



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Parmesan Eggs	Protein Bar	Protein Oatmeal (ex: Healthwise® - available online)	Protein Bar	Protein Oatmeal (ex: Healthwise® - available online)	Parmesan Eggs	Parmesan Eggs
Lunch	Deli Meat and Cheese Rollup	Leftover Shrimp Burger	Leftover Meatloaf	Leftover Stuffed Chicken	Leftover Fish Taco Salad	Leftover Ranch Chicken Bowl	Leftovers
Snack (For True Hunger Only!)	Sugar-Free Jello® Cup	Cheese Stick (1-2)	Turkey Jerky	Cheese Stick (1-2)	Beef/Turkey Jerky	Protein Chips (Healthwise®)	Sugar-Free Jellow Cup
Dinner	Shrimp Burgers, Cottage Cheese & Tomatoes	Italian Turkey Meatloaf & Green Beans	Spinach Stuffed Chicken & Steamed Carrots	Fish Taco Salad	Ranch Taco Chicken Bowl	Out to eat - Ex: Fajita meat and veggies	Out to eat- Ex: Blackened tilapia with steamed veggies

Evening snack cravings? Try these to curb snacking...*add to your grocery list as you desire!*

Salty-

- pickle spears
- carrots with 2 tbsp hummus
- cucumber slices with salsa

Sweet-

- fat-free hot chocolate (20 calories)
- plain Greek yogurt with sugar-free strawberry preserves and Splenda
- chocolate protein shake
- Sugar-free popsicle

Protein Bar Options: Healthwise®, Robard®, Luna Protein®, Pure Protein®, PowerCrunch®, Quest Bar®

Grocery List:

Proteins -	Produce -	Pantry -
<p>Dozen eggs Deli meat of choice Low-fat mozzarella cheese, block (for snacks and shredding) Low-fat cheese sticks Turkey jerky 2% Cottage cheese 1 lb frozen shrimp 1 lb frozen tilapia 2 lbs chicken breasts 1 lb lean ground turkey 1 cup plain Greek yogurt Laughing Cow Cheese® Creamy Swiss</p> <p>**Protein Supplements as desired: Protein Chips, Protein Oatmeal, Protein Bars (Healthwise® or other similar products from Bariatric websites)</p>	<p>1 plum tomato Baby carrots Fresh thyme Cilantro Red onion White onion Garlic clove Avocado Lime Green onions Bag of baby spinach Cole slaw mix *Frozen* Green beans</p>	<p>Grated parmesan cheese Old Bay® seasoning Light Mayo White Vinegar Marinara sauce Red pepper pesto OR chopped roasted red peppers Light Ranch</p> <p>Seasonings: Taco seasoning Garlic Powder Ground Cumin Cayenne Paprika Italian seasoning</p> <p>MISC: sugar-free Jello®, cooking spray</p>

Parmesan Eggs

2 tbsp Shredded parmesan cheese

2 eggs

salt & pepper

1 tsp. chopped fresh thyme (or any herb of your choice)

1. Spread cheese in an even circle in the bottom of a non-stick skillet over medium heat.
2. Crack two eggs over the pile. Cover. Cook until the yolks are firmed. (Slightly shake the pan with the handle to see if they are firm).
3. Remove lid and sprinkle with salt and pepper. Remove to a plate.
4. Top with herbs and serve.

Shrimp Burgers

1 lb. thawed pre-cooked frozen shrimp, tails removed

½ cup chopped red onion, some extra for topping

1 egg

½ tsp. Old Bay Seasoning

⅓ cup fat-free mayo

1 tsp. distilled white vinegar

cooking spray

¼ avocado, sliced

1. In a blender or food processor, add shrimp and pulse until coarsely chopped. Remove shrimp to a bowl and stir in red onion, egg, and Old Bay seasoning. Form into patties and put in refrigerator for 15 minutes while preparing the rest.
2. Mix vinegar and fat-free mayo until well blended. Heat either a grill or a non-stick skillet and spray with cooking spray. Add shrimp burger patty to heat and cook for about 5 minutes per side.
3. Lightly top shrimp burger with fat-free mayo mixture. Serve with avocado and red onions for toppings.

Serve with tomatoes and cottage cheese!

Italian Turkey Meatloaf

- 1 lb. lean ground turkey
- ½ cup spaghetti sauce, divided
- ½ cup grated parmesan cheese, divided
- 1/2 cup shredded 2% mozzarella cheese
- ¼ cup finely chopped onion
- 1 egg, lightly beaten
- ½ tsp. Italian seasoning

1. Preheat oven to 375°F. Mix meat, 1/4 cup of the spaghetti sauce, grated parmesan cheese, 1/4 cup of the shredded cheese, onion, egg and seasoning.
2. Shape into loaf in 12×8-inch baking dish. Top with remaining 1/4 cup spaghetti sauce and remaining cheese.
3. Bake 40 to 45 minutes or until cooked through (160°F).

Serve with frozen green beans prepared as package directs!

Spinach Stuffed Chicken

- 1 clove garlic, pressed
- 3 cups fresh spinach leaves, roughly chopped
- 1 tbsp red pepper pesto (or chopped roasted red peppers)
- 3-4 boneless skinless chicken breasts
- 3-4 wedges The Laughing Cow Cheese®, Creamy Swiss
- 1/4 cup 2% shredded mozzarella cheese

1. Heat oven to 350F.
2. Heat a large skillet to medium high heat. Add garlic clove, spinach, and red pepper pesto. Heat for about 4 minutes until spinach is melted. Add a wedge of The Laughing Cow Cheese® and turn down heat. Stir until cheese is melting into mixture.
3. Butterfly the chicken breasts (cut in half “hamburger style” and open like a book...not cutting all the way through but leaving it slightly connected. Hence the book.) Put a scoop of the spinach mixture in each chicken book and spread it. Close the book and secure with a toothpick if needed.
4. Move chicken breasts to an oven safe dish. *This is where my Pampered Chef Bar Pan gets so much use!* Sprinkle cheese on top. Again, you may want to add tomato sauce if you have issues with tolerating chicken breasts.
5. Bake about 20 minutes or until chicken temperature is at 165F. Goes great with green beans or steamed carrots. Enjoy!

Serve with steamed carrots!

Fish Taco Salad

4 tilapia fillets, thawed if using frozen
1 tsp each salt & pepper
2 tsp paprika
1/2 tsp cayenne
1 tsp garlic powder
1 tsp ground cumin
2 1/2 cups packaged cole slaw mix
1/3 cup cilantro, chopped
2 green onions, chopped
1 cup plain Greek yogurt
1 lime, zest and juice
salt to taste

1. Season fish on both sides with salt and pepper. In a small bowl combine paprika, cayenne, garlic powder and cumin. Sprinkle on both sides of fish. Heat a non-stick skillet to medium-high heat.
2. Add two fillets of fish to the pan and cook until edges are opaque, about three minutes. Flip and cook until fish flakes with a fork. Repeat with other two fillets.
3. In a large bowl combine cole slaw mix, cilantro and green onions.
4. In a small bowl combine Greek yogurt and lime zest and juice. Combine well and add to cole slaw mix. Toss until coated. Serve fish on top of cole slaw.

Ranch Taco Chicken Bowl

- 1 lb. boneless, skinless chicken breast
- 2 tbsp taco seasoning
- 2 tbsp low-fat Ranch dressing
- 2 cups fresh spinach leaves

1. Using kitchen shears (or knife) cut chicken into bite sized pieces. Toss chicken pieces with taco seasoning.
2. Heat a non-stick skillet to medium high. Add chicken.
3. Let cook about 4 minutes and turn. Once chicken is 165F internal temperature, add low-fat ranch and stir around the pan once more. Move to bowls and add mixed greens or spinach leaves as desired.