



30 DAY HIGH PROTEIN
Meal Plan for Fat Loss



the sorority NUTRITIONIST

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Fat Loss Meal Plan



GIRLFRIEND...

I am SO excited to have you try these epic recipes and create more structure in your diet so you can lose weight and finally feel confident about the way you look!

As a Registered Dietitian, I've designed this meal plan to help you eat healthy for weight loss because truth is... sometimes it can feel really overwhelming to know what foods you should eat to hit the required calories you need for results.

When working with coaching clients, I get really specific about your individual nutritional needs - however what I've learned is having a plan and simple recipes to get started is so KEY to starting your journey!

This 30-day meal plan is based on my average client who is around 5'6, wants to lose 20 pounds, works out 3 days per week and needs around 1500-1700 calories per day. But if this isn't you... no biggie! This meal plan also features an equation to calculate your calories alongside simple snacks so you can add more calories or cut out some based upon what YOU need!



158#
day 1 sorority
nutritionist

148#
week 7 & down
10 pounds

146.2#
week 13 &
losing fat!



166.6 pounds
"I haven't been able to lose weight as
much as I workout and eat healthy"

156.6 pounds
"Literally would've NEVER posted this
photo on IG if it wasn't for TSN!"



162.4
before the sorority
nutritionist

158.4
1 month into
calorie tracking

152.8
2.5 months into
calorie tracking

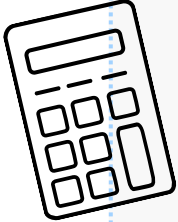


160 pounds
"I lost weight on Whole 30 but after
30 days I just gain it back!"

138 pounds
"I've lost over 20 pounds by focusing
on calories and protein. It WORKS!"

Your Calorie Needs

CALCULATE YOUR CALORIES



To lose weight, you have to eat less than what you burn! What this means is actually eating less than your maintenance calories.

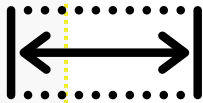
Watch my free webinar to understand how to set up your weight loss plan and specifically understand your calorie needs for weight loss!

FREE WEBINAR

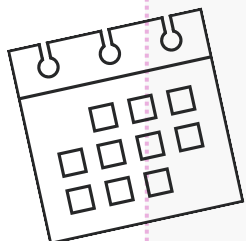
YOUR WEIGHT LOSS RANGE

Once you have your maintenance calories, you're going to subtract 300 from it and 500 from it. That will give you a range that's 300-500 below your maintenance calories.

Example: If your maintenance is 2000 calories per day, your weight loss range would be 1500-1700 per day.



THIS MEAL PLAN



The high protein, fat loss meal plan featured in this guide is based on the most popular calorie range my clients inside the Membership and also my coaching programs need: 1500-1700 calories per day!

If your range is lower or higher, the next page goes over adjustments you can make to the plan to fit your nutritional needs.

If you need more support with setting your calories and making adjustments to your plan, we can help you inside TSN!

WORK WITH OUR DIETITIANS

Adjusting this Meal Plan



ADDING CALORIES

If your calculated calories are higher than this meal plan, that's ok babe- I got your back! Here are simple ways to bump up calories at meals.

2 TABLESPOON HUMMUS

70 Cals | 2g Protein

2 TBSP SLIVERED ALMONDS

81 Cals | 3g Protein

2 OZ CHEDDAR CHEESE

229 Cals | 13g Protein

1/2 AVOCADO

120 Cals | 2g Protein

1 SCOOP PROTEIN POWDER

120 Cals | 20g Protein

1/2 CUP ROLLED OATS

75 Cals | 3g Protein

2 TBSP CHIA OR FLAX SEEDS

140 Cals | 10g Protein

BALANCED SNACKS

More ideas on the next page!

SUBTRACTING CALORIES

If your calculated calories are LOWER than this meal plan, you'll have to make a few small tweaks to how you spend your calorie money. Here's some tips!

CUT OUT A SNACK**MAKE YOUR SNACK LOWER CALORIE**

Example: Have a 120 calorie Greek yogurt instead of granola + fruit

ADJUST PORTIONS TO FIT YOUR CALORIES

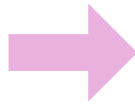
Example: Swap 2 poached eggs for 1 egg + 1/2 cup egg whites in the TSN Avocado Toast recipe!

Hot Girl Snacking List

SIMPLE CALORIE SWAPS



Bread
Crackers
Creamy dressing
Rice
Ice cream
Beer



Thin sliced bread
Carrots or Celery
Lite dressing
Cauliflower rice
Halo Top
Champagne



MIX & MATCH SNACKS

CARBS

Whole wheat crackers

1 Piece of fruit (or 1/4 cup dried fruit)

1 Slice of bread

1/2 Cup granola or 1 cup of cereal

1-2 Cups of veggies (carrots, bell peppers, etc.)

Dried beans (chick peas)

3 Cups of popcorn

PROTEINS

1-2 Oz low fat cheese

1 Tbsp nut butter

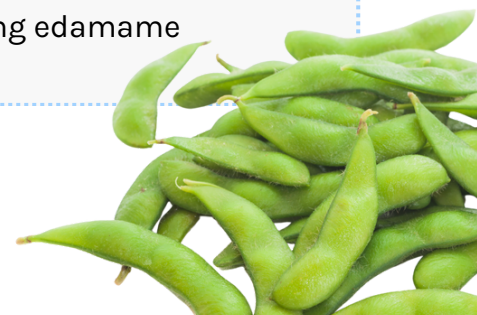
1/4 Cup nuts

1 Cup nonfat greek yogurt


1-2 Eggs

1 Cup cottage cheese

1 Serving edamame



Snacking Ideas



1-3 cups Skinny POP Popcorn + 1-2 reduced fat cheddar cheese sticks

135 Cals | 3g Protein

Handful of whole wheat crackers with 1 hard-boiled egg

190 Cals | 9g Protein



1 serving Greek yogurt with 1/4 cup granola + 1 cup fruit

270 Cals | 13g Protein

1 cucumber + 11 pretzel thins + 2 tbsp hummus

195 Cals | 6g Protein

100 calorie pack of nuts + 1 apple sauce

145 Cals | 3g Protein



2 tbsp hummus (flavored is my fave) with 4-5 sweet mini peppers

120 Cals | 4g Protein

1/2 cup cottage cheese + 1 cup of fruit

120 Cals | 12g Protein



1/3 cup roasted chickpeas

130 Cals | 6g Protein



2 oz turkey jerky + 1 serving grapes

222 Cals | 27g Protein

1 serving dried edamame

130 Cals | 14g Protein

1 medium banana + 1 tbsp nut butter

216 Cals | 6g Protein



Protein shake with fruit

~260 Cals | 22g Protein

FAT LOSS MEAL PLAN

Week One

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	2 egg bites, 1 whole wheat english muffin, 1 tbsp nut butter 385 cals 22g pro	1 large banana, 1 tbsp peanut butter 216 cals 6g pro	Mediterranean Turkey Pita 370 cals 31g pro	1 C Nonfat Greek Yogurt, 1/4 C Granola, 1 C Fruit 270 cals 13g pro	BBQ sauce bowl 365 cals 34g pro
TUESDAY	Overnight Oats 300 cals 25g pro	RX Bar 220 cals 15g pro	Chicken Caesar Crunch Salad 259 cals 25.6g pro	1 Cheese Stick + 1 Serv Harvest Snap Crisps 205 cals 10g pro	Simple Turkey Tacos 455 cals 36g pro
WEDNESDAY	2 Egg Bites + 1 Whole Wheat English Muffin + 1Tbsp Nut Butter 385 cals 22g pro	1 Apple + 2 Tbsp Chocolate hummus 147 cals 2g pro	Mediterranean Turkey Pita + 1 C Grapes 431 cals 32g pro	Think Thin Protein Bar 230 cals 20g pro	1 Serving Pasta Bake 350 cals 25g pro
THURSDAY	Greek Yogurt Parfait: 1 C Nonfat Greek Yogurt, 1/4 C Granola, 1 C Fruit 270 cals 13g pro	2 Hard Boiled Eggs + 1 Serv Harvest Snap Crisps 256 cals 15g pro	Pasta Bake Leftovers + 1 Zucchini Sautéed with 1 Tsp Avocado Oil 410 cals 26g pro	1 Large Banana + 1 Tbsp Peanut Butter 216 cals 6g pro	Cauliflower Rice and Shrimp Bowl 393 cals 32g pro
FRIDAY	Overnight Oats 300 cals 25g pro	1 large banana, 1 tbsp peanut butter 216 cals 6g pro	High Protein Snack Pack 386 cals 23g pro	1 Cucumber + 2 Tbsp Hummus + 11 Pretzel Thins 195 cals 6g pro	Raspberry Turkey Burger + 2 C Veggies + 1 Tsp Oil 428 cals 33g pro
SATURDAY	TSN Avocado Toast 371 cals 19g pro	1 Cheese Stick + 1 Serv Harvest Snap Crisp 205 cals 10g pro	Grape Walnut Chicken Salad + 1 Pita Pocket + 1 C carrots 561 cals 30g pro	1 Apple + 2 Tbsp Chocolate Hummus 147 cals 2g pro	Easy Salmon Bowl 379 cals 25.4g pro
SUNDAY	High Protein Pancakes 237 cals 14g pro	1 C Nonfat Greek Yogurt + 1/4 C Granola + 1 C Fruit 270 cals 13g pro	Teriyaki Salmon Bowl 383 cals 24g pro	2 Hard Boiled Eggs + 1 Serv Harvest Snap Crisps 256 cals 15g pro	Spaghetti Squash with Chicken, Spinach, Mushrooms 378 cals 33g pro

1555 CALS | 98G PROTEIN

FAT LOSS MEAL PLAN

Week Two

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Simple Lazy Girl Breakfast 430 cals 25g pro	1 C Apple Slices + 1 Tbsp Almond Butter + Cinnamon 135 cals 3g pro	High Protein Hummus Veg Wrap 98 cals 17g pro	2 oz Turkey Jerky + 1 C Grapes 222 cals 13g pro	Beef & Broccoli Lo Mein 398 cals 32g pro
TUESDAY	Overnight Oats 300 cals 25g pro	2 Serv Whole Wheat Crackers + 1 Hard Boiled Egg 228 cals 16g pro	Chicken Gyros 596 cals 33g pro	1 C Cottage Cheese + 1/2 C pineapple 120 cals 33g pro	Ground Chicken Lettuce Cups 359 cals 23g pro
WEDNESDAY	TSN Avocado Toast 371 cals 19g pro	2 oz Turkey Jerky + 1 c Grapes 222 cals 13g pro	Tuna Salad Sandwich 387 cals 31g pro	2 Tbsp Hummus + 4-5 Sweet Mini Peppers 120 cals 4g pro	Sweet Potato, Kale & Shrimp Bowl 382 cals 25g pro
THURSDAY	High Protein Antioxidant Smoothie 382 cals 33g pro	1 C Cottage Cheese + 1/2 C Pineapple 120 cals 12g pro	High Protein Greek Salad 372 cals 31g pro	1 C Apple Slices + 1 Tbsp Almond Butter + Cinnamon 135 cals 3g pro	Fit Babe Fajitas 389 cals 32g pro
FRIDAY	Easy Breakfast Burrito 309 cals 26g pro	2 Tbsp Hummus + 4-5 Sweet Mini Peppers 216 cals 6g pro	Egg Salad + 2 Slices low Carb Bread + 1 C Carrots 386 cals 23g pro	1 Serv Whole Wheat Crackers + 2 Oz Low Fat Cheese 218 cals 17g pro	Baked Mediterranean Salmon + lemon potatoes 380 cals 26g pro
SATURDAY	Overnight Oats 300 cals 25g pro	1 C Apple Slices + 1 Tbsp Almond Butter + Cinnamon 135 cals 3g pro	Thai Peanut Chicken Salad 492 cals 42g pro	2 C Skinny Pop Popcorn + 2 Reduced Fat Cheese Sticks 147 cals 2g pro	(4) Turkey Taco Zucchini Boats 528 cals 56g pro
SUNDAY	TSN Avocado Toast 371 cals 19g pro	100 Calorie Pack of Nuts + 1 C Apple Slices 145 cals 3g pro	Chicken And Pepper Quesadilla 488 cals 34g pro	Protein Shake With Fruit 260 cals 22g pro	Turkey Chili 385 cals 38g pro

1527 CALS | 114G PROTEIN

FAT LOSS MEAL PLAN

Week Three

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	2 egg bites, 1 whole wheat english muffin, 1 tbsp nut butter 385 cals 22g pro	1 large banana, 1 tbsp peanut butter 216 cals 6g pro	Mediterranean Turkey Pita 370 cals 31g pro	1 C Nonfat Greek Yogurt, 1/4 C Granola, 1 C Fruit 270 cals 13g pro	BBQ sauce bowl 365 cals 34g pro
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1555 CALS | 98G PROTEIN

FAT LOSS MEAL PLAN

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1527 CALS | 114G PROTEIN

BREAKFAST RECIPES

HIGH PROTEIN PANCAKES

INGREDIENTS

- 1 cup oats
- 1 banana
- 2 eggs
- 1/2 cup egg whites
- 4 teaspoons baking powder
- a pinch of salt
- a pinch of cinnamon
- 1-2 scoops protein powder
- 2 tablespoons flax meal

RECIPE

- 1.Run everything through the blender on medium low speed until very well mixed.
- 2.Heat a nonstick griddle to medium high heat. Add batter in small circles – about 1/4 cup per pancake. When the edges start to look dry (2-3 minutes), flip and cook another minute or two on the other side.
- 3.Top with anything you like! Low cal whip cream, maple syrup, or fruit are my favorites!

**237
CALS**

**RECIPE MAKES
3 SERVINGS**

1 SERVING:
33 G CARBS
14 G PROTEIN
4 G FAT

BREAKFAST RECIPES

HIGH PROTEIN ANTIOXIDANT SMOOTHIE (VEGETARIAN)

INGREDIENTS

- 1 cup almond milk (unsweetened)
- 1 large handful baby spinach
- 1/2 cup frozen berries
- 1 tbsp ground flax seeds
- 1 scoop vanilla protein powder
- 1 tbsp almond butter

**382
CALS**

**RECIPES MAKES
1 SMOOTHIE**

**1 SERVING:
25 G CARBS
33 G PROTEIN
19 G FAT**

BREAKFAST RECIPES

SIMPLE LAZY GIRL BREAKFAST

INGREDIENTS

- 4 pieces turkey bacon
- 1 serving (3 pancakes) of frozen kodiak cakes
- 1 cup fresh raspberries
- 1 tbsp almond butter
- 1 tbsp honey

RECIPE

1. Microwave the waffles
2. As they are heating up, cook 4 pieces of turkey bacon in an air fryer (or stove top!) until cooked thoroughly
3. Smear the pancakes with almond butter, then top with raspberries and honey

**430
CALs**

**RECIPES MAKES
1 SERVING**

1 SERVING:
53 G CARBS
25 G PROTEIN
17 G FAT

BREAKFAST RECIPES

EASY BREAKFAST BURRITO

INGREDIENTS

- 1 whole wheat soft tortilla (try to find one with fiber!)
- 3 egg whites
- 1 cup spinach
- 1/2 cup chopped onions
- 2 tbsp reduced fat cheddar cheese (or goat cheese)
- 1 tbsp crushed red pepper flakes

**309
CALs**

**RECIPES MAKES
1 BURRITO**

**1 SERVING:
39 G CARBS
26 G PROTEIN
5 G FAT**

RECIPE

1. In a pan over medium heat, place chopped onions and sauté until soft
2. Add in crushed red pepper and a pinch of salt to the onion mixture
3. After it starts cooking, add in the egg whites and spinach, stirring continuously to scramble and cook the egg whites
4. To serve, on low heat, warm the tortilla on both sides. Place the egg white mixture in the center of the tortilla and sprinkle with cheese. Fold the ends and roll the burrito up!

BREAKFAST RECIPES

TSN AVOCADO TOAST

INGREDIENTS

- 1 slice whole wheat bread
- ½ avocado
- 2 poached eggs
- Red pepper flakes
- Salt and pepper to taste

RECIPE

1. Toast 1 slice of whole wheat bread
2. While the bread is toasting, fill a saucepan with several inches of water. Heat the water on high until it reaches a boil and then lower the heat until the water is at a bare simmer (just a few bubbles coming up now and then).
3. Poach egg in water for 4 minutes.
4. Gently lift the poached eggs out of the pan with a slotted spoon and place on a plate to serve.
5. When toast is done, top with avocado and use a fork to mash. Top with red pep- per flakes, salt and pepper to taste.
6. Put the eggs on top, or enjoy them on the side!

**371
CALs**

**RECIPE MAKES
1 PIECE OF TOAST**

1 SERVING:
29 G CARBS
19 G PROTEIN
23 G FAT

BREAKFAST RECIPES

OVERNIGHT OATS (VEGETARIAN)

INGREDIENTS

- 1/2 cup plain quick oats
- 1 cup ripple (vegetarian/vegan) or fair life (ultra-filtered) milk
- 1 tsp peanut or almond butter
- 1/2 scoop vanilla protein powder
- 1 cup fresh or frozen berries

RECIPE

1. In a glass container put in oats and milk
2. Mix in vanilla protein powder with spoon until evenly combined
3. Add in berries and top with nut butter
4. Put in fridge overnight
5. The next day you can heat it up in the microwave or eat it cold, whatever you like!

**300
CALs**

**RECIPE MAKES
1 SERVING**

**1 SERVING:
34 G CARBS
25 G PROTEIN
11 G FAT**

BREAKFAST RECIPES

GREEK YOGURT PARFAIT (VEGETARIAN)

INGREDIENTS

- 1 single-serving Oikos triple zero greek yogurt (vanilla, 15 g protein & 6 g sugar)
- 6 strawberries (or 1/2 medium banana)
- 1/4 cup granola
- 1 tbsp almond butter

RECIPE

- 1.Put yogurt in a bowl
- 2.Mix in almond butter completely
- 3.Put fruit on top sliced
4. Top with granola
- 5.Enjoy and eat!!!

**374
CALS**

**SERVING SIZE:
1 PARFAIT**

**1 SERVING:
38 G CARBS
25 G PROTEIN
16 G FAT**

BREAKFAST RECIPES

EASY EGG BITES + TOAST

INGREDIENTS

- 12 eggs
- 1 large fresh bell peppers (diced)
- 1/2 small onion (diced)
- 1/4 cup shredded cheddar cheese

RECIPE

1. Preheat oven to 350° F
2. Wash and dice veggies if not already cut
3. Spray non-stick spray in 12 muffin tins
4. Distribute veggies evenly in each muffin tin
5. Crack 1 egg in each
6. Mix together then top with cheese evenly
7. Bake for 15-25 minutes, or until golden on top
8. Enjoy & pair with toast, nut butter and strawberries for a balanced weight loss meal.

**85
CALs**

**RECIPE MAKES 12
MUFFINS**

1 MUFFIN:
1.5 G CARBS
7 G PROTEIN
5.5 G FAT

Recommendation:
2-3 muffins with a
serving of fruit (1
cup of strawberries
or 1 banana) is an
easy breakfast.

LUNCH + DINNER RECIPES

MEDITERRANEAN TURKEY PITA

INGREDIENTS

- 4 oz low sodium deli turkey breast (or chicken)
- 1 whole wheat pita
- 2 tbsp roasted red pepper hummus
- 10 sl ices of fresh cucumber
- 1/2 cup fresh diced tomatoes
- 1 cup spinach
- 1 oz fresh crumbled feta cheese

RECIPE

1. Cut pita in half
2. Open up both halves of the pita and spread on roasted red pepper hummus evenly
3. Distribute turkey breast evenly in each half
4. Add in cucumber, tomatoes and spinach
5. Top with feta evenly on each half
6. Pair with 1 cup grapes for balanced meal

**370
CAL**

**RECIPE MAKES
1 PITA POCKET**

1 SERVING:
27 G CARBS
31 G PROTEIN
13 G FAT

WITH GRAPES:
432 CALORIES
43 G CARBS
32 G PROTEIN
13 G FAT

LUNCH + DINNER RECIPES

GRAPE AND WALNUT CHICKEN SALAD

INGREDIENTS

- 2 cups cooked chicken (shredded, rotisserie is easy!)
- 2/3 cup mayo
- 2 tbsp fresh parsley chopped
- 1/4 onion
- 1/2 red grapes (chop in half)
- 1/4 cup walnuts
- salt and black pepper to taste

RECIPE

1. In a large. bowl put together mayo, salt, pepper, and parsley
2. Add in shredded chicken, grapes, celery, walnuts and onion
3. Stir well to combine
4. Serve inside whole wheat pita with carrots for total calories displayed in this meal plan

**259
CAL**

**RECIPE MAKES
4 SERVINGS SALAD**

1 SERVING:
9 G CARBS
23 G PROTEIN
14 G FAT

WITH PITA + CARROTS:
561 CALORIES
43 G CARBS
30 G PROTEIN
15 G FAT

LUNCH + DINNER RECIPES

BBQ SAUCE BOWL

INGREDIENTS

- 4-5 Oz Shredded Chicken (Rotisserie Works Great, or Boil Water and Cook Chicken until not pink/cooked through and then shred yourself!)
- 1 Cup Broccoli
- 1/4 Small Diced Onion
- 1/2 Bell Pepper Sliced
- 1 Medium Roasted Sweet Potato
- 2 Tbsp Bbq Sauce (~60 Calories)

**365
CALs**

**RECIPE MAKES
1 SERVING**

**1 SERVING:
55 G CARBS
34 G PROTEIN
1 G FAT**

RECIPE

1. Wash and put a few holes in sweet potato with a fork/knife. Then put in microwave (still wet) for 4-5 minutes until cooked through, then cut in half and let cool off
2. Cook veggies on stove top with light cooking spray
3. Heat chicken in microwave or if already hot, set aside
4. Put everything together, then combine with BBQ sauce for a balanced weight loss meal!

LUNCH + DINNER RECIPES

MUSHROOM, GOAT CHEESE, & SPINACH PASTA BAKE (VEGETARIAN)

INGREDIENTS

- 1 box Banza (chickpea pasta, or sub for whole wheat and add chicken)
- 1 tbsp unsalted butter
- 8 oz cremini mushrooms (cleaned and sliced)
- 1/2 tsp salt
- 1 large garlic clove mined (or use ground garlic)
- 4 cups baby spinach
- 4 oz goat cheese
- 1/2 c grated parmesan cheese

**350
CALs**

**RECIPE MAKES
4 SERVING**

**1 SERVING:
35 G CARBS
25 G PROTEIN
16 G FAT**

RECIPE

1. Preheat oven to 375 F
2. boil water and cook pasta
3. heat large skillet to medium-high heat with butter. Add mushrooms and cook for ~3 minutes until golden brown. Add garlic and salt, then reduce heat
4. Add pasta, spinach, and goat cheese. Toss until cheese has melted and spinach has wilted for ~2 minutes
5. Add in 1/4 cup parmesan cheese, season with salt/pepper
6. Bake in greased baking dish until cheese is melted and slightly brown, then enjoy!

LUNCH + DINNER RECIPES

CAULIFLOWER RICE & SHRIMP BOWL

INGREDIENTS

- 1/2 Cup Cooked Microwave Brown Rice
- 6 Oz Shrimp (~12 Large Shrimp Thawed and Peeled)
- 1 Tsp Avocado Oil
- 1 Tsp Soy Sauce
- 1 Cup Broccoli (Frozen Is Great)
- 1 Cup Cauliflower Rice
- Everything But The Bagel Seasoning from Trader Joe's Or Sesame Seeds to taste
- 1/2 Fresh Small Avocado

**393
CALs**

**RECIPE MAKES
1 BOWL**

**1 SERVING:
36 G CARBS
32 G PROTEIN
14 G FAT**

RECIPE

1. Cook Microwave Rice
2. Heat skillet to medium-high heat with avocado oil and soy sauce
3. Stir in broccoli and cauliflower rice, cover pan for 4 minutes
4. Stir in shrimp and cover pan again for ~3 minutes or until shrimp cooked through.
5. Serve in another pan cook the veggies (you can use non-stick oil to save calories)
6. Combine rice and shrimp/veggie mixture
7. Top with avocado and everything but the bagel seasoning (or use fresh sesame seeds!)

LUNCH + DINNER RECIPES

HIGH PROTEIN SNACK PACK

INGREDIENTS

- 1 hard boiled egg (buy pre-cooked to save time!)
- 2 slices of rolled ham or deli turkey
- 1 tbsp hummus
- 1 handful of cherry tomatoes
- 1/2 large cucumber sliced
- 1 sliced apple
- 1 tbsp peanut butter

**386
CALs**

**RECIPE MAKES
1 SERVING**

**1 SERVING:
41 G CARBS
23 G PROTEIN
18 G FAT**

RECIPE

1. Put everything together in a box according to the portion sizes above in the ingredients section and pack for work or school for an easy lunch

LUNCH + DINNER RECIPES

CHICKEN CAESAR CRUNCH SALAD

INGREDIENTS

- 4 oz air fried or pan fried chicken
- 1 tablespoon balsamic vinegar
- Salt
- Black pepper
- 1 cup of romaine lettuce (washed and chopped)
- 6 cherry tomatoes
- 1 teaspoon grated parmesan cheese
- 1 teaspoon sunflower seeds
- 1 tablespoon Tessemae's Caesar dressing or any Caesar you like

**259
CALS**

**RECIPE MAKES
1 SERVING**

**1 SERVING:
8.8 G CARBS
25.6 G PROTEIN
14.6 G FAT**

RECIPE

1. Clean chicken breast (cut off fat), sprinkle with salt and pepper to taste, rub with 1 T balsamic vinegar.
2. Cook chicken breast in air fryer or pan fry. Cut into strips. Weigh 4 oz.
3. Place lettuce, cherry tomatoes, parmesan, sunflower seeds, and chicken in a bowl.
4. Coat with 1 T salad dressing and enjoy!

LUNCH + DINNER RECIPES

RASPBERRY JAM TURKEY BURGER

INGREDIENTS

- 1 Whole Wheat English Muffin
- 1 Turkey Burger (I buy frozen)
- 1 tbsp Raspberry Jam
- Lettuce or Spinach

RECIPE

1. Cook turkey burger according to instructions on package. I recommend air frying (if you have one, put in frozen to get crispy) or cook on stove top with a small amount of oil - will change nutrition)
2. Cut whole wheat english muffin in half and toast
3. Top with raspberry jam and lettuce.

**358
CALs**

**RECIPE MAKES
1 BURGER**

1 SERVING:
23 G CARBS
27 G PROTEIN
11 G FAT

*Recommendation:
Pair with a side salad
with low fat dressing!

LUNCH + DINNER RECIPES

EASY SALMON BOWL

INGREDIENTS

- Salmon
- Frozen quinoa packet
- (1 serving size as directed on packet)
- Zucchini
- 1 T extra virgin olive oil
- Salt
- Red pepper
- Black pepper

**379
CALS**

**RECIPE MAKES
1 SERVING**

1 SERVING:
27.5 G CARBS
25.4 G PROTEIN
18.9 G FAT

RECIPE

1. Pat salmon dry. Season fish with salt, red pepper, and black pepper.
2. Add 1 T olive oil to the saute pan on medium heat.
3. Saute salmon on each side until cooked as desired.
4. Heat frozen quinoa packet as directed on packet.
5. Saute or air fry zucchini (season as desired)

LUNCH + DINNER RECIPES

GROUND TURKEY TACO BOWLS

INGREDIENTS

- 1 avocado
- 4 cups cauliflower rice
- 1 small bunch cilantro
- 1 pint grape tomatoes
- 1.5 lbs ground turkey
- 1 medium red onion
- 1 bell pepper
- 1 lime
- Olive oil
- Black pepper
- Chili powder
- Cumin, ground
- Garlic powder
- Onion powder
- Oregano, dried
- Salt

**378
CALs**

**RECIPE MAKES
4 SERVINGS**

**1 SERVING:
37 G CARBS
40 G PROTEIN
10 G FAT**

RECIPE

1. Cook rice according to instructions (use microwave rice if saving time)
2. Pico: quarter the grape tomatoes and transfer to a medium bowl with chopped cilantro. Dice $\frac{1}{2}$ of onion into $\frac{1}{4}$ inch pieces and add to medium bowl. Season with salt and pepper!
3. Add olive oil to nonstick skillet and preheat over medium heat
4. In a small bowl, add spices and stir to combine. Then add remaining onion to skillet and stir for 3-4 minutes. Add ground turkey and cook until browned ~3-4 minutes
5. Add spice mixture to the onion and turkey; stir until well combine ~15-30 seconds
6. Arrange bowl: layer rice, turkey, and pico. Top each bowl with $\frac{1}{4}$ of avocado diced

LUNCH + DINNER RECIPES

SIMPLE TURKEY TACOS

INGREDIENTS

- 1, 16 oz package of ground turkey breast (can make vegetarian/vegan by using Beyond Meat!)
- 1 medium tomato, diced
- 1/2 small onion, diced
- 1 bell pepper
- 2 taco shells
- 2 Tbsp Mexican shredded cheese
- 2 Tbsp Salsa (my fav is peach mango!)

**455
CALs**

**SERVING SIZE:
3 TACOS (1 SERVING)**

1 SERVINGS:
29 G CARBS
36 G PROTEIN
15 G FAT

RECIPE

1. Put 1 tsp avocado oil in non-stick pan over medium heat
2. Cook ground turkey breast (4oz will be the serving, so 1/4 of the package if just making 1 serving) until brown
3. Add taco seasoning when brown
4. At the same time, in a pan slice onion and bell pepper and saute until brown in 1 tsp avocado oil
5. Once done, make 3 tacos with add-ins

LUNCH + DINNER RECIPES

TERIYAKI SALMON BOWL

INGREDIENTS

- 1 1/4 pound salmon, cut into 4 individual fillets
- 1/4 cup teriyaki sauce, + more for serving
- 2 cups steamed rice
- 4 cups broccoli
- For Serving:
 - 4 green onions, chopped
 - 1 Tbsp sesame seeds

**383
CALs**

**RECIPE MAKES
4 SERVINGS**

1 SERVING:
34 G CARBS
34 G PROTEIN
12 G FAT

RECIPE

1. Cut the salmon into 4 individual-sized fillets. Place in plastic bag with teriyaki sauce, seal & shake bag, then refrigerate at least 15 minutes, up to 10 hours
2. Prepare the rice per instructions
3. Steam broccoli (I cook mine in the microwave!)
4. When ready to cook the salmon, preheat the oven to 350 degrees F.
5. Transfer salmon along with the teriyaki sauce to a casserole dish. Bake 20 minutes on the center rack of the oven.
6. Change the oven setting to the high broil setting and move one of the oven trays to the second-to-the-top shelf. Remove the salmon from the oven and spoon the teriyaki sauce over the salmon. Place salmon on the second-to-the-top rack and broil 5 to 8 minutes, or until crispy.
7. Add heaping portions of broccoli with 1/2 cup rice to bowls and serve with salmon on top with chopped green onion and sesame seeds.

LUNCH + DINNER RECIPES

SPAGHETTI SQUASH WITH CHICKEN, SPINACH, MUSHROOMS

INGREDIENTS

- 3 lb spaghetti squash
- 2 tablespoon coconut oil divided
- 1 pound chicken breast tenders cut into bite size pieces
- 1 medium onion chopped
- 3 garlic cloves minced
- 8 ounces sliced mushrooms
- 1/2 cup dry white wine
- 1/2 tsp basil
- 1/4 tsp of oregano
- 10.5 oz can diced tomatoes
- 1 cup low or no-sodium chicken broth
- 8 ounces fresh spinach
- 1/4 cup grated Parmesan cheese
- 1 teaspoon freshly ground black pepper

**378
CALs**

**RECIPE MAKES
3 SERVINGS**

**1 SERVING:
28 G CARBS
33 G PROTEIN
14 G FAT**

RECIPE

1. Preheat the oven to 375 F. Using a large knife, slice the spaghetti squash in half lengthwise down the middle. Use a spoon to scrape the pulp out and remove the seeds.
2. Place the squash, open side down on a cookie sheet and bake for 30 minutes. It is done when you can stick a fork easily into it.
3. Leave the squash in the skin and scrape each half with a fork to create the stringy squash. Heat 1 tbsp coconut oil in a large non-stick skillet over medium high heat. Add chicken and cook 4 minutes.
4. Remove chicken from pan and set aside. Heat another tablespoon of coconut oil over medium-high heat. Add onion and garlic to the pan and cook for about 5 minutes or until soft, stirring frequently.
5. Stir in mushrooms, basil and oregano and cook for 5 minutes, stirring occasionally.
6. Add the wine to the pan and cook for 5 minutes or until liquid evaporates, stirring often.
7. Add the chicken, chicken broth, diced tomatoes, and spinach to pan. Cook 2 minutes or until spinach wilts, stirring constantly. Lastly stir in 1/4 cup cheese.
8. Place about 1/4 of spaghetti squash on a plate and top with ~1 cup of the chicken mixture on top.

LUNCH + DINNER RECIPES

HIGH PROTEIN HUMMUS + VEGGIE WRAPS

INGREDIENTS

- 6 large whole wheat tortillas
- 1 batch chipotle hummus
- 3 cups cooked quinoa
- 6 cups mixed greens rinsed and dried
- 2 large carrots grated
- 1 medium red pepper thinly sliced
- 2 medium green onions thinly sliced
- 8 oz firm tofu cut into thick sticks

**398
CALs**

**RECIPE MAKES
6 SERVINGS**

**1 SERVING:
59 G CARBS
17 G PROTEIN
12 G FAT**

RECIPE

1. Start by pan-frying the tofu in a bit of olive oil
2. Spread a whole wheat tortilla with about $\frac{1}{4}$ cup chipotle hummus. You want to spread a generous layer, but don't go right to the edge or it'll get messy when you start rolling.
3. Next add $\frac{1}{2}$ cup of quinoa, a large handful of mixed greens (about 1 cup) and a small handful of shredded carrot, red pepper, and green onion. Add 3-4 tofu sticks to the top.
4. Now you're ready to roll! Carefully fold the sides in, and then fold one end over the other, pull back to roll the contents into a log, and finish rolling your wrap.
5. Repeat with remaining ingredients until all of your wraps are ready!
6. Wrap tightly with foil, and store in the fridge for up to 4-5 days.

LUNCH + DINNER RECIPES

BEEF AND BROCCOLI LO MEIN (CAN MAKE WITH ZOODLES!)

INGREDIENTS

- 8 ounces lo mein noodles or spaghetti noodles
- 3 cups broccoli florets
- 1 Tablespoon olive oil
- 8 ounce flank steak sliced against the grain
- 3 garlic cloves minced
- 1 medium carrot shredded
- ¼ cup packed brown sugar
- ¼ cup reduced-sodium soy sauce
- 2 Tablespoons hoisin sauce
- 2 teaspoons sesame oil
- ¼ teaspoon ground ginger
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon pepper

**398
CALs**

**RECIPE MAKES
4 SERVINGS**

**1 SERVING:
61 G CARBS
20 G PROTEIN
9 G FAT**

RECIPE

1. In a large pot with boiling water, cook the noodles according to package directions. Add the broccoli the last 5 minutes of cooking and let them cook until tender. Drain the noodles and broccoli.
2. Cut the flank steak across the grain in ¼ inch strips.
3. While the pasta is cooking, add olive oil to a medium sized skillet. Cook the steak until no longer pink.
4. Add the garlic, and carrots and cook for a minute more.
5. In a small bowl whisk together the brown sugar soy sauce, hoisin sauce, sesame oil, ginger, red pepper and pepper.
6. Add the spaghetti to the skillet and pour the sauce on top and toss until incorporated.

LUNCH + DINNER RECIPES

TUNA SALAD SANDWICH

INGREDIENTS

- (1) 5- ounce cans white albacore tuna in water drained
- 1 celery stalks minced (about ¼ cup)
- 1 tablespoons minced red onion
- 1/4 cup 2% Greek yogurt
- 1 tablespoons lemon juice
- 1/2 tablespoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1/2 tablespoon chopped parsley
- 2 slices Dave's Killer bread (thin slices)

**335
CALs**

**RECIPE MAKES
1 SERVING**

**1 SERVING:
45 G CARBS
30 G PROTEIN
6 G FAT**

RECIPE

1. In a mixing bowl, stir together the Greek yogurt, lemon juice, Dijon mustard, salt, pepper and parsley until well combined.
2. Add the drained tuna on top, along with the celery and red onions.
3. Gently stir until well combined.
4. Serve on 2 slices of bread per serving

LUNCH + DINNER RECIPES

CHICKEN GYROS

INGREDIENTS

- Juice of 1 lemon
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, minted
- 2 tsp dried oregano
- ¼ tsp salt
- ¼ tsp ground pepper
- 1 lb boneless, skinless chicken breast, cut crosswise into ½ in wide strips
- 1 medium tomato, chopped
- 3 tbsp finely chopped red onion
- 4 tbsp tzatziki
- (4) 6-inch whole-wheat pitas, warmed

**396
CALs**

**RECIPE MAKES
4 SERVINGS**

1 SERVING:
40 G CARBS
33 G PROTEIN
12.5 G FAT

RECIPE

1. Combine lemon juice, oil, garlic, oregano, salt and pepper in an 8-inch glass baking dish. Add chicken and toss to coat. Marinate in the refrigerator, stirring once, for at least 20 minutes and up to 2 hours.
2. Position rack in upper third of oven; preheat broiler to high.
3. Transfer the chicken to a rimmed baking sheet. Broil on the upper rack until no longer pink in the middle, 5 to 7 minutes.
4. Meanwhile, combine lettuce, tomato and onion in a medium bowl.
5. To serve, spread 1 tablespoon tzatziki on each warmed pita and top with the chicken and the salad.

LUNCH + DINNER RECIPES

SWEET POTATO, KALE, AND SHRIMP BOWL

INGREDIENTS

- 2 tablespoons of extra virgin olive oil
- 1/2 c onion, diced
- 1 pinch of red pepper flakes
- 2 cloves of garlic minced (or use 1 tablespoon of minced garlic from jar)
- 3 cups of sweet potatoes diced (can use fresh or frozen)
- 20 oz shrimp (each serving is 5 oz)
- 3 cups of kale leaves chopped (you can also use spinach)
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 avocado

**382
CALs**

**RECIPE MAKES
4 SERVINGS**

**1 SERVING:
34 G CARBS
25 G PROTEIN
17 G FAT**

RECIPE

1. In a skillet, heat 2 tablespoons of olive oil over medium heat
2. Add in onions and red pepper. Cook until onions are soft and golden
3. Add in minced garlic. Cook for 30 seconds or until fragrant
4. Add in diced sweet potatoes and cook until soft. You can add in a few tablespoons of water to help cook sweet potatoes if needed
5. Add in shrimp, cook for 3-4 minutes or until shrimp are pink
6. Turn heat to low and add in kale or spinach until wilted
7. Season with salt and black pepper. Stir
8. Top with 1/2 medium avocado

LUNCH + DINNER RECIPES

HIGH PROTEIN GREEK SALAD

INGREDIENTS

- 2 cups Lettuce
- 1/2 Cucumber
- 1 cup Cherry Tomatoes
- 3 oz Protein (shredded chicken if you buy rotisserie or cook & shred from scratch from previous recipe!)
- 2 tbsp Tzatziki (or sub for 1/2 avocado)
- 1 heated Whole Wheat Pita (60 calories for 1)
- 1 tbsp Olive Oil
- Oregano and Garlic Salt to taste

**372
CALS**

**RECIPE MAKES
1 SALAD**

**1 SERVING:
22 G CARBS
31 G PROTEIN
21 G FAT**

RECIPE

1. Wash and cut veggies
2. Cook chicken (or pull from rotisserie and heat up, or serve cold whatever you prefer!)
3. Put chicken and veggies together
4. Cut pita bread in half, and toast until crispy
5. Serve ad top with tzatziki

LUNCH + DINNER RECIPES

FIT BABE FAJITAS

INGREDIENTS

- 1 medium onion
- 2 bell peppers
- 2 tbsp avocado oil
- 1 packet of fajita seasoning
- 8 carb balance whole wheat tortillas
- 16 oz (1 lb) chicken breast
- 1 small red tomatoe
- 1/2 cup cooked jasmine rice

**389
CALs**

**RECIPE MAKES
4 SERVINGS**

**1 SERVING (2 TACOS):
45 G CARBS
43 G PROTEIN
15 G FAT**

RECIPE

1. Set the air fryer to 357 F
2. Cut up 1 lb of chicken into small strips, and add fajita seasoning with 1 tbsp avocado oil. Toss together
3. Cut up onions and bell pepper into strips, and put 1 tbsp of avocado oil on. Toss together
4. Combine everything and put into the air fryer
5. Cook for 7 minutes, then toss/flip ingredients around. Cook for another 7-8 minutes!
6. Create 2 tortillas with chicken, onions/peppers, sliced red tomato. Top with Whatever you like (add-ins are not included in calories above) I prefer guac on top of mine with fresh lime!

LUNCH + DINNER RECIPES

BAKED MEDITERRANEAN SALMON WITH LEMON-DILL ROASTED POTATOES

INGREDIENTS

- 1 small bunch fresh dill
- 2 cloves garlic
- 1/4 c kalamata olives, pitted
- 2 lemons
- 6 medium red potatoes
- 1.5 lb salmon fillet
- 1 shallot
- 8 sun-dried tomatoes, oil-packed
- black pepper
- 1 tbsp extra virgin olive oil

**380
CAL**

**RECIPE MAKES
4 SERVINGS**

**1 SERVING:
35 G CARBS
26 G PROTEIN
10 G FAT**

RECIPE

1. Preheat oven to 425°F. Cut each potato lengthwise into 10-12 thin wedges, then transfer to a large baking sheet pan. Drizzle with oil and season with salt / pepper. Juice one of the lemons over the potatoes. Slice remaining lemon into thin rounds and set aside.
2. Place the potatoes on the lower rack of the oven (it doesn't have to be fully heated) and bake, tossing halfway through, until fork-tender, 20-25 minutes.
3. Meanwhile, place four 12-inch x 12-inch squares of parchment, side by side, on a flat surface with a corner pointing up (in a diamond shape). If counter space is limited, you can overlap parchment corners by 3-4 inches, leaving a space in the center for each fish fillet. Pat the fish dry with paper towels, then place one fillet, skin-side down, on top of each parchment square. Drizzle with oil and season with salt and pepper.
4. Peel and mince garlic, then sprinkle over each fillet. Peel and thinly slice shallot; lay over each fillet. Halve the olives lengthwise. Thinly slice sun-dried tomatoes. Sprinkle both over each fillet.
5. Layer lemon slices over each fillet. Loosely pull the top and bottom corners of each piece of parchment towards the center, then roll and fold towards the center to seal. Loosely tuck the opposite sides of the parchment underneath each fillet; transfer fish parcels to another baking sheet pan.
6. Reduce oven to 400°F. Place fish on the upper rack of the oven and bake until opaque and easily flakes with a fork, 12-15 minutes.
7. Divide fish parcels and potatoes between plates. Open the parcels, garnish with reserved dill, and enjoy!

LUNCH + DINNER RECIPES

GROUND CHICKEN LETTUCE CUPS

INGREDIENTS: MEAT MIX

- 2 tablespoons avocado oil
- 1 pound ground chicken
- 1 medium red bell pepper (diced)
- 4 stalks scallions (separate white and green parts,
thinly slice both)
- ¼ cup raw cashews (can leave whole or chop,
I leave whole)
- Salt (to taste, I do not even add salt)
- 8 iceberg lettuce leaves (for serving)

INGREDIENTS: TERIYAKI SAUCE

- ¼ cup coconut aminos
- 1 tablespoon grated garlic or 3 cloves
(you can use fresh or buy grated garlic)
- 1 tablespoon arrowroot powder
- 1 tablespoon sesame oil
- 1 teaspoon grated ginger
- 1 teaspoon red pepper flakes (optional)
- ½ teaspoon fish sauce

Combine all ingredients in a jar, close, shake vigorously until all ingredients are completely smooth.

RECIPE

1. Heat a large cast iron skillet or wok for about 5 minutes.
2. Pour in avocado oil, heat until shimmering.
3. Add in ground chicken. Cook 4-5 minutes or until chicken is browned and all moisture is evaporated. It is better if chicken is chopped up fine.
4. Stir in bell pepper, white part of scallions, and cashews. Cook 2-3 min or until bell peppers have softened.
5. Stir in teriyaki sauce and toss to coat. Cook until sauce has reduced by one-quarter or 2-3 minutes.
6. Sprinkle in green scallions.
7. Serve in lettuce cup.

**359
CALS**

**RECIPE MAKES
4 SERVINGS**

1 SERVING:
11 G CARBS
23 G PROTEIN
25 G FAT

LUNCH + DINNER RECIPES

TURKEY TACO ZUCCHINI BOATS

INGREDIENTS

- 1 Tablespoon extra virgin olive oil
- 4 Medium zucchini
- 1 Packet ground turkey
- 1/2 c salsa
- 1 Taco seasoning packet
- 1/2 small yellow onion
- 4 oz tomato sauce
- 1/4 C water
- 1/2 C shredded Mexican cheese

RECIPE

1. Bring a large pot of water to a boil
2. pour 1/2 C of salsa into the bottom of a 9x13 baking dish and set aside
3. cut the 4 zucchini in half lengthwise then with a small spoon hollow out the zucchini pieces and leave 1/4 in ring. Set aside 3/4 C of the inside of the zucchini and chop into small pieces
4. Drop zucchini halves into boiling water and cook for 1 minute. Take out and set aside
5. Preheat oven to 400 degrees
6. in a large skillet use 1 T eVOO and brown the ground turkey. Add in taco seasoning packet and 1/4 c of water + mix
7. Add in 1/2 chopped onion, 3/4 c chopped zucchini, 4 oz tomato sauce and stir. Let simmer for 20 min on low
8. Arrange boiled zucchini halves in the bottom of baking dish
9. Once the meat is done, spoon into zucchini boats evenly and press down
10. Top each half with a sprinkle of shredded cheese
11. Cover the pan with foil and bake for 30 min until zucchini is fully cooked and cheese is melted

**264
CALs**

**RECIPE MAKES
4 SERVINGS**

1 SERVINGS:
12 G CARBS
28 G PROTEIN
12 G FAT

**2 SERVINGS:
528 CALS**
24 G CARBS
56 G PROTEIN
24 G FAT

LUNCH + DINNER RECIPES

EGG SALAD

INGREDIENTS

- 4 hard cooked eggs plus 2 hard cooked egg whites (save the extra yolks for another use or discard)
- 3/4 cup diced celery about 3 medium stalks
- 1/4 cup plain non-fat Greek yogurt
- 1 teaspoon dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 tablespoon chopped fresh dill

RECIPE

1. Peel the eggs and cut into a rough dice. (For detailed instructions on how to hard boil eggs, see Step 2 of my Avocado Egg Salad recipe.) Place in a large mixing bowl, then add the celery, Greek yogurt, mustard, salt, pepper, and dill. Stir to combine.
2. Serve egg salad on toasted bread with tomatoes and arugula, or enjoy atop greens for a healthy salad.

**125
CALs**

**RECIPE MAKES
3 SERVINGS**

1 SERVINGS:
2 G CARBS
11 G PROTEIN
7 G FAT

LUNCH + DINNER RECIPES

THAI PEANUT CHICKEN SALAD

INGREDIENTS

- 1 lb chicken breast or tenders, diced
- 2 tbsp sesame oil, divided
- 2 tbsp rice vinegar, divided
- 2 tsp creamy peanut butter
- 3 tsp soy sauce, divided
- 1 tbsp honey, divided
- 1 tsp kosher salt, divided
- 1 large garlic clove, minced
- 1 cup shredded carrots
- 1 cup sliced red bell pepper
- 1 cup roughly chopped snow peas
- 2 cups shredded cabbage mix
- 1 head romaine lettuce, chopped
- 1/2 cup slivered almonds
- 1/2 cup wonton strips
- 1/4 cup chopped cilantro

RECIPE

1. Season chicken with 3/4 teaspoon salt on all sides. Season with a little bit of black pepper.
2. Heat a medium wok or non-stick skillet to a medium-high heat. Add 2 teaspoons of sesame oil. Once the oil is hot, add the chicken. Cook the chicken until golden brown and crisp, on all sides. About 4-5 minutes.
3. While the chicken cooks, whisk 2 teaspoons rice vinegar, 2 teaspoons peanut butter, 2 teaspoons soy sauce, and 2 teaspoons honey in a small bowl.
4. When the chicken is done cooking, turn the heat down to medium-low and add the sauce. Toss until coated. Cook another 1-2 minutes. Remove from the heat.
5. Whisk together remaining rice vinegar, soy sauce, honey, and garlic together in the same bowl you made the peanut sauce in. Slowly whisk in remaining sesame oil. Season with plenty of salt and pepper.

**492
CALs**

**RECIPE MAKES
4 SERVINGS**

**1 SERVINGS:
22 G CARBS
42 G PROTEIN
23 G FAT**

6. Add carrots, bell peppers, snow peas, cabbage, romaine, half of the almonds, half of the wonton strips and all of the cilantro. Add the dressing. Toss to combine. Season with a little bit of salt and pepper.
7. Top with remaining almonds, wonton strips, and chicken. (You can also just toss everything together to evenly distribute the chicken.)

LUNCH + DINNER RECIPES

CHICKEN AND PEPPER QUESADILLA

INGREDIENTS

- 2 tablespoon olive oil
- 2 tablespoon fajita seasoning
- 3 chicken breasts boneless and skinless, cut into long strips
- 1 red bell pepper cut into long strips
- 1 green bell pepper cut into long strips
- 2 onions sliced
- 1 cup Tex Mex cheese or cheddar cheese
- 8 small flour tortillas
- 2 tablespoon butter
- 4 tbsp salsa

RECIPE

1. Season the chicken breasts strips with 1 tbsp of the fajita mix.
2. In a large skillet, heat 1 tbsp of the olive oil and add the chicken to it. Cook the chicken for 5 to 10 minutes until it's fully cooked and no longer pink, and it's slightly charred, but not burned.
3. Remove chicken from skillet, and wipe the skillet clean.
4. Add another tbsp of olive oil to the skillet and heat it up. Add the onion and cook for a couple minutes until it's slightly translucent. Add the peppers and the fajita mix and mix well. Cook for a couple more minutes so the peppers cook slightly. Add the chicken to the skillet, mix with peppers and onions and cook for a minute.
5. In a clean skillet, add a bit of the butter and melt. Add a tortilla and move it around until it's buttery. Add a little bit of the chicken and onion mixture on top of the tortilla, and about 1/4 cup of cheese, depending on how you like it. Add another tortilla on top and pat it down.
6. Now flip it over and cook on the other side until the other side is nice and golden. Remove from skillet and cut into quarters. Repeat these steps with the remaining tortillas. Serve this with salsa.

**488
CALs**

**RECIPE MAKES
4 SERVINGS**

**1 SERVINGS:
31 G CARBS
34 G PROTEIN
24 G FAT**

LUNCH + DINNER RECIPES

TURKEY CHILI

INGREDIENTS

- 2 T extra virgin olive oil
- 1 pound ground lean turkey
- 1 chopped onion
- 1 red bell pepper
- 2 cups chicken broth
- 1 can of kidney beans, drained and rinsed (16 oz)
- 1 can crushed tomatoes (28 oz)
- 2 T garlic
- 2 T chili powder
- 1 teaspoon paprika
- ½ teaspoon oregano
- ½ teaspoon cayenne pepper • ½ teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon pepper

RECIPE

1. Brown ground turkey in a large pot over medium heat with 2 T olive oil.
 2. Cook until evenly brown throughout. 385
 3. Add onion and bell pepper. Cook until tender.
 4. Combine turkey and vegetables with chicken broth.
 5. Mix in kidney beans and tomatoes.
 6. Stir until all combined.
 7. Add all seasonings (garlic, chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper) and bring to a boil.
 8. Once boiling, reduce heat to low and cover.
 9. Let chili simmer for 25-30 minutes
- Remove from stove and enjoy!

**358
CALs**

**RECIPE MAKES
4 SERVINGS**

1 SERVING:
24 G CARBS
38 G PROTEIN
9 G FAT