egg roll wrappers over the filling. Brush egg white over each egg roll wrapper and divide shredded cheese among them. Bake egg rolls in preheated oven for 12-15 minutes, or until cheese begins to melt and slightly brown. Let cool to warm and enjoy!

Nutritional Info

Egg Rolls	8
Calories per Roll	130
Fat	3 g
Carbohydrate	13 g
Fiber	0 g
Protein	13 g

"Noodle-Less" Zucchini Crockpot Lasagna

Serves 8

Estimated cook time: 4-12 hours

Ingredients

- 4 Medium zucchini
- 1/2 cup Parmesan
- 1 (24 oz) Container Cottage cheese
- 1 Large egg
- 1/4 tsp Salt
- 1 tbs Italian seasoning
- 1 (24 oz) Can Crushed tomatoes Or 1 jar pasta sauce of choice
- 1 cup Mozzarella cheese, shredded

Slice zucchini lengthwise into 1/8 inch thick strips (almost as if you are making long thick noodles). Sprinkle salt evenly over zucchini slices and lay single file on a baking sheet pan lined with parchment paper (or foil sprayed with cooking spray).

Roast zucchini in 425 degree oven for 10 minutes. Remove zucchini from the oven and blot excess moisture with a paper towel

While zucchini is cooking, prepare the filling. In a medium bowl mix cottage cheese, egg, Parmesan cheese, and Italian seasoning. Stir well and set aside

Spray the inside of the slow cooker with cooking spray. Layer 5 or 6 zucchini slices to cover the bottom of your slow cooker, (this may require some cutting of the zucchini slices so they fit in nicely).

Place some of the cottage cheese mixture on top of zucchini slices and top with 1/3 of the crushed tomato sauce.

Repeat the layers until all ingredients are all used up (approx three layers). Cover and cook on low for 8-12 hours or high for 4-6 hours

Turn off slow cooker and top with mozzarella. Cover, and let cheese melt as well as letting lasagna to sit for about 20 minutes before slicing. (Note: if you have excess water from the zucchini, tilt crockpot on its side so the liquid runs to the side and ladle it out as it collects with a measuring cup. It will also thicken as it sits!)

Nutritional Info

Servings	8
Calories per Serving	168
Fat	7 g
Carbohydrates	12 g

15 Minute Garlic Parmesan Breadsticks

Serves 8

Estimated cook time: 15-20 Minutes

Ingredients

Almond Flour Version

- 1 1/4 cup Almond flour
- 1/4 cup Parmesan cheese [1]
- 1/4 tsp Salt (1/2 tsp if not using parmesan cheese)
- 1 1/2 tsp Baking soda
- 1 Egg

[1] Or additional 1/4 cup almond flour

Topping

- 1 Egg for egg wash
- 1/2 tsp Garlic powder
- 1/2 tsp Dried parsley (optional)
- 1/3 cup Parmesan cheese

Oat Flour Version

- 1 cup Plain Greek yogurt
- 1 cup Oat flour
- 1 1/2 tsp Baking powder
- 1/2 tsp Salt

Topping

- 1 Egg for egg wash
- 1/2 tsp Garlic powder
- 1/2 tsp Dried parsley (optional)
- 1/3 cup Parmesan cheese

Preheat oven to 350 degrees. Line a baking pan with baking mat or parchment paper.

Oat Flour Version:

Combine ingredients for breadsticks in a bowl until a dough starts to form. Knead the dough on a floured surface and divide into two equal parts. Roll each piece of dough into a 12-14 inch rope. Cut rope into 8 equal parts and form into a knot.

Place dough knots on prepared baking pan. Beat the egg and brush it over the knot and sprinkle parmesan and seasonings over the top. Bake 20-22 minutes and 550 degrees for 2 minutes, or until they start to turn golden brown.

Grain-Free Version:

Combine ingredients for breadsticks in a bowl until a dough starts to form. Form dough into a rectangle log on prepared baking pan and cut into 8 even size breadsticks on pan. Beat an egg and brush it over the knot and sprinkle parmesan and seasonings over the top. Bake 12-15 minutes and 550 degrees for 2 minutes, or until they start to turn golden brown. Serve with pizza or marinara sauce if desired.

Nutritional Info

Almond Flour Version

Servings	8
Calories per Serving	144
Fat	9 g
Carbohydrates	6 g
Fiber	1 g
Protein	9 g

Oat Flour Version

Servings	8
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Calories per Serving	82
Fat	5 g
Carbohydrates	2 g
Fiber	0 g
Protein	9 g

Veggie Packed Pizza Turkey Burgers

Serves 4

Estimated cook time: 15-20 Minutes

Ingredients

Pizza Burgers

- 1 Medium zucchini, grated [1]
- 1/4 cup Onion, finely diced [2]
- 1/4 cup Roasted bell peppers [2]
- 1 lb Lean ground turkey [3]
- 1 tsp Dried Oregano
- 1/2 tsp Garlic powder
- 1/2 tsp Salt
- 1/4 tsp Crushed red pepper flakes (optional)
- 1/4 cup Parmesan cheese [4]

[1] Or 1/2 cup grated summer squash.

[2] Or 1/4 cup banana pepper rings, finely diced mushrooms, chopped black olives, finely diced onion, diced pineapple, spinach, or any other veggie you would enjoy on your pizza.

[3] Or ground chicken or beef.

[4] Or almond flour if you want to make these dairy free.

Optional Toppings

- 12 Slices Uncured organic pepperoni, diced
- 4 Slices Mozzarella cheese

3 1/2 cups Pizza sauce, warmed

In a medium bowl, grate zucchini and add the rest of the veggies. Use a paper towel to ring out/blot out any excess moisture. Combine meat, seasonings, and parmesan with the veggies in the bowl. Stir until combined. Use your hands to form mixture into four patties. (Note: I found that when I refrigerate the patties for at least 30 minutes, or even make them the night before, the burgers don't fall apart on the grill and the patties don't shrink up as much).

Oven:

Heat the oven to 450 degrees. Line a rimmed baking sheet with aluminum foil; spray lightly with nonstick cooking spray. Bake for 18-20 minutes, or until burgers are no longer pink and the internal temperature reaches 165 degrees.

Grill:

Preheat grill to medium heat. Place patties on the rack of an uncovered grill directly over heat for 14-18 minutes, flipping once, or until burgers are no longer pink and the internal temperature reaches 165 degrees, turning once halfway through grilling.

Top each patty with 3 pepperonis, and a slice of cheese if using in the last 1-2 minutes of grilling if using. Top or serve with pizza sauce if desired.

Nutritional Info

Servings	4
Calories per Serving	189
Fat	5 g
Carbohydrates	4 g
Fiber	1 g
Protein	22 g

Parmesan Garlic Asparagus Fries

Serves 4

Estimated cook time: 15-20 Minutes

Ingredients

- 1 lb Medium asparagus
- 2 Egg whites
- 1/2 cup Grated parmesan cheese

1/2 tsp Garlic powder

Preheat the oven to 425 degrees. Prepare the asparagus by rinsing well and trimming off any tough stems.

Set up a breading station by whipping the egg whites in one shallow bowl, and mixing parmesan cheese and garlic powder together in the other.

Dip each asparagus spear in the egg wash and then coat evenly in the parmesan. Place the spears on a wire rack over a baking sheet and lightly spray with cooking spray.

Sprinkle with some salt and pepper. Bake until golden and crispy, 17-20 minutes. Broil for 1-2 minutes after cooking if you desire a more crisp coating. Serve immediately with dipping sauce of choice!

Nutritional Info

Servings	4
Calories per Serving	71
Fat	3 g
Carbohydrates	4 g
Fiber	2 g
Protein	8 g

Bacon, Egg, and Cheese Sandwiches

Serves 8

Estimated cook time: 20-25 Minutes

Ingredients

Just Biscuits

- 2 1/2 cups Oat flour
- 1/2 cup Parmesan cheese, grated [1]
- 4 tsp Baking powder
- 1 tsp Salt
- 2 cups Nonfat Greek yogurt (be sure it is cold)

Breakfast Sandwiches

4	Large eggs
1/4 cup	Milk of choice
1/2 tsp	Salt and pepper (or to taste)
8 slices	Center cut bacon
4 slices	Cheese of choice

Preheat oven to 400 degrees. Line 2 rimmed sheet pans with foil and spray with cooking spray. Arrange bacon flat on one of the pans and set aside.

To make the biscuits:

Mix together ingredients for the biscuits together in a medium bowl. Stir until dough forms in the bowl. (It will be sticky, so to help for dough, be sure to use cold yogurt). Sprinkle additional oat flour on working surface or parchment paper and roll dough into a log. Cut log into 8 slices, making 8 biscuits. Place biscuits on pan and spray the top of biscuits with cooking spray.

Place biscuits and bacon in hot oven, (I like to put the bacon on top shelf). Cook bacon for 15-25 minutes, or until crisp and cooked to your liking. Bake biscuits for about 20-25 minutes or until tops are lightly golden brown.

To make the eggs:

Stovetop: While the biscuits and bacon are cooking, prepare the eggs. Spray a large skillet with cooking spray. Whisk together eggs in a bowl, (or in the skillet) along with salt and pepper. Heat skillet over medium low and cook eggs to your liking. Once eggs are cooked through, remove from heat.

Oven: Spray 8 muffin tins with cooking spray. Whisk together eggs in a bowl, along with salt and pepper. Divide eggs evenly among 8 cups. Bake eggs for 15-20 minutes, in already hot oven (400 degrees), or until cooked to your liking.

To make the sandwiches:

Once biscuits are cool enough to handle, cut open with a knife. Evenly distribute eggs on top of the bottom of biscuit, followed by a piece of bacon, and top with 1/2 slice of cheese. Top with the other half of the biscuit. Repeat until finished. Enjoy immediately, or refrigerate for up to 5 days or freeze for up to 3 months. See next step for freezing/reheating instructions.

Freezing instructions:

Let eggs, bacon, and biscuits completely cool, assemble sandwiches, wrap in aluminum foil, place in a freezer bag.

To reheat:

Thaw in fridge 6-8 hours or overnight, wrap in a paper towel, and heat for 45-60 seconds in the microwave.

Nutritional Info

Just Biscuits

Servings	8
Calories per Serving	192
Fat	4 g
Carbohydrates	27 g
Fiber	4 g
Protein	13 g

Biscuit Sandwich

Servings	8
Calories per Serving	316
Fat	13 g
Carbohydrates	27 g
Fiber	4 g
Protein	22 g

Mediterranean Chicken Salad

Serves 4

Estimated cook time: 25-30 Minutes

Ingredients

Chicken

- 1 lb Chicken breast, cut into chunks
- 1/4 cup Avocado or olive oil
- 1 tbs Honey
- Zest and juice of 1 Lemon [1]
- 1 tsp Paprika

1 tsp	Cumin
1 tsp	Salt
1 tbs	Minced garlic
1/2 tsp	Turmeric (optional)

[1] or 1/4 cup lemon juice

Salad

4 cups	Romaine lettuce, chopped [2]
2 cups	Cherry tomatoes, halved
1	English cucumber, sliced
1 small	White onion, sliced fine
1 cup	Homemade or store-bought hummus

[2] about 2 bags or 2-3 heads romaine lettuce

Pita

2 pieces	Flat bread or pita [3]
1 tsp	Paprika
1/2 tsp	Garlic powder
1/2 tsp	Salt

[3] I like Joseph's Flatbread

To Prepare the Chicken:

Preheat the oven to 400 degrees. In a large bowl, combine the chicken with the oil, honey, lemon zest and juice, and spices. Stir to coat. Cover with plastic wrap and marinate in the fridge for at least 20 minutes to an hour, the longer the better.

Transfer chicken to foil lined baking sheet. Pour the marinade over the chicken. Bake for 30 to 35 minutes until the chicken is cooked through. For extra crispy edges, increase the heat to 425 and continue cooking for 8 to 10 minutes. Remove chicken from the oven and allow to rest for 5 minutes before cutting the chicken into slices.

To Grill the Chicken:

Place the chicken on skewers, and cook on an outdoor or indoor grill (or skillet), turning skewer until the meat has an internal temperature of 165 degrees, or is cooked through (white in the

center). Grill time will vary depending on the size and thickness of the meat.

To Prepare the Bread:

Set oven to 350 degrees. Line baking pan with foil and spray with cooking spray. Place bread on baking pan and bake for 5 minutes. Remove from oven and flip bread. Sprinkle with seasonings and spray with cooking spray. Bake for an additional 1-2 minutes, or until crisp.

To Prepare the Salad:

Chop and wash romaine lettuce and the other vegetables for the salad. Place everything in one large bowl, or divide evenly among four plates. Top each salad with chicken and pita chips, and serve with hummus as the dressing, or your favorite Greek dressing of choice. Enjoy!

Nutritional Info

Servings	4
Calories per Serving	337
Fat	14 g
Carbohydrates	28 g
Fiber	8 g
Protein	31 g

15 Minute Flatbread Pizza

Serves 1

Estimated cook time: 15 Minutes

Ingredients

- 1 piece Flatbread [1]
- 1/2 cup Pizza sauce [2]
- 1/2 cup Light shredded cheese

[1] I like Flatout or Joseph's flatbread for this recipe. You could also use your wrap or tortilla of choice, but take note baking time may vary based on the thickness of the bread.

[2] Or marinara/spaghetti sauce.

Optional

- 1 tbs Parmesan cheese

Preheat oven to 425 degrees. Line baking pan with foil and spray with cooking spray.

Place wrap on baking pan and bake for 5 minutes. Remove from the oven and top with sauce, cheese, and optional toppings of choice. Bake for an additional 10-15 minutes, or until cheese is melted to your liking. (I like to turn on my broiler in the last few minutes to get the cheese bubbly and golden brown.) Remove from the oven and cut into slices. Enjoy!

Nutritional Info

Servings	1
Calories per Serving	310
Fat	12 g
Carbohydrates	26 g
Fiber	10 g
Protein	27 g

Protein Pancake Mix

Serves 1 or many! (See options)

Estimated cook time: 5-10 minutes

Ingredients

For single serving

- 1/3 cup Oat flour
- 2 tbs Protein powder (plain or vanilla)
- 1 tsp Baking powder
- Pinch Salt
- 1 tbs Baking stevia or 2 tbs sweetener that measures like sugar
- 2 Large egg whites
- 2 tbs Plain low fat Greek yogurt (or unsweetened applesauce)
- 2 tbs Unsweetened almond milk (or low fat milk of choice)
- 1/2 tsp Vanilla extract (optional)
- Dash Cinnamon (optional)

For make-ahead dry pancake mix

2 cups	Oat flour
1/2 cup	Protein powder (plain or vanilla)
2 tbs	Baking powder
1/4 tsp	Salt
3 tbs	Baking stevia or 6 tbs sweetener that measures like sugar

For preparing 1 serving (add to 1 serving of dry mix above)

1/2 cup	Prepared dry pancake mix
2	Large egg whites
2 tbs	Plain low fat Greek yogurt (or unsweetened applesauce)
2 tbs	Unsweetened almond milk (or low fat milk of choice)
1/2 tsp	Vanilla extract (optional)
Dash	Cinnamon (optional)

Option 1: Single Serve Batch

If you want to make a single serve batch of pancakes, follow the ingredient list for the single serve. Add all ingredients to a medium bowl, and stir until combined. Pour batter over a pre-heated griddle or pan sprayed with cooking spray, heated to medium low. Cook each pancake until it starts to bubble, and flip. Cook until the pancakes are lightly golden brown on both sides. Enjoy!

Option 2: Make Ahead Dry Prepared Pancake Mix

To make the pancake mix in a big batch, follow the ingredient list for the Pre-Made Dry Mix. Mix all dry ingredients together in a medium-large bowl, and stir to combine. Pour mixture in a sealed container of choice. Store the dry prepared pancake mix in the freezer for 6 months, the refrigerator for 3 months or store it at room temperature for up to one month. This dry pancake mix makes 6 individual servings of pancakes.

To Prepare Single Serving of Pancakes from the Dry Pancake Mix:

Measure out 1/2 cup of the pre-made dry mix, and add it to a medium bowl. Stir in the wet ingredients and stir to combine. Pour batter over a pre-heated griddle or pan sprayed with cooking spray, and heated over medium low heat. Cook each pancake until it starts to bubble, and flip. Cook until the pancakes are lightly golden brown on both sides, and are cooked through. Enjoy!

Nutritional Info

Calories per Serving	250
Fat	4g
Carbohydrate	31 g
Fiber	5g
Protein	23g

Avocado Cream Sauce Zoodles with Chili Lime Shrimp

Serves 2

Estimated cook time: 15-20 Minutes

Ingredients

Chili Lime Shrimp:

- 1 tbs Chili powder
- 1/2 tbs Paprika
- 1/4 tsp Salt
- 1/8 tsp Pepper
- 1 tbs Lime juice
- 10 oz. Medium raw shrimp (or 2 chicken breasts, cut into cubes)

Avocado Cream Sauce Zoodles:

- 3 Medium zucchini
- 1 Medium avocado
- 1/2 cup Plain low fat Greek yogurt [1]
- 1-2 tbs Lime juice (to taste)
- 1 tsp Minced garlic (or 1/2 tsp garlic powder)
- 1/4-1/2 tsp Salt (to taste)
- 1/4-1/2 tsp Pepper (to taste)
- 1/2 cup Cilantro, packed
- 1 pkt Stevia (or 1 tsp honey) (optional)

[1] Add an additional avocado if you are avoiding dairy.

To Make the Shrimp:

In a medium bowl, combine the chili powder, salt, pepper, and lime juice. Add the shrimp and toss until coated. Spray a medium skillet with nonstick spray, and heat over medium heat. Add the shrimp and cook for about 4-5 minutes until the shrimp is pink, or fully cooked through. (If using chicken, prepare the same way and cook for 5-8 minutes, or until white in the thickest piece, and fully cooked through).

To Make the Zoodles:

Use a spiralizer, (or julienne slicer/vegetable peeler) to create noodles from the zucchini. (Note: You may eat the zucchini noodles just as it is, or you may warm it through in the microwave for 60 seconds, or in a large skillet, until it is tender to your liking before adding the sauce.)

To Make the Avocado Sauce:

In a food processor or blender, pulse the avocado, yogurt, lime juice, garlic, salt, pepper, and cilantro leaves until smooth. In a large bowl, toss the zoodles with the sauce until coated.

Divide the zoodles among serving plates, and top each plate with shrimp. Top with cilantro if desired!

Nutritional Info

Servings	2
Calories per Serving	267
Fat	15 g
Carbohydrates	22 g
Fiber	10 g
Protein	46 g