

Meals: Day One	Ingredients	Instructions
Breakfast-		
Lunch		
Dinner - meal 1 <u>Garlic Lemon Chicken on Greens</u> <i>4 servings</i> <i>29 g Pro</i> <i>10 g Carb</i> <i>2 g Fat</i>	1 lemons, sliced 1 lbs chicken tenderloins 1/2 cup light balsamic vinaigrette 3 cloves chopped garlic 6 cups mixed greens	Preheat oven to 375. Place foil in the bottom of a 13x9 inch baking dish. Layer the bottom with lemon slices. Top with chicken. Mix balsamic vinaigrette with garlic and pour half over the chicken. Refrigerate the other half. Bake 20 minutes or until chicken reaches and internal temp of 165F. Toss lettuce with remaining dressing and serve together.

Meals: Day Two	Ingredients	Instructions
Breakfast		
Lunch		
Dinner - meal 2 <u>Tasty Tiny Steak Bites with Creamy Blue Cheese</u> <i>4 servings</i> <i>34 g Pro</i> <i>3 g Carb</i> <i>8 g Fat</i> <i>Side: Green Beans</i>	1 lb lean sirloin steak 1/2 tsp each sea salt and pepper butter spray, optional 1 cup fat-free plain Greek yogurt 1/2 cup low-fat blue cheese crumbles 1/2 tsp garlic salt 1 bag frozen green beans	Using a good knife and cutting board, slice the sirloin steak into small bites by cutting into thin strips, rotating and cutting once more. Heat a large non-stick skillet to high heat. Spray pan with butter spray. Add steak to the hot pan and cook for 30 seconds, then using tongs flip to the other side for 30 seconds. Remove from heat, let cool and serve. Combine Greek yogurt and blue cheese crumbles. Use the back of a fork to smash the crumbles and continue to stir until mostly blended. Some chunks will remain. Prepare frozen green beans per package instructions and season as desired.

Meals: Day Three	Ingredients	Instructions
Breakfast		
Lunch		
Dinner - meal 3 <u>Sloppy Spinach Stuffed Peppers</u> <i>4 servings</i> <i>25 g Pro</i> <i>12 g Carb</i> <i>8 g Fat</i>	4 each yellow bell pepper halved and seeded 1 lb 93% lean ground beef 1 pkt sloppy joe seasoning 1 can tomato juice 1 cup frozen spinach thawed per package instructions	Heat oven to 350. Meanwhile, thaw frozen spinach and begin browning ground beef over the stovetop. Drain ground beef and return to low heat. Add spinach to the pan and stir, heating through for about one minute. Add seasoning packet and tomato sauce. Place bell pepper halves on a baking stone or baking pan. Divide meat mixture evenly among bell peppers. Refrigerate any leftover meat for another meal. Bake for 15 minutes or until desired texture of bell pepper has been reached. Allow to cool and serve.

Meals: Day Four	Ingredients	Instructions
Breakfast		
Lunch		
Dinner - meal 4 <u>Paprika Yogurt Chicken Skewers</u> <i>6 servings</i> <i>29 g Pro</i> <i>3 g Carb</i> <i>3 g Fat</i> <u>Side: Grilled Squash</u> <i>4 servings</i> <i>1 g Pro</i> <i>4 g Carb</i> <i>5 g Fat</i>	1 lb boneless, skinless chicken breast, cubed 1 cup 0% fat, plain Greek yogurt 1/2 lemon, juiced 1 tsp paprika 1 tsp minced garlic 1/4 tsp each salt and pepper _____ 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	In a medium bowl add yogurt, lemon juice and seasonings. Mix well. Add cubed chicken to the bowl and use a rubber spatula to coat chicken with yogurt mixture. Cover and marinate in the refrigerator 20 minutes. Heat outdoor grill to medium high heat. Remove chicken from refrigerator and thread on skewers. Coat grates with olive oil or cooking spray and add skewers to the grill. Close lid. Let cook for 5 minutes then flip skewer. Cook 5 minutes more and remove. Let cool until slightly until able to handle. Use a fork to remove chicken from skewer. _____ 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.

Meals: Day Five	Ingredients	Instructions
Breakfast		
Lunch		
Dinner - meal 5 <u>Barbecue Chicken Foil Pack</u> <i>4 servings</i> <i>26 g Pro</i> <i>8 g Carb</i> <i>1 g Fat</i>	1 lb boneless skinless chicken breasts, cut into 1/2-inch-thick slices 1/4 tsp each salt and pepper 1 red bell pepper, cut in strips 1 green bell pepper, cut in strips 4 tbsp low sugar barbecue sauce 4 sheets foil	Heat grill to medium heat. Close lid until ready to use. Spray 4 large sheets of foil with cooking spray; top with chicken, salt and pepper, vegetables and barbecue sauce. Fold foil to close packets. Place packets on the grill for 18-20 minutes or until chicken is done (165F). Cut slits in foil to release steam before carefully opening packets. Remove (with tongs) and let cool before serving.

Meals: Day Six	Ingredients	Instructions
Breakfast		
Lunch		
Dinner - meal 6 <u>Caesar Burger</u> <i>4 servings</i> <i>33 g Pro</i> <i>3 g Carb</i> <i>10 g Fat</i>	1 lb lean ground beef 2 cloves chopped garlic (or 1 tsp) 2 tbsp grated parmesan cheese 1 cup shredded 2% mozzarella cheese, divided 2 tbsp light Caesar dressing, divided	Heat grill to medium high heat. Combine ground beef, parmesan cheese, garlic, 1/2 cup shredded mozzarella cheese and 1 tbsp light caesar dressing. Form 4 patties. Grill about 12 minutes per side- or until desired doneness. Top with 1/4 tbsp light Caesar on each patty and divided shredded mozzarella cheese.
Side: <u>Grilled Asparagus</u> <i>4 servings</i> <i>2 g Pro</i> <i>4 g Carb</i> <i>1 g Fat</i>	1 lb fresh asparagus, bottoms trimmed off 1 clove fresh garlic, pressed or minced 1/4 tsp each salt and pepper 1 tsp extra virgin olive oil	Put outdoor grill on medium heat and oil or spray the grates. Place the trimmed asparagus to a plate and add chopped garlic, salt and pepper and olive oil. Turn asparagus several times to coat well. Place on grill directly or in a grill basket. Grill until tender or tips look toasted, approximately 8-10 minutes but will vary upon the thickness of the asparagus.

Meals: Day Seven	Ingredients	Instructions
Breakfast		
Lunch		
<p>Dinner <i>meal 7</i></p> <p><u>Moroccan Chicken</u> <i>6 servings</i> 22 g <i>Pro</i> 1 g <i>Carb</i> 7 g <i>Fat</i></p> <hr/> <p><i>Side Dish: Sweet Carrots</i> <i>4 servings</i> 1 g <i>Pro</i> 9 g <i>Carb</i> 2 g <i>Fat</i></p>	<p>1 tbsp olive oil 1 cup chopped cilantro 2 cloves garlic 3/4 tsp paprika 3/4 tsp ground cumin 1/2 plus 1/8 tsp cinnamon 1/2 tsp lemon zest, plus half lemon, juiced 1/4 tsp each salt and pepper 1 1/2 lbs skinless boneless chicken thighs</p> <hr/> <p>1 lb baby carrots 1/4 cup natural no calorie sweetener 10 sprays butter spray</p>	<p>In a blender, mix 1 tbsp. olive oil, 1 cup cilantro, garlic, spices, lemon zest and lemon juice until ground into a paste. Season with 1/4 tsp. each salt and pepper. Position a rack 4 to 5 inches from the top of the oven and preheat the broiler. In a medium bowl, toss the chicken with the spice paste to coat. Arrange on a foil-lined baking sheet; season with salt and pepper. Broil until the tops are browned, about 8 minutes. Using tongs, flip the chicken; broil until cooked through, about 5 minutes more. Remove and serve.</p> <hr/> <p>Place carrots in microwave safe bowl and fill with water until covered. Microwave 6 minutes. Drain. Spray the carrots 5 times with butter spray and toss. Spray 5 more times and toss again. Add sweetener and toss continuously until it has dissolved.</p>

