

Week 2 Meal Plan

Day 1

- Breakfast: 3 Flourless Chocolate Chip Cookie Muffins with 1 cup Greek yogurt
- Healthy Snack of Choice
- Lunch: Teriyaki Chicken Lettuce Wraps
- Healthy Snack of Choice
- Dinner: Quick & Easy Clean Eating Pizza Stromboli with Grilled or Roasted Parmesan Balsamic Veggies

Day 2

- Breakfast: Cheesy Egg & Hash Brown Crockpot Casserole With 1 cup mixed berries
- Healthy Snack of Choice
- Lunch: Chopped BLT Caesar Salad with 4 oz chopped chicken breast
- Healthy Snack of Choice
- Dinner: Crockpot Spinach Artichoke Chicken Bake with sliced tomatoes

Day 3

- Breakfast: [Leftovers] 3 Flourless Chocolate Chip Cookie Muffins with Pumpkin Spice Latte
- Healthy Snack of Choice
- Lunch: [Leftovers] Teriyaki Chicken Lettuce Wraps
- Healthy Snack of Choice
- Dinner: [Leftovers] Quick & Easy Clean Eating Pizza Stromboli with Grilled or Roasted Parmesan Balsamic Veggies

Day 4

- Breakfast: 2 Minute Omelet in a Mug And 2 TBSP salsa in a whole grain wrap
- Healthy Snack of Choice
- Lunch: [Leftovers] Crockpot Spinach Artichoke Chicken Bake
- Healthy Snack of Choice
- Dinner: 15 Minute Pesto Shrimp Kabobs with Roasted Garlic Parmesan Summer Vegetables

Day 5

- Breakfast: [Leftovers] Cheesy Egg & Hash Brown Crockpot Casserole
- Healthy Snack of Choice

- Lunch: Thai Crunch Chicken Salad with Peanut Dressing
- Healthy Snack of Choice
- Dinner: 15 Minute Clean Eating Oven Baked Tostadas (2 without optional toppings, OR 1 with optional toppings)

Day 6

- Breakfast: Peanut Butter Maple Protein Shake
- Healthy Snack of Choice
- Lunch: Pizza Chicken Salad
- Healthy Snack of Choice
- Dinner: [Leftovers] 15 Minute Pesto Shrimp Kabobs with Roasted Garlic Parmesan Summer Vegetables

Day 7

- Breakfast: Low Carb Pumpkin Pancakes for One with 2 pieces of center cut bacon
- Healthy Snack of Choice
- Lunch: [Leftovers] Thai Crunch Chicken Salad with Peanut Dressing
- Healthy Snack of Choice
- Dinner: [Leftovers] 15 Minute Clean Eating Oven Baked Tostadas (2 without optional toppings, OR 1 with optional toppings)
- Healthy Dessert of Choice

Flourless Chocolate Chip Cookie Muffins

Makes 10 muffins

Estimated cook time: 25-30 Minutes

Ingredients

- 1 (15 oz) can Chickpeas, drained rinsed and mashed
- 1/2 cup Egg whites (or 3 eggs)
- 1/8 cup Low sugar maple syrup or honey [1]
- 1/2 cup Peanut flour [2]
- 1/2 cup Baking stevia [3]
- 1/4 tsp Salt
- 1/2 tsp Baking soda

1 1/2 tsp Baking powder
Optional 1/4 cup chocolate chips [4]

- [1] [I like Monk Fruit Sweetened Maple Syrup](#)
[2] [I like PB Fit Peanut Flour](#)
[3] [I like Swerve, Pyure Baking Stevia, or Monk Fruit Sweetener](#)
[4] [I like Lilly's Stevia Sweetened Chocolate Chips](#)

Preheat oven to 375 degrees, and spray a muffin tin with cooking spray. After draining and rinsing chickpeas, pour into a medium bowl. Use the back of a fork to mash the chickpeas. Add the rest of the ingredients and mix together until well combined. (After mixing chickpeas with the rest of the ingredients I found it was easy to finish mashing those that didn't initially get mashed. They don't have to be perfectly mashed, but try to get batter as smooth as possible.)

Divide batter among 10 muffin cups. Sprinkle chocolate chips over muffins if desired. Bake for 20-25 minutes or until a toothpick comes out clean. Let cool completely and then use a knife to remove from pan and enjoy! Refrigerate for up to 5 days or freeze for up to 3 months.

Nutritional Info

Servings	1
Calories per Serving	50
Fat	1 g
Carbohydrates	6 g
Fiber	2 g
Protein	4 g

Teriyaki Chicken Lettuce Wraps

Servings 4

Estimated cook time: 25-30 Minutes

Ingredients

1 lb Chicken

1/2 Onion

- 1 (6 oz) can Sliced water chestnuts
- 1 (16 oz) bag Frozen Asian vegetables of choice
- 1/4 tsp Garlic powder
- 1 tbs Soy sauce
- 1/4 cup Teriyaki sauce
- 1 large Head of lettuce
- Optional Sesame seeds

Heat a large skillet or wok with a generous amount of cooking spray. Chop chicken breasts into thin strips and place in the warm pan, along with the onions. Pour 2 tbs Teriyaki sauce, 1 tbs soy sauce, and garlic powder onto the chicken. If you like, add additional seasonings to the chopped chicken (I added some pepper, and 1 packet of stevia). Stir until chicken is evenly coated with sauce.

Cook the chicken for about 4-6 minutes, turning frequently for even cooking. (Note: During this step I usually add about 1/4 to 1/2 cup water a little at a time to the pan to help the chicken cook through, and keep it moist. Time will vary, but I suggest 'eyeballing it' and cooking until the outside is lightly browned with no pink on the inside. Onions should start to get translucent at this point). Take chicken and onions out of the pan when it is fully cooked, and set aside. Add frozen vegetables, water chestnuts, and the rest of the Teriyaki sauce to the pan. Cook veggies for about 3 to 5 minutes, or until completely cooked through. Turn off the heat. Put the chicken back in the pan with the veggies, mixing until everything is well combined. Divide mixture into four even servings. Scoop the hot chicken and veggie stir fry onto lettuce wraps and garnish with sesame seeds if desired. Enjoy!

Nutritional Info

Servings	4
Calories per Serving	218
Fat	5 g
Carbohydrates	18 g
Fiber	4 g
Protein	29 g

Quick & Easy Clean Eating Pizza Stromboli

Serves 8

Estimated cook time: 25-30 Minutes

Ingredients

Dough

- 1 3/4 cup Oat flour
- 2 tsp Baking powder
- 1 tsp Salt
- 1 tsp Sweetener that measures like sugar (optional)
- 1 cup Plain Greek yogurt
- 1 Large egg

Filling

- 1/3 cup Tomato paste
- 1/2 tsp Italian seasoning
- 20 slices Turkey pepperoni [1]
- 3/4 cup Mozzarella cheese (or cheese of choice)

[1] or 1/2 cup deli ham, shredded chicken, or any type of precooked meat of choice

Topping

- 1 Egg, beaten
- 1/4 cup Mozzarella cheese

Preheat oven to 400 degrees. Place parchment paper or a baking mat on a baking sheet. In a medium bowl, combine the oat flour, baking powder and salt and whisk well. Add the Greek yogurt and egg, and mix until well combined. Lightly dust about 2 tbs oat flour on a work surface and remove dough from the bowl, knead the dough a few times until it forms a ball.

Place a sheet of parchment paper on top of dough ball and roll dough to form a long rectangle about 1/4 inch thick. (Note: Try not to touch the dough too much, as you want it to stay as cold as possible so it won't become sticky. Also, you can dust the top of the dough with additional oat flour if dough seems sticky at this point.)

Spread the tomato paste on the dough, leaving about 2 inches from the edge. Sprinkle with Italian seasoning and top with pepperoni (and/or any type of meat you choose), and 1/2 cup shredded cheese.

Roll up the dough up like a cinnamon roll (long ways) and pinch the edges on the ends to seal. Brush with the egg and cut small slats in the top. Top with 1/4 cup cheese. Bake for 25-30 minutes or until golden brown on top. Serve with pizza or marinara sauce if desired!

Nutritional Info

Servings	8
Calories per Serving	202
Fat	7 g
Carbohydrates	21 g
Fiber	3 g
Protein	14 g

Grilled or Roasted Parmesan Balsamic Veggies

Serves 4 (about 1 cup per serving)

Estimated cook time: 10-30 minutes

Ingredients

- 2 Medium zucchini
- 2 Medium summer squash
- 1 Large red onion
- 2 Large red bell peppers (or color of choice)
- 1/4 cup Parmesan cheese

Dressing:

- 1/4 cup Balsamic vinegar
- 2 tsp Garlic, minced (or 1 tsp garlic powder)
- 1 tbs Honey
- 1/4 tsp Salt
- 1/8 tsp Pepper

Optional: 1 tbs olive oil, 1 tbs lemon juice. 1/2 tsp onion powder

Oven Roasting:

Preheat oven to 450 degrees. Line a large baking pan with foil and spray with cooking oil. Wash, dry, and cut vegetables and place in a bowl. In a separate bowl, mix ingredients for dressing. Drizzle over vegetables and toss to ensure vegetables are evenly coated. Place vegetables on pan and roast for 20-25 minutes, or until vegetables are tender. Remove pan from oven, sprinkle parmesan evenly over vegetables, and place pan back in the oven. Turn oven to high broil for the last few minutes to slightly crisp the parmesan if desired. Enjoy!

Grilling:

Preheat grill over high heat. Spray a vegetable roasting basket with cooking spray. Wash, dry, and cut vegetables and place in a bowl. In a separate bowl, mix ingredients for dressing, and drizzle over vegetables, tossing to ensure vegetables are evenly coated. Place vegetables in a grill basket (or skewer the veggies).

Grill veggies for 3-10 minutes, tossing with tongs every few minutes. When veggies reach desired tenderness, sprinkle parmesan evenly over vegetables, and cook an additional 1-2 minutes. Enjoy!

Note: For best results, marinate the vegetables in the dressing for at least 30 minutes before cooking!

Nutritional Info

Servings (about 1 cup per serving)	4
Calories per Serving	107
Fat	2 g
Carbohydrate	19.5 g
Fiber	4 g
Protein	5 g

Cheesy Egg & Hash Brown Crockpot Casserole

Serves 12

Estimated cook time: 4-8 Hours

Ingredients

1 (20 oz) bag Frozen shredded hash brown potatoes [1]

- 1 (16 oz) pkg Center cut bacon, cooked and crumbled [2]
- 2 cups Shredded cheese of choice
- 4 Large eggs
- 1 (16 oz) carton Egg whites [3]
- 1/2 cup Almond milk [4]
- 1/2 tsp Salt (or to taste)
- 1/4 tsp Pepper (or to taste)

[1] I used Trader Joe's brand.

[2] or 1 (8 oz) bag real bacon bits, or 1 cup cooked sausage, ham, or turkey meat, cut into cubes. You could also leave this out if you want a vegetarian option.

[3] or 2 cups egg whites, or 8 additional whole eggs

[4] or milk of choice

Directions:

Spray crockpot with cooking spray. Layer half of the hash browns into the bottom of the crockpot with half of the bacon, half of the cheese. Repeat layers.

In a large bowl, whisk together eggs, milk, and seasonings, and pour over top of hash brown layers. Cook until eggs are set, about 2-3 hours on high or 4-6 hours on low. Just before servings, top with additional bacon if desired and serve warm.

Nutritional Info

Servings	12
Calories per Serving	195
Fat	11 g
Carbohydrates	13 g
Fiber	1 g
Protein	15 g

Chopped BLT Caesar Salad

Serves 4

Estimated cook time: 10-15 Minutes

Ingredients

- 1 head Iceberg lettuce, finely chopped [1]
- 2 Large roma tomatoes, chopped
- 4 slices Center cut bacon, cooked
- 1/2 cup Parmesan cheese

Dressing

- 1/4 cup shredded Parmesan cheese
- 1/2 cup Plain nonfat Greek yogurt [2]
- 1 tbs Lemon juice
- 1 tsp Mustard [3]
- 1 tsp Minced garlic [4]
- Pinch Salt and Pepper, to taste

Optional:

- 1 tsp Anchovy paste or chopped capers

[1] or 6 cups lettuce of choice

[2] or organic mayo

[3] yellow or Dijon, or 1/2 tsp Worcestershire sauce

[4] or 1/2 tsp garlic powder

To Make the Parmesan Crisps: Microwave: Spray a microwave safe plate with cooking spray. Form shredded parmesan into 4 even mounds on the plate (2 tbs parmesan each), and microwave for 30-60 seconds, or until the parmesan melts and starts to harden into a crisp.

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 (2 tbs parmesan each), and bake for 3-5, or until the parmesan melts and starts to bake into a crisp.

Meanwhile, combine everything for the dressing in a small bowl, and whisk together until combined. Refrigerate dressing until ready to serve the salad. To assemble the salad, combine the chopped lettuce, tomato, bacon, and parmesan crisps. Toss to coat in the dressing just before serving.

Nutritional Info

Servings	4
Calories per Serving	164
Fat	8 g
Carbohydrates	5 g
Fiber	2 g
Protein	15 g

Crockpot (or Instant Pot) Spinach Artichoke Chicken Bake

Serves 4

Estimated cook time: 4-8 Hours

Ingredients

1 lb	Chicken breast, frozen or fresh
1 (10 oz) pkg	Frozen spinach
2 (14 oz) cans	Artichokes (chopped or whole)
3/4 cup	Plain lowfat Greek yogurt
3/4 cup	Low fat cottage cheese
1/2 cup	Parmesan cheese grated
1/2 tsp	Garlic powder
1/2 tsp	Onion powder
1/2 tsp	Salt (or to taste)
1/8 tsp	Pepper (or to taste)
1 tsp	Sweetener (optional)

Optional topping: 1 cup Mozzarella cheese, shredded

Spray crockpot with cooking spray. Place the chicken in the crockpot, along with 1 cup chicken broth. Place spinach and 1 can artichoke hearts (drained or not) on top of the chicken. Cover crockpot and cook on high 4 hours or low 8 hours.

Remove cover after cooking and pour everything in a colander to remove the liquid to drain very

well. Shred chicken in the colander, (this will allow any excess liquid to drain further), and place everything back in the crockpot. Add the yogurt, cottage cheese, parmesan, and seasonings to the crockpot. Stir everything well to combine. Gently stir in an additional can of artichoke hearts (These are added last so they hold up and give the dish texture).

Now you have three options:

1. Serve immediately just as is!
2. Top with mozzarella cheese and cover crockpot. Turn heat to high and allow cheese to melt, about 5-10 minutes.
3. Pour everything from the crockpot into a baking dish sprayed with cooking spray. Top with cheese and broil in oven for 2-5 minutes, or until cheese is melted to your liking, (as seen below).

To make this dish in an Instant pot, simply add chicken, broth, spinach, and 1 can artichoke hearts to your pressure cooker. Cover, seal lid, and set to high pressure cooking for 15 minutes, and allow pressure to naturally release. Shred the chicken and add the yogurt, cottage cheese, parmesan, and seasonings to the Instant pot. Stir everything well to combine. Gently stir in additional can of artichoke hearts, (these are added last so they hold up and give the dish texture). Proceed with step two.

Nutritional Info

Servings	4
Calories per Serving	282
Fat	6 g
Carbohydrates	7 g
Fiber	2 g
Protein	44 g

Skinny Pumpkin Spice Latte

Serves 2 (one serving is 1 1/2 cups)

Estimated cook time: 5-10 minutes

Ingredients

- 2 tbs Instant espresso powder (or 2 pkts Starbucks Instant Via Coffee) [1]
- 1 tsp Pumpkin pie spice
- 1/2 tsp Cinnamon

- 1/2 Cup pumpkin puree
- 1/4 cup Sugar free maple syrup, honey, or agave nectar
- 2 cups Vanilla almond milk or skim milk
- 3-5 pkts Stevia (or sweetener to taste)

Optional: 2 tbs half and half and/or fat free whipped topping for garnish

[1] Or 2 shots of espresso or 1 cup very strong coffee.

Add all ingredients to a small saucepan and stir to combine. Cook over medium heat for 1-3 minutes, or until very hot (but be careful not to bring to a boil).

Remove from heat and add to a blender. Blend on high until the milk begins to form small bubbles and gets frothy, about 1-2 minutes.

Divide the mixture between two mugs (or save half for later in the fridge). Add a splash of half and half or a squirt of whipped cream, a drizzle of sugar free caramel, and a dash of cinnamon on top!!

Nutritional Info

Servings (one serving is 1 1/2 cups)	2
Calories per Serving	71
Fat	4 g
Carbohydrate	13 g
Fiber	3 g
Protein	2 g

2 Minute Omelet in a Mug

Serves 1

Estimated cook time: 1-5 Minutes

Ingredients

- 1 Large egg (or 2 additional egg whites)
- 2 Large egg whites (or 1 additional whole egg)
- 2 tbs Unsweetened almond milk (or low fat milk of choice)

- Pinch Salt & Pepper (to taste)
- 2 tbs Roma tomato, diced (or salsa)
- 2 tbs 2 % Cheddar cheese, shredded (or cheese of choice)

Optional mix-ins

- 2 tbs Lean turkey or ham, cubed [1]
- 1 piece Center cut bacon, cooked and crumbled
- 2 tbs Red bell pepper, diced
- 5 Spinach leaves, chopped
- 2 tsp Chives, chopped
- 2 tbs Vegetable of choice

[1] Or lean ground sausage, cooked and crumbled.

Spray a microwave safe mug with cooking spray. Beat together eggs, milk, seasoning, tomatoes and cheese in the mug.

Microwave, uncovered, on high for 1 minute. Remove mug and stir. Cook for an additional 1 minute, or until eggs are completely set! Remove from microwave and top with a sprinkle of additional cheese if desired. Let cool for a few minutes before eating, or take with you on the go!

Nutritional Info

Serving	1
Calories per Serving	160
Fat	8 g
Carbohydrate	2 g
Fiber	0 g
Protein	18 g

15 Minute Pesto Shrimp Kabobs

Serves 2 (6 oz of shrimp per serving)

Estimated cook time: 15-20 minutes

Ingredients

12 oz Medium shrimp, deveined (tails can be on or off)

Pesto:

1 tbs Minced garlic (or 1 1/2 tsp garlic powder)

1/2 cup Basil leaves

2 cups Fresh spinach

1 tbs Lemon juice

1/4 cup Parmesan cheese, grated

2 tbs Pine nuts OR walnuts (or almonds)

Pinch Salt & Pepper (to taste)

1/4 cup Water

To Prepare the Pesto:

Blend all of the ingredients together for the pesto in a blender or food processor until smooth. Pour pesto into a large container.

Prepare Shrimp:

Place the shrimp in the container with the pesto, and toss shrimp until evenly coated. If desired, you can marinate the shrimp in the pesto for 15 minutes or up to 4 hours. Skewer shrimp if you plan to prepare it on the grill onto skewers.

Grill Preparation:

Spray grill with non-stick cooking spray and heat over medium heat. Add the marinated shrimp to the pan once it has heated. Allow the shrimp to cook for about 2 minutes on each side, or until shrimp is pink and cooked through, flipping each kabob half way through cooking. Remove from heat and enjoy!

Stovetop Preparation:

Spray a large non-stick pan (or grill pan) with non-stick cooking spray and heat over medium heat. Add the marinated shrimp to the pan once it has heated. Allow the shrimp to cook for 3-4 minutes, or until shrimp is pink and cooked through, stirring frequently. Remove from heat and enjoy!

Nutritional Info

Servings (6 oz shrimp per serving)	2
Calories per Serving	260
Fat	11 g
Carbohydrate	4g
Fiber	1 g
Protein	38 g

Roasted Garlic Parmesan Summer Vegetables

Serves 4

Estimated cook time: 45-50 Minutes

Ingredients

- 2 Medium zucchini, cut into 1/2-inch thick slices
- 2 Medium yellow squash, cut into 1/2-inch thick slices
- 4 Medium roma tomatoes, cut into 1/2-inch thick slices
- 1/4 tsp Garlic powder
- 2 tsp Italian seasoning
- 1/4 tsp Salt
- 1/4 tsp Pepper
- 1/2 cup Shaved or shredded Parmesan cheese (or Italian cheese, shredded)

Preheat your oven to 425 degrees. Spray a medium baking dish with cooking spray. Arrange the zucchini, squash, and tomato slices vertically in the casserole dish, alternating vegetables. Sprinkle with desired amount of salt, pepper and Italian seasoning.

Cover the dish with foil and bake in the preheated oven for 30 minutes. Remove foil and top with the shredded cheese. Bake for an additional 15-20 minutes, or until the cheese is golden brown.

Nutritional Info

Servings	4
Calories per Serving	100
Fat	5 g
Carbohydrates	11 g
Fiber	3 g
Protein	8 g

Thai Crunch Chicken Salad with Peanut Dressing

Serves 2

Estimated cook time: 15-20 minutes

Ingredients

For the Salad:

- 6 cups Pre cut shredded cabbage mix [1]
- 1 cup Cooked and shredded chicken breast [2]
- 2 Green onions, thinly sliced
- 1/4 cup Chopped cilantro (or small handful)
- 1 small Red bell pepper, finely diced
- 1 small Orange bell pepper, finely diced
- Optional: Chopped peanuts (or almonds) for topping

For the Dressing:

- 2 tbs Peanut butter [3]
- 2 tbs Soy sauce
- 2 tbs Rice Wine Vinegar (or white vinegar)
- 1 tbs Lime juice
- 1 tbs Honey (to taste)
- 1/8 tsp Ginger (dry spice)
- 1-2 pkts Stevia (or sweetener to taste)

Pinch Salt & Pepper

[1] Or 5 cups shredded cabbage + 1 large carrot, grated.

[2] I like to use my leftover grilled chicken for this, but shredded crockpot chicken would also work great!

[3] Or almond butter/nut butter of choice. OR you could use 1/4 cup peanut flour (PB2) mixed with 4 tbs water.

To Make the Salad:

Place cabbage in a large bowl and add the top with chicken, green onions, cilantro and bell pepper. Toss to combine.

To Make the Dressing:

Microwave peanut butter for 20-30 seconds, or until it is just melted. (If you are using peanut flour, simply mix it with water until it is watery enough to resemble melted peanut butter). Whisk together peanut butter, soy sauce, vinegar, lime juice, sweetener in a small bowl until everything is combined. Refrigerate until ready to serve.

When you are ready to enjoy your salad, pour the dressing on top of the salad and gently toss to combine. Divide salad into two servings and top with peanuts or almonds if you desire. Enjoy!

Nutritional Info

Servings (includes peanut dressing)	2
Calories per Serving	330
Fat	9 g
Carbohydrate	33 g
Fiber	9 g
Protein	31 g

15 Minute Clean Eating Oven Baked Tostadas

Serves 4

Estimated cook time: 15-20 Minutes

Ingredients

1 lb Uncooked shrimp, peeled and deveined [1]

1 tsp Avocado oil [2]

1 tsp	Chili powder [3]
1/4 tsp	Garlic powder [3]
1/4 tsp	Ground cumin [3]
1/2 tsp	Paprika [3]
1/2 tsp	Salt [3]
8	Corn tortillas
1 (15 oz) can	Black refried beans
1 1/2 cups	Shredded Mexican cheese

[1] or 1 lb boneless, skinless chicken breast

[2] or oil of choice

[3] or 1 tbs taco seasoning

Optional Toppings

1 cup	Pico de Gallo or salsa of choice
1 cup	Crumbled cotija cheese
1 cup	Greek yogurt
1 cup	Corn
1 cup	Black beans
1 cup	Grape tomatoes, sliced
1 cup	Guacamole or diced avocado
1 bunch	Cilantro
2 cups	Shredded lettuce

To make the tostadas, start by preheating your oven to 450 degrees. Line a baking pan with foil (or parchment paper) and spray with cooking spray. Place tortillas on a baking pan and spray with cooking spray. Bake tortillas for 10 minutes, or until crispy and lightly golden brown.

Meanwhile, prepare the shrimp and toppings. To cook the shrimp, preheat a large skillet to medium heat and spray with cooking spray. Add the shrimp, oil, chili powder, garlic powder, cumin, salt and pepper. Toss to coat. Cook shrimp for 2-4 minutes, or until the shrimp turn pink. (Note: If using chicken, cut chicken into bite size pieces, then cook using the same method, but add about 5-8 minutes of cook time.)

When tostadas are done baking, spread a thin layer of black beans on each tostada and

sprinkle with cheese if using. Bake for an additional 3-5 minutes or until cheese is melted. To assemble, top warm tostadas with shrimp (or chicken) and toppings of choice and enjoy!

Nutritional Info

Servings	4
Calories per Serving	415
Fat	11 g
Carbohydrates	40 g
Fiber	10 g
Protein	38 g

Peanut Butter Maple Protein Shake

Serves 1

Estimated cook time: 5-10 Minutes

Ingredients

1/2 cup	Cottage Cheese [1]
1 scoop	Protein powder
1-4 pkts	Stevia or low calorie sweetener of choice
2 tbs	Peanut flour (or peanut butter)
1/2 tsp	Maple extract
5-10	Ice cubes (depending on how thick you like it, use less for a thinner consistency)
1/2-1 cup	Water (alter this according to desired consistency)
1/2 tsp	Xanthan gum [2]

[1] You can't taste the cottage cheese, it just makes the shake thick and creamy. You can also use 1/2 cup Greek yogurt or 1 small frozen banana as a replacement.

[2] This is optional. You can get this from most grocery stores in the gluten free section! Just a pinch of it makes your shake so thick and creamy.

Put all ingredients in a blender, and blend until desired consistency is reached!

Nutritional Info

Serving	1
Calories per Serving	260
Fat	2 g
Carbohydrates	5 g
Fiber	3 g
Protein	35 g

Pizza Chicken Salad

Servings 1

Estimated cook time: 5-10 minutes

Ingredients

1/4 cup	Turkey pepperoni
2 cups	Lettuce
1/4 cup	Pizza sauce
2 tbs	Parmesan cheese
1/2 tsp	Italian seasoning
1/2 cup	Cooked chicken
1/4 cup	Cherry tomatoes

Microwave pepperonis on a paper towel for 30-60 seconds, or until crisp. Add lettuce to a bowl and sprinkle seasoning over salad, followed by parmesan cheese. Warm pizza sauce in the microwave for 30-45 seconds and pour over salad. Top with chicken, pepperoni, and vegetables. Enjoy!

Nutritional Info

Servings	1
Calories per Serving	217
Fat	6 g
Carbohydrates	4 g
Fiber	1 g

Protein	33 g
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Pumpkin Pancakes for One

Serves 1

Estimated cook time: 5-10 minutes

Ingredients

- 1/4 cup Pumpkin puree
- 2 Egg whites
- 1/4 cup Peanut flour or protein powder
- 1 tbs Sweetener (optional)
- 1/2 tsp Baking powder
- 1/4 tsp Salt
- 1/2 tsp Ground cinnamon (optional)

Preheat griddle or skillet over medium low heat and spray with cooking spray. Mix everything together in a medium bowl until smooth batter forms.

When the griddle is warm, drop batter by large spoonfuls onto the prepared griddle and cook until pancakes are starting to bubble. Flip and cook until golden brown on the other side. Repeat with remaining batter. Enjoy them warm!

Nutritional Info

Servings	1
Calories per Serving	161
Fat	3 g
Carbohydrates	14 g
Fiber	6 g
Protein	20 g