



MEAL	INGREDIENTS	INSTRUCTIONS
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BREAKFAST - MEAL 1

GREEK YOGURT PARFAIT

1 Serving
14 g Pro
7 g Carb
0 g Fat

5 oz 0% fat, plain Greek yogurt
2 packets Truvia (non calorie, natural sweetener)
1 tbsp frozen blueberries

Place blueberries in a microwave safe bowl or mug. Defrost for 30 seconds. Meanwhile stir Truvia into plain Greek yogurt for sweetening. Add blueberries. Stir and enjoy.

LUNCH - MEAL 2

PROTEIN AND VEGGIE PLATE

Carving board turkey slices
2% Colby Jack Cheese
Carrots
Bell Peppers
2 tbsp light dressing

Portion varies patient to patient. Eat two bites of protein to one bite of vegetable and stop at first sign of fullness. Measure dressing to be mindful of fat intake.

DINNER - MEAL 3

AVOCADO CHICKEN SALAD

6 Servings (approximately 1 cup each)
24 g Pro
2 g Carb
6 g Fat

1 lb chicken breast, cooked and cubed
1 small avocado, diced
1/4 cup cilantro, chopped
1 tsp each salt & pepper
1 lime, juiced
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Bell pepper strips OR
Cucumber slices

For no cooking – purchase pre-cooked chicken or rotisserie chicken. Dice the cooked chicken into small pieces. Add to a large bowl. Slice the avocado and chop the cilantro. Add to the large bowl. Add salt & pepper and lime juice. Toss all the ingredients together. Cover the bowl and refrigerate until ready to serve.

Serve with bell peppers or cucumber slices for crunch.

BREAKFAST

Greek Yogurt Parfait

LUNCH

Leftover Avocado Chicken Salad

DINNER - MEAL 4

CHICKEN PESTO LETTUCE WRAPS

6 Servings
16 g Pro
2 g Carb
6 g Fat

6 romaine lettuce leaves
1/4 cup jarred pesto
1/2 cup fat-free plain Greek yogurt
2 cups cooked & chopped/shredded chicken
3 slices low-fat Colby jack cheese, halved
1 tomato, sliced

Combine pesto sauce and Greek yogurt. Stir in chicken. Tear cheese slice in half and lay inside lettuce leaf. Scoop chicken mixture on top and tomato if desired.

MONDAY

TUESDAY



MEAL	INGREDIENTS	INSTRUCTIONS
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BREAKFAST - MEAL 5

BANANA NUT PROTEIN PANCAKES

4 Servings
8 g Protein
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
2 tbsp sliced almonds

Combine all ingredients except the almonds. Use a potato masher or the back of a large spoon to smash banana and mix all ingredients together until smooth. Heat a griddle to medium heat. Pancakes cook very quickly. Use medium to medium low heat. Pour three palm sized pancakes onto the griddle and sprinkle almonds over the top of each. I find three is the most I can handle at once. When ready, flip over and cook another 30 seconds or so, peaking again to see if it's ready. Remove to serving plate and continue with rest of the batter. Spray a dollop of light whipped topping and serve.

Makes 8 small pancakes. One serving is 2 small pancakes.

LUNCH

Leftover Chicken Pesto Lettuce Wrap

DINNER - MEAL 6

BUFFALO CHICKEN SALAD

4 Servings (one serving = half cup)
17 g Protein
1 g Carb
3 g Fat

2 cups cooked chicken breast shredded, season with salt and pepper
1/4 cup light mayo
1/2 tsp onion powder
3 tbsp buffalo sauce
5 stalks celery (or substitute for another crunchy vegetable)

Mix the first four ingredients together. Season to taste. Spread onto celery stalks if using.

BREAKFAST

Banana Nut Protein Pancakes

LUNCH

Leftover Buffalo Chicken Salad

DINNER - MEAL 7

SHRIMP CEVICHE

4 Servings (4 oz each)
29 g Protein
6 g Carb
4 g Fat

1 lb precooked shrimp (medium or large), thawed and tails removed
juice of half a lime
1 small avocado, diced
1 tbsp cilantro, diced
1 small yellow bell pepper, diced
2 stalks celery, diced
1 clove garlic, minced (or 1 tsp dried minced garlic)
2 tbsp Fat Free Italian dressing

For quick thawing of shrimp, run under cold water and remove tails. Blot with paper towel to dry. Cut each shrimp into thirds. Combine shrimp with all other ingredients. Toss to coat with dressing and lime juice. Allow ceviche to marinate 10 minutes or longer in refrigeration before serving.

WEDNESDAY

THURSDAY



MEAL	INGREDIENTS	INSTRUCTIONS
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BREAKFAST - MEAL 8

SCRAMBLED EGGS WITH FETA

2 eggs (more or less as needed)
1 tbsp reduced fat Feta crumbles

Whisk eggs, add to heated pan. Move around hot pan until fluffy. Add feta right before removing from heat and serve.

LUNCH

Leftover Shrimp Ceviche

DINNER - MEAL 9

5 MINUTE ZUCCHINI AND MEATBALLS

6 Servings
17 g Protein
10 g Carb
6 g Fat

2 Zucchini Squash
16 Precooked Turkey Meatballs
1 cup Marinara Sauce
Grated Parmesan Optional

In a microwave safe bowl, microwave turkey meatballs according to the package instructions subtracting one minute from the heat instructions. Meanwhile, using a vegetable peeler (preferably a serrated peeler but traditional peels will work) peel the zucchini into noodles. You can use the skin but stop when you reach the seeds. Add the zucchini noodles to the bowl of turkey meatballs. Add marinara sauce and toss it all together. Return to microwave for 3 minutes. Remove from microwave and serve with grated parmesan cheese if desired.

BREAKFAST

Scrambled Eggs with Feta

LUNCH

Leftover 5 Minute Zucchini and Meatballs

DINNER - MEAL 10

CAESAR DEVEILED EGGS

6 Servings (2 halves = 1 serving)
7 g Protein
3 g Carb
6 g Fat

6 eggs, hard boiled and peeled
Can be purchased boiled and peeled
1/2 cup light Caesar dressing

After eggs have been boiled, cooled and peeled - cut in half and remove yolks to a separate bowl. Add Caesar dressing to the bowl of yolks and use the back of a large fork to mash the mixture together. Stir well after mashing to combine. Place yolk mixture inside a sandwich bag and cut off on corner of the bottom. Squeeze mixture into each half of boiled egg. Refrigerate until ready to serve.

Serve with raw veggies carrots, bell peppers, sugar snap peas

FRIDAY

SATURDAY



MEAL	INGREDIENTS	INSTRUCTIONS
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BREAKFAST

Greek Yogurt Parfait

LUNCH

Leftover Deviled Eggs and Veggies

DINNER - MEAL 7

CLASSIC COBB LETTUCE WRAP

8 Servings (1 wrap listed below)
10 g Protein
9 g Carb
3 g Fat

8 leaves romaine lettuce, washed and leaves removed
16 slices lean shaved turkey breast
8 slices avocado
4 slices turkey bacon, cut in half
4 slices reduced fat cheddar, cut in half

Layer 2 slices of turkey breast, half slice turkey bacon, half slices cheddar cheese and 1 slice avocado in each romaine leaf. Add condiment if desired such as low-fat mayonnaise or mustard.

SUNDAY

