



MEAL	INGREDIENTS	INSTRUCTIONS
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DINNER 1

BREAKFAST

LUNCH

DINNER - MEAL 1

TURKEY SAUSAGE AND VEGGIES PACKET

4 Servings
15 g protein
8 g carb
11 g fat

1 pre-cooked turkey kielbasa sausage sliced
1 medium zucchini cut into quarters
1 cup cherry tomatoes
2 tsp olive oil
1 tbsp grill seasoning *Ex: McCormicks® Montreal Steak*

Heat outdoor grill to 425F. Meanwhile tear 4 pieces of foil about the size of a dinner plate. Add ingredients to a large bowl - sliced turkey kielbasa sausage, quartered zucchini, cherry tomatoes, olive oil and grill seasoning. Toss to coat. Divide mixture over 4 piece of foil. Fold sides up but leave an opening at the top. Grill for 8-10 minutes or until tomatoes are blistering. Remove from grill, allow to cool slightly and serve.

BREAKFAST

LUNCH

DINNER - MEAL 2

GRILLED DIJON CHICKEN BURGERS

6 patties
25 g protein
3 g carb
7 g fat

1 1/2 lbs ground chicken (or 93% ground turkey)
1 lemon, zested and juiced
1/2 cup grated parmesan cheese
1 large shallot, finely chopped (can substitute onion)
2-3 cloves garlic, pressed
1/4 tsp each salt and pepper
2 tbsp dijon mustard
1 cup fresh baby spinach leaves

Heat a grill or grill pan to medium high heat. Spray with olive oil or cooking spray. Combine all ingredients excluding the spinach and Dijon mustard. Form 6 patties. Place patties on grill/grill pan. Cook patties about 5-6 minutes per side or until internal temp reads 165F. Spread with dijon mustard and top with spinach leaves. Add other toppings as desired.

GRILLED VEGETABLE SALAD

8 servings
1/2 cup per serving
2 g protein
5 g carb
2 g fat

.5 pint cherry tomatoes
10 spears asparagus trimmed, cut into thirds
.5 pint sliced mushrooms
1 medium zucchini 1 inch cubes
1 tbsp olive oil
2 tbsp low sodium soy sauce
2 tbsp balsamic vinegar

Heat an outdoor grill to high heat (450F) Meanwhile prep veggies. Place all vegetables in a bowl or pan and toss with olive oil. Move to grill pan and place on heated grill. Grill for 5 minutes then turn vegetables. Cook for 3 minutes more. Use an oven mitt to remove grill pan from heat. Allow vegetables to cool slightly. Move back to bowl or pan and toss again with soy sauce and vinegar. Serve.

DINNER 2



MEAL	INGREDIENTS	INSTRUCTIONS
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BREAKFAST

LUNCH

DINNER - MEAL 3

DINNER 3

**CHICKEN ENCHILADA
ZUCCHINI BOAT**

4 servings
28 g protein
16 g carb
3 g fat

3 medium Zucchini Squash sliced in half and seeded
1 lbs chicken breast
1 (14 oz) can red enchilada sauce
1/2 cup 2% cheddar cheese, shredded
1/4 tsp each salt and pepper
1/4 tsp cumin
1 tbsp cilantro, chopped
1 roma tomato, seeded and diced

Preheat oven to 400. **Select a method to cook your chicken breast.** Heat enchilada sauce in a large skillet and add chicken OR place enchilada sauce and chicken in pressure cooker for 4 minutes on high pressure. Can also bake chicken at 350 in baking dish with enchilada sauce poured over top.

Once chicken is cooked, shred or cut using kitchen shears. (If shredded, leave time to let chicken cool before handling). Add 1/4 tsp each cumin, salt and pepper to the chicken. Place zucchini boats in a baking pan or baking stone. Scoop chicken mixture into each zucchini. Top with cheese. Add to heated oven and bake 10-15 minutes. (For a softer textured zucchini bake closer to 20 minutes). Remove from oven and sprinkle cilantro and tomato and serve.

MEAL #	<input checked="" type="checkbox"/>	GROCERY LIST ITEM
PROTEIN/DAIRY		
1		1 pre-cooked turkey kielbasa sausage
2		1 1/2 lbs ground chicken (or 93% ground turkey)
3		1 lb boneless skinless chicken breast
3		1/2 cup 2% cheddar cheese, shredded
PRODUCE		
1,2,3		5 medium zucchini
1,2		1 pint cherry tomatoes
2		1 lemon
2		1 shallot (or onion)
2		3 cloves garlic
2		1 cup baby spinach
2		asparagus spears
2		.5 sliced mushrooms
3		cilantro
3		Roma tomato
CANNED + PACKAGED		
1		1 tbsp grill seasoning Ex: McCormicks® Montreal Steak
2		grated parmesan cheese
2		dijon mustard
2		low sodium soy sauce
3		14 oz red enchilada sauce

PANTRY STAPLES		
olive oil	salt and pepper	balsamic vinegar
cumin		