

Recipe Book Week 1

Breakfast Recipes

HEALTHY MEXICAN-INSPIRED BREAKFAST PIZZA

yield 4

Ingredients

- **Cooking spray**
- **12 large egg whites**
- **Salt and pepper to taste**
- **4 oz ham, cut into thin strips**
- **4 whole wheat English muffins, split and lightly toasted**
- **1 cup salsa**
- **½ cup reduced-fat shredded cheese**



Instructions

1. Preheat the broiler.
2. Add cooking spray to pan.
3. Season the eggs with salt and pepper, then add to the pan, along with the ham strips.
4. Cook, using a wooden spoon or rubber spatula to keep stirring the eggs as they set.
5. Remove the pan from the heat about 30 seconds before the eggs are fully done (they'll continue to cook in the pan and in the oven).
6. Slather each English muffin half with a good spoonful of salsa.
7. Divide the eggs among the English muffins, then top with the cheese.
8. Place all the English muffins on a baking sheet and broil (6" from the heat is ideal) until the cheese is fully melted and browned around the edges.

APPLE CINNAMON OVERNIGHT OATS

prep 5 mins

total 5 min

yield 1

Ingredients

- ½ cup rolled, old-fashioned oats
- ½ cup plain, nonfat Greek yogurt
- ¼ cup milk or non-dairy alternative
- 2 tbsp powdered peanut butter
- 1 tablespoon honey or maple syrup
- 1 teaspoon ground cinnamon
- 1 apple, diced
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Instructions

1. In a mason jar or bowl, add the oats, milk, honey, and cinnamon. Stir to combine.
2. Top with diced apple.
3. Refrigerate overnight, or at least 4 hours.

Smoked Salmon Breakfast Wrap

prep 5 mins

cook 3 min

total 8 mins

yield 1

Ingredients

- cooking spray (if needed, for making eggs)
- 4 large egg whites
- 1/8 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1 Flatout flatbread



(see next page)

- 2 tablespoons 1/3-less-fat chive & onion cream cheese
- 1/4 cup loosely packed baby spinach leaves
- 5 thin slices tomato
- 2 ounces smoked salmon
- 2 tablespoons thinly sliced green onions
- 1 teaspoon capers (optional)

Instructions

1. In a small nonstick skillet coated with cooking spray, scramble eggs until just set and fluffy, seasoning with salt and pepper. Set aside briefly, keeping eggs warm.
2. Lay flatbread on work surface and spread with cream cheese, leaving a very thin outer border not coated in cream cheese.
3. Top cream cheese with spinach, tomato, reserved scrambled egg, smoked salmon, green onions, and capers (if using). Layer each of these ingredients by spreading them down the middle of the flatbread, lengthwise, not placing them too close to the sides of the flatbread.
4. Fold in the cream-cheese slathered long sides of the flatbread so they overlap in the middle to enclose the filling, securing with toothpicks if needed.
5. Cut in half and serve immediately

Lunch/Dinner Recipes

BBQ CHICKEN & ROASTED SWEET POTATO BOWL

prep 10 mins

cook 35 mins

total 45 mins

yield 3

Ingredients:

- 2 medium sweet potatoes
- 1 large yellow onion
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp chipotle powder or chili powder
- 1 head broccoli
- 1 lb boneless, skinless chicken breast
- ½ c BBQ sauce



Directions:

1. Preheat the oven to 400°.
2. Peel and chop the sweet potatoes into 1/2" chunks. Chop onion into 1 inch pieces and add to a lined sheet pan along with the sweet potatoes. Toss the sweet potatoes and onions with 1 Tbsp. olive oil, 1/4 tsp. salt, garlic powder and chipotle powder and toss until well combined. Bake at 400° for 20 minutes.
3. Toss the sweet potatoes and push to one side of the pan. Add the broccoli and toss with 1 Tbsp. olive oil and 1/4 tsp. salt. Add the chicken breasts and brush with 1/4 c. BBQ sauce. Bake an additional 15-20 minutes at 400° until the chicken is done.
4. Remove the pan from the oven and shred the chicken breasts using two forks. Toss the chicken with the remaining BBQ sauce. Add to bowls along with the roasted vegetables and serve immediately.

BUFFALO SHRIMP BOWLS

prep 5 mins

cook 15 mins

total 20 mins

yield 4

Ingredients

- 1.5 lb cooked shrimp, peeled, deveined and tails off
- 2 cups quinoa
- 3/4 cup hot sauce
- 1 tsp sea salt
- 1 tsp garlic powder
- 2 stalks celery, diced
- 2 green onions, thinly sliced
- 1/4 red onion, very thinly sliced
- 2 large carrots, julienned or shaved with vegetable peeler
- 4 oz bleu cheese, crumbled (optional)



Directions

1. Cook quinoa according to package directions (usually 15-20 mins).
2. While quinoa is cooking, prep veggies
3. Coat shrimp in hot sauce
4. Once cooked, evenly distribute the quinoa among 4 bowls.
5. Top each bowl with shrimp and toppings and enjoy!

CHICKEN ENCHILADA BOWL

prep 10 mins

cook 10 mins

total 20 mins

yield 4

Ingredients:

- 2 tablespoons olive oil
- 1 small onion, diced
- 1 clove garlic
- 1 small zucchini
- ½ cup grated carrot
- 1 lb boneless, skinless, chicken breast
- 4 oz fire-roasted diced green chiles (1 can)
- Salt & pepper to taste
- ½ tsp cumin
- 15 oz no salt added black beans (1 can, rinsed and drained)
- 12 oz red enchilada sauce
- 4 corn tortillas
- 1 ½ cups reduced fat shredded cheddar cheese
- 1 package cauliflower rice



Directions

1. Heat olive oil over medium heat in large skillet. Sauté onion, garlic, zucchini and grated carrot until they start to become tender, 5 minutes.
2. Stir in chicken and cook 3 minutes or until cooked thoroughly.
3. Stir in green chiles, salt, pepper, cumin, beans and enchilada sauce.
4. Bring to quick boil then reduce to low.
5. Stir in pieces of corn tortillas and cheddar cheese.
6. Serve over cauliflower rice.

JALAPENO CHEDDAR TURKEY MEATLOAF

prep 15 mins

cook 1 hour

total 1 hour 15 mins

yield 4



Ingredients:

- **For the sauce:**

- 1 (8 oz) can tomato sauce
- 1 tablespoon chilli powder
- 1/2 teaspoon cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon apple cider vinegar

- **For the meatloaf:**

- 1 pound 93% lean ground turkey
- 1/2 pound 99% lean ground turkey
- 2 large egg whites
- 1/2 white onion, very finely diced
- 1 clove garlic, minced
- 1/2 cup panko bread crumbs (can also use gluten free bread crumbs)
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 3/4 teaspoon salt
- 1/2 cup reduced fat sharp cheddar cheese
- 1 jalapeño, sliced

Directions:

1. Preheat oven to 375 degrees F. Line large baking sheet with parchment paper.
2. First make the enchilada sauce by combining all the enchilada sauce ingredients in a small bowl. Set aside.
3. In a large bowl combine turkey, egg, onion, garlic, breadcrumbs, add 2 tablespoons enchilada sauce, cumin, chili powder and salt. Use your hands or a large spoon to mix until well combined. I find that it's much easier to combine the ingredients if you use your hands.
4. Place half of meat mixture on foil-lined pan and shape into a 10x4 inch rectangle. Top with cheddar evenly, leaving about an 1/2 inch of room on the sides.
5. Add jalapeno slices on top of cheddar. Top with the remaining meat mixture, enclosing the cheese completely and sealing the sides/edges together.
6. Spread half of the enchilada sauce on top of the meat loaf, reserve other half for brushing on when meatloaf is finished baking.

(see next page)

7. Bake meatloaf for 50 minutes to 1 hour or until meat thermometer reads 160 degrees F. Top with remaining sauce and allow to cool for 5 minutes before cutting into 4 slices.

FOIL PACK CAJUN CHICKEN & VEGGIES

prep 10 mins

cook 20 mins

total 30 mins

yield 4

Ingredients

- 2-3 boneless skinless chicken breasts cut into 1-inch pieces
- 1 large zucchini chopped
- 2 cups broccoli florets
- 1 bell pepper chopped
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 teaspoon EACH garlic powder, chili powder, paprika, oregano, salt
- 1/4 teaspoon black pepper optional



Directions

1. Pre-heat oven to 450F. Cut 4 sheet of foil into long rectangles (about 12"x12"). Set aside.
2. Combine all the ingredients in a large bowl. Spoon mixture evenly onto the 4 foil sheets. Fold and seal foil.
3. Place foil packs on a cooking sheet and bake 20-25 minutes. Serve chicken from foil packets. Be careful when opening packets; steam is trapped inside.

BAKED FISH STICKS WITH TARTAR SAUCE

Ingredients:

For the Fish Sticks

- 1 lb cod
- 1 Tbs canola oil
- 1-2 eggs
- 6 Tbs flour
- 1 tsp seasoned salt
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1/2 C panko bread crumbs
- 1/2 C unseasoned breadcrumbs



For the Tartar Sauce

- 1/4 C light mayonnaise
- 1/4 C plain, nonfat Greek yogurt
- 2 Tbs lowfat sour cream
- 1/4 tsp dried dill
- 1/2 tsp dried parsley
- 1/2 Tbs finely minced onion
- 1 T minced dill pickle
- 1 pinch seasoned salt
- 1 tsp fresh lemon juice

Directions:

1. **Tartar Sauce:** Mix all tartar sauce ingredients and stir well to combine. Chill for at least one hour before serving. (The longer the better, make ahead if you can!)
2. **Fish Sticks:** Preheat oven to 450 degrees. Brush canola oil on a rimmed baking sheet and set aside.
3. Crack egg whites into a shallow dish and beat lightly (start with two eggs and crack another if you run out). In a separate shallow dish combine flour, seasoned salt, pepper, and paprika. In one more shallow dish combine panko and bread crumbs.
4. Cut fish into sticks about 3-4 inches long and 1/2-1 inch tall.

(see next page)

- Working with a few pieces of fish at a time, dredge first in flour and then shake off excess. Then dip each piece in the beaten egg, and finally the bread crumb mixture. Make sure all sides are well coated with bread crumbs and then place fish on the baking sheet.
- When all pieces are on baking sheet, place in oven and cook for about 10 minutes. Cool for a few minutes and then serve with tartar sauce for dipping.

Snacks

Tuna Creations

Your Flavor Of Choice)

Available @ any grocery store



Premier Protein Shakes

(Your Flavor Of Choice)

Available @ Target, Meijer, Walmart, Amazon



Pretzel Crisps

(Any Flavor You Like)

Available @ any grocery store



Oikos Triple Zero Greek Yogurt

Available @ any grocery store



Sources:

(most recipes have been altered to fit macros and MyFitnessPal wheels)

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