

May 3 – 9

Sun 3	Mon 4	Tue 5	Wed 6	Thu 7	Fri 8	Sat 9
Breakfast	Breakfast <b>Healthy Banana Oatmeal Bars</b> CAL: 270 FAT: 10 g CAR: 41 g PRO: 7 g	Breakfast <b>Fluffy Protein Waffles Recipe</b> CAL: 160 FAT: 7 g CAR: 15 g PRO: 7 g	Breakfast Leftover <b>Healthy Banana Oatmeal Bars</b> CAL: 270 FAT: 10 g CAR: 41 g PRO: 7 g	Breakfast Leftover <b>Healthy Banana Oatmeal Bars</b> CAL: 270 FAT: 10 g CAR: 41 g PRO: 7 g	Breakfast Leftover <b>Fluffy Protein Waffles Recipe</b> CAL: 160 FAT: 7 g CAR: 15 g PRO: 7 g	Breakfast
Lunch	Lunch <b>BLT Roll Ups with Turkey and Avocado</b> CAL: 341 FAT: 16 g CAR: 29 g PRO: 22 g	Lunch <b>Chicken and Avocado Burritos</b> CAL: 519 FAT: 24g CAR: 37.2g PRO: 40g	Lunch <b>BLT Roll Ups with Turkey and Avocado</b> CAL: 341 FAT: 16 g CAR: 29 g PRO: 22 g	Lunch Leftover <b>Chicken and Avocado Burritos</b> CAL: 519 FAT: 24g CAR: 37.2g PRO: 40g	Lunch <b>BLT Roll Ups with Turkey and Avocado</b> CAL: 341 FAT: 16 g CAR: 29 g PRO: 22 g	Lunch
Supper	Supper <b>One Pan Parmesan-Crusted Chicken with Broccoli</b> CAL: 334 FAT: 12.5 g CAR: 4 g PRO: 51 g	Supper Leftover <b>One Pan Parmesan-Crusted Chicken with Broccoli</b> CAL: 334 FAT: 12.5 g CAR: 4 g PRO: 51 g	Supper <b>Pepper Steak Kabobs</b> CAL: 251 FAT: 8g CAR: 13g PRO: 30g	Supper <b>Creamy Garlic Tuscan Shrimp</b> CAL: 553 FAT: 23g CAR: 6g PRO: 88g	Supper	Supper
Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
	CAL: 945 FAT: 38.5 g CAR: 74 g PRO: 80 g	CAL: 1013 FAT: 43.5 g CAR: 56.2 g PRO: 98 g	CAL: 862 FAT: 34 g CAR: 83 g PRO: 59 g	CAL: 1342 FAT: 57 g CAR: 84.2 g PRO: 135 g	CAL: 501 FAT: 23 g CAR: 44 g PRO: 29 g	

# BLT Roll Ups with Turkey and Avocado

**Source:** [www.skinnytaste.com](http://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 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

# Chicken and Avocado Burritos

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

**Prep** 15 min

**Cook** 5 min

**Total** 20 min

**Yields** 4 originally 4

**Serving:** 4

Burritos stuffed with juicy chicken, cool and creamy avocado, oozy gooey melted cheese, spicy salsa verde and sour cream!

## Ingredients

- 4 **burrito sized tortillas** (*corn tortillas for gluten-free*) warmed
- 1 pound **cooked chicken** *sliced or shredded*
- 1 large **avocado** *diced*
- 1 cup **Monterey Jack cheese** *shredded*
- $\frac{1}{4}$  cup **salsa verde**
- $\frac{1}{4}$  cup **sour cream** *or greek yogurt*
- 2 tablespoons **cilantro** *chopped*

## Directions

Assemble the burritos, optionally toast, and enjoy!



**Course:** Main Course

**Main Ingredient:** Chicken

### Amount Per Serving

Calories: 519

Fat: 24g

Cholesterol: 93mg

Sodium: 771mg

Sugar: 2.5g

Carbohydrate: 37.2g

Fiber: 6g

Protein: 40g

# Creamy Garlic Tuscan Shrimp

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

**Prep** 10 min

**Cook** 10 min

**Total** 20 min

**Serving:** 6

Creamy, rich, decadent and ready in 20 minutes.

## Ingredients

- 1  $\frac{1}{2}$  lb **Shrimp peeled and deveined**
- 2 Tbsp **Butter or Ghee**
- 4 **Garlic Cloves pressed**
- 1 Cup **Heavy Cream**
- 1 Tsp **Gluten-free Flour**
- $\frac{1}{2}$  Tbsp **Lemon Zest**
- 1 Tbsp **Italian Seasoning Mix**
- 1 Tsp **Chili Flakes or to taste**
- 1 Tsp **Cayenne Powder**
- $\frac{1}{4}$  Cup **Sun-dried Tomatoes Chopped**
- **freshly chopped basil leaves picked and chopped** *A handful of*
- **Sea salt and pepper** *to taste*

## Directions

Melt butter in a large skillet or nonstick pan over medium heat. Add the garlic and cook for about 30 seconds, or until fragrant.

Meanwhile, in a bowl, whisk flour and heavy cream until well combined, then pour it into the pan.

Stir in the lemon zest, Italian seasoning, chili flakes, cayenne powder, and sun-dried tomatoes. Lower the heat and simmer for about 3-4 minutes, or until the sauce starts to thicken.

Add the shrimp and cook until becomes pink and curly. About 4-5 minutes.

Take off the heat and stir in the basil. Season with salt and pepper if needed and enjoy!



**Course:** Main Course

### Amount Per Serving

Calories: 553

Fat: 23g

Cholesterol: 1357mg

Sodium: 4058mg

Sugar: 2g

Carbohydrate: 6g

Fiber: 1g

Protein: 88g

# Fluffy Protein Waffles Recipe

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

**Prep** 5 min

**Cook** 10 min

**Total** 15 min

**Yields** 4 Servings originally 2 Servings

**Serving:** 4

Low carb waffles that are packed with protein and easy to make.

## Ingredients

- 4 scoops **Whey Protein** (*Vanilla Flavor*)
- 4 **Tbps Coconut Flour**
- 2 teaspoon **Baking powder**
- 2 tablespoon **Coconut sugar** (*or low-calorie sweetener*)
- 4 **Eggs**
- 1 cup **Almond milk** *or skim milk, (unsweetened for Keto)*
- 1 teaspoon **Vanilla extract**
- **cooking spray**
- **maple syrup and fresh berries** (*use sugar-free syrup for keto*)

## Directions

Preheat a waffle iron and coat with cooking spray. In a medium bowl, mix together the protein powder, coconut flour, baking powder, and coconut sugar.

Add the eggs, almond milk and vanilla extract to the dry mixture; stir until thoroughly combined and batter forms.

Place  $\frac{1}{4}$  cup batter into each well of the waffle iron. Cook for 4 minutes or until golden brown.

Serve immediately, topped with maple syrup and fresh berries.



**Course:** Breakfast

### Amount Per Serving

Calories: 160

Fat: 7 g

Cholesterol: 163 mg

Sodium: 189 mg

Sugar: 5 g

Carbohydrate: 15 g

Fiber: 5 g

Protein: 7 g

# Healthy Banana Oatmeal Bars

Source: [fitfoodiefinds.com](http://fitfoodiefinds.com)

Yields 8 bars originally 8 bars

Serving: 8

## Ingredients

- ½ cup **ground oat flour\***
- ½ cup **buckwheat flour**
- 1.5 cups **rolled oats**
- ½ teaspoon **baking powder**
- ¼ cup **coconut sugar**
- ⅓ cup **dark chocolate chips** (*+ more for topping*)
- 2 large **egg whites**
- 1 medium **banana** *ripe and mashed*
- 2 tablespoons **honey**
- ¼ cup **applesauce**
- ¼ cup **unsweetened almond milk**
- 3 tablespoons **coconut oil** *melted*

## Directions

First, preheat oven to 350°F and an 8×8-inch\* pan with parchment paper. Spray with coconut oil cooking spray.

Next, in a large bowl mix together dry ingredients, minus the chocolate chips, you'll add those last.

In a medium-size bowl, mash the banana until pureed and then mix in the wet ingredients, minus the coconut oil.

Combine the wet and dry ingredients and mix until combined. Add melted coconut oil and dark chocolate chips and mix one more time.

Transfer batter into baking dish and option to add more chocolate chips to the top. Bake at 350°F for about 20-23 minutes.

Let cool for 30 minutes to an hour before slicing. Enjoy with nut butter and fresh banana slices.



**Course:** Breakfast

### Amount Per Serving

Calories: 270

Fat: 10 g

Sugar: 17 g

Carbohydrate: 41 g

Fiber: 4 g

Protein: 7 g

# One Pan Parmesan-Crusted Chicken with Broccoli

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

**Prep** 5 min

**Cook** 30 min

**Total** 35 min

**Yields** 6 servings originally 6 servings

**Serving:** 6

This simple Parmesan-Crusted Baked Chicken Breast is made on a sheet pan with broccoli, for a one pan dish that is so quick, and the best part, easy clean up!

## Ingredients

- 2 tablespoons **olive oil**
- 6 **7-ounce boneless, skinless chicken breasts**
- 12 ounces **frozen broccoli florets** *or fresh*
- 1 teaspoon **Kosher Salt**
- $\frac{1}{4}$  tsp **garlic powder**
- 2 **garlic cloves** (*minced*)
- $\frac{1}{2}$  cup **freshly grated Parmesan cheese**
- $\frac{1}{4}$  cup **chopped fresh parsley**

## Directions

Preheat the oven to 425°F. Grease a rimmed baking sheet with 1 tablespoon of the olive oil.

Arrange the chicken breasts in the center of the prepared baking sheet. Arrange the broccoli around the chicken.

Drizzle the broccoli with the remaining 1 tablespoon olive oil and sprinkle everything with salt and garlic powder.

Bake until the chicken breasts are cooked through and a thermometer inserted in the thickest part registers 160°F, 25 to 30 minutes.

In a small bowl, combine the garlic, Parmesan, and parsley.

Top each chicken breast with some of the mixture. Broil until the cheese is melted and the broccoli is deeply browned, 3 minutes.

Remove the pan from the oven, tent with foil, and let rest for 5 minutes. Serve warm.



**Course:** Main Course

### Amount Per Serving

Calories: 334

Fat: 12.5 g

Cholesterol: 152 mg

Sodium: 448 mg

Sugar: 0.1 g

Carbohydrate: 4 g

Fiber: 2 g

Protein: 51 g

# Pepper Steak Kabobs

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

**Prep** 5 min

**Cook** 15 min

**Total** 20 min

**Serving:** 4

These steak kabobs are flavored with a bold marinade then grilled to perfection.

## Ingredients

- ½ cup **soy sauce**
- 2 tablespoons **packed brown sugar**
- 1 tablespoon **cider vinegar**
- 1 tablespoon **Worcestershire sauce**
- 2 teaspoons **Dijon mustard**
- ½ teaspoon **ground pepper**
- 1 tablespoon **olive oil**
- 1 pound **lean steak such as beef tenderloin *sirloin or New York Strip*, cut into 1 ½ inch pieces**
- 2 cups **diced colored bell peppers**
- 2 tablespoons **chopped parsley**

## Directions

Place the soy sauce, brown sugar, cider vinegar, Worcestershire sauce, Dijon mustard, pepper and olive oil in a resealable bag; seal and shake to combine ingredients.

Place the beef in the marinade; refrigerate for at least one hour or up to 8 hours.

Heat a grill over medium heat.

Place the beef cubes and peppers in an alternating pattern on wood skewers.

Place on grill and grill for 4-5 minutes per side or until meat is at medium (pink when cut open).

Sprinkle with parsley and serve.



**Course:** Main Course

## Amount Per Serving

Calories: 251

Fat: 8g

Cholesterol: 69mg

Sodium: 1762mg

Sugar: 6g

Carbohydrate: 13g

Fiber: 1g

Protein: 30g