

Meals: Day One	Ingredients	Instructions
Breakfast-		
Lunch		
Dinner - meal 1 <u>Buttermilk Chicken with Chopped Salad</u> 6 servings 25g Pro 7g Carb 4g Fat	2/3 low-fat buttermilk 1 tbsp. fresh thyme juice of 1 lemon salt & pepper 1 1/2 lbs. boneless skinless chicken thighs, cut into 1/2 inch pieces 1 head romaine (bib or butter leaf lettuce good too!) 1 cucumber, chopped 1/2 cup red onion, chopped 1 cup red grapes, halved	<ol style="list-style-type: none"> 1. Preheat grill or grill pan to medium high heat. 2. In a small bowl mix together buttermilk, thyme, zest and juice of 1 lemon and sprinkle with salt and pepper. Toss the chicken with half of the buttermilk mixture. Save other half for dressing. 3. Grill chicken on each side for about 10 minutes per side. Remove from heat, let cool, and cut into large pieces. 4. In a large bowl, toss together lettuce, cucumber, onion and grapes. Drizzle with the remaining buttermilk mixture; season. Serve the salad with the kebabs.

Meals: Day Two	Ingredients	Instructions
Breakfast		
Lunch		
Dinner - meal 2 <u>Sun-dried Tomato Turkey Meatloaf</u> 6 servings 21g Pro 5g Carb 9g Fat	1 lb. 93% lean ground turkey 1 egg 1/2 cup grated parmesan cheese 1/2 cup chopped sun-dried tomatoes 1/2 cup 2% shredded mozzarella cheese 1/4 cup fresh basil, chopped salt & pepper	Oven to 350 F. Spray a muffin pan well with cooking spray. In a bowl, mix all ingredients together well using hands (or meat chopper upper!) Divide meat mixture evenly in muffin pans. Bake for 25 minutes.
<u>Fresh Green Beans</u>	1 lb. bag frozen green beans olive oil cooking spray salt & pepper 1 tbsp. lemon juice	Steam green beans per package instructions. Heat a skillet to medium-high heat. Spray with cooking spray. Add green beans and toss on occasion- sautéing until looking slightly crispy. Sprinkle with salt and pepper and lemon juice.

Meals: Day Three	Ingredients	Instructions
Breakfast		
Lunch		
Dinner - meal 3 <u>BBQ Chicken</u> <i>4 servings</i> <i>26 g Pro</i> <i>3 g Carb</i> <i>13 g Fat</i> <hr/> <u>Broccoli Salad</u> <i>6 servings</i> <i>4 g Pro</i> <i>15 g Carb</i> <i>5 g Fat</i>	1 lb. chicken legs 2 cups low sugar bbq sauce salt & pepper 1/2 cup chopped onion <hr/> 1 teaspoon salt 5-6 cups fresh broccoli florets (about 1 pound of florets) 1/2 cup toasted slivered almonds 1/4 cup red onion, chopped 1 cup fat-free mayonnaise	Preheat broiler and line a rimmed cookie sheet with foil. Season chicken legs with salt and pepper and place on cookie sheet. Broil 4 inches from heat for about 10 minutes per side. Divide sauce into two bowls and set one aside for serving. In the other bowl add onion. Baste the chicken with bbq sauce & onions and broil 5 more minutes. Transfer to a serving platter and serve with reserved sauce. <hr/> Bring a large pot of water, plus 1 teaspoon of salt, to a boil. Add the broccoli florets. Cook 1-2 minutes, depending on how crunchy you want the broccoli. Drain the broccoli and immediately put into a bowl of ice water to stop the cooking. Let cool and drain. Combine broccoli florets, almonds, and chopped onion in a large serving bowl. In a separate bowl, whisk together mayonnaise and cider vinegar. Add dressing to the salad and toss to mix well. Chill thoroughly before serving.
Meals: Day Four	Ingredients	Instructions
Breakfast		
Lunch		
Dinner - meal 4 <u>Rainbow Steak Kebabs</u> <i>4 servings</i> <i>24g Pro</i> <i>19g Carb</i> <i>7g Fat</i>	1 lb sirloin steak 1 cup cherry tomatoes 1 small onion, wedged 1 mango, peeled and sliced 1/2 cup light Italian dressing	If using wooden skewers, soak them for 30 minutes beforehand. Heat an outdoor grill and chop ingredients. You can either thread the skewers by alternating the ingredients, or put all the ingredients on one skewer for more even cooking. Brush the skewers with Italian dressing. Grill skewers for about 8 minutes per side, checkin often in case you don't like your tomatoes too soft. Serve and enjoy.

Meals: Day Five	Ingredients	Instructions
Breakfast		
Lunch		
Dinner - meal 5 <u>Ranch Pork Chops</u> 4 servings 23 g Pro 4 g Carb 7 g Fat <hr/> <u>Grilled Yellow Squash</u> 4 servings 1 g Pro 4 g Carb 5 g Fat	4 (4 oz) boneless pork chops 1 packet dry ranch seasoning 1 tsp ground black pepper 1/3 cup dijon mustard <hr/> 4 cloves garlic, minced or pressed 2 tsp olive oil 2 whole yellow squash, thinly sliced long ways 1/4 tsp each salt and pepper	Heat oven to 375F. Mix together ranch and mustard. Rub all over pork chops. Place in the bottom of a casserole dish. Bake for 20 minutes or until internal temperature reaches 145F. <hr/> Heat an outdoor grill. (Can use a grill pan on the stove top also) In a small non-stick pan, sauté the garlic and olive oil together. Brush the garlic olive oil mixture over the squash slices with a pastry brush. Sprinkle with salt and pepper. Grill each side on the squash until grill marks appear and looking crispy. Top rack will take longer, maybe 5 minutes per side and putting on direct heat will take very little time, but 2 minutes per side depending on the thickness of the squash.

Meals: Day Six	Ingredients	Instructions
Breakfast		
Lunch		
Dinner - meal 6 <u>Pico de Gallo Grilled Chicken</u> 4 servings 25 g Pro 9 g Carb 2 g Fat	1 lb boneless, skinless chicken breast tenderloins 1/8 cup cilantro 2 limes 1/4 tsp salt 1/4 tsp pepper 4 roma tomatoes, seeded and diced 1/2 cup onion, diced 1 jalapeno pepper, diced 1 clove garlic, minced or pressed	In a shallow dish combine 1 cup chopped cilantro, juice of 1 lime and 1 tsp salt. Add chicken and marinade 15 minutes. Meanwhile dice tomatoes, onions, garlic, 1/8 cup cilantro and jalapeño pepper. Mix. Add salt and pepper to taste. Add lime juice and toss. Grill chicken (or on stovetop) and let rest a few minutes. Then top with pico mixture.

Meals: Day Seven	Ingredients	Instructions
Breakfast		
Lunch		
Dinner <i>meal 7</i> <u>Fajita Turkey Burgers</u> <i>4 servings</i> <i>22 g Pro</i> <i>11g Carb</i> <i>4 g Fat</i>	1 lb lean ground turkey 1 egg white 1/2 cup grated reduced fat parmesan cheese 1/2 tsp salt 1/2 tsp pepper 2 tbsp taco seasoning 1 medium onion, sliced 1 green bell pepper, sliced 1 red bell pepper, sliced	Mix together ground turkey, grated parmesan cheese, egg white, salt & pepper and 1 tbsp taco seasoning. Heat the grill- and meanwhile, form the mixture into patties. Grill for about 4-5 minutes per side or until internal temperature reads 165 F. Meanwhile, add sliced onions and bell peppers to a skillet over medium high heat. Sprinkle another tbsp of taco seasoning to the mixture. Cook for about 5 minutes. Once burgers are cooked- remove from grill and top with bell peppers and onions. Serve with salsa or other toppings as desired.

