

Mar 1 – 7

Sun 1	Mon 2	Tue 3	Wed 4	Thu 5	Fri 6	Sat 7
Breakfast	Breakfast Brownie Batter Overnight Protein Oats CAL: 390 FAT: 10 g CAR: 44 g PRO: 37 g	Breakfast Breakfast Meal Prep Fruit and Yogurt Bistro Box CAL: 310 FAT: 1 g CAR: 53 g PRO: 25 g	Breakfast Leftover Breakfast Meal Prep Fruit and Yoqurt Bistro Box CAL: 310 FAT: 1 g CAR: 53 g PRO: 25 g	Breakfast Brownie Batter Overnight Protein Oats CAL: 390 FAT: 10 g CAR: 44 g PRO: 37 g	Breakfast Leftover Breakfast Meal Prep Fruit and Yoqurt Bistro Box CAL: 310 FAT: 1 g CAR: 53 g PRO: 25 g	Breakfast
Lunch	Lunch BLT Roll Ups with Turkey and Avocado CAL: 341 FAT: 16 g CAR: 29 g PRO: 22 g	Lunch BLT Roll Ups with Turkey and Avocado CAL: 341 FAT: 16 g CAR: 29 g PRO: 22 g	Lunch Leftover Cheesy Chicken Spinach Bake CAL: 270 FAT: 20 g CAR: 2 g PRO: 18 g	Lunch Leftover Ground Turkey Sweet Potato Skillet CAL: 306 FAT: 14 g CAR: 20 g PRO: 31 g	Lunch Leftover Sriracha Chicken Broccoli Skillet CAL: 164 FAT: 6g CAR: 1g PRO: 24g	Lunch
Supper	Supper Cheesy Chicken Spinach Bake CAL: 270 FAT: 20 g CAR: 2 g PRO: 18 g	Supper Crunchy Taco Cups CAL: 160 FAT: 7 g CAR: 11 g PRO: 13 g	Supper Ground Turkey Sweet Potato Skillet CAL: 306 FAT: 14 g CAR: 20 g PRO: 31 g	Supper Sriracha Chicken Broccoli Skillet CAL: 164 FAT: 6g CAR: 1g PRO: 24g	Supper	Supper
Snacks	Snacks NLA For Her Black Bean Brownies CAL: 165 FAT: 8 g CAR: 28 g PRO: 9.3 g	Snacks Leftover NLA For Her Black Bean Brownies CAL: 165 FAT: 8 g CAR: 28 g PRO: 9.3 g	Snacks Leftover NLA For Her Black Bean Brownies CAL: 165 FAT: 8 g CAR: 28 g PRO: 9.3 g	Snacks Leftover NLA For Her Black Bean Brownies CAL: 165 FAT: 8 g CAR: 28 g PRO: 9.3 g	Snacks Leftover NLA For Her Black Bean Brownies CAL: 165 FAT: 8 g CAR: 28 g PRO: 9.3 g	Snacks
	CAL: 1166 FAT: 54 g CAR: 103 g PRO: 86.3 g	CAL: 976 FAT: 32 g CAR: 121 g PRO: 69.3 g	CAL: 1051 FAT: 43 g CAR: 103 g PRO: 83.3 g	CAL: 1025 FAT: 38 g CAR: 93 g PRO: 101.3 g	CAL: 639 FAT: 15 g CAR: 82 g PRO: 58.3 g	



BLT Roll Ups with Turkey and Avocado

Source: www.skinnytaste.com

Prep 5 min

Cook 10 min

Total 15 min

Yields 1 serving originally 1 serving

Serving: 1

These easy BLT Roll Ups with Turkey and Avocado are perfect for school lunch.

Ingredients

- 1 tablespoon **light mayonnaise**
- 2 slices **Appleton Farms Center Cut Bacon** (*or turkey bacon, cooked and cut in half*)
- 1 **soft taco-size low carb flour tortilla**
- 2 slices (**1 oz**) **Never Any! Oven Roasted Turkey**
- $\frac{1}{4}$ cup **chopped Romaine lettuce**
- 2 tablespoons **chopped tomato**
- 1 oz **avocado** (*1/4 small*)
- **Organic mini cucumbers**
- **carrot sticks**
- **Organic strawberries and blueberries**

Directions

Spread the mayo over the center of the tortilla, top with turkey, lettuce, tomato, bacon and avocado. Roll up the tortilla holding it together tightly with your fingertips. Trim the ends off then slice the roll into 1-inch pieces with a sharp knife. Transfer to your bento box.

Optional, slice the cucumbers $\frac{1}{2}$ inch thick then use small heart shaped cookie cutters to cut them. Fill the rest of the compartments of the bento box with carrot sticks, cucumbers and fruit.



Course: Main Course

Amount Per Serving

Calories: 341

Fat: 16 g

Cholesterol: 39 mg

Sodium: 806 mg

Sugar: 1 g

Carbohydrate: 29 g

Fiber: 3.5 g

Protein: 22 g

Breakfast Meal Prep Fruit and Yogurt Bistro Box

Source: www.number-2-pencil.com

Prep 10 min

Total 10 min

Yields 4 originally 4

Serving: 4

Ingredients

- 4 cups **fat-free plain greek yogurt**
- 1 cup **low-fat granola**
- 12 **strawberries**
- 1 cup **blueberries**
- 2 cups **pineapple chunks**

Directions

Assemble fruit and yogurt bistro boxes by dividing ingredients evenly in boxes. Keep refrigerated.



Course: Breakfast

Amount Per Serving

Calories: 310

Fat: 1 g

Sodium: 162 mg

Sugar: 30 g

Carbohydrate: 53 g

Protein: 25 g

Brownie Batter Overnight Protein Oats

Source: runningonrealfood.com

Prep 5 min

Total 5 min

Yields 1 1x originally 1 1x

Serving: 1

These thick brownie batter overnight protein oats are like eating dessert for breakfast. Spend just a few minutes to prep the night before and in the morning, you'll be ready to dig into a bowl of brownie batter! Top with banana, peanut butter and chocolate chips for an extra decadent treat.

Ingredients

- $\frac{1}{2}$ cup (50 g) rolled oats
- $\frac{3}{4}$ cup unsweetened almond milk
- 1 serving (44 g) Vega Performance Protein in Chocolate (*Sub Vanilla or Mocha Flavour*)
- 2 tbsp (14 g) cocoa powder or raw cacao powder
- 1 packet stevia or stevia drops, to taste (*optional for added sweetness*)
- 1 tsp pure vanilla extract
- $\frac{1}{4}$ tsp sea salt

Directions

Add all ingredients to a glass container or bowl and mix well with a spoon. Make sure everything is mixed in and there are no dry clumps.

Cover and place in the fridge overnight.



Course: Breakfast

Amount Per Serving

Calories: 390

Fat: 10 g

Carbohydrate: 44 g

Protein: 37 g

Cheesy Chicken Spinach Bake

Source: www.yummly.com

Yields 5 servings originally 5 servings

Serving: 5

We used garlic and herb alouette cheese spread rather than plain cream cheese... AMAZING!

Ingredients

- 3 **boneless skinless chicken breasts cut in half lengthwise**
- 2 tablespoons **olive oil divided**
- 3 cloves **garlic minced**
- 1 teaspoon **Italian seasoning**
- 6 ounces **cream cheese softened**
- 2 cups **baby spinach leaves**
- 1 cup **shredded mozzarella cheese**

Directions

Read Directions

Cheesy Chicken Spinach BakeLife in the Lofthouse

Cheesy Chicken Spinach Bake

Life in the Lofthouse



Course: Main Course

Amount Per Serving

Calories: 270

Fat: 20 g

Cholesterol: 85 mg

Sodium: 230 mg

Sugar: 1 g

Carbohydrate: 2 g

Protein: 18 g

Crunchy Taco Cups

Source: www.yummly.com

Yields 12 servings originally 12 servings

Serving: 12

awesome!!! and im picky as he** and eveyone loved these! hats off

Ingredients

- 1 pound **lean ground beef browned and drained**
- 3 tablespoons **taco seasoning**
- 10 ounces **diced tomatoes and green chiles Ro-Tel**
- 1 $\frac{1}{2}$ cups **sharp cheddar cheese shredded** *or Mexican blend*
- 24 **wonton wrappers**

Directions

Read Directions

Crunchy Taco CupsKevin and Amanda

Crunchy Taco Cups

Kevin and Amanda



Course: Main Course

Amount Per Serving

Calories: 160

Fat: 7 g

Cholesterol: 40 mg

Sodium: 260 mg

Sugar: 1 g

Carbohydrate: 11 g

Fiber: 1 g

Protein: 13 g

Ground Turkey Sweet Potato Skillet

Source: www.primaverakitchen.com

Prep 10 min

Cook 17 min

Total 27 min

Yields 4 people originally 4 people

Serving: 4

This gluten-free and low-fat Ground Turkey Sweet Potato Skillet will be ready to dig in less than 30 mins and you will be amazed by the flavourful of it. It's a perfect ONE-PAN meal for your family to enjoy!

Ingredients

- 2 tbsp **extra-virgin olive oil**
- 1 lbs **free range extra-lean ground turkey** ((you also can use **grass-fed ground beef**))
- 1 tsp **garlic clove** (*minced*)
- $\frac{1}{2}$ cup **onions** (*diced*)
- $\frac{1}{2}$ cup **yellow pepper** (*diced*)
- 1 $\frac{1}{2}$ cups **sweet potato** (*diced*)
- **Salt and freshly ground black pepper**
- **red chili flakes** *A pinch of*
- $\frac{1}{2}$ cup **shredded mozzarella cheese**
- **Fresh parsley for garnishing**

Directions

In an iron cast skillet, heat olive oil over medium-high heat.

Add ground turkey and garlic. Use a wood spoon breaking up the turkey while it cooks. Stir occasionally and cook for about 5 minutes.

Add onions and yellow peppers and cook until onions are soft.

Add the sweet potato, chili pepper, salt, and pepper.

Cover the skillet and cook until they are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potato faster.

While the sweet potato is cooking, preheat the oven to 400 degrees.



Course: Main Course

Amount Per Serving

Calories: 306

Fat: 14 g

Cholesterol: 66 mg

Sodium: 186 mg

Sugar: 6 g

Carbohydrate: 20 g

Fiber: 3 g

Protein: 31 g

When the sweet potato is tender, add shredded mozzarella cheese and bring the skillet to the oven to melt the cheese* (see note below).

When the cheese melts, remove from the oven, and garnish with parsley.

NLA For Her Black Bean Brownies

Source: www.jessiefitness.com

Cook 30 min

Total 30 min

Yields 9 brownies originally 9 brownies

Serving: 9

Fudgy, rich, and healthy brownies? It's true! You can have your cake and eat it too. These brownies feature black beans, avocado and NLA for Her chocolate éclair protein for a mix of healthy fats, protein and a boost of fiber. They are the perfect treat to satisfy your sweet tooth. If you have macros to spare, try adding $\frac{1}{2}$ cup sugar-free chocolate chips to the mixture before baking for an extra gooey brownie.

Ingredients

- 1 Can **Black beans** *rinsed and drained*
- 4 **Organic Eggs**
- $\frac{1}{4}$ Cup **Avocado**
- 1 Scoop **NLA for her chocolate éclair Her Whey**
- $\frac{3}{4}$ Cup **Granulated sugar substitute** (*I used truvia*)
- 1 Box **Sugar-free Chocolate Fudge Jell-o pudding mix**
- 1 Tbsp **Vanilla extract**
- 3 Tbsp **Olive Oil**
- 1 Tsp **Baking powder**
- $\frac{1}{2}$ Tsp **Baking soda**
- **Optional: Sugar-free chocolate chips**

Directions

Preheat oven to 350 degrees.

Add wet ingredients to blender and blend until smooth.

Slowly add dry ingredients and pulse to combine.

Add mixture to lightly greased cake pan (I used 9x9).

Bake for 25 minutes or until fork comes out clean.

Store in refrigerator for up to 7 days.



Amount Per Serving

Calories: 165

Fat: 8 g

Sugar: 0.6 g

Carbohydrate: 28 g

Fiber: 5 g

Protein: 9.3 g

Enjoy!

Sriracha Chicken Broccoli Skillet

Source: healthyfitnessmeals.com

Prep 10 min

Cook 10 min

Total 20 min

Serving: 4

Easy to make chicken recipe loaded with flavor and ready in just 20 minutes.

Ingredients

- 1 lb **Chicken Breast skinless** *boneless, cut into bite sizes*
- 1 Tbsp **Sriracha Seasoning Blend I used the Fit Cook Brand**
- 1 Tsp **Onion Powder**
- 1 Tsp **Garlic Powder**
- 1 Tbsp **Olive Oil**
- **Salt and Pepper to taste**

Directions

Place the chicken in a bowl and add the olive oil and seasonings along with salt and pepper. Mix and set aside while you cut and cook the broccoli.

Cook broccoli for about 2 minutes. Remove the broccoli from boiling water and place it into a cool water bath to prevent them from continuing to cook.

In a non-stick skillet, add the chicken and cook for about 4-6 minutes over medium heat until cooked throughout. Mix occasionally.

Place the broccoli over the chicken. Lower the heat and allow it to simmer for another 3-4 minutes. Serve and enjoy.



Course: Main Course

Amount Per Serving

Calories: 164

Fat: 6g

Cholesterol: 73mg

Sodium: 132mg

Sugar: 1g

Carbohydrate: 1g

Fiber: 1g

Protein: 24g