

created by



Slender Kitchen

slenderkitchen.com



Healthy Eating - 2020 - Week #01

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Weekly Meal Plan

	SUN	MON	TUE	WED	THU	FRI	SAT
breakfast	Broccoli and Cheese Frittata 1 cup fresh fruit 330	Microwave Blueberry Oatmeal Mu... 330	Broccoli and Cheese Frittata 1 cup fresh fruit 330	Microwave Blueberry Oatmeal Mu... $\Psi\Pi$ 330	Broccoli and Cheese Frittata 1 cup fresh fruit 330	Microwave Blueberry Oatmeal Mu... $\Psi\Pi$ 330	Scrambled Eggs with Tomato and... 2 slices cooked turkey bacon 1 light English muffin 1 cup fresh fruit 374
lunch	Buffalo Chicken Quesadillas 1 cup canned 100 calorie soup 414	Slow Cooker Italian Red Pepper... <input checked="" type="checkbox"/> 1 low carb wrap 2 cups greens 1/4 cup part skim shredded mozzarella 402	Buffalo Chicken Quesadillas 1 cup canned 100 calorie soup 414	Creamy Spinach Polenta <input checked="" type="checkbox"/> Slow Cooker Italian Red Pepper... <input checked="" type="checkbox"/> 2 tbsp part skim shredded mozzarella 423	Easy Chicken Soft Tacos 1/2 cup canned black beans Green salad with 1 tbsp. light dressing 443	General Tso's Pork 1/2 cup cooked quinoa 329	Spicy Shrimp Sushi Bowls <input checked="" type="checkbox"/> 438
dinner	Creamy Spinach Polenta $+2$ Garlic Balsamic Mushrooms Slow Cooker Italian Red Pepper... $+4$ 476	Low Carb Spaghetti Squash and ... Green salad with 1 tbsp. light dressing 491	Quick Refried Beans Tomato, Cucumber, Corn, and Av... Easy Chicken Soft Tacos 610	General Tso's Pork 1 cup edamame in pods 1/2 cup cooked quinoa 459	Potato Gnocchi with Zucchini a... 462	Spicy Shrimp Sushi Bowls $+2$ 438	Carrot Fries Barbecue Cheddar Turkey Burger 1 light hamburger roll 461
snacks	0	0	0	0	0	0	0

Values in parentheses are SmartPoints™. All SmartPoints™ and nutritional information are calculated by Slender Kitchen®. Not endorsed by Weight Watchers International, Inc.



Shopping List

Dairy and Refrigerated

- 1/4 cup 2% milk
- 14 egg whites
- 6 eggs
- 1 oz fresh mozzarella cheese
- 1 oz low fat cream cheese
- 1 1/4 cups low fat shredded cheddar cheese
- 3/4 cup + 2 1/3 tsp nonfat milk
- 1 1/3 cups + 1 tbsp + 1/2 tsp parmesan cheese
- 1 1/2 cups part skim ricotta
- 3/4 cup part skim shredded mozzarella cheese
- 2.25 cups unsweetened almond milk

Produce

- 4 cups mixed greens
- 1 1/2 avocados
- 2.25 cups bananas
- 1/4 cup basil
- 2.25 cups blueberries
- 3 cups broccoli florets
- 3/4 lb + 1 cup carrot
- 2 carrots
- 2 celery

- 1/4 cup cilantro
- 1/2 cup corn
- 1 cucumber
- 1 ear fresh corn
- 1/2 English (hothouse) cucumber
- 8 cups fresh fruit
- 2 tbsp fresh ginger
- 11 garlic cloves
- 2 green onions
- 4 green salad with 1 tbsp. light dressing
- 1/2 jalapeno
- 1/2 lemon juice
- 2 limes
- 1/2 lb mushrooms
- 3/4 onion
- 1/2 cup + 2 tbsp onions
- 2 tbsp parsley
- 3 red bell peppers
- 1 spaghetti squash
- 1/2 summer squash
- 1 sweet onions
- 1/2 lb + 1/2 cup tomato

- 1/2 zucchini

Meat & Poultry

- 1/2 lb 95% lean ground beef
- 2/3 lb 99% ground turkey
- 1 lb 99% lean ground chicken
- 3 lbs boneless skinless chicken breasts
- 1 lb lean pork tenderloin
- 1 lb shrimp, cooked
- 4 slices cooked turkey bacon

Grains, Pasta, Bulk

- 2 cups cooked brown rice
- 2 cups cooked quinoa
- 8 corn tortillas
- 8 oz gnocchi
- 2 light English muffins
- 6 low carb wraps
- 3 cups oats
- 1/2 cup + 1 tbsp + 1 3/4 tsp polenta, dry
- 2 reduced calorie hamburger rolls

Canned & Jarred

- 1/4 cup barbecue sauce
- 1 cup canned black beans



- 14 oz canned crushed tomatoes
- 20 oz canned fire roasted diced tomatoes
- 7 1/2 oz canned pinto beans
- 2 cups + 2 tbsp + 2 3/4 tsp vegetable broth

Frozen

- 2 cups edamame in pods
- 15 oz frozen broccoli florets
- 8 oz frozen spinach
- 1 cup shelled edamame

Other Items

- 3 tbsp flaxseed meal

Pantry

Spices

- bay leaf
- black pepper
- chili powder
- cinnamon
- crushed red pepper flakes
- cumin
- garlic powder
- Italian seasoning
- kosher salt

- onion powder
- oregano
- paprika
- salt
- salt and pepper
- vanilla extract

Refrigerated

- buffalo sauce
- butter
- reduced fat mayonnaises
- soy sauce
- Sriracha
- worcestershire sauce

Other

- balsamic vinegar
- cornstarch
- honey
- maple syrup
- olive oil
- rice vinegar
- sesame oil
- vegetable oil

My Items

- 4 cups canned 100 calorie soup

Quick Add-Ons



Broccoli and Cheese Frittata

Prep Time: 15 Min Cook Time: 35 Min Total Time: 50 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1 slice

Amount Per Serving

Calories 245	Calories from Fat 122
	% Daily Value *
Total Fat 14g	21%
Saturated Fat 6g	33%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 122mg	41%
Sodium 420mg	18%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	14%
Sugars 2g	

Protein 22g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 tsp olive oil
- 2 tbsp onion, minced
- 5 oz frozen broccoli, defrosted and drained
- 1/2 cup part skim ricotta cheese
- 1/4 cup Parmesan cheese
- 1 eggs
- 2 egg whites
- Salt and pepper

Directions

- 1 Preheat the oven to 375 degrees.
- 2 Heat the olive oil over medium heat. Add the onion and cook for 2-3 minutes.
- 3 Add the broccoli and cook until warm.
- 4 Meanwhile mix together the ricotta, Parmesan, eggs, egg whites, salt, and pepper.
- 5 Add the broccoli to a baking dish. Pour the eggs and ricotta over top.
- 6 Bake for 35 minutes or until firm.

Notes



Microwave Blueberry Oatmeal Muffin

Prep Time: 5 Min Cook Time: 3 Min Total Time: 8 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1 muffin

Amount Per Serving

Calories 330	Calories from Fat 38
	% Daily Value *
Total Fat 5g	6%
Saturated Fat 0g	2%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 137mg	6%
Total Carbohydrate 60g	19%
Dietary Fiber 7g	29%
Sugars 22g	

Protein 11g

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Ingredients

- 2/3 cup unsweetened almond milk
- 2/3 cup mashed banana (or unsweetened applesauce)
- 2 egg white
- 1 tbsp + 1 tsp maple syrup (or honey, Stevia, brown sugar)
- 1/4 tsp vanilla extract
- 1 cup old fashioned oats
- 1 tbsp ground flaxseed
- 1/2 tsp cinnamon
- 2/3 cup blueberries

Directions

- 1 Spray a large mug with cooking spray. Use a fork to mix together the milk, mashed banana, egg white, maple syrup, and vanilla extract. Stir in the oats, flaxseed, and cinnamon. Then fold in the blueberries.
- 2 Cook on high for 2 minutes and check. Then continue cooking in 30 second increments until puffed up and cooked through.

Notes



Scrambled Eggs with Tomato and Cream Cheese

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1/2 cup

Amount Per Serving

Calories 129	Calories from Fat 64
	% Daily Value *
Total Fat 7g	11%
Saturated Fat 3g	14%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 194mg	65%
Sodium 197mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Sugars 3g	

Protein 11g

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 2 eggs
- 2 egg whites
- 1 oz low fat cream cheese, cut into small pieces
- 1/2 cup tomatoes, diced
- 2 scallions
- Salt and pepper

Directions

- 1 Whisk together the eggs and egg whites. Stir in the tomatoes, cream cheese, and scallions. Season with salt and pepper.
- 2 Coat a pan with non-stick cooking spray over medium heat. Add the egg mixture and scramble until cooked to your liking.

Notes



Buffalo Chicken Quesadillas

Prep Time: 5 Min Cook Time: 20 Min Total Time: 25 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1 quesadilla

Amount Per Serving

Calories 314	Calories from Fat 75
% Daily Value *	
Total Fat 8g	13%
Saturated Fat 3g	13%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 87mg	29%
Sodium 672mg	29%
Total Carbohydrate 21g	7%
Dietary Fiber 10g	41%
Sugars 2g	

Protein 45g

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1/2 lb 99% lean ground chicken (or shredded chicken breasts)
- 1 carrots, diced
- 1 celery ribs, diced
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 cup buffalo sauce (like Frank's)
- 2 low carb wraps
- 1/2 cup reduced fat shredded cheddar cheese
- 2 tbsp cilantro



Directions

- 1 Heat a skillet over medium heat and spray with cooking spray. Add the chicken, celery, and carrots. Cook for 6-8 minutes until chicken is cooked through. Stir in garlic powder, onion powder, and buffalo sauce.
- 2 Stir in garlic powder, onion powder, salt, and pepper. Stir and cook for 30 seconds.
- 3 Add the buffalo sauce and stir together.
- 4 To assemble quesadillas, lay out each wrap and sprinkle 2 tablespoons of cheese on half of the wrap. Top with chicken mixture and 2 more tablespoons cheese.
- 5 Fold and heat in a nonstick skillet sprayed with cooking spray until cheese melts. Flip and continue cooking on other side until wrap gets crispy.
- 6 Flip and continue cooking on other side until wrap gets crispy. Serve with extra buffalo sauce drizzled on top and ranch or blue cheese for dipping.

Notes



Easy Chicken Soft Tacos

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 2 tacos

Amount Per Serving

Calories 277	Calories from Fat 55
	% Daily Value *
Total Fat 6g	9%
Saturated Fat 1g	2%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 56mg	18%
Sodium 376mg	16%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	19%
Sugars 1g	

Protein 27g

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1/2 lb boneless skinless chicken breast, chopped
- 3/4 tsp chili powder
- 1/4 tsp cumin
- 1/4 tsp paprika
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp kosher salt
- 1/4 tsp black pepper
- 1 limes, juice (about 2 tbsp)
- 1 1/2 tsp vegetable oil (or other oil)
- 4 corn tortillas (or low carb or lettuce wraps)

Directions

- 1 Mix together all the spices in a small bowl. Add the lime juice.
- 2 Add the chicken to a bowl, shallow dish, or ziploc bag. Add the spices and lime juice and use tongs to make sure the chicken is evenly coated. If you have time, let this rest for up to thirty minutes. If not, you can move on to the next step right away. It will still pack in plenty of flavor.
- 3 Heat a skillet over medium-high heat with the oil. Once hot, add the chicken. Cook for 7-10 minutes, stirring occasionally until chicken is just cooked through. To ensure the chicken stays tender, try not to over-cook it. Remember it will continue to cook while you warm the tortillas.
- 4 Remove the chicken and let rest while you heat up the tortillas.
- 5 Serve with your favorite taco toppings - salsa, pico de gallo, cheese, avocado, guacamole, diced onions, cilantro, etc.

Notes



General Tso's Pork

Prep Time: 10 Min Cook Time: 15 Min Total Time: 25 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1.25 cups

Amount Per Serving

Calories 218	Calories from Fat 61
	% Daily Value *
Total Fat 7g	10%
Saturated Fat 1g	6%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 74mg	25%
Sodium 788mg	34%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	8%
Sugars 6g	

Protein 26g

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1.5 tbsp soy sauce
- 1 1/2 tsp honey (or brown sugar)
- 1 tsp rice vinegar
- 3/4 tsp sesame oil
- 3/4 tsp Sriracha (adjust if needed, this is pretty spicy)
- 1 1/2 tsp cornstarch, divided
- 1/4 cup water
- 1 1/2 cups broccoli florets, cut into florets
- 1/2 lb lean pork tenderloin, cut into strips
- 1 tsp vegetable oil
- 1 tbsp grated fresh ginger
- 1 garlic cloves, minced



Directions

- 1 In a bowl mix together the soy sauce, honey, rice vinegar, sesame oil, Sriracha, and half the cornstarch.
- 2 Heat a large skillet (with cover) over medium high heat. Add 1/2 cup water and bring to a boil. Add the broccoli and cover. Cook for 3-4 minutes until tender but still crispy. Remove, set aside, and wipe skillet dry.
- 3 While the broccoli cooks, toss the pork with remaining cornstarch, salt, and pepper..
- 4 Heat the vegetable oil over medium high heat. Add the pork and cook in one layer until crispy on one side. Flip over and cook until crispy on the other side.
- 5 Add the ginger and garlic. Cook for 1-2 minute, stirring.
- 6 Add the sauce (from step 1) and cook for 2-3 minutes until it thickens up. Stir in the broccoli.

Notes



Creamy Spinach Polenta

Prep Time: 5 Min Cook Time: 30 Min Total Time: 35 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 2/3 cup (227g)


Amount Per Serving

Calories 154	Calories from Fat 20	% Daily Value *
Total Fat 2g		3%
Saturated Fat 1g		5%
Monounsaturated Fat 0g		0%
Polyunsaturated Fat 0g		0%
Cholesterol 5mg		2%
Sodium 771mg		34%
Total Carbohydrate 27g		9%
Dietary Fiber 3g		11%
Sugars 4g		

Protein 7g

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

 Note: This recipe has extra servings for planned leftovers.

Ingredients

1 1/2 cups + 1 tbsp + 1 3/4 tsp vegetable broth (or chicken broth)

3/4 cup + 1 tbsp nonfat milk

1/2 tsp salt

1/2 cup + 1 tbsp + 1 3/4 tsp polenta, dry

8 oz frozen chopped spinach, defrosted and drained

3 tbsp + 3/4 tsp Parmesan cheese

Salt and pepper

Directions

- 1 Bring the broth, milk, and salt to a boil. Turn heat down to low and whisk in the polenta. Cook the polenta, stirring constantly, for 5-7 minutes until thick.
- 2 Cover and cook for 20 more minutes, stirring every 5 minutes.
- 3 Turn off heat and stir in the spinach and cheese. Stir together until spinach is warm and cheese melts. Taste and season with salt and pepper.

Notes



Garlic Balsamic Mushrooms

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 2/3 cup

Amount Per Serving

Calories 86	Calories from Fat 60
	% Daily Value *
Total Fat 7g	10%
Saturated Fat 2g	12%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 8mg	3%
Sodium 8mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	5%
Sugars 3g	

Protein 4g

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Ingredients

- 1/2 lb mushrooms, quartered
- 1 1/2 tsp butter (or ghee)
- 1 1/2 tsp olive oil
- 1 garlic cloves, minced
- 1 1/2 tsp balsamic vinegar (or more)
- Salt and pepper

Directions

- 1 Add the butter and olive oil to pan over medium high heat. Once butter is melted, add the mushrooms. Stir and let cook for 2-3 minutes until mushrooms begin to brown. Stir and continue to cook, stirring occasionally, until mushrooms are golden brown and tender.
- 2 Turn heat down to low and add the garlic, balsamic vinegar, salt, and pepper. Cook for 1-2 minutes until garlic is tender and fragrant.

Notes



Slow Cooker Italian Red Pepper Chicken

Prep Time: 5 Min Cook Time: 4 Hours Total Time: 4 Hours, 5 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 6 oz. (2/3 cup)


Amount Per Serving

Calories 236	Calories from Fat 15
	% Daily Value *
Total Fat 2g	2%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 74mg	24%
Sodium 670mg	29%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	15%
Sugars 9g	

Protein 34g

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 2 lbs boneless skinless chicken breast, chopped
- 20 oz canned diced fire roasted tomatoes
- 3 red peppers, sliced
- 1 sweet onion, sliced
- 2 garlic cloves, minced
- 2 tbs balsamic vinegar
- 1 tbs Italian seasoning
- 1 tsp red pepper flakes (or more, optional)
- 1 tsp black pepper (more to taste)
- 1 tsp salt

Directions

- 1 Add everything to the slow cooker and stir. Cook on low for 4 hours or until chicken is cooked through and tender.

Notes



Low Carb Spaghetti Squash and Meatballs with Fresh Mozzarella

Prep Time: 5 Min Cook Time: 50 Min Total Time: 55 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1/2 spaghetti squash with 3 meatballs

Amount Per Serving

Calories 416	Calories from Fat 95
	% Daily Value *
Total Fat 16g	25%
Saturated Fat 7g	34%
Monounsaturated Fat 2g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 133mg	44%
Sodium 1126mg	49%
Total Carbohydrate 36g	12%
Dietary Fiber 8g	34%
Sugars 17g	
Protein 36g	

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The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 spaghetti squash, halved
- 1 tsp olive oil
- 2 cloves garlic, minced
- 1/4 onion, diced
- 14 oz canned crushed tomatoes
- 1/2 bay leaf
- 1/4 tsp oregano
- 1/2 lb 95% lean ground beef (or turkey)
- 2 tbsp Parmesan cheese
- 2 tbsp parsley, minced
- 1/2 egg
- 1/2 garlic clove, minced
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 oz fresh mozzarella
- 2 tbsp basil, chopped

Directions

- 1 Preheat the oven to 400 degrees. Cut the spaghetti squash in half and remove seeds. Spray with cooking spray and sprinkle with salt and pepper. Place cut side down on a baking sheet and bake for 35-40 minutes until tender.
- 2 Meanwhile, heat the olive oil over medium heat in large sauce pan. Add the onion and garlic and cook for 4-5 minutes. Add the crushed tomatoes, bay leaf, and oregano. Bring to a simmer and cover.
- 3 Combine the beef, Parmesan cheese, parsley, egg, garlic, salt, and pepper in a bowl. Form into one inch meatballs and drop into the tomato sauce.
- 4 Simmer the meatballs for 20 minutes until cooked through.
- 5 To assemble spaghetti squash boats, first scrape the spaghetti squash away from the edges using a fork. Add the meatballs and some of the tomato sauce. Layer thin slices of mozzarella on top. Return to oven and cook for 3-5 minutes until cheese melts. Top with basil.

Notes



Quick Refried Beans

Prep Time: 5 Min Cook Time: 10 Min Total Time: 15 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1/2 cup (167g)

Amount Per Serving

Calories 151	Calories from Fat 25
	% Daily Value *
Total Fat 3g	4%
Saturated Fat 0g	1%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 383mg	17%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	2%
Sugars 1g	

Protein 8g

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Ingredients

- 3/4 tsp olive oil
- 1/4 cup onion, diced
- 1 garlic cloves, minced
- 1/2 jalapeno pepper, diced
- 7 1/2 oz canned pinto beans, drained and rinsed
- 1/3 cup vegetable broth (or chicken broth)
- Salt and pepper

Directions

- 1 Heat the olive oil over medium heat in a skillet.
- 2 Add the onion, garlic, and peppers if you are using them. Cook for 4-5 minutes until onion begins to soften.
- 3 Add the beans and broth. Cook for about 5 minutes until beans are warm.
- 4 Turn off the heat and season with salt and pepper. Mash the beans using a spoon or pulse in a food processor to your desired texture.

Notes



Tomato, Cucumber, Corn, and Avocado Salad

Prep Time: 10 Min Cook Time: 5 Min Total Time: 15 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1-1.5 cups

Amount Per Serving

Calories 182	Calories from Fat 108
	% Daily Value *
Total Fat 12g	18%
Saturated Fat 2g	9%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 20g	8%
Dietary Fiber 7g	28%
Sugars 9g	

Protein 4g

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Ingredients

- 1/2 lb ripe tomatoes, chopped
- 1/2 English cucumber, chopped
- 1 ears corn, cut off the cob (optional: grill or roast it first)
- 1/2 avocado, chopped
- 2 tbsp basil, chopped (or more)
- 1 1/2 tsp olive oil
- 1/2 lemon, juice (or more)
- 1/2 Salt and pepepr

Directions

- 1 Gently toss everything together.
- 2 Season well with salt and pepper.

Notes



Potato Gnocchi with Zucchini and Corn

Prep Time: 5 Min Cook Time: 15 Min Total Time: 20 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1.5 cups

Amount Per Serving

Calories 462	Calories from Fat 87
	% Daily Value *
Total Fat 10g	15%
Saturated Fat 3g	17%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 19mg	6%
Sodium 889mg	39%
Total Carbohydrate 82g	27%
Dietary Fiber 3g	14%
Sugars 7g	

Protein 15g

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Ingredients

- 2 tsp olive oil
- 2 garlic cloves, minced
- 1/2 cup corn (frozen, canned, or fresh)
- 1/2 zucchini, sliced
- 1/2 summer squash, sliced
- 8 oz gnocchi (potato)
- 1/4 cup 2% milk
- 1/4 cup Parmesan cheese

Directions

- 1 Cook the gnocchi according to package directions. Drain fully.
- 2 Heat half the olive oil over medium heat. Add the garlic and cook for 30 seconds until fragrant.
- 3 Add the zucchini, summer squash, and corn. Cook for 4-5 minutes until tender crisp. Remove and set aside. See notes if you want roasted or charred corn.
- 4 Add the remaining olive oil to the pan. Add the garlic and cook for thirty seconds. Add the gnocchi and cook for 1-2 minutes until beginning to brown. Add the milk and Parmesan cheese. Stir and bring to a simmer for 1-2 minutes until it begins to thicken. Add the vegetables and turn off the heat. Let sauce thicken for 1-2 minutes and then serve.



Notes



Spicy Shrimp Sushi Bowls

Prep Time: 10 Min Cook Time: 5 Min Total Time: 15 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 2 cups

Amount Per Serving

Calories 438	Calories from Fat 129
	% Daily Value *
Total Fat 14g	22%
Saturated Fat 3g	10%
Monounsaturated Fat 1g	0%
Polyunsaturated Fat 1g	0%
Cholesterol 214mg	0%
Sodium 572mg	25%
Total Carbohydrate 40g	13%
Dietary Fiber 11g	43%
Sugars 4g	

Protein 38g

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 Note: This recipe has extra servings for planned leftovers.

Ingredients

- 2 cup cooked brown rice
- 1 tsp rice vinegar (for sauce)
- 1 tsp soy sauce (for sauce)
- 1 lb cooked shrimp
- 3 tbsp reduced fat mayonnaise (for sauce)
- 2 tsp Sriracha (adjust to taste, for sauce)
- 1 cucumber, diced
- 1 cup carrots, grated
- 1 cup shelled edamame
- 1 avocado, diced



Directions

- 1 Mix the rice vinegar and soy sauce into the brown rice.
- 2 Make the spicy shrimp sauce by combining the mayonnaise, Sriracha, rice vinegar, and soy sauce. Taste and adjust heat level with more Sriracha. Toss with the shrimp.
- 3 Assemble bowls with rice, spicy shrimp, and veggies. Top with sesame seeds if desired.

Notes



Carrot Fries

Prep Time: 10 Min Cook Time: 20 Min Total Time: 30 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1 cup

Amount Per Serving

Calories 115	Calories from Fat 49
	% Daily Value *
Total Fat 6g	9%
Saturated Fat 1g	4%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 117mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	19%
Sugars 8g	

Protein 2g

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Ingredients

- 3/4 lb carrots
- 2 1/2 tsp olive oil
- Salt and pepper

Directions

- 1 Preheat oven to 450 degrees.
- 2 Cut the carrots into matchsticks, Toss with olive oil, salt, and pepper.
- 3 Spread out on a prepared baking sheet.
- 4 Bake for 16-18 minutes, shaking once, or until browned and tender.

Notes



Barbecue Cheddar Turkey Burger

Prep Time: 5 Min Cook Time: 15 Min Total Time: 20 Min



SERVINGS: 2

Nutritional Facts

Serving Size: 1 patty

Amount Per Serving

Calories 262	Calories from Fat 39	% Daily Value *
Total Fat 4g		7%
Saturated Fat 2g		7%
Monounsaturated Fat 0g		0%
Polyunsaturated Fat 0g		0%
Cholesterol 87mg		29%
Sodium 768mg		33%
Total Carbohydrate 16g		5%
Dietary Fiber 1g		4%
Sugars 10g		

Protein 40g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 2/3 lb 99% lean ground turkey
- 1 tsp Worcestershire sauce
- 1/2 garlic clove, minced
- 1/4 tsp paprika
- 1/4 tsp cumin
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 cup BBQ sauce, divided
- 1/2 onion, sliced into rings
- 1/4 cup shredded reduced fat cheddar cheese

Directions

- 1 Mix together the beef, Worcestershire sauce, half the barbecue sauce, garlic, paprika, salt, and pepper in a bowl. Form into patties.
- 2 Heat a griddle, skillet, or grill pan over medium heat and coat with cooking spray. Add the sliced onions and cook for 5-8 minutes until tender and beginning to brown. Remove and add the burgers and cook for 5 minutes on each side or to desired doneness.
- 3 For melted cheese, add the cheese in the last 3 minutes of cooking.
- 4 To assemble place each burger on a bun and top with onion slices, 1 tbs. BBQ sauce, and your other favorite toppings - lettuce, tomato, etc.

Notes

