

Lentil and Cauliflower Tacos

Prep Time: 20 Minutes

Cook Time: 20 Minutes

Ingredients:

2 cups lentils, cooked (from 1 cup dry lentils)

2 cups finely chopped cauliflower (steamed and drained)

1 white onion, finely diced

1 red bell pepper, finely diced

1 Tbsp olive oil

1-2 garlic cloves, minced

¼ cup of vegetable broth

Tortilla of choice – recommend corn tortilla or grain-free tortilla

Taco Toppings: Fresh pico de gallo, shredded lettuce, sliced jalapeno, homemade guacamole, chopped cilantro and onions

Taco Seasoning:

1 Tablespoon chili powder

¼ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon crushed red pepper flakes

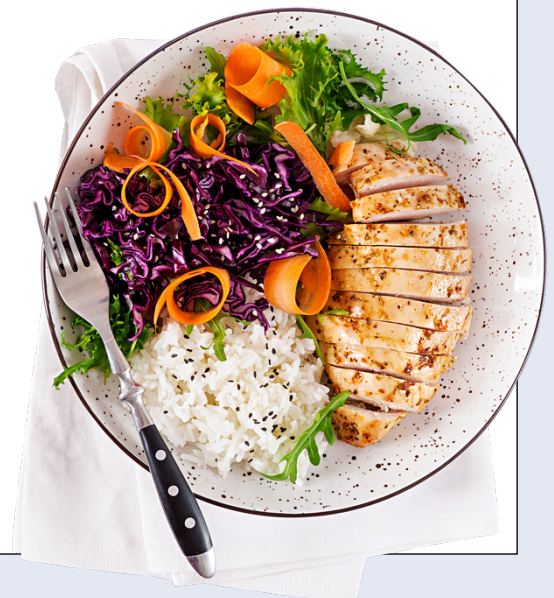
¼ teaspoon dried oregano

½ teaspoon paprika

1.5 teaspoons ground cumin

1 teaspoon sea salt

1 teaspoon black pepper



Lentil and Cauliflower Tacos

Directions:

1. In a large frying pan over medium high heat, sweat the onion in 1 Tbsp oil. Stir frequently, about 2 minutes. Add the chopped bell pepper and sauté until soft and the onions are translucent. Add the garlic and spice mixture and cook for another minute or two, stirring frequently. You don't want to burn the spices; intensify the flavor by toasting them.
2. While you are cooking this, warm the tortillas. You can do this in the oven or microwave. I just place them on the burner behind my frying pan and let them warm up while I cook the filling, this way I don't have to turn on the oven.
3. Add the lentils and cauliflower and stir to combine. Add the vegetable broth and using a potato masher or fork, gently mash the lentils and cauliflower until they start to look like ground meat. Cook another few minutes until hot. If the lentils start to dry out, add another Tbsp or two of vegetable broth (can also use salsa here)
4. Place a heaping spoonful or two into the taco shell and add your fillings. The filling will make about 16-20 tacos, depending on how stuffed you like them.

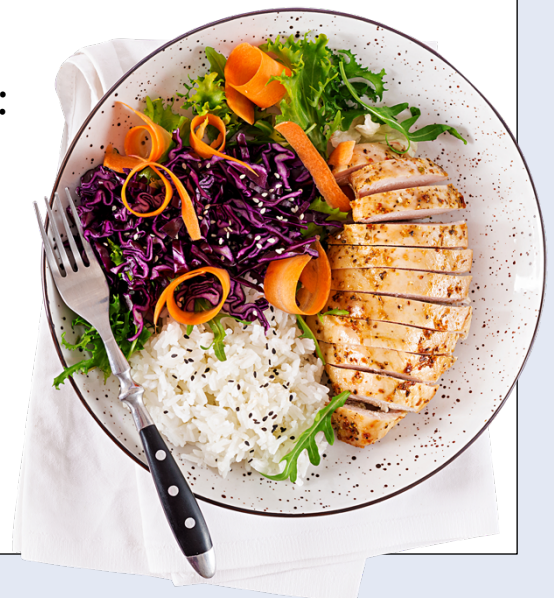
Nutrition Facts:

Serving Size	Calories	Carbohydrate	Protein	Fat	Fiber
Two tacos – each made with an 8" flour tortilla and ¼ cup filling	442	62 g	13 g	12.3 g	8 g

*Add additional sides and toppings to meet nutrition recommendations

Additional Side Item Serving Recommendations:

- Pico de gallo: ¼ cup provides additional 12 Calories, 3g carbohydrates, and 0.4g fat.
- Homemade guacamole: 2 Tbsp provides additional 46 Calories, 3g carbohydrates, 1g protein, 4g fat, and 2g fiber.



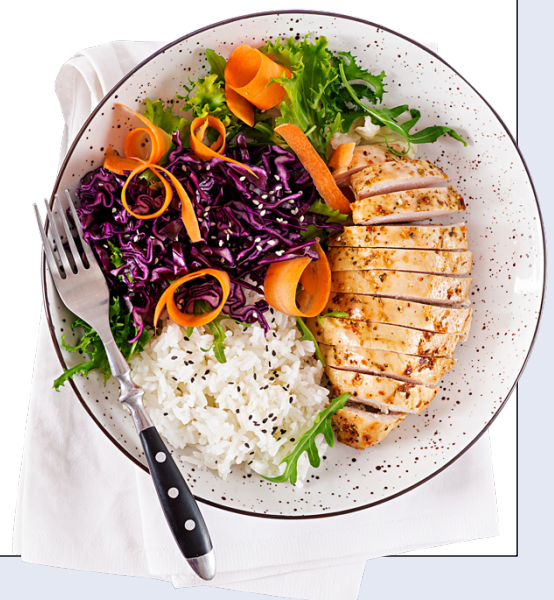
Lighter Chicken Tikka Masala

Prep Time: *15 Minutes*

Cook Time: *25 Minutes*

Ingredients:

- 1 lb chicken breast, cut into 1 in chunks
- 1 Tbsp olive oil
- 1 small onion, diced
- 3 cloves garlic minced
- 1 ½ cups crushed tomatoes
- 4 oz fat-free, plain yogurt
- 1 14 oz can light coconut milk
- 1 Tbsp cumin
- 1 tsp ground ginger
- 1 Tbsp garam masala
- 1 tsp turmeric powder
- ½ Tbsp chili powder
- 1 tsp salt
- Chopped fresh cilantro to garnish
- Serve with ½ cup brown rice



Lighter Chicken Tikka Masala

Directions:

1. In a large sauce pan, heat olive oil over high heat. Place half the chicken in a single layer in the pan and brown on all sides, remove from pan and repeat with remaining chicken, and set aside.
2. In the same pan, sauté onions and garlic over medium heat until slightly softened. Add cumin, garam masala, ginger, and turmeric to onions, sauté until spices are browned and fragrant.
3. Add crushed tomatoes and stir until all browned bits from bottom of the pan come up.
4. Return chicken to pan and allow to cook over low heat, covered, for 10 minutes.
5. Add yogurt and coconut milk into pan and stir to combine, season with salt.
6. Serve over ½ cup brown rice and garnish with cilantro.

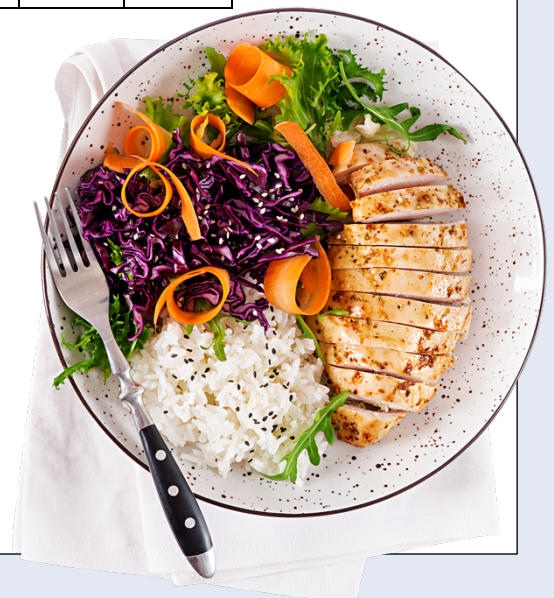
Nutrition Facts:

	Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
Burn/Maintain 1	8 oz	314	11 g	26 g	19.8 g	2 g
Burn/Maintain 2	10 oz	392	13 g	32 g	24.7 g	3 g
Burn/Maintain 3	12 oz	471	16 g	38 g	29.6 g	3 g

*Add side item to reach nutrition recommendations.

Additional Side Item Serving Recommendation:

Serve with ½ cup prepared brown rice to add Additional 109 Calories, 23g Carbohydrates, 2g protein, 0.8g fat, and 2g fiber.



One Pan Pork Chops with Apples

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Ingredients:

- 2 Tbsp olive oil, divided
- 4 – 3 oz boneless pork chops
- ½ tsp each, salt and ground black pepper
- ¾ cup low-sodium chicken broth
- 1 tsp Dijon mustard
- 1 Tbsp Italian seasoning
- ½ tsp dried sage
- 2 medium apples, cored and thinly sliced
- 1 small onion, sliced
- 1 clove garlic, minced

Directions:

1. Heat a large skillet over medium high heat. Add 1 Tbsp olive oil and heat until oil simmers.
2. Season pork chops with salt and pepper on both sides.
3. Place 2 pork chops at a time into the skillet and brown on both sides, then remove from pan. Repeat with the remaining 2 pork chops, and set aside.
4. Turn heat down to medium. Add onions, garlic, and apples to the pan. Sauté over medium heat until apples and onions are softened.
5. Pour in chicken broth to deglaze pan, heat until simmering. Add Dijon mustard, Italian seasoning, and sage.
6. Add pork chops back to pan and cover. Cook over low heat for ~15 minutes, or until pork chops reach 165 degrees F.

Nutrition Facts:

Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
1 pork chop with ~¼ cup apples and onions	275	16 g	25 g	12.5 g	3 g

*Add additional sides to meet nutrition recommendation



Sheet Pan Salmon “Stir Fry”

Prep Time: *10 Minutes*

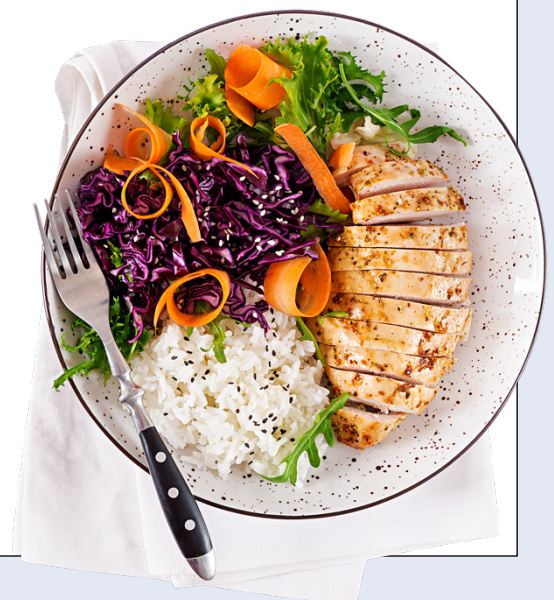
Cook Time: *30 Minutes*

Ingredients:

16 oz fresh salmon (2 – 8 oz filets)
4 cups chopped broccoli florets
2 bell peppers, red or yellow
2 cups match stick carrots
1 yellow onion, chopped
1 cup snow peas, ends cut off

Sauce

¼ cup low-sodium soy sauce
3 Tbsp maple syrup
2 cloves garlic, finely minced
1 tsp ground ginger
2 tsp corn starch



Sheet Pan Salmon “Stir Fry”

Directions:

1. Preheat oven to 375 degrees F.
2. Prepare all vegetables and place in a large bowl. Toss to evenly distribute.
3. On a foil lined large baking sheet sprayed with non-stick cooking spray, place salmon filets. Cook for 5 minutes in oven.
4. Remove baking sheet and move salmon to one side of the baking pan. Place all vegetables on the open side of the pan.
5. Place pan back in oven and cook for 15 additional minutes. Watch salmon closely, as to not overcook it.
6. In a small saucepan combine all ingredients for the sauce and cook over medium heat until mixture has boiled. Remove from heat and set aside.
7. Remove sheet pan from oven, pour sauce over salmon and vegetables, toss vegetables to coat.

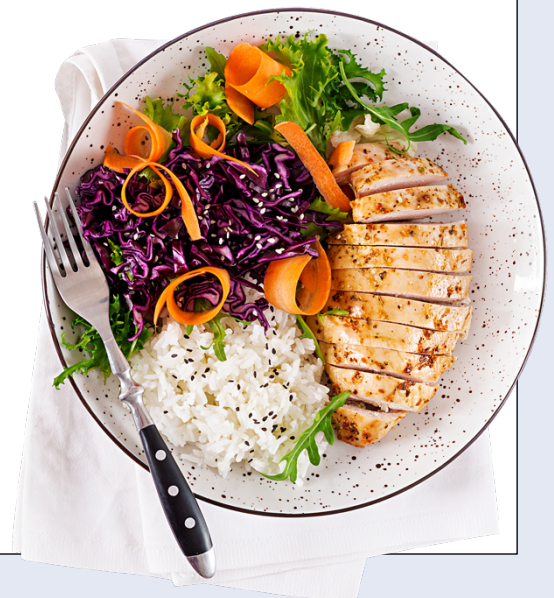
Nutrition Facts:

	Serving Size	Calories	Carbohydrate	Protein	Fat	Fiber
Burn/Maintain 1	4 oz salmon 1 cup vegetables	341	21g	32g	13.5g	5g
Burn/Maintain 2	5 oz salmon 1 cup vegetables	393	21g	39g	15.8g	5g
Burn/Maintain 3	6 oz salmon 1 cup vegetables	445	21g	46g	18.1g	5g

*Add side item to meet nutrition recommendations

Serving Recommendations:

Serve with ½ cup brown rice or quinoa.
½ cup brown rice provides an additional
109 Calories, 23g carbohydrates, 2g protein,
0.8g fat, and 2g fiber.



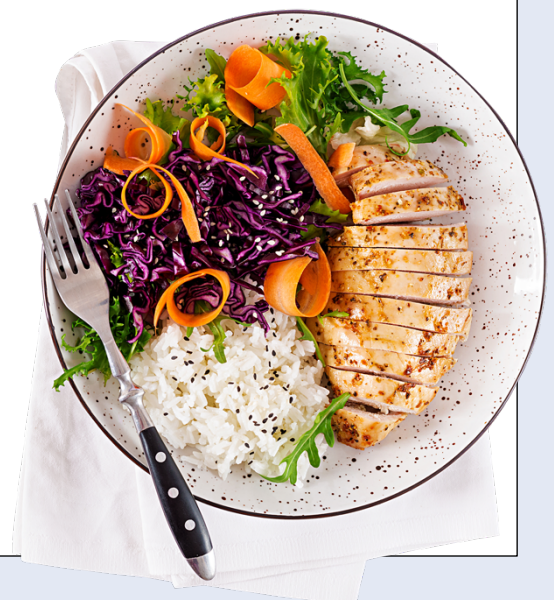
Stuffed Pepper Soup

Prep Time: 20 Minutes

Cook Time: 30 Minutes

Ingredients:

- 1 Tbsp olive oil
- 1 lb 95% lean ground beef
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 medium ribs celery, diced
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 - 28 oz can crushed tomatoes
- 1 - 14 oz can fire roasted diced tomatoes
- 4 cups low-sodium beef broth
- 2 tsp salt
- 2 tsp Italian Seasoning
- ½ cup cooked brown rice per bowl for serving
- 2 Tbsp cheddar cheese to top



Stuffed Pepper Soup

Directions:

1. Heat the olive oil in a large pot over medium high heat. Add the ground beef and cook until browned, breaking up into smaller pieces with a spatula (approximately 5-6 minutes).
2. Add chopped onions, garlic, celery, and bell pepper. Cook until slightly softened, about 2 minutes.
3. Add tomatoes, beef broth, and seasoning, stir to combine. Reduce heat to low and simmer for 20 minutes.
4. Serve over brown rice and top with shredded cheddar cheese

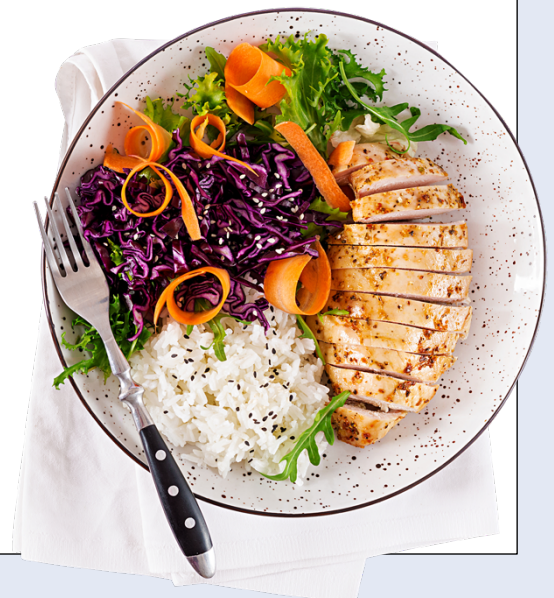
Nutrition Facts:

	Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
Burn/Maintain 1	12 oz	199	11 g	17 g	10.2 g	3 g
Burn/Maintain 2	16 oz	266	14 g	23 g	13.6 g	5 g
Burn/Maintain 3	18 oz	299	16 g	26 g	15.3 g	6 g

*Add additional side to meet nutrition recommendations

Additional Side Item Serving Recommendation:

Serve with ½ cup brown rice to add an additional 109 Calories, 23g carbohydrates, 2g protein, 0.8g fat, and 2g fiber.



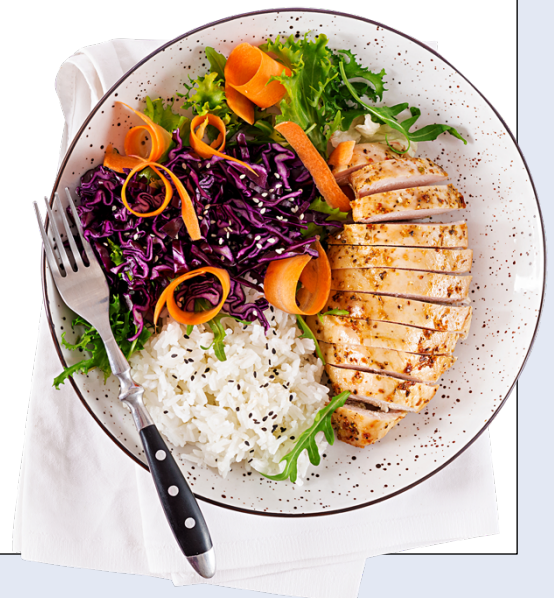
Chicken Minestrone Soup

Prep Time: 20 minutes

Cook Time: 1 hour

Ingredients:

- 1 Tbsp olive oil
- 1 medium yellow onion, diced
- 3 boneless skinless chicken breast, diced into ½ inch cubes
- 1 medium carrot, diced
- 2 stalks celery, diced
- 1 russet potato, peeled and diced
- 1.5 cup frozen green beans
- ½ cup frozen peas
- 4 cloves garlic, minced
- ½ tsp dried oregano
- ½ tsp dried thyme
- 1 – 28 oz can diced tomatoes, with liquid
- 4 cups low-sodium chicken broth
- 2 cups water
- 1 tsp salt
- 1 tsp black pepper
- 1 cup whole wheat pasta, dry (like macaroni)
- 1 – 15 oz can great northern beans, drained and rinsed
- 3 cups finely chopped kale
- 2 tsp lemon juice



Chicken Minestrone Soup

Directions:

1. Heat a large pot over medium heat. Add olive oil. Add onions, carrots, and celery and cook until soft and edges start to brown slightly. Add in garlic and stir, cook for another 2 minutes.
2. Add remaining vegetables and stir to combine. Add in canned tomatoes, chicken, chicken broth, oregano, thyme, salt, pepper and water. Bring to a boil, reduce to a simmer and cook over low heat, uncovered until vegetables are softened.
3. Add beans and kale, and pasta. Cook for another 10-12 minutes, until the pasta is cooked through and the soup is slightly thickened. Add lemon juice.

Nutrition Facts:

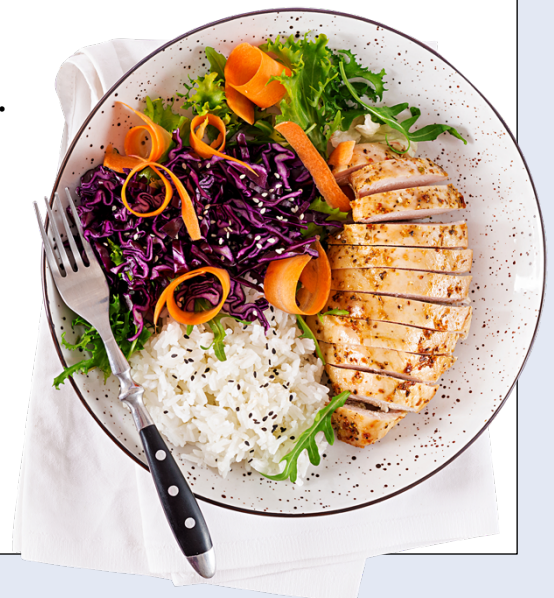
	Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
Burn/Maintain 1	12 oz (1.5 cups)	222	24 g	24 g	4.2 g	5 g
Burn/Maintain 2	16 oz (2 cups)	297	32 g	32 g	5.6 g	7 g
Burn/Maintain 3	20 oz (2.5 cups)	334	36 g	36 g	6.3 g	8 g

* Add side items to meet nutrition recommendations

Additional Side Item Recommendations:

Serve with a small whole grain dinner roll, 1 tsp butter, and a garnish soup with 2 Tbsp parmesan cheese.

This provides an additional 129 Calories, 15g carbohydrate, 3g protein, 6.5g fat, and 2g fiber.



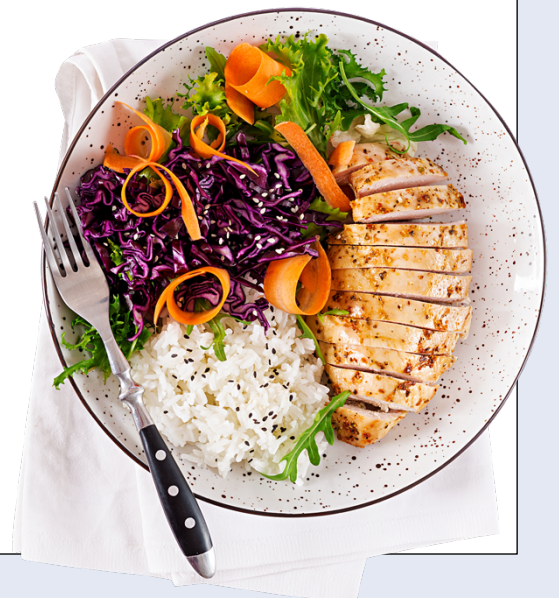
Chicken Chili

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Ingredients:

- 2 Tbsp olive oil
- 2 medium onions, chopped
- 4 cloves garlic, chopped
- 2 bell peppers, chopped (red or yellow)
- 2 tsp salt
- 2 Tbsp chili powder
- 2 Tbsp cumin
- 2 tsp garlic powder
- 1 tsp paprika
- 2 – 28 oz cans crushed tomatoes
- 1 lb boneless skinless chicken breasts, chopped into 1 in cubes
- 3 cups low sodium chicken broth
- 1 cup pinto beans, rinsed and drained
- 1 cup black beans, rinsed and drained
- 1 – 8.75 oz can corn, rinsed and drained
- ¼ cup chopped fresh cilantro (Optional)



Chicken Chili

Directions:

1. Heat a large pot over medium heat. Once hot add onions, sauté until translucent and softened. Add garlic and bell peppers. Sauté for an additional 2 minutes. Add in spices and cook until spices are fragrant.
2. Add crushed tomatoes, chicken broth, and chicken. Bring to a boil, and reduce to simmer. Cook over medium low heat for 20 minutes, or until chicken is fully cooked.
3. Add great northern beans, black beans and corn. Cook for an additional 10 minutes so flavors combine. Stir in cilantro and serve.

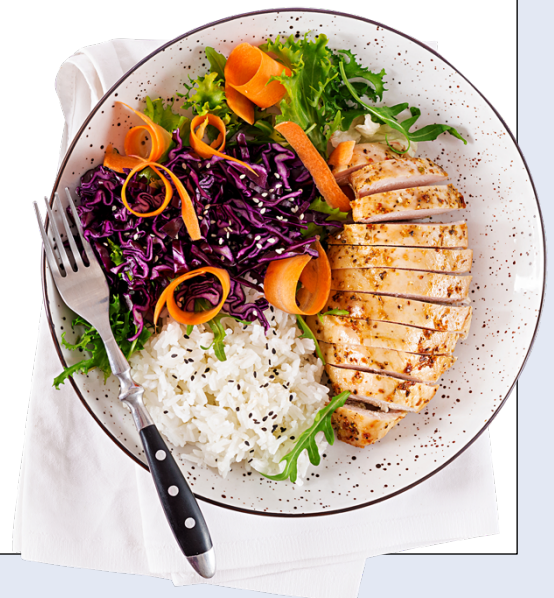
Nutrition Facts:

Option	Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
Burn/Maintain 1	12 oz	220	25 g	21 g	5.4 g	6 g
Burn/Maintain 2	14 oz	258	29 g	25 g	6.3 g	7 g
Burn/Maintain 3	16 oz	294	33 g	29 g	7.2 g	8 g

*Add side item to meet nutrition recommendations

Additional Side Item Serving Recommendation:

Serve with $\frac{3}{4}$ cup prepared brown rice to add an additional 164 Calories, 34g carbohydrates, 3g protein, 1.2g fat, and 3g fiber.



Egg Roll Bowls

Adapted from www.delish.com

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Ingredients:

- 1 lb 99% lean ground turkey
- 1 teaspoon minced garlic
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 16 oz coleslaw mix (or shredded cabbage)
- 2 tablespoons coconut aminos
- 1 teaspoon ground ginger
- 2 teaspoons sriracha
- 2 whole eggs, beaten
- 1 tablespoon sesame oil
- 2 tablespoons sliced green onions
- ½ cup sliced almonds

Directions:

1. Gather and prep all vegetables to prepare them for stir frying. Heat a large pot or skillet over medium high heat.
2. Add ground turkey and cook until brown and cooked through. Add onion, garlic, and carrots and sauté until soft. Add coleslaw mix, coconut aminos, ground ginger, and cook until cabbage is tender.
3. Make a well in the middle of the sauteed mixture and add egg to the cleared area, scramble over low heat until egg is fully cooked. Stir in sriracha and sesame oil, top with almonds and green onions.

	Serving Size	Calories	Carbohydrate	Protein	Fat	Fiber
Burn/Maintain 1	10 oz	378	16 g	33 g	21.6 g	5 g
Burn/Maintain 2	12 oz	453	19 g	40 g	25.9 g	6 g
Burn/Maintain 3	14 oz	529	22 g	46 g	30.2 g	7 g



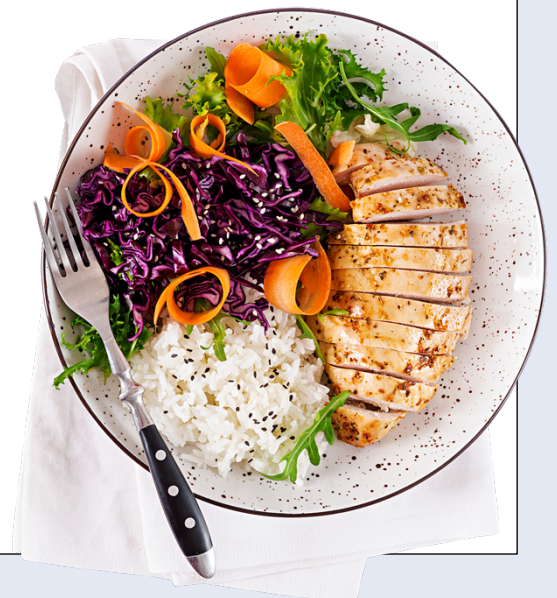
Hearty Chili

Prep Time: 20 Minutes

Cook Time: 45 Minutes

Ingredients:

- 2 Tbsp olive oil
- 1 lb extra lean ground beef (99% lean)
- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- 1 red bell pepper, chopped
- 2 Tbsp chili powder
- 1 Tbsp paprika (smoked or sweet)
- 2 tsp ground cumin
- 1 tsp dried oregano
- ½ tsp salt
- ½ tsp black pepper
- 1 – 28 oz can crushed tomatoes
- 1 – 15 oz can low-sodium chicken broth
- 1 – 15 oz can dark red kidney beans, drained and rinsed
- 1 – 15 oz can black beans, drained and rinsed
- 1 – 8 oz can sweet corn, drained and rinsed



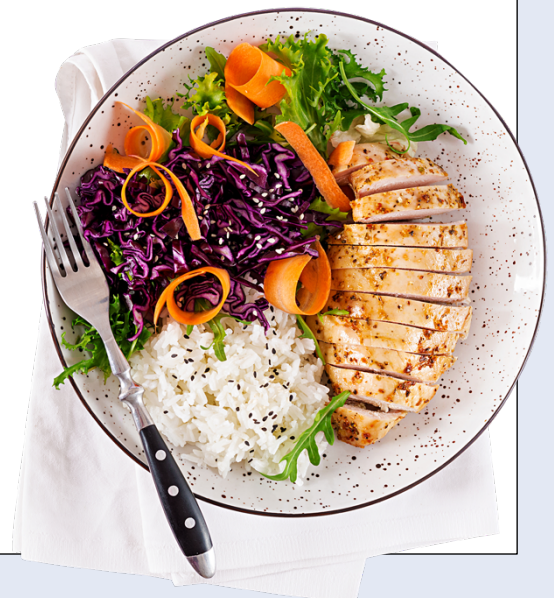
Hearty Chili

Directions:

1. In a large pot, heat olive oil. Add ground beef, break apart and cook until browned. Drain any excess oil from the pan.
2. Add onions, garlic, and red bell pepper, cook until soft, about 3-4 minutes.
3. Add chili powder, paprika, cumin, oregano, salt and pepper. Cook spices until they are fragrant. About 1-2 minutes.
4. Add tomatoes, chicken broth, beans, and corn. Simmer over low heat for 30 – 45 minutes to allow flavors to combine.

Nutrition Facts:

	Serving Size	Calories	Carbohydrates	Protein	Fats	Fiber
Burn/Maintain 1	12 oz	332	36 g	25 g	10.9 g	10 g
Burn/Maintain 2	16 oz	442	48 g	34 g	14.6 g	14 g
Burn/Maintain 3	18 oz	497	54 g	38 g	16.4 g	15 g



Baked Chicken Cordon Bleu

Prep Time: 25 Minutes

Cook Time: 20 Minutes

Ingredients:

- 4 (8 oz) chicken breasts
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 8 slices low-sodium ham
- 8 slices swiss cheese
- *8 tooth pick for sealing

Creamy Dijon Sauce

- 2 Tbsp unsalted butter
- 2 Tbsp all-purpose flour
- 1 cup skim milk
- 1 Tbsp Dijon Mustard
- 2 slices swiss cheese
- ½ tsp salt
- ½ tsp black pepper



Baked Chicken Cordon Bleu

Directions:

1. Preheat oven to 375 degrees F.
2. Slice chicken in half, length wise – like a book, so that you have 8 evenly sized filets of chicken. Pound chicken with a meat mallet or rolling pin until thin and they are all an even thickness.
3. Lay chicken filets out on a cutting board. Mix together salt, black pepper, garlic powder and onion powder. Sprinkle over chicken filets evenly on both sides.
4. Place 1 slice of ham and 1 slice of swiss cheese on each piece of chicken.
5. Roll the chicken up from the short end so it forms a roll. Weave in toothpicks to seal.
6. Place chicken rolls on a foil lined baking sheet and place in oven. Cook for 25 minutes, or until internal temperature reads 165 degrees F.

For Dijon Sauce

7. Heat a small sauce pan over medium heat, add butter and wait until fully melted. Add 2 Tbsp of flour and cook for 2 minutes, until paste is thick and bubbling.
8. Add milk, whisking constantly until completely combine and no lumps remain. Heat mixture to a boil to fully thicken. Add Dijon mustard, 2 slices of swiss cheese, and salt and pepper. Keep warm until ready to serve.
9. Spoon over chicken after coming out of the oven, or when ready to be served.

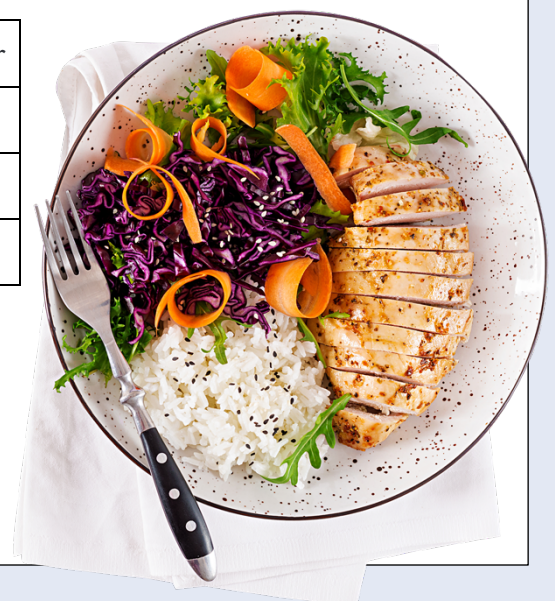
Nutrition Facts:

	Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
Burn/Maintain 1	3 oz chicken	326	6 g	30 g	19.5 g	0 g
Burn/Maintain 2	4 oz chicken	414	7 g	39 g	24.7 g	1 g
Burn/Maintain 3	5 oz chicken	501	8 g	48 g	29.9 g	1 g

*Add side item to meet nutrition recommendations

Serve with a 1 cup vegetable of choice.

For example, 1 cup steamed broccoli will provide An additional 55 Calories, 11g carbohydrates, 4g protein, and 5g fiber.



Asian Meatball Lettuce Wraps

Prep Time: 20 Minutes

Cook Time: 15 Minutes

Ingredients:

Meatballs

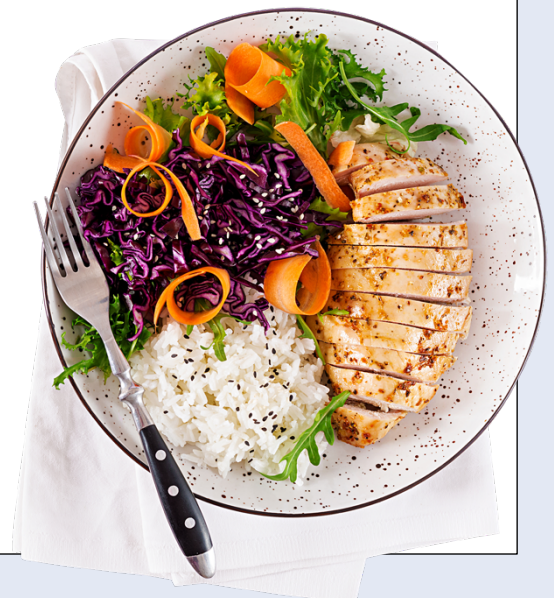
- 1 lb 99% lean ground turkey
- 1 egg
- ½ cup plain, unseasoned breadcrumbs
- Dash of salt and pepper
- 1 head bib or butter lettuce (for wraps)

Sauce

- 2 Tbsp low-sodium soy sauce
- 1 Tbsp honey
- ½ tsp fish sauce
- 1 tsp sesame oil
- 1 tsp ketchup
- 2 Tbsp sweet Thai chili sauce
- ¼ cup low sodium chicken broth
- 1 Tbsp corn starch

Slaw topping

- ½ head of cabbage, shredded
- 1 mango peeled and julienned (sliced into thin strips)
- ½ cup match stick carrots
- 1 cucumber cut into small matchsticks
- 1 red onion sliced thin (optional)
- Juice of 1 lime
- ¼ cup roasted peanuts or cashews chopped
- ¼ cup fresh cilantro, chopped



Asian Meatball Lettuce Wraps

Directions:

For the meatballs

1. Preheat oven to 450 degrees F.
2. In a large bowl, combine ground turkey, 1 beaten egg, and bread crumbs. Mix until thoroughly combined.
3. Using a tablespoon scoop 30 - 1 Tbsp sized balls of chicken mixture, roll in hands to shape, and place on a baking sheet lined with parchment paper.
4. Place in preheated oven and cook until meatballs are browned, and cooked internal temperature is 165 degrees F.

For the slaw

1. Prepare and chop all vegetables.
2. In a large bowl, combine cabbage, mango, carrots, cucumber, onion and cilantro.
3. Squeeze over juice of fresh lime.
4. Top with peanuts and set aside.

For the sauce

1. Combine soy sauce, honey, fish sauce, sesame oil, ketchup, and sweet chili sauce in a small sauce pan, heat over low heat until simmering.
2. In a small bowl combine chicken broth and corn starch, stir to combine.
3. Add cornstarch slurry to sauce pan and stir until thickened.
4. Toss meatball in sauce to coat.

To Assemble wrap

1. Take 1 piece of bib lettuce, lay flat on plate.
2. Add 3-4 meatballs, drizzle with extra sauce if desired
3. Top with cabbage slaw and fold like a taco!

Nutrition Facts:

	Serving Size	Calories	Carbohydrates	Protein	Fat	Fiber
Burn/Maintain 1	1 wrap made with ½ cup slaw	300	20 g	27 g	13.2 g	3 g
Burn/Maintain 2	1.5 wrap	451	30 g	41 g	19.8 g	4 g
Burn/Maintain 3	2 wraps	601	40 g	54 g	26.5 g	5 g

