

A top-down photograph of a rustic wooden cutting board. Surrounding the board are various ingredients: a bunch of fresh parsley in the top left, two whole carrots with green tops in the top right, two red onions cut into thick rings in the middle left, and a small bowl of dried herbs in the top center. In the bottom center, there's a wooden cutting board with a large chef's knife resting on it. Next to the knife are several thin slices of lemon.

THE MEAL PREP MANUAL

2nd EDITION

JOSH CORTIS

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INTRODUCTION

Thank you for purchasing The Meal Prep Manual - 2nd Edition eBook! I hope you find the recipes included to be helpful in reaching your health and nutrition goals!

We live in a busy world where many people struggle to find time to prepare home cooked meals. Over the last few decades, home cooked meals have become almost obsolete. Many find themselves eating out more frequently and spending more money on food than is necessary. My goal with this cookbook is to provide a resource for individuals to easily prepare their own meals in order to lead a healthier lifestyle and to assist in saving money.

Meal prepping is ideal for people looking to lose weight, gain weight, save money, increase overall health, and save time. One of the primary excuses people give for not cooking their meals is that they have no time. It is true that as a whole our society is working longer hours and participating in more activities. Time, however, is a relative concept. Similar to exercise, when lack of time is used as an excuse we are referring to perceived time. A day is 24 hours long, if we work for 8 hours and sleep for 8 hours there are still 8 hours left in our day. People will make time for the things they value. Instead of surfing the internet or watching television for a few hours a night you could be making an investment to your health. The purpose of meal prep is to save you time while still maintaining a healthy diet. Spending 3 hours in the kitchen on Sunday can provide you with meals for the remainder of the week. That's only 1.7% of your week. 1.7% of your week to save you money, improve your health, and save you time. It's hard

to believe anyone couldn't take 2% of their week to provide all of their meals for the upcoming days. I hope those of you who struggle to find time for cooking will find tremendous value in the recipes compiled in the following pages!

The Basics

If you already know how to cook then meal prepping will be a cakewalk for you. If you don't know how to cook, then congratulations, you are about to learn. Cooking is a skill that will increase the quality of your life exponentially. You would be hard pressed to find a person who doesn't get enjoyment out of great food. The recipes from this cookbook are easy to follow with no advanced cooking techniques, just simple cooking to produce highly nutritious and palatable food. If you are ever doubting your abilities to cook one of the recipes, YouTube is a fantastic reference to learn anything you'd need to know.

Before beginning I recommend purchasing a cast iron grill pan, kitchen scale, and containers to store your food. Buy containers that are microwave, dishwasher, and freezer safe to make your life easier. A quick search on Amazon for "meal prep containers" will provide you with hundreds of results. Each recipe in this book has calorie, macronutrient and time estimates attached using MyFitnessPal. Keep in mind these are estimates. Calorie content will be skewed by the exact weight of your foods or by the brand of ingredients you use. The values given should be close as long as you follow the recipe but if you need exacts, I would weigh and calculate the nutrition information for yourself. The time it takes

to cook the meals will depend on your experience in the kitchen. Those of you who are seasoned veterans will have no problem whipping up these meals in under an hour. Those of you who are new to cooking might take a bit longer. Here are some strategies you should be taking to improve your efficiency and ensure you are saving as much time as possible:

1. Read the entire recipe before starting.

You should be doing this for all recipes! Having a complete understanding of where the recipe is going will help you be efficient in your cooking.

2. Begin cooking things that need more time and less babysitting first (i.e. Rice).

Rice/quinoa/lentils and other grains that don't require you to actively watch them should be started first. You don't want to finish cooking the whole meal and start the rice last because you will be waiting 30 minutes and not multitasking.

3. Perform all necessary washing and cutting of foods before you begin cooking.

This is known as mise en place, French for "putting in place". Doing this will allow you to move efficiently through the recipe. If you are a slow chopper, you won't have to worry about moving too fast to keep up with a pan and make poor or dangerous cuts.

4. Wash your dishes as you go.

To get done in under an hour this is a must. There will be plenty of down time when you are waiting for things to cook. Use that time to clean up a pot or two.

5. Utilize all of the burners on your stove.

Some of the recipes will require you to use more than one skillet. It will help you save time to have more than one go to skillet or pan for cooking. If you only have one, just know that it may take you a bit longer.

6. Get practice seasoning food without measuring utensils.

Measuring out spices and seasonings is quite possibly the most time consuming endeavor you will face in these recipes. The awesome thing about cooking is that is not an exact science. You can take some liberties with spices and the final product will still turn out well. Obviously if you need precise measurements for nutritional tracking then measuring may be needed. However, most spices are so low in calories a little extra here and there isn't going to push the needle too much in either direction. As you become more comfortable in the kitchen you will drastically decrease the time it takes to prepare your meals. Knife skills are a huge part of meal prep as you will be cutting vegetables often. Practice makes perfect. Having a sharp knife will be safer and faster.

The majority of the recipes are intended to be split into 5 servings, one for each work day. My Fitness Pal was used to calculate the nutritional information. Many of the measurements

in this book are volumetric measurements in Imperial units. Because of this it leaves a little room for error. Again, if you need exact measurements for calorie counting purposes then weigh and measure your food each time you cook to get the best possible value for your meals. That being said, if you are not someone who needs precise values, the nutritional information in this book is likely to be similar to whatever you throw together. It's also important to note that if you change the recipes in anyway, you will need to recalculate the nutritional information.

Let's talk about calorie consumption. Many people question how many calories they should eat per day. The answer is that it depends and it is different for every individual. You need to take into account your goals (do you want to lose weight or gain weight), your activity levels, and your biology. Luckily we can make a good estimate on our calorie intake using the Harris-Benedict Equation. The Harris-Benedict Equation is a formula used to determine our basal metabolic rate (BMR). The BMR is the rate of energy expenditure required to maintain necessary functions to sustain life. You can think of it as the minimum amount of calories you would need to consume if you just laid in bed for a period of time. The Harris-Benedict equation takes into account an individuals height, weight, age and gender to determine the caloric level necessary to maintain weight. Once the BMR is determined we can multiply it by an activity factor corresponding to different activity levels to establish the recommended daily calorie intake. Let's take a look at the equation and determine what your values are. Unless you are a math savant, you'll need a calcula-

tor to navigate your way through the equation. If you type "BMR calculator" into Google you will find plenty of resources that will make these calculations for you.

Harris-Benedict Equation

$$\text{Males - BMR} = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$$

$$\text{Females - BMR} = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$$

If you are unsure of your measurements in the metric system, use the following conversions to determine your values.

$$\text{Height (in)} \quad * 2.54 = \quad \text{cm}$$

$$\text{Weight (lbs)} \quad / 2.2 = \quad \text{kg}$$

Write down your values to the following equations to make your calculations easier.

Males –

Weight - (13.397 x _____ kg) = _____ Value #1

Height - (4.799 x _____ cm) = _____ Value #2

Age - (5.677 x _____ years) = _____ Value #3

$$\text{BMR} = 88.362 + \text{Value } \#1 + \text{Value } \#2 - \text{Value } \#3 = \\ \text{_____ cals/day}$$

Females –

Weight - (9.247 x _____ kg) = _____ Value #1

Height - (3.098 x _____ cm) = _____ Value #2

Age - (4.330 x _____ years) = _____ Value #3

$$\text{BMR} = 447.593 + \text{Value } \#1 + \text{Value } \#2 - \text{Value } \#3 = \\ \text{_____ cals/day}$$

To calculate your Total Daily Energy Expenditure (TDEE) we need to consider your activity levels. In the following table there are values corresponding to five activity levels ranging from no exercise to heavy exercise, multiple times per day. You can also consider your work when calculating your activity. If you work a desk job don't add any extra activity. If you

work as a landscaper, for example, and are doing manual labor it is in your best interest to factor the work done when choosing which category you fall into. Multiply the BMR you calculated in the previous equation by the constant corresponding to your activity level and you will get a value for the recommended daily intake in order to maintain your weight.

$$\text{BMR} \times \text{activity level constant} = \text{_____ cals/day}$$

This tool can be extremely effective to a person who wishes to change their body composition. The equation provides an estimate, of course, but for the majority of people it

Little to no exercise	calories needed = BMR x 1.2
Light exercise (1–3 days per week)	calories needed = BMR x 1.375
Moderate exercise (3–5 days per week)	calories needed = BMR x 1.55
Heavy exercise (6–7 days per week)	calories needed = BMR x 1.725
Very heavy exercise (twice per day, extra heavy workouts)	calories needed = BMR x 1.9

will provide a figure that's within the ballpark of where their actual number stands. I would recommend performing a 2 week experiment in order to validate that this number is accurate. Follow this protocol to confirm your TDEE:

1. Calculate your TDEE using the equations on the previous pages or using an online calculator. Make sure this value is

for TDEE not just BMR. BMR doesn't factor in your daily activity. Record this value, you need it for step 3.

2. On the day you start the experiment, wake up, go to the bathroom and then immediately weight yourself. This is your starting weight. Record the value.
3. For the following 14 days, weigh and measure all of your food and track your intake using My Fitness Pal. You should be aiming to hit the value that was calculated in step 1. This is your daily calorie intake with an estimate for your daily activity factored in.
4. For those 14 days, go about your normal life. Try not to change anything in your normal operations.
5. On Day 15, wake up, go to the bathroom and weigh yourself immediately. This is your final weight. Record the value.
6. Subtract your final weight from your starting weight. If you stayed the same weight, your estimate for TDEE has been confirmed. If you gained weight, your estimate for TDEE was too high and if you lost weight your estimate was too low.
7. 1 pound of body weight is worth around 3500 calories. If you gained 1 pound after your experiment, we can estimate that you were in a calorie surplus of roughly 3500 calories, meaning that over the course of 2 weeks you ate 250 calories of food above what energy balance is for you.

8. To re-baseline your TDEE perform the following calculations:

Final weight - Starting weight = _x_ lbs

(_x_ lbs x 3500 calories) / 14 days = _y_ cals/day

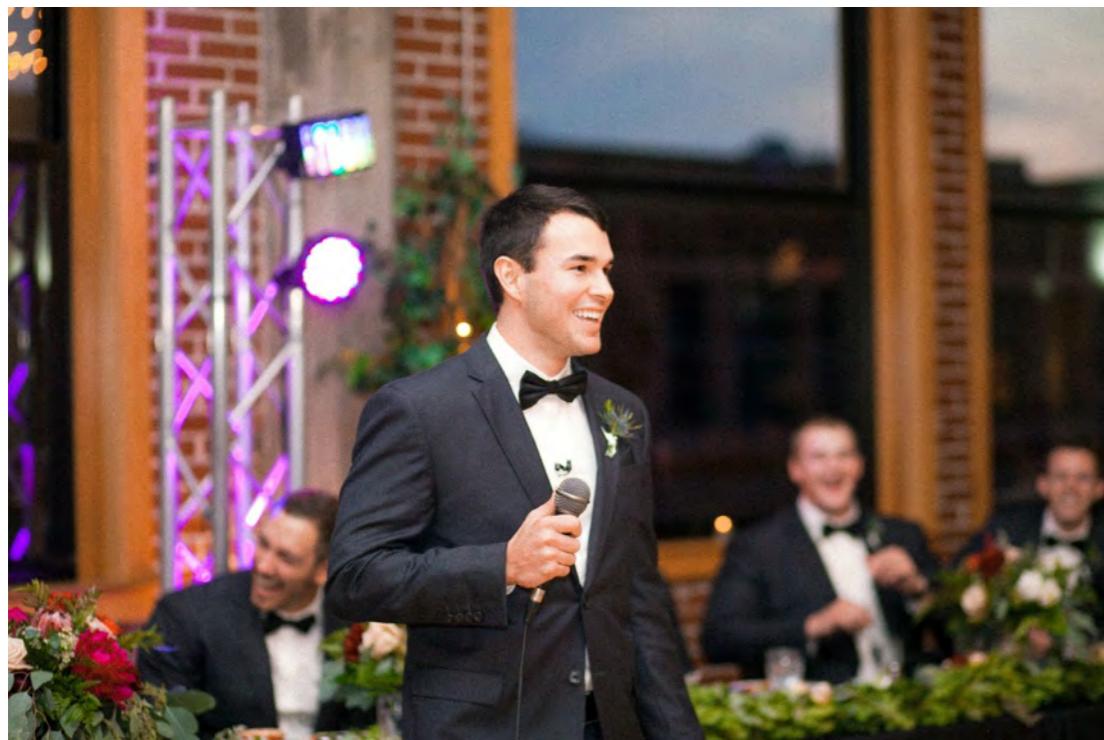
y cals/day + TDEE from step 1 = _____cals/day (this is your new estimated TDEE)

Good luck to you with your nutritional goals!

MPM Prep Crew - Facebook Group

I decided to have a page where we can work together as a community to share recipes, share our creations, and ask any questions that you may want answered. Below is a link to the private Facebook group that is reserved for people who have purchased a copy of this book. Go to Facebook and request to join!

<https://www.facebook.com/groups/162020708086653>



About the Author

My name is Josh and I love food. I live in Kansas City, Missouri, I have a Bachelor's degree in Exercise Science and am a Certified Exercise Physiologist. I have also published research in the fields of Exercise Physiology and Neurophysiology.

I discovered meal prep while in college. I wanted to be able to maintain a healthy diet while balancing a full class load, training, and a social life. I would make a handful of meals at once to save time and ensure I had healthy food that was readily available. I quickly became intrigued on how I could create more flavorful and nutritious meals that kept well in the

refrigerator. After I accrued a handful of recipes, I figured it was time to share.

I believe that food is truly one of life's greatest pleasures. You'd be hard pressed to find any person who doesn't enjoy a good meal. Eating healthy shouldn't be a chore. With a little time and practice, anyone can learn how to create highly palatable, nutritious meals.

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ENTRÉES

CHICKEN SOUVLAKI & ROASTED VEGETABLES

Grilled chicken marinated in lemon juice and seasonings served with roasted vegetables and tzatziki sauce. This is a great low carb meal with lots of fresh flavors.

PREP TIME

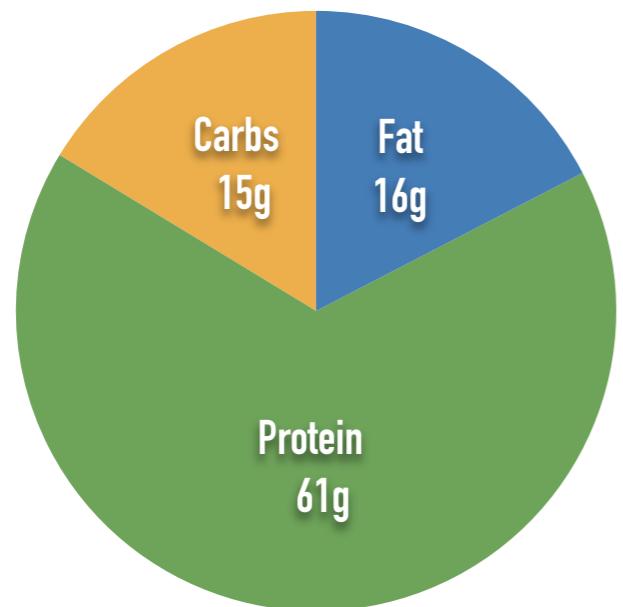
30 Minutes
(20 Min Inactive)

COOK TIME

30 Minutes

PER SERVING - MAKES 6

373 Cals



CHICKEN SOUVLAKI & ROASTED VEGETABLES

SHOPPING LIST

PRODUCE

2 red bell peppers
8oz of mushrooms
2 medium zucchinis
1 red onion
2 lemons
1 cucumber

MEAT/DAIRY

3 lbs of chicken breast
Greek yogurt

CHECK YOUR PANTRY

Garlic
Oregano
Olive oil
Salt and pepper
Balsamic Vinegar
Dill
Salt and pepper

For the Chicken

- 3 lbs (1362g) chicken breast
- 4 Tbsp (60g) minced garlic
- ½ medium (100g) red onion
- 1 Tbsp (2g) oregano
- 2 Tbsp (10mL) lemon juice
- 2 Tbsp (30mL) olive oil
- 2 tsp (6g) salt
- 1 tsp (2g) pepper

For the Roasted Vegetables

- 2 (300g) red bell peppers
- 8oz (227g) mushrooms
- 2 medium (400g) zucchinis
- 2 Tbsp (30g) minced garlic
- 1 Tbsp (15mL) Balsamic vinegar
- Salt and pepper to taste

For the Tzatziki Sauce

- 1 cup (227g) plain nonfat Greek yogurt
- 1 tsp (5g) minced garlic
- 1 small (100g) cucumber
- 1 Tbsp (2g) dried dill
- Lemon juice to taste
- 1 Tbsp (15mL) olive oil
- Salt and pepper to taste

CHICKEN SOUVLAKI & ROASTED VEGETABLES

Preparation

- Cut the chicken into a large dice, around 1-2 inches
- In a large ziplock bag combine the chicken, 4 Tbsp of minced garlic, $\frac{1}{2}$ of a diced red onion, 1 Tbsp oregano, the juice of one lemon, 2 Tbsp olive oil, 2 tsp of salt and 1 tsp of pepper. Let it marinate in the refrigerator for at least 20 minutes.
- While the chicken is marinating, preheat your oven to 400°F and cut the vegetables into a large dice. Try to make them all the same size.
- Spread out the vegetables on a sheet pan and sprinkle with salt and pepper, add 2 Tbsp of minced garlic and 1 Tbsp of balsamic vinegar. Roast for 10-12 minutes.
- Prepare the tzatziki sauce by combining all of the ingredients together and mix thoroughly. Store this in a separate container as you don't want to reheat it in the microwave.
- After the chicken is done marinating, heat a grill pan or skillet over medium high heat. If you prefer, the chicken can be put on a skewer but this is not necessary and you can just cook it without the skewer.

This recipe makes 6 servings. Divide all of the ingredients 6 ways and add to your containers.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

This meal is already great for weight loss as written!

WEIGHT GAIN TIP

Add 1 cup (175g) of rice to each dish. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
289g	82g	327g	3202

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
77g	80g	307g	2256

Servings	Carbs	Fat	Protein	Calories
4	19g	20g	77g	564
5	15g	16g	61g	448
6	13g	13g	51g	373
7	11g	11g	44g	319

SKIRT STEAK & CHIMICHURRI WITH GREEN BEANS & MUSHROOMS

Grilled skirt steak served with chimichurri sauce, green beans and mushrooms. The chimichurri sauce is the highlight in this meal, bringing strong flavors to the meat.

PREP TIME

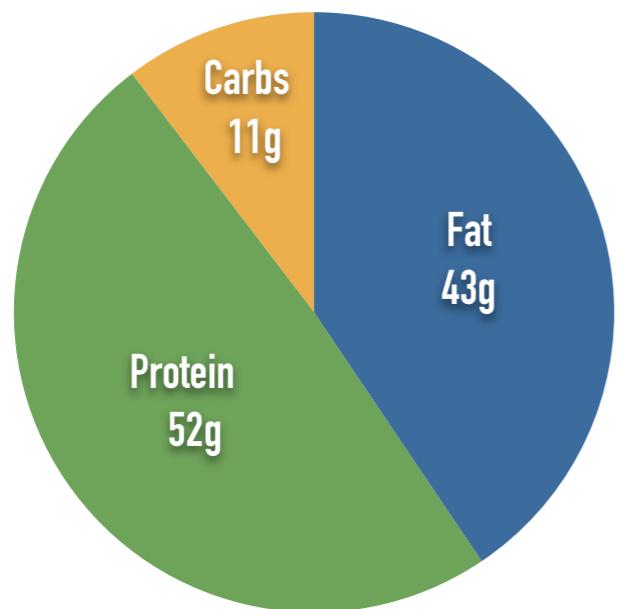
20 Minutes

COOK TIME

30 Minutes

PER SERVING - MAKES 5

637 Cals



SKIRT STEAK & CHIMICHURRI

SHOPPING LIST

PRODUCE

8 oz of mushrooms
1 lb fresh green beans
1 bunch flat leaf parsley
1 lemon
1 red onion

MEAT/DAIRY

2.5 lbs of skirt steak

CHECK YOUR PANTRY

Oregano
Olive oil
Salt and pepper
Garlic
Red wine vinegar

Ingredients

- 2 ½ lbs (1135g) skirt steak (you may need to buy 2 smaller steaks)
- 8 oz (227g) mushrooms
- 2 Tbsp (30g) garlic
- 1 lb (454g) green beans
- 1 Tbsp (15mL) olive oil
- Salt and Pepper to taste

For the Chimichurri

- 1 bunch (~55g) flat leaf parsley (2–2.5 cups)
- 4 cloves (20g) garlic
- 2 Tbsp (30mL) red wine vinegar
- ½ cup (120mL) olive oil
- 1 Tbsp (15mL) lemon juice
- 2 Tbsp (26g) diced red onion
- 1 tsp (1g) dried oregano

SKIRT STEAK & CHIMICHURRI

Preparation

- Bring a large pot of water to a boil and add the green beans. Cook for about 7–8 minutes or until almost cooked through.
- In a skillet, heat 1 Tbsp of olive oil over medium high heat. Add the mushrooms and cook for 4–5 minutes then add the green beans and season with salt and pepper to taste.
- While the vegetables are cooking heat a grill pan or another skillet over medium high heat. Cast iron is preferred.
- Drizzle the steak with olive oil and season with salt and pepper. Make sure you cook your steak one stage below where you prefer your meat because you will be reheating it in the microwave again.

For the Chimichurri

- In a food processor or a blender, add all of the ingredients and blend until smooth. The sauce should be a vibrant green color, if yours is brown you probably need to add more parsley and blend longer.

STEAK COOKING TIME

RARE- 1-2 minutes each side

MEDIUM RARE - 2-3 minutes each side

MEDIUM - 3-4 minutes each side

WELL DONE - 4 minutes

SKIRT STEAK & CHIMICHURRI

- Once your steak has rested for 10 minutes, cut it into slices against the grain, this will prevent the meat from being chewy.

This recipe makes 5 servings. Divide all of your ingredients evenly between 5 containers. Store the chimichurri in a separate, smaller container as you don't want to heat it in the microwave.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Cut the chimichurri recipe in half and only use 2 lbs of steak. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
53g	141g	211g	2325

WEIGHT GAIN TIP

Add 1 cup (175g) rice to each dish. Below is the nutrition information for the entire recipe. Divide by the # of servings.

Carbs	Fat	Protein	Calories
241g	215g	278g	4011

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
57g	213g	260g	3185

Servings	Carbs	Fat	Protein	Calories
4	14g	53g	65g	796
5	11g	43g	52g	637
6	10g	36g	43g	531
7	8g	30g	37g	455

CHAMORRO CHICKEN WITH VEGGIES & PINEAPPLE SALSA

This recipe is a version of a classical dish from the Chamorro people of the Northern Mariana Islands. Chicken marinated in soy sauce, vinegar, and pineapple juice provides lots of flavor.

PREP TIME

45 Minutes

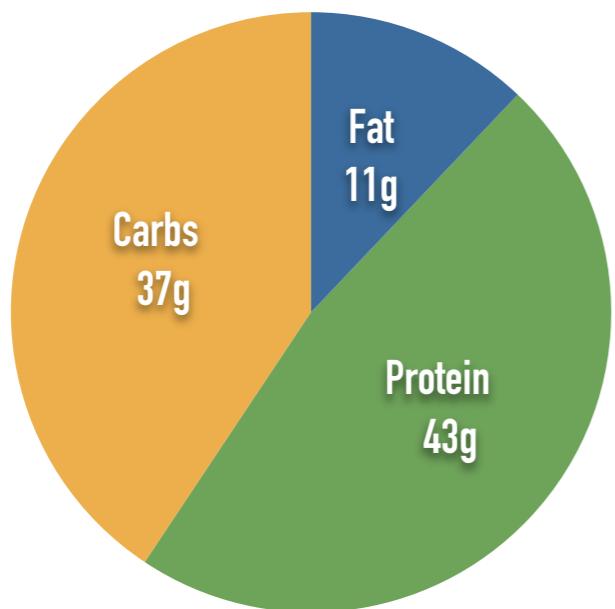
(30 minutes Inactive)

COOK TIME

35 Minutes

PER SERVING - MAKES 5

421 Cals



CHAMORRO CHICKEN

SHOPPING LIST

PRODUCE

1 red onion
1 pineapple
3 red peppers
1 jalapeño
1 bunch cilantro
1 lime
2 medium zucchinis

MEAT/DAIRY

2.5 lbs of chicken thighs

CHECK YOUR PANTRY

Soy sauce
Apple cider vinegar
Pineapple juice
Garlic
Rice
Salt and pepper
Olive oil

For the Chicken

- 2 ½ lbs (1135g) boneless, skinless chicken thighs
- ½ medium (100g) red onion
- ¼ cup (60mL) soy sauce
- ¼ cup (60mL) apple cider vinegar
- ¼ cup (60mL) water
- ¼ cup (60mL) pineapple juice
- 1 tsp salt
- 3 cloves (15g) minced garlic
- 2 cups (350g) cooked rice

For the Pineapple Salsa

- 2 cups (275g) fresh pineapple (frozen works, fresh is better)
- 1 small (100g) red bell pepper
- 1 (20g) jalapeño
- 2 Tbsp (4g) cilantro
- 1 Tbsp (15mL) lime juice
- Salt and pepper to taste

For the vegetables

- 2 medium (300g) red bell peppers
- 2 medium (400g) zucchini
- 1 Tbsp (15mL) olive oil

CHAMORRO CHICKEN

For the Chicken

- Cut the chicken thighs into a large dice, around 1 inch pieces and add to a large ziplock bag.
- Dice $\frac{1}{2}$ of a red onion. Add the onion, $\frac{1}{4}$ cup of soy sauce, $\frac{1}{4}$ cup of apple cider vinegar, $\frac{1}{4}$ cup of water, $\frac{1}{2}$ cup of pineapple juice, 1 tsp salt, and 3 cloves of minced garlic to the ziplock bag and remove as much air as possible. Let the chicken marinate in the refrigerator for at least 30 minutes.
- While the chicken is marinating, prepare the salsa and vegetables.
- After the chicken has finished marinating, heat a large grill pan or skillet over medium high heat.
- Cook the chicken in batches to ensure you don't over crowd the pan. The chicken is finished when it is no longer pink in the middle or has an internal temperature of at least 165°F. There is no need to drain the marinade from the chicken before cooking. The marinade will create a glaze over the chicken while cooking. If you have leftover marinade when the chicken has finished, add it to the pan and reduce it to a syrup consistency (around 10–15 minutes). Add the chicken back to the pan and coat evenly.

For the Salsa

- Cut the pineapple, bell pepper, jalapeño, and 2 Tbsp of cilantro into a small dice and mix together.
- Add in the lime juice and season with salt and pepper to taste. Mix thoroughly.

CHAMORRO CHICKEN

For the vegetables

- Cut the zucchini and red bell peppers into a large dice.
 - In a large skillet, add 1 Tbsp of olive oil and sauté the vegetables until they are soft.
 - Season with salt and pepper to taste
-
- Cook the rice using your preferred method (rice cooker or saucepan). Be sure you make enough to have 2 cups worth of cooked rice.

This recipe makes 5 servings. Divide the chicken and vegetables evenly. Store the pineapple salsa in a separate, small container as you don't want to reheat this. To each dish, add half of a cup of rice.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Omit the rice from the meal and add extra vegetables in their place. Divide by the # of servings.

Carbs	Fat	Protein	Calories
115g	54g	203g	1758

WEIGHT GAIN TIP

Add 1 cup (175g) rice total to each dish. You can also divide the food into less servings. Below is the nutrition information for the entire recipe. Divide by the # of servings.

Carbs	Fat	Protein	Calories
280g	57g	222g	2521

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
187g	56g	213g	2104

Servings	Carbs	Fat	Protein	Calories
4	47g	14g	53g	526
5	37g	11g	43g	421
6	31g	9g	36g	351
7	27g	8g	30g	301

POT ROAST OVER GREEN BEANS & MASHED CAULIFLOWER

An easy recipe with great flavor. Put it in the crockpot and you're almost done. The mashed cauliflower can be mixed with mashed potatoes to mask the taste of the cauliflower.

PREP TIME

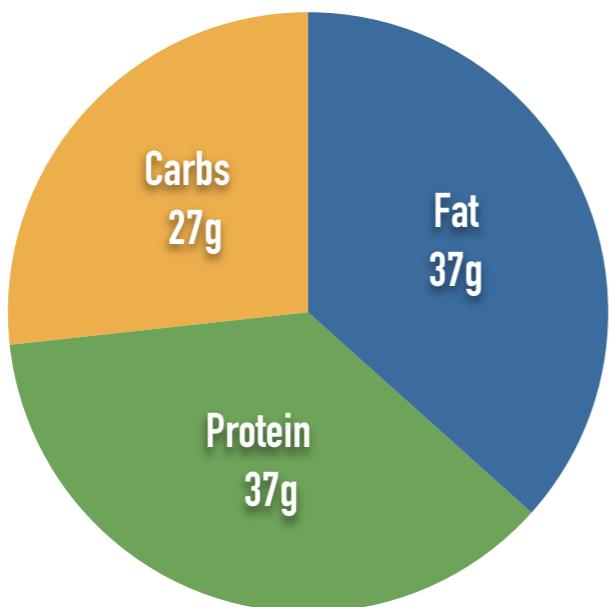
20 Minutes

COOK TIME

8 Hours

PER SERVING - MAKES 8

589 Cals



POT ROAST

SHOPPING LIST

PRODUCE

1 lb small red potatoes
2 lbs green beans

MEAT/DAIRY

3 lb chuck roast
Milk

MIDDLE AISLES

1 packet au jus
1 packet ranch dressing mix
1 jar of pepperoncini
2 bags frozen cauliflower

CHECK YOUR PANTRY

Unsalted butter
Milk
Salt and Pepper

For the Roast

- 3 lb (1362g) Chuck Roast
- 1 packet (28g) au jus
- 1 packet (28g) ranch dressing mix
- 10 (75g) pepperoncini peppers
- $\frac{1}{4}$ cup (56g) unsalted butter

For the Cauliflower Mash

- 24oz (681g) frozen cauliflower
- 1 lb (454g) red potatoes
- 1 Tbsp (14g) butter
- $\frac{1}{4}$ cup (60mL) milk
- Salt and Pepper

For the Green Beans

- 2 lbs (908g) green beans

POT ROAST

Preparation

- In a crock pot mix together the roast, au jus, ranch dressing mix, 10 pepperoncini, and $\frac{1}{4}$ cup of butter. Cook on low for 8 hours and then shred the meat.
- When the roast is almost finished, cut the potatoes and cauliflower into a large dice and boil until soft.
- Once soft, drain the water and use a blender or a potato masher to smoothen out the potatoes and cauliflower. Add in 1 Tbsp of butter, $\frac{1}{4}$ cup of milk, and salt and pepper to taste. Blend until smooth.
- Boil the green beans until soft. Season with salt and pepper.

This recipe makes 8 servings. Divide the ingredients 8 ways between your containers. Layer the potato mixture on the bottom, add green beans, and then top it with the beef. Add a couple of spoonfuls of the leftover gravy mixture from the crockpot to the top of each meal.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Omit the butter when cooking the roast and reduce the size of the roast to 2 ½ lbs. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
217g	212g	255g	3796

WEIGHT GAIN TIP

This meal is already high in calories. Divide it into less servings for weight gain. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
217g	295g	298g	4715

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
217g	295g	298g	4715

Servings	Carbs	Fat	Protein	Calories
6	36g	49g	50g	786
7	31g	42g	43g	674
8	27g	37g	37g	589
9	24g	33g	33g	524

SHEPHERD'S PIE WITH SWEET POTATO CHIPS

A healthy play on the classic version of Shepherd's Pie. Instead of mashed potatoes on top of the meat mixture, this recipe uses a combination of cauliflower and potatoes.

PREP TIME

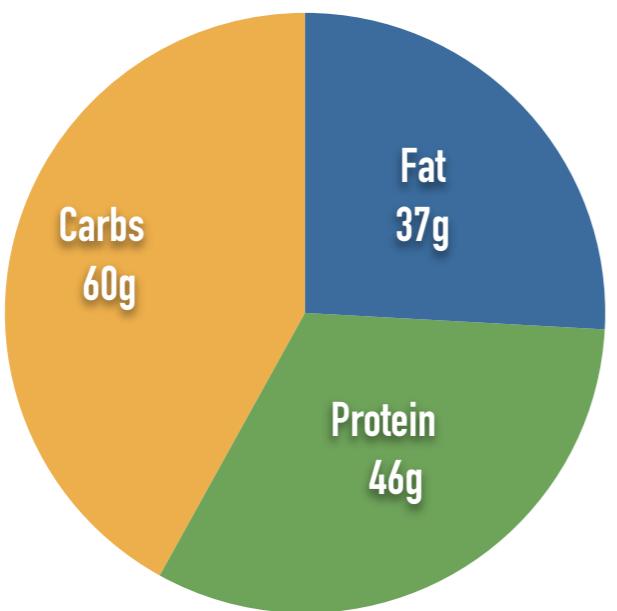
10 Minutes

COOK TIME

40 Minutes

PER SERVING - MAKES 5

756 Cals



SHEPHERD'S PIE

SHOPPING LIST

PRODUCE

- 1 onion
- 2 large sweet potatoes
- 1 russet potato

MEAT/DAIRY

- 1.5 lbs of ground beef
- 1 dozen eggs
- Milk

MIDDLE AISLES

- 28 oz can of crushed tomatoes
- 12oz package of frozen mixed vegetables
- 14oz frozen cauliflower

CHECK YOUR PANTRY

- Garlic
- Olive oil
- Dried basil
- Dried oregano
- Garlic powder
- Butter
- Salt and Pepper

For the Meat Mixture

- 1 ½ lbs (681g) ground beef (85/15)
- 8 eggs
- 28oz can (794g) crushed tomatoes
- 12oz (340g) mixed frozen vegetables
- 1 medium (200g) onion
- 1 Tbsp (15g) minced garlic
- 1 Tbsp (15mL) olive oil
- 1 Tbsp (2g) dried basil
- 1 Tbsp (2g) dried oregano
- Salt and Pepper to taste

For the Sweet Potato Chips

- 2 large (550g) sweet potatoes
- 1 Tbsp (15mL) olive oil
- 1 tsp (3g) garlic powder
- Salt and pepper to taste

For the Cauliflower/Potato Combo

- 14oz (397g) frozen cauliflower
- 1 (150g) russet potato
- ¼ cup (60mL) skim milk
- 1 Tbsp (14g) butter
- Salt and pepper to taste

SHEPHERD'S PIE

For the Meat Mixture

- Start a pot of water large enough to boil the eggs.
- Hard boil 8 eggs in a pot of water. Put the eggs in the water and once you reach a rolling boil, remove from the heat and cover for 12 minutes. After 12 minutes, run cool water over the eggs and remove the shell.
- In a large pot/pan, add 1 Tbsp of olive oil over medium high heat.
- Dice the onion and add to the pan with 1 Tbsp of garlic. Cook until onion is translucent.
- Add in 1 ½ lbs of ground beef and brown. Once browned remove the fat.
- Add in the canned tomatoes, mixed vegetables, 1 Tbsp oregano, and 1 Tbsp basil
- Reduce the heat to low and simmer for 15–20 minutes. Add salt and pepper to taste.
- Cut the hardboiled eggs into a large dice and gently fold into the mixture.

SHEPHERD'S PIE

For the Cauliflower/Potato topping

- Wash and peel your potato and cut it into a large dice.
- Bring a large pot of water to a boil and add the cauliflower and potato. Cook until soft. Drain the water from the pot and add in $\frac{1}{4}$ cup of milk and 1 Tbsp butter. Mash the cauliflower and potato until smooth. Season with salt and pepper

For the Sweet Potato Chips

- Preheat your oven to 400°F.
- Wash your sweet potatoes thoroughly. Using a mandolin or knife, cut your potatoes into discs $\frac{1}{4}$ of an inch thick.
- Spread the potatoes out on a sheet pan and drizzle with olive oil. Season with salt, pepper, and 1 tsp of garlic powder.
- Bake the potatoes for 8-10 minutes then flip them and cook an additional 5-8 minutes.

This recipe makes 5 servings. Divide your ingredients evenly 5 ways into each of your containers.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Swap the beef for ground turkey 93/7 & omit the russet potato. You can also make smaller servings. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
272g	131g	234g	3203

WEIGHT GAIN TIP

Swap the cauliflower with 3 (450g)russet potatoes and add 3 Tbsp of butter. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
332g	219g	230g	4219

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
298g	185g	231g	3781

Servings	Carbs	Fat	Protein	Calories
4	75g	46g	58g	945
5	60g	37g	46g	756
6	50g	31g	39g	630
7	43g	26g	33g	540

PORK CARNITAS WITH SALSA VERDE & CALABACITAS

Carnitas translates to “little meats.” The pork is cooked slowly in orange and lime juice and then broiled to create crispy, flavorful bites. The pork is a perfect pairing with homemade salsa verde.

PREP TIME

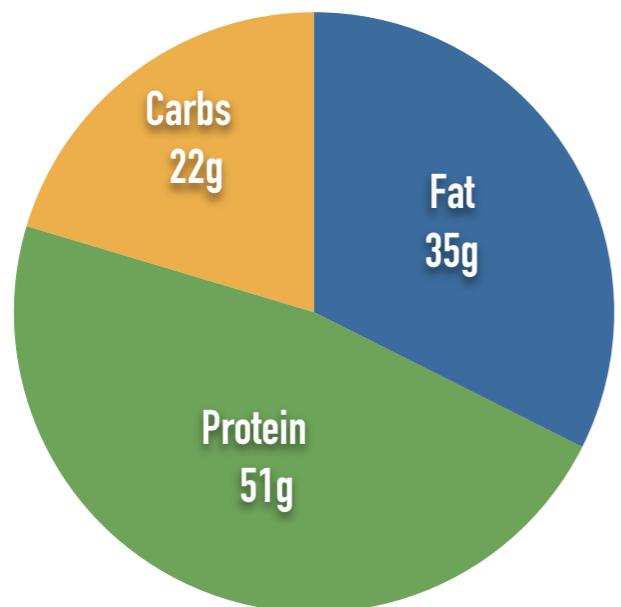
10 Minutes

COOK TIME

3 Hours
(2 Hours Inactive)

PER SERVING - MAKES 5

605 Cals



PORK CARNITAS

SHOPPING LIST

PRODUCE

- 1 yellow onion
- 3 limes
- 1 orange
- 4 tomatillos
- 2 jalapeños
- 1 white onion
- 1 bunch cilantro
- 1 zucchini
- 3 bell peppers
- 1 sweet onion
- 8oz mushrooms
- 3 Roma tomatoes

MEAT/DAIRY

- 3 lb pork butt roast

CHECK YOUR PANTRY

- Olive oil
- Garlic
- Cumin
- Oregano
- Salt and pepper
- Apple cider vinegar

For the Pork

- 3 lb (1362g) pork butt roast
- 1 medium (200g) yellow onion
- 2 Tbsp (30mL) lime juice
- $\frac{1}{4}$ cup (60mL) orange juice
- 1 tsp (2g) cumin
- 1 tsp (1g) oregano
- 2 tsp (6g) salt
- 1 tsp (2g) pepper
- 2 cups (480mL) water

For the Salsa Verde

- 4 (240g) tomatillos
- 2 (40g) jalapeños
- 4 cloves (20g) garlic
- $\frac{1}{2}$ small (75g) white onion
- $\frac{1}{4}$ bunch (15g) of cilantro
- 3-4 Tbsp (45mL) lime juice
- 1 Tbsp (15mL) apple cider vinegar
- Salt to taste

For the Calabacitas

- 1 medium (250g) zucchini
- 1 small (100g) green pepper
- 1 small (100g) yellow pepper
- 1 small (100g) red pepper
- $\frac{1}{2}$ medium (100g) sweet onion
- 8 oz (227g) mushrooms
- 3 (180g) Roma tomatoes, seeded
- 1 tbsp (15mL) olive oil

PORK CARNITAS

For the roast

- Trim your roast of large pieces of fat and cut into 2 inch chunks.
- Turn on your oven to 300°F.
- Heat a large, oven safe pot (cast iron or dutch oven) on the stove over medium high heat.
- Add in the pork, the yellow onion (cut in half), 1 lime (juiced) and its rind, 1 orange (juiced) and its rind, 1 tsp cumin, 1 tsp oregano, 2 tsp salt, 1 tsp pepper, and 2 cups of water. Bring the mixture to a light boil.
- Once boiling, cover the pot and place in the oven for 2 hours. If your pot doesn't have a lid, use foil to create a seal.
- The meat is done when it is easily broken apart with a fork.
- Line a sheet pan with foil and transfer the chunks of meat from your pot to the sheet pan. Break each chunk into 3 or 4 smaller pieces but do not shred the meat.
- Remove all of the solid ingredients from the liquid remaining in your pot. They can be thrown away.
- Over high heat, reduce the liquid in the pot to create a syrup like sauce. This should take between 15 and 20 minutes. Stir the sauce frequently.

PORK CARNITAS

For the Roast

- Once the sauce has thickened, add your meat back to the pot and gently cover the meat with the sauce. Be careful not to break up the meat any more than you already have.
- Turn your oven to broil. Place the meat back onto the sheet pan and spread out. Broil the pork for 2–3 minutes or until it begins to crisp. Remove from the oven and flip the meat. Broil the other side for an additional 2–3 minutes. Be sure to watch the meat carefully as it can burn quickly.

For the Salsa Verde

- Remove the husks from your tomatillos and wash all of your vegetables. Cut the stems off of the jalapeños, peel your garlic, and halve your onion.
- Fill a medium pot with water and bring to a boil. Add in the tomatillos, garlic, onion, and jalapeños.
- Boil for about 10 minutes or until the tomatillos turn army green.
- While the vegetables are boiling, wash the cilantro and cut off the bottom of the stems. Add to your blender.
- Cut your limes in half and juice the halves into the blender along with 1 Tbsp of apple cider vinegar and salt.
- Add the boiled vegetables into the blender. Blend until the ingredients until there are no large chunks remaining. Add salt to taste.

PORK CARNITAS

For the Calabacitas

- Wash all of your vegetables and cut them into a large dice, each around the same size. Seed your tomatoes.
- Heat a large skillet over medium high heat and add 1 Tbsp of olive oil. Cook the vegetables in batches. Start with the onions and peppers. Once they peppers are soft, remove from the pan and cook the remaining vegetables.
- When the mushrooms, zucchini, and tomatoes have cooked, add the onions and peppers back to the pan and season with salt and pepper to taste.

This recipe makes 5 servings. Divide your meat and vegetables 5 ways and add to each of your containers. Store the salsa verde in a separate, smaller container as you don't want to heat it in the microwave.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Swap the pork for 2 ½ lbs of chicken thighs. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
108g	64g	247g	1996

WEIGHT GAIN TIP

Add 1 cup of rice to each dish. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
292g	176g	273g	3844

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
112g	172g	255g	3016

Servings	Carbs	Fat	Protein	Calories
4	27g	44g	64g	757
5	22g	35g	51g	605
6	18g	29g	43g	505
7	15g	25g	36g	432

TERIYAKI CHICKEN AND MIXED VEGETABLES

A meal prep version of the classic Asian dish. The teriyaki sauce in this recipe uses pineapple juice as a sweetener instead of sugar.

PREP TIME

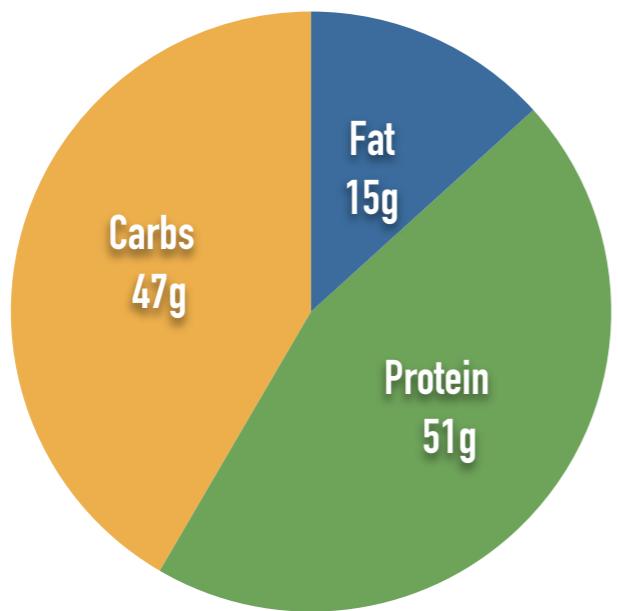
35 Minutes
(Inactive)

COOK TIME

30 Minutes

PER SERVING - MAKES 5

526 Cals



TERIYAKI CHICKEN

SHOPPING LIST

PRODUCE

1 zucchini
1 yellow squash
1 red pepper
1 bag of carrots
Ginger

MEAT/DAIRY

2.5 lbs chicken thighs

MIDDLE AISLES

Pineapple juice

CHECK YOUR PANTRY

Soy sauce
Olive oil
Garlic
Honey
Rice wine vinegar
Cornstarch
Salt and pepper
Rice

For the Chicken

- **2 ½ lbs (1135g) chicken thighs**
- **¼ of the teriyaki sauce**
- **2 Tbsp (60mL) soy sauce**
- **2 Tbsp (60mL) pineapple juice**
- **1 Tbsp (15mL) olive oil**

For the Vegetables

- **1 large (300g) zucchini**
- **1 large (300g) yellow squash**
- **1 medium (150g) red pepper**
- **3 (300g) carrots**
- **1 Tbsp (15mL) garlic**
- **1 Tbsp (15mL) olive oil**

For the Teriyaki Sauce

- **¼ cup (60mL) pineapple juice**
- **¼ cup (60mL) soy sauce**
- **1 Tbsp (15g) minced garlic**
- **1 tsp (2g) minced ginger**
- **3 Tbsp (63g) honey**
- **3 Tbsp (45mL) rice wine vinegar**
- **2 tsp (5g) cornstarch**
- **Pinch of pepper**
- **2 ½ cups (438g) cooked rice**

TERIYAKI CHICKEN

For the Teriyaki Sauce

- In a sauce pot over medium heat, add $\frac{1}{4}$ cup pineapple juice, $\frac{1}{4}$ cup soy sauce, 2 cloves minced garlic, 1 tsp minced ginger, 3 Tbsp honey, 3 Tbsp rice wine vinegar, 2 tsp cornstarch, and a pinch of pepper.
- Bring to a light boil for 1 minute, then reduce the heat to low and simmer to thicken (will take around 10 minutes). Stir often. Add cornstarch in a slurry as needed if it is not thickening.
- The sauce is finished once it is thick enough to coat the back of a spoon.

For the Chicken

- Cut your chicken into 1 inch pieces and add to a large ziplock bag.
- Add $\frac{1}{4}$ of the teriyaki sauce, 2 Tbsp of soy sauce, and 2 Tbsp pineapple juice. Remove as much air as possible and marinate for at least 30 minutes.
- Heat a grill pan or skillet over medium high heat. (Grill pan is best).
- Cook the chicken in batches to ensure you sear the meat and do not steam it.
- Once all of the chicken has finished cooking, add all of it back to the pan. Add in about $\frac{1}{2}$ of the remaining teriyaki sauce. The remainder will be used for the vegetables.
- Stir to coat and remove from heat.

TERIYAKI CHICKEN

For the Vegetables

- Wash all of your vegetables and peel your carrots.
- Cut your zucchini, squash, and red pepper into a large dice. Cut your carrots into thin slices on a bias.
- Heat a large skillet over medium high heat. Add 1 Tbsp of olive oil.
- Add the carrots, red pepper and 1 Tbsp of garlic to the pan first. Allow them to cook for a few minutes and then add in the zucchini and squash.
- Once the carrots have softened, add in the remaining teriyaki sauce and toss to coat. Season with salt and pepper to taste if necessary.

This recipe makes 5 servings. Divide your chicken and vegetables evenly 5 ways to each of your containers.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Omit the rice from the meal and add extra vegetables in their place. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
153g	74g	251g	2282

WEIGHT GAIN TIP

Add an extra $\frac{1}{2}$ cup of rice and drizzle 1 Tbsp of olive oil over the rice to each dish. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
326g	143g	264g	3647

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
234g	75g	255g	2631

Servings	Carbs	Fat	Protein	Calories
4	59g	19g	64g	658
5	47g	15g	51g	526
6	39g	13g	43g	439
7	33g	11g	36g	376

CHICKEN SHAWARMA WITH ROASTED BUTTERNUT SQUASH

A classic middle eastern dish paired with tahini sauce and roasted butternut squash. Tahini is made from ground sesame seeds and for this dish it is mixed with Greek yogurt.

PREP TIME

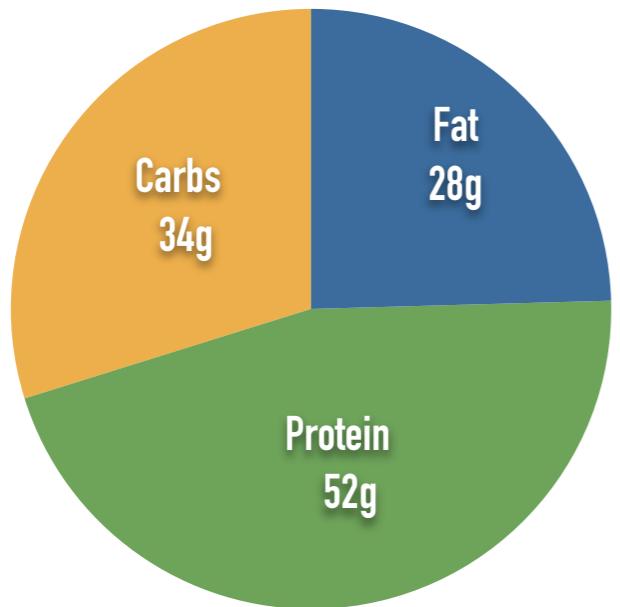
40 Minutes
(30 Min Inactive)

COOK TIME

40 Minutes

PER SERVING - MAKES 5

596 Cals



CHICKEN SHAWARMA

SHOPPING LIST

PRODUCE

1 lemon
1 large butternut squash

MEAT/DAIRY

2.5 lbs chicken thighs
Greek yogurt

MIDDLE AISLES

Red wine vinegar
Tahini

CHECK YOUR PANTRY

Garlic
Olive oil
Cumin
Coriander
Turmeric
All spice
Cayenne pepper
Garlic powder
Salt and pepper

For the Chicken

- 2 ½ lbs (1135g) boneless, skinless chicken thighs
- 3 Tbsp (45g) minced garlic
- ¼ cup (60mL) olive oil
- 2 Tbsp (30mL) red wine vinegar
- 1 Tbsp (6g) cumin
- 1 Tbsp (6g) coriander
- 1 ½ tsp (3g) turmeric
- 1 tsp (2g) all spice
- 2 tsp (6g) salt
- 1 tsp (2g) pepper
- ½ tsp (1g) cayenne pepper

For the Tahini Sauce

- 1 cup (227g) plain nonfat Greek yogurt
- 3 Tbsp (45g) tahini
- 2 Tbsp (30mL) lemon juice
- ½ tsp (1.5g) salt

For the Squash

- 1 large (1135g) butternut squash
- 1 Tbsp (15mL) olive oil
- 2 tsp (5g) garlic powder
- Salt and pepper to taste

CHICKEN SHAWARMA

For the chicken

- Marinate your chicken in a ziplock bag. Using a knife, poke holes into the chicken to allow the marinade to enter the chicken.
- To the ziplock bag add the chicken, 3 Tbsp of garlic, $\frac{1}{4}$ cup olive oil, 2 Tbsp red wine vinegar, 1 Tbsp cumin, 1 Tbsp coriander, 1 $\frac{1}{2}$ tsp turmeric, 1 tsp all spice, 2 tsp salt, 1 tsp pepper, and $\frac{1}{2}$ tsp cayenne pepper. Place in the refrigerator for at least 30 minutes.
- Once the chicken has marinated, heat a grill pan or a skillet over medium high heat. Cook the chicken in batches to prevent crowding the pan. Cook until it reaches an internal temperature of 165°F or is no longer pink in the center.
- Once the chicken has finished cooking, cut it into strips about $\frac{1}{2}$ inch thick.

For the Tahini Sauce

- Mix all of the ingredients together. Season with salt to taste.

CHICKEN SHAWARMA

For the Butternut Squash

- Preheat your oven to 400°F.
- Wash and peel the squash. Cut off the stems and cut the squash in half. Remove the seeds with a spoon. Cut the squash into a large dice, about $\frac{1}{2}$ inch-1 inch pieces.
- Spread out the squash on a sheet pan and drizzle with 1 Tbsp of olive oil. Season with 2 tsp of garlic powder, and salt and pepper to taste.
- Bake for 10 minutes, then flip and bake another 10 minutes.

This recipe makes 5 servings. Divide your ingredients evenly 5 ways into each of your containers. Store the tahini sauce in a separate container as you do not want to heat this up.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Swap the thighs for breasts and reduce the amount of oil in the marinade from $\frac{1}{4}$ cup to 2 Tbsp. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
169g	98g	261g	2602

WEIGHT GAIN TIP

Add 1 cup (175g) rice to each dish. Below is the nutrition information for the entire recipe. Divide by the # of servings.

Carbs	Fat	Protein	Calories
354g	141g	279g	3801

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
169g	140g	261g	2980

Servings	Carbs	Fat	Protein	Calories
4	42g	35g	65g	745
5	34g	28g	52g	596
6	28g	23g	44g	497
7	24g	20g	37g	426

MAPLE SRIRACHA MEATBALLS WITH ZUCCHINI LO MEIN

Turkey meatballs topped with a sauce made from maple syrup, sriracha, honey, ginger, and soy sauce. Zucchini noodles replace traditional lo mein noodles to lessen the carb load.

PREP TIME

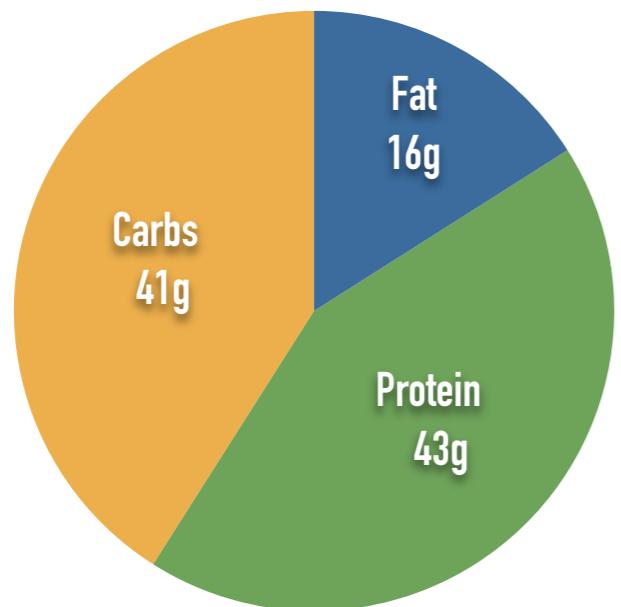
25 Minutes

COOK TIME

45 Minutes

PER SERVING - MAKES 5

484 Cals



MAPLE SRIRACHA MEATBALLS

SHOPPING LIST

PRODUCE

1 bag shredded carrots
Ginger
1 sweet onion
3 large zucchinis
1 bunch of broccoli

MEAT/DAIRY

2 lbs ground turkey

CHECK YOUR PANTRY

Olive oil
Honey
Maple syrup
Soy sauce
Sriracha sauce
Salt and pepper
Sesame seeds (optional)

For the Meatballs

- 2 lbs (908g) ground turkey
- 2 tsp (6g) salt
- 1 tsp (2g) pepper
- 2 Tbsp (30mL) Maple Sriracha sauce
- $\frac{3}{4}$ cup (45g) grated carrots (use a blender or food processor)
- 1 Tbsp (5g) minced ginger

For the Maple Sriracha Sauce

- $\frac{1}{2}$ cup (120mL) soy sauce
- 2 Tbsp (10g) ginger
- $\frac{1}{4}$ cup (40g) diced sweet onion
- $\frac{1}{4}$ cup (84g) honey
- $\frac{1}{4}$ cup (80g) maple syrup
- 2 Tbsp (30g) sriracha

For the Vegetables

- 3 large (800g) zucchinis, spiralized into noodles
- 1 Tbsp (15mL) olive oil
- 2 Tbsp (40g) maple sriracha sauce
- 1 large bunch (500g) of broccoli
- Salt and pepper to taste

MAPLE SRIRACHA MEATBALLS

For the Meatballs and Sauce

- Preheat your oven to 375°F.
- Prepare your sauce first. Mix all of the ingredients in a blender and blend until smooth.
- In a bowl, mix 2 lbs turkey, 2 tsp salt, 1 tsp pepper, 2 Tbsp Maple Sriracha sauce, $\frac{3}{4}$ cup grated carrots, and 1 Tbsp minced ginger.
- Form the meat mixture into balls 1 $\frac{1}{2}$ inches in diameter. It should make around 20 meatballs.
- Place the meatballs on a greased sheet pan and bake for 35 minutes or until an internal temperature of 165°F is reached.
- While the meatballs are cooking you can begin to cook your zucchini noodles and broccoli.

For the Vegetables

- Steam your broccoli using your preferred method.
- Heat a skillet over medium heat and add 1 tbsp of olive oil.
- Leave your zucchini raw and add 2 Tbsp of the Maple Sriracha sauce. Stir to coat. You don't want to cook it as it will soften in the microwave upon reheating.

MAPLE SRIRACHA MEATBALLS

For the Maple Sriracha Sauce

- Using the same skillet, add in the remainder of your Maple Sriracha sauce over medium heat.
- Bring the sauce to a boil and cook for 2 minutes.
- Reduce the heat to low and allow it to simmer until thickened, around 10 minutes.
- Once the meatballs have finished cooking, add them to the sauce and coat each meat ball thoroughly.
- If you have extra sauce, you may want to coat the broccoli as well.

This recipe makes 5 servings. Divide your ingredients evenly into each of your 5 containers.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

You don't want to change the sauce much at all as it will impact the end product. Just divide the recipe into more servings to lessen the caloric load.

Carbs	Fat	Protein	Calories
204g	82g	217g	2422

WEIGHT GAIN TIP

Replace the zoodles with 1 cup of rice per dish. Also swap the turkey with ground pork. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
356g	206g	282g	4406

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
204g	82g	217g	2422

Servings	Carbs	Fat	Protein	Calories
4	51g	21g	54g	606
5	41g	16g	43g	484
6	34g	14g	36g	404
7	29g	12g	31g	346

STEAK BURRITO BOWLS

Adobo marinated steak with peppers, cilantro lime rice, and pico de gallo. You won't get tired of eating this one. The pico and guac add a great fresh aspect to this dish.

PREP TIME

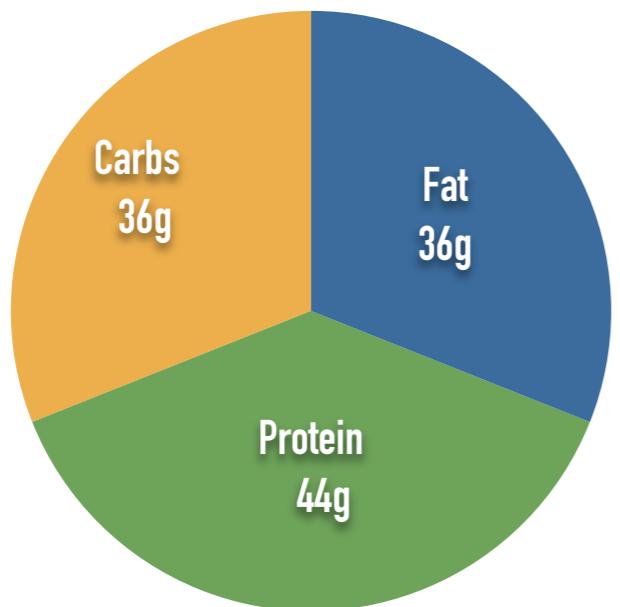
1+ Hours
(Inactive)

COOK TIME

30 Minutes

PER SERVING - MAKES 5

751 Cals



STEAK BURRITO BOWLS

SHOPPING LIST

PRODUCE

- 2 red onions
- 2 limes
- 1 bunch cilantro
- 5 Roma tomatoes
- 1 jalapeño
- 2 avocados
- 2 green peppers
- 2 red peppers

MEAT/DAIRY

- 2.5 lbs sirloin steak

MIDDLE AISLES

- 1 can of chipotle peppers in adobo sauce

CHECK YOUR PANTRY

- Olive oil
- Garlic
- Cumin
- Salt and pepper
- Rice

For the Steak

- 2 ½ lbs (1135g) steak (any cut should work, sirloin or top round are probably best)
- 3 ½ oz (100g) chipotle peppers in adobo sauce
- ½ medium (100g) red onion
- 1 Tbsp (15mL) olive oil
- 1 Tbsp (15g) minced garlic
- 1 tsp (3g) salt
- 1 tsp (2g) pepper
- 1 tsp (2g) cumin

For the Rice

- 2 ½ cups (438g) cooked rice
- 2 Tbsp (2g) chopped cilantro
- 1 tsp (15mL) olive oil
- 2 Tbsp (30mL) lime juice

For the Guacamole

- 2 (250g) avocados
- ½ cup of pico de gallo
- Lime juice, salt, and pepper to taste

For the Peppers

- 2 (300g) red peppers
- 2 (300g) green peppers
- ½ (100g) red onion
- 1 Tbsp (15mL) olive oil

For the Pico de Gallo

- 5 (300g) Roma tomatoes
- ½ medium (100g) red onion
- ¼ cup (4g) chopped cilantro
- 1 Tbsp (15mL) lime juice
- 1 (20g) jalapeño pepper
- Salt and pepper to taste

STEAK BURRITO BOWLS

For the Steak

- Dice $\frac{1}{2}$ the red onion
- In a large zip lock bag, add the steak, $\frac{1}{2}$ can of chipotle peppers, $\frac{1}{2}$ of a red onion, 1 Tbsp olive oil, 1 Tbsp garlic, 1 tsp salt, 1 tsp pepper, and 1 tsp cumin. Shake it around to coat the steak evenly. Try to remove all of the air from the bag and marinate for at least 30 minutes.
- Once marinated, preheat a large grill pan or skillet over medium high heat. Add 1 Tbsp of olive oil to the pan and cook the steak in batches to prevent overcrowding and proper cooking. Cook the steak to medium rare, around 3 minutes each side. Remember that you will be reheating it again in the microwave which is additional cooking time.
- Cut the steak into 1 inch cubes.

For the Peppers

- While the steak is cooking, cut the peppers and onions into strips. Cook them together in a skillet with 1 Tbsp olive oil until onions are translucent.

STEAK BURRITO BOWLS

For the rice

- Cook enough rice to have $2\frac{1}{2}$ cups of cooked rice. 1 cup of uncooked rice will yield around 3 cups of cooked rice.
- Drizzle the olive oil over the rice and mix in the cilantro, lime juice, and add salt and pepper to taste.

For the pico de gallo

- Cut the tomatoes in half the long way and scoop out the seeds. Dice the tomatoes so they are about $\frac{1}{4}$ inch cubes and place in a large bowl.
- Dice $\frac{1}{2}$ of a red onion and add to the tomatoes.
- Cut the stems off of the jalapeño pepper. Cut the pepper into a small dice and add to the mixture.
- NOTE: If you aren't a fan of heat, then take out the seeds before chopping up the peppers.
- Cut the stems off of a small bunch of cilantro and finely chop the leaves until you have $\frac{1}{4}$ cup, add to the bowl.
- Cut a lime in half and squeeze its juice into the mixing bowl. Stir all of the ingredients together and add salt and pepper to taste

STEAK BURRITO BOWLS

For the guacamole

- It is best to make the guacamole on an as needed basis as the avocado will oxidize quickly and turn brown. Luckily it can be made in the time it takes to heat up your meal.
- Cut 1 avocado in half and remove the pit. Score the inside of the avocado and extract with a spoon. In a bowl, mash the avocado with a fork until it is smooth.
- Add 3 Tbsp of the pico de gallo to the avocado and mix. Add salt, pepper and lime juice to taste.

This recipe makes 5 servings. In each of your containers put $\frac{1}{2}$ cup of the cilantro lime rice. Divide the remaining ingredients evenly into each of your 5 containers.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Omit the rice from the meal and decrease the steak to 2lbs. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
87g	184g	211g	2848

WEIGHT GAIN TIP

Add an extra ½ cup of rice and drizzle 1 Tbsp of olive oil over the rice to each dish. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
271g	223g	277g	4199

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
179g	218g	269g	3754

Servings	Carbs	Fat	Protein	Calories
4	45g	55g	67g	939
5	36g	44g	54g	751
6	30g	36g	45g	626
7	26g	31g	38g	536

ROASTED RED PEPPER CHICKEN AND ROASTED VEGETABLES

Chicken breast covered in a roasted red pepper cream sauce over spaghetti squash, served with roasted broccoli and butter-nut squash. A great low carb alternative to classic pasta dishes.

PREP TIME

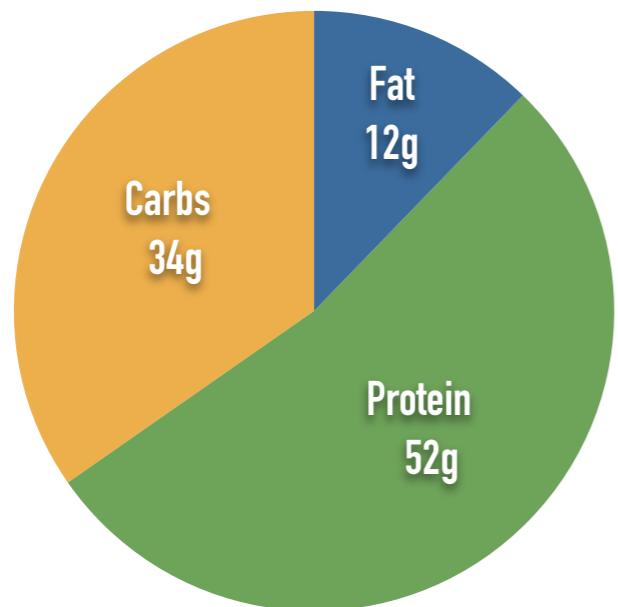
25 Minutes

COOK TIME

40 Minutes

PER SERVING - MAKES 5

458 Cals



ROASTED RED PEPPER CHICKEN

SHOPPING LIST

PRODUCE

1 spaghetti squash
1 butternut squash
1 zucchini

MEAT/DAIRY

2.5 lbs chicken breast
Greek yogurt

MIDDLE AISLES

1 jar of roasted red peppers

CHECK YOUR PANTRY

Olive oil
Garlic
Basil
Salt and pepper

For the Chicken

- 2 ½ lbs (1135g) chicken breast
- 16oz (454g) jar roasted red peppers
- 2 Tbsp (15g) olive oil
- 5 cloves (20g) minced garlic
- 1 tsp (1g) basil
- ½ cup (114g) plain nonfat Greek yogurt
- ½ tsp (1g) pepper
- Salt to taste

For the Roasted Vegetables

- 1 medium (500g) spaghetti squash
- 1 medium (750g) butternut squash
- 1 medium (200g) zucchini
- 1 Tbsp (15mL) olive oil
- Salt and pepper to taste

ROASTED RED PEPPER CHICKEN

For the Vegetables

- Preheat your oven to 400°F.
- Wash and cut your zucchini into a large dice. Spread out on half of one pan. Lightly drizzle with olive oil and salt.
- Peel the butternut squash, remove the seeds and cut into a small dice. Add to the other half of the sheet pan. Lightly season with salt and pepper.
- Cut your spaghetti squash into discs about 1 inch thick. Place on another sheet pan. Drizzle olive oil over the squash and lightly season with salt and pepper. It may help to microwave the squash for a few minutes to make it easier to cut.
- Put the vegetables into the oven. Bake the zucchini for 10–12 minutes and remove from the sheet pan. While out of the oven, stir the butternut squash.
- Cook the butternut squash for an additional 10 minutes.
- The spaghetti squash will take around 20–22 minutes to finish. It is done when you can pull the squash away from the flesh easily with a fork.

ROASTED RED PEPPER CHICKEN

For the Chicken

- Place your chicken breasts into a plastic bag or between two pieces of saran wrap. Using a meat tenderizer or another tool, pound the chicken to even thickness to ensure proper cooking. Season lightly with salt and pepper
- In a skillet over medium heat, add olive oil and cook your chicken until it reaches an internal temperature of 165°F.
- While the chicken is cooking, place the roasted red peppers in a blender with 1 or 2 Tbsp of the liquid in the jar and blend until smooth.
- In the same skillet you cooked the chicken, add olive oil and 5 cloves of minced garlic and cook for 2 minutes over low-medium heat.
- Pour in the blended peppers and add 1 tsp basil, $\frac{1}{2}$ tsp pepper, and stir. Lower the heat to low and simmer for 15 minutes.
- While the sauce is simmering, cut your chicken into one inch cubes.
- Once the sauce has been simmering for 15 minutes, add in $\frac{1}{2}$ cup of Greek yogurt. Stir and add salt and pepper to taste. Add in your chicken and stir to coat the chicken.

This recipe makes 5 servings. To each of your containers add $\frac{1}{2}$ cup of spaghetti squash. Divide the chicken, zucchini, and butternut squash evenly between your 5 containers.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

This is a vegetable heavy dish already, just divide it into more servings to lessen the calories. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
171g	62g	262g	2290

WEIGHT GAIN TIP

Substitute the spaghetti squash for 1 cup (875g) rice in each dish and swap the breast for thighs. Below is the nutrition information for the entire recipe. Divide by the # of servings.

Carbs	Fat	Protein	Calories
268g	78g	272g	2862

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
171g	62g	262g	2290

Servings	Carbs	Fat	Protein	Calories
4	43g	16g	66g	573
5	34g	12g	52g	458
6	29g	10g	44g	382
7	24g	9g	37g	327

THAI TURKEY BURGERS WITH SWEET POTATO FRIES

Asian flavors melded into a classical American dish. The turkey burgers are meant to be topped with the peanut slaw and eaten together. The slaw provides a great fresh aspect to the dish.

PREP TIME

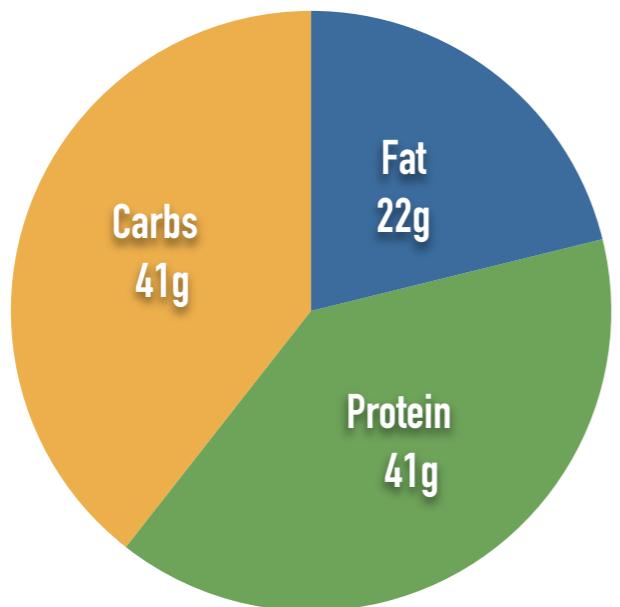
30 Minutes

COOK TIME

30 Minutes

PER SERVING - MAKES 5

522 Cals



THAI TURKEY BURGERS

SHOPPING LIST

PRODUCE

- 1 bunch cilantro
- Ginger
- Jalapeño
- 3 small shallots
- 1 lime
- 2 large sweet potatoes
- 1 bag shredded carrots
- Shredded red cabbage

MEAT/DAIRY

- 2 lbs ground turkey

MIDDLE AISLES

- Fish sauce

CHECK YOUR PANTRY

- Soy sauce
- Olive oil
- Peanut butter
- Rice wine vinegar
- Garlic
- Honey
- Garlic powder
- Salt and pepper

For the Burgers

- 2 lbs (908g) ground turkey (93/7)
- ¾ cup (12g) cilantro, finely chopped
- 2 Tbsp (10g) ginger, minced
- 5 cloves (20g) garlic, minced
- 1 (20g) jalapeño, diced
- 3 small (100g) shallots, minced
- 1 Tbsp + 1 tsp (20mL) fish sauce
- 2 Tbsp (30mL) soy sauce
- 1 Tbsp (15mL) olive oil

For the Peanut Slaw

- 2 cups (140g) red cabbage
- 1 cup (100g) shredded carrots
- 1 Tbsp (15mL) soy sauce
- 2 Tbsp (32g) natural peanut butter
- 2 Tbsp (30mL) rice wine vinegar
- 1 inch (10g) chunk of ginger
- 1 clove (5g) garlic
- 2 Tbsp (42g) honey
- 3 Tbsp (45mL) water
- 1 Tbsp (15mL) lime juice

For the Sweet Potato Fries

- 2 large (550g) sweet potatoes, cut into strips
- 1 Tbsp (15mL) olive oil
- 2 tsp (10g) garlic powder
- Salt and pepper to taste

THAI TURKEY BURGERS

For the Sweet Potato Fries

- Preheat your oven to 400°F.
- Cut your sweet potatoes into strips about $\frac{1}{4}$ inch thick. Use a mandolin if you have one, it will be much faster and you will get uniform cuts.
- Spread the potatoes out on sheet pan and drizzle with olive oil. Season with 2 tsp of garlic powder.
- Bake for 10 minutes and then turn the fries and bake an addition 5–8 minutes. Watch them carefully to make sure they don't burn.
- Season with salt and pepper to taste once they have finished cooking.

For the Turkey Burgers

- Mince the 3 shallots, 5 cloves of garlic, and 2 Tbsp worth of ginger. Cut the jalapeño into a small dice.
- Heat 1 tsp of olive oil in a skillet and sauté the shallots, garlic, ginger, and jalapeño until the onions have browned. Stir often to prevent burning.
- In a large bowl, mix together the 2 lbs of ground turkey, shallot/ginger/garlic/jalapeño mixture, 1 Tbsp + 1 tsp of fish sauce, 2 Tbsp of soy sauce, 1 Tbsp olive oil. Using your hands, fold the mixture until everything has been incorporated thoroughly.

THAI TURKEY BURGERS

For the Turkey Burgers

- Form 10 patties about $\frac{1}{2}$ an inch thick.
- Heat a grill pan or a skillet over medium high heat. Cook the burgers for 5–7 minutes on each side. They are finished when they have reached an internal temperature of 165°F.

For the Peanut Slaw

- While the burgers are cooking you can begin to prep the slaw. In a large bowl, mix together 2 cups of red cabbage and 1 cup of shredded carrots.
- Make the dressing in a blender by combining 2 Tbsp of peanut butter, 2 Tbsp rice wine vinegar, a 1 inch chunk of ginger, 1 clove of garlic, 2 Tbsp of honey, 3 Tbsp of water, and 1 Tbsp of lime juice. Blend until smooth. Taste and adjust flavors as necessary. Pour the sauce over the cabbage mix and toss.

This recipe makes 5 servings. Divide your turkey burgers and sweet potato fries evenly between your 5 containers. Keep the peanut slaw in a separate container as you do not want to microwave it.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Reduce the amount of peanut slaw and potatoes by half. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
112g	100g	197g	2136

WEIGHT GAIN TIP

Double the amount of potatoes and add an extra $\frac{1}{2}$ lb of turkey to make more burgers. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
314g	124g	260g	3412

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
203g	108g	207g	2612

Servings	Carbs	Fat	Protein	Calories
4	51g	27g	52g	653
5	41g	22g	41g	522
6	34g	18g	35g	435
7	29g	15g	30g	373

PHILLY CHEESESTEAK BOWLS

A breadless, meal prep version of the Philadelphia classic. Zucchini and mushrooms are added to provide some volume and compensate for the lack of bread.

PREP TIME

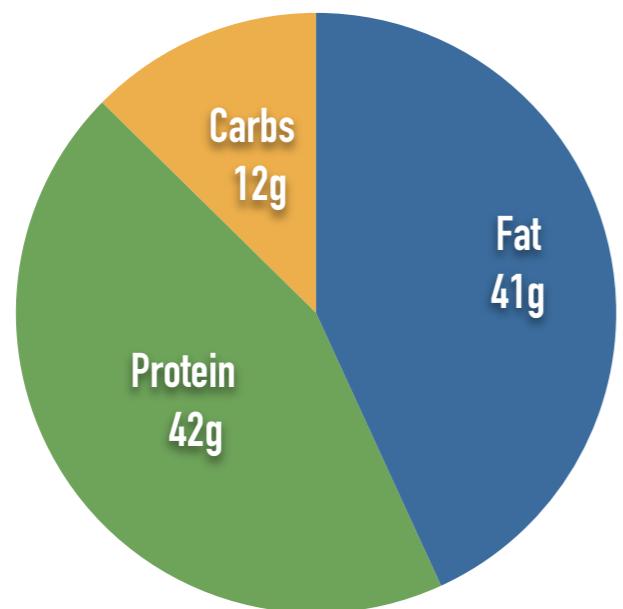
10 Minutes

COOK TIME

30 Minutes

PER SERVING - MAKES 5

587 Cals



PHILLY CHEESESTEAK BOWLS

SHOPPING LIST

PRODUCE

2 green peppers
1 white onion
2 zucchinis
8oz of mushrooms

MEAT/DAIRY

2 lbs chuck roast
1 package sliced provolone cheese

CHECK YOUR PANTRY

Worcestershire sauce
Olive oil
Paprika
Cayenne pepper
Onion powder
Garlic powder
Italian seasoning
Salt and pepper

Ingredients

- 2 lbs (908g) chuck roast
- 2 medium (400g) zucchinis
- 8oz (227g) sliced mushrooms
- 2 medium (300g) green peppers
- 1 medium (200g) white onion
- 2 Tbsp (30mL) Worcestershire sauce
- Salt and pepper to taste
- 2 Tbsp (30mL) olive oil
- 5 slices (105g) provolone cheese

For the steak seasoning

- 1 tsp (3g) salt
- 1 tsp (2g) pepper
- 1 tsp (3g) paprika
- ½ tsp (1g) cayenne pepper
- 1 tsp (2.5g) onion powder
- ½ tsp (1.5g) garlic powder
- 1 Tbsp (3g) Italian seasoning

PHILLY CHEESESTEAK BOWLS

Preparation

- Trim away any large pieces of fat from your steak. Slice it into thin pieces about $\frac{1}{8}$ of an inch thick. You want the pieces of meat to be 1"x1"x $\frac{1}{8}$ " in size.
- Heat a large skillet over medium high heat and add 1 Tbsp of olive oil.
- Mix all of the seasonings and season one side of the meat with half of it. Place the meat seasoned side down in the skillet and season the other side. Cook for about a minute and flip. The meat will cook very quickly because it is so thin.
- Add 2 Tbsp of Worcestershire sauce and mix. Keep the juice left over in the pan.
- Cut the onion and peppers into strips. Cut your mushrooms into a small dice and the zucchini into a large dice.
- Heat another skillet over medium heat. Add a drizzle of olive oil to each. In one add the onions and peppers and in the other add the diced mushrooms. Once the mushrooms have shrunk and are soft, add in the zucchini. Cook until soft.
- Season each of the skillets with salt and peppers to taste.

This recipe makes 5 servings. Divide the ingredients evenly between your 5 containers. Layer the mushroom and zucchini mixture, then the onions and peppers, followed by the steak. Add any remaining sauce to the top for flavor. Add a slice of provolone cheese to the top of each dish.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Swap the chuck roast for sirloin steak. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
59g	142g	219g	2390

WEIGHT GAIN TIP

Add 1 cup (175g) rice to each dish. Below is the nutrition information for the entire recipe. Divide by the # of servings.

Carbs	Fat	Protein	Calories
244g	208g	229g	3764

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
59g	206g	211g	2934

Servings	Carbs	Fat	Protein	Calories
3	20g	69g	70g	978
4	15g	52g	53g	734
5	12g	41g	42g	587
6	10g	34g	35g	489

GRILLED CHICKEN OVER AVOCADO PESTO ZOODLES

Grilled chicken seasoned with Italian flavors and served over a bed of creamy avocado pesto zoodles. The chicken is paired with garlic roasted carrots.

PREP TIME

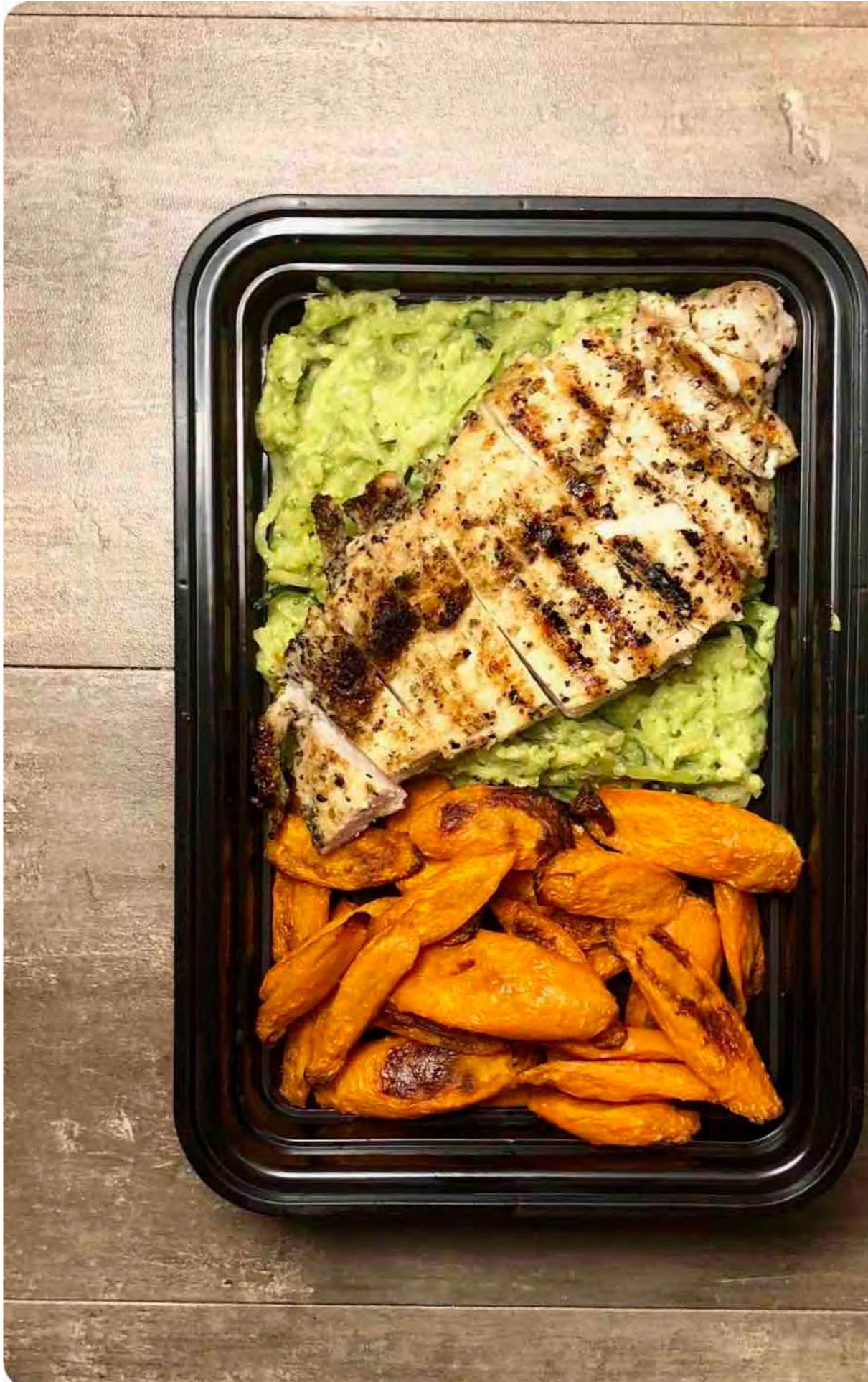
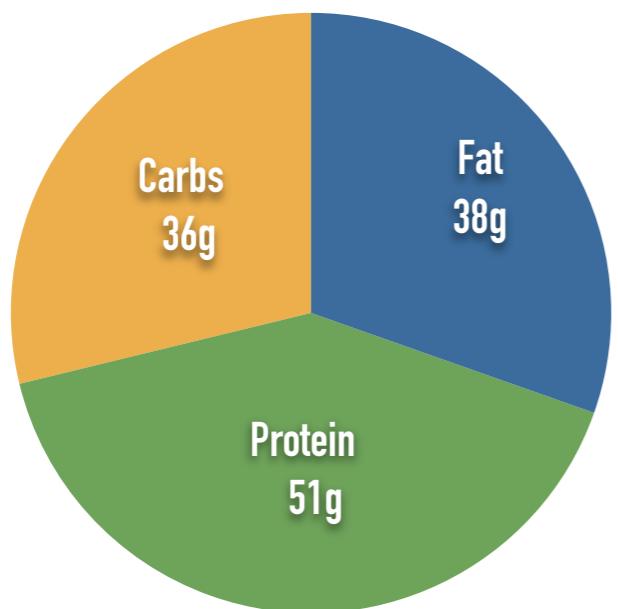
35 Minutes
(30 Min Inactive)

COOK TIME

40 Minutes

PER SERVING - MAKES 5

685 Cals



GRILLED CHICKEN

SHOPPING LIST

PRODUCE

Fresh basil
1 avocado
1 lemon
2 lbs of carrots
3 medium zucchini

MEAT/DAIRY

2 lbs chicken breast

MIDDLE AISLES

Pine nuts

CHECK YOUR PANTRY

Garlic
Olive oil
Onion powder
Oregano
Coriander
Salt and pepper

For the Avocado Pesto

- **½ cup (12g) fresh basil**
- **1 (200g) avocado**
- **2 cloves (10g) garlic**
- **1 Tbsp (15mL) lemon juice**
- **2 Tbsp (16g) pine nuts**
- **2 Tbsp (30mL) olive oil**
- **Salt and pepper to taste**

For the Grilled Chicken

- **2 lbs (908g) chicken breast**
- **1 Tbsp (15g) garlic**
- **1 Tbsp (7g) onion powder**
- **1 Tbsp (3g) oregano**
- **1 tsp (2g) coriander**
- **1 tsp (3g) salt**
- **1 tsp (2g) pepper**
- **1 Tbsp (15mL) olive oil**

For the Roasted Carrots

- **2 lbs (908g) whole carrots**
- **1 Tbsp (15g) garlic**
- **1 Tbsp (15mL) olive oil**

For the Zoodles

- **3 (600g) medium zucchinis**
- **1 Tbsp (15mL) olive oil**

GRILLED CHICKEN

For the Chicken

- In a ziplock bag, add the chicken breast, 1 Tbsp minced garlic, 1 Tbsp onion powder, 1 Tbsp oregano, 1 tsp coriander, 1 tsp salt, 1 tsp pepper, and 2 Tbsp olive oil. Place in the fridge for at least 30 minutes to marinate.
- After the chicken has marinated, heat a grill pan or skillet over medium high heat. Cook the chicken until it has reached an internal temperature of 165°F, around 5-7 minutes each side.
- Allow to rest and cut into slices about $\frac{1}{4}$ " thick.

For the Roasted Carrots

- Preheat your oven to 425°F.
- Peel your carrots and cut off the stems. Cut the carrots on a bias into 2 inch pieces.
- In a large bowl, toss the carrots with 1 Tbsp of olive oil and garlic.
- Transfer the carrots to a sheet pan and bake for 10-12 minutes and flip. Bake an additional 10 minutes or until soft.

GRILLED CHICKEN

For the Zucchini Noodles

- Wash and spiralize your zucchinis into noodles. Leave them raw for best results.

For the Pesto

- In a blender, mix together $\frac{1}{2}$ cup of fresh basil, 1 avocado, 2 cloves of garlic, 1 Tbsp lemon juice, 2 Tbsp pine nuts, 2 Tbsp olive oil and Salt and pepper to taste.
- Add to the zoodles and mix.

This recipe makes 4 servings. Divide your ingredients evenly 4 ways. 4 servings is the maximum I would go on this meal because of the zoodles.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Omit the pesto sauce from the zoodles. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
115g	69g	193g	1853

WEIGHT GAIN TIP

Swap the zoodles for 1 cup (175g) rice in each dish. Below is the nutrition information for the entire recipe. Divide by the # of servings.

Carbs	Fat	Protein	Calories
311g	149g	213g	3437

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
145g	150g	202g	2738

Servings	Carbs	Fat	Protein	Calories
4	36g	38g	51g	685
5	29g	30g	40g	548
6	24g	25g	34g	456
7	21g	21g	29g	391

BONELESS RIBS WITH CAULIFLOWER MAC&CHEESE

Country style pork ribs seasoned with a spice rub and topped with BBQ sauce. They are served with a side of cauliflower mac and cheese and coleslaw.

PREP TIME

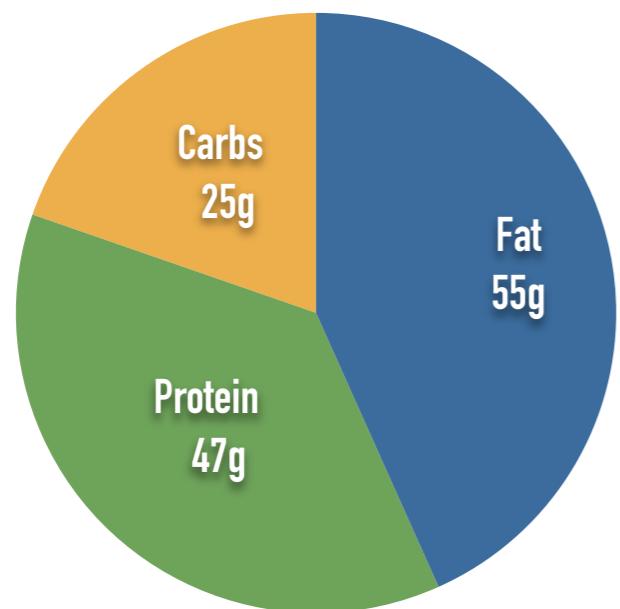
15 Minutes

COOK TIME

35 Minutes

PER SERVING - MAKES 5

781 Cals



BONELESS RIBS AND CAULIFLOWER MAC

SHOPPING LIST

PRODUCE

- 1 package coleslaw mix
- 1 lemon
- 24 oz of frozen cauliflower

MEAT/DAIRY

- 2 lbs country style ribs
- Milk
- 1 bag cheddar jack cheese

CHECK YOUR PANTRY

- BBQ Sauce
- Garlic powder
- Cumin
- Onion powder
- Paprika
- Chili Powder
- Salt and pepper
- Almond flour
- Butter
- Mayonnaise
- Honey
- Olive oil

For the Ribs

- 2 lbs (908g) country style pork ribs
- $\frac{1}{4}$ cup (72g) BBQ sauce (find a vinegar or tomato based sauce)
- 1 tsp (3g) salt
- 1 tsp (2g) pepper
- 1 Tbsp (7g) cumin
- 1 Tbsp (7g) garlic powder
- 1 Tbsp (7g) onion powder
- 1 tsp (3g) paprika
- 1 tsp (3g) chili powder

For the Cauliflower Mac and Cheese

- 24oz (681g) frozen cauliflower
- 3 Tbsp (42g) butter
- 6 Tbsp (36g) almond flour (regular flour is fine)
- 1 $\frac{1}{2}$ cups (360mL) whole milk
- 1 $\frac{1}{2}$ cup (168g) cheddar jack cheese
- Salt and pepper to taste

For the Coleslaw

- 2 $\frac{1}{2}$ cups (142g) coleslaw mix
- 1 Tbsp (15mL) olive oil
- $\frac{1}{4}$ cup (56g) mayonnaise
- 1 Tbsp (15mL) lemon juice
- 1 Tbsp (21g) honey

BONELESS RIBS AND CAULIFLOWER MAC

For the Ribs

- Preheat your oven to 375°F.
- In a bowl mix together the seasonings. 1 tsp salt, 1 tsp pepper, 1 Tbsp cumin, 1 Tbsp garlic powder, 1 Tbsp onion powder, 1 tsp paprika, 1 tsp chili powder.
- Rub the seasonings into all sides of the meat. Bake for 30 minutes and check temperature. Bake until it has reached an internal temperature of at least 155°F.

For the Cauliflower Mac and Cheese

- Cook the cauliflower in a microwave until it is no longer frozen. Cut into macaroni noodle sized pieces.
- In a sauce pan over medium heat, melt the butter and add in the flour to make a roux. Mix thoroughly and cook for 2–3 minutes to brown.
- Add in the milk and stir continuously until it is smooth. Bring to a boil and stir until thick.
- Add in 1 cup of cheese and stir.
- Stir in the cauliflower. Season with salt and pepper to taste. Add the remaining $\frac{1}{2}$ cup of cheese to the top after plating each serving!

BONELESS RIBS AND CAULIFLOWER MAC

For the Coleslaw

- In a bowl, mix together $\frac{1}{4}$ cup mayonnaise, 1 Tbsp olive oil, 1 Tbsp lemon juice, and 1 Tbsp honey.
- Pour over 2 $\frac{1}{2}$ cups of coleslaw mix.

This recipe makes 5 servings. Divide your ribs and cauliflower mac and cheese evenly 5 ways into each of your containers. Store the coleslaw in a separate, smaller container because you won't want to microwave it.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Swap the butter, flour, and milk for 1 cup of Greek yogurt in the mac&cheese & swap the pork for chicken thighs. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
110g	150g	254g	2806

WEIGHT GAIN TIP

Swap the cauliflower for 5 cups (250g raw) cooked macaroni noodles. Below is the nutrition information for the entire recipe. Divide by the # of servings.

Carbs	Fat	Protein	Calories
314g	291g	222g	4763

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
126g	273g	236g	3905

Servings	Carbs	Fat	Protein	Calories
4	32g	68g	59g	976
5	25g	55g	47g	781
6	21g	46g	39g	651
7	18g	39g	34g	558

ROPA VIEJA

Ropa Vieja is the national dish of Cuba and translates to “Old Clothes”. This recipe is slightly modified from the traditional version to add more vegetables.

PREP TIME

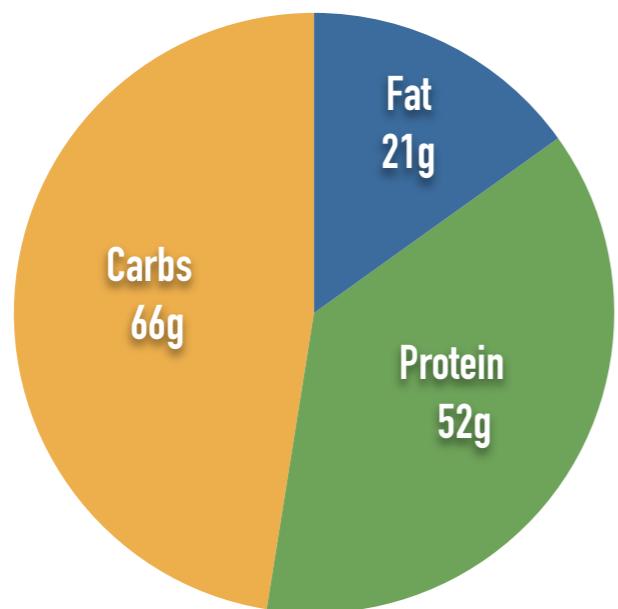
10 Minutes

COOK TIME

4.5 Hours
(4 Hours Inactive)

PER SERVING - MAKES 5

667 Cals



ROPA VIEJA

SHOPPING LIST

PRODUCE

1 sweet onion
2 green peppers
1 red pepper
1 bunch of celery
1 bag of carrots

MEAT/DAIRY

2 lbs chuck roast

MIDDLE AISLES

6 oz can of tomato paste
15 oz can of crushed tomatoes
Chicken broth
Green olives
White wine
1 can chipotle peppers in adobo sauce
2 cans of black beans

CHECK YOUR PANTRY

Garlic
Cumin
Paprika
Oregano
Bay leaves
Olive oil
Salt and pepper
Rice

Ingredients

- 2 lbs (908g) chuck roast
- 2 medium (300g) green peppers
- 1 medium (150g) red pepper
- 1 medium (200g) sweet onion
- 2 Tbsp (30g) minced garlic
- 3 stalks (300g) of celery
- 3 (300g) carrots
- 6 oz (170g) can tomato paste
- 15 oz can (425g) crushed tomatoes
- 1 cup (240mL) chicken broth
- ½ cup (120mL) white wine
- 1 cup (180g) green olives
- 2 (20g) chipotle peppers in adobo sauce
- 1 Tbsp (8g) cumin
- 1 Tbsp (8g) paprika
- 1 Tbsp (8g) oregano
- 2 bay leaves
- 2 Tbsp (30mL) olive oil
- Salt and pepper to taste
- 2 ½ cups (438g) cooked rice
- 2 ½ cups (438g) black beans

ROPA VIEJA

Preparation

- Heat a large dutch oven or pot over high heat and add 1 Tbsp of olive oil.
- Salt and pepper both sides of your roast and brown each side in the pot. Be sure not to burn it, it will only require a short amount of time on each side. Remove from pot and set aside.
- Wash and cut your peppers and onion into strips. Peel and cut the carrots into small discs about $\frac{1}{4}$ of an inch thick. Cut the celery into a small dice.
- Reduce the heat on your pot to medium high and add 1 Tbsp of olive oil. Add the the peppers, onions, carrots, celery, and 2 Tbsp of minced garlic to the pot. Cook for around 10 minutes until the onions have browned.
- Pour in $\frac{1}{2}$ cup of white wine and stir to deglaze the pot.
- Add in the roast, 1 cup of chicken broth, 6 oz of tomato paste, 15 oz of crushed tomatoes, 2 chipotle peppers in adobo, 1 Tbsp cumin, 1 Tbsp paprika, 1 Tbsp oregano, and 2 bay leaves and bring to a boil for 5 minutes.
- Reduce the heat to low and cover. Cook for 4 hours.
- Remove the beef from the pot and shred with two forks. Return to the pot with 1 cup of green olives. Simmer uncovered for 25–30 minutes to thicken the sauce. Add salt and pepper to taste.

ROPA VIEJA

- If you have a lot of juice left in the pot it may be helpful to strain out the excess liquid using a colander. Some liquid is good but you don't want too much in the bottom of your containers when you store your meals.
- Cook the rice using your preferred method. 1 cup of uncooked rice will yield around 3 cups of cooked rice.
- Heat the beans in a small sauce pot.

This recipe makes 5 servings. In each of your containers, add $\frac{1}{2}$ cup of black beans and $\frac{1}{2}$ cup of rice. Divide the meat mixture evenly 5 ways, straining out any juice if necessary.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Reduce the rice and beans to $\frac{1}{4}$ cup each per dish & swap the beef for chicken breast. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
211g	78g	219g	2422

WEIGHT GAIN TIP

This meal is already great for weight gain. Just divide the recipe into less servings!

Carbs	Fat	Protein	Calories
332g	107g	261g	3335

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
332g	107g	261g	3335

Servings	Carbs	Fat	Protein	Calories
4	83g	27g	65g	834
5	66g	21g	52g	667
6	55g	18g	44g	556
7	47g	15g	37g	476

SAUSAGE & CHILI COVERED SWEET POTATO

A play on the classic chili dog with the bun replaced by a sweet potato and the hot dog by kielbasa sausage. This meal packs a lot of flavor into every bite.

PREP TIME

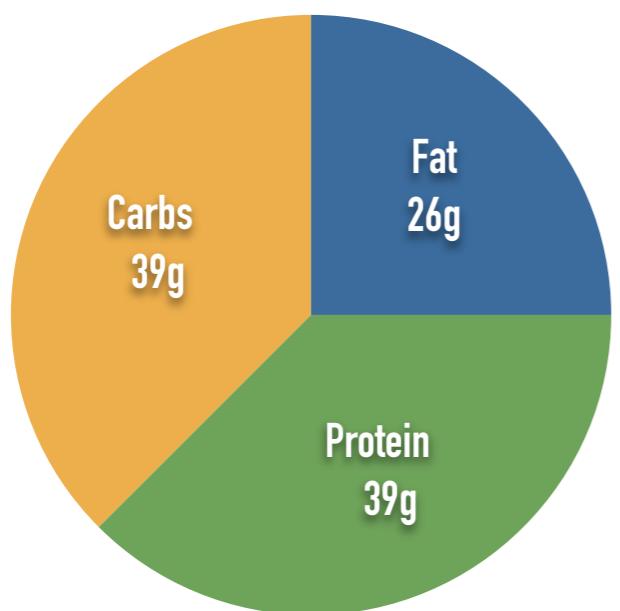
15 Minutes

COOK TIME

40 Minutes

PER SERVING - MAKES 5

544 Cals



SAUSAGE & CHILI COVERED SWEET POTATO

SHOPPING LIST

PRODUCE

8oz mushrooms
1 sweet onion
1 green pepper
1 red pepper
5 small sweet potatoes
1 avocado

MEAT/DAIRY

1 lbs ground beef
14oz kielbasa sausage
Greek yogurt

MIDDLE AISLES

1 can tomato paste
1 can tomato sauce

CHECK YOUR PANTRY

Olive oil
Worcestershire sauce
Chili powder
Mustard powder
Garlic
Salt and pepper

For the Chili

- 1 lb (454g) ground beef (85/15)
- ½ cup (132g) tomato paste
- 1 cup (240mL) tomato sauce
- 8 oz (227g) mushrooms
- ½ medium (100g) sweet onion
- 1 medium (150g) green bell pepper
- 1 medium (150g) red bell pepper
- 2 Tbsp (30mL) Worcestershire sauce
- 1 Tbsp (8g) chili powder
- 1 tsp (2g) mustard powder
- 1 Tbsp (15g) minced garlic
- Salt and pepper to taste
- 1 Tbsp (15mL) olive oil

For the Sweet Potatoes

- 5 small (500g) sweet potatoes (or 2-3 medium ones)
- 14oz (397g) turkey kielbasa sausage
- 5 Tbsp (71g) Greek yogurt (or sour cream)
- ½ (100g) avocado

Optional- If you want to add more vegetables to your meals, include 2-3 cups of chopped spinach to your chili when cooking the onions. It will wilt down to a small size and be almost unnoticeable.

SAUSAGE & CHILI COVERED SWEET POTATO

For the Sweet Potatoes

- Heat your oven to 400°F. Carefully poke holes in each sweet potato with a fork and bake for 30 minutes or until soft.
- Once cooked, remove the skin.

For the Chili

- Cut $\frac{1}{2}$ of a sweet onion, 1 red bell pepper, 1 green pepper, and 8oz of mushrooms into a small dice.
- Add 1 Tbsp of olive oil into a large pot over medium high heat. Add in the vegetables and 1 Tbsp of minced garlic. Cook until soft. (Add the spinach here if you wish)
- Once the vegetables have softened, make some space to add the ground beef. Add the ground beef to the pot and season with salt and pepper. Cook until browned and drain the fat.
- Add 1 cup of tomato sauce, $\frac{1}{2}$ cup of tomato paste, and 2 Tbsp of Worcestershire sauce to the pot. Bring to a boil then reduce the heat to low and simmer for 12-15 minutes.
- Add 1 Tbsp of chili powder and 1 tsp mustard powder. Taste and adjust any seasonings as needed.

SAUSAGE & CHILI COVERED SWEET POTATO

For the Sausage

- Cut the sausage into 1-2 inch pieces on a bias. Brown the sausage in a large skillet for 5-7 minutes. Add to the chili and mix.

This recipe makes 5 servings. In each of your containers add 1 small sweet potato and cover with $\frac{1}{5}$ of the chili. Top each with 1 Tbsp of Greek yogurt and diced avocado.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Swap the beef for ground turkey. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
193g	94g	198g	2410

WEIGHT GAIN TIP

Swap the small sweet potatoes with large sweet potatoes (1000g) and use a pork sausage. Below is the nutrition information for the entire recipe. Divide by the # of servings.

Carbs	Fat	Protein	Calories
300g	183g	188g	3599

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
193g	130g	194g	2718

Servings	Carbs	Fat	Protein	Calories
4	48g	33g	49g	680
5	39g	26g	39g	544
6	32g	22g	32g	453
7	28g	19g	28g	388

CHICKEN AND SAUSAGE GUMBO

A meal prep version of the Louisiana classic. Shredded chicken and andouille sausage cooked low and slow in tomatoes and chicken broth.

PREP TIME

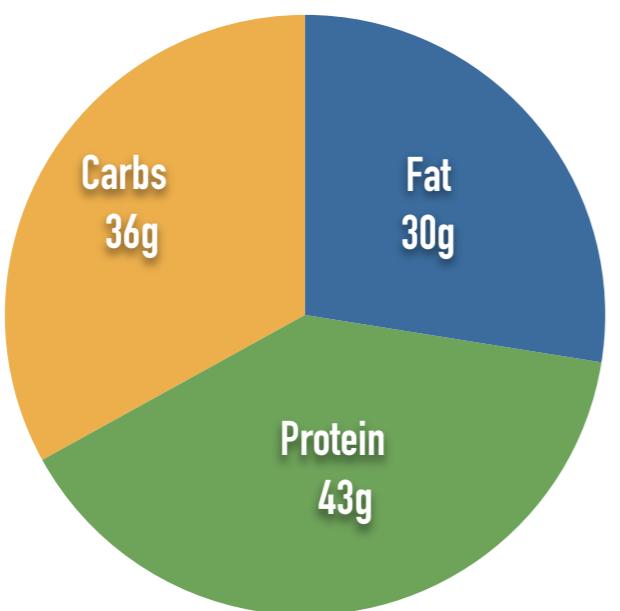
20 Minutes

COOK TIME

3 Hours

PER SERVING - MAKES 6

590 Cals



CHICKEN AND SAUSAGE GUMBO

SHOPPING LIST

PRODUCE

1 onion
1 bag of carrots
1 bunch of celery
1 green pepper

MEAT/DAIRY

2 lbs chicken breast
14oz Andouille sausage

CHECK YOUR PANTRY

1 can of diced tomatoes
Chicken broth
Garlic
Olive oil
Cajun seasoning
Butter
Cornstarch
Rice
Salt and pepper

Ingredients

- 2 lbs (908g) chicken breast
- 14oz (397g) Andouille sausage
- 14 oz (397g) can diced tomatoes
- 2 cups (480mL) chicken broth
- ½ medium (100g) onion
- 4 (400g) carrots
- 4 (400g) stalks of celery
- 1 Tbsp (15g) garlic
- 1 medium (150g) green pepper
- 2 Tbsp (30mL) olive oil
- 1 Tbsp (8g) cajun seasoning
- Salt and pepper to taste
- 2 Tbsp (28g) butter
- 1 Tbsp (8g) cornstarch
- 1 Tbsp (15mL) cold water
- 3 cups (525g) cooked rice

CHICKEN AND SAUSAGE GUMBO

Preparation

- Cook the rice using your preferred method. 1 cup of uncooked rice will yield around 3 cups of cooked rice.
- Wash your carrots, celery, and green pepper. Peel the carrots to prepare for cutting.
- Cut your carrots, celery, green pepper, and onion into a small dice.
- In a large pot, heat 2 Tbsp of olive oil over medium heat. Add in the carrots, celery, green pepper, onion, and 1 Tbsp of garlic. Cook for 8-10 minutes stirring occasionally.
- After the vegetables have cooked, lay the chicken breasts on top of the vegetables and add in a 14oz can of diced tomatoes and 2 cups of chicken broth. Stir in 1 Tbsp of cajun seasoning.
- Bring to a boil and then lower the heat to low and simmer for 2 hours.
- After the gumbo has cooked for 2 hours, remove the chicken and shred with two forks in a large bowl.
- Next you will need to make a roux to thicken the gumbo. Melt 2 Tbsp of butter in a skillet and stir in $\frac{1}{4}$ cup of almond flour (regular flour is fine, I just use almond flour because it is gluten free)
- Cook the roux for 3-4 minutes or until it has started to brown. Add to the gumbo and stir. Raise the heat to medium.

CHICKEN AND SAUSAGE GUMBO

- If your sauce hasn't thickened enough, stir together 1 tsp cornstarch and 1 tsp cold water together. Add to the pot and stir to thicken.
- Cut the sausage into $\frac{1}{4}$ inch slices and add to the gumbo.
- Continue to cook for an additional 10 minutes. Stir often. Return the chicken to the gumbo and add salt and pepper to taste.

This recipe will make 6 servings. To each of your containers add $\frac{1}{2}$ cup of rice and $\frac{1}{6}$ of your gumbo.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Swap the sausage for turkey or chicken sausage and reduce the rice to 2 cups. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
186g	119g	262g	2863

WEIGHT GAIN TIP

Add 3 cups (525g) rice to the recipe. You can also divide the food into less servings. Below is the nutrition information for the entire recipe. Divide by the # of servings.

Carbs	Fat	Protein	Calories
326g	183g	270g	4031

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
216g	182g	259g	3538

Servings	Carbs	Fat	Protein	Calories
5	43g	36g	52g	708
6	36g	30g	43g	590
7	31g	26g	37g	505
8	27g	23g	32g	442

CHIMICHURRI CHICKEN WITH SWEET POTATO FRIES

Grilled chicken thighs served with a side of chimichurri sauce, sweet potato fries, and zucchini. Grilled meat and chimichurri are a match made in heaven.

PREP TIME

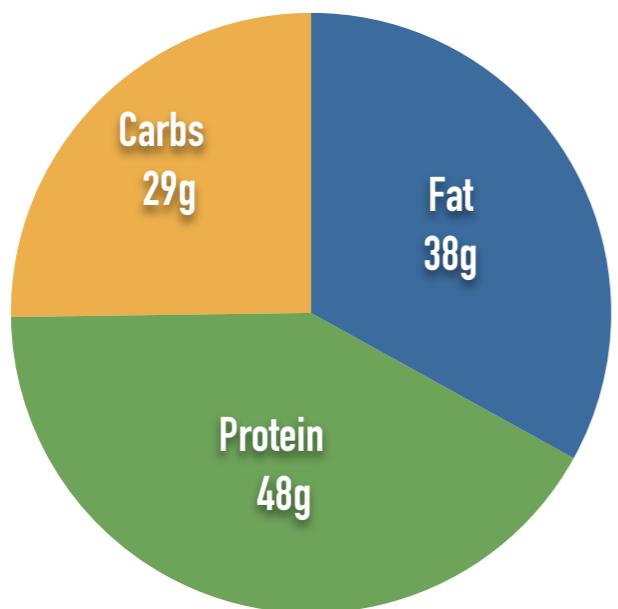
40 Minutes
(30 Min Inactive)

COOK TIME

40 Minutes

PER SERVING - MAKES 5

648 Cals



CHIMICHURRI CHICKEN

SHOPPING LIST

PRODUCE

3 sweet potatoes
2 medium zucchini
1 bunch flat leaf parsley
1 lemon
1 red onion

MEAT/DAIRY

2.5 lbs chicken thighs

CHECK YOUR PANTRY

Olive oil
Paprika
Garlic
Red wine vinegar
Oregano
Salt and pepper

For the Chicken

- 2 ½ lbs (1135g) chicken thighs
- 1 Tbsp (15mL) olive oil
- ½ tsp (1.5g) salt
- 1 Tbsp (8g) paprika
- 1 Tbsp (15g) minced garlic

For the Sweet Potato Fries and Zucchini

- 2 medium (550g) sweet potatoes
- 2 medium (500g) zucchini
- 1 Tbsp + 1 tsp (20mL) olive oil
- Salt and pepper

For the Chimichurri

- 1 bunch (55g) flat leaf parsley (2–2.5 cups)
- 4 cloves (16g) garlic
- 2 Tbsp (30mL) red wine vinegar
- ½ cup (120mL) olive oil
- 1 Tbsp (30mL) lemon juice
- 2 Tbsp (10g) diced red onion
- 1 tsp (1g) oregano

CHIMICHURRI CHICKEN

Preparation

- Add the chicken thighs to a ziplock bag with 1 Tbsp of olive oil, $\frac{1}{2}$ tsp salt, 1 Tbsp paprika, and 1 Tbsp minced garlic. Shake the chicken around in the bag to coat. Remove as much air as possible and marinate in the refrigerator for at least 30 minutes.
- Heat a grill pan over medium high heat and add 1 Tbsp of olive oil.
- Cook the chicken in batches if necessary to prevent overcrowding. Cook it for roughly 4 minutes on each side but be careful not to mess with it too much as you want the outside to develop some color.
- After the chicken has cooked, remove it from the pan and cut it into a large dice. Add it back to the pan to allow for it to finish cooking and develop more color.

For the Sweet Potato Fries and Zucchini

- Preheat your oven to 400°F.
- Wash and cut your sweet potatoes and zucchini into fry shaped sticks.
- Add the zucchini to a bowl with 1 tsp of olive oil and lightly season with salt.
- Add the sweet potatoes to a large bowl and add 1 Tbsp of olive oil. Lightly season with salt and pepper. Spread on a sheet pan and bake for 10 minutes, remove from the oven and flip.

CHIMICHURRI CHICKEN

For the Sweet Potato Fries and Zucchini

- While the pan is out of the oven, add the zucchini and bake an additional 8-10 minutes.
- Watch the pan carefully to make sure the sweet potatoes don't burn.

For the Chimichurri

- In a food processor or a blender, add all of the ingredients and blend until smooth. The sauce should be a vibrant green color, if yours is brown you probably need to add more parsley and blend longer.

This recipe makes 5 servings. Divide all of your ingredients evenly between 5 containers. Store the chimichurri in a separate, smaller container as you don't want to heat it in the microwave.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Cut the recipe for the chimichurri in half and omit the sweet potatoes. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
30g	121g	229g	2125

WEIGHT GAIN TIP

Add 1 cup (175g) rice total to each dish. Below is the nutrition information for the entire recipe. Divide by the # of servings.

Carbs	Fat	Protein	Calories
327g	191g	257g	4055

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
143g	190g	239g	3238

Servings	Carbs	Fat	Protein	Calories
4	36g	48g	60g	810
5	29g	38g	48g	648
6	24g	32g	40g	540
7	20g	27g	34g	463

SNACKS

TURKEY NUGGETS

The greatest snack you will ever make, a healthy version of a chicken nugget without any breading. This recipe uses ground turkey but you could just as easily use chicken.

PREP TIME

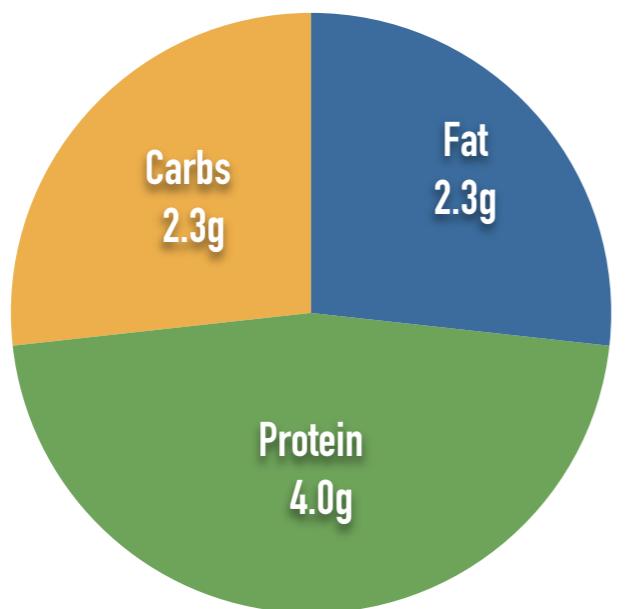
15 Minutes

COOK TIME

20 Minutes

PER SERVING - MAKES 26

46 Cals Each



TURKEY NUGGETS

SHOPPING LIST

PRODUCE

1 sweet potatoes
1 bunch of green onions
1 jalapeño (optional)

MEAT/DAIRY

1 lb ground turkey
Eggs

CHECK YOUR PANTRY

Olive oil
Garlic powder
Seasoned salt
Pepper
Almond flour

Ingredients

- 1 lb (454g) ground turkey or chicken (93/7)
- 1 large (240g) sweet potato (you'll need about 2 cups worth)
- 1 egg, beaten
- 3 Tbsp (10g) green onion
- 1 (20g) jalapeño (optional)
- 2 tsp (4g) garlic powder
- 2 tsp (4g) seasoned salt
- 1 tsp (2g) pepper
- 3 Tbsp (18g) almond flour
- 1 Tbsp (15mL) olive oil

TURKEY NUGGETS

Preparation

- Preheat your oven to 400°F
- Wash and peel your potato. Using a food processor or grater, cut your potato into a mince. The food processor works the best here. You want the potato to be in “riced” form.
- Cut your jalapeño into a small dice and sauté over medium heat.
- While the jalapeño is cooking, wash and cut your green onions into a small dice. Use the whites and greens to until you have 3 Tbsp worth.
- In a large bowl, mix all of the ingredients together.
- Spray 2 sheet pans with cooking oil.
- Divide your meat mixture into nuggets using a cookie scoop. Start with a ball around 1-1 ½ inches in diameter and press into a disc with your fingers.
- You want your nuggets to be about 2 inches in diameter and ¼-½ inch in thickness. They will shrink.
- Bake for 10 minutes and then flip and bake an additional 10 minutes.

Total Nutrition Information

How many nuggets you make depends entirely on how big or small you make them. For reference, I made 30 nuggets but you don't need to be exact. The nutrition information for this recipe is as follows. Divide these numbers by how many nuggets you make to have accurate nutritional information!

WEIGHT LOSS TIP

These are a great snack for weight loss. Just be aware of how many you eat so you stay within your goals!

WEIGHT GAIN TIP

You don't really want to change the recipe of these too much as you don't want to alter the texture or cooking method. Double the recipe and make more of them so you have easier access to clean calories!

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
59g	61g	104g	1201

Servings	Carbs	Fat	Protein	Calories
26	2.3g	2.3g	4.0g	46
28	2.1g	2.2g	3.7g	43
30	2.0g	2.0g	3.5g	40
32	1.8g	1.9g	3.3g	38

VEGETABLE LATKES

A latke is a jewish food traditionally made using potatoes. In this dish they are made using broccoli slaw, carrots, and zucchini. These are the perfect healthy snack as they are mainly veggies!

PREP TIME

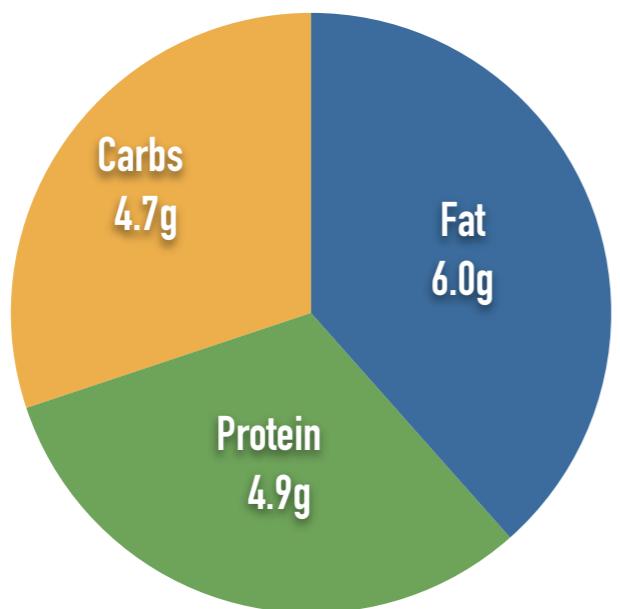
10 Minutes

COOK TIME

30 Minutes

PER SERVING - MAKES 15

93 Cals Each



VEGETABLE LATKES

SHOPPING LIST

PRODUCE

- 1 bag broccoli slaw
- 1 bag shredded carrots
- 1 zucchini
- 1 avocado

MEAT/DAIRY

- Eggs
- 1 bag shredded parmesan cheese
- Greek yogurt

CHECK YOUR PANTRY

- Almond flour
- Olive oil
- Garlic powder
- Seasoned salt
- Dill
- Salt and pepper

For the Latke

- 2 cups (227g) broccoli slaw
- 1 cup (100g) shredded carrots
- 1 medium (250g) zucchini
- 2 eggs
- $\frac{2}{3}$ cup (63g) almond flour
- $\frac{1}{2}$ cup (56g) parmesan cheese
- 1 Tbsp (15mL) olive oil
- 1 tsp (3g) garlic powder
- 1 tsp (3g) seasoned salt
- $\frac{1}{2}$ tsp (1g) pepper

For the Avocado Cream Sauce

- 1 small (100g) avocado
- $\frac{1}{2}$ cup (113g) plain nonfat Greek yogurt
- 1 tsp (3g) dill
- Salt to taste

VEGETABLE LATKES

For the Latke

- Start a medium pot of water over high heat and bring to a boil.
- Cut your zucchini into small, matchstick sized pieces to match your carrots and broccoli slaw.
- Boil the carrots, broccoli slaw, and zucchini for 5 minutes and then strain.
- Using paper towels or cheese cloth, get as much water out of the vegetables as you can.
- In a large bowl mix together the vegetables, 2 beaten eggs, $\frac{2}{3}$ cup almond flour, $\frac{1}{2}$ cup parmesan cheese, 1 Tbsp olive oil, 1 tsp garlic powder, 1 tsp seasoned salt, and $\frac{1}{2}$ tsp pepper.
- Heat a skillet over medium heat. Spray with cooking spray before cooking. Place the mixture into the pan using a cookie scoop and flatten into a pancake shape with your fingers. If you don't have a cookie scoop make balls about the size of about 1"-1 $\frac{1}{2}$ " in diameter.
- Cook for 2-3 minutes on each side.

For the Avocado Cream Sauce

- Add the avocado, $\frac{1}{2}$ cup Greek yogurt, 1 tsp dill and salt to a blender and mix until smooth.

Total Nutrition Information

How many latkes you make depends entirely on how big or small you make them. The nutrition information for this recipe is as follows. Divide these numbers by how many latkes you make to have accurate nutritional information!

WEIGHT LOSS TIP

These are a great snack for weight loss. Just be aware of how many you eat so you stay within your goals!

WEIGHT GAIN TIP

You don't really want to change the recipe of these too much as you don't want to alter the texture or cooking method. Double the recipe and make more of them so you have easier access to clean calories!

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
71g	90g	74g	1390

Servings	Carbs	Fat	Protein	Calories
12	5.9g	7.5g	6.2g	116
13	5.5g	6.9g	5.7g	107
14	5.1g	6.4g	5.3g	99
15	4.7g	6.0g	4.9g	93

CHIPOTLE STUFFED MUSHROOMS

Baby bella mushrooms stuffed with ground beef and red peppers mixed in chipotle flavored Greek yogurt. A perfect healthy snack for between meals.

PREP TIME

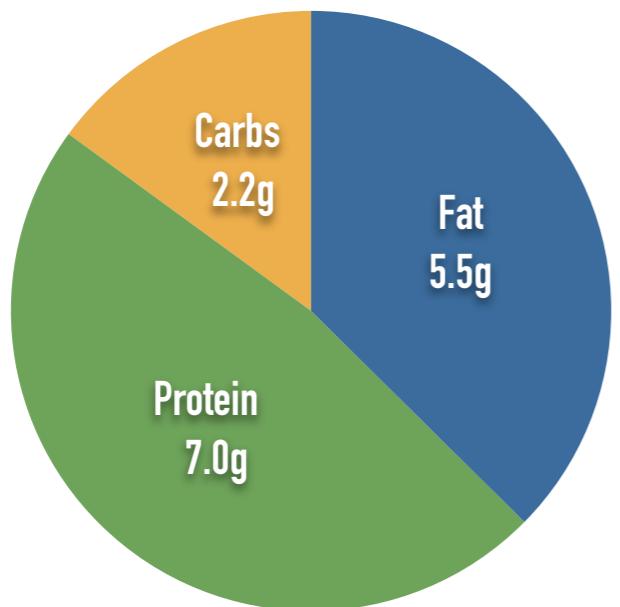
10 Minutes

COOK TIME

35 Minutes

PER SERVING - MAKES 15

87 Cals Each



CHIPOTLE STUFFED MUSHROOMS

SHOPPING LIST

PRODUCE

1 lb mushrooms
1 sweet onion
1 red bell pepper
1 lime

MEAT/DAIRY

1 lb ground beef
1 pack shredded cheese
Greek yogurt

MIDDLE AISLES

1 can chipotle peppers
in adobo sauce

CHECK YOUR PANTRY

Olive oil
Garlic powder

Ingredients

- 1 lb (454g) ground beef (85/15)
- 1 lb (454g) baby bella mushrooms
- $\frac{1}{3}$ cup (76g) plain nonfat Greek yogurt
- 1 tsp (5mL) lime juice
- 1 (20g) chipotle pepper in adobo sauce +
2 tsp of the adobo sauce
- $\frac{1}{2}$ medium (100g) sweet onion
- 1 small (100g) red bell pepper
- 1 Tbsp (15mL) olive oil
- 2 Tbsp (14g) shredded cheese
- Salt and pepper to taste

For the Sauce Topping

- 2 Tbsp (28g) Greek yogurt
- $\frac{1}{2}$ tsp (2.5mL) lime juice
- Salt and pepper to taste

CHIPOTLE STUFFED MUSHROOMS

Preparation

- Preheat oven to 375°F
- Dice the onion and red pepper.
- Heat a skillet over medium high heat and add 1 Tbsp of olive oil. Sauté the onion and red pepper for 5 minutes. Add the beef to the skillet and brown.
- While the beef is cooking, clean the mushrooms and remove the stems. Use your fingers to remove some of the underside of the cap to create more room for you to stuff the mushroom. You can save the stems to use in other recipes or discard them.
- Lightly salt and pepper the inside of the mushrooms.
- In a blender, blend $\frac{1}{3}$ cup of Greek yogurt, 1 chipotle pepper + 2 tsp of adobo sauce, 1 tsp lime juice, and a pinch of salt and pepper. Add to the meat mixture once it has browned and mix.
- Stuff each mushroom with as much of the beef mixture you can fit on each one. Top with a small pinch of shredded cheese.
- Bake for 25 minutes.
- While the mushrooms are baking, mix together the ingredients for the sauce. Add the sauce to a ziplock bag and cut a small opening in the corner to pipe the sauce over the mushrooms.

Total Nutrition Information

How many mushrooms you make depends entirely on how big or small the ones you buy are. For reference, I made 15 mushrooms but you don't need to be exact. Store any extra meat on the side. The nutrition information for this recipe is as follows. Divide these numbers by how many nuggets you make to have accurate nutritional information!

WEIGHT LOSS TIP

These are a great snack for weight loss. Just be aware of how many you eat so you stay within your goals!

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
33g	83g	105g	1299

WEIGHT GAIN TIP

You don't really want to change the recipe of these too much as you don't want to alter the texture or cooking method. Double the recipe and make more of them so you have easier access to clean calories!

Servings	Carbs	Fat	Protein	Calories
14	2.4g	5.9g	7.5g	93
15	2.2g	5.5g	7.0g	87
16	2.1g	5.2g	6.6g	81
17	1.9g	4.9g	6.2g	76

CHICKEN TAQUITOS

A healthier version of one of my childhood favorite snacks. These taquitos are corn tortillas filled with minced chicken. These are great to make a large batch and freeze them for a future snack.

PREP TIME

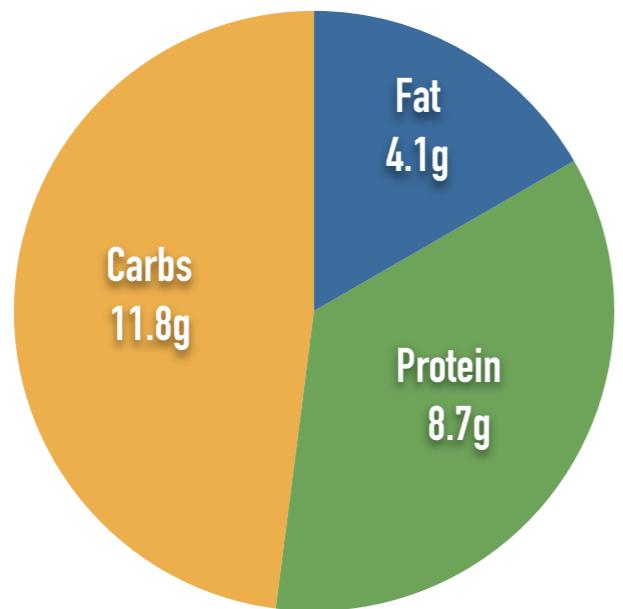
10 Minutes

COOK TIME

2.5 Hours
(Inactive)

PER SERVING - MAKES 15

119 Cals Each



CHICKEN TAQUITOS

SHOPPING LIST

PRODUCE

2 avocados
1 Roma tomato
1 small red onion
1 bunch cilantro
1 lime

MEAT/DAIRY

1 lb chicken breast
1 bag shredded cheese

MIDDLE AISLES

15 corn tortillas
1 can tomato sauce
1 can chicken broth

CHECK YOUR PANTRY

Paprika
Chili powder
Cumin
Garlic powder
Salt and pepper
Cooking spray

Ingredients

- 1 lb (454g) chicken breast
- 1 cup (240mL) chicken broth
- $\frac{3}{4}$ cup (180mL) tomato sauce
- 1 tsp (2g) paprika
- 1 tsp (2g) chili powder
- 1 tsp (2g) cumin
- 1 tsp (2g) garlic powder
- 1 cup (112g) shredded cheese
- Salt and pepper to taste
- 15 (345g) corn tortillas
- Cooking spray

For the Guacamole

- 2 (400g) avocados
- 1 (60g) Roma tomato, diced
- 2 Tbsp (10g) red onion, diced
- 1 Tbsp (1g) chopped cilantro
- Lime juice, salt, and pepper to taste

CHICKEN TAQUITOS

Preparation

- In a crockpot add 1 cup of chicken broth and 1 lb of chicken breast and turn it to high heat.
- Cook for 2 hours or until it is easily shreddable and completely cooked.
- Preheat your oven to 400°F.
- Shred the chicken using two forks. Place the shredded chicken into a blender with $\frac{3}{4}$ cup tomato sauce, 1 tsp paprika, 1 tsp chili powder, 1 tsp cumin, 1 tsp garlic powder, and salt and pepper to taste and blend until the meat is a paste like consistency.
- Heat your tortillas in the microwave for 20–30 seconds so they are pliable for folding.
- Add a few spoonfuls of meat to each of your tortillas, sprinkle with cheese and roll. Aim for taquitos with a diameter of about $\frac{3}{4}$ of an inch. Place on a sheet pan seam side down.
- You should have enough meat to make around 15–20 taquitos.
- Spray the top of the taquitos with cooking spray and bake for 10–12 minutes.
- Serve with guacamole or salsa roja (page 130).
- To make the guacamole, smash the avocados and mix in all of the ingredients.

Total Nutrition Information

How many taquitos you make depends entirely on how big or small you make them. The nutrition information for this recipe is as follows. Divide these numbers by how many taquitos you make to have accurate nutritional information! Note: this doesn't include the guacamole, just the taquitos! The nutrition information for the guacamole is the following: 722 calories - 38.9g C, 9.6g P, 58.7g F. Divide by the number of servings you use.

WEIGHT LOSS TIP

These are a great snack for weight loss. Just be aware of how many you eat so you stay within your goals!

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
177g	62g	131g	1790

WEIGHT GAIN TIP

You don't really want to change the recipe of these too much as you don't want to alter the texture or cooking method. Double the recipe and make more of them so you have easier access to clean calories!

Servings	Carbs	Fat	Protein	Calories
14	12.6g	4.4g	9.4g	128
15	11.8g	4.1g	8.7g	119
16	11.1g	3.9g	8.2g	112
17	10.4g	3.6g	7.7g	105

CAULIFLOWER CHEESE STICKS

Riced cauliflower baked with eggs and cheese to form a “crust”, then topped with more cheese. Serve with a side of marinara sauce for dipping.

PREP TIME

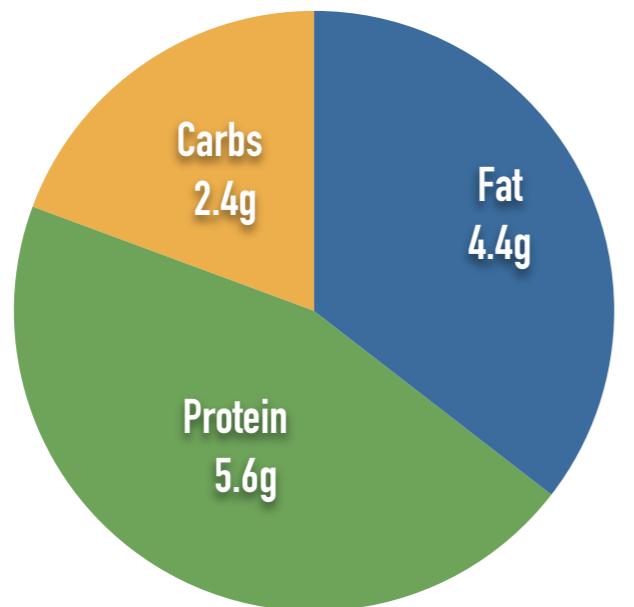
10 Minutes

COOK TIME

25 Minutes

PER SERVING - MAKES 16

72 Cals Each



CAULIFLOWER CHEESE STICKS

SHOPPING LIST

MEAT/DAIRY

1 bag of shredded parmesan cheese
1 bag of shredded mozzarella and provolone mixed cheese

Eggs

MIDDLE AISLES

1 can marinara sauce
2 bags frozen cauliflower rice

CHECK YOUR PANTRY

Italian seasoning

For the Crust

- 20oz (568g) frozen cauliflower rice (I use the brand Bird's Eye)
- 2 eggs
- $\frac{1}{4}$ cup (28g) shredded parmesan cheese
- $\frac{1}{4}$ cup (28g) shredded mozzarella and provolone cheese mix
- 1 Tbsp (6g) Italian seasoning

For the topping

- 1 cup (112g) shredded mozzarella and provolone cheese mix
- $\frac{1}{2}$ cup (56g) shredded parmesan cheese
- 8oz (120mL) can of marinara sauce

CAULIFLOWER CHEESE STICKS

Preparation

- Preheat your oven to 400°F.
- If you use frozen, riced cauliflower, thaw it in the microwave until it is no longer frozen. It doesn't need to be cooked, just thawed.
- Using a cheesecloth, squeeze as much water out of the cauliflower as possible. If you don't have a cheesecloth use a thin kitchen towel or paper towels. This step is crucial, get as much water out as you can.
- In a large bowl, mix together the cauliflower, 2 beaten eggs, $\frac{1}{4}$ cup parmesan cheese, $\frac{1}{4}$ cup mozzarella and provolone cheese mix, and 1 Tbsp Italian seasoning.
- Line a sheet pan with parchment paper and spray with oil. Press the cauliflower mix onto the pan with your hands until it is about $\frac{1}{4}$ of an inch thick. Bake for 15 minutes.
- Remove from the oven and add 1 cup of mozzarella and provolone cheese mix and $\frac{1}{2}$ cup shredded parmesan cheese to the top.
- Bake for an additional 5-10 minutes until the cheese has browned.
- Cut into 1 inch thick slices. It will make around 16 cheese sticks.
- Serve with a side of marinara sauce. You can make this fresh if you please, but canned is just fine. Try and find one that is sugar free.

Total Nutrition Information

Calorie estimates are per cheese stick with 1 Tbsp of marinara sauce if you make 16 cheese sticks. The nutrition information for entire recipe is as follows, divide it by how many cheese sticks you make. This assumes 1 cup of marinara sauce.

WEIGHT LOSS TIP

These are a great snack for weight loss. Just be aware of how many you eat so you stay within your goals!

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
39g	70g	90g	1146

WEIGHT GAIN TIP

You don't really want to change the recipe of these too much as you don't want to alter the texture or cooking method. Double the recipe and make more of them so you have easier access to clean calories!

Servings	Carbs	Fat	Protein	Calories
14	2.8g	5.0g	6.4g	82
16	2.4g	4.4g	5.6g	72
18	2.2g	3.9g	5.0g	64
20	2.0g	3.5g	4.5g	57

BREAKFASTS

KIELBASA SAUSAGE BREAKFAST BOWLS

A fantastic way to get more more vegetables in your breakfasts.
Roasted sweet potatoes and zucchini paired with kielbasa sau-
sage cooked with spinach and onions.

PREP TIME

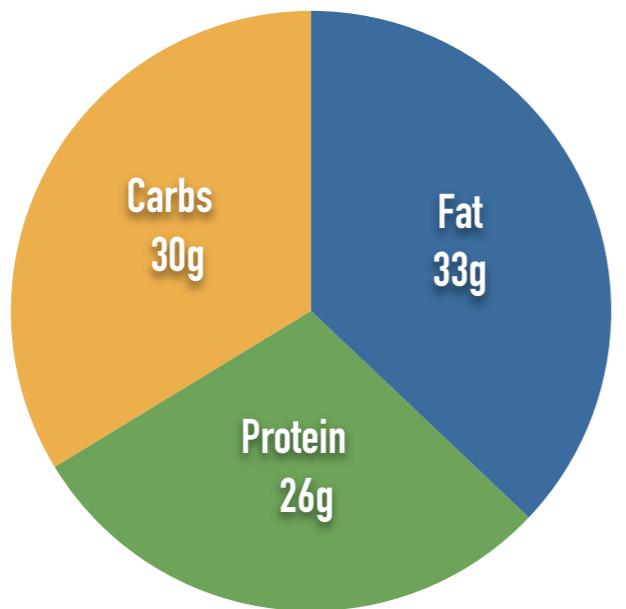
20 Minutes

COOK TIME

40 Minutes

PER SERVING - MAKES 5

525 Cals



KIELBASA SAUSAGE BREAKFAST BOWLS

SHOPPING LIST

PRODUCE

1 yellow onion
2 sweet potatoes
2 zucchinis
1 bag of baby spinach

MEAT/DAIRY

1 - 14oz kielbasa sausage
1 dozen eggs

CHECK YOUR PANTRY

Olive oil
Salt and pepper

Ingredients

- 10 eggs
- $\frac{1}{2}$ medium (100g) yellow onion
- 2 medium (550g) sweet potatoes
- 2 medium (500g) zucchinis
- 14oz (397g) kielbasa sausage
- 3 cups (90g) uncooked spinach
- 1 Tbsp (15mL) olive oil
- Salt and pepper to taste

Preparation

- Fill a medium pot with enough water to cover 10 eggs. Bring the pot to a boil and then remove from the heat and cover. Set a timer for 12 minutes.
- After 12 minutes drain the water and shower the eggs in cold water to cool. Peel the eggs and cut in half.
- Preheat your oven to 400°F.
- While the eggs are cooking, wash the zucchini and sweet potatoes. Peel the potatoes. Cut the zucchini and sweet potatoes into a small dice.
- Spread the sweet potatoes out on a sheet pan and drizzle with olive oil. Cook for 10 minutes then remove from the oven and flip.

KIELBASA SAUSAGE BREAKFAST

Preparation

- Add the zucchini to the same pan and return to the oven for an additional 10 minutes.
- Cut your sausage into slices and fry in a skillet over medium high heat.
- Save the grease in the pan that occurs from cooking the sausage to cook the onion in.
- Cut the onion into a small dice and do a rough chop on your spinach.
- Add the onion and spinach to the skillet and cook for 5-7 minutes or until the onions are soft.
Add the sausage back in and mix.
- This recipe makes 5 servings. Put two eggs into each container and split the sausage and vegetables evenly 5 ways.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Swap the kielbasa sausage for turkey sausage. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
144g	86g	157g	1978

WEIGHT GAIN TIP

Double the amount of sweet potatoes used and add an extra 7oz of sausage. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
271g	220g	162g	3712

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
151g	167g	129g	2623

Servings	Carbs	Fat	Protein	Calories
4	38g	42g	32g	656
5	30g	33g	26g	525
6	25g	28g	22g	437
7	22g	24g	18g	375

TACO BREAKFAST BOWLS WITH SALSA ROJA

A flavorful breakfast option with hash browns, scrambled eggs, and taco meat. Serve this dish with a side of salsa roja. This meal will become a staple for your breakfasts!

PREP TIME

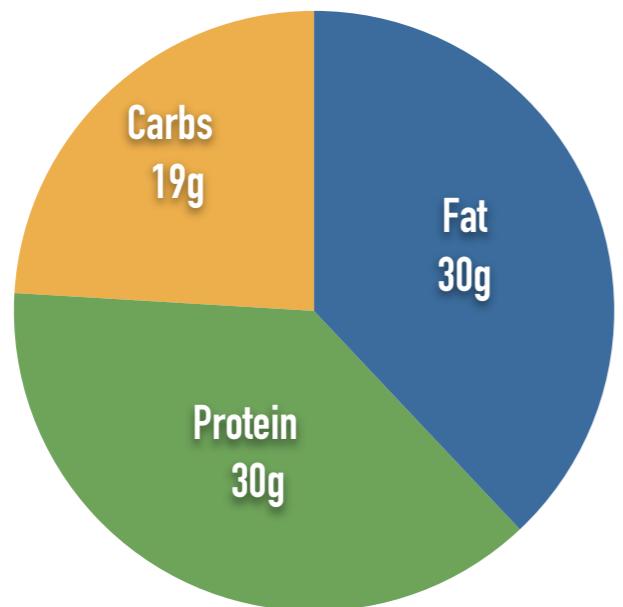
10 Minutes

COOK TIME

30 Minutes

PER SERVING - MAKES 5

462 Cals



TACO BREAKFAST BOWLS

SHOPPING LIST

PRODUCE

- 6 Roma tomatoes
- 1 small white onion
- 1 jalapeño pepper
- 1 serrano pepper
- 1 head of garlic
- 1 bunch cilantro
- 1 lime

MEAT/DAIRY

- 1 lb ground beef
- 1 dozen eggs

MIDDLE AISLES

- 1 bag of hash browns

CHECK YOUR PANTRY

- 1 can tomato sauce
- Paprika
- Chili powder
- Cumin
- Garlic powder
- Milk
- Olive oil
- Cooking spray
- Salt and pepper

For the Taco Meat

- 1 lb (454g) ground beef (85/15)
- $\frac{1}{2}$ cup (120mL) tomato sauce
- 1 tsp (2g) paprika
- 1 tsp (2g) chili powder
- 1 tsp (2g) cumin
- 1 tsp (2g) garlic powder
- Salt and pepper to taste

For the Eggs

- 8 eggs
- $\frac{1}{4}$ cup (60mL) skim milk
- Cooking spray
- Salt and pepper to taste

For the Hash browns

- 3 cups (252g) hash browns
- 2 Tbsp (30mL) olive oil
- 2 Roma (120g) tomatoes

For the Salsa Roja

- 4 (240g) Roma tomatoes
- 1 small (100g) white onion
- 1 (20g) jalapeño
- 1 (10g) serrano
- 3 cloves (15g) garlic
- $\frac{1}{4}$ bunch (15g) cilantro
- Salt and lime juice to taste

TACO BREAKFAST BOWLS

For the Taco Meat

- Heat a large skillet over medium high heat and brown the ground beef.
- Once cooked, drain the fat and add in $\frac{1}{2}$ cup of tomato sauce, 1 tsp paprika, 1 tsp chili powder, 1 tsp cumin, 1 tsp garlic powder, and salt and pepper to taste. Stir to combine and cook for an additional 5 minutes then remove from heat.

For the Salsa Roja

- Start a medium pot of water over high heat to boil.
- Wash your tomatoes, peppers, and cilantro. Cut the stems off of the tomatoes and peppers.
- Add the small white onion (halved), the peppers, tomatoes, and 3 cloves of garlic to the boiling water. Cook for 6–8 minutes. The tomatoes have finished cooking when they begin to change color and the skin starts to break.
- Drain the water from the pot. Add the tomatoes, garlic, jalapeños, $\frac{1}{4}$ bunch of cilantro, juice of $\frac{1}{2}$ of a lime and 1 Tbsp apple cider vinegar to a blender. Blend until smooth.
- Add salt to taste. Adjust flavor with salt and lime juice as needed.

TACO BREAKFAST BOWLS

For the Hash Browns

- Heat a large skillet over medium high heat and add in 2 Tbsp of olive oil. Once the oil has heated, add in 2 ½ cups of hash browns. Cook for 5 minutes and flip. Add in more oil as needed.
- Cook for an additional 5-7 minutes. If you like your hash browns crispy, you will want to cook them a bit longer.
- Dice 2 tomatoes and mix them into the hash browns.

For the Scrambled Eggs

- Crack 8 eggs into a large bowl.
- Add in ¼ cup milk and beat. The secret to perfect scrambled eggs is to beat them until frothy and no egg whites remain unincorporated.
- Heat a skillet over medium heat, spray with cooking spray, and cook your eggs until finished. Make sure not to over cook them as you will be reheating them in the microwave.

This recipe makes 5 servings. Divide your ingredients evenly 5 ways into each of your containers. Store your salsa in a separate, smaller container as you don't want to heat this in the microwave.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Swap the ground beef for ground turkey 93/7. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
93g	112g	153g	1992

WEIGHT GAIN TIP

Double the taco meat mixture as well as the hash browns. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
148g	218g	243g	3526

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
93g	149g	149g	2309

Servings	Carbs	Fat	Protein	Calories
4	23g	37g	37g	577
5	19g	30g	30g	462
6	16g	25g	25g	385
7	13g	21g	21g	330

APPLE & BLUEBERRY PEANUT BUTTER EGG BAKE

A sweet breakfast to add to your repertoire of savory recipes. The filling for this egg bake consists of cinnamon apples and blueberries, sweet potato, and peanut butter.

PREP TIME

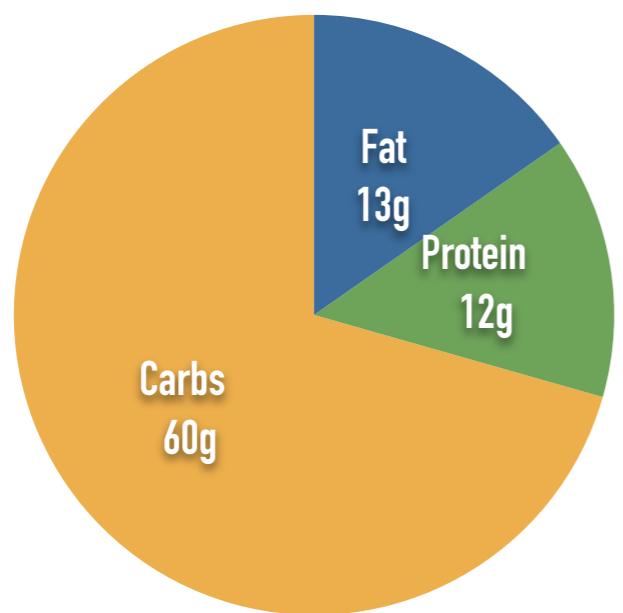
10 Minutes

COOK TIME

40 Minutes

PER SERVING - MAKES 5

403 Cals



PEANUT BUTTER EGG BAKE

SHOPPING LIST

PRODUCE

1 sweet potato
Fruit of choice
2 apples
1 pack blueberries
(fresh or frozen)

MEAT/DAIRY

1 dozen eggs

CHECK YOUR PANTRY

Butter
Cinnamon
Peanut butter
Maple syrup
Milk
Sliced almonds

Ingredients:

- 1 large (300g) sweet potato
- 6 eggs
- 2 medium (250g) apples
- $\frac{1}{2}$ cup (100g) blueberries (fresh or frozen)
- 1 Tbsp (14g) butter
- 1 Tbsp (8g) cinnamon
- 2 Tbsp (32g) natural peanut butter
- 2 Tbsp (40g) maple syrup
- $\frac{1}{4}$ cup (60mL) skim milk
- 2 Tbsp (14g) sliced almonds
- 5 – 2 Tbsp (200g) servings of maple syrup
- 5 servings (500g) of your preferred fruit

PEANUT BUTTER EGG BAKE

Preparation

- Preheat your oven to 325°F.
- Pierce your sweet potato a few times with a fork. Put it in the microwave for 4 minutes and then flip and cook an additional 4 minutes or until it is soft. Remove from microwave and allow to cool.
- Cut your apples into a small dice.
- Heat a skillet over medium heat and melt 1 Tbsp of butter. Add the apples and blueberries and cook until soft. Sprinkle 1 Tbsp of cinnamon over the top.
- Peel the skin from your potato and add to a blender with 6 eggs, 2 Tbsp peanut butter, 2 Tbsp of maple syrup and $\frac{1}{4}$ cup milk. Blend until smooth.
- Pour the mixture into an 8"x8" or 9"x9" baking dish. Bake for 20-25 minutes or until set.

Once cooled, cut into 5 equal servings and distribute to each of your containers. Serve with a side of 2 Tbsp of maple syrup and the fruit of your choosing.

*Calorie estimates are for the egg bake and syrup. Make sure you add in the nutrition information for whatever fruit you use.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Omit the maple syrup on the side. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
164g	65g	59g	1477

WEIGHT GAIN TIP

Add 3 slices (36g) of cooked bacon to each dish for extra calories and flavor! Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
299g	125g	119g	2797

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
299g	65g	59g	2017

Servings	Carbs	Fat	Protein	Calories
3	100g	22g	20g	672
4	75g	16g	15g	504
5	60g	13g	12g	403
6	50g	11g	10g	336

OVEN BAKED OMELETTE WITH HOME FRIES

Ham, eggs, cheese, and peppers baked in the oven for ease of cooking and served with a side of baked home fries. This is a super easy breakfast to make for the work week!

PREP TIME

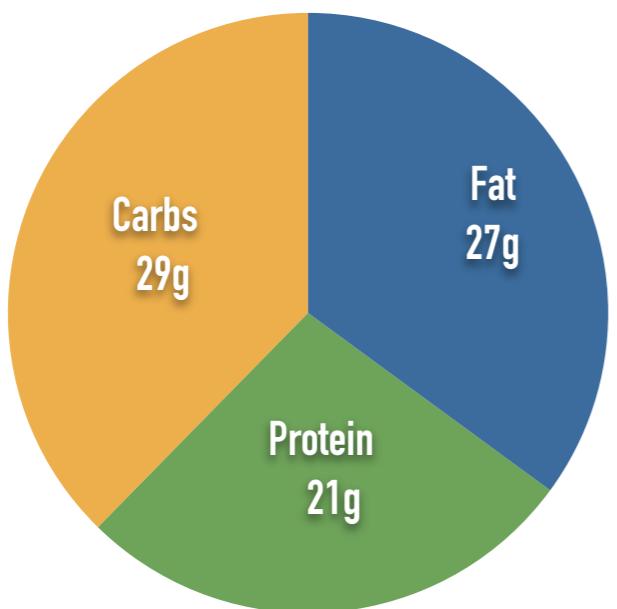
10 Minutes

COOK TIME

25 Minutes

PER SERVING - MAKES 5

447 Cals



OVEN BAKED OMELETTE

SHOPPING LIST

PRODUCE

- 1 green pepper
- 1 red pepper
- 1 yellow onion
- 2 russet potatoes
- 1 avocado (optional)
- 1 Roma tomato (optional)

MEAT/DAIRY

- ½ lb diced ham
- 1 dozen eggs
- Milk
- Shredded cheddar cheese

CHECK YOUR PANTRY

- Olive oil
- Seasoned salt
- Salt and pepper

For the Omelette

- 8 eggs
- 1 cup (114g) diced ham
- 1 small (100g) green pepper
- 1 small (100g) red pepper
- ½ (100g) yellow onion
- ¾ cup (84g) shredded cheddar cheese
- ¼ cup (60mL) skim milk
- 1 Tbsp (15mL) olive oil
- Salt and pepper to taste

For the Home Fries

- 2 large (550g) russet potatoes
- 2 Tbsp (30mL) olive oil
- 1 tsp (3g) seasoned salt
- ½ tsp (1g) pepper
- 1 (60g) Roma tomato (optional)
- 1 (150g) avocado (optional)

OVEN BAKED OMELETTE

For the Omelette

- Preheat your oven to 400°F.
- Wash your peppers and cut them into a small dice. Dice the onion to a similar size.
- Heat a skillet over medium high heat and add 1 Tbsp of olive oil. Add in onion and peppers. Sauté until onions are translucent.
- Scramble 8 eggs and $\frac{1}{4}$ cup of milk together. Add in 1 tsp salt and $\frac{1}{2}$ tsp pepper and mix.
- Add in the 1 cup of diced ham, the peppers, onions, and $\frac{1}{4}$ cup of cheese to the eggs. Top the mixture with the remaining $\frac{1}{2}$ cup of cheese.
- Pour the egg mixture into a greased 8x8 or 13x9 inch baking pan.
- Bake for 20–25 minutes until the eggs have set.

For the Home Fries

- Wash and cut your potatoes into a medium dice, about $\frac{1}{2}$ inch pieces.
- Spread them out on a sheet pan and drizzle with 1 Tbsp of olive oil. Season with 1 tsp seasoned salt and $\frac{1}{2}$ tsp of pepper.
- Bake for 10 minutes and then flip the potatoes. Bake an additional 10 minutes or until they are crispy.

OVEN BAKED OMELETTE

This recipe makes 5 servings. Cut your omelette into 5 sections, split the potatoes evenly 5 ways, and add to each of your 5 containers. Add avocado or tomato the day you eat each meal if you desire.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Use 8 egg whites instead of 8 eggs. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
143g	99g	86g	1807

WEIGHT GAIN TIP

Add 3 slices (30g) cooked bacon to each dish for extra calories and flavor! Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
144g	189g	145g	2857

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
144g	137g	107g	2237

Servings	Carbs	Fat	Protein	Calories
3	48g	46g	36g	746
4	36g	34g	27g	559
5	29g	27g	21g	447
6	24g	23g	18g	373

ALMOND BUTTER WAFFLE BREAKFAST SANDWICHES

Waffles made from eggs and almond butter to provide a gluten free, lower carb “bread” for a breakfast sandwich. These are completely customizable and you can add whatever you like!

PREP TIME

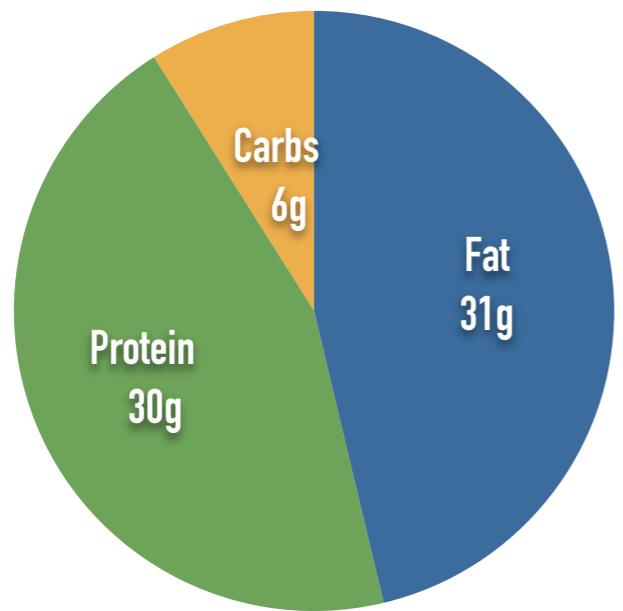
10 Minutes

COOK TIME

20 Minutes

PER SERVING - MAKES 5

419 Cals



WAFFLE BREAKFAST SANDWICHES

SHOPPING LIST

MEAT/DAIRY

- ½ lb sliced ham
- 1 dozen eggs
- Sliced cheddar cheese

CHECK YOUR PANTRY

- Almond butter
- Baking Powder

For the Waffles

- 4 eggs
- ½ cup (128g) almond butter (peanut butter works too)
- ½ tsp (2g) baking powder

*NOTE: Add whatever you would like to the batter to customize, my favorite is jalapeños and cheddar cheese.

For the Sandwich Components

- ½ lb (227g) sliced ham
- 5 eggs
- 5 slices (100g) cheddar cheese

WAFFLE BREAKFAST SANDWICHES

For the Waffles

- In a blender, add 4 eggs, $\frac{1}{2}$ cup of almond butter and $\frac{1}{2}$ tsp of baking powder. Blend until smooth. (It seems strange but almond butter is the correct ingredient, NOT almond flour).
- For waffles, heat a waffle iron to medium heat. For pancakes, heat a skillet. You will have enough batter for 3-4, 8-inch waffles or 8-10, 3-inch pancakes. Spray the waffle iron or skillet with cooking spray before cooking.
- Cook the waffles for 5-6 minutes. You know its done when it easily comes out of the waffle iron. The pancakes will take 2-3 minutes each side.
- Cut the waffles into 4 pieces to serve as your bread for the sandwich.

For the Sandwich Components

- Cut your sliced ham into pieces to fit on the waffle or pancake.
- The next step is to cook the eggs. If you want nicely shaped eggs like in the picture, crack them into a ramekin and bake at 350°F until they are set. Some people don't like the idea of meal prepped eggs. If this is you, prep the eggs the morning you plan to eat the meal. It will only take a few minutes.

WAFFLE BREAKFAST SANDWICHES

This recipe makes 5 servings. To each of your container, add 2 waffle pieces or pancakes, 1 egg, 1 slice of cheese, and 2 slices of ham.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

With only 6 ingredients in this recipe it isn't easy to save calories but you could remove the yolk from the eggs and only use egg whites for the sandwich components.

Carbs	Fat	Protein	Calories
31g	129g	135g	1825

WEIGHT GAIN TIP

Double the recipe to make two sandwiches for each meal!

Carbs	Fat	Protein	Calories
62g	306g	298g	4194

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
31g	153g	149g	2097

Servings	Carbs	Fat	Protein	Calories
3	10g	51g	50g	699
4	8g	38g	37g	524
5	6g	31g	30g	419
6	5g	26g	25g	350

SAUSAGE & EGGS WITH SWEET POTATO CHIPS

Ground sausage and eggs over a bed of sweet potato chips with grape tomatoes. A breakfast full of flavor that can provide you will energy to start your day.

PREP TIME

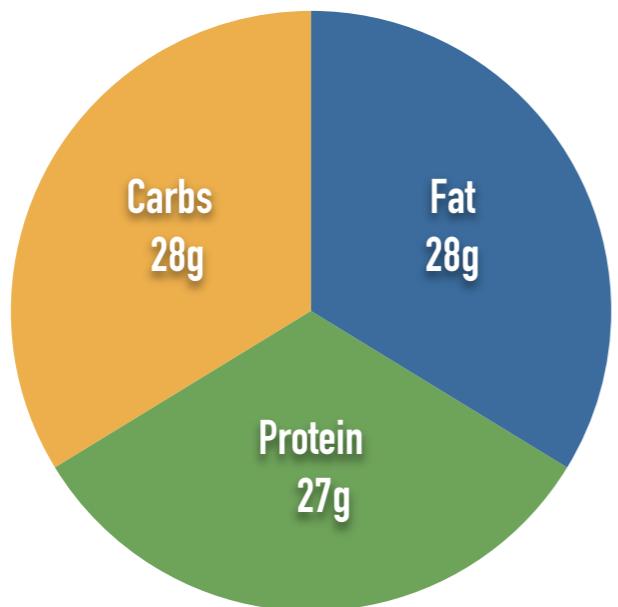
10 Minutes

COOK TIME

25 Minutes

PER SERVING - MAKES 5

470 Cals



SAUSAGE & EGGS

SHOPPING LIST

PRODUCE

3 sweet potatoes
1 pack grape tomatoes

MEAT/DAIRY

12 oz ground sausage
1 dozen eggs

CHECK YOUR PANTRY

Olive oil
Salt and pepper

Ingredients

- 12 oz (341g) ground sausage
- 10 eggs
- 3 medium (600g) sweet potatoes
- 1 cup (150g) grape tomatoes
- 1 Tbsp (15mL) olive oil
- Salt and pepper to taste

SAUSAGE & EGGS

Preparation

- Preheat your oven to 425°F.
- Wash and cut your sweet potatoes into 1/4" thick chips. Place them on a sheet pan and drizzle with olive oil, salt, and pepper. Bake for 10–15 minutes or until soft. Flip half way.
- Heat a skillet over medium high heat and brown your sausage.
- While the sausage is cooking, cut the grape tomatoes into halves.
- Once the sausage is done browning, cook the grape tomatoes for 5 minutes in the same skillet.
- Cook your eggs however you prefer. In the picture on the previous page they are hard boiled. If you prefer any other form, I would recommend cooking your eggs the day you plan to eat each meal.
- Fill a medium pot with enough water to cover 10 eggs. Bring the pot to a boil and then remove from the heat and cover. Set a timer for 12 minutes.
- After 12 minutes drain the water and shower the eggs in cold water to cool. Peel the eggs and cut in half.

This recipe makes 5 servings. Divide your ingredients 5 ways and add to each container.

Total Nutrition Information

If you want to divide the food into more or less servings, divide these values by number of servings to re-calculate nutrition information. These are the values for the entire recipe.

WEIGHT LOSS TIP

Use turkey sausage instead of pork and remove the yolks from the egg. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
149g	44g	98g	1384

WEIGHT GAIN TIP

Double the amount of sweet potatoes. Divide by the # of servings. Below is the nutrition information for the entire recipe.

Carbs	Fat	Protein	Calories
262g	140g	143g	2880

ENTIRE RECIPE

Carbs	Fat	Protein	Calories
141g	139g	134g	2351

Servings	Carbs	Fat	Protein	Calories
3	47g	46g	45g	784
4	35g	35g	34g	588
5	28g	28g	27g	470
6	24g	23g	22g	392