

Week 3 Meal Plan

Day 1

- Breakfast: Mocha Protein Frappuccino with 1 cup mixed berries
- Healthy Snack of Choice
- Lunch: Turkey Apple and Swiss Quesadilla* with an medium orange
*Recipe not included. Cut apple into thin slices. Layer apple, turkey & swiss cheese on wrap & heat one side at a time in a frying pan until lightly toasted and cheese is melted.
- Healthy Snack of Choice
- Dinner: Clean Eating Crockpot Swedish Meatballs with noodles of choice

Day 2

- Breakfast: Flourless Peanut Butter Bagels with 2 TBSP sugar free strawberry preserves and 2 TBSP nut butter
- Healthy Snack of Choice
- Lunch: Quick and Easy Tuna Salad with whole grain crackers
- Healthy Snack of Choice
- Dinner: Greek Chicken & Veggie Sheet Pan Dinner with 1/2 a pita and 1/4 cup hummus

Day 3

- Breakfast: Make Ahead Strawberry Yogurt Parfaits
- Healthy Snack of Choice
- Lunch: Turkey Apple and Swiss Quesadilla
- Healthy Snack of Choice
- Dinner: [Leftovers] Clean Eating Crockpot Swedish Meatballs with noodles of choice

Day 4

- Breakfast: [Leftovers] Flourless Peanut Butter Bagels with 2 TBSP sugar free strawberry preserves and 2 TBSP nut butter
- Healthy Snack of Choice
- Lunch: [Leftovers] Quick and Easy Tuna Salad with whole grain crackers (like Suzie's Rice Thins or Mary's Crackers
- Healthy Snack of Choice
- Dinner: Easy Egg Drop Soup with 5 Asian Shrimp Dumplings

Day 5

- Breakfast: [Leftovers] Make Ahead Strawberry Yogurt Parfaits
- Healthy Snack of Choice
- Lunch: [Leftovers] Greek Chicken & Veggie Sheet Pan Dinner over salad (lettuce, tomatoes, Kalamata olives, 1 TBSP reduced fat feta cheese) and 2 TBSP hummus thinned with water for dressing
- Healthy Snack of Choice
- Dinner: Clean Eating Taco Salad with a Baked Taco Bowl Shell

Day 6

- Breakfast: Giant One Minute Breakfast Cookie
- Healthy Snack of Choice
- Lunch: [Leftovers] Easy Egg Drop Soup with 5 Asian Shrimp Dumplings
- Healthy Snack of Choice
- Dinner: Crunch Wrap

Day 7

- Breakfast: Caramel Apple Pie Protein Shake
- Healthy Snack of Choice
- Lunch: [Leftovers] Taco Salad with a Baked Taco Bowl Shell
- Healthy Snack of Choice
- Dinner: 2 Summer Stuffed Zucchini Boats
- Healthy Dessert of Choice

Mocha Protein Frappuccino

Serves 2

Estimated cook time: 5-10 Minutes

Ingredients

- 3 cups Ice cubes
- 1 cup Almond milk (or milk of choice)
- 1/2 cup Brewed cold coffee [1]
- 2-4 tbs Sweetener of choice (to taste)
- 1 1/2 tbs Unsweetened cocoa powder
- 1/2 cup Protein powder
- 1/2 tsp Vanilla extract
- [1] or 1 tbs instant coffee granules

Add all of the ingredients to a blender and blend until well combined and frothy.

Nutritional Info

Servings	2
Calories per Serving	124
Fat	4 g
Carbohydrates	12 g
Fiber	7 g
Protein	17 g

Clean Eating Crockpot Swedish Meatballs

Serves 4

Estimated cook time: 4-8 hours

Ingredients

Meatballs

- 1 lb Lean ground turkey [1]
- 1 tbs Dried onion flakes
- 1 Egg
- 1/4 cup Panko bread crumbs [2]
- 1/2 tsp Salt
- 1/4 tsp Pepper

[1] Or lean ground beef.

[2] Or old fashioned oats, whole grain bread crumbs, or almond flour for grain free version.

Sauce

- 3 cups Beef broth, low sodium [3]
- 1 tsp Onion powder
- 1 tbs Worcestershire sauce
- 1 cup Plain low fat Greek yogurt
- 1-2 tsp Sweetener of choice (optional)
- Nutmeg (optional)

[3] Or chicken broth.

Optional

- 1/4 tsp 1 (12 oz) pkg Noodles of choice [4]
- 1/2 cup Parsley, chopped
- [4] Or 1 large spaghetti squash,
 prepared

In a medium bowl, mix everything together for meatballs until just combined. Form mixture into 12 balls.

Meanwhile, mix everything (except for the yogurt) together in the slow cooker for the sauce. Add meatballs to the slow cooker, spacing them out evenly so they are not touching.

Cover and cook on low for 6-8 hours or on high 3-4 hours, until meatballs are cooked through. Turn off heat and remove meatballs. Stir yogurt (and sweetener if using) into rest of the sauce ingredients in the bottom of the crockpot. Add the meatballs back to the crockpot and gently toss in sauce.

Serve meatballs on top of noodles and garnish with parsley if desired.

Nutritional Info

Servings	4
Calories per Serving	213
Fat	4 g
Carbohydrates	9 g
Fiber	0 g
Protein	36 g

Flourless Peanut Butter Bagels

Serves 6

Estimated cook time: 25-30 Minutes

Ingredients

Oat Flour Version

Serves 6

- 1 cup Peanut flour
- 1 cup Oat flour
- 2 tsp Baking powder
- 1/4 tsp Salt
- 1-2 tbs Baking stevia [1]
- 1 cup Plain Greek yogurt (cold)
- 1 large Egg

[1] Sweetener for this recipe is really to taste, if you prefer a sweeter bagel go for more sweetener. If you just want a subtle hint of sweetener, go for less.

Grain Free Version

Serves 6

- 2 cups Peanut flour
- 2 tsp Baking powder
- 1/4 tsp Salt
- 1-2 tbs Baking stevia [1]
- 1 cup Plain Greek yogurt (cold)
- 1 large Egg

NOTE: I suggest using both flours if you don't need to make them grain free. The version I tested with all peanut flour were delicious, but were more flat and missing the bagel "texture" that allows you to cut and toast. They are still delicious and turn out wonderfully!

Preheat oven to 375 degrees. Line a sheet pan with a non stick baking mat or parchment paper. Mix everything for the bagels together in a large bowl. Use about 2-4 tbsps oat flour or peanut flour to working surface and form dough into a log on floured surface. I do this on a piece of parchment paper for easy clean up. Cut log into 6 even pieces and roll each piece into a small ball

Poke a small in the center of each ball using finger (I dipped my finger in a bowl of water continuously between each bagel, to prevent sticking).

Bake for 25-30 minutes or until bagels are set. Let cool to room temperature. Slice bagels and toast if desired. Spread peanut butter, Greek yogurt cream cheese, or toppings of choice on bagel if desired and enjoy!

Refrigerate bagels for up to 10 days or freeze for up to three months.

Oat Flour Version

Servings	6
Calories per Serving	182
Fat	2 g
Carbohydrates	22 g
Fiber	5 g
Protein	19 g

Grain Free Version

Servings	6
Calories per Serving	168
Fat	1 g
Carbohydrates	16 g
Fiber	6 g
Protein	26 g

Quick and Easy Tuna Salad

Serves 2

Estimated cook time: 5-10 minutes

Ingredients

- 1 cup Canned Tuna
- 1/8 cup Plain low-fat Greek yogurt (or light mayo)
- 1/4 cup Celery, finely chopped
- 1/8 cup Onion, finely chopped
- 1/2 cup Roma tomato, diced
- 1/4 cup Red bell pepper, finely chopped
- 1 tsp Dried parsley
- Pinch Salt & Pepper
- 1 pkt Stevia
- 1 tsp Red wine vinegar

[1] Or crab meat (chunk style), lobster, salmon, or chicken!

Optional 2 Large tomatoes for serving

In a medium bowl, mix the crab meat, yogurt (or mayo), celery, onion, tomato, bell pepper, parsley, and vinegar. Season with salt, pepper, and stevia.

Slice off the tops of the tomatoes and set aside. Carve out the inside of the tomatoes, leaving the outside intact.

Stuff the crab mixture into the tomato cups if desired. Enjoy immediately, or place in a covered and store in fridge for a quick and healthy lunch!

Nutritional Info

Servings	2
Calories per Serving	96
Fat	1 g
Carbohydrate	6 g
Fiber	1 g
Protein	16 g

Greek Chicken & Veggie Sheet Pan Dinner

Serves 4

Estimated cook time: 30 Minutes

Ingredients

Marinade

- 2 tbs Avocado or olive oil
- 2 tbs Balsamic or red wine vinegar
- 1 tbs Lemon juice
- 1 tbs Garlic, minced (or 1 tbs dried)
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 2 tsp Dried oregano, dried

Vegetables and Chicken

- 1.25 lb Chicken breasts, cut into chunks
- 2 Red bell peppers, sliced into thick slices
- 1 Large red onion, cut into wedges

2 Medium zucchini, sliced

Optional Toppings

1/4 cup Crumbled feta

1/4 cup Kalamata olives

1/4 cup Hummus

Combine all marinade ingredients in small bowl or ziplock bag. Place the chicken in a bag or bowl with the vegetables. Pour the marinade over the veggies and rub onto the chicken

Next, you have 3 options:

1. If you want to make the meal right away, go straight to the next step.
2. If you want to let the chicken and veggies soak up the marinade (I personally recommend this), place ziplock bag (or covered bowl) in the fridge to marinate for 4-24 hours.
3. If you want to freeze for a later date, place in a ziplock bag and freeze..

When ready to prepare the meal, remove the bag from freezer the night before and thaw in the fridge. Continue with next steps.

When ready to bake, preheat oven to 400 degrees and line a sheet pan with foil or a baking mat. Arrange the mixture evenly on the pan. Spray everything with a good quality cooking spray, like coconut oil spray. Roast in oven for 30 minutes, or until veggies are slightly browned and chicken reaches an internal temp of 165 degrees.

I like my veggies and chicken to get a little brown on the top, so I broil them in the last few minutes, but this is certainly optional! Serve with hummus, crumbled feta, and olives if desired. You could also serve over a bed of lettuce or on a warm whole grain pita if desired.

Nutritional Info

Servings	4
Calories per Serving	229
Fat	10 g
Carbohydrates	7 g
Fiber	2 g
Protein	30 g

Make Ahead Strawberry Yogurt Parfaits

Serves 4

Estimated cook time: 15-20 minutes

Ingredients

Honey Granola

1 1/2 cup	Old fashioned oats (gluten free if sensitive)
1/4 cup	Low sugar maple syrup (or honey)
1/8 cup	Baking stevia (or 1/4 cups sweetener that measures like sugar)
1/4 cup	Egg whites (2 egg whites)
1/4 tsp	Salt
1/4 tsp	Cinnamon

Yogurt Parfaits

2 cups	Diced strawberries (or berries of choice)
2 cups	Plain low fat Greek yogurt
1-2 tbs	Sweetener of choice, or to taste
1/2 tsp	Vanilla extract (optional)

Prepare the Honey Granola:

Preheat oven to 350 degrees. Line a baking sheet with foil or parchment paper. (If using foil, spray with non-stick cooking spray). Mix all of the ingredients together in a medium sized bowl, and stir until everything is well combined. Bake for 15 minutes, then remove from oven and stir to break granola apart. Return to the oven for another 15-20 minutes, or until granola is crisp (watch it carefully in the last 10 minutes of baking.) Let cool completely, and add to your parfaits. If you have extras, you may store them in an air-tight container for up to 7 days, or in the freezer for up to 3 months.

Assemble the Yogurt Parfaits: In a small bowl, add the yogurt, sweetener, and vanilla if desired. Layer 1/4 cup yogurt, 1/4 cup diced strawberries, and 1/4 cup granola into each of the four glasses/jars. Repeat. Enjoy immediately, or top with a lid or saran wrap, and store in the fridge for up to three days.

Nutritional Info

Servings	4
Calories per Serving	215
Fat	2 g
Carbohydrate	34 g

Fiber	5 g
Protein	17 g

Easy Egg Drop Soup

Serves 2

Estimated cook time: 5-10 minutes

Ingredients

- 3 Cups chicken broth (or vegetable broth)
- Pinch Salt (about 1/8 tsp)
- 2 tbs Chives or green onions, chopped fine
- 1/2 tbs Cornstarch
- 1 cup Water
- 5 Egg whites (or 4 egg whites and 1 whole egg)
- Optional Pinch of ground ginger, 1 pkt stevia (or a pinch of sweetener), pepper to taste

In a medium pot, combine chicken broth, salt and chives. Bring to a boil. In a small bowl, combine cornstarch and 1 cup water. Set aside.

In a medium bowl, whisk eggs whites together. Pour egg whites very slowly into boiling broth, while whisking broth continuously. The egg whites will cook instantly as they hit the broth.

Bring heat down to medium, and slowly whisk in the cornstarch/water mixture, until the soup thickens slightly. Take off heat and serve warm.

Nutritional Info

Servings (each serving is about 1 1/2 cups)	2
Calories per Serving	65
Fat	1 g
Carbohydrate	3.5 g
Fiber	0 g
Protein	12 g

Shrimp Dumplings

Makes 24 dumplings (One serving is 5 dumplings)

Estimated cook time: 20 Minutes

Ingredients

- 1 can Sliced water chestnuts, finely chopped
- 1/3 cup Red pepper, finely diced
- 1/4 cup Green onion, finely chopped
- 1/2 tsp Garlic powder
- 4 oz Mini shrimp, precooked [1]
- 1/2 tbs Soy sauce
- 1 tbs Teriyaki sauce
- 1/2 cup Fat free cream cheese
- 1 pkt Stevia
- 24 Wonton wrappers

[1] You could also use regular shrimp, chopped or 4oz cooked chicken, chopped or 2 Asian Morningstar burgers, chopped

Place cream cheese in a mug and microwave for 20 seconds. Mix together cream cheese and all the rest of the ingredients, (except for wonton wrappers) in a medium size bowl.

Lay a wonton wrapper on a flat surface. Place 1 teaspoon of filling into the center of the wonton wrapper, being careful to avoid the edges.

Using your finger tip (or a small kitchen brush) to trace the edges of the wonton wrapper with water. Fold wonton wrapper in half over the filling, pressing the two layers together to seal. Repeat the process until all the wonton wrappers are filled.

Heat a large non-stick pan over medium to low heat, and spray with non-stick cooking spray. Transfer wonton wrappers in the pan (as many that will fit at one time without over crowding.) Cook dumplings for 1 minute on each side, until the bottoms are light golden brown.

Pour 1/8 cup water into the pan and immediately cover the pan with a lid. Turn the heat to medium and let the dumplings steam for 1-2 minutes. Take off the lid and let the remaining liquid cook off (takes about 1 more minute). Turn off the heat, and remove dumplings from the pan. Brush with Teriyaki sauce and sprinkle with sesame seeds. Enjoy immediately, or refrigerate until ready to serve!

Nutritional Info

Makes 24 dumplings	24
Calories per dumpling	30
Fat	0 g
Carbohydrate	6 g
Fiber	0.5 g
Protein	3 g

Clean Eating Taco Salad with a Baked Taco Bowl Shell

Serves 4

Estimated cook time: 10-15 Minutes

Ingredients

- 4 Whole grain tortillas or low carb Ezekiel wraps, or gluten free tortillas. I used La Tortilla wraps.
- 2 (8 oz) bags Shredded lettuce or lettuce of choice

Taco Meat

- 1 lb Lean ground turkey or lean ground beef
- 1/2 tsp Salt
- 1/2 tsp Cumin
- 1/2 tsp Garlic powder
- 1/2 cup Taco Sauce

Toppings

- 1 cup Corn
- 1 cup Black beans or pinto beans
- 1 cup Salsa
- 1 cup Plain Greek yogurt or low fat sour cream
- Optional: 1 cup shredded cheese of choice

Preheat oven to 450 degrees. After removing the corn and beans from the cans, remove the paper from the can, and place it on a sheet pan. (You could use any empty can you have on hand, or an oven safe mug or dish that you can drape the wrap over). Drape the wrap/tortilla over the can, mug, or bowl, and place in the oven for 8-10 minutes, or until the tortilla is golden brown, and crispy. Repeat if necessary until all of the wraps/tortillas are done.

While the tortilla is baking, add the ground meat to a large skillet sprayed with cooking spray. Add spices and 1/4 cup taco sauce. Cook over medium high heat, breaking it up as it cooks. Turn off heat and add the remaining 1/4 cup taco sauce. Stir until well combined.

Measure out 1/4 of the lettuce into each of the taco shell “bowls”, and prepare the rest of the ingredients to put in the salad. Add 1/4 of the meat to each of the shells followed by 1/4 cup of the rest of the ingredients on each salad. Enjoy!

Nutritional Info

Servings	4
Calories per Serving	346
Fat	5 g
Carbohydrates	48 g
Fiber	19 g
Protein	38 g

Giant One Minute Breakfast Cookie

Serves 1

Estimated cooking time: 5 minutes

Ingredients

- 1/4 cup Oats (use gluten free if sensitive)
- 2 tbs Oat flour (oats ground into flour in blender or food processor) [1]
- 1/4 tsp Baking powder
- 1/4 tsp Baking soda
- 1 tbs Protein powder [2]
- 3 pkts Stevia (or sweetener of choice to taste)
- Pinch Salt

- 1/4 tsp Ground cinnamon
- 1 tbs Low sugar maple syrup, agave nectar or honey
- 3 tbs Plain low fat yogurt (I used Greek)
- 1 tsp Chocolate chips (I used mini)
- Optional: 1/2 tsp vanilla extract

[1] Other flours would work such as peanut flour or whole wheat in place of the oat flour. Use gluten free oats if gluten sensitive!

[2] Or 1 tbs 1 tbs peanut flour or an additional tbs oat flour.

In a small bowl, mix all of the ingredients together, except for chocolate chips. Spread batter onto a small microwave-safe plate, forming batter into a circle with a spoon. Sprinkle chocolate chips on top.

Microwave for one minute, or until just cooked! Enjoy immediately, or prepare the night before for a quick breakfast if desired!

Nutritional Info

Servings	1
Calories	197
Fat	3 g
Carbohydrate	43 g
Fiber	6 g
Protein	14 g

Clean Eating Crunch Wrap

Serves 4

Estimated cook time: 15-20 Minutes

Ingredients

- 4 large Tortillas [1]
- 4 Tostada shells [2]

[1] I used 4 pieces of 12 inch lavash bread (my favorite brand is Joseph's), but you could use any whole grain tortilla or whole grain wrap bread or choice

[2] You can also use 3-4 baked tortilla chips, or make your own tostadas by baking corn tortillas until they are crisp

Ground Meat:

1 lb	Lean ground turkey (or ground beef or chicken)
1 tsp	Cumin
1 tsp	Salt
1 tsp	Chili powder
1/2 tsp	Garlic powder

Toppings:

1 cup	Shredded cheese of choice [3]
1 (8 oz) bag	Shredded lettuce
2 medium	Roma tomatoes
1/2 cup	Plain Greek yogurt [4]

[3] I used 2% Cabot shredded cheddar

[4] Or 1 medium avocado, diced or mashed

Optional:

1 cup	Salsa, for dipping
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Spray a large sauté pan with cooking spray. Heat over medium high heat and cook ground turkey, breaking it up as it cooks, about 4-6 minutes, or until fully cooked. Turn off heat and add cumin, salt, and chili powder to the meat, and stir to combine.

To make the crunch wraps, lay tortilla on a flat working surface, and place tostada shell in the center. Layer 1/4 cup cheese, 1/2 cup cooked turkey, 1/2 cup shredded lettuce, and about 2 tbs diced tomatoes on top of the tostada, forming a layered circle in the middle.

Wrap left side over the filling, then move clockwise, pulling in one edge at a time and continue folding inwards until you have 6 sides, to make a hexagon.

Clean out and spray the same sauté pan used to cook your meat, and grill the seam-side first to seal it up. Spray the uncooked side with cooking spray and then flip and cook until tortilla is lightly golden brown and crisp on each side, about 1-2 minutes per side.

Repeat with all remaining tortillas and fillings. Serve with salsa if desired and enjoy!

Nutritional Info

Servings	4
Calories per Serving	410
Fat	15 g
Carbohydrates	33 g
Fiber	15 g
Protein	41 g

Caramel Apple Pie Protein Shake

Serves 1

Estimated cook time: 5 minutes

Ingredients

- 1/2 cup Cottage cheese
- 1 Scoop vanilla protein powder
- 1/2 cup Apple chopped fine, or 1/2 cup applesauce
- 1/2 tsp Caramel extract (or 2 tbs sugar free butterscotch pudding mix)
- 1/2 tsp Apple or pumpkin pie spice
- Dash Cinnamon
- 5-10 Ice cubes (Depending on how thick you like it, use less for a thinner consistency)
- 1/2-1 cup Water (Adjust according to desired consistency)
- 2-3 pkts Stevia (or 1/4 tsp sweetener of choice)
- Optional: 1/2 tsp xanthan gum
1/2 tsp butter extract

Put everything into a blender and blend until creamy consistency is reached! Top with light whipped cream and a dash of cinnamon if desired, and Enjoy!

Nutritional Info

Servings	1
Calories per Serving	213
Fat	0 g
Carbohydrates	16 g
Fiber	2 g
Protein	36 g

Summer Stuffed Zucchini Boats

Serves 6

Estimated cook time: 20-25 minutes

Ingredients

- 3 large Zucchini (or 4 medium)
- 1 cup Grilled chicken breast, diced
- 1 cup Corn (canned, or 2 grilled corn cobs)
- 1 small Red onion, diced
- 1 tbs Garlic, minced
- 1/2 cup Cherry tomatoes, cut in half
- 1/4 tsp Salt
- 1/4 tsp Pepper
- 1/4 cup Feta cheese, crumbled
- Optional Seasoning: 1/2 tsp dried oregano, 1/2 tsp dried basil

Topping:

- 1/2 cup Shaved parmesan cheese (or shredded)

Preheat oven to 400 degrees. Coat a 9x13 baking dish with non-stick cooking spray. Set aside. (Skip this step if you are grilling your zucchini boats).

Make the 'zucchini boats' by scooping the seeds from center of each zucchini half, using a spoon or melon baller. This will make 6 long 'zucchini boats'. Set boats in baking dish, side by

side.

Spray a medium sized pan with cooking spray, and sauté the onion and garlic until softened. (If you don't mind raw onions, you can skip this step.) Add cooked onions to a medium bowl along with the corn, chopped chicken breast, tomatoes, seasonings, and feta cheese. Stir to combine.

Oven:

Place your zucchini halves on a baking sheet and stuff with the chicken mixture. Sprinkle with shredded parmesan cheese and bake for 15 to 20 minutes, or until the cheese has melted and the filling is slightly browned

Grill:

Instead of baking, you could also grill the zucchini boats! Just stuff and prep them the same, but instead of placing them on a baking pan, put them on a grill pan. Preheat your grill to medium heat and place the zucchini boats on the grill for about 5-10 minutes, or until the zucchini boats just start to soften, and the cheese starts to melt.

Nutritional Info

Servings (1 large zucchini per serving)	6
Calories per Serving	150
Fat	5 g
Carbohydrate	11 g
Fiber	3 g