

Apr 26 – May 2

Sun 26	Mon 27	Tue 28	Wed 29	Thu 30	Fri 1	Sat 2
Breakfast	Breakfast <b>Low Carb Breakfast Pizza</b> CAL: 307	Breakfast Leftover <b>Low Carb Breakfast Pizza</b> CAL: 307	Breakfast <b>Banana &amp; Chocolate Overnight Oats</b> CAL: 284 FAT: 8 g CAR: 48 g PRO: 8 g	Breakfast Leftover <b>Low Carb Breakfast Pizza</b> CAL: 307	Breakfast Leftover <b>Low Carb Breakfast Pizza</b> CAL: 307	Breakfast
Lunch	Lunch <b>Baked Cashew Chicken And Veggies</b> CAL: 473 FAT: 17g CAR: 36g PRO: 47g	Lunch <b>Tuna Protein Box</b> CAL: 414 FAT: 25 g CAR: 20 g PRO: 27 g	Lunch Leftover <b>Baked Cashew Chicken And Veggies</b> CAL: 473 FAT: 17g CAR: 36g PRO: 47g	Lunch Leftover <b>Baked Cashew Chicken And Veggies</b> CAL: 473 FAT: 17g CAR: 36g PRO: 47g	Lunch Leftover <b>Tuna Protein Box</b> CAL: 414 FAT: 25 g CAR: 20 g PRO: 27 g	Lunch
Supper	Supper <b>Italian Turkey Meatballs Recipe</b> CAL: 218 FAT: 4g CAR: 15g PRO: 31g	Supper <b>Grilled Chicken with Pineapple-Cucumber Salsa</b> CAL: 175 FAT: 5g CAR: 7g PRO: 24g	Supper <b>Easy Salmon Patties</b> CAL: 454 FAT: 24g CAR: 24g PRO: 37g	Supper <b>Creamy Chicken Potato Bake</b> CAL: 433 FAT: 25g CAR: 20g PRO: 33g	Supper	Supper
Snacks	Snacks <b>Strawberry Banana Oatmeal Protein Smoothie</b>	Snacks	Snacks <b>Strawberry Banana Oatmeal Protein Smoothie</b>	Snacks <b>Strawberry Banana Oatmeal Protein Smoothie</b>	Snacks	Snacks
	CAL: 998 FAT: 21g CAR: 51g PRO: 78g	CAL: 896 FAT: 30 g CAR: 27 g PRO: 51 g	CAL: 1211 FAT: 49 g CAR: 108 g PRO: 92 g	CAL: 1213 FAT: 42g CAR: 56g PRO: 80g	CAL: 721 FAT: 25 g CAR: 20 g PRO: 27 g	





# Baked Cashew Chicken And Veggies

**Source:** [healthyfitnessmeals.com](http://healthyfitnessmeals.com)

**Prep** 10 min

**Cook** 20 min

**Total** 30 min

**Serving:** 4

Cashew chicken made with loads of veggies, baked instead of stir-fried and much better than takeout.

## Ingredients

- 1  $\frac{1}{2}$  lb **Skinless boneless chicken breasts cut into bite-sized pieces**
- 1 medium Head **cauliflower broken into florets**
- 1 **Bell Pepper diced into large pieces**
- 1 Large **Zucchini cut into chunks**
- 2 Medium **Red Onions cut into wedges**
- $\frac{2}{3}$  Cup **Roasted unsalted cashews**
- **Salt and black pepper** *to taste*
- 1 Tbsp **Sesame Seeds**
- 2 Tbsp **Fresh Chopped Parsley**
- **To Make the Sauce**
- $\frac{1}{2}$  Cup **Low-sodium soy sauce** *or coconut aminos*
- 1 Tbsp **Hoisin Sauce**
- 1 Tbsp **Balsamic Vinegar**
- 1 Tbsp **Raw Honey**
- 1 Tsp **Fresh Ginger** *or powder*
- 1 Tsp **Garlic Powder**
- 1 Tbsp **Gluten-free Flour**

## Directions

Preheat oven to 400°F and line a sheet pan with parchment paper.

In a small bowl add all sauce ingredients and whisk until well combined. Place chicken on the prepared sheet pan and season with salt and pepper.

Add about  $\frac{1}{3}$  of the sauce and mix to coat, then layer the pieces in the sheet pan leaving some space in between.

□

**Course:** Main Course

### Amount Per Serving

Calories: 473

Fat: 17g

Cholesterol: 109mg

Sodium: 1384mg

Sugar: 16g

Carbohydrate: 36g

Fiber: 7g

Protein: 47g

Cook in preheated oven for about 6-8 minutes then remove the pan. Place the cauliflower, bell peppers onions, and cashews in a single layer around the chicken.

Drizzle with the remaining sauce and toss to coat. Return to the oven and cook for another 8-12 minutes, or until the chicken is cooked through and veggies are crisp-tender.

Garnish with sesame seeds and fresh chopped parsley and divide among 4 glass containers

Serve immediately or refrigerate for up to 5 days. Before serving heat in the microwave for about 2 mins.

# Banana & Chocolate Overnight Oats

**Source:** [www.organizemyourselfskinny.com](http://www.organizemyourselfskinny.com)

**Prep** 5 min

**Cook** 8 hr

**Total** 8 hr 5 min

**Yields** 1 originally 1

**Serving:** 1

## Ingredients

- $\frac{1}{2}$  cup **rolled oats**
- $\frac{1}{2}$  tablespoon **cocoa powder**
- $\frac{1}{8}$  teaspoon **cinnamon**
- 1 teaspoon **chia seeds**
- $\frac{1}{4}$  teaspoon **pure vanilla extract**
- $\frac{1}{2}$  cup **unsweetened coconut milk**
- $\frac{1}{2}$  **banana** *peeled and chopped*
- 1-2 teaspoons **pure maple syrup**

## Directions

In a pint size mason jar combine rolled oats, cocoa powder, cinnamon, and chia seeds. Stir in pure vanilla extract, coconut milk, and banana. Put the lid on and place in the refrigerator overnight. In the morning, give the oats a stir. Add in pure maple syrup, if needed, for additional sweetness. Add a little more coconut milk, if needed, to loosen it up and until you get the consistency you want.

□

**Course:** Breakfast

## Amount Per Serving

Calories: 284

Fat: 8 g

Sugar: 7 g

Carbohydrate: 48 g

Fiber: 9 g

Protein: 8 g



# Creamy Chicken Potato Bake

**Source:** [healthyfitnessmeals.com](https://healthyfitnessmeals.com)

**Prep** 10 min

**Cook** 40 min

**Total** 50 min

**Serving:** 5

Baby potatoes tossed with Italian garlic sauce, baked alongside tender and juicy chicken breast.

## Ingredients

- 1  $\frac{1}{2}$  lb **Boneless chicken breast with skin on cut in halves** *or skinless*
- 1 Tbsp **Italian seasoning mix**
- 2 Tbsp **Oil** *or Ghee*
- 16 oz **Baby Potatoes halved** *or quartered*
- 2 Tbsp **Chopped fresh parsley leaves**
- 2 Tbsp **chopped dill fresh**
- 1 Tsp **Chili flakes** *or to taste*
- **For the Creamy Sauce**
- 2 Tbsp **Olive Oil**
- 4 **Garlic Cloves pressed**
- 1 Tbsp **Gluten-free flour**
- 1 cup **chicken broth**
- $\frac{1}{2}$  Cup **Greek Yogurt**
- $\frac{1}{2}$  Tsp **Dried Basil**
- 1 Tsp **Dried oregano**
- **Sea salt and freshly ground black pepper to taste**

## Directions

Preheat your oven to 400 degrees F. Lightly spray a 9×13 baking dish with cooking spray.

Season the chicken generously with salt, pepper, then sprinkle with Italian seasoning and chili flakes.

Add Olive oil or Ghee in a large skillet over medium-high heat. Sear the chicken on both sides until golden brown, about 2-3 minutes per side, then set aside on a plate.

Next, we'll make the creamy sauce. In the same skillet, add 2 tablespoons of oil or ghee, then add garlic and cook until fragrant. Add in chicken broth, oregano, and basil.

□

**Course:** Main Course

### Amount Per Serving

Calories: 433

Fat: 25g

Cholesterol: 103mg

Sodium: 278mg

Sugar: 2g

Carbohydrate: 20g

Fiber: 3g

Protein: 33g

Add a bit of water to the greek yogurt to make it is more watery. Then add to the skillet. Bring to a simmer.

Meanwhile, in a small bowl whisk the flour with 2-3 Tbsp water until well combined. Add this mixture to the creamy sauce into the pan.

Continue to simmer until sauce thickens stirring frequently. Taste and season with salt and pepper.

Place the seared chicken into the baking dish, then add potatoes and pour over the sauce.

Bake for 25-30 minutes. or until chicken is cooked through and potatoes are tender. Garnish with fresh chopped herbs and enjoy!



# Easy Salmon Patties

**Source:** [healthyfitnessmeals.com](http://healthyfitnessmeals.com)

**Prep** 10 min

**Cook** 30 min

**Total** 40 min

**Serving:** 4

Easy to make, crispy on the outside, flaky on the inside and made with freshly baked salmon.

## Ingredients

- 1 Lb **Salmon Fillet**
- 1 Tsp **Garlic Powder**
- $\frac{1}{2}$  Tsp **Ginger Powder**
- $\frac{3}{4}$  Cup **Oat Flour**
- $\frac{3}{4}$  Cup **Almond Flour**
- 1 Tsp **Italian Herbs Seasoning**
- 1 Tsp **Paprika**
- 1 Tsp **Dried Parsley**
- 1 Tbsp **Lemon Zest** zest of one lemon
- 2 Tbsp **Hot Sauce**
- **Sea salt** *to taste about 1-2 teaspoon*
- 2 Large **Eggs**
- 2-3 Tbsp **Vegetable Oil Divided**

## Directions

Preheat the oven to 400F.

Season the salmon with salt and paper and place it into a baking dish. Bake for about 10-12 min, then flake it with a fork.

In a large bowl, combine the salmon with the remaining ingredients, mixing well with your hands.

Take spoonfuls of the mixture and roll it into small patties.

Heat about a tablespoon, or more of oil, in a non-stick skillet over medium heat. Add the salmon cakes 4 at a time, and cook for 4-5 minutes on each side, or until golden brown and crispy.

Serve with your favorite dip and enjoy!

□

**Course:** Main Course

### Amount Per Serving

Calories: 454

Fat: 24g

Cholesterol: 168mg

Sodium: 268mg

Sugar: 1g

Carbohydrate: 24g

Fiber: 5g

Protein: 37g



# Grilled Chicken with Pineapple-Cucumber Salsa

**Source:** [healthyfitnessmeals.com](http://healthyfitnessmeals.com)

**Prep** 5 min

**Cook** 10 min

**Total** 15 min

**Serving:** 4

Grilled chicken breasts topped with a sweet and tangy pineapple cucumber salsa.

## Ingredients

- 4 **thin boneless skinless chicken breasts**
- 2 teaspoons **olive oil**
- 1 Tbsp **Lemon Pepper seasoning** *or any other seasoning*
- **salt and pepper to taste**
- 1 cup **pineapple diced**
- 1 cup **cucumber diced and peeled**
- 1 **lime** *the juice of*
- $\frac{1}{4}$  cup **red onion minced**
- $\frac{1}{4}$  cup **cilantro chopped**

## Directions

For the shrimp: Heat the olive oil over high heat in a large pan. Season both sides of the shrimp with chili powder and salt to taste. Place the shrimp in a single layer in the pan and sear for 2-3 minutes per side, until shrimp are pink and cooked through.

For the pineapple salsa: Combine all the ingredients in a bowl, add salt to taste. Cover the bowl and place it in the refrigerator for at least 15 minutes, up to 4 hours.

**SERVE:** To serve Warm the tortillas. Add a handful of cabbage to each tortilla and place the shrimp on top of the cabbage. Top with pineapple salsa and serve immediately.

Heat a grill over medium-high heat. Drizzle the olive oil over the chicken breasts and season generously with salt and pepper, lemon pepper or seasoning of choice.

Grill for 4-5 minutes on each side or until cooked through.

While the chicken is cooking, combine the cucumber, pineapple, red onion and cilantro in a bowl. Stir in the lime juice and salt to taste.

□ **Course:** Main Course

## Amount Per Serving

Calories: 175

Fat: 5g

Cholesterol: 72mg

Sodium: 133mg

Sugar: 4g

Carbohydrate: 7g

Protein: 24g

Spoon the salsa over the chicken and serve.

# Italian Turkey Meatballs Recipe

**Source:** [healthyfitnessmeals.com](http://healthyfitnessmeals.com)

**Prep** 5 min

**Cook** 10 min

**Total** 15 min

**Serving:** 4

Easy turkey meatballs that are perfect served over whole wheat spaghetti or zucchini noodles.

## Ingredients

- 1 pound **ground turkey 93% lean**
- $\frac{1}{4}$  cup **breadcrumbs use gluten-free version if needed**
- $\frac{3}{4}$  teaspoon **salt**
- $\frac{1}{2}$  teaspoon **pepper**
- $\frac{1}{2}$  teaspoon **garlic powder**
- $\frac{1}{2}$  teaspoon **dried basil**
- 1 **egg**
- 1 tablespoon **water**
- 3 cups **marinara sauce look for a low-sugar *low-fat variety, warmed***
- 2 tablespoons **chopped fresh parsley**
- **cooking spray**

## Directions

Preheat the broiler. Line a sheet pan with foil and coat the foil with cooking spray.

Place the turkey, breadcrumbs, salt, pepper, garlic powder, basil, egg and water in a bowl; mix until thoroughly combined. You may need to add more water, 1 teaspoon at a time, to get a smooth mixture.

Take approximately 2 tablespoons of the meat mixture and roll it into a ball.

Place the meatball on the sheet pan and repeat with remaining meat.

Spray the tops of the meatballs with cooking spray. Broil for 10 minutes or until meatballs are just done.

Place the meatballs on a plate and pour the marinara sauce over the top, sprinkle with parsley and serve immediately.

□

**Course:** Main Course

## Amount Per Serving

Calories: 218

Fat: 4g

Cholesterol: 103mg

Sodium: 1526mg

Sugar: 8g

Carbohydrate: 15g

Fiber: 3g

Protein: 31g

# Low Carb Breakfast Pizza

**Source:** [mylifecookbook.com](http://mylifecookbook.com)

**Prep** 10 min

**Cook** 30 min

**Total** 40 min

**Yields** 8 originally 8

**Serving:** 8

This low carb breakfast pizza would be great for breakfast, lunch or dinner. An easy and tasty meal that is only 2.1g net carbs!

## Ingredients

- 12 **eggs**
- $\frac{1}{2}$  cup **heavy cream**
- $\frac{1}{2}$  teaspoon **salt**
- $\frac{1}{4}$  teaspoon **pepper**
- 8 oz **sausage**
- 2 cups **peppers** (*sliced*)
- 1 cup **cheese** (*shredded*)

## Directions

Preheat oven to 350 degrees.

Add peppers to microwave for 3 minutes.

Brown sausage in cast iron skillet.

Take out and set aside.

Mix eggs, cream, salt and pepper together and add to skillet.

Cook for 5 minutes until the sides start to set up.

Add to oven and bake for 15 minutes.

Take out and add sausage, peppers and cheese.

Set under broiler for 3 minutes.

Let sit for 5 minutes.

□

**Course:** Breakfast

**Amount Per Serving**

Calories: 307

# Strawberry Banana Oatmeal Protein Smoothie

□

**Course:** Breakfast

**Source:** [www.thisgalcooks.com](http://www.thisgalcooks.com)

**Prep** 5 min

**Total** 5 min

**Yields** 4 1/2 oz servings originally 9 oz servings

**Serving:** 1

This Strawberry Banana Oatmeal Protein is super thick, creamy and will keep you full until lunchtime. Use gluten free oats to keep it gluten free!

## Ingredients

- 1/2 cup **Almond Breeze Vanilla Almond Milk with a hint of honey**
- 1/4 cup **old fashioned oats**
- 3/4 cup **frozen strawberries**
- 1/2 **banana\***
- 1/2 scoop **plant based vanilla protein powder. Vega brand is my fav.**

## Directions

Place all ingredients into your blender in the order listed. Pulsate a couple of time and then blend on medium high speed until smooth.

# Tuna Protein Box

**Source:** [sweetpeasandsaffron.com](http://sweetpeasandsaffron.com)

**Prep** 10 min

**Cook** 10 min

**Total** 20 min

**Yields** 4 originally 4

**Serving:** 4

Tuna protein box is filled with protein-packed foods: tuna salad, cheese, and hard boiled eggs. Ready in minutes, and perfect for delicious on the go snacks! Gluten-free and clean eating.

## Ingredients

- 4 **whole eggs**
- 4 **carrots** (*peeled & chopped*)
- 2-3 **ribs celery** (*chopped*)
- 1 cup **grapes**
- 1 cup **blueberries**
- 8 oz **cheese** (*cubed*)
- 5 oz can **tuna** (*drained*)
- 2 tablespoons **mayonnaise**
- 2 tablespoons **celery** (*finely chopped*)
- **salt & pepper** (*to taste*)

## Directions

Cook and cool hard boiled eggs (I used my Instant Pot). You can leave them with the shells on or peel them after they've cooled completely.

Stir together tuna salad ingredients and divide between containers.

Divide all other ingredients between containers.

Store in the fridge for up to 4 days.

Enjoy cold.

□

**Course:** Main Course

## Amount Per Serving

Calories: 414

Fat: 25 g

Cholesterol: 237 mg

Sodium: 616 mg

Sugar: 13 g

Carbohydrate: 20 g

Fiber: 3 g

Protein: 27 g