

Meals: Day One	Ingredients	Instructions
Breakfast- <i>meal 8</i>  <b><u>Chicken Breakfast Sausage</u></b> <i>6 servings (2 patties per serving)</i> <i>14 g Pro</i> <i>5 g Carb</i> <i>8 g Fat</i>	1 lb ground chicken <i>ground turkey okay</i> 1 cup diced apple ex: Fuji 1 tbsp dried thyme 3 tbsp chopped fresh parsley 2 tbsp dried oregano 1 clove garlic, pressed or minced 1 tsp each salt and pepper	Heat oven to 425 F. Add apples, thyme, parsley and oregano to a skillet on medium high heat. Add garlic, salt and pepper. Heat for about 6 minutes until apples are soft. Remove from heat and let cool. Add ground chicken to a mixing bowl. Add apple mixture and combine well. Form 12 balls of the meat (I used a cookie scoop) and place on a large baking sheet. Then mash the ball down on the cookie sheet to make it a thin patty. Bake for 25 minutes. Remove from oven and let cool slightly. Serve immediately or put in the refrigerator for a fast breakfast!
Lunch <b><u>Leftovers from the No Cook Meal Ideas handout</u></b>	<i>Take time off cooking between breakfast and dinner!</i>	
Dinner - <i>meal 1</i>  <b><u>Lemon Dill Chicken with Asparagus</u></b> <i>4 servings</i> <i>31 g Pro</i> <i>6 g Carb</i> <i>4 g Fat</i>	2 lemons 1 tbsp fresh dill, chopped 1 lb skinless, boneless chicken breast halves 1/2 cup red onion, chopped 1/4 lb asparagus, trimmed 1/4 tsp each salt and pepper 1 tbsp olive oil	Zest and juice 1 lemon. In a small bowl whisk together lemon zest and juice, dill, 2 tbsp olive oil and pinch of black pepper. Add chicken to a medium baking pan; spoon 2 tbsp lemon mixture over the top, turning pieces several times to coat. Add salt to remaining lemon mixture and set aside. Heat the grill (or grill pan) to medium high heat and spray with cooking spray. Add onions to the grill and turn after 5 minutes. Add chicken, then asparagus. Turn each about every 5 minutes until chicken is cooked through. Remove veggies to a cutting board and set chicken aside but keep warm. Chop veggies into smaller pieces. Add to bowl with reserved lemon mixture. Toss to coat and spoon over chicken. Serve.
Meals: Day Two	Ingredients	Instructions
Breakfast  <b><u>Leftover Breakfast Sausage</u></b>		
Lunch  <b><u>Leftover Dill Chicken</u></b>		
Dinner - <i>meal 2</i>  <b><u>Sirloin Steak with Roasted Tomatoes and Onions</u></b> <i>4 servings</i> <i>25 g Pro</i> <i>11 g Carb</i> <i>8 g Fat</i>	<b>Flank Steak</b> 1 lb lean flank steak 1 tsp olive oil 1/4 cup white wine vinegar 1-2 cloves garlic, minced or pressed 1 tsp oregano, dried 1/4 tsp sea salt 1/4 tsp black pepper <b>Veggies</b> 2 cups grape (or cherry, or heirloom) tomatoes, chopped 1 medium onion 1 tsp olive oil 2 tbsp balsamic vinegar 1/2 tsp basil, dried salt and pepper to taste	Pierce flank steak with a fork. Combine olive oil, vinegar, garlic, basil, oregano, salt and pepper in a small bowl. Whisk to combine. Pour over steak and marinate 30 minutes or more. For the tomatoes and onions: Preheat oven to 400°F (or broil on high). Place tomatoes and onions onto a baking sheet. In a small bowl, combine olive oil, balsamic vinegar, basil, salt and pepper in a small bowl. Whisk and pour over tomatoes and onions, tossing to coat. Bake for 15-20 minutes, or until starting to char. While veggies are cooking, heat a grill pan to medium and cook steak about 4-5 minutes per side (depending on the thickness of your steak). Remove from heat and let rest. Top or side with veggies.

Meals: Day Three	Ingredients	Instructions
Breakfast <b>Leftover Breakfast Sausage</b>		
Lunch <b>Leftover Sirloin Steak</b>		
Dinner - meal 3 <b><u>Tex Mex Stuffed Peppers</u></b> 6 servings 22 g Pro 10 g Carb 8 g Fat	3 green bell peppers 1 lb 93% lean ground beef 2 tbsp Tex Mex Seasoning (or taco seasoning) 2 jalapeño, diced (de-seeded if desired) 1 cup black beans, rinsed 1/2 cup salsa of choice 2/3 cup reduced-fat cheddar cheese, shredded	Heat oven to 400F. Cut bell peppers down the middle, removing the seeds, stem and ribs. Place on baking sheet and put empty bell peppers in oven for 10 minutes. Meanwhile, heat a large skillet to medium. Add ground beef and brown. Drain if needed. Add black beans, seasoning, salsa and jalapeños to the skillet. Stir around a few times and let cook all together about 5 minutes. Remove the bell peppers from the oven and carefully scoop ground beef mixture into the bell peppers. Sprinkle tops with cheese and put back in the oven another 5 minutes. Remove from oven, let cool a bit and serve.

Meals: Day Four	Ingredients	Instructions
Breakfast - meal 9 <b><u>Italian Poached Eggs</u></b> 1 servings 8 g Pro 7 g Carb 6 g Fat	16 oz Marinara Sauce <i>lowest sugar available</i> 3-4 pieces jarred roasted red pepper, sliced 4 eggs pinch each salt and pepper 4 leaves fresh basil, torn into small pieces	Heat a large, rimmed skillet to medium high heat. Add marinara sauce and sliced red peppers. Use the back of a spoon to make a "well" and crack one egg into the well. Repeat this with the three other eggs. Sprinkle with salt and pepper. Let cook for about 12 minutes or until eggs look firm when you shake the pan a bit. (I put a lid over the top for the last 2 minutes). Remove from heat, sprinkle with torn basil and scoop onto plate or bowl.
Lunch <b>Leftover Stuffed Peppers</b>		
Dinner - meal 4 <b><u>Bruschetta Chicken Bake</u></b> 6 servings 20 g Pro 4 g Carb 7 g Fat	1 (14 oz) can diced tomatoes 1/3 cup roasted red pepper dressing <i>substitute Italian dressing if needed</i> 1/2 cup 2% mozzarella cheese, shredded 1/3 cup low-fat grated parmesan cheese 1 tbsp Italian seasoning 1/4 cup chopped basil, optional 4 boneless, skinless chicken breasts	Heat oven to 350 F. Combine tomatoes, mozzarella cheese, basil and dressing in a medium bowl. Place chicken breasts in a large freezer bag. Add parmesan cheese and Italian seasoning and move around to coat. Add to baking dish. Pour tomato mixture over top of chicken. Bake for 30-40 minutes or until internal temp reads 165 F.
Side Dish <b><u>Steamed Baby Carrots</u></b> 1/2 cup = 0 g Pro 4 g Carb 0 g Fat	2 cups baby carrots 1 cup water Salt and pepper to taste	Place baby carrots in microwave safe dish (ideally a steaming dish but will still boil carrots if not) Microwave 7-8 minutes or until pierces easily with fork. Season with salt and pepper to taste.

Meals: Day Five	Ingredients	Instructions
Breakfast <b>Leftover Breakfast Sausage</b>		
Lunch <b>Leftover Bruschetta Bake</b>		
Dinner - meal 5  <b><u>Sheet Pan Pork and Zucchini</u></b> 4 servings 26 g Pro 4 g Carb 8 g Fat	1 lb lean pork stew meat 3 medium Zucchini Squash 1 tsp olive oil 1/4 tsp sea salt 1/4 tsp black pepper 1 tbsp Italian seasoning 1 1/2 tsp paprika	Heat oven to 400F. Meanwhile, cut squash into 1 inch pieces. Mix all seasonings together in a small bowl: salt, pepper, Italian seasoning and paprika. Divide mixture in two. Spread pork with half the seasoning mixture. Toss zucchini and 1 tsp olive oil with remaining seasoning mixture. Place pork on one side of a sheet pan lined in foil (or baking stone). Place zucchini on other side. <i>*Note: this allows flexibility if your meat finishes cooking before vegetables and needs to be removed then returned to the oven.</i> Bake for 20 minutes; turn and toss halfway through cooking. Remove from oven, let cool slightly and serve.

Meals: Day Six	Ingredients	Instructions
Breakfast - meal 9  <b><u>Italian Poached Eggs</u></b> 1 servings 8 g Pro 7 g Carb 6 g Fat	16 oz Marinara Sauce <i>lowest sugar available</i> 3-4 pieces jarred roasted red pepper, sliced 4 eggs pinch each salt and pepper 4 leaves fresh basil, torn into small pieces	Heat a large, rimmed skillet to medium high heat. Add marinara sauce and sliced red peppers. Use the back of a spoon to make a "well" and crack one egg into the well. Repeat this with the three other eggs. Sprinkle with salt and pepper. Let cook for about 12 minutes or until eggs look firm when you shake the pan a bit. (I put a lid over the top for the last 2 minutes). Remove from heat, sprinkle with torn basil and scoop onto plate or bowl.
Lunch  <b>Leftover Pork and Zucchini</b>		
Dinner - meal 6  <b><u>Buffalo Turkey Burger</u></b> 5 servings 25 g Pro 4 g Carb 11 g Fat  <hr/> Side Dish Green Beans 1/2 cup = 1 g Pro 3 g Carb 0 g Fat	1 lb 93% lean ground turkey 2/3 cup reduced fat grated parmesan cheese 1 egg 2 tbsp buffalo sauce, plus some for drizzling 2.5 slices part-skim mozzarella cheese  <hr/> Frozen green beans	Heat oven to broil. In a mixing bowl, combine ground turkey, egg, parmesan cheese and 2 tbsp buffalo sauce. Form 5 patties and place on a baking stone or casserole dish. Set under broiler for 15 minutes. Remove from oven and add half a cheese slice to each burger patties. Set under broiler another 30-60 seconds. Remove from oven and drizzle with a bit more buffalo sauce.  <hr/> Microwave per package instructions and season.

Meals: Day Seven	Ingredients	Instructions
Breakfast - meal 10  <b><u>Tomato Egg Scrambler</u></b> <i>4 servings</i> <i>12 g Pro</i> <i>3 g Carb</i> <i>10 g Fat</i>	5 eggs 4 strips turkey bacon 3/4 cup cherry tomatoes 1/2 cup red bell pepper, chopped 1/4 cup 2% shredded cheddar cheese	In a skillet over medium-high heat (sprayed with cooking spray) cook turkey bacon on both sides until crispy. Remove turkey bacon and set to side on a cutting board. Toss bell pepper and cherry tomatoes into skillet- stirring occasionally. Meanwhile, chop turkey bacon into small pieces. Whip eggs with a fork and when cherry tomatoes look to be "blistering" - add to the skillet. Using a fork stir frequently to scramble eggs and mix ingredients together. Add in cheese and turkey bacon. Serve immediately.
Lunch  <b>Leftover Buffalo Burger</b>		
Dinner meal 7  <b><u>Caprese "Pasta" Bowl</u></b> <i>4 servings</i> <i>18 g Pro</i> <i>5 g Carb</i> <i>4 g Fat</i>	1/2 lb chicken breast cubed 1/4 tsp salt 1/4 tsp pepper 1/2 tsp dried oregano 2 cloves garlic minced or pressed 1 pint cherry tomatoes 1 tbsp fresh basil chopped 2 Zucchini Squash 1 ball fresh mozzarella cubed	Cube chicken and season with salt, pepper and oregano. Heat a non-stick skillet to medium heat. Spray with cooking spray or with light olive oil. Cook 5 minutes on each side or until cooked through. While chicken is cooking, prepare other ingredients. Peel zucchini into noodles using a serrated peeler. If you don't have a serrated peeler use a regular peeler or spiralizer. Cube mozzarella and chop fresh basil. When chicken is done cooking, remove from pan and set aside. Spray the pan again and return to heat. Add garlic and tomatoes. Cook until tomatoes are starting to burst. Add zucchini noodles, basil and chicken to the pan. Heat all the ingredients through and toss on occasion. Noodles will start to look soft. Remove from heat and transfer to serving bowl. Toss with fresh mozzarella and serve.

Meal	X	Item
		<b>Protein/Dairy</b>
1,4		2 lbs skinless, boneless chicken breast
7		1/2 lb chicken breast, cooked and cubed (purchase or make plan to prepare)
2		1 lb lean flank steak
3		1 lb 93% lean ground beef
8		1 lb lean ground chicken (or another pound ground turkey if not available)
6		1 lb 93% lean ground turkey
5		1 lb lean pork stew meat
3, 10		Reduced fat cheddar cheese, shredded
4,6		Block 2% mozzarella cheese, (shredded for recipe 4, sliced for recipe 6)
6,10		6 eggs
7		1 ball fresh mozzarella cubed
10		Turkey bacon
		<b>Produce</b>
1		2 lemons
1		1 tbsp fresh dill
1		1 red onion
2		1 yellow onion
1		1/4 lb asparagus
2,8		3 cloves garlic
2,7,10		2 pints grape tomatoes
3		3 green bell peppers
10		1 red bell pepper
3		2 jalapeños
4		1 (14 oz) can diced tomatoes
4,7,10		Container fresh basil
5		5 medium Zucchini Squash
5		Bag baby carrots
8		1 apple (ex: Fuji)
8		Fresh parsley
		<b>Canned and Packaged</b>
3		2 tbsp Tex Mex seasoning (or taco seasoning)
3		1 cup black beans
3		1/2 cup salsa of choice
4		1/3 cup roasted red pepper dressing <i>substitute Italian dressing if needed</i>
4,6		low-fat grated parmesan cheese
6		3 tbsp buffalo sauce
10		16 oz jar marinara sauce <i>lowest sugar available</i>
		<b>Frozen</b>
6		1 lb bag frozen green beans
		<b>Misc</b>

Pantry Staples
Salt
Pepper
Olive Oil
White Wine Vinegar (2)
Dried oregano (2, 8)
Dried Basil (2)
Balsamic Vinegar (2)
Italian seasoning (4,5)
Paprika (5)
Dried Thyme (8)