

Dec 16 – 22

| Mon 16 | Tue 17 | Wed 18 | Thu 19 | Fri 20 | Sat 21 | Sun 22 |
|---|---|--|---|---|------------------|------------------|
| Breakfast Ham and Swiss Crustless Quiche CAL: 215 FAT: 12.5 g CAR: 5 g PRO: 20 g | Breakfast Maple-Cinnamon Banana-Pear Baked Oatmeal with Walnuts CAL: 225 FAT: 6 g CAR: 39.5 g PRO: 5.5 g | Breakfast Ham and Swiss Crustless Quiche CAL: 215 FAT: 12.5 g CAR: 5 g PRO: 20 g | Breakfast Maple-Cinnamon Banana-Pear Baked Oatmeal with Walnuts CAL: 225 FAT: 6 g CAR: 39.5 g PRO: 5.5 g | Breakfast Ham and Swiss Crustless Quiche CAL: 215 FAT: 12.5 g CAR: 5 g PRO: 20 g | Breakfast | Breakfast |
| Lunch Tortilla Pinwheels CAL: 81 FAT: 5.7g CAR: 1.5g PRO: 5.6g | Lunch Honey Sriracha Chicken and Broccoli Meal Prep Bowls CAL: 428 FAT: 9.5 g CAR: 41 g PRO: 44 g | Lunch Honey Sriracha Chicken and Broccoli Meal Prep Bowls CAL: 428 FAT: 9.5 g CAR: 41 g PRO: 44 g | Lunch Tortilla Pinwheels CAL: 81 FAT: 5.7g CAR: 1.5g PRO: 5.6g | Lunch Tortilla Pinwheels CAL: 81 FAT: 5.7g CAR: 1.5g PRO: 5.6g | Lunch | Lunch |
| Supper Perfect Filet Mignon for Two CAL: 246 FAT: 11 g PRO: 36 g Easy Garlic Broccolini CAL: 43 FAT: 3 g CAR: 2 g PRO: 1 g Skinny Garlic Mashed Potatoes CAL: 165 FAT: 3 g CAR: 31 g PRO: 5 g | Supper Crispy Parmesan Garlic Chicken with Zucchini CAL: 418 FAT: 27g CAR: 17g PRO: 27g | Supper Mini Turkey Meatball Vegetable Soup CAL: 229 FAT: 9 g CAR: 14 g PRO: 21 g | Supper Honey Sriracha Chicken and Broccoli Meal Prep Bowls CAL: 428 FAT: 9.5 g CAR: 41 g PRO: 44 g | Supper Mini Turkey Meatball Vegetable Soup CAL: 229 FAT: 9 g CAR: 14 g PRO: 21 g | Supper | Supper |
| Snacks CAL: 750 FAT: 35.2 g CAR: 39.5 g PRO: 67.6 g | Snacks CAL: 1071 FAT: 42.5 g CAR: 97.5 g PRO: 76.5 g | Snacks CAL: 872 FAT: 31 g CAR: 60 g PRO: 85 g | Snacks CAL: 734 FAT: 21.2 g CAR: 82 g PRO: 55.1 g | Snacks CAL: 525 FAT: 27.2 g CAR: 20.5 g PRO: 46.6 g | Snacks | Snacks |

Crispy Parmesan Garlic Chicken with Zucchini

Source: therecipecritic.com

Prep 5 min

Cook 20 min

Total 25 min

Serving: 4

Crispy Parmesan Garlic Chicken with Zucchini is a fantastic one pan meal that the family will love! The chicken is so tender and breaded with an amazing parmesan garlic crust and the zucchini is sautéed in a delicious buttery parmesan garlic!

Ingredients

- 2 **Chicken Breasts sliced in half** or 4 *thin chicken breasts*
- 8 Tablespoons **butter divided**
- $\frac{1}{2}$ cup **Italian Bread Crumbs**
- $\frac{1}{2}$ cup **plus 1 Tablespoon** **grated parmesan divided**
- $\frac{1}{4}$ cup **flour**
- 2 medium **zucchini sliced**
- 2 **garlic cloves minced**

Directions

In a [\[url:1\]large skillet\[/url\]](#) over medium heat melt 2 Tablespoons butter. To make the chicken: Melt remaining 4 tablespoons of butter in a shallow dish. In another shallow dish combine bread crumbs, parmesan cheese, and flour. Dip the chicken in the butter and then coat in the bread crumb mixture and place in skillet.

Cook on each side for about 3-4 minutes until the outside is crispy and the chicken is cooked throughout. Set aside on plate.

Add 2 Tablespoons of butter back to the skillet and saute the minced garlic for a minute. Add the zucchini to the skillet and saute until tender. Salt and pepper to taste and add some 1 Tablespoon parmesan. Add the chicken back to the skillet and heat for a minute or so. Serve immediately.



Course: Main Course

Amount Per Serving

Calories: 418

Fat: 27g

Cholesterol: 133mg

Sodium: 532mg

Carbohydrate: 17g

Protein: 27g

Easy Garlic Broccolini

Source: www.skinnytaste.com

Yields 6 originally 6

Serving: 6

Broccolini, also known as baby broccoli, makes a fantastic, quick side dish and compliments just about anything from beef roasts, lamb, fish, turkey, chicken, lasagna and more.

Ingredients

- 2 bunches **broccolini**
- 6 cloves **peeled garlic** (*sliced thin*)
- 1 ½ tbsp **extra virgin olive oil**
- **kosher salt**
- pinch **red pepper flakes** (*optional*)

Directions

Trim about 1 1/2 inches off broccolini stems and discard. Slice the broccolini in half lengthwise.

Bring pot of water to a boil. When boiling, add broccolini and cook 2 minutes. Quickly drain and run under cold water to stop it from cooking.

Heat a large sauté pan over medium-high heat. Add the oil and garlic and cook until golden, about 1 minute. Add the drained broccolini, season with kosher salt to taste and red pepper flakes (optional), and cook 1 minute, or until heated through.



Course: Main Course

Amount Per Serving

Calories: 43

Fat: 3 g

Sodium: 14 mg

Carbohydrate: 2 g

Fiber: 1 g

Protein: 1 g

Ham and Swiss Crustless Quiche

Source: www.skinnytaste.com

Prep 15 min

Cook 40 min

Total 55 min

Yields 6 servings originally 6 servings

Serving: 6

This low-carb Crustless Ham and Cheese Quiche is light and delicious, perfect for breakfast or brunch (or even a light dinner)! Made with a leftover ham or ham steak, broccoli and Swiss Cheese.

Ingredients

- **cooking spray**
- 1 $\frac{3}{4}$ cups **diced ham steak** or *leftover ham*, (9 oz)
- 1 cup **chopped steamed broccoli** (*fresh or frozen*)
- 1 cup **fresh grated Swiss cheese**
- $\frac{2}{3}$ cup **2% milk**
- $\frac{1}{4}$ cup **half & half cream**
- 5 large **eggs**
- $\frac{1}{2}$ teaspoon **kosher salt**
- $\frac{1}{8}$ teaspoon **ground black pepper**
- pinch **nutmeg**

Directions

Preheat the to 350F degrees. Spray a pie dish with oil.

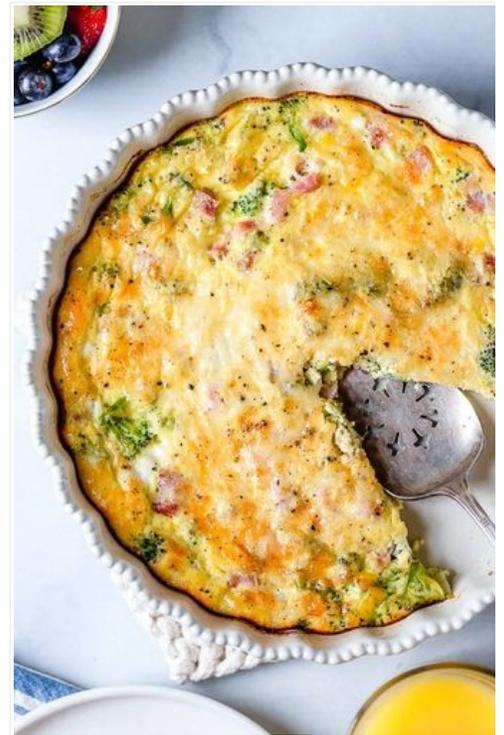
Evenly spread the broccoli in the dish and top it evenly with the ham.

Make the custard mixture by whisking together the milk, half and half, eggs, salt, black pepper, and the nutmeg.

Pour the custard into the dish and top with Swiss Cheese.

Bake 35 to 40 minutes, until the center is set.

Cut the quiche into 6 pieces and serve.



Course: Breakfast

Amount Per Serving

Calories: 215

Fat: 12.5 g

Cholesterol: 193 mg

Sodium: 620 mg

Sugar: 2.5 g

Carbohydrate: 5 g

Fiber: 1 g

Protein: 20 g

Honey Sriracha Chicken and Broccoli Meal Prep Bowls

Source: www.skinnytaste.com

Prep 10 min

Cook 20 min

Total 30 min

Yields 4 servings originally 4 servings

Serving: 4

This easy meal-prep honey-sriracha chicken dish, which can also be served as a main dish, is made on a sheet pan and comes together quick!

Ingredients

- olive oil spray
- 3 chicken breasts (diced into 1-inch pieces (24 ounces))
- 1 egg white (*beaten*)
- 2 tablespoons corn starch
- 1 $\frac{1}{4}$ teaspoon kosher salt (*divided*)
- 1 head broccoli (*cut into small florets*)
- 2 teaspoons sesame oil
- 2 cups brown rice (*cooked*)
- 2 tablespoons honey
- 2 tablespoons sriracha sauce
- 1 teaspoon seasoned rice vinegar
- 1 teaspoon sesame oil
- 2 scallions (*sliced*)
- 1 teaspoon black and white sesame seeds (*or as desired*)

Directions

Preheat oven to 425F. Place the chicken in the egg whites, then in cornstarch and season with $\frac{3}{4}$ teaspoon salt. Spray a large nonstick sheet pan generously with olive oil spray (so the chicken doesn't stick) then add the chicken pieces, leaving room for the broccoli on one end. Bake in the oven for 10 minutes.

Remove chicken from oven and flip, then add broccoli on the other half of the pan and drizzle with 2 teaspoons sesame oil, season with $\frac{1}{2}$ teaspoon salt and pepper, to taste. Place back in the oven and cook until the chicken is cooked through and the broccoli is tender, about 10 minutes.



Course: Main Course

Amount Per Serving

Calories: 428

Fat: 9.5 g

Cholesterol: 124 mg

Sodium: 570 mg

Sugar: 12 g

Carbohydrate: 41 g

Fiber: 4 g

Protein: 44 g

Meanwhile, in a medium bowl whisk honey, sriracha sauce, rice vinegar, and sesame oil together until smooth. Add the chicken and toss in sauce to coat.

Divide all the ingredients to 4 meal prep bowls, top with scallions and sesame seeds.

Maple-Cinnamon Banana-Pear Baked Oatmeal with Walnuts

Source: www.skinnytaste.com

Prep 20 min

Cook 35 min

Total 55 min

Yields 6 servings originally 6 servings

Serving: 6

Baked oatmeal is like having dessert for breakfast! Made with healthy ingredients—bananas, pears, oats, nuts and maple syrup, it will leave you satisfied all morning.

Ingredients

- 2 large **ripe bananas** ((the riper the better) sliced into 1/2" pieces)
- 1 1/2 cup **diced and peeled ripe pears** (1-1/2 inch dice)
- 5 tablespoons **pure maple syrup**
- 1 cup **uncooked quick oats***
- 5 tablespoons **chopped walnuts**
- 1/2 tsp **baking powder**
- 1 tsp **cinnamon**
- pinch **salt**
- 1 cup **fat-free milk** (or dairy-free milk such as almond or soy)
- 1 large **egg**
- 1 teaspoon **vanilla extract**
- ***check labels for gluten-free**

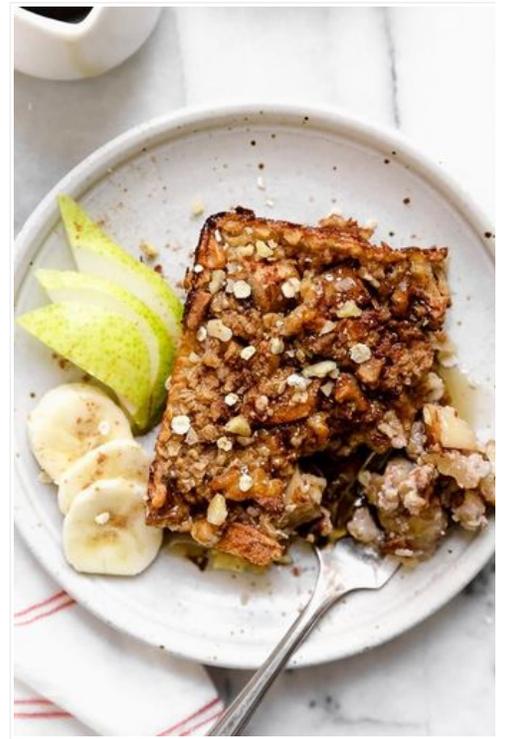
Directions

Preheat the oven to 375° Lightly spray a 8 x 8" or 9 x 9" ceramic baking dish with cooking spray; set aside.

Arrange the banana slices in a single layer on the bottom of the ceramic dish. Top with the pears, 1/4 teaspoon of the cinnamon, 2 tablespoon of the maple and cover with foil.

Bake 20 minutes, until the bananas get soft.

Meanwhile, in a medium bowl, combine the oats, half of the walnuts, baking powder, 1/2 teaspoon cinnamon, and salt; stir together.



Course: Breakfast

Amount Per Serving

Calories: 225

Fat: 6 g

Cholesterol: 32 mg

Sodium: 72 mg

Sugar: 22 g

Carbohydrate: 39.5 g

Fiber: 4.5 g

Protein: 5.5 g

In a separate bowl, whisk together the remaining maple syrup, milk, egg, and vanilla extract.

Remove the fruit from the oven, then pour the oat mixture over the baked fruit.

Pour the milk mixture over the oats, making sure to distribute the mixture as evenly as possible over the oats.

Sprinkle the remaining 1/4 teaspoon cinnamon and walnuts over the the top.

Bake the oatmeal for about 35 minutes, or until the top is golden brown and the oatmeal has set. Serve warm from the oven.

Mini Turkey Meatball Vegetable Soup

Source: www.skinnytaste.com

Yields 7 servings originally 7 servings

Serving: 7

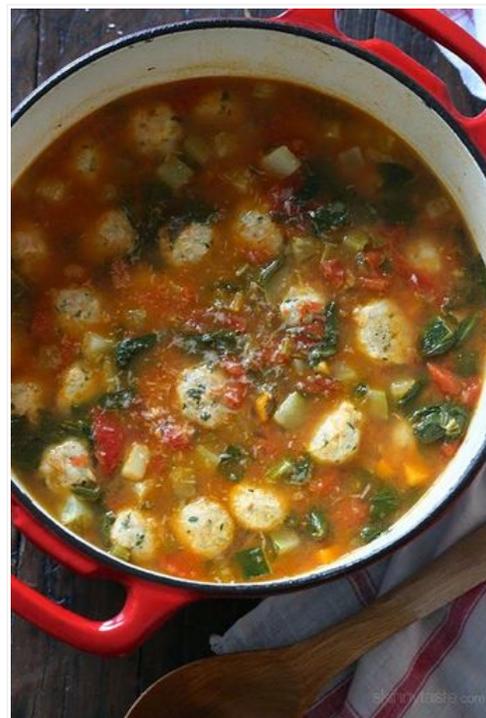
Mini Turkey Meatball Vegetable Soup is kid-friendly and perfect to warm up to on a chilly autumn night.

Ingredients

- 20 oz **1.3 lb ground turkey breast 93% lean**
- $\frac{1}{4}$ cup **seasoned whole wheat breadcrumbs***
- $\frac{1}{4}$ cup **grated parmesan cheese**
- $\frac{1}{4}$ cup **parsley** (*finely chopped*)
- 1 large **egg**
- $\frac{1}{4}$ cup **onion** (*minced*)
- 1 clove **garlic** (*minced*)
- $\frac{1}{4}$ tsp **salt**
- 32 oz container **reduced sodium chicken broth**
- 2 tsp **olive oil**
- $\frac{1}{2}$ cup **chopped onion**
- 1 cup **diced carrots**
- $\frac{1}{2}$ cup **diced celery**
- 2 **garlic cloves** (*minced*)
- 2 **14.5 oz cans petite diced tomatoes**
- **Parmesan cheese rind** (*optional*)
- 1 **fresh rosemary sprig**
- 2 **bay leaves**
- 2 tbsp **chopped fresh basil**
- $\frac{1}{4}$ cup **chopped fresh Italian parsley**
- $\frac{1}{2}$ tsp **kosher salt and fresh black pepper**
- 8 oz **zucchini** (*diced*)
- 2 cups **chopped fresh spinach**
- **extra parmesan cheese for garnish** (*optional*)

Directions

Preheat oven to 400°F.



Course: Soup

Amount Per Serving

Calories: 229

Fat: 9 g

Cholesterol: 87 mg

Sodium: 747 mg

Sugar: 4 g

Carbohydrate: 14 g

Fiber: 3 g

Protein: 21 g

In a large bowl, combine ground turkey, breadcrumbs, egg, parsley, onion, garlic, salt and cheese. Using your (clean) hands, gently mix all the ingredients well until everything is combined.

Form small meatballs, about 1 tbsp each, you'll get about 42. Bake in the oven about 12 minutes.

Meanwhile, heat the oil in a large pot or Dutch oven over medium-high heat.

Add the carrots, celery, onion, garlic and saute until tender and fragrant, about 15 minutes.

Add the broth, tomatoes, parmesan cheese rind, salt and pepper.

Add the rosemary, bay leaves, basil and parsley, cover and cook on low 40 minutes.

Remove the bay leaves, rosemary sprig, parmesan rind and drop the meatballs in along with the zucchini and spinach, cover and simmer until the zucchini is tender and meatballs are cooked through, about 8 to 10 minutes, season to taste with salt and black pepper if needed.

Serve with extra grated cheese on the side if desired.

Perfect Filet Mignon for Two

Source: www.skinnytaste.com

Prep 5 min

Cook 15 min

Total 20 min

Yields 2 servings originally 2 servings

Serving: 2

This easy recipe will give you perfect Filet Mignon every time. As a steak lover, I can't think of a better meal for two to enjoy for on special occasions such as date night, Valentine's Day or birthdays!

Ingredients

- 2 6 oz beef tenderloin filet mignon steaks *trimmed of fat*
- olive oil cooking spray (*I used my mister*)
- kosher salt and fresh cracked pepper

Directions

Let the steaks rest on the counter to come up to room temperature at least 30 minutes before ready to cook

Preheat the oven to 400°F.

Spray the steak lightly all over with olive oil, then season both side generously with kosher salt and black pepper.

When the oven is ready, heat the skillet over high heat until the pan is very hot.

When hot, add the steaks and cook, without moving for 2 1/2 minutes. Turn over and cook an additional 2 to 2-1/2 minutes.

Sear the sides of the steaks for about 1 minute so it's browned all over.

Place the steaks in the oven for about 4 to 5 minutes, then check them with the meat thermometer inserted into the side of the steak.

Remove when the steaks read 125° F for Medium Rare, or 130° F for medium.

Let them rest 5 to 10 minutes before serving (meat temperature will rise 5 to 10 degrees after it is removed from the oven).



Course: Main Course

Amount Per Serving

Calories: 246

Fat: 11 g

Cholesterol: 101 mg

Sodium: 75 mg

Protein: 36 g

Skinny Garlic Mashed Potatoes

Source: www.skinnytaste.com

Prep 15 min

Cook 30 min

Total 45 min

Yields 5 servings originally 5 servings

Serving: 5

These Skinny Garlic Mashed Potatoes are so much lighter than traditional mashed potatoes, and taste so good!

Ingredients

- 2 lbs **4 medium yukon gold potatoes** *peeled and cubed*
- 4 large **garlic cloves** *(peeled and halved)*
- $\frac{1}{4}$ cup **light sour cream**
- $\frac{1}{2}$ cup **fat free chicken broth** *(sub vegetable broth for vegetarian)*
- $\frac{1}{4}$ cup **skim milk**
- 1 tbsp **whipped butter**
- **kosher salt to taste**
- dash **fresh ground pepper**
- 1 tbsp **fresh herbs of choice: parsley** *(thyme, chives)*

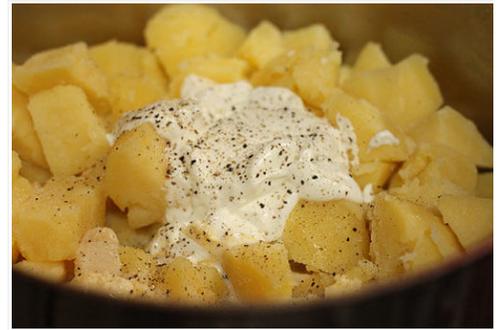
Directions

Put potatoes and garlic in a large pot with salt and enough water to cover. Bring to a boil.

Cover and reduce heat. Simmer for 20 minutes or until potatoes are tender.

Drain and return potatoes and garlic to pan. Add sour cream and remaining ingredients. Using a masher, mash until smooth.

Season with salt and pepper to taste.



Course: Side Dishes

Amount Per Serving

Calories: 165

Fat: 3 g

Cholesterol: 9 mg

Sodium: 112.5 mg

Sugar: 3 g

Carbohydrate: 31 g

Fiber: 4 g

Protein: 5 g

Tortilla Pinwheels

Source: ohsweetbasil.com

Prep 5 min

Total 5 min

Yields 10 pinwheels originally 10 pinwheels

Serving: 10

Ingredients

- 1 **Extra Large Don Pancho Chile Tomato Tortillas**
- 8 slices **Oscar Meyer Deli Fresh Roast Beef**
- $\frac{1}{4}$ cup **shredded mozzarella cheese**
- $\frac{1}{4}$ cup **light mayonnaise** or *light miracle whip*
- 1 tsp **dijon/spicy mustard**
- **Green Leaf Lettuce**

Directions

Spread the mayo/miracle whip with the mustard on the tortilla so that it is thin on one half and thick on the other half. Place 8 slices of roast beef on the tortilla covering the thick side of mayonnaise/miracle whip. Sprinkle the shredded mozzarella across the center of the tortilla. Place a few leaves of lettuce across the center of the tortilla alongside the cheese. Starting on the meat side, roll the tortilla up as tight as you can. Immediately wrap tightly in plastic wrap & refrigerate until ready to cut & serve. *Refrigeration does help the mayonnaise bind the pinwheel shut. Remove plastic wrap & use a serrated knife to cut into 1 $\frac{1}{8}$ " pieces. 1 tortilla makes about 10 pinwheels.



Course: Appetizers

Amount Per Serving

Calories: 81

Fat: 5.7g

Cholesterol: 19.9mg

Sugar: 0.3g

Carbohydrate: 1.5g

Fiber: 0.2g

Protein: 5.6g