



The TurnFit Method

The New:

COOK BOOK



The TurnFit Method

The New:

MEAL PLAN



— So glad you're here! —

Thank you for purchasing this weight loss cookbook!

Inside of this cookbook is delicious recipes carefully designed to help you get to your goals permanently. This cookbook is NOT a diet plan or a lose-weight quick scheme. With years of experience helping over 2000+ clients crush their goals, use this cookbook as a manual to refer to when you are stuck with your meals and don't know what to prep or cook.

Our hope is that nutrition comes an healthy fun and stress free way of life and it starts with these 5 steps done every week.

Step 1

Go through the cookbook and select recipes that you would enjoy eating

Step 2

Plan out on a piece of paper which meals you will be eating for breakfast, lunch and dinner, Mon-Sun.

Step 3

Plan out on a piece of paper what ingredients you need to buy for the week.

Step 4

Schedule time for prepping and cooking your meals.

Step 5

Cook and prep your meals so that every day you have meals ready

Committed to Your Success,

David Turnbull

Founder of TurnFit Personal Trainers LTD



Portion Sizes

Veggies



Fist

Broccoli
Cauliflower
Spinach
Kale
Cucumbers
Zucchini
Bell Peppers
Celery
Onion
Mushrooms
Cabbage
Lettuce

Protein



Palm

Chicken breast
Turkey Breast
Pork loin
Lean Steak
Tuna Steak
Salmon
White Fish
Shellfish
Egg Whites
0% Greek Yogurt
0% Cottage Cheese
Firm Tofu

Carbs



Scoop

Fruits & Berries
Whole Grain Bread
Whole Grain Pasta
Brown Rice
Quinoa
Sweet Potatoes
Yams
Steel Cut Oats
Beans
Lentils
Chickpeas
Pumpkin /Squash
Beets

Fat



Thumb

Nuts
Peanut Butter
Chia Seeds
Flax Seeds
Avocado
Olive Oil
Cheese
Egg Yolk

Potatoes (Carbs)
Corns (Carbs)
Squash (Carbs)
Pumpkin (Carbs)
Avocado (Fat)

Burgers
Ground Pork
Ground Beef
Sausages
Bacon
Corn Beef
Hotdogs
Pepperoni
Deli Meats

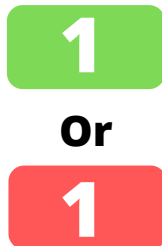
Cakes
Pastries
Cookies
White Rice
Sugary Cereals
Pancakes/Waffles
Donuts
Candy
Fries/ Fries
Avocado

Creams
Butter
Margarine
Canola Oil
Mayo
Ranch / Caesar Sauce
Fried Foods
Cookies
Pastries



Breakfast

Snack



Lunch



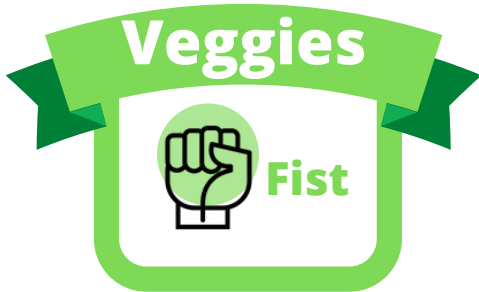
Snack



Dinner



Best Practices



Have a hand fist-size of vegetable with every meal (breakfast, lunch & dinner)

If the recipe does not have vegetables, add a side of veggies from the list below

Fresh cherry tomatoes
Fresh Celery
Fresh Cucumbers
Fresh Bell Peppers

Steamed Broccoli
Steamed Cauliflower
Steamed Carrots
Steamed Green Beans

Roasted Zucchini
Roasted Brussel Sprouts
Roasted Asparagus
Roasted Red Onions



Always have frozen vegetables in the freezer



Ex) Green Bean



Broccoli/Cauliflower



Brussels Sprouts

Best Practices



Have a hand palm-size of vegetable with every meal (breakfast, lunch & dinner)

Eat an extra serving of protein for meals and snacks if you are still hungry.



Have a "thumb size" of fat

*** For best weight loss results keep fat to a minimum ***
If a recipe says to use "oil"- substitute with an "oil spray"



2tbsp of oil = 250 Calories

VS



1 Spray of oil = 5 Calories

Best Practices



Have a "hand scoop-size" of carbs for breakfast & lunch only.

NO CARBS AT DINNER

Have carbs during the day & avoid carbs at dinner/night- if you are hungry have extra protein

0 Carb Substitutes for dinner



Cauliflower Rice
0 Carbs



Riced Veggies
0 Carbs



Konjac Rice
0 Carbs



Crepini egg wraps
0 Carbs



Nu Pasta
0 Carbs



Konjac Noodles
0 Carbs

Smoked Salmon Omelette



Servings

2



Prep

5
Mins



Cook Time

5
Mins

Breakfast/Snack



Ingredients:

1/2 cup egg whites

1 egg

1 tablespoon sliced fresh chives

4 slices of smoked salmon

Instructions

In a bowl, whisk together egg whites, and 1 egg with chives

Spray Pam over a non stick pan on medium heat for 2-3 minutes. Add red peppers and cheese, then flip. Cook for an additional minute.

Cut in half for 2 servings.

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Served with a piece of fresh fruit of your choice. (strawberries, apple, orange)

Nutrition

Serving Size: 1/2 omelette

Calories: 230

Carbs: 5g Fats: 10g Protein: 21g



The TurnFit Method

Fine Herbs Omelette



Servings

2



Prep

5
Mins



Cook Time

5
Mins

Breakfast/Snack



Ingredients:

1/2 cup egg whites
1 egg
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh chervil
1 tablespoon sliced fresh chives
1 teaspoon sliced fresh tarragon
pinch ground black pepper
2 ounces roasted red peppers

Nutrition

Serving Size: 1/2 omelette

Calories: 200

Carbs: 5g Fats: 5g Protein: 21g

Instructions

In a bowl, whisk together egg whites, and 1 egg with herbs and spices.

Spray Pam over a non-stick pan on medium heat for 2-3 minutes. Add red peppers then flip. Cook for an additional minute.

Cut in half for 2 servings.

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Flower Power

Breakfast/Snack

Eggs



Servings

2



Prep

5
Mins



Cook Time

5
Mins



Ingredients:

1 large bell pepper
4 large eggs
parsley for garnish

Nutrition

Serving Size: 1 serving

Calories: 215

Carbs: 3g Fats: 7g Protein: 13g

Instructions

Slice bell pepper horizontally to make four 1/2-inch-thick rings and remove inner white flesh and seeds.

Spray Pam on nonstick skillet over medium heat. Cook peppers 2 minutes. Turn peppers over; crack 1 egg into center of each ring. Cook, covered, until eggs have reached desired doneness.

Season with 1/4 teaspoon each salt and pepper. To serve, garnish with chopped parsley.

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Spinach Frittata Muffins



Servings

6



Prep

20
Mins



Cook Time

30
Mins

Breakfast/Snack



Ingredients:

- 1 cup egg whites
- 1 egg
- 1/2 cup 1% milk
- 1 cup chopped baby spinach
- 1/2 cup onions chopped
- 1/2 cup roasted red pepper, diced

Nutrition

Serving Size: 1 serving

Calories: 155

Carbs: 4g Fats: 2g Protein: 13g

Instructions

Preheat oven to 350 degrees F. Spray 12-cup muffin pan with Pam spray

In large bowl, mix eggs, milk, spinach and roasted red pepper.

Divide batter among muffin-pan cups (about 1/4 cup each) and bake for 20 to 25 minutes or until just set in the center.

Cool on rack for 5 minutes, then remove from cups. Serve warm.

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Mushroom & Herb Egg Muffins



Servings

6



Prep

20
Mins



Cook Time

30
Mins

Breakfast / Snack



Ingredients:

- 1 cup egg whites
- 1 egg
- 1/2 cup 1% milk
- 1 cup sliced mushrooms
- 2 tbsp chopped chives
- 2 tbsp chopped basil

Nutrition

Serving Size: 1 serving

Calories: 155

Carbs: 4g Fats: 2g Protein: 13g

Instructions

Preheat oven to 350 degrees F. Spray 12-cup muffin pan with Pam spray

In a large bowl, mix eggs, milk, chives basil and mushrooms

Divide batter among muffin-pan cups (about 1/4 cup each) and bake for 20 to 25 minutes or until just set in the center.

Cool on a rack for 5 minutes, then removes from cups. Serve warm.

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Rainbow Fruit Bowl



Servings

4



Prep

10

Mins



Cook Time

0

Mins

Ingredients:

2 cups plain low-fat Greek yogurt
1/2 cup oats
1 banana
1/2 cup strawberries
1 kiwi
1/2 cup blueberries
1 tbsp chia seeds
sprinkle of cinnamon

Nutrition

Serving Size: 1/4 of recipe

Calories: 387

Carbs: 60g Fats: 9g Protein: 21g

Breakfast/Snack



Instructions

Cut Fruit into cubed size pieces

Add cottage cheese to a bowl, then add granola, fruit chia seeds and sprinkle with cinnamon

Divide into 4 bowls and enjoy!

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Tropical Smoothie Bowl



Servings

2



Prep

5
Mins



Cook Time

0
Mins

Breakfast/Snack



Ingredients:

1/2 banana, sliced and frozen
1/2 cup frozen mango chunks
1/2 cup frozen pineapple chunks
1 cup almond milk
1 scoop protein powder

Instructions

In blender, pulse banana, mango, and pineapple with almond milk and whey protein powder until you have a smooth but still thick consistency. Stop and stir occasionally. Add more liquid if needed. Pout into 2 bowls. Top as desired.

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Nutrition

Serving Size: 1/2 of recipe

Calories: 280

Carbs: 43g Fats: 2g Protein: 20g

Breakfast Burritos



Servings

4



Prep

5
Mins



Cook Time

10
Mins

Breakfast/Snack



Ingredients:

- 4 large tortillas
- 1.5 Cups eggs whites
- 1 cup low fat cottage cheese
- 1 c. fat-free refried beans
- 1/2 lb. tomatoes, halved
- 1 jalapeño, halved,
- 1/2 small onion sliced
- 2 tbsp. fresh lime juice
- 1/3 cup cilantro

Nutrition

Serving Size: 1 Burrito

Calories: 387

Carbs: 40g Fats: 10g Protein: 30g

Instructions

Broil tomatoes, and jalapeño in foil for 10min. Add vegetables in food processor with lime juice, cilantro and pulse to make salsa.

Spray Pam on a large non-stick skillet over medium heat. Add egg whites and stir for 3 minutes. Fold in cheese.

Divide beans, eggs and salsa evenly on tortilla. Wrap and serve!

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Protein Pancakes



Servings

4



Prep

5
Mins



Cook Time

10
Mins

Ingredients:

2 Scoops vanilla protein powder
1 large very ripe banana
2 Large eggs
1 tsp. cinnamon
1/4 tsp. baking powder

Nutrition

Serving Size: 2 pancakes

Calories: 120

Carbs: 10g Fats: 2g Protein: 20g

Breakfast/Snack



Instructions

Separate egg whites from egg yolk. Beat eggs for 2 minutes until they form soft peaks

Add egg yolk along with the remaining ingredients and gently mix in with egg whites.

Heat a skillet over low heat and spray the pan with oil. Scoop 1/4 c. of the mixture onto the skillet and cook for 60-90 seconds on each side.

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Protein Waffles



Servings

4



Prep

5
Mins



Cook Time

10
Mins

Ingredients:

- 2 Scoops vanilla protein powder
- 1 large very ripe banana
- 2 Large eggs
- 1 tsp. cinnamon
- 1/4 tsp. baking powder

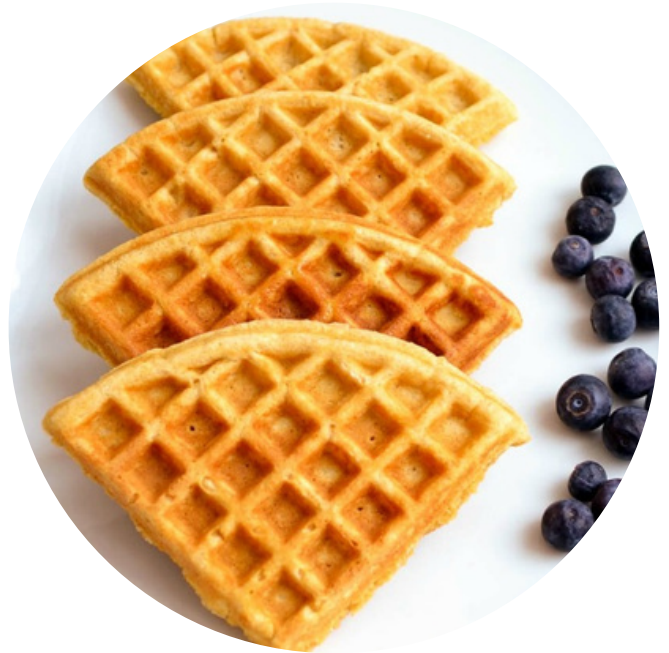
Nutrition

Serving Size: 2 pancakes

Calories: 120

Carbs: 10g Fats: 2g Protein: 20g

Breakfast/Snack



Instructions

Separate egg whites from egg yolk. Beat eggs for 2 minutes until they form soft peaks

Add egg yolk along with the remaining ingredients and gently mix in with egg whites.

Heat a skillet over low heat and spray the pan with oil. Scoop 1/4 c. of the mixture onto the skillet and cook for 60-90 seconds on each side.

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Mixed Berry Smoothie



Servings

1



Prep

1
Mins



Cook Time

1
Mins

Breakfast/Snack



Ingredients:

1 cup water

1 scoop of whey protein

1/2 cup mixed frozen berries

handful of spinach

Instructions

Place all ingredients in a blender and blend until smooth.

Pour into a jar and enjoy!

Alternative: use your choice of milk like unsweetened soy, oat, or almond!

Nutrition

Serving Size: 1

Calories: 160

Carbs: 22g Fats: 3g Protein: 11g

Blueberry Spinach Shake



Servings

1



Prep

1
Mins



Cook Time

1
Mins

Breakfast/Snack



Ingredients:

1 cup skim milk
1 scoop protein powder
1/2 cup frozen blueberries
handful of spinach

Instructions

Place all ingredients in a blender and blend until smooth.

Pour into a jar and enjoy!

Alternative: use your choice of milk like unsweetened soy, oat, or almond!

Nutrition

Serving Size: 1

Calories: 260

Carbs: 22g Fats: 3g Protein: 25g

Mango Tumeric Smoothie



Servings

1



Prep

1

Mins



Cook Time

1

Mins



Ingredients:

1/2 cup skim milk

1 scoop protein powder

1/2 cup frozen mango

1 tsp Tumeric powder

Instructions

Place all ingredients in a blender and blend until smooth.

Pour into a jar and enjoy!

Alternative: use your choice of milk like unsweated soy, oat, or almond!

Nutrition

Serving Size: 1

Calories: 260

Carbs: 22g Fats: 3g Protein: 25g

Strawberry Smoothie



Servings

1



Prep

1
Mins



Cook Time

1
Mins

Ingredients:

1/2 cup skim milk

1 scoop protein powder

1/2 cup frozen strawberries

Nutrition

Serving Size: 1

Calories: 260

Carbs: 22g Fats: 3g Protein: 25g

Breakfast/Snack



Instructions

Place all ingredients in a blender and blend until smooth.

Pour into a jar and enjoy!

Alternative: use your choice of milk like unsweetened soy, oat, or almond!

Milk & Honey Overnight Oats



Servings

4



Prep

5
Mins



Cook Time

Overnight

Breakfast/Snack



Ingredients:

2 cups old-fashioned oats
2 tbsp. chia seeds
1 tbsp. honey
3 cups skim milk
2 scoops of protein powder

Instructions

Mix oats with protein powder and evenly divide into 4 jars. Top each jar with milk, sprinkle with chia seeds and a small drizzle of honey

Refrigerate overnight and enjoy the next morning!

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Nutrition

Serving Size: 1 serving

Calories: 250

Carbs: 40g Fats: 5g Protein: 20g

Blueberry Coconut Overnight Oats



Servings

4



Prep

5
Mins



Cook Time

Overnight



Ingredients:

- 2 cups old-fashioned oats
- 2 tbsp coconut flakes
- 1 cup blueberries
- 3 cups milk
- 2 scoops of protein powder

Nutrition

Serving Size: 1 serving

Calories: 250

Carbs: 40g Fats: 5g Protein: 20g

Instructions

Mix oats with protein powder and evenly divide into 4 jars. Top each jar with milk. Mix in blueberries and sprinkle coconut flakes on top

Refrigerate overnight and enjoy the next morning!

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Brownie Overnight Oats



Servings

4



Prep

5
Mins



Cook Time

Overnight



Ingredients:

2 cups old-fashioned oats
4 tbsp unsweetened cocoa powder
3 cups milk
2 scoops chocolate protein powder

Nutrition

Serving Size: 1 serving

Calories: 250

Carbs: 40g Fats: 5g Protein: 20g

Instructions

Mix oats with protein powder and cocoa powder and evenly divide into 4 jars. Top each jar with milk.

Refrigerate overnight and enjoy the next morning!

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

PB & J Overnight Oats



Servings

4



Prep

5
Mins



Cook Time

Overnight

Breakfast/Snack



Ingredients:

- 2 cups old-fashioned oats
- 2 tbsp strawberry jam
- 2 tbsp PB&Me peanut powder
- 3 cups milk
- 2 scoops of protein powder

Instructions

Mix oats with protein powder and peanut powder and evenly divide into 4 jars. Top each jar with milk.

Refrigerate overnight and enjoy the next morning!

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Nutrition

Serving Size: 1 serving

Calories: 300

Carbs: 40g Fats: 8g Protein: 20g

Strawberry Kiwi Yogurt Bowl



Servings

2



Prep

5
Mins



Cook Time

0
Mins



Ingredients:

1 Kiwi
4 strawberries
1 cup low fat plain greek
yogurt

Instructions

Wash kiwi & strawberry and cut into slices
Top greek yogurt with fruit
Divide into 2 servings & serve

Nutrition

Serving Size: 1/2 of Recipe

Calories: 150

Carbs: 20g Fats: 8g Protein: 15g

Chocolate Orange Yogurt Bowl



Servings

2



Prep

5
Mins



Cook Time

0
Mins

Breakfast/Snack



Ingredients:

1 orange
2 tbsp of unsweetened dark
chocolate
1 tbsp of crumbled nuts
1 cup low fat plain greek
yogurt

Nutrition

Serving Size: 1/2 of Recipe

Calories: 150

Carbs: 20g Fats: 8g Protein: 15g

Instructions

Peel & cut a small orange into slices

Top greek yogurt with unsweated dark
chocolate & nuts

Divide into 2 servings & serve

Blueberry Oat Yogurt Bowl



Servings

2



Prep

5
Mins



Cook Time

0
Mins

Breakfast/Snack



Ingredients:

1/2 cup of blueberries
Sprinkle of oats
1 cup low fat plain greek
yogurt

Instructions

Top Greek yogurt with blueberries & oats
Divide into 2 servings & serve

Nutrition

Serving Size: 1/2 of Recipe

Calories: 150

Carbs: 20g Fats: 8g Protein: 15g

Coconut Pineapple Yogurt Bowl



Servings

2



Prep

5
Mins



Cook Time

0
Mins

Breakfast/Snack



Ingredients:

1 pineapple ring
2 tbsp of coconut flakes
1 cup low fat plain greek
yogurt

Instructions

Cut pineapple ring into 4 equal slices
Top greek yogurt with coconut flakes
Divide into 2 servings & serve

Nutrition

Serving Size: 1/2 of Recipe

Calories: 150

Carbs: 20g Fats: 8g Protein: 15g

Smoked Salmon Bagel



Servings

1



Prep

5
Mins



Cook Time

0
Mins

Ingredients:

1/2 slice whole-grain bagel
1 Tbsp plain low-fat greek yogurt
1/2 cup smoked salmon
Salt & Pepper

Nutrition

Serving Size: 1/2 bagel

Calories: 300

Carbs: 30g Fats: 5g Protein: 20g

Breakfast/Lunch



Instructions

Toast 1/2 slice bagel and top with greek yogurt.

Place salmon on top and sprinkle with salt and pepper

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Turkey Bacon Bagel



Servings

1



Prep

5
Mins



Cook Time

5
Mins

Breakfast/Lunch



Ingredients:

1/2 slice whole-grain bagel
2 slices of turkey bacon
1 egg
1/2 cup arugula
1 tbsp mustard

Instructions

Heat pan on low heat and spray oil. Warm turkey bacon for 1 minute and flip. Cook egg for 3 minutes.

Toast 1/2 slice bagel and top with mustard, arugula, turkey bacon, and egg

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Nutrition

Serving Size: 1/2 bagel

Calories: 300

Carbs: 30g Fats: 5g Protein: 20g

Ham & Herb Bagel



Servings

1



Prep

5
Mins



Cook Time

5
Mins

Ingredients:

1/2 slice whole-grain bagel
1 Tbsp plain low-fat greek yogurt
2 sliced cucumbers
2 slices of ham / turkey ham
(Black forest or turkey ham)
1 tbsp minced green onion
1 tbsp of minced parsley

Nutrition

Serving Size: 1/2 bagel

Calories: 300

Carbs: 30g Fats: 5g Protein: 20g

Breakfast/Lunch



Instructions

Mix parsley and green onion with greek yogurt and spread on a bagel.

Top with ham and cucumbers

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Egg White Frittata



Servings

4



Prep

5
Mins



Cook Time

30
Mins

Breakfast/Lunch



Ingredients:

500 ml carton egg whites
1 regular egg
1 cup cherry tomatoes (halved)
1 cup baby spinach (chopped)
1 tsp salt & pepper
Pam Spray

Nutrition

Serving Size: 1/4 of frittata

Calories: 181

Carbs: 5g Fats: 7g Protein: 23g

Instructions

Preheat the oven to 400°F and spray a round shallow pan with Pam spray.

Add egg whites, egg, cherry tomatoes, baby spinach, salt and pepper and stir well.

Bake in the oven for 30 mins or until egg whites are firm.

Cut evenly into 4 pieces and serve!

Ham Lettuce Wrap



Servings

2



Prep

5
Mins



Cook Time

0
Mins



Ingredients:

2 large leaf lettuce
4 slices of ham
(Black forest or turkey ham)
2 tbsp low fat plain greek
yogurt

Instructions

Spread Greek yogurt on top of lettuce and
top with ham

Nutrition

Serving Size: 1/2 of Recipe

Calories: 150

Carbs: 20g Fats: 8g Protein: 15g

Ham Cucumber Wrap



Servings

2



Prep

5
Mins



Cook Time

0
Mins

Breakfast/Snack



Ingredients:

4 slices of ham
(Black forest or turkey ham)
4 sliced cucumbers
1 tbsp of mustard

Instructions

Spread mustard on ham and place cucumber on top. Roll up the ham & serve

Nutrition

Serving Size: 1/2 of Recipe

Calories: 100

Carbs: 1g Fats: 2g Protein: 15g

Peanut Butter Raisin Celery Sticks



Servings

2



Prep

5
Mins



Cook Time

0
Mins



Ingredients:

- 3 Celery Stocks
- 4 Tbsp PB&ME peanut powder
- 3 Tbsp Dried Raisins

Instructions

Wash the celery stalks and cut each in half

Mix peanut powder with water and spread in the hollow of the celery.

Top with raisins.

Nutrition

Serving Size: 1/2 of Recipe

Calories: 200

Carbs: 19g Fats: 8g Protein: 6g

Hummus with Veggies



Servings

2



Prep

5
Mins



Cook Time

0
Mins

Ingredients:

2 bell peppers
2 hands ful of snap peas
1/2 cup of hummus Or greek yogurt

Nutrition

Serving Size: 1/2 of Recipe

Calories: 50

Carbs: 10g Fats: 1g Protein: 1g

Snack



Instructions

Wash snap peas and bell peppers. Cut bell peppers into stripes and put into a snack container with hummus

Tuna Lemon Rice Cake



Servings

1



Prep

5
Mins



Cook Time

0
Mins



Ingredients:

1 Rice cake
1/3 cup can tuna
1 tbsp greek yogurt
handful of raw spinach leaves
1 teaspoon lemon zest

Instructions

Mix greek yogurt with tuna

Place spinach on top of rice cake. Then add tuna mix and sprinkle with lemon zest on top

Nutrition

Serving Size: 1 rice cake

Calories: 50

Carbs: 8g Fats: 1g Protein: 10g

Smoke Salmon Rice Cake



Servings

1



Prep

5
Mins



Cook Time

0
Mins

Breakfast/Snack



Ingredients:

1 Rice cake
2 slices of smoked salmon
1 tbsp greek yogurt
handful of cucumber slices

Instructions

Spread greek yogurt on rice cake

Place smoked salmon on top of rice cake.
Then add cucumbers top and sprinkle with
salt & pepper

Nutrition

Serving Size: 1 rice cake

Calories: 50

Carbs: 8g Fats: 1g Protein: 10g

Blueberry Rice Cake



Servings

1



Prep

5
Mins



Cook Time

0
Mins

Breakfast/Snack



Ingredients:

1 Rice cake
2 tbsp greek yogurt
handful of blueberries

Instructions

Spread greek yogurt on a rice cake

Place blueberries on top and serve

Nutrition

Serving Size: 1 rice cake

Calories: 50

Carbs: 15g Fats: 1g Protein: 8g

Greek Style Chicken Wraps

Lunch



Servings

4



Prep

5
Mins



Cook Time

10
Mins



Ingredients:

- 1 lb chicken breast (thinly sliced)
- 4 whole-wheat tortillas
- 2 small cucumbers (chopped)
- 1 cup cherry tomatoes (halved)
- 3 tbsp olives (chopped)
- 4 tbsp plain hummus
- 1 tbsp crumbled feta cheese
- 1 tbsp lemon juice
- 1 tbsp oregano
- 1 tsp salt & pepper
- Pam Spray

Nutrition

Serving Size: 1 wrap

Calories: 330

Carbs: 27g Fats: 10g Protein: 30g

Instructions

Spray pam on a non-stick skillet over medium high heat. Add chicken strips and cook for 4 minutes on each side or until browned

Chop cucumbers, tomatoes and olives. In a bowl combine ingredients with lemon juice, oregano, feta cheese, salt and pepper.

Spread hummus over tortilla, add chicken and vegetables mixture.

Wrap and serve!

Chicken Fajita Wraps



Servings

4



Prep

5
Mins



Cook Time

10
Mins

Ingredients:

- 1 lb chicken breast (thinly sliced)
- 4 whole-wheat tortillas
- 1 onion
- 1 green bell pepper
- 4 garlic cloves
- 1 tbsp red pepper flakes
- 1 tbsp chilli powder
- 1/4 cup salsa
- 1/4 cup low-fat greek yogurt

Nutrition

Serving Size: 1 wrap

Calories: 330

Carbs: 27g Fats: 10g Protein: 30g

Lunch



Instructions

Spray pam on a non-stick skillet over medium-high heat. Add chicken strips and cook for 4 minutes on each side or until browned

Chop onion, bell pepper, and garlic. Heat oil in a sauté pan over medium heat. Add chopped vegetables and sauté for about 5 minutes, or until tender. Add chicken, spices, and lime juice. Sauté for 3 minutes.

Warm tortilla and top with chicken mixture. Top with yogurt and salsa.

Sides

Serve with 1 cup of roasted vegetables of your choice. (Brussel sprouts, red onions, zucchinis, asparagus

Chicken Quesadilla

Lunch



Servings

4



Prep

5
Mins



Cook Time

10
Mins



Ingredients:

1 lb chicken breast diced
1 medium green pepper diced
½ cup beans
1 tbsp taco seasoning
½ tsp salt
4 Tortillas
1 cups cheddar cheese

Sides

Serve with 1 cup of fresh vegetables of your choice. (cucumbers, tomatoes, bell peppers, celery)

Nutrition

Serving Size: 1 Quesadilla

Calories: 250

Carbs: 25g Fats: 8g Protein: 20g

Instructions

Add chicken to a non-stick skillet on medium/high heat & cook for 5 mins. Add green pepper & cook until peppers become slightly soft. Add taco seasoning beans & salt. Set aside.

Place one tortilla on a non-stick skillet adding about ¼ cup cheddar cheese Add ½ cup of chicken mixture. Cook until the bottom tortilla is browned on both sides

Divide into 4 pieces when cooled and enjoy.

Sides

Serve with 1 cup of roasted vegetables of your choice. (Brussel sprouts, red onions, zucchinis, asparagus

Lentil & Ground chicken Shepard's Pie

Lunch



Servings

10



Prep

30
Mins



Cook Time

45
Mins



Instructions

Heat oil over medium-high heat in a skillet. Dice onions and mince garlic. Sauté in pan until softened – about 4 minutes.

Stir in ground chicken until lightly browned.

Add lentils, grated carrots, diced green pepper and chopped tomatoes. Stir in vegetable juice, Worcestershire sauce, dried thyme, and ground clove. Cover and simmer on low heat while the potatoes are cooking.

Cut unpeeled potatoes into chunks. Cook in boiling water until fork-tender. Drain and mash with yogurt and minced chives.

Spread potatoes over pie. Sprinkle top with paprika. Bake in preheated oven for 20 minutes & serve.

Ingredients:

- 2 cups onions, diced
- 2 cloves garlic, minced
- 2 cups carrots, grated
- 1 green pepper, diced
- 3 tomatoes, medium, chopped
- 2 lb lean ground chicken
- 2 cups canned lentils
- 1 tbsp olive oil
- 8 sweet potatoes, skin on, diced
- 1 cup low-sodium vegetable juice
- 2 tsp Worcestershire sauce
- 2 tsp thyme, fresh
- 1/8 tsp cloves,
- 2/3 cups plain yogurt,
- 2 tbsp chives, fresh, sliced
- 1/2 tsp paprika

Nutrition

Serving Size: 1 Serving

Calories: 330

Carbs: 40g Fats: 10g Protein: 30g

Meaty Slow-Cooked Jambalaya

Lunch



Servings

6



Prep

20
Mins



Cook Time

7
Hours



Ingredients:

- 1 can diced tomatoes,
- 1 cup reduced-sodium chicken broth
- 1 large green pepper, chopped
- 1 medium onion, chopped
- 2 celery ribs, sliced
- 1/2 cup white wine
- 4 garlic cloves, minced
- 2 lbs boneless skinless chicken thighs (cut into 1-inch pieces)
- 2 lbs uncooked medium shrimp,
- 3 cups hot cooked brown rice
- 2 teaspoons Cajun seasoning
- 2 teaspoons dried parsley flakes
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon cayenne pepper

Instructions

Place all ingredients except shrimp and rice in a slow cooker. Cook, covered, on low until chicken is tender, 7-9 hours.

Stir in shrimp. Cook, covered, until shrimp turn pink, 15-20 minutes longer.

Serve with brown rice and enjoy!

Sides

Serve with 1 cup of roasted vegetables of your choice. (Brussel sprouts, red onions, zucchinis, asparagus

Nutrition

Serving Size: 1 Serving

Calories: 330

Carbs: 37g Fats: 10g Protein: 36g

Roast Beef Sandwich

Lunch



Servings

1



Prep

5
Mins



Cook Time

0
Mins



Ingredients:

2 slices Country Harvest Protein Bread
3oz Cold cut Roast beef
handful Lettuce / arugula
2 sliced Tomato
4 sliced Cucumber
1 slice Cheddar cheese / swiss cheese

Instructions

Place Bread in the toaster for 2 minutes.

Combine roast beef, lettuce, tomato, cucumber and cheese into a sandwich.

Serve and enjoy!

Nutrition

Serving Size: 1 Sandwich

Calories: 430

Carbs: 40g Fats: 15g Protein: 40g

Classic Ham Sandwich

Lunch



Servings

1



Prep

5
Mins



Cook Time

0
Mins



Ingredients:

2 slices Country Harvest Protein Bread
4 slices of black forest ham
(or turkey ham)
handful spinach
2 sliced Tomato
4 sliced Cucumber
1 slice Cheddar cheese / swiss cheese

Nutrition

Serving Size: 1 Sandwich

Calories: 430

Carbs: 40g Fats: 15g Protein: 40g

Instructions

Place Bread in the toaster for 2 minutes.

Combine ham, lettuce, tomato, cucumber and cheese into a sandwich.

Serve and enjoy!

Chicken Gyros with Tzatziki Sauce

Lunch



Servings

4



Marinate

30

Mins



Prep

10

Mins



Cook Time

8

Mins



Ingredients:

1 1/2 lb chicken breasts (sliced into strips)
4 slices flat Greek pita bread
4 tomatoes (sliced thinly)
1/4 red onion (sliced thinly)
Pam spray

Chicken Marinade

1/2 Lemon Juice
1/2 cup low-fat plain greek yogurt
1 tsp salt

Tzatziki Sauce

1/2 cucumber (grated)
3/4 cup low-fat plain greek yogurt
2 cloves garlic (minced)
1 tsp red wine vinegar
1tbsp dill
Pinch of Salt & pepper

Nutrition

Serving Size: 1 Gyros

Calories: 450

Carbs: 55g Fats: 5g Protein: 45g

Instructions

Marinate chicken with lemon juice, yogurt and salt in a bowl for 30 minutes

Spray pam on a non-stick skillet over medium high heat. Add chicken stripes and cook for 4 minutes on each side or until browned.

Prepare Tzatziki sauce by combining grated cucumbers, minced garlic, yogurt, red wine vinegar, dill, salt & pepper.

Warm pita bread in the toaster oven. Spread Tzatziki sauce on pita bread, add tomatoes, onion and chicken strips

Fold and serve!

Mexican Barbacoa Tacos



Servings

4



Prep

10
Mins



Cook Time

5
Hours

Ingredients:

- 1 lb chuck steak
- 1 cup water
- 1/4 cup apple cider vinegar
- 1/2 cup tomato sauce
- 1/4 cup lime juice
- 2 tsp garlic powder
- 1 Tbsp black pepper
- 1 tsp dried thyme
- 1 tbsp cumin powder
- 1/2 tsp cinnamon
- 1/4 onion, chopped
- 6 corn tortillas
- 1 cup lettuce
- 10 grape tomatoes, chopped
- 1/4 cup crumbled feta

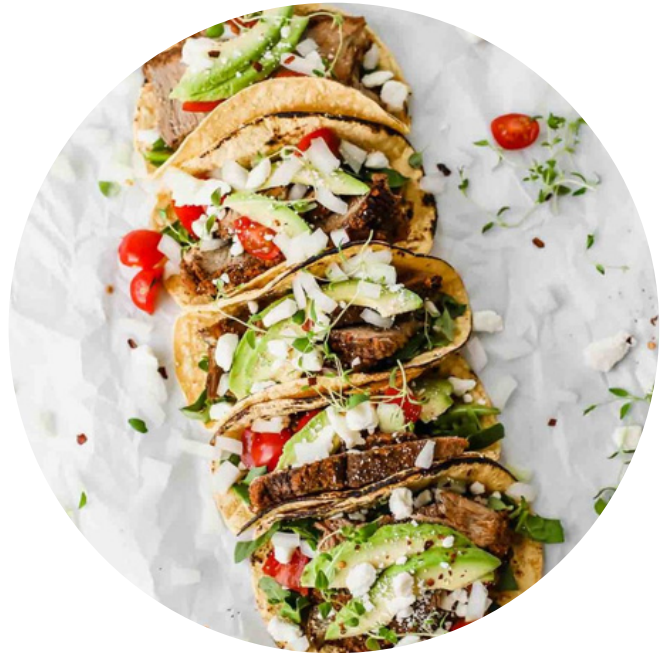
Nutrition

Serving Size: 2 Tacos

Calories: 430

Carbs: 40g Fats: 15g Protein: 35g

Lunch



Instructions

Mix the water, vinegar, tomato sauce, lime juice, onion (half), and spices together. Pour the mixture over the steak and place in a slow cooker. Cook on low for 5 hours (or until fork-tender).

Heat the tortillas. Slice the cooked chuck steak and add to each tortilla. Top each one with lettuce, tomatoes, the remaining onion, and crumbled feta.

Serve and enjoy!

Sides

Serve with 1 cup of roasted vegetables of your choice. (Brussel sprouts, red onions, zucchinis, asparagus

Pull Pork Tacos



Servings

4



Prep

10
Mins



Cook Time

5
Hours

Ingredients:

- 1lbs pork
- 1 cup prepared salsa -
- 1 canned chipotle chili
- 1 tbsp ground cumin
- 1tbsp paprika
- 3 tbsp minced garlic
- 1 small onion -
- 8 6-inch tortillas
- bunch of cilantro

Nutrition

Serving Size: 2 Tacos

Calories: 430

Carbs: 40g Fats: 15g Protein: 35g

Lunch



Instructions

in a slow cooker combine, pork, salsa, chipotle chilli, cumin, smoked paprika, garlic and onion.

Cook on low for 6-8 hours.

Serve with tortillas and top with cilantro

Sides

Serve with 1 cup of roasted vegetables of your choice. (Brussel sprouts, red onions, zucchinis, asparagus

Shrimp Tacos

Lunch



Servings

4



Prep

10
Mins



Cook Time

5
Hours



Ingredients:

- 2 lbs frozen shrimp
- 3 cups chopped napa cabbage
- 1 medium carrot, shredded
- 1 tbsp garlic, minced
- 1tbsp fresh ginger, minced
- 1/4 cup greek yogurt
- 1 tbsp lime juice
- 2 scallions, sliced
- 8 6-inch totillas
- Bunch of cilantro

Instructions

Mix cabbage, carrots, 1/2 garlic and 1/2 ginger to make slaw

Spray oil on a non-stick pan over medium heat and cook saute shrimp with 1/2 garlic, 1/2 ginger and scallions for 4 minutes.

Serve tacos with 1/3 cup of slaw, top with 3 shrimps, yogurt, cilantro and lime juice.

Sides

Serve with 1 cup of roasted vegetables of your choice. (Brussel sprouts, red onions, zucchinis, asparagus

Nutrition

Serving Size: 2 Tacos

Calories: 430

Carbs: 40g Fats: 15g Protein: 35g

Spicy Turkey Tacos

Lunch



Servings

4



Prep

10
Mins



Cook Time

10
Mins



Ingredients:

- 8 medium tortillas
- 1 lb extra-lean ground turkey
- 1 small red onion, finely chopped
- 1 cup salsa
- 1 tsp dried oregano
- 1 tsp paprika
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 2 cups shredded lettuce
- 1/2 cup shredded pepper jack cheese
- 1/4 cup plain low-fat greek yogurt

Nutrition

Serving Size: 2 Tacos

Calories: 430

Carbs: 40g Fats: 15g Protein: 35g

Instructions

Spray oil in a large nonstick skillet, cook turkey and onion over medium heat until meat is no longer pink. Stir in salsa and spices; heat through.

To serve, fill each taco shell with 1/3 cup turkey mixture. Serve with lettuce, cheese, & yogurt

Serve and enjoy!

Sides

Serve with 1 cup of roasted vegetables of your choice. (Brussel sprouts, red onions, zucchinis, asparagus

Salmon Salsa

Tacos



Servings

4



Prep

10
Mins



Cook Time

5
Hours

Ingredients:

8 medium tortillas
1½-lb salmon fillet
1 tsp ground coriander
1 tsp ground cumin
2 tsp grated ginger
2 tsp garlic cloves, finely grated
4 tbsp. fresh lime juice
small red onion, finely chopped
2 chiles, finely chopped
2 cups chopped pineapple
½ cup chopped cilantro,

Nutrition

Serving Size: 2 Tacos

Calories: 430

Carbs: 40g Fats: 15g Protein: 35g

Lunch



Instructions

Stir together ginger, garlic, coriander, cumin and 1/2 of lime juice. Rub mix onto salmon

Spray oil in a large nonstick skillet, cook salmon over medium heat until for 3 minutes on each side.

To make salsa, mix red onion, chiles, pineapple, cilantro and 1/2 of lime juice.

To serve, fill each taco shell with 1/3 cup of salmon and salsa

Sides

Serve with 1 cup of roasted vegetables of your choice. (Brussel sprouts, red onions, zucchinis, asparagus

Tandoori Chicken



Servings

4



Prep

15
Mins



Cook Time

30
Mins



Ingredients:

- 4 whole chicken legs (skinless)
- 2 Tbsp vegetable oil
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp cayenne
- 1 Tbsp garam masala
- 1 Tbsp paprika
- 1 cup plain yogurt
- 2 Tbsp lemon juice
- 4 minced garlic cloves
- 2 Tbsp minced ginger

Nutrition

Serving Size: 1 chicken leg

Calories: 220

Carbs: 10g Fats: 5g Protein: 25g

Instructions

Marinate chicken for at least 6 hours with oil, coriander, cumin, turmeric, cayenne, garam masala, paprika, yogurt, lemon juice, ginger and garlic.

Grill chicken over medium high heat for 20-30 minutes .

Sides

Serve over rice for lunch or Konjac rice/ cauliflower rice for dinner & a cup of veggies

Savory Turkey Bake



Servings

2



Prep

5
Mins



Cook Time

10
Mins



Ingredients:

9 oz cooked ground turkey
1 cup egg whites
1 cup finely chopped cauliflower
1.5 cup oats
garlic salt

Instructions

Combine ALL ingredients in a medium mixing bowl and pour into muffin tins.

Bake at 350 degrees F for 8-10 minutes.

Remove and serve.

Sides

Serve with 1 cup of roasted vegetables of your choice. (Brussel sprouts, red onions, zucchinis, asparagus

Nutrition

Serving Size: 2 muffins

Calories: 230

Carbs: 30g Fats: 5g Protein: 25g

Sweet Potato Kale Hash



Servings

4



Prep

10
Mins



Cook Time

15
Mins



Instructions

Spray Pam Olive oil heavy skillet over medium-high heat. Add garlic, diced sweet potato and onion and cook for 2 minutes.

Add tomatoes and zucchini, salt, pepper, paprika and garlic powder. Stir occasionally, until potatoes become soft and tender (about 15 minutes).

Add black beans and kale in last and stir until the kale becomes soft and starts to wilt (2-3 minutes)

Turn heat off and season with more salt, pepper and red pepper flakes.

Divide into 4 servings and Enjoy!

Ingredients:

3 cups kale
½ yellow onion, diced
½ red bell pepper, diced
1/2 cup grape tomatoes
1 medium zucchini, diced
2 can black beans,
1 medium sweet potato, diced
2 cloves garlic
1 tsp paprika
3 tsp garlic powder
1 tsp Red pepper flakes,
Salt and pepper, to taste

Nutrition

Serving Size: 1/4 of Recipe

Calories: 224

Carbs: 34g Fats: 7g Protein: 20g

Lunch

Mustard Pork Tenderloin with Grilled Vegetables



Servings

4



Marinate

2

Hours



Prep

15

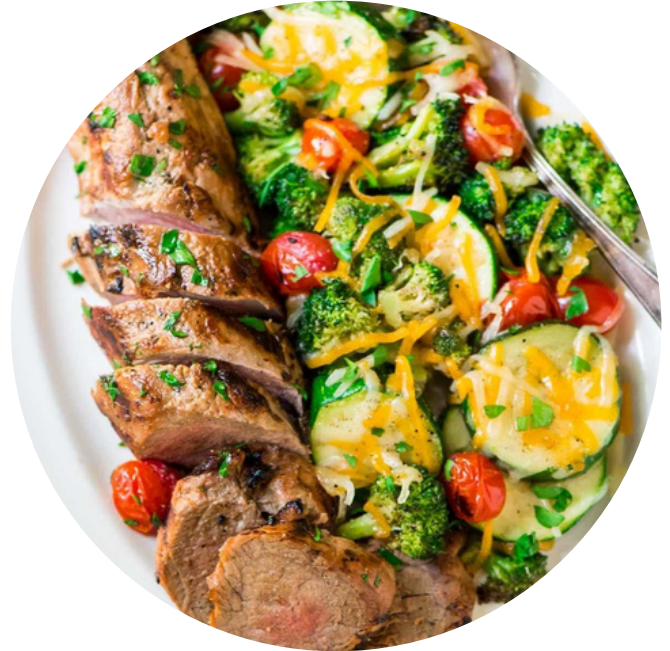
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Cook Time

15

Mins



Ingredients:

- 1 lb pork tenderloin — sliced
- 3 cloves garlic — minced
- 1/4 cup apple cider vinegar
- 3 tbsp Dijon mustard
- 2 tbsp pure maple syrup

Grilled Vegetables

- 3 cups broccoli
- 2 cups cherry tomatoes
- 1 medium zucchini
- 1/2 cup cheddar cheese
- 1 tsp garlic powder
- Salt & pepper

Nutrition

Serving Size: 1/4 of Recipe

Calories: 366

Carbs: 16g Fats: 10g Protein: 33g

Instructions

Marinate pork in garlic, apple cider vinegar, mustard, and maple syrup for 2 hours or overnight.

Spray a baking sheet with Pam spray and place broccoli, tomatoes and zucchini. Sprinkle it with garlic powder, salt and pepper and cover with foil.

Preheat the oven to 350 degrees F. Spray the baking sheet with Pam spray and bake pork & veggies for 15-20 minutes.

While vegetables are still hot, sprinkle cheddar cheese & serve.

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Pork Tenderloin with Steamed Carrots



Servings

4



Prep

10



Cook Time

30

Ingredients:

- 1 lb pork tenderloin — sliced
- 1 tsp of dried basil
- 1 tsp of dried rosemary
- 2 cups of sliced carrots
- 2 cups of sliced parsnip

Nutrition

Serving Size: 1/4 of Recipe

Calories: 250

Carbs: 25g Fats: 5g Protein: 25g

Lunch/Dinner



Instructions

Preheat the oven to 400 F

Rub the pork tenderloin with the herb until evenly coated.

Wrap in foil and place on a baking sheet.
Bake for about 30 minutes

Steam carrots and parsnips for 10-15 minutes until tender

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Garlic Prawns

Lunch/Dinner



Servings

1



Prep

10
Mins



Cook Time

10
Mins



Ingredients:

6 whole tiger prawns

4 garlic cloves

1 tbsp butter

2 tbsp lemon juice

1 tsp black pepper

Nutrition

Serving Size 6 Prawns (150g)

Calories: 280

Carbs: 10g Fats: 10g Protein: 30g

Instructions

Peel prawns and season with salt and pepper. Heat butter under medium heat on a cast iron pan.

Add garlic and cook until the garlic turns yellow. (3mins)

Add the Prawns to the pan and cook for 2 minute or less on each side.

Squeeze in lemon juice and serve.

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Sides

Serve with 1 cup of steamed vegetables of your choice. (Broccoli, Cauliflower)

Chili Prawn Stir Fry



Servings

4



Prep

15
Mins



Cook Time

15
Mins

Lunch/Dinner



Ingredients:

- 2 bell peppers *sliced*
- 1 red onion *sliced*
- 2 cups sugar snap peas
- 12 oz large shrimp

Chili Stir Fry Sauce

- 6 tbsp sweet chilli sauce
- 3 tbsp low sodium soy sauce
- 3 tbsp water
- 2 tsp cornstarch

Nutrition

Serving Size 1/4 of recipe

Calories: 280

Carbs: 10g Fats: 10g Protein: 30g

Instructions

Combine sweet chilli sauce, soy sauce, water and cornstarch until completely combined.

Spray oil spray on a nonstick pan over medium heat. Add the bell peppers, red onion and snap peas. Cook for 3-5 minutes. Set aside.

Add shrimp & cook for 1-2 minutes on each side. Add veggies and sauce. Mix and cook for 2 more minutes

Divide into 4 and serve.

Serve over rice for lunch or Konjac rice/cauliflower rice(carbless) for dinner

Sides

Serve with 1 cup of steamed vegetables of your choice. (Broccoli, Cauliflower)

Garlic Rosemary Pork Chops



Servings

4



Prep

10
Mins



Cook Time

10
Mins

Ingredients:

- 4 pork loin chops
- 1 tbsp. freshly minced rosemary
- 2 cloves garlic, minced
- 2 tbsp butter, melted
- Salt & Pepper

Nutrition

Serving Size 1 pork chop

Calories: 360

Carbs: 1g Fats: 11g Protein: 39g

Lunch/Dinner



Instructions

In a small bowl, mix together butter, rosemary, and garlic.

Heat skillet over medium-high heat, and spray with Pam. Add pork chops. Sear until golden, 4 minutes, flip and cook 4 minutes more. Brush pork chops generously with garlic butter.

Place the skillet in the oven and cook until cooked through (145° for medium), 10-12 minutes. Serve with more garlic butter.

Serve over rice for lunch or Konjac rice/cauliflower rice(carbless) for dinner

Sides

Serve with 1 cup of steamed vegetables of your choice. (Broccoli, Cauliflower)

ZUCCHINI TUNA CAKES



Servings

2



Prep

10
Mins



Cook Time

10
Mins

Ingredients:

1/medium zucchini, grated
2can tuna, drained
2 Tbsp oats
2 Tbsp shredded cheese
2 large egg
1 tsp onion powder
1 tsp dill
Salt & pepper

For the Lemon Yogurt Sauce:

4 Tbsp Greek yogurt
2 tbsp lemon juice
1 tsp garlic salt
1 tsptsp dill

Nutrition

Serving Size 2 Cakes

Calories: 280

Carbs: 14g Fats: 11g Protein: 34g

Lunch/Dinner



Instructions

Grate zucchini, and squeeze excess liquid.

In a mixing bowl, add zucchini and all the other cake ingredients and mix well together.

Heat medium pan to medium low. Spray with Pam spray. Scoop half into the pan and cook for 5-6 minutes on each side.

Mix the yogurt, lemon juice, dill, and garlic in a small bowl and set it aside.

Serve over rice for lunch or Konjac rice/cauliflower rice(carbless) for dinner

Sides

Serve with 1 cup of steamed vegetables of your choice. (Broccoli, Cauliflower)

Tuscan White Bean & Tuna Salad

Dinner



Servings

2



Prep

15
Mins



Cook Time

0
Mins



Ingredients:

- 2 handfuls baby arugula
- 1 cup white beans rinsed, drained
- 1 canned white albacore tuna
- 3 radishes, grated,
- 10 cherry
- ¼ cup chopped parsley
- 2 scallions, sliced

Vinaigrette

- 2 tbsp olive oil
- 2 tbsp vinegar
- 1 tbsp finely chopped shallot

Instructions

Whisk the dressing ingredients together in a bowl and set aside.

Place arugula in two bowls, divide beans and tuna and add to the bowls. Garnish with radish, tomatoes, parsley, scallions.

Spoon dressing over top & serve!

Nutrition

Serving Size: 1/2 of salad

Calories: 265

Carbs: 24g Fats: 9g Protein: 28g

Tuna Patties

lunch/Dinner



Servings

2



Prep

10
Mins



Cook Time

10
Mins



Ingredients:

- 2 cans tuna
- 2 teaspoons Dijon mustard
- 1/2 cup bread crumbs
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 2 tbsp chopped fresh parsley
- 2 tbsp chopped fresh chives,
- 2 tbsp green onions,
- 1 raw egg

Nutrition

Serving Size 2 patties

Calories: 266

Carbs: 26g Fats: 5g Protein: 37g

Instructions

Mix tuna with mustard, bread, zest, lemon juice, water, parsley, chives, egg.

In a medium bowl, mix together the tuna, mustard, torn white bread, lemon zest, lemon juice, water, parsley, and chives.

Mix in the egg and form into patties, then chill. Divide the mixture into 4 parts. With each part, form into a ball and then flatten into a patty. Place onto a wax paper lined tray and chill for an hour.

Spray pan with Pam spray and cook until nicely browned, 3-4 minutes on each side.

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Sides

Serve with 1 cup of steamed vegetables of your choice. (Broccoli, Cauliflower)

Seared Scallops with Sprouts



Servings

1



Prep

5
Mins



Cook Time

10
Mins



Ingredients:

1 cup of diced brussel sprouts
6 oz. scallops
2 tbsp rice wine vinegar
Salt & pepper

Nutrition

Serving Size 6 oz Scallops

Calories: 200

Carbs: 10g Fats: 5g Protein: 20g

Lunch/Dinner

Instructions

Use Pam Spray on a skillet over medium high heat. Add scallops and brussel sprouts.

Season with salt and pepper, and cook – continuously stirring for about 5-6 minutes. Stir in vinegar.

Transfer to a plate and set aside.

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Sides

Serve with 1 cup of steamed vegetables of your choice. (Broccoli, Cauliflower)

Stir Fry Cabbage and Pork



Servings

1



Prep

5
Mins



Cook Time

10
Mins



Ingredients:

6oz pork (cooked and shredded)
1/2 cup chopped celery
2 cups shredded cabbage
1/3 cup chopped onion
1 tbsp Soy Sauce alternative

Instructions

Spray skillet with Pam spray. Add celery to mix and cook for 1 minute. Add cabbage and onion and continue frying until vegetables are tender, yet crisp (2-3 minutes).

Add pork and then continue mixing while you pour in the soy sauce.

Stir well and cook 1 minute longer, then remove from heat and serve.

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Nutrition

Serving Size: 1 Serving

Calories: 230

Carbs: 10g Fats: 5g Protein: 25g

Steamed Cod



Servings

4



Prep

10
Mins



Cook Time

10
Mins



Ingredients:

- 4 cod fillets
- 3 tbsp rice vinegar
- 2 tbsp soy sauce
- 2 tbsp grated ginger
- 6 scallions thinly cut

Instructions

In a large skillet, combine 3 tablespoons rice vinegar, 2 tablespoons soy sauce, and 2 tablespoons of finely grated peeled fresh ginger.

Place in a skillet with vinegar mixture. Bring to a boil; reduce heat to a gentle simmer. Cover; cook until fish is almost opaque throughout, 6 to 8 minutes.

Garnish with scallions

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Sides

Serve with 1 cup of steamed vegetables of your choice. (Broccoli, Cauliflower)

Nutrition

Serving Size 1 fillet

Calories: 266

Carbs: 5g Fats: 5g Protein: 25g

Chicken Stir Fry



Servings

4

Servings



Prep

5

Mins



Cook Time

15

Mins



Ingredients:

1lb skinless chicken breast
3 cups green cabbage thinly sliced
1 large white onion thinly sliced
2 large bell peppers thinly sliced
1 lb broccoli chopped

Stir Fry Sauce

3 garlic cloves minced
1-inch ginger peeled and minced
1 3/4 cup chicken stock low sodium
1/4 cup low sodium soy sauce
2 tbsp honey
1 tbsp rice vinegar
3 tbsp cornstarch

Nutrition

Serving Size: 1/4 of Recipe

Calories: 300

Carbs: 20g Fats: 5g Protein: 25g

Instructions

Cut the vegetables into thin slices and cut the chicken into cubes.

Heat a non-stick skillet on medium heat and spray with oil spray. Cook chicken breast for 3 minutes per side. Set aside

Add broccoli onion and bell peppers, whisk stir fry sauce well and add to the skillet. Stir, let the sauce come to a boil, then cook for a few minutes until thickened. Add chicken. Divide into 4 and serve.

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Spicy Orange Beef & Broccoli Stir-Fry

Lunch/Dinner



Servings

4

Servings



Prep

5

Mins



Cook Time

15

Mins



Ingredients:

- 2 Oranges juiced (1/2 cup)
- 3 tbsp- low sodium soy sauce
- 1 tbsp rice wine
- 1 tbsp cornstarch
- 1 lb thinly sliced beef sirloin,
- 2 tbsp minced garlic
- 2 tbsp minced fresh ginger
- 6-8 small dried red chiles
- 2 lbs broccoli
- 1 red bell pepper
- ½ cup sliced scallion greens

Nutrition

Serving Size: 1/4 of Recipe

Calories: 300

Carbs: 20g Fats: 5g Protein: 25g

Instructions

Add soy sauce, rice wine, and cornstarch orange juice and mix.

Heat a non-stick skillet on medium heat and spray with oil spray. Cook beef for 2 minutes per side. Set aside

Add garlic, ginger, chiles, broccoli and 1/3 cup water. Cover and steam for 3 minutes. Add bell pepper and stir-fry for 1 minute more.

Stir in orange sauce. Add scallion greens. Divide into 4 and serve.

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Ginger Beef with Bok Choy



Servings

4

Servings



Prep

5

Mins



Cook Time

15

Mins

Lunch/Dinner



Ingredients:

- 1lb beef thinly sliced
- 1 tbsp minced fresh ginger
- 1 tbsp low sodium soy sauce
- 1 tsp cornstarch
- 2 tbsp oyster sauce
- 4 cups baby bok choy

Instructions

Combine the beef, ginger, soy sauce, oyster sauce and cornstarch in a medium bowl

Heat a non-stick skillet on medium heat and spray with oil spray. Cook beef for 2 minutes per side. Set aside

Add bok choy and 1/2 cup water. Cover and cook for 3 minutes. Return the beef to the pan. Divide into 4 and serve.

Serve over rice for lunch or Konjac rice/cauliflower rice(carbless) for dinner

Nutrition

Serving Size: 1/4 of Recipe

Calories: 300

Carbs: 20g Fats: 5g Protein: 25g

Tofu Stir Fry



Servings

2



Prep

15
Mins



Cook Time

60
Mins



Ingredients:

- 1 lb green beans
- 2 small spicy peppers
- 12 oz extra firm tofu
- Brown Rice
- 1 tbsp sesame oil
- 4 tbsp soy sauce
- 1 tsp maple syrup
- 2 tbsp lime juice
- 1 tbsp red pepper flakes

Nutrition

Serving Size: 1 chicken leg

Calories: 336

Carbs: 40g Fats: 10g Protein: 22g

Instructions

Slice tofu into cubes and bake for 25 mins at 400 degrees F

In a bowl, whisk the sesame oil, soy sauce, maple syrup, lime juice, and red pepper flakes to form the sauce.

Heat a large skillet over medium heat, add tofu green beans and sauce to cook for 5 mins.

Serve over rice for lunch or Konjac rice/ cauliflower rice for dinner

Mushroom & Tofu Stir-Fry



Servings

4

Servings



Prep

5

Mins



Cook Time

15

Mins

Lunch/Dinner



Ingredients:

- 1 lb mixed mushrooms, sliced
- 1 medium red bell pepper, diced
- 1 bunch scallions
- 1 tbsp grated fresh ginger
- 1 large clove garlic, grated
- 1 lbs container firm tofu
- 3 tbsp oyster sauce

Instructions

Heat a non-stick skillet on medium heat and spray with oil spray. Add mushrooms and bell pepper. Cook for 3 minutes. Stir in scallions, ginger and garlic. Set aside.

Add tofu to the pan and cook for 5 minutes. Stir in the vegetables and oyster sauce.

Divide into 4 and serve.

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Nutrition

Serving Size: 1/4 of Recipe

Calories: 300

Carbs: 20g Fats: 5g Protein: 25g

Green Bean Tofu Stir-Fry



Servings

4

Servings



Prep

5

Mins



Cook Time

15

Mins

Lunch/Dinner



Ingredients:

4 cups green beans trimmed
14 oz extra tofu

Sauce Ingredients

¼ cup water
3 Tbsp low sodium soy sauce
1 Tbsp maple syrup
1 tsp onion powder
1 Tbsp cornstarch
½sp teaspoon red pepper flakes o

Instructions

Steam green beans for 8-10 minutes,

Spray oil on a nonstick pan over medium heat and cook tofu on one side for 5 minutes.

Combine ingredients in sauce & add sauce to tofu. Add green beans in.

Divide into 4 and serve.

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Nutrition

Serving Size: 1/4 of Recipe

Calories: 300

Carbs: 20g Fats: 5g Protein: 25g

Steak & Mushroom with Asparagus



Servings

4

Servings



Prep

5

Mins



Cook Time

15

Mins

Lunch/Dinner



Ingredients:

1lbs Steak (fat trimmed)
1 large Asparagus bundle (3 cups)
3 cups of mushrooms

Instructions

Spray oil on a nonstick pan over medium heat and cook steak on each side for 4 minutes.

Combine ingredients in sauce & add sauce to tofu. Add green beans in.

Divide into 4 and serve.

Nutrition

Serving Size: 1/4 of Recipe

Calories: 300

Carbs: 20g Fats: 10g Protein: 25g

Greek Lentil & Chicken Salad



Servings

4

Servings



Prep

20

Mins



Cook Time

15

Mins



Dinner

Ingredients:

2 cups cherry tomatoes (halved)
1 red bell pepper,
1/2 cucumber sliced
1/2 red onion (diced)
1 lbs chicken, breast, cooked, diced
2 cups lentils, cooked & drained
1 tbsp (30 ml) olive oil
3 tbsp (45 m) lemon juice, freshly squeezed
1/2 cup cup feta cheese, crumbled
3 tbsp fresh oregano

Nutrition

Serving Size: 1/4 of Recipe

Calories: 390

Carbs: 40g Fats: 11g Protein: 40g

Instructions

Rinse the canned lentils or use 2 cups of cooked from-scratch lentils. Add to a large salad bowl.

Spray pam on a non-stick skillet over medium high heat. Add chicken strips and cook for 4 minutes on each side or until browned.

Dice the cooked chicken, add diced onion, tomatoes, diced red pepper, cut cucumbers into bowls and toss.

Pour olive oil and fresh squeezed lemon juice over salad and toss. Top with crumbled feta, dried oregano and freshly ground black pepper and toss again. Garnish with chopped parsley.

Smoked Tofu & Hummus Buddha Bowl



Servings

2

Servings



Prep

5

Mins



Cook Time

10

Mins



Ingredients:

2 cup of cauliflower rice
300g smoked tofu
2 handful lettuce
1 small red onion
4 tbsp hummus
1 tbsp lemon juice
1/2 cup water
1/2 tsp turmeric

Instructions

Blend 1 cups of cauliflower in a food processor. Transfer to pot and steam for 5 mins. Stir in the turmeric and salt. Add 1/2 cup water and bring to a boil, then let it simmer for 10 minutes with a lid on top.

Dice the smoked tofu. Then set a pan to medium heat, then cook for roughly 7 minutes. Wash the lamb's lettuce and finely slice the red onion. Then place both in your bowl.

In a small bowl add the hummus and lemon juice.

Mix well and enjoy!

Nutrition

Serving Size: 1/2 of recipe

Calories: 230

Carbs: 10g Fats: 10g Protein: 20g

Ground Turkey Italian Stuffed Peppers



Servings

8

Servings



Prep

20

Mins



Cook Time

20

Mins



Dinner

Ingredients:

- 4 large bell peppers cut in half
- 1 lb. 16 oz ground turkey
- 1 tbsp olive oil
- 3 tbsp Italian seasoning
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 1 14 oz can diced tomatoes
- ½ cup marinara sauce
- 2 tbsp balsamic vinegar
- 1/2 cup mozzarella cheese

Nutrition

Serving Size: 2 peppers

Calories: 230

Carbs: 20g Fats: 10g Protein: 20g

Instructions

In a small bowl, combine Italian seasoning, garlic powder, onion powder salt and pepper.

Spray a large nonstick skillet with Pam and heat over medium high heat, add ground turkey. Sauté 10-12 minutes until turkey just begins to brown.

Add seasoning and continue cooking until turkey is fully browned. Stir in tomatoes, marinara sauce and balsamic vinegar

Add about ½ cup of filling to each bell pepper half (or as much as can fit without overflowing). Top each filled bell pepper with a light sprinkling of mozzarella cheese. Bake peppers in oven for 20-30 minutes or until the cheese is slightly browned and melted.

Chicken Parm Stuffed Peppers



Servings

8

Servings



Prep

20

Mins



Cook Time

20

Mins



Dinner

Ingredients:

- 4 large bell peppers cut in half
- 1 lb cooked chicken breast cubed
- 1/2 cup parmesan cheese
- 1/2 cup panko bread crumbs
- 1 cup tomato sauce
- 1/4 cup parsley
- 1 tbsp garlic powder
- 1 tsp salt and pepper

Instructions

Slice Peppers in half.

Spray a large nonstick skillet with Pam and heat over medium-high heat, cook chicken for 5-8 minutes. Mix in breadcrumbs, tomato sauce, garlic, salt and pepper.

Fill each pepper with chicken mix and sprinkle cheese on top.

Bake peppers in oven for 20-30 minutes or until the cheese is slightly browned and melted.

Nutrition

Serving Size: 2 peppers

Calories: 230

Carbs: 20g Fats: 10g Protein: 20g

Garlic Ginger Chicken

lunch/Dinner



Servings

4



Marinate

2

Hours



Prep

10

Mins



Cook Time

8

Mins



Ingredients:

4 skinless, boneless chicken breasts

Chicken Marinade

2 garlic cloves, finely chopped

1 Tbsp. fresh lemon juice

1 Tbsp. finely chopped fresh ginger

1 Tbsp. plus 1 tsp. extra-virgin olive oil

1 Tbsp. finely chopped cilantro leaves,

1 Tbsp. finely chopped mint leaves,

1 Tbsp. ground coriander

1 tsp. amchur (dry mango powder)

1 tsp. ground turmeric

$\frac{3}{4}$ tsp. kosher salt

$\frac{1}{2}$ tsp. red chili powder

Nutrition

Serving Size: 1 chicken Breast

Calories: 335

Carbs: 0g Fats: 7g Protein: 60g

Instructions

Combine Marinade and chicken in a large resealable bag and chill for 2 hours.

Spray pam on a non-stick skillet over medium-high heat. Cook until lightly golden on one side, 2 minutes on each side.

Reduce heat to low, cover, and cook for 10 minutes. Remove pan from heat and let chicken sit, covered, for 10–15 minutes.

Serve over rice for lunch or Konjac rice/ cauliflower rice(carbless) for dinner

Sides

Serve with 1 cup of steamed vegetables of your choice. (Broccoli, Cauliflower)

Chicken Satay Skewers

Lunch/Dinner



Servings

4



Marinate

1

Hours



Prep

10

Mins



Cook Time

10

Mins



Ingredients:

2 lbs boneless skinless chicken sliced
4 bell peppers chopped into 1" pieces
Garlic salt & pepper to taste

Peanut Sauce Marinade

2 tbsp Soy Sauce
1 tbsp Sesame Oil
1 tbsp Brown Sugar
1 tbsp Rice Vinegar
½ tsp Powdered Ginger
1 tsp Garlic Powder
1 tsp Onion Powder

Sides

Serve with 1 cup of steamed vegetables of your choice. (Broccoli, Cauliflower)

Nutrition

Serving Size: 2 skewers

Calories: 335

Carbs: 10g Fats: 7g Protein: 25g

Instructions

In a small bowl combine all the sauce ingredients and mix together until smooth and marinate chicken for 1 hour.

Preheat your grill to medium-high heat. Alternate threading the chicken and peppers onto the skewers until you have used all of the ingredients. Be sure to try to keep the chicken as flat as possible so it cooks evenly.

Place the kabobs on the grill and cook for 4-5 minutes on each side, turning them halfway through cooking.

Lunch-Serve over rice (Or carb of your choice)
Dinner- Konjac rice/ cauliflower rice(carbless)

Cumin Chicken Skewers



Servings

4

Servings



Prep

10

Mins



Cook Time

15

Mins

Lunch/Dinner



Ingredients:

1lb Chicken Breast Cubed
4 Red Bell Pepper (medium, chopped)
4 tbsp Ground Cumin Seed
4 tbsp Ground Fennel Seed
Sea Salt
8 Barbecue Skewers

Sides

Serve with 1 cup of steamed vegetables of your choice. (Broccoli, Cauliflower)

Nutrition

Serving Size: 2 skewers

Calories: 335

Carbs: 10g Fats: 7g Protein: 25g

Instructions

In a large bowl, toss the chicken and the spices and mix. Pierce the chicken and red bell peppers onto the barbecue skewers.

Grill over medium heat for about five to seven minutes per side, or until browned and cooked through.

Sprinkle additional cumin just before serving

Lunch-Serve over rice (Or carb of your choice)

Dinner Konjac rice/ cauliflower rice(carbless)

Tomato Beef Skewers



Servings

4

Servings



Prep

10

Mins



Cook Time

15

Mins

Lunch/Dinner



Ingredients:

1lbs Flank Steak cubed
2 cups Cherry Tomatoes
Barbecue Skewers
Sea Salt & Black Pepper
2 cups Baby Spinach
1 Cucumber sliced
Sea Salt & Black Pepper

Instructions

Pierce the steak and cherry tomatoes onto the barbecue skewers. Season with salt and black pepper.

Grill over medium-high heat, rotating occasionally for about 5-7 minutes.

Divide the spinach and cucumbers onto 4 plates. Top with the steak and tomato skewers. Enjoy!

Lunch-Serve over rice (Or carb of your choice)
Dinner Konjac rice/ cauliflower rice(carbless)

Nutrition

Serving Size: 2 skewers

Calories: 335

Carbs: 10g Fats: 7g Protein: 25g

Mediterranean Grilled Chicken Salad



Servings

4

Servings



Prep

10

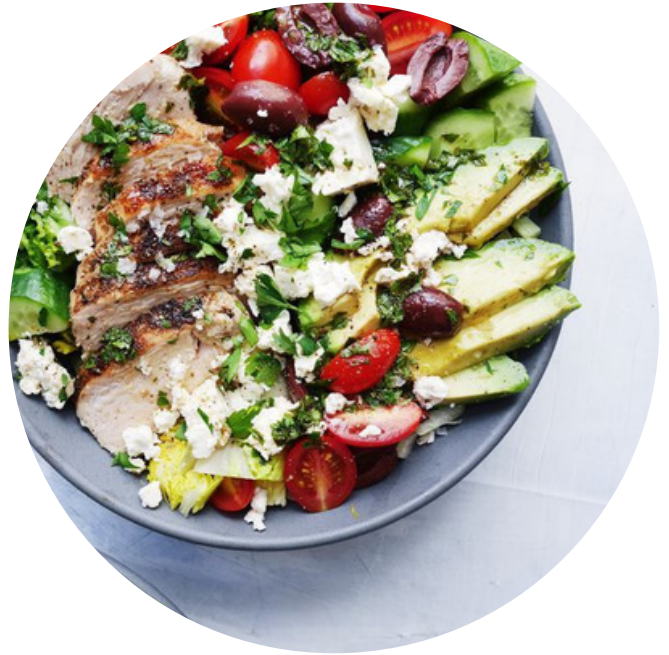
Mins



Cook Time

30

Mins



Ingredients:

- 1 lbs chicken breast
- 1 tsp. ground coriander
- 1 tsp. dried oregano
- 1 tbsp. extra-virgin olive oil
- 4 tbsp. red wine vinegar
- 1 tbsp. freshly chopped parsley
- 4 romaine hearts, chopped
- 2 cucumbers, thinly sliced
- 1 cup cherry tomatoes, halved
- 1 avocado, sliced
- 2 oz. feta, crumbled
- 1/2 cup pitted olives, halved

Nutrition

Serving Size: 1/4 of Salad

Calories: 358

Carbs: 16g Fats: 20g Protein: 30g

Dinner

Instructions

Spray pam on a non-stick skillet over medium high heat. Add chicken strips and cook for 4 minutes on each side or until browned. Let rest 5 minutes, then slice.

Meanwhile, make the dressing. Whisk olive oil, red wine vinegar, and parsley in a small bowl and season with salt and pepper.

Divide lettuce, cucumbers, tomatoes, avocado, feta, and olives among four serving bowls.

Top with sliced chicken, then drizzle with dressing.

Asian Lettuce Wraps



Servings

6

Servings



Prep

10

Mins



Cook Time

20

Mins



Ingredients:

Head of leaf lettuce

1 lb ground chicken/turkey

½ onion minced

1 cup red or green pepper diced

1 8oz can water chestnuts minced

Sauce

3 tsp soy sauce

3 tsp Oyster sauce

1 tsp sesame oil

1 tsp rice vinegar

1 tbsp peanut butter

1 tbsp honey

2 tsp sweet chili sauce

½ tsp garlic powder

¼ tsp powdered ginger

Nutrition

Serving Size: 1 Lettuce Wrap

Calories: 200

Carbs: 15g Fats: 5g Protein: 20g

Instructions

Whisk together sauce ingredients until well combined.

Add Pam Spray in a frying pan. Once hot, add ground chicken. Cook until some pieces are starting to brown. Add onion and cook for 5 minutes or until the onion is becoming translucent. Add the peppers and water chestnuts and cook about 5 minutes or until the peppers are becoming soft.

Add sauce and simmer on low heat until the chicken and veggies are evenly coated and everything is heated through.

Serve in lettuce leaves.

Broccoli & Tuna Salad



Servings

3



Prep

5
Mins



Cook Time

0
Mins



Ingredients:

6 cups broccoli ,cut
Small onion, chopped
1 cup plain Greek yogurt
1/2 cup almonds, chopped
2 tbsp red vinegar
1-1/2 can tuna
Salt and pepper to taste
1 tsp lemon pepper
1 green onion

Nutrition

Serving Size: 1 Serving

Calories: 230

Carbs: 10g Fats: 5g Protein: 25g

Dinner

Instructions

In a large bowl, combine broccoli, tuna, onion and almonds.

In a separate bowl, mix yogurt, vinegar, and seasonings.

Pour dressing over broccoli mixture and stir until evenly distributed.

Cover and refrigerate for about an hour until ready to serve.

Shrimp Pho

Dinner



Servings

4



Prep

10
Mins



Cook Time

15
Mins



Ingredients:

- 8 cups bok choy stem thinly sliced
- 1 lb Shrimp raw
- 2 Packs Konjac Noodles
- 1 teaspoon coriander seeds
- 1/2 teaspoon black peppercorns
- 1 tablespoon sesame oil
- 2 tablespoons ginger
- 1/2 tablespoon chili garlic paste
- 8 cups chicken broth low sodium
- 2 strips lemon peel use carrot peeler
- 2 tablespoons soy sauce low sodium
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 2 tablespoons hoisin sauce
- 1 teaspoon cinnamon

Nutrition

Serving Size 1/4 of Recipe

Calories: 250

Carbs: 10g Fats: 6g Protein: 30g

Instructions

In a large soup pot, add sesame oil, ginger, chili garlic paste, chicken broth, lemon peel, soy sauce, fish sauce, lime juice, hoisin, cinnamon and spices.

Bring mixture to a boil, then add shrimp and bok choy. Continue to simmer until shrimp turns bright pink and bok choy wilts - about 3-4 minutes. Check for seasoning and add salt/pepper/soy if necessary.

Divide noodles evenly between four large bowls and ladle soup into each bowl.

Lamb Herb Salad with Mint Dressing



Servings

4

Servings



Prep

5

Mins



Cook Time

15

Mins



Dinner

Ingredients:

1lb roast lamb
1 cup greek yogurt
1 tbsp red wine vinegar
1/2 garlic clove,
4 cup crushed baby watercress
handful parsley
handful of dill

MINT SAUCE DRESSING

1 tbsp olive oil
1 tbsp wine vinegar
1 tbsp mint
1 finely chopped shallot

Nutrition

Serving Size: 1/4 of Recipe

Calories: 225

Carbs: 10g Fats: 10g Protein: 25g

Instructions

Spray Pam on a non-stick pan over medium high heat. Cook lamb 3 minutes on each side.

Mix the yogurt with the red wine vinegar, garlic and spread over lamb.

Whisk together all of the ingredients for Mint sauce dressing.

Toss the lamb with the watercress, herbs and dressing.

Turkey Cabbage Stir Fry



Servings

4

Servings



Prep

5

Mins



Cook Time

15

Mins



Dinner

Ingredients:

- 1lb ground turkey/chicken
- 3 cups green cabbage thinly sliced
- 1/2 cups carrots thinly sliced
- 3 tbsp low sodium soy sauce
- 1 lime juiced
- 4 garlic cloves
- 4 tbsp minced ginger
- handful of cilantro chopped

Instructions

Spray a non-stick pan with oil spray and heat over medium-high heat. Cook turkey until no longer pink (3-5 minutes). Set turkey aside.

Add cabbage and carrots, and saute for 1 minute. Add 1/4 cup water and cover with lid for 5 minutes until vegetables are tender.

Add turkey back into the pan along with soy sauce, lime juice, garlic and ginger. Cook for another 2 to 3 minutes then stir in the cilantro.

Divide into 4 and serve.

Nutrition

Serving Size: 1/4 of Recipe

Calories: 300

Carbs: 20g Fats: 5g Protein: 25g

Meal Plan



Variety Pack

BREAKFAST

SNACK 1

LUNCH

DINNER

MONDAY	Flower Power Eggs	Flower Power Eggs	Chicken Stir Fry	Chicken Parm Stuffed Peppers
TUESDAY	Bluebery Oat Yogurt Bowl	Ham Cucumber Wrap	Chicken Stir Fry	Chicken Parm Stuffed Peppers
WEDNESDAY	Bluebery Oat Yogurt Bowl	Hummus With Veggies	Chicken Stir Fry	Chicken Parm Stuffed Peppers
THURSDAY	Five Herb Omelette	Ham Cucumber Wrap	Chicken Stir Fry	Chicken Parm Stuffed Peppers
FRIDAY	Five Herb Omelette	Hummus With Veggies	Spicy Orange Beef & Broccoli	Steak Mushroom with Asparagus
SATURDAY	Protein Pancakes	Boiled Egg	Spicy Orange Beef & Broccoli	Steak Mushroom with Asparagus
SUNDAY	Protein Pancakes	Boiled Egg	Spicy Orange Beef & Broccoli	Steak Mushroom with Asparagus

* leftovers are in orange

GROCERY LIST



Variety Pack

Vegetables

- ☐ 5 Bell Pepper
- ☐ head of green cabbage
- ☐ 3 lbs broccoli
- ☐ 2 Onion
- ☐ 1 Cucumber
- ☐ 1lbs Mushroom
- ☐ 1lbs Asparagus

Protein

- ☐ Dozen Eggs
- ☐ 1 lb chicken breast
- ☐ Sliced Black forest ham
- ☐ 1 cup low fat plain greek yogurt
- ☐ Egg whites
- ☐ 1lbs Beef

Carbs

- ☐ Steel-cut oats
- ☐ Brown Rice

Fruit

- ☐ 1/2 cup blueberries
- ☐ 2 oranges

Other

- ☐ Honey
- ☐ Rice vinegar
- ☐ Rice wine
- ☐ Chicken stock
- ☐ Low sodium soy sauce
- ☐ Cornstarch

Herbs & Spices

- ☐ Fresh Parley
- ☐ Ground black pepper
- ☐ Chervil
- ☐ Tarragon
- ☐ Pepper
- ☐ Red Chiles
- ☐ Giner
- ☐ Garlic powder
- ☐ Sea salt

Meal Plan

B

Variety Pack

BREAKFAST

SNACK 1

LUNCH

DINNER

MONDAY	Ham Lettuce Wrap	Ham Lettuce Wrap	Ginger Beef With Bok Choy	Tomato Beef Skewers
TUESDAY	Blueberry Spinach Shake	Cucumber Slices	Ginger Beef With Bok Choy	Tomato Beef Skewers
WEDNESDAY	Blueberry Spinach Shake	Orange	Ginger Beef With Bok Choy	Tomato Beef Skewers
THURSDAY	Blueberry Coconut Overnight Oats	Cucumber Slices	Ginger Beef With Bok Choy	Tomato Beef Skewers
FRIDAY	Blueberry Coconut Overnight Oats	Cherry Tomatoes	Egg White Frittata	Steak Mushroom with Asparagus
SATURDAY	Smoked Salmon Omellette	Smoked Salmon Rice Cake	Ham Lettuce Wrap	Zucchini Tuna Cakes
SUNDAY	Smoked Salmon Bagel	Greek yogurt	Ham Lettuce Wrap	Zucchini Tuna Cakes

* leftovers are in orange

GROCERY LIST

B

Variety Pack

Vegetables

- ☐ Head of leaf lettuce
- ☐ Bag of bok choy
- ☐ 4 cup cherry tomatoes
- ☐ 2 Cup baby spinach
- ☐ 2 Cucumber
- ☐ 1 Zucchini
- ☐ 1lbs Mushroom
- ☐ 1lbs Asparagus

Fruit

- ☐ Frozen blueberries
- ☐ 4 oranges
- ☐ 1 lemon

Other

- ☐ Shredded cheese
- ☐ Chicken stock
- ☐ Low sodium soy sauce
- ☐ Cornstarch
- ☐ Oyster Sauce
- ☐ Coconut Flakes

Protein

- ☐ Smoked salmon
- ☐ Sliced black forest ham
- ☐ low fat plain greek yogurt
- ☐ 3lb beef flank
- ☐ 2 cans tuna
- ☐ Dozen Eggs
- ☐ Carton of egg whites
- ☐ Protein powder
- ☐ 2% milk

Herbs & Spices

- ☐ Garlic powder
- ☐ Ground black pepper
- ☐ ☐ Giner
- ☐ Dill
- ☐ Sea salt

Carbs

- ☐ Steel-cut oats
- ☐ Brown Rice
- ☐ Rice cake

Meal Plan



Turkey

BREAKFAST

SNACK 1

LUNCH

DINNER

MONDAY

Mixed Berry Smoothie

Cucumbers

Ham & Herb Bagel

Asian Lettuce Wrap

TUESDAY

Mango Tumeric Smoothie

Veggies & Hummus

Classic Ham Sandwich

Turkey Cabbage Stir Fry

WEDNESDAY

Mixed Berry Smoothie

Cucumbers

Ham & Herb Bagel

Asian Lettuce Wrap

THURSDAY

Mango Tumeric Smoothie

Veggies & Hummus

Classic Ham Sandwich

Turkey Cabbage Stir Fry

FRIDAY

Mixed Berry Smoothie

Cucumbers

Ham & Herb Bagel

Asian Lettuce Wrap

SATURDAY

Spinach Frittata Muffins

Veggies & Hummus

Savory Turkey Bake

Savory Turkey Bake

SUNDAY

Spinach Frittata Muffins

Cucumbers

Ground Turkey Stuffed Peppers

Ground Turkey Stuffed Peppers

* leftovers are in orange

GROCERY LIST



Turkey

Vegetables

- ☐ 2 Cucumber
- ☐ 3 Cup baby spinach
- ☐ 2 Tomato
- ☐ Head of leaf lettuce
- ☐ 3 Onion
- ☐ 8 Bell Pepper
- ☐ Green cabbage
- ☐ 1 Carrots
- ☐ 1 head Cauliflower

Fruit

- ☐ Lime

Other

- ☐ Sliced cheddar cheese
- ☐ Can of water chestnut
- ☐ Low sodium soy sauce
- ☐ Oyster sauce
- ☐ Rice Vinegar
- ☐ Peanut butter

Protein

- ☐ 3 lb ground chicken/turkey
- ☐ Sliced turkey ham
- ☐ low fat plain greek yogurt
- ☐ Whey Protein Powder
- ☐ Skim Milk

Carbs

- ☐ Whole-grain bagel
- ☐ Brown Rice
- ☐ Rice cake
- ☐ Steel cut oats
- ☐ Protein Bread
- ☐ Frozen Blueberries
- ☐ Frozen Mango

Herbs & Spices

- ☐ Green Onion
- ☐ Parsley
- ☐ Garlic / garlic powder
- ☐ Ginger / ginger powder
- ☐ Cilantro
- ☐ Sea salt

Meal Plan

D

Chicken

BREAKFAST

SNACK 1

LUNCH

DINNER

MONDAY	Blueberry Oat Yogurt Bowl	Cherry tomatoes	Chicken Fajita Wraps	Mediterranean Grilled Chicken Salad
TUESDAY	Blueberry Oat Yogurt Bowl	Cherry tomatoes	Mediterranean Grilled Chicken Salad	Mediterranean Grilled Chicken Salad
WEDNESDAY	Blueberry Oat Yogurt Bowl	Cherry tomatoes	Mediterranean Grilled Chicken Salad	Mediterranean Grilled Chicken Salad
THURSDAY	Blueberry Oat Yogurt Bowl	Cherry tomatoes	Mediterranean Grilled Chicken Salad	Mediterranean Grilled Chicken Salad
FRIDAY	Blueberry Rice Cake	Cucumbers	Chicken Quesadilla	Cumin Chicken Skewers
SATURDAY	Blueberry Rice Cake	Cucumbers	Chicken Quesadilla	Cumin Chicken Skewers
SUNDAY	Blueberry Rice Cake	Cucumbers	Chicken Quesadilla	Chicken Quesadilla

* leftovers are in orange

GROCERY LIST

D

Chicken

Vegetables

- ☐ 1 onion
- ☐ 6 green bell pepper
- ☐ 4 heads of romain lettuce
- ☐ 2 cucumbers
- ☐ 3 cup cherry tomatoes

Protein

- ☐ 4 lbs chicken breast
- ☐ 2 big cartons low fat greek yogurt
- ☐ Whey protein powder

Carbs

- ☐ 8 Whole-wheat tortillas
- ☐ 1 can beans
- ☐ Rice cakes
- ☐ Steal cut oats

Fruit

- ☐ Frozen blueberries
- ☐

Other

- ☐ Salsa
- ☐ Red wine vinegar
- ☐ 1 avocado
- ☐ Feta cheese
- ☐ Olives
- ☐ BBQ skewers
- ☐ Cheddar cheese

Herbs & Spices

- ☐ Garlic
- ☐ Chilli powder
- ☐ Red pepper flakes
- ☐ Corander
- ☐ Oregano
- ☐ Parsley
- ☐ Cumin
- ☐ Fennel Seed

Meal Plan

F Seafood

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Mushroom & Herb Egg Muffins	Banana/Fruit	Shrimp Tacos	Chili Prawn Stir Fry
TUESDAY	Mushroom & Herb Egg Muffins	Veggies & Hummus	Shrimp Tacos	Chili Prawn Stir Fry
WEDNESDAY	Mushroom & Herb Egg Muffins	Banana/Fruit	Shrimp Tacos	Chili Prawn Stir Fry
THURSDAY	Mushroom & Herb Egg Muffins	Veggies & Hummus	Shrimp Tacos	Chili Prawn Stir Fry
FRIDAY	Protein Pancakes	Boiled Egg	Garlic Prawns	Steamed Cod
SATURDAY	Protein Pancakes	Boiled Egg	Garlic Prawns	Steamed Cod
SUNDAY	Protein Pancakes	Boiled Egg	Garlic Prawns	Steamed Cod

* leftovers are in orange

GROCERY LIST

F

Seafood

Vegetables

- ☐ 4 Bell Peppers
- ☐ Spinach
- ☐ Onion
- ☐ Mushrooms
- ☐ Nappa Cabbage
- ☐ Scallions
- ☐ Nappa Cabbage

Protein

- ☐ Carton of egg whites
- ☐ Dozen Eggs
- ☐ Whey protein powder
- ☐ 5 lbs shrimp
- ☐ 1 lb Cod
- ☐ Milk

Carbs

- ☐ 6 inch totillas
- ☐ Brown rice

Fruit

- ☐ Banana
- ☐ Lime / Lemon

Other

- ☐ Sweet chilli sauce
- ☐ Low sodium soy sauce
- ☐ Rice Vinegar

Herbs & Spices

- ☐ Chives
- ☐ Basil
- ☐ Garlic
- ☐ Ginger
- ☐ Cilantro
- ☐ Cinnamon

Meal Plan

G

Vegetarian

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Mango Tumeric Smoothie	Veggies & Hummus	Egg White Frittata	Green Bean Tofu Stir-Fry
TUESDAY	Stawberry Smoothie	Banana/Fruit	Egg White Frittata	Green Bean Tofu Stir-Fry
WEDNESDAY	Mango Tumeric Smoothie	Veggies & Hummus	Egg White Frittata	Green Bean Tofu Stir-Fry
THURSDAY	Stawberry Smoothie	Banana/Fruit	Egg White Frittata	Green Bean Tofu Stir-Fry
FRIDAY	Protein Waffles	Boiled Egg	Spinach Frittata Muffins	Smoked Tofu Buddha Bowl
SATURDAY	Protein Waffles	Boiled Egg	Spinach Frittata Muffins	Smoked Tofu Buddha Bowl
SUNDAY	Protein Waffles	Boiled Egg	Spinach Frittata Muffins	Smoked Tofu Buddha Bowl

* leftovers are in orange

GROCERY LIST



Vegetarian

Vegetables

- ☐ Bell peppers
- ☐ Spinach
- ☐ Cherry Tomatoes
- ☐ Onion
- ☐ Red onion
- ☐ Green Beans
- ☐ Cauliflower
- ☐ Lettuce

Protein

- ☐ Carton of egg whites
- ☐ Whey Protein Powder
- ☐ Milk
- ☐ Firm Tofu
- ☐ Smoked Tofu

Fruit

- ☐ Frozen Strawberries
- ☐ Frozen Mango
- ☐ Banana

Other

- ☐ Baking powder
- ☐ Low sodium soy sauce
- ☐ Maple Syrup
- ☐ Cornstarch
- ☐ Lemon Juice

Herbs & Spices

- ☐ Turmeric
- ☐ Cinnamon
- ☐ Red pepper flakes
- ☐ Onion powder