



Prep Time: 5 mins • Cook Time: 15 mins

BLACKENED PORK CHOP WITH GREEN BEANS

INGREDIENTS

- 1 1/2 teaspoons olive oil
- 1 (5-ounce) center-cut pork chop
- 3/4 teaspoon blackening spice
- 2 cups green beans
- 1/4 teaspoon garlic powder
- Salt and pepper to taste

DIRECTIONS

- 1 Fill a pot or steamer with water and bring to a boil over high heat. Heat olive oil in a nonstick skillet over medium-high heat.
- 2 Rub the blackening seasoning into the pork chop and add to the oil in the hot skillet.
- 3 Cook pork chop for 4 minutes, flip and cook an additional 4 minutes, or until slicing into the thickest part reveals no pink. Let rest 5 minutes.
- 4 Meanwhile, add the green beans to the boiling water or steamer and cook for 4-5 minutes, until crisp-tender.
- 5 Drain green beans and season with garlic powder and salt and pepper to taste.
- 6 Serve the rested pork chop over the seasoned green beans.

443 calories • 23g fat • 20g total carbs • 8g fiber • 9g sugar • 12g net carbs • 41g protein

Prep Time: 15 mins

AVOCADO TUNA SALAD PLATE

INGREDIENTS

- 1/2 avocado
- 6 ounces canned solid white tuna, drained
- 1/4 cup diced celery
- 1 tablespoon minced red onion
- 1/2 teaspoon lime juice
- Salt and pepper to taste
- 2 cups salad greens
- 8 cherry tomatoes, halved
- 1 tablespoon shelled sunflower seeds

DIRECTIONS

- 1 In a mixing bowl, mash avocado until creamy.
- 2 Fold the tuna, celery, red onion, and lime juice into the mashed avocado. Season to taste with salt and pepper.
- 3 Arrange salad greens on a serving dish and top with halved tomatoes. Scoop the tuna salad over the tomatoes.
- 4 Sprinkle sunflower seeds over top all before serving.



For even more flavor, 1/4 teaspoon of curry powder can be added to the tuna salad.



Prep Time: 40 mins • Cook Time: 8 mins

GRILLED CHICKEN KABOBS

INGREDIENTS

Bamboo skewers
5 ounces boneless, skinless chicken breast, cubed
1/2 cup halved button mushrooms
1/2 cup large-chopped red onion
1/2 cup large-chopped red bell pepper
1 teaspoon olive oil
1 teaspoon lemon juice
3/4 teaspoon Italian seasoning
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
Salt and pepper

DIRECTIONS

- 1** Soak bamboo skewers in water for at least 30 minutes before preparing to prevent burning.
- 2** Meanwhile, in a large mixing bowl, toss all other ingredients to evenly coat the chicken and vegetables with the oil and spices. Lightly season with salt and pepper, if desired. Cover and refrigerate for 30 minutes to marinate.
- 3** Thread the marinated chicken and vegetables onto skewers, alternating between each ingredient.
- 4** Preheat a grill to high heat, or place oven rack in second to highest position and set broiler to high.
- 5** Place on grill or place on a sheet pan under the broiler for 5 minutes on the first side. Flip and let cook an additional 3 minutes on the opposite side. Serve immediately.

441 calories • 24g fat • 19g total carbs • 4g fiber • 10g sugar • 15g net carbs • 38g protein

Prep Time: 15 mins • Cook Time: 5 mins

TACO SALAD

INGREDIENTS

Nonstick cooking spray
4 ounces ground beef (85% lean)
1/2 teaspoon chili powder
1/4 teaspoon garlic powder
Salt and pepper to taste
2 cups salad greens
1 tomato, sliced or chopped
1/4 cup canned black beans,
drained and rinsed
2 tablespoons salsa
1 tablespoon shredded
Cheddar-jack cheese

DIRECTIONS

- 1 Spray a nonstick skillet with nonstick cooking spray and place over medium-high heat.
- 2 Add the ground beef, chili powder, and garlic powder to the skillet and crumble beef as it cooks, until fully browned, about 5 minutes. Drain well. Season with salt and pepper to taste.
- 3 Fill a large serving bowl with salad greens and top with sliced or chopped tomato, then the cooked ground beef, then black beans.
- 4 Top with salsa and shredded Cheddar cheese before serving.



The black beans and salsa can also be mixed directly into the ground beef before topping the salad.



Prep Time: 10 mins • Cook Time: 20 mins

SHRIMP & QUINOA SKILLET

INGREDIENTS

1 tablespoon olive oil, divided
1/3 cup dried quinoa, rinsed
2/3 cup water
4 1/2 ounces frozen large cooked shrimp (about 9 shrimp)
1 cup frozen chopped spinach
1/4 cup chopped mushrooms
1/4 cup diced red bell pepper
1/4 teaspoon onion powder
1/4 teaspoon dried thyme
1 teaspoon lemon juice
Salt and pepper to taste

DIRECTIONS

- 1 Heat 1/2 tablespoon of the olive oil in a nonstick sauce pot over medium-high heat.
- 2 Add quinoa and sauté in the oil for 1 minute.
- 3 Add the water to the pot and bring up to a boil. Cover, reduce heat to low, and let cook 15 minutes. Remove from heat and let sit, covered, for 5 minutes. Fluff with a fork.
- 4 Meanwhile, add the remaining 1/2 tablespoon olive oil to a nonstick skillet over medium-high heat.
- 5 Add the shrimp, spinach, mushrooms, bell pepper, onion powder, thyme, and lemon juice to skillet and sauté 5 minutes, or until shrimp are heated through.
- 6 Fold the cooked quinoa into the cooked shrimp and vegetables and season with salt and pepper to taste before serving.

431 calories • 18g fat • 29g total carbs • 11g fiber • 4g sugar • 18g net carbs • 41g protein

Prep Time: 15 mins • Cook Time: 15 mins

SIRLOIN STEAK LETTUCE WRAPS

INGREDIENTS

- 1 teaspoon olive oil
- 5 ounces lean sirloin steak
- Salt and pepper
- 3/4 cup julienned zucchini
- 1/4 cup thinly sliced red onion
- 1/4 cup thinly sliced red bell pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried rosemary
- 3 large leaves butter or romaine lettuce

DIRECTIONS

- 1 Heat olive oil in a nonstick skillet over high heat.
- 2 Lightly season steak with salt and pepper, if desired, and place in the hot pan.
- 3 Cook steak for 4 minutes, without moving. Flip and cook an additional 3 minutes for medium doneness. For medium-well, flip again and cook 2 final minutes.
- 4 Let steak rest 5 minutes before thinly slicing against the grain.
- 5 Meanwhile, place skillet back on the stove and reduce heat to medium-high. Add zucchini, onion, bell pepper, garlic powder, and rosemary and sauté 5 minutes, until vegetables are crisp-tender. Season to taste with salt and pepper.
- 6 Stir sliced steak into the cooked vegetables before serving all wrapped in the large leaves of lettuce.



You can always ask your grocer's butcher to break up large packages of steaks when you only need to purchase one single steak.



Prep Time: 5 mins • Cook Time: 12 mins

ZESTY SALMON WITH GREENS

INGREDIENTS

- 1 (5-ounce) salmon fillet
- 2 teaspoons olive oil, divided
- 1 1/2 teaspoons orange zest, divided
- 1 teaspoon Dijon mustard
- 1/4 teaspoon dried rosemary
- Salt and pepper
- 2 cups frozen chopped kale
- 1 teaspoon minced garlic

DIRECTIONS

- 1 Rub salmon with 1 teaspoon of the olive oil, 1 teaspoon of the orange zest, Dijon mustard, and all of the rosemary. Lightly season with salt and pepper, if desired.
- 2 Heat a nonstick skillet over medium-high heat.
- 3 Place the salmon in the hot skillet and cook, without disturbing, 4 minutes on the first side. Flip and cook an additional 3 minutes on the opposite side, or until fish flakes with a fork. Remove from skillet and rest under aluminum foil as you prepare the kale.
- 4 Add the remaining olive oil, kale, garlic, and remaining orange zest to the skillet and sauté 4 minutes, just until kale is heated through. Season to taste with salt and pepper.
- 5 Transfer the cooked kale to a serving plate and top with the rested salmon.

447 calories • 28g fat • 15g total carbs • 5g fiber • 3g sugar • 10g net carbs • 36g protein