

Meals: Day One	Ingredients	Instructions
Breakfast- <i>meal 8</i> <u>Bacon and Veggie Frittata</u> <i>6 servings</i> <i>13g Pro</i> <i>3g Carb</i> <i>8g Fat *reduce fat by using egg substitute instead of eggs</i>	1/2 cup sliced mushrooms 1/2 cup sliced yellow squash 1/2 cup sliced onions butter spray 5 strips turkey bacon, cooked and chopped 8 eggs 1/2 cup shredded low-fat mozzarella	Heat oven to 400 F. Heat a non-stick skillet to medium high heat. Add veggies and spray about 5 times with butter spray. Sauté a few minutes, stirring occasionally. In a bowl whisk eggs; add turkey bacon and cheese. Add egg mixture to the skillet. Cover and let cook until egg is almost set in the middle. Move skillet to oven for 4 minutes. Remove from oven, remove lid and using a rubber spatula remove frittata to a plate. Slice into 6 pieces and serve.
Lunch <i>meal 9</i> <u>Chicken Caesar Lettuce Wrap</u> <i>1 serving</i> <i>21g Pro</i> <i>4g Carb</i> <i>6g Fat</i>	1 cup pre-cooked chicken breast 1 tbsp light Caesar dressing 2 tbsp plain Greek yogurt 1 tbsp tomato, diced 1 tsp shredded parmesan cheese 2-3 leaves butter leaf lettuce	Dice chicken finely. Add to large bowl. Add Greek yogurt, tomato and Parmesan cheese. Mix well to combine. Taste the mixture and season as needed. Scoop chicken into lettuce leaf and wrap as tightly as able or eat with a fork.
Dinner - <i>meal 1</i> <u>Buttermilk Chicken with Chopped Salad</u> <i>6 servings</i> <i>25g Pro</i> <i>7g Carb</i> <i>4g Fat</i>	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"> Preheat grill or grill pan to medium high heat. 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. Grill chicken on each side for about 10 minutes per side. Remove from heat, let cool, and cut into large pieces. 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 <i>Leftover frittata</i>		
Lunch <i>Leftover Buttermilk Chicken Salad</i>		
Dinner - <i>meal 2</i> <u>Sun-dried Tomato Turkey Meatloaf</u> <i>6 servings</i> <i>21g Pro</i> <i>5g Carb</i> <i>9g Fat</i>	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 <i>Leftover Frittata</i>		
Lunch <i>Leftover Turkey Meatloaf</i>		
Dinner - meal 3 BBQ Chicken 4 servings 26 g Pro 3 g Carb 13 g Fat <hr/> Broccoli Salad 6 servings 4 g Pro 15 g Carb 5 g Fat	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 meal 10 Pizza Eggs 2 servings 11g Pro 1g Carb 7g Fat	2 eggs 4 pieces turkey pepperoni, cut into fourths 1/8 tsp salt 1/8 tsp black pepper 1/4 cup 2% shredded mozzarella	Heat a medium non-stick skillet to medium high heat. In a small bowl, whisk eggs allowing air to incorporate well. Pour into skillet. Season with salt and pepper. Using a rubber spatula, slowly move eggs around as they scramble. Continue moving them lightly around the pan until they look nearly done but slightly soupy. Add turkey pepperoni and mozzarella cheese and fold into eggs heating 1-2 minutes more. Remove from heat, let cool one minute and serve.
Lunch <i>Leftover BBQ Chicken & Broccoli Salad</i>		
Dinner - meal 4 Rainbow Steak Kebabs 4 servings 24g Pro 19g Carb 7g Fat	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 <i>meal 11</i> 2% Cottage Cheese and Berries (or Greek Yogurt)	<i>Portions dependent on your own pouch. Eat two bites of cottage cheese (or Greek yogurt) to every one bite of fruit. If having Greek yogurt, avoid fruit. Might start with 1 cup cottage cheese and 1/4 cup berries and adjust to your fullness. Video on Greek yogurt</i>	
Lunch Leftover Steak Kebabs		
Dinner - <i>meal 5</i> Ranch Pork Chops 4 servings 23 g Pro 4 g Carb 7 g Fat	4 (4 oz) boneless pork chops 1 packet dry ranch seasoning 1 tsp ground black pepper 1/3 cup dijon mustard	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.
Grilled Yellow Squash 4 servings 1 g Pro 4 g Carb 5 g Fat	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 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 <i>meal 10</i> Pizza Eggs 2 servings 11g Pro 1g Carb 7g Fat	2 eggs 4 pieces turkey pepperoni, cut into fourths 1/8 tsp salt 1/8 tsp black pepper 1/4 cup 2% shredded mozzarella	Heat a medium non-stick skillet to medium high heat. In a small bowl, whisk eggs allowing air to incorporate well. Pour into skillet. Season with salt and pepper. Using a rubber spatula, slowly move eggs around as they scramble. Continue moving them lightly around the pan until they look nearly done but slightly soupy. Add turkey pepperoni and mozzarella cheese and fold into eggs heating 1-2 minutes more. Remove from heat, let cool one minute and serve.
Lunch Leftover Pork and Squash		
Dinner - <i>meal 6</i> Pico de Gallo Grilled Chicken 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
<p>Breakfast meal 11</p> <p>2% Cottage Cheese (or Greek Yogurt) and Berries</p>	<p><i>Portions dependent on your own pouch. Eat two bites of cottage cheese (or Greek yogurt) to every one bite of fruit. If having Greek yogurt, avoid fruit. Might start with 1 cup cottage cheese and 1/4 cup berries and adjust to your fullness. Video on Greek yogurt</i></p>	
<p>Lunch</p> <p>Leftover Pico Chicken</p>		
<p>Dinner meal 7</p> <p><u>Fajita Turkey Burgers</u></p> <p>4 servings</p> <p>22 g Pro</p> <p>11g Carb</p> <p>4 g Fat</p>	<p>1 lb lean ground turkey</p> <p>1 egg white</p> <p>1/2 cup grated reduced fat parmesan cheese</p> <p>1/2 tsp salt</p> <p>1/2 tsp pepper</p> <p>2 tbsp taco seasoning</p> <p>1 medium onion, sliced</p> <p>1 green bell pepper, sliced</p> <p>1 red bell pepper, sliced</p>	<p>Mix together ground turkey, grated parmesan cheese, egg white, salt & pepper and 1 tbsp taco seasoning.</p> <p>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.</p> <p>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.</p> <p>Once burgers are cooked- remove from grill and top with bell peppers and onions. Serve with salsa or other toppings as desired.</p>

