

May 10 – 16

Sun 10	Mon 11	Tue 12	Wed 13	Thu 14	Fri 15	Sat 16
Breakfast	Breakfast Hearty Make Ahead Breakfast Bowls CAL: 406 FAT: 18g CAR: 41g PRO: 20g	Breakfast Healthy Oatmeal chocolate chip banana bread CAL: 273 FAT: 13g CAR: 37g PRO: 3g	Breakfast Leftover Hearty Make Ahead Breakfast Bowls CAL: 406 FAT: 18g CAR: 41g PRO: 20g	Breakfast Leftover Hearty Make Ahead Breakfast Bowls CAL: 406 FAT: 18g CAR: 41g PRO: 20g	Breakfast Leftover Healthy Oatmeal chocolate chip banana bread CAL: 273 FAT: 13g CAR: 37g PRO: 3g	Breakfast
Lunch	Lunch Teriyaki Chicken Meal Prep Bowl Recipe CAL: 422 FAT: 10g CAR: 39g PRO: 42g	Lunch Spinach Strawberry Salad 20 Minute Air Fryer Chicken Breast CAL: 188 FAT: 6g CAR: 5g PRO: 25g	Lunch Leftover Teriyaki Chicken Meal Prep Bowl Recipe CAL: 422 FAT: 10g CAR: 39g PRO: 42g	Lunch Leftover Teriyaki Chicken Meal Prep Bowl Recipe CAL: 422 FAT: 10g CAR: 39g PRO: 42g	Lunch Leftover Spinach Strawberry Salad Leftover 20 Minute Air Fryer Chicken Breast CAL: 188 FAT: 6g CAR: 5g PRO: 25g	Lunch
Supper	Supper Baked Lump Crab Cakes with Red Pepper Chipotle Lime Sauce CAL: 173.6 FAT: 8.8 g CAR: 11.7 g PRO: 13.1 g	Supper Crunchy Taco Cups	Supper Skinny Lasagna Skillet CAL: 305 FAT: 7g CAR: 26g PRO: 35g	Supper Chicken Roll Ups with Broccoli and Cheese CAL: 430 FAT: 15 g CAR: 10 g PRO: 62 g	Supper	Supper
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
	CAL: 1001.6 FAT: 36.8g CAR: 91.7g PRO: 75.1g	CAL: 461 FAT: 19g CAR: 42g PRO: 28g	CAL: 1133 FAT: 35g CAR: 106g PRO: 97g	CAL: 1258 FAT: 43g CAR: 90g PRO: 124g	CAL: 461 FAT: 19g CAR: 42g PRO: 28g	

20 Minute Air Fryer Chicken Breast

Source: sweetpeasandsaffron.com

Prep 15 min

Cook 10 min

Total 25 min

Serving: 4

A quick but flavorful air fryer chicken breast recipe that is ready in just 20 minutes! With a super simple breading that gets crispy and delicious in the air fryer.

Ingredients

- 1 lb **boneless skinless chicken breasts** (*roughly 2 large*)
- 1 tablespoon **olive oil**
- **Breading**
- $\frac{1}{4}$ cup **bread crumbs** (*see **)
- $\frac{1}{2}$ teaspoon **salt**
- $\frac{1}{4}$ teaspoon **black pepper**
- $\frac{1}{2}$ teaspoon **paprika**
- $\frac{1}{8}$ teaspoon **garlic powder**
- $\frac{1}{8}$ teaspoon **onion powder**
- $\frac{1}{16}$ teaspoon **cayenne pepper**

Directions

Heat air fryer to 390°F / 200 °C.

Slice chicken breasts in half horizontally to make two thin chicken breast halves from each.

Brush each side lightly with olive oil.

Stir together the breading ingredients. Dredge the chicken breasts in the breading multiple times until they are thoroughly coated.

Shake off excess breading, and place in a single layer in the air fryer (2 chicken breast halves at a time).

Cook for 4 minutes, flip, then two more minutes. Cook time will depend on the size and thickness of your chicken breasts, so either check with a digital thermometer that chicken has reached 165°F or cut one in half.

To prepare ahead



Course: Main Course

Amount Per Serving

Calories: 188

Fat: 6g

Cholesterol: 72mg

Sodium: 472mg

Carbohydrate: 5g

Protein: 25g

These air fryer chicken breasts may be cooked 2-3 days ahead and stored in the fridge. Place them back in the air fryer for 2-3 minutes until heated through and breading is crispy again.

Baked Lump Crab Cakes with Red Pepper Chipotle Lime Sauce

Source: www.skinnytaste.com

Yields 4 servings originally 4 servings

Serving: 4

Ingredients

- 9 ounces **lump crab meat** (*picked free of shells*)
- $\frac{1}{2}$ cup **about 13 reduced fat Ritz crackers** *crushed*
- 1 **whole egg plus 1 egg white** (*beaten*)
- 2 **finely chopped scallions**
- 2 **tbsp finely chopped red bell pepper**
- 1 **tbsp low fat mayonnaise**
- 2 **tbsp fresh cilantro** (*or parsley*)
- $\frac{1}{2}$ **lime** (*juiced*)
- **salt and pepper to taste**
- **cooking spray**
- 1 **tbsp roasted peppers** (*jarred*)
- $\frac{1}{4}$ **cup light mayonnaise**
- 1 **tsp minced canned chipotle chilies in adobo sauce**
- 1 **tsp fresh lime juice**

Directions

, Red Pepper Chipotle Lime Sauce:

In a small blender (or magic bullet) puree mayonnaise, lime juice, roasted pepper and chipotle pepper.

, Crab Cakes:

In a large bowl, combine crushed crackers, eggs, scallions, pepper, mayo, cilantro, lime juice, salt and pepper.

Mix well, then fold in crab meat, careful not to over mix so the crab remains in large chunks.

Gently shape into patties using a $\frac{1}{2}$ cup measuring cup.

Chill in the refrigerator at least $\frac{1}{2}$ hour before baking.

Preheat oven to 400°.

Grease a baking sheet with cooking spray.

Bake about 8-10 minutes on each side, until nicely browned.



Course: Main Course

Amount Per Serving

Calories: 173.6

Fat: 8.8 g

Carbohydrate: 11.7 g

Fiber: 1.3 g

Protein: 13.1 g

Drizzle red pepper chipotle lime sauce over crab cakes and serve.

Chicken Roll Ups with Broccoli and Cheese

Source: www.skinnytaste.com

Prep 10 min

Cook 25 min

Total 35 min

Yields 4 servings originally 4 servings

Serving: 4

Broccoli and Cheese Stuffed Chicken are filled with cheddar and broccoli, then rolled up, breaded and baked in the oven or air fryer!

Ingredients

- 2 cups **finely chopped broccoli floret**
- 8 **thin chicken breast cutlets** (*about 3 to 4 ounces each*)
- 1 large **egg**
- 2 teaspoons **water**
- $\frac{3}{4}$ cup **gluten-free seasoned breadcrumbs** *or whole wheat*
- 4 slices **cheddar cheese** (*cut in half 3 oz*)
- $\frac{3}{4}$ teaspoon **kosher salt**
- **olive oil spray**
- **toothpicks**

Directions

, OVEN DIRECTIONS:

Preheat oven to 425F. Spray a sheet pan with oil.

Place broccoli in the microwave with 1 tablespoon water, cover and cook 1 minute until soft. Drain and season with 1/4 teaspoon salt.

In a small bowl, combine egg, water and a little salt and beat with a fork; set aside. Fill a second bowl with breadcrumbs.

If the chicken isn't 1/4-inch thin, pound it thin with wax paper and a mallet. Season both sides of the chicken with 1/2 teaspoon salt. Place a 1/2 slice cheese in the center of the chicken and top with 2 tablespoons broccoli.

Roll the chicken around to completely cover cheese, using toothpicks to secure the ends, if needed.

Dip chicken into egg wash, then breadcrumbs and transfer to a sheet pan. Spray both sides of the chicken with oil and bake about 25 minutes, until cooked. Remove toothpicks and eat.



Course: Main Course

Amount Per Serving

Calories: 430

Fat: 15 g

Cholesterol: 10 mg

Sodium: 700 mg

Sugar: 2 g

Carbohydrate: 10 g

Fiber: 2.5 g

Protein: 62 g

, AIR FRYER RECIPE:

Preheat air fryer to 400F. Spray a sheet pan with oil.

If the chicken isn't thin enough to easily roll, pound it thin with wax paper and a mallet. Season both sides of the chicken with 1/2 teaspoon salt. Place a 1/2 slice cheese in the center of the chicken and top with 2 tablespoons broccoli.

Dip chicken into egg wash, then breadcrumbs and transfer to a work surface. Spray both sides of the chicken with oil and transfer to the air fryer basket, in batches. Cook about 14 to 16 minutes, turning halfway until the chicken is cooked through in the center. Remove toothpicks before eating.

Crunchy Taco Cups

Source: www.kevinandamanda.com

Prep 20 min

Cook 12 min

Total 32 min

Yields 6 taco cups 1x originally 12 taco cups 1x

Serving: 6

Crunchy tacos made in a muffin tin!

Ingredients

- $\frac{1}{2}$ pound **lean ground beef** *browned and drained*
- $\frac{1}{2}$ envelope (3 tablespoons) **taco seasoning**
- $\frac{1}{2}$ (10-oz) can **Ro-Tel Diced Tomatoes and Green Chiles** *drained*
- $\frac{3}{4}$ cup **sharp cheddar cheese** *shredded (or Mexican blend)*
- 12 **wonton wrappers**

Directions

Preheat oven to 375 degrees F. Generously coat a standard size muffin tin with nonstick cooking spray.

Combine cooked beef, taco seasoning, and tomatoes in a bowl and stir to combine. Line each cup of prepared muffin tin with a wonton wrapper. Add 1.5 tablespoons taco mixture. Top with 1 tablespoon of cheese. Press down and add another layer of wonton wrapper, taco mixture, and a final layer of cheese.

Bake at 375 for 11-13 minutes until cups are heated through and edges are golden.



Course: Main Course

Healthy Oatmeal chocolate chip banana bread

Source: healthyfitnessmeals.com

Prep 15 min

Cook 55 min

Total 1 hr 10 min

Serving: 14

This Chocolate Chip banana bread is so moist and delicious. It's a perfect breakfast option

Ingredients

- 1 Cup **All-Purpose Flour** *or Whole Wheat*
- 1 Cup **Old-fashioned rolled oats**
- 1 $\frac{1}{2}$ Tsp **Baking powder**
- 1 Tsp **Baking soda**
- 4 Large **Very ripe bananas**
- 2 Tsp **Vanilla extract**
- $\frac{1}{2}$ Cup **Coconut Oil melted**
- 2 Medium **Eggs room temperature**
- $\frac{1}{2}$ Cup **Raw honey**
- 1 Cup **Dark chocolate chips**
- Pinch **Sea Salt**
- **Honey** *or maple syrup optional*

Directions

Preheat the oven to 325°F and grease a 9x5-inch loaf pan with coconut oil.

In a large bowl, whisk together the dry ingredients: flour, oats, baking powder, soda, and salt. Set aside.

In another bowl add the bananas and roughly mash with a fork. Whisk in the coconut oil, honey, vanilla, and eggs.

Slowly add the flour mixture. Whisk just until combined, then fold in the chocolate chips.

Pour the batter into the prepared loaf pan and bake for 55 to 70 minutes until a toothpick inserted into the center comes out mostly clean. A few crumbs are fine, you do not want to see wet batter on the toothpick.

Cool bread completely on a wire cooling rack. Once cooled, remove from pan and enjoy!



Course: Breakfast

Amount Per Serving

Calories: 273

Fat: 13g

Cholesterol: 23mg

Sodium: 114mg

Sugar: 19g

Carbohydrate: 37g

Fiber: 2g

Protein: 3g

Hearty Make Ahead Breakfast Bowls

Source: www.thirtyhandmadedays.com

Prep 20 min

Cook 45 min

Total 1 hr 5 min

Serving: 6

These Hearty Make Ahead Breakfast Bowls not only taste great, but are healthier than eating out and less expensive. Winning all around!

Ingredients

- 3 lbs **red potatoes cubed**
- 1 tbsp **olive oil**
- **pepper to taste**
- 9 **eggs large**
- **Olive oil spray**
- 1 $\frac{1}{2}$ c **salsa**
- 1 $\frac{1}{2}$ c **cheddar cheese shredded**

Directions

Preheat the oven to 400 degrees.

Cut red potatoes into 1 inch cubes.

Put in a bowl, add 1 tbsp olive oil and mix to cover well.

Bake for 45 mins or until golden brown, stirring once.

Make scrambled eggs - whisk 9 eggs and add to pan with olive oil spray.

Sprinkle with pepper to taste.

Add potatoes, eggs, salsa if desired and cheese over 6 bowls.

Store in fridge for up to a week.

Reheat at 30-45 seconds in the microwave.



Course: Breakfast

Amount Per Serving

Calories: 406

Fat: 18g

Cholesterol: 275mg

Sodium: 768mg

Sugar: 5g

Carbohydrate: 41g

Fiber: 5g

Protein: 20g

Skinny Lasagna Skillet

Source: healthyfitnessmeals.com

Prep 10 min

Cook 23 min

Total 33 min

Serving: 4

A one-pan pasta dish full of whole wheat pasta, ground turkey, and tomato sauce, all topped with melted cheese.

Ingredients

- 1 pound **ground turkey**
- 2 teaspoons **olive oil**
- **salt and pepper to taste**
- 1 teaspoon **Italian seasoning**
- $\frac{1}{2}$ cup **diced onion**
- 1 $\frac{1}{2}$ cups **uncooked whole wheat pasta any short shape will work**
- 2 cups **marinara sauce**
- 1 $\frac{1}{2}$ cups **water**
- $\frac{1}{2}$ cup **shredded mozzarella cheese**
- 1 tablespoon **chopped parsley**

Directions

Heat the olive oil in a Dutch oven over medium-high heat. Add the onions and cook for 3 minutes. Add the ground turkey and season with salt and pepper to taste and the Italian seasoning.

Cook for 4-5 minutes until turkey is cooked through, using a spatula to break up the meat into bite-sized pieces.

Add the pasta, marinara sauce and water to the pan. Simmer for 11-12 minutes or until pasta is tender.

Preheat the broiler

Sprinkle the cheese over the top of the pasta and place under the broiler. Cook for 2-3 minutes or until cheese is melted. Top with parsley and serve.



Course: Main Course

Amount Per Serving

Calories: 305

Fat: 7g

Cholesterol: 73mg

Sodium: 797mg

Sugar: 6g

Carbohydrate: 26g

Fiber: 2g

Protein: 35g

Spinach Strawberry Salad

Source: www.wellplated.com

Prep 15 min

Cook 10 min

Total 25 min

Serving: 6

The best ever Spinach Strawberry Salad with balsamic poppy seed dressing, pecans, and feta. Beautiful, healthy, and always a crowd pleaser!

Ingredients

• *For the Strawberry Spinach Salad:*

- $\frac{3}{4}$ cup **raw pecans**
- $\frac{1}{2}$ small **red onion** – very thinly sliced
- 10 ounces **fresh baby spinach** – I also love a 50/50 arugula and spinach blend
- 1 quart **strawberries** – hulled and quartered (*about 1 pound*)

• $\frac{3}{4}$ cup **crumbled feta cheese** – buy the **block-style feta** *not pre-crumbled; the texture is much better*

• *For the Poppy seed Dressing:*

- $\frac{1}{4}$ cup **balsamic vinegar**
- 3 tablespoons **extra-virgin olive oil**
- 1 $\frac{1}{2}$ tablespoons **poppy seeds**
- 1 $\frac{1}{2}$ tablespoons **honey**
- $\frac{1}{2}$ teaspoon **Dijon mustard**
- $\frac{1}{2}$ teaspoon **kosher salt**
- $\frac{1}{8}$ teaspoon **black pepper**

Directions

Toast the pecans: Preheat the oven to 350 degrees F. Spread the pecans in a single layer on an ungreased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant and the center of a pecan is tan when the pecan is broken in half. (Do not walk away from the oven in the last few minutes of cooking. This is when nuts love to burn.) Transfer to a cutting board and roughly chop.

Place the sliced onions in a bowl and cover with cold water. Let sit while you prepare the rest of the salad (this keeps their flavor but removes the harsh onion bite).



Course: Salad

Prepare the dressing: In small mixing bowl or large liquid measuring cup, whisk together all of the dressing ingredients—vinegar, oil, poppy seeds, honey, mustard, salt, and pepper—until well combined. (Alternatively, you can shake the ingredients together in a mason jar with a tight-fitting lid).

Assemble the salad: Place the spinach in a great big serving bowl. Add the strawberries. Drain the red onion and add it as well. Drizzle about half of the dressing over the salad and toss to coat the leaves. Assess the amount of dressing. You want the spinach leaves to be nicely moistened but not swimming in dressing. Add a little more if needed to suit your preferences. Add the feta and pecans. Toss lightly to combine. Serve immediately, with extra dressing on the side as desired.

Teriyaki Chicken Meal Prep Bowl Recipe

Source: healthyfitnessmeals.com

Prep 15 min

Cook 20 min

Total 35 min

Serving: 4

A healthier version of the classic chicken teriyaki made simple for meal prepping.

Ingredients

- 1.5 lbs **Skinless boneless chicken breasts** *or thighs diced into 1-inch cubes*
- 1 Tbsp **Sesame Oil**
- 4 Cups **Broccoli Florets fresh** *or frozen*
- 2 Cups **Cooked brown rice** *or quinoa*
- 1 Tbsp **Sesame seeds to garnish**
- 2 Tbsp **Sliced green onions**
- 2 Tbsp **Sliced chili** *or to taste*
- *For the Teriyaki Sauce:*
- 2 **Garlic Cloves finely grated**
- 2 Tbsp **Fresh ginger finely grated**
- 1 Tbsp **Raw honey**
- $\frac{1}{4}$ Cup **Low-sodium soy sauce**
- $\frac{1}{4}$ Cup **Freshly squeezed orange juice**
- $\frac{1}{2}$ Tbsp **Cornstarch**

Directions

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add in chicken and cook stirring occasionally for about 4-5 minutes, or until almost cooked through.

Meanwhile whisk all teriyaki sauce into a small bowl, then pour over the chicken.

Lower the heat and simmer for 3-5 minutes, until the sauce thickens and nicely coats the chicken.

Steam the broccoli until just tender, 5-8 minutes.

Divide the cooked brown rice among 4 glass containers, and top with steamed broccoli and teriyaki chicken.



Course: Main Course

Amount Per Serving

Calories: 422

Fat: 10g

Cholesterol: 108mg

Sodium: 762mg

Sugar: 7g

Carbohydrate: 39g

Fiber: 4g

Protein: 42g

Garnish with sesame seeds, chilies, and green onions and enjoy!

Refrigerate for 3-5 days and reheat just before serving.