

Meals: Day One	Ingredients	Instructions
Breakfast- <i>meal 1</i> Banana Protein Pancakes <i>8 small pancakes (below is info for 2 pancakes - use half banana for less carb)</i> 8 g Pro 8 g Carb 3 g Fat	1 banana, peeled 1 large egg 1 tsp baking powder 1/4 tsp banana extract 1 serving vanilla whey protein powder *dollop of light whipped topping	Smash banana and mix all ingredients together until smooth. Heat a griddle to medium-low heat. Pour three palm sized pancakes onto the griddle. When bubbles arise to the surface of the pancake, lift a small portion of the pancake up and check. When ready, flip over and cook another 30 seconds. Remove to serving plate.
Lunch - <i>meal 2</i> Tuna Stuffed Tomatoes <i>2 servings</i> 15 g Pro 5 g Carb 1 g Fat	2 Roma tomatoes 1 (4 oz) can tuna packed in water, drained 1/3 cup fat free Greek yogurt 1/4 tsp each salt and pepper 1/8 tsp curry powder 2 ribs celery	Cut tomatoes in half and scoop out seeds. Combine all other ingredients and scoop into tomato bowls.
Dinner - <i>meal 3</i> Salmon Foil Pack with Tomatoes and Onions <i>4 servings</i> 31 g Pro 6 g Carb 4 g Fat	4 (5 oz each) salmon fillets 1/4 each salt & pepper 1 can (14 oz) chopped tomatoes, drained 1/2 cup chopped onion 2 tbsp. lemon juice 1 tsp. dried oregano 1 tsp. dried thyme	Preheat oven to 400 F. Sprinkle salmon with salt & pepper. Stir together tomatoes, onion, lemon juice, oregano, thyme and salt & pepper. Place a salmon fillet (oil side down) on a sheet of foil. Wrap the ends of the foil in a spiral shape. Spoon the tomato mixture evenly over each fillet. Fold the foil over, sealing the packets closed. Place packets on a heavy baking sheet. Bake until cooked through, about 25 minutes.

Meals: Day Two	Ingredients	Instructions
Breakfast - <i>meal 4</i> Greek Yogurt Parfait <i>1 serving</i> 24 g Pro 17 g Carb 1 g Fat	0% fat Plain Greek Yogurt <i>Start with one cup but adjust up or down based on your pouch</i> 1/2 cup frozen blueberries or strawberries	Place berries in the bottom of a microwave safe bowl. Defrost for 30-60 seconds. Add Greek yogurt and stir.
Lunch Leftover Salmon & Veggies		
Dinner - <i>meal 5</i> Chicken Pesto Skewers <i>4 servings</i> 25 g Pro 11 g Carb 8 g Fat	1/3 cup Light Italian Dressing 3 cups fresh basil 1/3 cup grated parmesan cheese 1 lb. boneless skinless chicken tenderloin, cut into 1 1/2 inch pieces 2 cups cherry tomatoes	Heat grill to medium high heat. Blend dressing, basil and cheese in a blender or food processor until smooth. Toss mixture with chicken and tomatoes. (Refrigerate the extra for another use) Thread chicken and tomatoes alternatively onto skewers. (If using wooden skewers, be sure to soak for 30 minutes before using) Grill about 5 minutes per side until chicken is done.

Meals: Day Three	Ingredients	Instructions
<p>Breakfast - meal 1</p> <p>Banana Protein Pancakes <i>8 small pancakes (below is info for 2 pancakes - use half banana for less carb)</i> 8 g Pro 8 g Carb 3 g Fat</p>	<p>1 banana, peeled 1 large egg 1 tsp baking powder 1/4 tsp banana extract 1 serving vanilla whey protein powder *dollop of light whipped topping</p>	<p>Smash banana and mix all ingredients together until smooth. Heat a griddle to medium-low heat. Pour three palm sized pancakes onto the griddle. When bubbles arise to the surface of the pancake, lift a small portion of the pancake up and check. When ready, flip over and cook another 30 seconds. Remove to serving plate.</p>
<p>Lunch</p> <p>Leftover Chicken Pesto Skewers</p>		
<p>Dinner - meal 6</p> <p>Classic Taco Salad <i>4 servings</i> 25 g Pro 6 g Carb 10 g Fat</p>	<p>1 lb ground turkey 2 tbsp taco seasoning (or 1 envelope) 1 tsp chopped garlic 1 romaine head, chopped 1 tomato, diced 1 cup salsa 1/3 cup 2% cheddar cheese Optional: fat-free Greek yogurt, plain</p>	<p>Heat skillet to medium high heat and spray with cooking spray or olive oil. Add garlic and sauté one minute. Add ground turkey and brown the meat. Drain. Add taco seasoning and half cup water and stir well. Heat until liquid evaporates. Meanwhile, rinse and cut romaine and divide over plates or containers if saving for later. Top with ground turkey, tomato, cheese and salsa. Add Greek yogurt as desired to replace sour cream.</p>
Meals: Day Four	Ingredients	Instructions
<p>Breakfast - meal 7</p> <p>Cheesy Ham Omelette <i>2 servings</i> 22 g Pro 2 g Carb 9 g Fat</p>	<p>2 eggs 4 slices deli ham, diced 1 tsp green onion, thinly sliced 1/4 tsp black pepper 1/4 cup 2% cheddar cheese, sliced</p>	<p>Whisk eggs in small bowl. Stir in ham, onions and pepper. Pour into 8-inch nonstick skillet and cover. Cook on medium heat about 5 minutes or until egg mixture is set but top is still a little wet. Sprinkle cheese onto half the omelet; fold in half using a rubber spatula. Remove from heat; let stand, covered, 1 min. Cut in half and serve.</p>
<p>Lunch</p> <p>Leftover Taco Salad</p>		
<p>Dinner - meal 8</p> <p>Walnut Chicken with Basil Skillet <i>4 servings</i> 25 g Pro 8 g Carb 6 g Fat</p>	<p>1/2 cup walnut pieces 2 tbsp. light soy sauce 2 tbsp. fresh lime juice Cooking spray or Oil mister 1 red bell pepper, sliced 1/2 cup onion, chopped 1 lb boneless, skinless chicken breast tenderloin, sliced longways 1/2 cup fresh basil (torn into pieces) 2 packets sweetener (ex: Truvia)</p>	<p>Preheat oven to 350F. Spread walnuts on a baking sheet and toast in the oven until lightly browned (8 minutes). Move to plate to cool. In a small bowl whisk soy sauce, lime juice and 2 sweetener packets. Set aside Heat large skillet or wok and spray with cooking spray or oil. Add bell pepper for 2 minutes. Remove and re-spray pan. Add onion for one minute, then add chicken. Stir often and cook until chicken is opaque (160F). Add bell pepper, soy sauce mixture, basil and walnuts. Serve.</p>

Meals: Day Five	Ingredients	Instructions
Breakfast - <i>meal 4</i> Greek Yogurt Parfait <i>1 serving</i> <i>24 g Pro</i> <i>17 g Carb</i> <i>1 g Fat</i>	0% fat Plain Greek Yogurt <i>Start with one cup but adjust up or down based on your pouch</i> 1/2 cup frozen blueberries or strawberries	Place berries in the bottom of a microwave safe bowl. Defrost for 30-60 seconds. Add Greek yogurt and stir.
Lunch Leftover Walnut Chicken Skillet		
Dinner - <i>meal 9</i> <u>Pork Medallions with Roasted Red Pepper Sauce</u> <i>6 servings</i> <i>16 g Pro</i> <i>3 g Carb</i> <i>7 g Fat</i> <hr/> Side: <u>Veggie Stackers</u> <i>Meal 9</i> <i>6 servings</i> <i>5 g Pro</i> <i>4 g Carb</i> <i>3 g Fat</i>	1 lb. pork tenderloin 1/4 cup walnut pieces 1/4 tsp. cumin 3/4 tsp. salt 2 tsp. paprika 1 clove garlic, chopped 1 jar (8 oz) roasted red bell pepper 1 tsp. red wine vinegar 1/4 tsp. cayenne pepper <hr/> 2 large tomatoes, each cut into 6 slices 6 oz. 2% mozzarella cheese, cut into 6 slices 1/3 cup light Italian dressing 1 small red onion, cut into 6 slices 1 cucumber, cut into 12 slices 6 basil leaves	Oven to 350 F. Trim fat from pork and slice into rounds. Spread walnuts on a baking sheet and toast about 10 minutes; set aside. In a small bowl, stir together cumin, 1/2 tsp salt, 1/2 tsp paprika. Rub spice mixture into pork and set to the side. Sauce: in a blender/food processor, combine walnuts and garlic. Add roasted peppers, vinegar, remaining 1 1/4 tsp paprika, cayenne and 1/4 tsp salt. Whirl until smooth. Heat large pan to medium heat and coat with cooking spray. Working in batches, add pork rounds in a single layer and cook until brown (145F) about 2 minutes per side. Remove to plate and spoon sauce on each pork round. <hr/> Place 6 tomato slices on platter, top each with 1 cheese slice. Drizzle with half the dressing. Top each stake with 1 onion slice, 2 cucumber slices, and a second tomato slice. Drizzle with remaining dressing and top with basil.
Meals: Day Six	Ingredients	Instructions
Breakfast - <i>meal 10</i> <u>Greek Omelette with Feta Cheese</u> <i>2 servings</i> <i>15 g Pro</i> <i>9 g Carb</i> <i>7 g Fat</i>	1 cup spinach leaves 2 tbsp. red onion, chopped 1/2 tsp. garlic, chopped 2 tbsp. chopped tomatoes, seeded 2 eggs 1/4 cup 2% cottage cheese 1/4 cup low-fat feta cheese	Cook spinach, onions and garlic in a small nonstick skillet on medium heat. Stir until tender; add tomatoes. Whisk eggs and cottage cheese together. Add to skillet; tilt to evenly coat spinach mixture. Cook 2-3 minutes or until eggs are almost set. Top with 3 tbsp cheese; cook 1-2 minutes. Slip spatula underneath omelette to loosen and gently fold omelette in half. Remove from heat; cut in half.
Lunch Leftover Pork Medallions with Red Pepper Sauce		
Dinner - <i>meal 11</i> <u>Grilled Rosemary Shrimp & Tomatoes</u> <i>4 servings</i> <i>25 g Pro</i> <i>9 g Carb</i> <i>2 g Fat</i>	3 tbsp balsamic vinegar divided 1/2 cup onion, diced 1 clove garlic, minced 1/4 tsp cayenne pepper 1/4 tsp each salt and pepper 1 lb medium shrimp, precooked, tails removed 2 tbsp dried rosemary 1 cup cherry tomatoes 4 cups baby spinach (optional)	Whisk together onion, garlic, cayenne, rosemary and 3 tbsp vinegar until well blended. Season with salt and pepper. Remove 2 tbsp of marinade and transfer to a small bowl; set aside. Add shrimp and tomatoes to the remaining marinade and toss to coat. Heat grill to medium. Lay down a piece of foil and curve all sides upward. Pour shrimp mixture in the center of the foil. Close the lid and cook for about 8-10 minutes (tomato skins are slightly bursting) In a large bowl, toss spinach and tomatoes with reserved 2 tbsp marinade. Top with shrimp and tomatoes.

Meals: Day Seven	Ingredients	Instructions
Breakfast - <i>meal 12</i> Scrambled Eggs with Sliced Tomatoes <i>1 serving</i> <i>14 g Pro</i> <i>2 g Carb</i> <i>6 g Fat</i>	2 eggs 2 slices fresh tomato	Heat nonstick skillet to medium high heat. Whisk two eggs well and pour into hot pan. Season with a pinch of salt and pepper. Use a rubber spatula to move eggs off both of the pan and fold around until eggs are mostly cooked but slightly wet. Move to a plate and serve with tomatoes. {Video Link}
Lunch Leftover Rosemary Shrimp & Tomatoes		
Dinner <i>meal 13</i> Jalapeño Cheddar Chicken Burger <i>6 servings</i> <i>18 g Pro</i> <i>5 g Carb</i> <i>11 g Fat</i>	1 lb ground chicken 1/2 cup yellow onion, finely chopped 1/4 cup cilantro, finely chopped 2 cloves garlic, chopped 2 tsp jalapeño pepper, diced 1 tsp cumin 1 tsp paprika 1/2 cup shredded low-fat cheddar cheese 1/4 tsp each salt and pepper	Prepare grill to medium heat. Add chicken to a medium bowl. Add onion, cilantro, garlic, jalapeño, cumin, paprika and cheddar cheese. Mix well and create four-six patties (depending on size preference). Sprinkle sides with salt and pepper. Grill for about 7-8 minutes per side. Check internal temp is 165. Serve with toppings as desired.
<hr/> <i>Side Dish</i> Green Beans <i>1/2 cup =</i> <i>1 g Pro</i> <i>3 g Carb</i> <i>0 g Fat</i>	<hr/> Bag of frozen green beans Salt and pepper Fresh lemon <i>optional - on grocery list</i>	<hr/> Pour frozen bag of green beans to microwave safe bowl with a lid. Add two inches of water and microwave 5 minutes. Season with salt and pepper. Add lemon juice for flavor change.

Meal	X	Item
		Protein/Dairy
3		4 (5 oz) Salmon fillets
9		1 lb pork tenderloin
5,8		2 lbs boneless skinless chicken tenderloins
6		1 lb 93% lean ground turkey
13		1 lb ground chicken (substitute ground turkey if not available)
6,7		1 lb block 2% cheddar cheese
9		6 ounces 2% mozzarella cheese
7		4 slices deli ham
1,7		8 eggs
2,4		2 cups plus 1/3 cup plain 0% fat Greek yogurt
10		1/4 cup 2% cottage cheese
10		1/4 cup reduced fat Feta cheese crumbles
		Produce
1		2 bananas
2,10,12		4 Roma tomatoes
6,9		3 large tomatoes
5,11		3 cups cherry tomatoes
2		Celery
3,8,11,13		Large yellow onion
9,10		Red onion
3		Lemon
9		Cucumber
8		Lime
6,9,11		4 cloves garlic (or dried minced)
6		1 head of romaine
7		1 tsp green onion
8		1 red bell pepper
5,8,9		4 cups fresh basil
10,11		1 bag baby spinach leaves
13		1/4 cup fresh cilantro
13		1 jalapeno
		Canned and Packaged
1		Vanilla whey protein powder
2		4 oz canned tuna packed in water
3		1 (14 oz) can chopped tomatoes
5,9		Light Italian dressing
6		1 envelope taco seasoning
6		1 jar salsa of choice
8,9		1 cup walnut pieces
9		1 (8 oz) jar roasted red peppers
9		1 tsp red wine vinegar
		Frozen
4		1 cup frozen berries
11		1 lb medium shimp, pre-cooked
13		1 lb frozen green beans
		Misc
1		Light whipped topping

Pantry Staples
Baking powder
Banana extract
Salt
Pepper
Oregano
Thyme
Curry powder
Cumin
Cayenne Pepper
Paprika
Reduced fat grated Parmesan Cheese
Light soy sauce
Cooking spray or oil mister
Balsamic vinegar
Dried rosemary